

# Chef

express



 **WISCONSIN  
STATE JOURNAL**

# 6 ingredients or less



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# 6 ingredients or less

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**Publishers**  
Simon St.John Bailey

**Digital Content Manager**  
Christian G Bailey

**Editing**  
Isabel Toyos

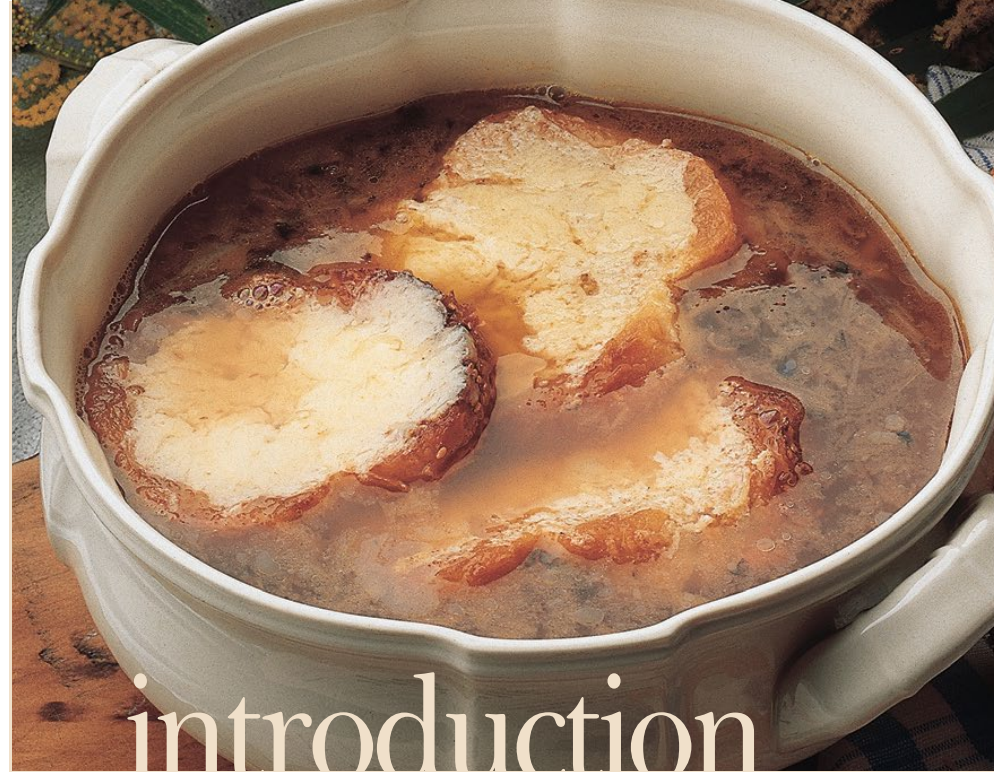
**Compilation**  
Sofia Toyos

**Design and lay out**  
Natalia Canet

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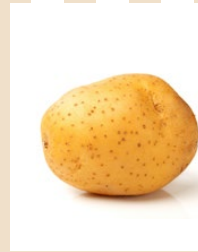


## introduction

Are you tired of difficult dishes with endless lists of hard-to-find ingredients? These easy to follow, simple recipes, were selected to help you cook and serve savory meals using only 6 ingredients or less!



# 6 ingredients or less



To prepare these time- and effort-saving recipes, all you'll need is less than 6 ingredients and some basic pantry products, such as salt and pepper. As the key to 6-ingredient recipes is keeping it simple, we have put together a shopping list with some of the most versatile ingredients available. Stock up on these basics to have no-fuss meals, any day of the week.

## Pantry Essentials

- All-purpose baking flour. From homemade bread to pizzas, cakes, pastas and cookies, the list of treats you can make with flour is nearly endless.
- Frozen or fresh vegetable medleys. You can toss them into soups, serve them with rice, or make dips, burritos, warm salads, and tasty sides!
- Eggs. You can have them scrambled, poached, as omelets, boiled or sunny side up! And they are also one of the key ingredients required to prepare pastas, baked goods and custards.

- Rice. It can be used to make almost any dish more substantial and there are many varieties to choose from. It's also great in soups and stews and as a side for many dishes such as stir-fries, bakes and chilies.
- Soy sauce. The salt, rich flavor of soy sauce makes it the ideal condiment for various dishes such as stir-fries and noodles. Additionally, it's the perfect in marinades, glazes and salad dressings.
- Chicken or vegetable stock. It's needed to prepare soups, sauces, stews, casseroles, mashed potatoes, grains and legumes. It adds an incredible depth of flavor.
- Garlic. Nothing can really substitute the special taste of garlic. It's one of the main ingredients in hundreds of recipes from all over the world. It goes well with all sorts of meat, pasta and vegetables.
- Hot sauce. A touch of hot sauce can bring life to any dish that's a bit too bland. From meats to vegetables, there's almost no meal that doesn't benefit from a little spicy kick.

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# bacon-wrapped prawns

■ □ □ | Cooking time: 7 minutes - Preparation time: 20 minutes

## ingredients

- > 750 g/1½ lb large uncooked prawns, shelled and deveined, with tails left intact
- > 8 rashers bacon, rind removed

## herb marinade

- > 2 tablespoons chopped fresh oregano
- > 2 cloves garlic, crushed
- > ½ cup/125 ml/4 fl oz olive oil
- > 2 tablespoons white wine vinegar

## method

1. To make marinade, place oregano, garlic, oil and vinegar in a bowl and whisk to combine. Add prawns and toss to coat. Cover and refrigerate for at least 1 hour or overnight.
2. Drain prawns and reserve marinade. Cut each bacon rasher into three pieces, wrap a piece of bacon around each prawn and secure with a wooden toothpick or cocktail stick.
3. Cook prawns under a preheated medium grill or on the barbecue, turning occasionally and brushing with reserved marinade, for 5 minutes or until bacon is crisp and prawns are cooked.

