

Chef

S U C C E S S



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brunch



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The Editors



cauliflower

fritters with tomato relish



Preparation time
15 minutes



Total cooking time
30 minutes



Serves
4

Ingredients

- 1 small cauliflower
- $\frac{3}{4}$ cup self-rising flour
- 1 teaspoon ground cumin
- $\frac{1}{4}$ teaspoon bicarbonate of soda
- $\frac{2}{3}$ cup water
- 1 egg
- 7 oz/200 g plain yogurt
- vegetable oil for deep frying

Tomato Relish:

- 2 tablespoons vegetable oil
- 1 medium onion, finely chopped
- 14 oz/400 g tomatoes, peeled and chopped
- $\frac{1}{2}$ cup white wine vinegar
- $\frac{3}{4}$ cup sugar
- 1 clove garlic, crushed
- 1 teaspoon ground cumin
- $\frac{1}{2}$ cup sultanas
- $\frac{3}{4}$ cup finely chopped fresh coriander

Preparation:

1. Cut cauliflower into large florets. Remove as much of the stem as possible without breaking florets. Wash and drain well. Pat dry with paper towel.
2. Combine, flour, cumin bicarbonate of soda in a medium mixing bowl. Make a well in the center. Beat together water, egg and yogurt. Pour onto dry ingredients. Using a wooden spoon, stir until batter is smooth and free of lumps. Leave for 10 minutes.
3. To make Tomato Relish: Place the oil, onion, tomatoes, vinegar, sugar, garlic, cumin and sultanas in a medium pan. Cover, cook over medium heat for 10 minutes. Bring to boil, reduce heat and simmer, uncovered, 5 minutes or until mixture thickens and darkens slightly. Remove from heat. Stir in coriander.
4. Heat oil in deep heavy-based pan. Dip florets in batter, drain off excess. Using a metal spoon or tongs, gently lower cauliflower into hot oil in small batches. Cook until golden brown, 3-5 minutes. Lift out with a slotted spoon and drain on paper towels. Serve hot with Tomato Relish.

Tip from the chef:

Crispy on the outside and tender on the inside, this cauliflower makes the perfect finger food for vegetarians.





thai corn pancakes



Preparation time
15 minutes



Total cooking time
5 minutes each batch



Serves
6

Preparation:

1. Roughly chop garlic; chop chili and ginger. Place half the sweet corn, eggs, corn flour, cilantro, garlic, chili, ginger, pepper and chili sauce in food processor bowl. Using the pulse action, process 30 seconds or until mixture is smooth. Transfer mixture to medium bowl and fold in remaining com.
2. Heat oil in a large frying pan. Spoon two tablespoons of corn mixture into pan and cook over a medium heat for 2-3 minutes or until golden. Turn over and cook the second side for 1-2 minutes or until cooked through. Repeat process until all mixture is used. Drain pancakes on paper towel. Serve pancakes hot or cool with a dollop of mayonnaise. Garnish with spring onions, if desired.

Ingredients

- 2 cloves garlic
- 1 small red chili
- ¾ in/2 cm piece fresh ginger
- 15 oz/440 g can sweet corn kernels, drained
- 2 eggs
- ¼ cup corn flour
- 2 tablespoons fresh cilantro leaves
- freshly ground black pepper
- 1 tablespoon sweet chili sauce
- 1 tablespoon peanut oil
- mayonnaise, for garnish
- chopped spring onions, for garnish

Tip from the chef:

To make Coriander Mayonnaise: Combine 1/5 cup mayonnaise, ¼ lime juice, 1/5 cilantro leaves and chopped spring onions in bowl. Mix well. Add pepper to taste.



vegetable

fritters with tomato sauce



Preparation time
30 minutes



Total cooking time
30 minutes



Makes
12

Ingredients

- 2 medium potatoes, peeled
- 1 medium carrot, peeled
- 2 medium zucchini
- 4¼ oz/120 g sweet potato, peeled
- 1 small leek
- 2 tablespoons plain flour
- 3 eggs, lightly beaten
- oil for frying

Fresh Tomato Sauce:

- 1 tablespoon oil
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- ½ teaspoon ground paprika
- 3 ripe medium tomatoes, finely chopped
- ¼ cup finely shredded fresh basil

Preparation:

1. Finely grate potatoes, carrot, zucchini and potato. Finely slice leek (white part only). Cup small handfuls of grated vegetables in both hands and squeeze out as much excess moisture as possible. Place into a large mixing bowl with leek, and combine well.
2. Sprinkle flour over vegetables, and combine. Add eggs and mix well. Heat about 0.2 inches of oil in a frying pan, and drop in ¼ cup of mixture in a neat pile. Use a fork to gently form mixture into a 4 inch round. Fry two to three at a time for 3 minutes on each side over medium heat until golden and crispy. Drain on paper towel; keep warm. Repeat with remaining mixture.
3. To make Tomato Sauce: Heat oil in a small pan. Add onion, garlic and paprika; cook over medium heat 3 minutes or until soft. Add tomatoes, reduce heat to low, and cook 10 minutes, stirring occasionally. Stir in basil. Serve warm.

