

Fresh Summer Recipes

{ October 2011 }





Bircher Muesli

Ingredients

1 Tbsp oat
2 Tbsp oat Bran
1 tsp cranberries
¼ tsp cinnamon

*Soak in water overnight

1 apple (small), grated
2 Tbsp fat free natural yoghurt

Method

1. Combine all the top ingredients together and allow soaking over night.
2. The next day add the grated apple and yoghurt and stir it through.

Booster Breakfasts



Roast butternut, Sweet Potato & Goats Cheese Salad

Ingredients

2kg beetroot, cooked
1kg sweet potatoes, cubed
80ml oil
60ml honey
2 whole heads garlic
2 dry red chillies, chopped
10g flat leaf (Italian) parsley

Method

1. Cut each beetroot into 6 – 8 wedges. Place onto a baking tray and drizzle with oil, salt, pepper and bake for 15 minutes. Remove from the oven and drizzle over honey. Bake for a further 10 minutes.
2. Place the sweet potato chunks onto a baking tray and drizzle with oil, salt, pepper and chilli.
3. Put the heads of garlic onto the same baking tray and roast all the veg until it is completely soft.
4. Once the beetroot and sweet potato is cool mix them together on a presentation plate, top with chunks of goats cheese and season well.
5. Garnish with flat leaf parsley.

Brave Brunches



Pasta with Roasted Garlic & Basil Pesto

Ingredients

1kg seasonal vegetables (butternut, peppers, marrows, sweet potato, mange tout, etc)
2kg pasta, cooked
500ml basil pesto
250ml parmesan cheese
20 cloves, roasted garlic, chopped
Salt
Pepper

Method

1. Mix all the ingredients together and season well.

Lavish Lunches



Peri Peri Chicken Livers

Ingredients

1.1kg chicken livers, trimmed & cut into bite-size pieces
110ml olive oil
110ml red wine vinegar
40ml fresh lemon juice
5 cloves garlic, crushed
5g ground cumin
5g ground coriander
15g crushed red pepper flakes
5 bay leaves

Salt
Freshly ground black pepper to taste
40ml olive oil
35g butter
275g onion, chopped
40g tomato paste
40ml Worcestershire sauce
295ml chicken stock
40ml brandy

Method

1. Place chicken livers in a large bowl, and pour in 3 tablespoons olive oil, vinegar, and lemon juice; season with garlic, cumin, coriander, chili flakes, bay leaves, salt, and pepper. Stir together, and refrigerate for 1 to 2 hours.
2. Remove livers to a bowl, and reserve marinade.
3. Heat 1 tablespoon olive oil and butter in a large skillet over medium heat. Stir in onion, and cook until tender, about 7 minutes. Increase heat to medium-high, and stir in chicken livers; cook for 2 minutes, being careful not to overcook the livers. Stir in the tomato paste, Worcestershire sauce, chicken stock, and the reserved marinade. Simmer gently for 5 minutes. Pour in brandy, and heat through.

* Note: Serve with lemon infused yoghurt sauce.

Sultry Snacks



Seafood and Coconut Curry

Ingredients

2 onions, finely chopped
2 cloves garlic, crushed
5ml ginger, grated
100g red pepper, sliced
15ml green curry paste (or to taste)
500g prawns, cleaned
500g white fish, cubed
2 tins coconut cream
200g mange tout
100g baby corn
2 lemons, zest and juice
10g coriander leaves
5ml fish sauce

Method

1. Heat a little oil in a pot and brown chicken in batches, remove and set aside.
2. In the same pot fry onion until just soft, add peppers and fry for 2 minutes.
3. Add garlic, ginger and curry paste and fry for 2 minutes.
4. Pour the coconut cream to the pot and bring to a gentle simmer.
5. Add the chicken and simmer gently until just cooked.
6. Add the water chestnuts, bamboo shoots, mange tout and baby corn and simmer for a further 5 minutes.
7. Season the curry with lemon zest, lemon juice, coriander leaves, fish sauce, soya and sugar to taste.
8. Serve the curry with jasmine rice and more fresh coriander leaves.

Dishy Dinners



Panacotta with Berry Compote

Ingredients

500ml cream
2 leaves gelatine
200g sugar
5ml vanilla extract

Berry compote:

500g blue berries
250g sugar
200ml water
2,5ml vanilla
60ml fresh, chopped mint

Method

1. Scald cream and sugar.
2. Sponge gelatine leaves.
3. Add vanilla to scalded mixture.
4. Melt gelatine and add to scalded mixture.
5. Pour into oiled moulds and set in the refrigerator.

Compote:

1. Mix all ingredients together in a pot.
2. Cook very gently until thickened and berries begin to breakdown.
3. Cool and stir in mint.

Sweet Somethings



Freshly Baked

Pecan Nut Pie

Ingredients

Pastry

140g cake flour
1ml salt
80g cold butter, cut into small cubes
8ml castor sugar
1 large egg yolk
10ml iced water
2.50ml lemon juice

Method

Pastry

1. Sift the cake flour and salt together.
2. Using your fingertips, rub the butter into the flour until the mixture resembles fine breadcrumbs.
3. Add the castor sugar to the flour mixture.
4. Mix the egg yolk, water and lemon juice together and add sufficient to the dry ingredients to make a stiff dough. Knead well.
5. Wrap the dough in cling film and chill for about an hour.
6. Roll out the pastry and line a greased 23 cm loose-bottomed pie dish.
7. Prick the base a few times with a fork.
8. Bake blind in a preheated 180 °C oven for 10 minutes.

Filling

1. To make the filling, lightly beat the eggs.
2. Continue beating while adding the butter and brown sugar.
3. Add the golden syrup and continue to beat until the mixture is foamy.
4. Add the vanilla essence.
5. Arrange the nuts in the pastry case and pour the egg mixture on top.
6. Bake in the preheated oven for 40 minutes.
7. Allow to cool until the pie is set.
8. Serve with cream or ice cream.

Filling

3 eggs
60g butter, melted
225ml brown sugar
80ml golden syrup
5ml vanilla essence
125g unbroken pecan halves



King Papaya

Serves 6

Ingredients

1 papaya
dash lemon juice

Method

1. Peel the papaya and slice into long strips.
2. Squeeze over the lemon juice, and serve.

Liquid Oasis