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Makes about 24

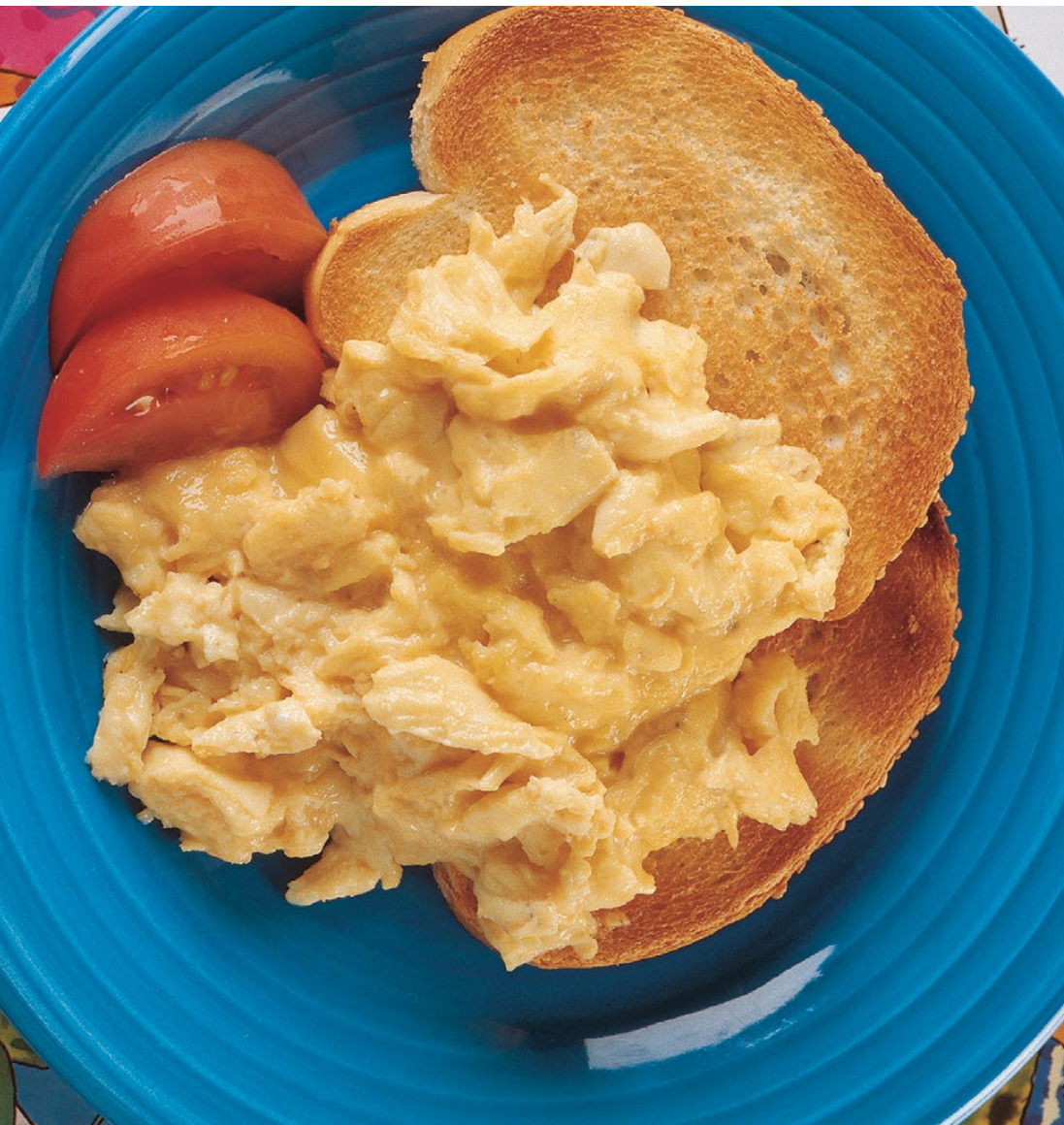


## tip from the chef

*Prawns are delicious all by themselves. Another way to serve them is pan-fried in olive oil after sprinkling with lime juice and coating with a mixture of breadcrumbs and chopped parsley.*



# scramblers



■ □ □ | Cooking time: 4 minutes - Preparation time: 5 minutes

## method

1. Break eggs into bowl. Add milk and black pepper to taste. Whisk. Set aside.
2. Place butter in frying pan. Heat over a low heat until butter melts.
3. Add egg mixture. Cook until egg mixture is set but still creamy. Stir carefully from time to time.

## ingredients

- > 8 eggs
- > 2 tablespoons milk
- > freshly ground black pepper
- > 30 g/1 oz butter

.....  
Serves 4

## junior chef says

*Serve scramblers with hot toast. I like to cut a roll in half, toast it and then top with scramblers.*



# savory puffs

■ ■ ■ | Cooking time: 30 minutes - Preparation time: 20 minutes

## ingredients

- > 500 g/1 lb puff pastry
- > 155 g/5 oz bottled olive paste
- > 2 eggs beaten with 2 teaspoon cream or milk
- > 185 g/6 oz blue vein cheese (Roquefort, Stilton, Danish blue), crumbled
- > a little cream

## method

1. To make olive puffs, roll out half the pastry on a lightly floured surface to make a 30 x 25 cm/12 x 10 in rectangle and cut in half lengthwise. Spread one half with olive paste. Top with the other half and press gently with rolling pin. Cut in half lengthwise, then cut crosswise into 6 x 3 cm/2½ x 1¼ in fingers.
2. Preheat oven to 200°C/400°F/Gas 6. Place olive puffs on a baking tray and brush with beaten egg mixture. Bake for 15-20 minutes or until golden. Serve hot.
3. To make cheese puffs, preheat oven to 220°C/425°F/Gas 7. Roll out remaining pastry thinly, cut into 6 cm/2½ in rounds, place on baking trays and brush with egg mixture. Bake for 8-10 minutes or until puffed and golden. Cool slightly.
4. Mash cheese with enough cream to make a smooth paste. Split pastries and pipe or spoon filling onto bottom halves. Top with remaining pastry halves and serve.

.....  
**Makes 40 olive puffs and 28-30 cheese pufs**

## tip from the chef

*Olive paste is available at specialty food shops. It can be made by puréeing stoned black olives with a little olive oil to make a smooth paste.*





# tomato and basil bruschetta

■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

## method

1. Combine oil and garlic. Brush bread slices liberally with oil mixture and place on an oiled baking tray. Bake at 200°C/400°F/ Gas 6 for 10 minutes or until bread is golden. Set aside to cool.
2. Place tomatoes, basil or parsley and black pepper to taste in a bowl and mix to combine. Just prior to serving, top toasted bread slices with tomato mixture.

## ingredients

- > ½ cup/125 ml/4 fl oz olive oil
- > 2 cloves garlic, crushed
- > 1 French bread stick, sliced diagonally
- > 3 tomatoes, finely chopped
- > 3 tablespoons chopped fresh basil or parsley
- > freshly ground black pepper

.....  
Serves 6

## tip from the chef

*For a light meal, top bruschetta with a little grated Parmesan or mozzarella cheese and grill until cheese melts. Serve with salad.*



# cold beetroot soup

■ ■ □ | Cooking time: 0 minute - Preparation time: 5 minutes

## ingredients

- > 870 g/1¾ lb canned baby beets, undrained
- > 1 teaspoon cracked black peppercorns
- > ¼ cup natural yogurt
- > parsley for garnish

## method

1. Make sure beets and yogurt are thoroughly chilled.
2. Purée beets with their juice and pepper in a blender or food processor until smooth. You may need to add a little water if consistency is too thick.
3. Serve with a spoonful of yogurt on top. Garnish with parsley sprig.

.....  
Serves 4



## tip from the chef

*Yogurt can be replaced by cream cheese or lightly whipped cream.*

# french fried camembert

■□□ | Cooking time: 10 minutes - Preparation time: 5 minutes

## method

1. Cut each Camembert round into 3 wedges. Dip each wedge in egg then roll in breadcrumbs to coat.
2. Heat 2.5 cm/1 in oil in a frying pan over a medium heat, until a cube of bread dropped in browns in 50 seconds. Add cheese wedges and cook for 3-4 minutes each side or until golden. Drain on absorbent kitchen paper and serve immediately with jam and crème fraîche.