Tip from the chef:

Make fritters just before serving. Tomato Sauce can be made up to eight hours in advance.



vegetable samosas



Preparation time
20 minutes



Total cooking time
30 minutes



Makes
32

Preparation:

1. Heat ghee or oil in medium pan, add onion, garlic and ginger. Cook over low heat 5 minutes, until onion is soft. Add spices, cook 1 minute.
2. Cut potatoes into 0.3 inch cubes. Add potatoes and carrots to pan, stir to combine. Add water, cover and cook 5-10 minutes until potatoes are just tender, stirring occasionally. Drain.
3. Remove pan from heat and stir in peas, cilantro and salt; cool.
4. Cut 6x5 inch pastry circles; cut each in half. Fold each semicircle in half; pinch straight sides together to form cones. Spoon 2 teaspoons of filling into each cone. Pinch edge to seal. Heat oil in a medium pan. Cook samosas in batches in moderately hot oil 2-3 minutes, until crisp and golden. Drain on paper towels. Serve warm with Yogurt Dip.
5. To make Yogurt Dip: Peel cucumber, remove seeds and finely chop flesh. Combine with yogurt and mint in a small bowl.

Ingredients

- 1 tablespoon ghee or oil
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 2 teaspoons grated fresh ginger
- 1 teaspoon mustard seeds
- 1 teaspoon ground cumin
- ½ teaspoon turmeric
- ¼ teaspoon chili powder
- 10½ oz/300 g potatoes, peeled
- 2 large carrots, finely chopped
- ¾ cup water
- ½ cup frozen peas
- 2 tablespoons chopped fresh cilantro
- salt, to taste
- 4 sheets frozen shortcrust pastry
- oil for deep frying

Yogurt Dip:

- ½ small cucumber
- 1 cup plain yogurt
- 2 tablespoons finely chopped fresh mint



Tip from the chef:

Filling can be made one day ahead. Assemble and cook just before serving.

avocado

egg cups



Preparation time
20 minutes



Total cooking time
15 minutes



Serves
4

Ingredients

- 2 avocados
- 4 eggs
- salt and pepper to taste
- 2 slices bacon, cooked crisp and crumbled
- 1 tablespoon green onions, chopped

Preparation:

1. Cut avocados lengthwise into halves and remove pit.
2. Arrange avocados in a single layer on a baking dish. Break an egg into each avocado half and season with salt and pepper to taste. Bake in a 425°F oven for 15 minutes. Remove from oven and garnish with bacon and green onions. Serve hot.

Tip from the chef:

An irresistible breakfast! If needed, scoop enough of the avocado out so that it can fit the egg.



entertaining
food

individual spinach soufflé



Preparation time
20 minutes



Total cooking time
25 minutes



Serves
4

Preparation:

1. Preheat oven to moderate 355°F/180°C. Brush four ¾ cup ramekins with melted butter or oil. Coat base and sides evenly with breadcrumbs, shake off excess.
2. Wash spinach leaves thoroughly. Shred finely, and steam for 1 minute, until just tender; cool. Using your hands, squeeze all excess moisture from spinach. Spread out to separate strands, and set aside.
3. Heat butter in a medium pan; add flour. Stir over a low heat 2 minutes or until lightly golden. Add milk gradually to pan, stirring until mixture is smooth. Stir constantly over medium heat 2 minutes until mixture boils and thickens. Boil 1 minute more. Remove from heat. Add egg yolks, beat until smooth. Add cheeses, cayenne and salt, stir until melted and almost smooth; stir in spinach.
4. Using electric beaters, beat egg whites in a medium, clean dry mixing bowl until stiff peaks form. Using a metal spoon, fold gently into spinach mixture.
5. Spoon into prepared ramekins, bake 20 minutes or until well risen and browned. Sprinkle with extra parmesan and serve immediately.