## ingredients

- > 2 x 125 g/4 oz rounds Camembert cheese, well chilled
- > 1 egg, beaten
- > 1 cup/125 g/4 oz dried breadcrumbs
- > vegetable oil
- > black cherry jam
- > crème fraîche

.....  
Serves 6

## tip from the chef

*The triangles can be prepared ahead of time and refrigerated until just prior to cooking. It is important that the cheese is well chilled before cooking or it will melt and collapse when added to the pan.*



# scallops and wilted spinach

■ □ □ | Cooking time: 3 minutes - Preparation time: 10 minutes

## ingredients

- > 18 scallops
- > vegetable oil
- > crushed black peppercorns

## wilted spinach salad

- > 185 g/6 oz baby English spinach leaves
- > 2 teaspoons sesame seeds
- > 2 tablespoons soy sauce
- > 1 tablespoon lemon juice
- > 2 teaspoons sesame oil

## method

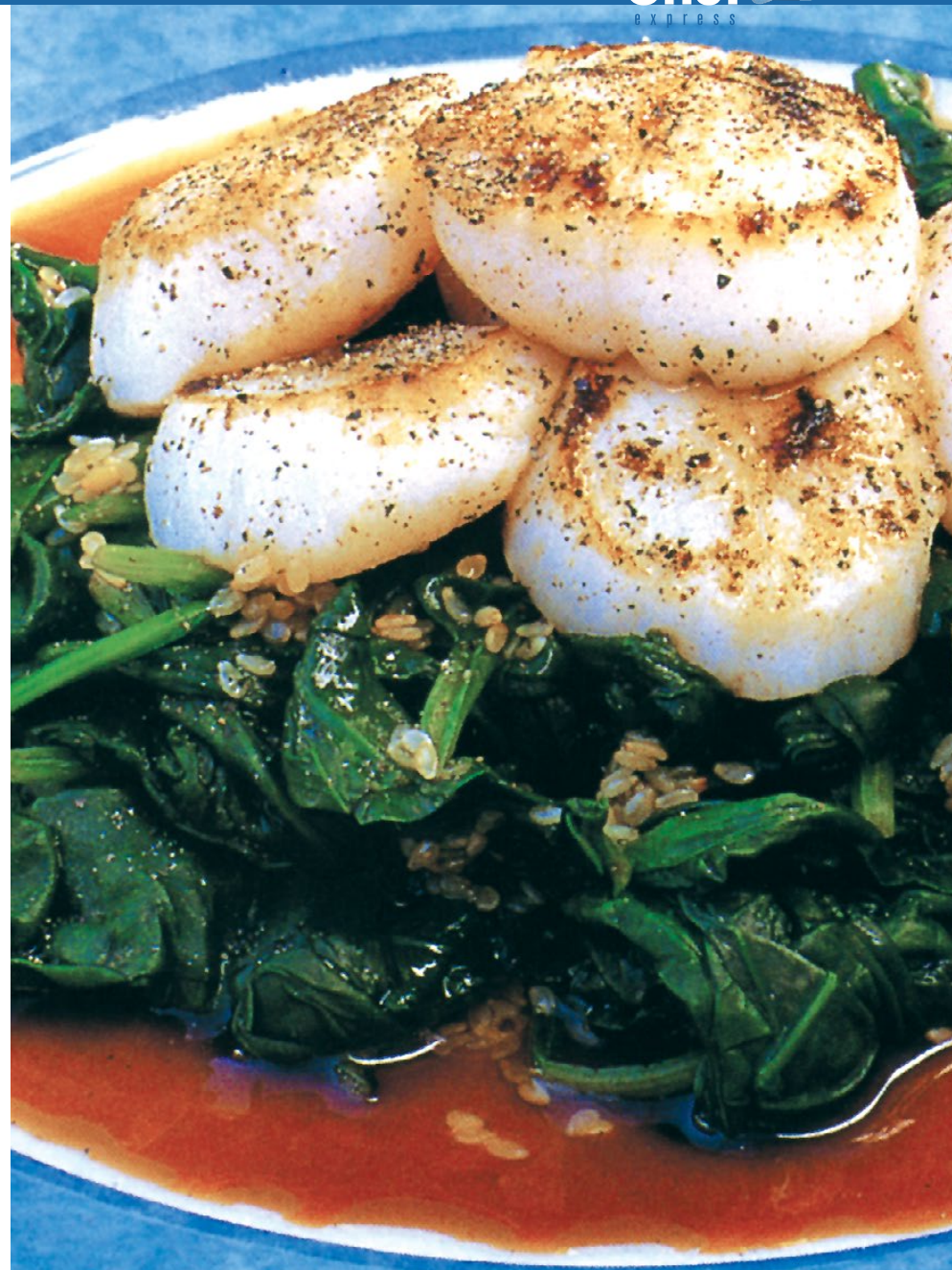
1. Preheat barbecue to a medium heat.
2. To make salad, blanch spinach leaves in boiling water for 10 seconds. Drain spinach, refresh under cold running water, drain again and place in a bowl.
3. Place sesame seeds, soy sauce, lemon juice and sesame oil in a bowl and mix to combine. Spoon dressing over spinach and toss to combine. Divide salad between serving plates.
4. Place scallops in bowl, drizzle with a little vegetable oil and season to taste with black pepper. Sear scallops on barbecue plate for 45-60 seconds or until golden and flesh is opaque. Place scallops on top of each salad and serve immediately.

.....  
Serves 6



## tip from the chef

*Alternatively the scallops can be seared in a hot frying pan.*





# bream

## with grapefruit

■ □ □ | Cooking time: 25 minutes - Preparation time: 15 minutes

### method

1. Place each fish on foil to wrap, brush with combined melted butter, garlic, lime juice and grapefruit juice. Wrap up in foil and bake in moderate oven for 25 minutes.
2. Decorate with grapefruit slices and fresh dill. Serve with blanched vegetables if desired.