Ingredients

- 1/3 cup dry breadcrumbs
- 3½ oz/100 g spinach leaves
- 1½ oz/40 g butter
- 2 tablespoons plain flour
- 1 cup milk
- 4 eggs, separated
- ½ cup finely grated cheddar cheese
- 2 tablespoons freshly grated parmesan cheese
- pinch cayenne pepper, to taste
- salt, to taste
- 1 tablespoon freshly grated parmesan cheese, extra

Tip from the chef:

Cook soufflé just before serving. Spinach base can be prepared up to one day ahead; fold whites into mixture just before cooking.



vegetable quiche

**Preparation time**

30 minutes +
20 minutes refrigeration

**Total cooking time**

1 hour

**Serves**

6

Ingredients

- 1¼ cups plain flour
- 3 oz/90 g butter, chopped
- 2-3 tablespoons iced water

Vegetable Filling:

- 1 green bell pepper
- 1 red bell pepper
- 1 medium potato
- 5¼ oz/150 g broccoli
- 1 medium carrot
- 1 tablespoon oil
- 1 medium onion, finely sliced
- 1¾ oz/50 g butter
- ¼ cup plain flour
- 1 cup milk
- 2 egg yolks
- ½ cup grated cheddar cheese
- ½ cup grated cheddar cheese, extra

Preparation:

1. Preheat oven to moderate 355°F/180°C. Sift flour into large bowl; add butter. Using fingertips, rub butter into flour for 2 minutes until mixture is fine and crumbly. Add almost all water; mix to firm dough, adding more water if necessary. Turn onto lightly floured surface, press together until smooth. Roll out and line a deep 9 inch fluted tin. Refrigerate 20 minutes. Cut a sheet of greaseproof paper large enough to cover pastry-lined tin. Spread a layer of dried beans evenly over paper. Bake 10 minutes, remove from oven, discard paper and beans. Return to oven for 10 minutes or until lightly golden. Cool.
2. To make Vegetable Filling: Chop bell peppers, pumpkin and potato. Cut broccoli into florets. Cut carrots into thin slices.
3. Heat oil in a frying pan, add onion and cook over medium heat 5 minutes, until soft and golden. Add bell peppers and cook, stirring, 5 minutes until soft. Transfer to a large mixing bowl to cool. Steam or boil remaining vegetables for 3 minutes, until just tender. Drain well, add to bowl and cool.
4. Heat butter in a small pan; add flour. Stir over a low heat 2 minutes or until flour mixture is lightly golden. Add milk gradually to pan, stirring until mixture is smooth. Stir constantly over medium heat until mixture boils and thickens; boil 1 minute more, remove from heat. Add yolks, beat until smooth. Stir in cheese. Pour sauce over cooked vegetables, and stir to thoroughly combine. Pour mixture into pastry shell, sprinkle with extra cheese. Bake for 25 minutes, until top is golden.

Tip from the chef:

Cook this dish just before serving.



caramelized onion & spinach tart



Preparation time

25 minutes + 10
minutes standing



Total cooking time

1 hour



Serves

6

1. Preheat oven to moderately hot 375°F/190°C. Brush a 7 inch round fluted quiche baking dish with melted butter or oil.
2. Place flour and butter in food processor bowl. Using the pulse action, process for 15 seconds or until mixture is fine and crumbly. Add egg yolk and water to bowl, process for 20 seconds until mixture is smooth.
3. Press pastry evenly over base of prepared dish; refrigerate 10 minutes. Cut a sheet of greaseproof paper large enough to cover pastry-lined tin. Spread a layer of rice evenly over paper. Bake 20 minutes; remove from oven and discard rice. Set pastry aside to cool. Combine onions, water, sugar, vinegar, bay leaf and chilies in medium heavy-based pan. Stir over medium heat until sugar has dissolved and mixture is boiling. Reduce heat and simmer, covered, 1 hour, stirring occasionally. Drain any excess liquid; discard bay leaf and chilies.
4. Spread cooled onion mixture evenly over pastry base. Spoon topping over onion. Bake 45 minutes or until topping is golden. Serve warm or cool. To make Spinach Topping: Place all ingredients in large mixing bowl; mix well.

Ingredients

- 1 cup plain flour
- 3 oz/90 g butter, chopped
- 1 egg yolk
- 1 tablespoon water

Filling:

- 5 medium onions, thinly sliced
- ¾ cup water
- ¼ cup soft brown sugar
- 2 tablespoons brown vinegar
- 1 bay leaf
- 3 dried chilies

Topping:

- 2 cups finely chopped spinach
- 1 cup grated cheddar cheese
- ½ red bell pepper, chopped
- ¼ cup self-rising flour
- 1 teaspoon mustard powder
- 1¼ cups cream
- 2 eggs, lightly beaten

Tip from the chef:

This dish can be made up to one day ahead. Store in refrigerator. Reheat gently before serving.



smoked fish and rice slice



Preparation time
30 minutes



Total cooking time
15 minutes



Serves
6

Ingredients

- 1.1 lbs/500 g smoked fish
- 4 cups chicken stock
- 2 teaspoons curry powder
- 1 cup long grain rice
- 1 egg, lightly beaten
- 2 eggs, lightly beaten, extra
- ¾ cup milk
- ¾ cup cream
- 1½ grated cheddar cheese
- 4 green shallots, chopped
- 1 teaspoon dry mustard
- 2 tablespoons chopped parsley

1. Bring stock to a boil in large pan, add curry powder and rice, reduce heat, simmer, covered, for about 30 minutes, or until all liquid has been absorbed and rice is tender; stir in egg. Spread rice mixture evenly over base of greased 7 inch baking pan. Cook fish in pan of simmering water for about 5 minutes; drain, flake with fork, spread over rice mixture.
2. Pour over combined extra eggs, milk, cream, cheese, shallots, mustard and parsley. Bake in moderate oven 30 minutes or until golden brown and set (or microwave on medium for about 15 minutes or until set). Stand 5 minutes before serving.

Tip from the chef:

*This slice is perfect for brunch, as well as any other meal!
If desired, use mozzarella instead of cheddar.*



salmon

en croûte



Preparation time
40 minutes



Total cooking time
15 minutes



Makes
12

1. Heat butter in a frying pan over a high heat. Stir in garlic, spinach and watercress. Tip into a sieve, press down firmly to drain. Chop, discard tough stems, then transfer to a mixing bowl with dill and lemon zest. Stir well. Season with salt and pepper.
2. Dry salmon on kitchen paper and season with salt and pepper. Remove any pin bones. Spread sour cream over one of the fillets, then add spinach mixture. Top with remaining fillet.
3. Roll out pastry and trim to a 10x16 inch rectangle. Put on a lined baking sheet and brush with Dijon mustard. Put salmon fillets across the top half of the pastry, leaving a 1 inch border. Fold bottom half over to cover fillets. Trim edges, crimp them to seal, then brush with egg. Refrigerate for 20 minutes. Heat oven to 355°F/180°C. Bake for 30 minutes or until golden.

Ingredients

- 1 tablespoon butter
- 1 clove garlic, crushed
- 3½ oz/100 g spinach
- 3½ oz/100 g watercress
- 2 tablepoons fresh dill, chopped
- ½ tablespoon lemon zest
- 2 x 1.1 lbs/500 g skinless salmon fillets
- 3 tablespoons sour cream
- 1 lb/450 g puff pastry
- plain flour, for dusting
- 2 tablespoons Dijon mustard
- 1 egg, beaten

Tip from the chef:

A great pairing for dry white wine. Assemble the dish up to 24 hours in advance. Freeze the unbaked salmon for up to 1 month.



asparagus fritatta



Preparation time
10 minutes



Total cooking time
15 minutes



Serves
4

Ingredients

- 11 oz/310 g can asparagus spears, drained
- 2 bacon rashers, chopped
- 1 large onion, chopped
- 6 eggs
- 2 tablespoons grated parmesan cheese
- 1 teaspoon curry powder
- 1 tablespoon olive oil
- 1 bunch dill

1. Preheat the oven to 400°F. Drain asparagus on absorbent paper, cut spears into 3 pieces. Cook bacon and onion in pan until onion is soft.
2. Beat eggs, cheese and curry together with fork, stir in bacon mixture. Heat olive oil in a cast-iron skillet over medium heat. Add asparagus, then pour in egg mixture and gently shake pan to distribute.
3. Bake in moderate oven 15 minutes or until set, serve immediately.