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Serves 4

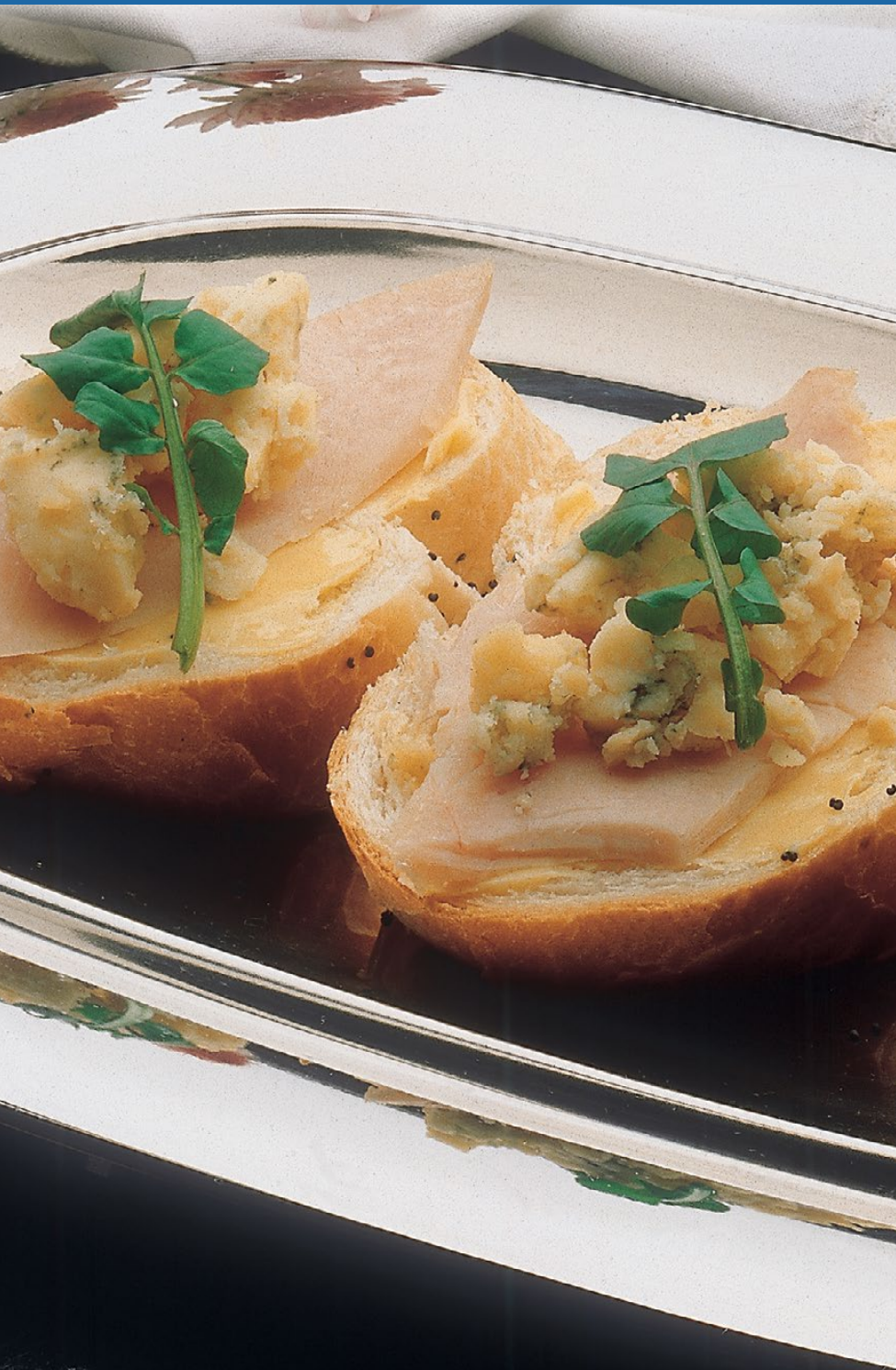
### ingredients

- > 4 medium bream, cleaned
- > ½ cup melted butter
- > 1 clove garlic, crushed
- > 2 tablespoons freshly squeezed lime juice
- > 4 tablespoons freshly squeezed grapefruit juice
- > 1 grapefruit, sliced
- > 1 tablespoon chopped fresh dill

### tip from the chef

*This fish can be served either hot or cold. To eat it cold, shred the flesh, mix with greens and drizzle with a vinaigrette made with oil, the juices of the same citric fruits used for the cooking and some seasoning.*





# turkey and stilton sandwiches

■ □ □ | Cooking time: 0 minute - Preparation time: 5 minutes

## method

1. Spread butter on each slice of bread, then Dijon mustard.
2. Top each slice of bread with slice of smoked turkey and some Stilton cheese.
3. Garnish with watercress sprig.

## ingredients

- > 30 g/1 oz butter
- > 12 thick slices French bread
- > 2 tablespoons Dijon mustard
- > 12 slices smoked turkey
- > 200 g/6½ oz Stilton cheese, crumbled
- > watercress for garnish

.....  
Serves 4

## tip from the chef

*Stilton, a blue veined cheese, was first made around 1720. Owes its name and reputation to the village, but it is not actually made there.*



# pea and ham soup

■ □ □ | Cooking time: 130 minutes - Preparation time: 15 minutes

## ingredients

- > 4 cups/1 liter/1¼ pt beef stock
- > 2 onions, chopped
- > 2 carrots, diced
- > 500 g/1 lb ham bones
- > 220 g/7 oz green split peas
- > 1 tablespoon chopped fresh mint
- > freshly ground black pepper

## method

1. Place stock in a saucepan and bring to the boil, then reduce heat to simmering. Add onions, carrots and bones and simmer for 1 hour or until ham comes away from the bones. Skim the surface frequently during cooking to remove any scum that forms (a).
2. Remove ham bones and cut meat into chunks; set aside (b). Allow soup to cool, then remove fat from the surface.
3. Stir split peas and mint into soup and bring to the boil. Reduce heat and simmer, stirring occasionally, for 1 hour or until peas are tender. Return ham to soup (c), season to taste with black pepper and cook for 5 minutes longer.

.....  
Serves 4-6



## tip from the chef

*The easiest way to remove fat from the surface of soups, casseroles and stews is to refrigerate them overnight. The fat will set on the surface and can then be easily removed before completing the recipe.*





# COUSCOUS pilaf

■□□ | Cooking time: 10 minutes - Preparation time: 5 minutes

## method

1. In a large, deep frying pan melt the butter over moderate heat. Add onion and carrot, cook for 3 minutes.
2. Add couscous, peas, almonds and stock to pan. Simmer for 5 minutes, stirring with a fork.
3. Sprinkle extra butter over the mixture, fluff with a fork to break up any lumps. Serve warm.

.....  
Serves 4

## ingredients

- > 3 tablespoons butter
- > 1 onion, finely chopped
- > 1 large carrot, chopped
- > 200 g/6½ oz couscous
- > 200 g/6½ oz frozen peas, thawed
- > 75 g/2½ oz almonds, blanched, toasted
- > 1 cup chicken stock
- > 100 g/3½ oz butter, extra, cut into small cubes
- > 1 cup/45 g/1½ oz oat bran
- > ⅓ cup/60 g/2 oz brown sugar
- > 1 mango, chopped
- > 2 egg whites
- > ¾ cup/185 ml/6 fl oz skim milk
- > ¼ cup/60 ml/2 fl oz oil

## tip from the chef

*This dish is outstanding for its high energetic quality and it is a good accompaniment to lean meats of any type.*



# veal

## scaloppini with sage

■ ■ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

### ingredients

- > 8 medium veal fillets
- > ¼ cup plain flour
- > 3 tablespoons butter
- > 2 cloves garlic, crushed
- > 3 tablespoons wine
- > 2 tablespoons chopped fresh sage

### method

1. Lightly dust veal fillets with flour.
2. Melt butter in a large frying pan over moderate heat. Add garlic and cook for 1 minute. Add wine and cook for a further 1 minute.
3. Add sage and fillets, cook for 2 minutes each side or until just cooked. Serve immediately with blanched vegetables if desired.

.....  
Serves 4

### tip from the chef

*To give a different flavor to this exquisite dish, substitute rosemary or thyme for sage.*





# fresh

## basil carpaccio

■□□ | Cooking time: 15 minutes - Preparation time: 30 minutes

### method

1. To make dressing, place basil, oil, lemon juice, capers and garlic in a bowl. Mix well to combine.
2. Arrange beef slices on a serving plate and season with black pepper. Pour dressing over and sprinkle with onion. Cover and marinate for 10 minutes before serving.