Tip from the chef:

An exquisite, easy summer dish. For a non-vegetarian option, add a couple of slices of ham, bacon or sausage.





mushroom strudel



Preparation time
10 minutes



Total cooking time
40 minutes



Serves
4-6

1. Heat 1 oz of butter in large pan, add mushrooms and garlic, cook, stirring occasionally, until mushrooms are soft and all liquid evaporated. Melt another ½ oz of butter in pan, stir in flour, cook, stirring, for 1 minute. Gradually stir in milk and cream, stir until mixture boils and thickens. Stir in mushrooms; cool to room temperature.
2. Place one sheet of pastry on counter (cover remaining pastry with greaseproof paper and well wrung-out cloth) brush with some of the remaining melted butter, top with another sheet of pastry, brush with butter, sprinkle with about a tablespoon of the combined breadcrumbs, parmesan cheese and mustard. Repeat buttering and layering until pastry and crumb mixture is used.
3. Place mushroom mixture along the long side of pastry, leaving a 2 inch border. Fold edges of pastry in, roll up. Brush all over with butter. Place on oven tray, bake in moderate oven for about 30 minutes.

Ingredients

- 4½ oz/125 g butter
- 1.1 lbs/500 g baby mushrooms, sliced
- 1 clove garlic, crushed
- ⅓ cup plain flour
- ½ cup milk
- ⅓ cup sour cream
- 6 sheets filo pastry
- ¼ cup dry breadcrumbs
- ¼ cup grated parmesan cheese
- 1 teaspoon dry mustard

Tip from the chef:

Serve strudel warm, with a green salad, if desired. Mushrooms help lower blood pressure and decrease the risk of cardiovascular diseases.



chili

con carne burritos



Preparation time
40 minutes



Total cooking time
15 minutes



Makes
12

Ingredients

- 13¼ oz/375 g ground beef
- 6 tortillas
- ½ oz butter
- 1 onion, finely chopped
- 1 stick celery, chopped
- 14 oz/400 g can tomatoes
- ¼ cup tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon sweet chili sauce
- 1 lb/450 g red kidney beans, drained

1. Melt butter in pan. Add onion and celery, cook, stirring, until onion is soft. Add ground beef. Cook, stirring, until well browned. Add undrained crushed tomatoes and sauces. Bring to the boil, reduce heat, simmer uncovered 20 minutes; add rinsed beans, reheat. Heat tortillas on a griddle until heated through.
2. Arrange chili mixture in the center of each tortilla. Fold in the two sides and roll up tightly. Serve with hot sauce, if desired.

Tip from the chef:

Filling can be made the day before, covered and refrigerated. Reheat gently when required.



stuffed potatoes with mushrooms



Preparation time
45 minutes



Total cooking time
10 minutes



Serves
4

1. Scrub and dry potatoes, prick all over with a skewer. Place potatoes slightly apart directly onto oven rack in moderate oven, bake for about 1 hour or until potatoes are tender (or microwave on HIGH for about 10 minutes). Remove from oven, cut potatoes in half, scoop out the flesh leaving a ½ inch thick shell of potato. Brush potatoes, inside and out, lightly with oil, place onto oven tray, cut side up; bake in hot oven 10 minutes.
2. Heat butter in pan, add onion and bacon, cook, stirring, for about 5 minutes or until onion is soft, add garlic and mushrooms, cook over low heat 5 minutes or until mushrooms are soft; stir in sour cream and remaining balance of potato.
3. Spoon filling into potatoes on oven tray, sprinkle with parmesan; bake in moderate oven 15 minutes or until golden brown. Garnish with peppercorns, chives and dill, if desired.

Ingredients

- 4 potatoes
- ½ oz/15 g butter
- 1 onion, finely chopped
- 2 bacon rashers, finely chopped
- 1 clove garlic, crushed
- 1.1 lbs/500 g small mushrooms, sliced
- 10½ oz/300 g carton sour cream
- ½ cup grated parmesan cheese
- fresh pink peppercorns, for garnish
- chopped chives, for garnish
- fresh dill, for garnish

Tip from the chef:

Sweet potatoes can be used instead of potatoes. Serve with extra sour cream, if desired.



mushrooms

with curried cream



Preparation time
10 minutes



Total cooking time
10 minutes



Makes
8

Ingredients

- 8 large flat mushrooms
- 1 oz/30 g butter
- 3 green shallots, finely chopped
- 2 tablespoons plain flour
- 2 teaspoons curry powder
- $\frac{3}{4}$ cup cream
- 1 tablespoon lemon juice
- 6½ oz can crab, drained
- paprika

Topping:

- 30g butter
- 1 cup stale breadcrumbs
- 1 cup grated cheddar cheese
- dried parsley, for garnish

1. Remove stems from mushrooms. Heat butter in pan, add shallots, stir in flour and curry powder, stir constantly over heat 1 minute. Gradually add cream, stir constantly over heat until mixture boils and thickens. Remove from heat, stir in lemon juice and flaked crab. Fill mushroom caps with crab mixture, sprinkle with Topping, parsley and paprika; place on oven tray, bake in moderately hot oven 10 minutes.
2. **Topping:** Melt butter in pan, add breadcrumbs, stir over heat until breadcrumbs are golden brown, remove from heat; mix in cheese.