.....  
Serves 4

### ingredients

- > 500 g/1 lb eye fillet, very thinly sliced
- > 1 onion, finely sliced
- > freshly ground black pepper

### dressing

- > 10 fresh basil leaves, chopped
- > 4 tablespoons olive oil
- > 3 tablespoons lemon juice
- > 2 tablespoons capers, chopped
- > 2 clove garlics, finely chopped

### tip from the chef

*Carpaccio can be made with different types of meat, but it must always be carefully and very thinly sliced, almost transparent. To do so, the meat should be almost frozen at the moment of cutting.*



# french onion soup

■ □ □ | Cooking time: 30 minutes - Preparation time: 15 minutes

## ingredients

- > 60 g/2 oz butter
- > 4 onions, thinly sliced
- > 2 teaspoons plain flour
- > 4 cups chicken stock
- > ½ cup white wine
- > 8-12 slices French bread
- > ½ cup grated cheese

## method

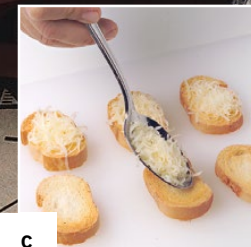
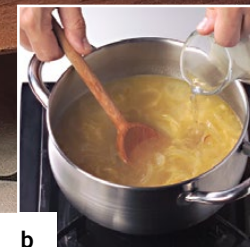
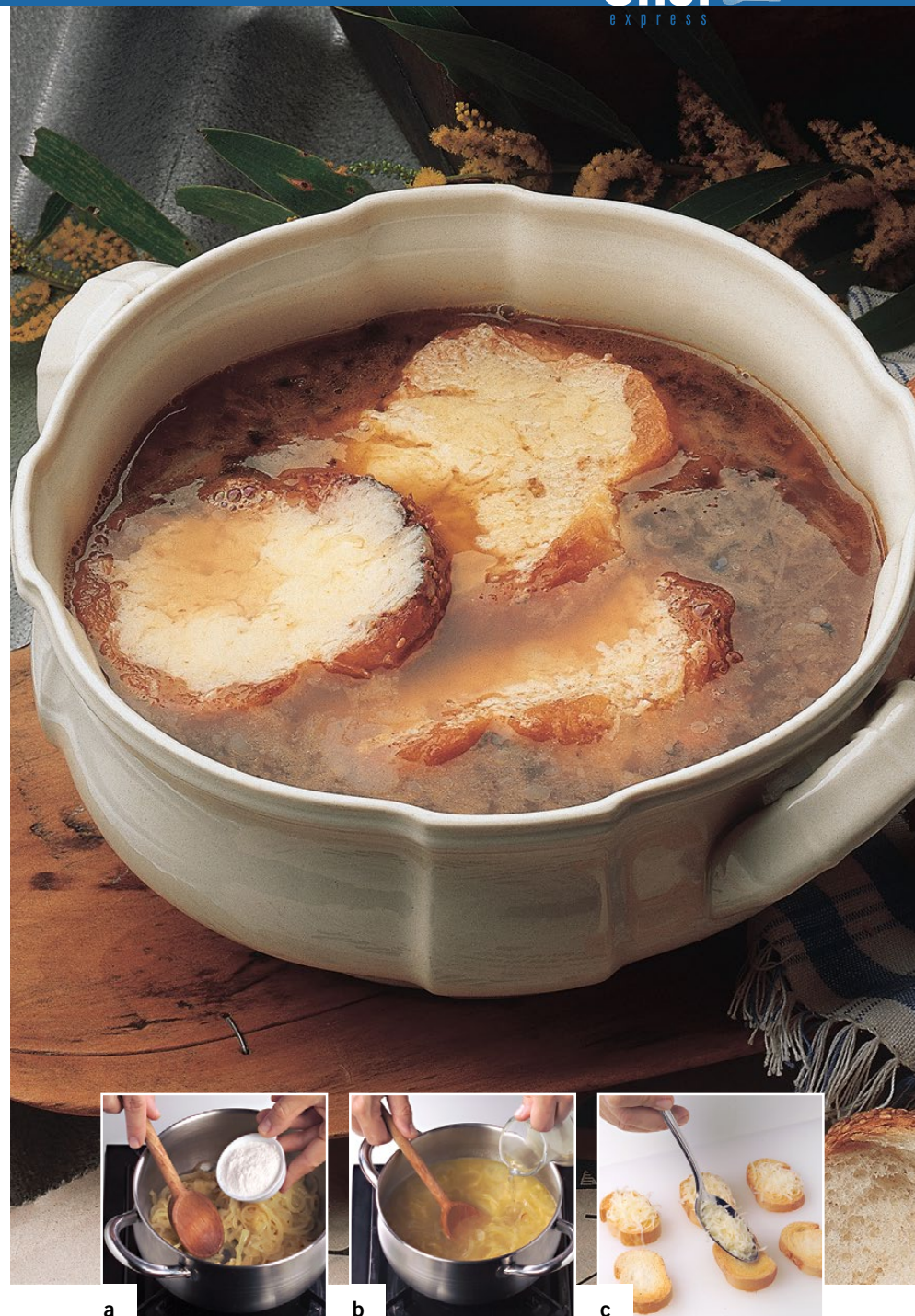
1. Melt butter in a large saucepan over low heat. Add onions and cook very slowly, stirring constantly, for at least 10 minutes or until brown. Add flour (a) and cook, stirring, for a further 5 minutes.
2. Increase heat to moderate, add stock and wine (b) and bring to the boil. Reduce heat and simmer for 10 minutes.
3. Toast each side of bread slices, sprinkle one side with cheese (c) and place under a preheated grill until cheese melts.
4. Place cheese toasts in the bottom of soup terrine and pour over soup. Serve immediately.

.....  
Serves 4-6



## tip from the chef

*This soup –well-known all over the world– is a must for a late supper after the theater.*





# spicy

## veal skewers

■□□ | Cooking time: 5 minutes - Preparation time 25 minutes

### method

1. Thread veal strips onto lightly oiled skewers.
2. To make marinade, place coriander, curry paste and coconut milk in a bowl and mix to combine. Brush marinade over veal and marinate for 20 minutes.
3. Heat a nonstick char-grill pan over a high heat, add veal skewers and cook for 1-2 minutes each side or until tender.

.....  
Serves 4

### ingredients

- > 500 g/1 lb veal fillet, trimmed of visible fat and cut into thin strips

#### *coconut and coriander marinade*

- > 2 tablespoons chopped fresh coriander
- > 1 tablespoon red curry paste
- > 1/3 cup/90 ml/3 fl oz reduced fat coconut milk

### tip from the chef

*These skewers can also be cooked on the barbecue or under a preheated grill.*



# italian

## mussel soup

■ ■ □ | Cooking time: 20 minutes - Preparation time: 20 minutes

### ingredients

- > ¼ cup olive oil
- > 1 clove garlic, crushed
- > 1 tablespoon chopped parsley
- > 1½ cups chopped tomatoes
- > 2½ cups tomato purée
- > ¼ cup dry white wine
- > 24 mussels, scrubbed and beards removed
- > 1 tablespoon light cream