Tip from the chef:

Mushrooms can be prepared to the stage of cooking, covered and refrigerated, up to two hours beforehand.





tomatoes

with tuna and egg



Preparation time
20 minutes



Total cooking time
10 minutes



Makes
6

1. Remove a 1 inch slice from the base of each tomato, scoop out pulp carefully, reserve $\frac{1}{2}$ cup for the filling. Combine reserved tomato pulp in bowl with flaked tuna, egg whites, olives and mayonnaise. Cut bread into small cubes, toast on oven tray in moderate oven for about 10 minutes or until golden brown. Add the toast cubes to tuna mixture.
2. Fill tomatoes with tuna mixture, sprinkle with egg yolks and mint leaves just before serving.

Ingredients

- 6 tomatoes
- 1 lb/450 g can tuna in brine, drained
- 4 hard-boiled eggs, separated and chopped
- 1 cup mayonnaise
- 4 slices bread
- 2 slices bread
- mint leaves, for garnish

Tip from the chef:

Make several hours ahead if desired. Refrigerate until ready to serve.



tomatoes with basil and cheese filling



Preparation time
15 minutes



Total cooking time
0 minutes



Serves
6

Ingredients

- 6 tomatoes
- 2 tablespoons fresh basil leaves
- 250g ricotta cheese
- ½ cup cottage cheese
- 1 clove garlic, crushed
- 2 tablespoons French dressing
- 1 tablespoon chopped fresh basil, extra
- fresh thyme, dill and parsley, for garnish

1. Slice about 1 inch from top of each tomato, scoop out pulp carefully with teaspoon. Blend or process tomato pulp with basil until smooth. Combine ricotta and cottage cheese in bowl; mix well, stir in garlic, dressing and extra basil. Spoon cheese mixture into tomatoes; refrigerate several hours before serving; serve topped with tomato pulp mixture. Garnish with thyme, dill and parsley, if desired.



Tip from the chef:

This recipe is not suitable to freeze or microwave.



cheesy sour cream potatoes



Preparation time
10 minutes



Total cooking time
5 minutes



Serves
4

1. Pierce potatoes all over with skewer, brush with oil and rub with salt.
2. Wrap potatoes individually in foil, place into coals of barbecue or bake for 1 hour. Cut a deep cross through foil and into potato. Using a cloth, hold potato around the middle, squeeze gently to open out. Top potatoes with cheese and sour cream. Sprinkle with shallots before serving.

Ingredients

- 10 large potatoes
- ½ cup oil
- 1 tablespoon salt
- 2 x 10½ oz/300 g cartons sour cream
- 2 cups shredded gruyere cheese
- 4 green shallots, finely chopped

Tip from the chef:

Potatoes can be partly cooked in a moderate oven 45 minutes. Then placed in barbecue coals for remaining half of the cooking time.



bacon wrapped sausages



Preparation time
10 minutes



Total cooking time
10 minutes



Makes
10

1. Place sausages into pan of cold water, cover, bring up to the boil, drain, cool.
2. Wrap a rasher of bacon around each sausage. Secure with toothpicks, if desired.
3. Brush sausages with combined plum sauce and curry powder. Barbecue or grill until sausages are cooked through and bacon crisp, brush occasionally during cooking with any remaining plum sauce mixture.

Ingredients

- 10 thick sausages
- 10 bacon rashers
- ¼ cup plum sauce
- 1 teaspoon curry powder

Tip from the chef:

For a delicious combination, serve sausages with hashbrowns, and a dollop of ketchup sauce.



three bean salad



Preparation time
5 minutes



Total cooking time
0 minutes



Serves
4

Ingredients

- 3 x 14 oz/400 g cans kidney beans
- 3 x 11 oz/310 g cans butter beans
- 3 x 10 oz/280 g cans broad beans
- ¼ cup chopped parsley
- ⅓ cup fresh lime juice
- ½ cup olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- ⅛ teaspoon ground cayenne pepper
- 1 tablespoon seeded mustard
- ½ cup sweet corn kernels, canned
- sliced chili, for garnish

1. Drain beans, rinse well under cold water; drain well. Combine parsley in bowl with lime juice, olive oil, garlic, salt and cayenne pepper; mix in beans and corn. Top with chili.



Tip from the chef:

Any dried or canned bean of your choice can be used.



puffed nut granola



Preparation time
5 minutes



Total cooking time
20 minutes



Serves
10

1. Combine corn, rolled oats, bran cereal, nuts, coconut, cinnamon, apple juice and honey in a bowl.
2. Place mixture in a shallow ovenproof dish, spread out evenly and bake at 350°F/180°C, stirring occasionally, for 20 minutes or until golden.
3. Set aside to cool slightly. Add apricots, pineapple and dates and toss to combine. Set aside to cool completely. Store in an airtight container.

Ingredients

- 3 oz/90 g puffed corn
- 1 cup/3 oz/90 g rolled oats
- ½ cup/1 oz/30 g bran cereal
- 3 oz/90 g walnuts, roughly chopped
- 1 oz/30 g flaked coconut
- 1 teaspoon ground cinnamon
- ⅓ cup/3 fl oz/90 ml unsweetened apple juice
- 2 tablespoons honey
- 4 oz/125g dried apricots, chopped
- 4 oz/125 g dried pineapple, chopped
- 3 oz/90g pitted fresh or dried dates, chopped

Tip from the chef:

Puffed corn is available from health food stores or look for it in the health food section of your supermarket.



herb and cheese fritatta



Preparation time
5 minutes



Total cooking time
3 minutes



Serves
2

Ingredients

- 2 eggs, lightly beaten
- ½ cup/4 fl oz/125 ml low-fat milk
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 2 teaspoon sweet chili sauce (optional)
- freshly ground black pepper
- 45g/1 ½ oz grated gouda cheese
- 2 slices wholegrain bread, toasted

1. Place eggs, milk, parsley, basil, chili sauce (if using) and black pepper to taste in a bowl and whisk to combine.
2. Pour egg mixture into a nonstick frying pan and cook over a low heat for 5 minutes or until almost set. Sprinkle with cheese and cook under a preheated hot grill for 1-2 minutes or until cheese melts and top is golden. Serve cut into wedges with toast.



Tip from the chef:

The perfect appetizer for cheese lovers! Serve with arugula salad, if desired.



vegetable strudel



Preparation time
10 minutes



Total cooking time
35 minutes



Serves
4

1. Cook broccoli and cauliflower in steamer or microwave until just tender, drain.
2. Heat oil in pan, cook onion 5 minutes. Add combined corn flour, milk and nutmeg. Cook until sauce boils and thickens. Remove from heat, stir in Parmesan cheese.
3. Add cooked broccoli and cauliflower, mix well.
4. Place a sheet of filo pastry on counter, brush lightly with extra oil, repeat layering with remaining pastry, brushing every sheet with oil.
5. Place filling along one edge of long side, leaving a 2 inch border on sides and front. Fold sides in and roll up. Brush with oil, sprinkle with sesame seeds. Place onto oiled oven tray. Bake in moderately hot oven 30 minutes. Serve cut into thick slices.

Ingredients

- 3 cups broccoli florets
- 3 cups cauliflower florets
- 1 teaspoon olive oil
- 1 onion, finely chopped
- 1 tablespoon corn flour
- 1 cup skim milk
- pinch nutmeg
- 2 tablespoons grated Parmesan cheese
- 2 oz/60 g grated mozzarella cheese
- 8 sheets filo pastry
- 2 tablespoons olive oil, extra

Tip from the chef:

A great option for vegetarians. For non-vegetarians, add 1 cup of diced ham.



watercress and spinach roulade



Preparation time
20 minutes



Total cooking time
8 minutes



Serves
4

Ingredients

- 1 bunch watercress
- 9 oz/260 g packet frozen spinach
- 2 oz/60 g butter
- 1/3 cup plain flour
- 1 cup milk
- 1/3 cup grated parmesan cheese
- 4 eggs, separated

Filling:

- 9 oz/260 g smoked salmon, sliced
- 1 clove garlic, crushed
- 9 oz/260 g packet cream cheese
- 2 tablespoons cream