### method

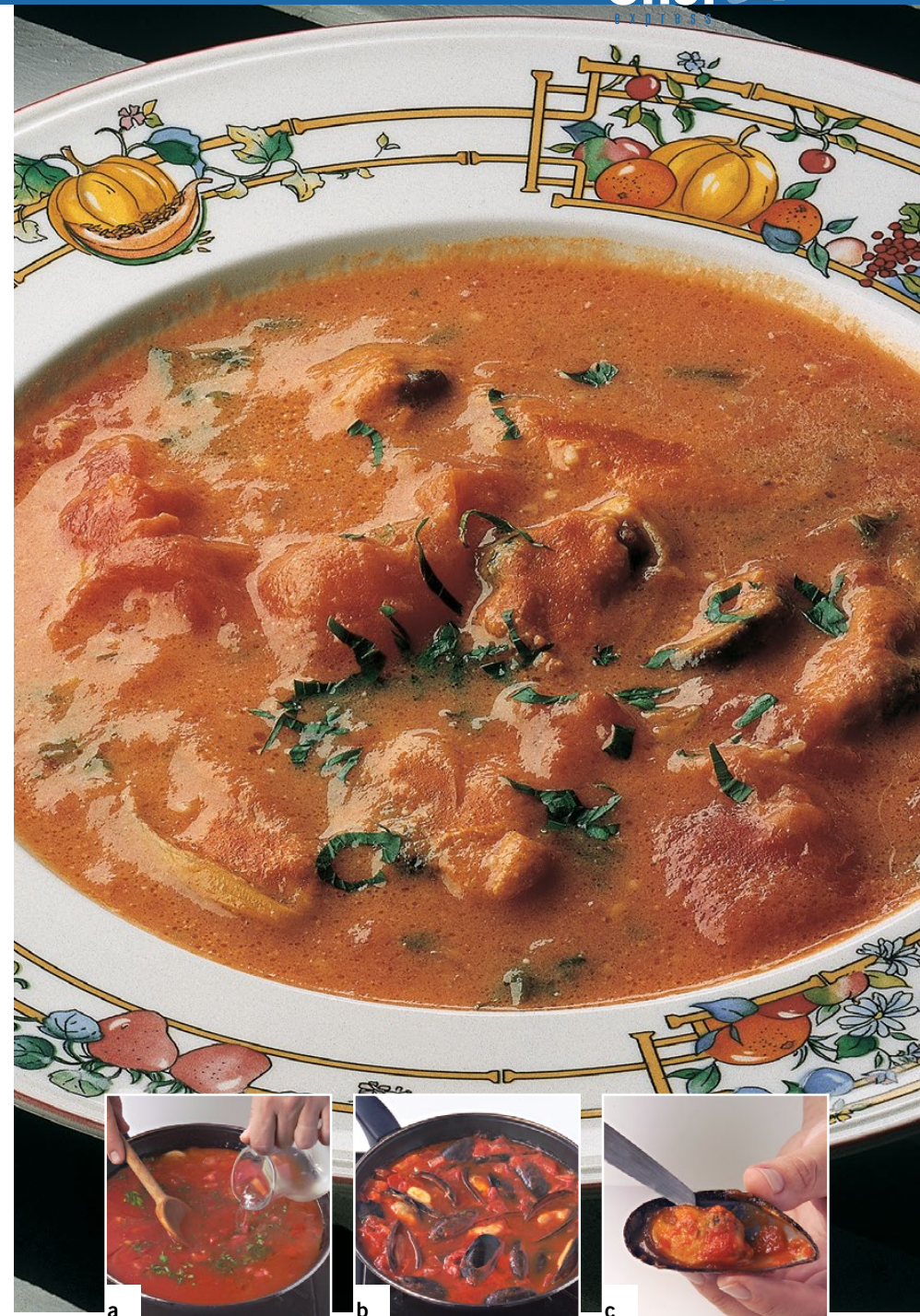
1. In a large saucepan heat oil over medium heat, add garlic and sauté 2 minutes. Add parsley, tomatoes, tomato purée and wine (a). Simmer, uncovered, for 15 minutes.
2. Add mussels, increase heat to high, cook until shells open (b). Remove mussels from soup, remove mussels from shells (c) and return mussel meat to soup.
3. Stir in light cream and serve immediately.

.....  
Serves 4



### tip from the chef

*It is your choice to use some mussels in their shells as decoration.*



# seafood

## terrine



■ ■ □ | Cooking time: 30 minutes - Preparation time: 20 minutes

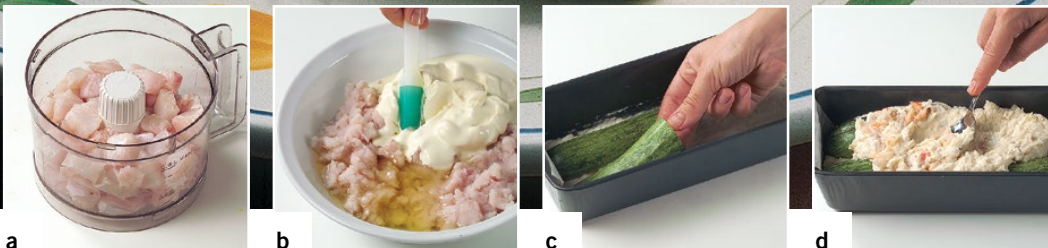
### method

1. Cut fish into small pieces and process (a) to a purée in a blender or food processor. Push purée through a sieve into a bowl set over ice. Mix in egg whites and cream (b) until mixture becomes bulky. Add lemon juice, mix well.
2. Brush a loaf pan with oil. Cut a long strip of non-stick baking paper the narrow width of the base of the pan and run it down one end, along the base and up the other end. Brush with oil (c).
3. Divide fish mixture into 2 bowls. Mix prawns into one bowl. Spread half the plain fish purée over the base of the pan. Lay zucchini slices on top, then spread half of the prawn mixture over the zucchini. Repeat layers of zucchini, prawn mixture (d) and plain fish purée, cover with foil and place pan in a roasting dish.
4. Pour hot water around to come about half way up the sides. Cook in moderate oven for 30 minutes. Allow terrine to cool for 10 minutes in pan before turning out.

### ingredients

- > 500g/1 lb boneless white fish fillets
- > 2 egg whites
- > 1½ cups thickened cream
- > 3 tablespoons lemon juice
- > 1 cup cooked medium prawns, shelled and deveined, chopped
- > 3 large zucchini, cut into thin slices

.....  
Serves 8



### tip from the chef

*If you prefer a more colorful terrine, blanched carrots can replace one of the zucchini layers.*



# chilled

## zucchini and dill soup

■ □ □ | Cooking time: 20 minutes - Preparation time: 5 minutes

### ingredients

- > 2 cups chicken stock
- > 1 large onion, chopped
- > 350 g/11 oz zucchini, chopped
- > 1 large potato, chopped
- > ½ teaspoon ground cumin
- > 1 cup sour cream
- > 2 tablespoons chopped fresh dill

### method

1. Place stock, onion, zucchini, potato and cumin in a large saucepan. Bring to the boil over moderate heat, reduce heat and simmer for 20 minutes.
2. Blend or process soup mixture until smooth. Blend in cream.
3. Stir dill into the soup and chill for 3 hours in the refrigerator before serving.

.....  
Serves 4

### tip from the chef

*If you wish to get texture contrast, scatter croûtons over the soup. To make croûtons, cut bread in cubes, brush with olive oil, place in a baking tray and bake in a slow oven until dry and crispy.*



# warm

## mullet niçoise



■ ■ □ | Cooking time: 25 minutes - Preparation time: 20 minutes

### method

1. Cut the heads off the fish and wash thoroughly. Place fish in a single layer in a greased baking tray. Brush each fish generously with olive oil and wrap foil around the tails.
2. Mix together tomatoes, onion, garlic, olives and parsley and place on and around the fish in the baking tray.
3. Pour wine over the top and bake in moderate oven for 20-25 minutes or until fish is cooked through. Serve each fish with the tomato onion mixture.

### ingredients

- > 4 whole mullet, cleaned
- > ¼ cup olive oil
- > 3 tomatoes, chopped into small cubes
- > 1 onion, chopped
- > 2 cloves garlic, chopped
- > 10 black olives, pitted and chopped
- > 2 tablespoons parsley, chopped
- > 1 cup dry white wine

.....  
Serves 4

### tip from the chef

*An excellent resource to intensify its flavor is to sprinkle the fish with grated Parmesan cheese.*



# curried

## lamb bites

■ ■ □ | Cooking time: 22 minutes - Preparation time: 20 minutes

### ingredients

- > 200 g/7 oz trim-lamb eye-of-loin or fillet, finely chopped
- > ¾ cup prepared satay sauce
- > 2 x 60 g/2 oz packets vol-au-vent cases (total 24)

### method

- 1.Heat nonstick pan over a high heat. Add lamb and fry for 2 minutes.
- 2.Add sauce, uncovered, for 10 minutes, stirring occasionally. Spoon into cases.
- 3.Preheat oven at 180°C/350°F/Gas 4 and cook vol-au-vent for 10 minutes. Serve hot, garnished with sprigs of coriander or a herb of choice.

.....  
**Makes 24**



### tip from the chef

*Rabbit, chicken or turkey are valid choices for stuffing these vol-au-vent.*



# herb-filled cherry tomatoes



■ ■ □ | Cooking time: 0 minute - Preparation time: 45 minutes

## method

1. Cut tops off tomatoes and carefully scoop out seeds. Reserve 2 tablespoons of the pulp (a). Place tomatoes up side down on absorbent kitchen paper and drain.
2. To make filling, place cream cheese in a food processor and process until light and fluffy. Add reserved tomato pulp, mint, parsley, chives, almonds and black pepper to taste (b) and process briefly to combine.
3. Spoon or pipe filling into tomato shells (c) and arrange on a serving platter. Cover and refrigerate for 1 hour or until firm.

## ingredients

> 500 g/1 lb cherry tomatoes

### *herb cheese filling*

- > 125 g/4 oz cream cheese, softened
- > 1 tablespoon chopped fresh mint
- > 1 tablespoon chopped fresh parsley
- > 1 tablespoon snipped fresh chives
- > 45 g/1½ oz slivered almonds, toasted
- > freshly ground black pepper

.....  
**Makes about 36**

## tip from the chef

*A simple and quick stuffing for cherry tomatoes: drained canned tuna blended with cream cheese and capers.*



# cheesy

## corn chips

■ □ □ | Cooking time: 7 minutes - Preparation time: 5 minutes

### ingredients

- > 60 g/2 oz tasty cheese (mature Cheddar)
- > 2 spring onions
- > 100 g/3½ oz packet corn chips
- > pinch paprika or chili powder

### method

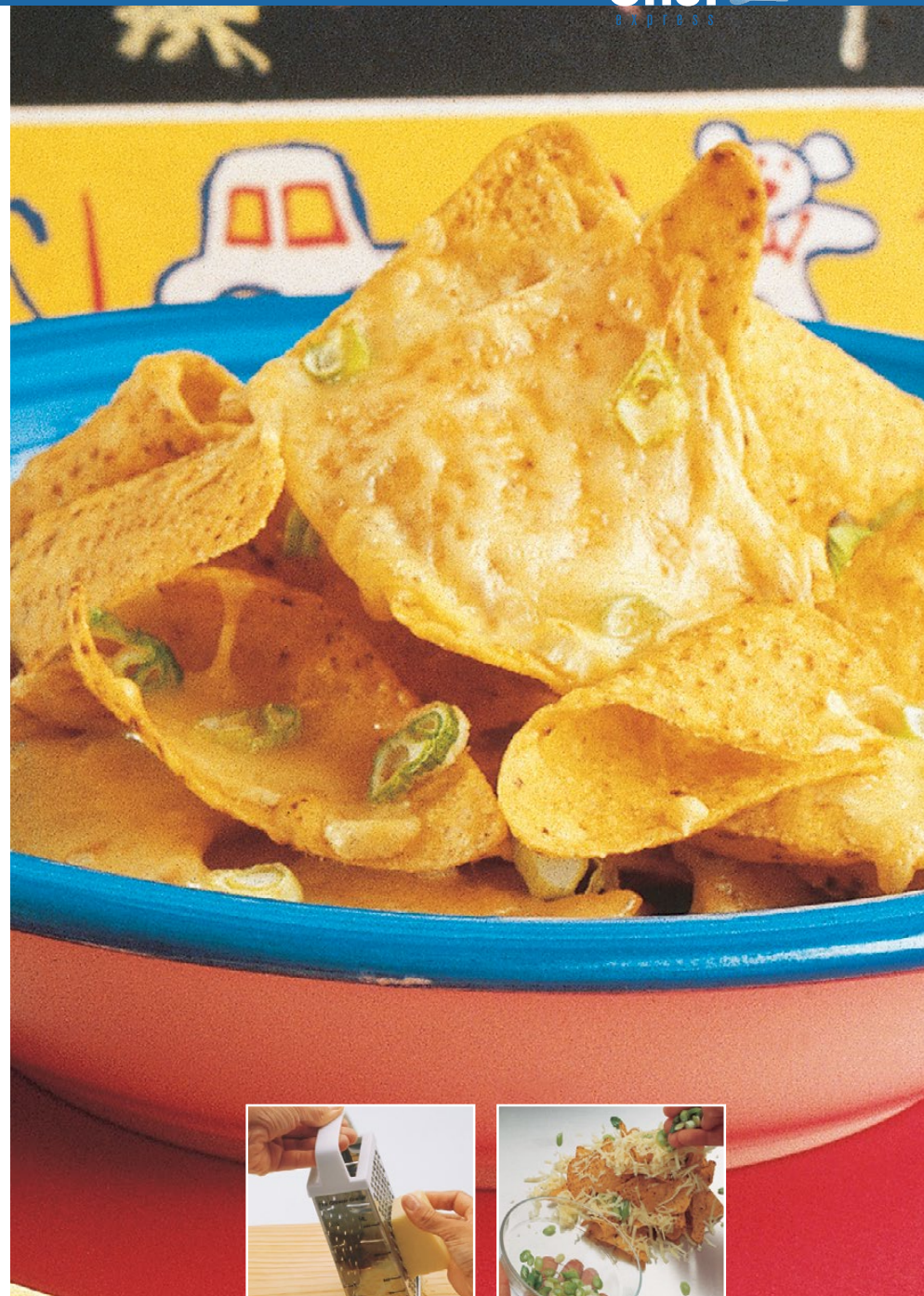
1. Preheat oven to 200°C/400°F/Gas 6.
2. Grate cheese (a). Set aside.
3. Cut bulb from spring onions. Remove outer leaves. Chop. Set aside.
4. Place corn chips in ovenproof dish. Sprinkle with cheese, spring onions (b) and paprika or chili powder.
5. Bake for 5 minutes or until cheese melts.