1. Chop watercress sprigs finely (or process until coarsely chopped). You should have about 1 cup chopped watercress. Thaw spinach in pan over heat, heat until liquid has evaporated. Heat butter in pan, add flour, cook, stirring, 1 minute, gradually stir in milk, stir constantly over heat until mixture boils and thickens. Stir in cheese, egg yolks, spinach and watercress; transfer mixture to a large bowl.
2. Beat egg whites until soft peaks form, fold lightly into watercress mixture. Pour mixture into greased and lined Swiss roll tin (base measures 10x12 inches). Bake in moderately hot oven for about 20 minutes or until puffed and golden brown. Remove from oven, turn onto wire rack covered with tea towel, carefully remove lining paper; cool to room temperature. Spread with cream cheese mixture then arrange smoked salmon. Use towel to help you roll the roulade.
3. **Filling:** Have cream cheese at room temperature, beat in small bowl with electric mixer until smooth, stir in cream.

Tip from the chef:

Surprise your guests with this vibrant healthy roulade! If desired, use bacon instead of smoked salmon.





bean stuffed potatoes



Preparation time
15 minutes



Total cooking time
20 minutes



Serves
6

1. Heat oil and butter in pan, add onion, cook, stirring, for a few minutes or until onion is soft. Add chilies and pimientos, cook 1 minute.
2. Mash half the beans, stir into onion mixture with sour cream and cheese, stir in remaining beans.
3. Make a cross in the centre of each potato. Spoon filling into potatoes on oven tray, bake in moderate oven for about 15 minutes or until golden brown. Garnish with chives, if desired. Serve immediately.

Ingredients

- 2 tablespoons oil
- 1 oz/30 g butter
- 1 onion, chopped
- 2 small canned jalapeno peppers, chopped
- 6½ oz/185 g can pimientos, drained, sliced
- 1 lb/450 g can pinto beans, drained
- ¼ cup sour cream
- 6 potatoes, cooked
- chopped chives, for garnish



Tip from the chef:

For a Mexican touch, top these with guacamole and sour cream.

potato

croquettes



Preparation time
5 minutes



Total cooking time
25 minutes



Serves
Serves 4

Ingredients

- 1 lb/500 g potatoes, cut into quarters
- 3½ oz/100 g wholemeal breadcrumbs
- 1 onion, chopped
- 8 oz/250 g cottage cheese
- 1 egg, lightly beaten
- 1½ cup/7½/230 g wholemeal flour
- vegetable oil for deep-frying

1. Place potatoes in a saucepan of water and bring to the boil. Reduce heat, cover and simmer for 20-25 minutes or until potatoes are cooked. Drain potatoes and transfer to a bowl.
2. Add breadcrumbs, cottage cheese, egg and black pepper to taste to potatoes and mix to combine. Cover and refrigerate until potato mixture is cold.
3. Divide potato mixture into 12 portions and shape into croquettes. Roll each croquette in flour and place on a plate lined with plastic food wrap.
4. Heat oil in a large saucepan until a cube of bread dropped in browns in 60 seconds. Cook a few croquettes at a time for 4-5 minutes or until golden and heated through. Drain on absorbent kitchen paper and serve immediately.



Tip from the chef:

Potato Croquettes make an interesting alternative to potatoes when served as an accompaniment to a meal. They are also delicious when served as a light meal served with salad and mango chutney.





vegetable omelette



Preparation time
15 minutes



Total cooking time
15 minutes



Serves
2

1. Melt 2 oz butter in a frying pan, add garlic and mustard seeds and cook over a medium heat, stirring, for 5 minutes or until vegetables are tender. Remove vegetables from pan, set aside and keep warm.
2. Place eggs, water and black pepper to taste in a bowl and whisk to combine. Melt ½ oz butter in pan, pour in half the egg mixture and cook over a medium heat. Continually draw in edge of omelette with a fork during cooking until no liquid remains and omelette is lightly set. Spoon half the vegetable mixture onto omelette, sprinkle goat cheese, arrange cherry tomatoes, and fold over. Repeat with remaining butter, egg mixture and vegetable mixture to make a second omelette. Garnish with dill, if desired.

Ingredients

- 3 oz/90 g butter
- 2 green onions, sliced
- 5 1/4 oz/150 g cherry tomatoes, halved
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- 1 clove garlic, crushed
- 1 teaspoon mustard seeds
- 6 eggs
- 4 tablespoons crumbled goat cheese
- 3 tablespoons water
- freshly ground black pepper
- chopped fresh dill, for garnish

Tip from the chef:

Using some of the frozen mixed-vegetable varieties for this recipe cuts down on preparation time, as the chopping of the vegetables is eliminated. The cooking time will remain the same.





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