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Serves 2

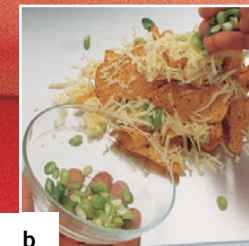


### junior chef says

*If you don't have corn chips, use home bread toasts instead.*



a



b

# three

## tomatoes salad



■ □ □ | Cooking time: 0 minute - Preparation time: 15 minutes

### method

1. Place egg (plum or Italian) tomatoes, cherry tomatoes, tomatoes, onion, vinegar, basil and black pepper to taste in a bowl and toss to combine. Set aside to stand for 30 minutes.
2. Line a large serving platter with lettuce leaves and top with tomato mixture.

### ingredients

- > 6 egg (plum or Italian) tomatoes, cut into wedges
- > 250 g/8 oz cherry tomatoes, halved
- > 3 seasonal tomatoes, sliced
- > 1 red onion, chopped
- > 2 tablespoons red wine vinegar
- > 2 tablespoons chopped fresh basil
- > freshly ground black pepper
- > assorted lettuce leaves

.....  
Serves 6

### tip from the chef

*This salad can be made using any combination of tomatoes – so check the market and use what is in season and available.*



# wine compote

■ □ □ | Cooking time: 20 minutes - Preparation time: 35 minutes

## ingredients

- > 6 firm ripe peaches, halved and stones removed
- > 1 cup/250 ml/8 fl oz red wine
- > 2-3 tablespoons honey
- > 1 cinnamon stick

## method

1. Cut peaches into thick slices.
2. Place wine, honey and cinnamon stick into a saucepan and bring to the boil, reduce heat and simmer for 5 minutes.
3. Add peaches to saucepan and cook for 5-10 minutes or until slightly softened. Set aside to cool, then chill.

.....  
 Serves 4



## tip from the chef

*As a serving suggestion, accompany with natural yogurt.*





# colorful glasses

■ □ □ | Cooking time: 5 minutes - Preparation time: 20 minutes

## method

1. Place wine, lime juice and sugar in a saucepan and cook over a medium heat, stirring constantly, until sugar dissolves. Remove from heat and set aside to cool. Refrigerate until chilled.
2. Place cream, mango purée and wine mixture in a large mixing bowl and beat until soft peaks form.
3. Arrange a layer of mango slices in the base of 4 dessert glasses and top with a spoonful of mango cream. Continue layering using kiwi fruits, strawberries and mango cream, finishing with mango cream. Refrigerate until required.

## ingredients

- > ⅓ cup/90 ml/3 fl oz white wine
- > 1 tablespoon lime juice
- > ¼ cup/60 g/2 oz sugar
- > 1¼ cups/310 ml/10 fl oz light cream
- > ⅓ cup/90 ml/3 fl oz mango purée
- > 250 g/8 oz strawberries, hulled and sliced
- > 2 kiwi fruits, peeled and chopped
- > 1 mango, peeled and thinly sliced

.....  
Serves 6

## tip from the chef

*Transparent glasses are ideal to serve layered desserts like this one, as the different colors of fruit and cream look very attractive.*



# coconut rice parcels

■ □ □ | Cooking time: 30 minutes - Preparation time: 15 minutes

## ingredients

- > 375 g/12 oz jasmine rice
- > 2 cups/500 ml/16 fl oz water
- > 200 ml/6½ fl oz coconut milk
- > ¼ cup/60 g/2 oz sugar
- > 4 x 30 cm/12 in squares banana leaf or aluminum foil
- > 1 banana, mashed with 1 tablespoon lemon juice

## method

1. Preheat barbecue to a medium-high heat. Place rice, water, coconut milk and sugar in a saucepan and bring to the boil over a high heat. Reduce heat and simmer for 10-15 minutes or until liquid is absorbed.
2. Place banana leaves, if using, in a shallow dish, pour over boiling water to cover and soak for 5 minutes. Drain.
3. Divide half the rice between the banana leaves or foil. Spread rice out evenly, then top with banana mixture. Cover with remaining rice, fold banana leaf or aluminum foil to enclose and secure with a wooden toothpick or cocktail stick. Cook parcels on barbecue grill for 2 minutes each side or until heated through.

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Serves 4

## tip from the chef

*These rice parcels are delicious served with coconut or vanilla ice cream. Banana leaves can be purchased from Oriental food shops and some greengrocers and supermarkets. Leaves are not eaten but they impart distinctive flavor to the rice. They can be softened by blanching as in this recipe. Alternatively, heat in a covered microwavable dish on High (100%) for 45-60 seconds or until soft. For easier wrapping, remove the thick mid-rib from the leaves.*



# summer jelly

■ □ □ | Cooking time: 0 minute - Preparation time: 15 minutes

## method

1. Place apricots, grapes, strawberries and cherries in a bowl and toss to combine.
2. Place gelatin mixture, water and apple juice in a bowl and mix to combine. Pour one-quarter of the mixture into a lightly oiled 1/1¼ liter capacity mould and top with one-quarter of the fruit. Refrigerate until set.
3. Repeat with remaining liquid and fruit. When jelly is set, unmould and serve garnished with extra fruit if desired.

## ingredients

- > 4 apricots, stoned and halved
- > 100 g/3½ oz green grapes
- > 250 g/8 oz strawberries, hulled and halved
- > 250 g/8 oz fresh or no-added-sugar canned cherries, stoned
- > 60 g/2 oz gelatin dissolved in 125 ml/4 fl oz hot water, cooled
- > 200 ml/7 fl oz water
- > 900 ml/1½ pt no-added-sugar apple juice

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Serves 4

## tip from the chef

*Fresh fruits detoxify the body, and hereby improve the energy level and health. Almost any fresh fruit can be used to make this dessert. You should avoid pineapple, papaw and kiwifruit as they contain an enzyme which prevents jelly from setting.*



# sultana

## cheesecake

■ □ □ | Cooking time: 1 hour - Preparation time: 10 minutes

### ingredients

- > 500 g/1 lb ricotta cheese
- > juice of 1 lemon
- > 2 tablespoons vanilla essence
- > ½ cup caster sugar
- > 3 eggs
- > 1 teaspoon ground cinnamon
- > 1 cup cream
- > 1 cup sultanas

### method

1. Blend or process ricotta cheese with lemon juice, vanilla essence and sugar until smooth. While motor is running, add eggs and cinnamon (a), process for a further 1 minute.
2. Transfer mixture to a large bowl, stir in cream (b), mix well. Stir in sultanas and pour mixture into a greased and lined 22 cm/8½ in springform pan (c).
3. Bake cheesecake in a moderate oven for 1 hour. Let cheesecake sit for 10 minutes before removing pan.

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Serves 6



### tip from the chef

*Dust cheesecake with icing sugar when cold.*



a

b

c



# sabayón

## with berries

■■■ | Cooking time: 5 minutes - Preparation time: 5 minutes

### method

1. Place egg yolks, sugar and Cointreau in a bowl over a saucepan of boiling water. Cook, whisking constantly, for 3 minutes or until thick. Remove from heat and set aside.
2. Place gelatin and wine in a small bowl and dissolve over a saucepan of simmering water. Whisk into egg mixture and continue to whisk until cool.
3. Fold cream into mixture, spoon into serving glasses and chill. Serve with berries.

### ingredients

- > 3 egg yolks
- > ¼ cup/60 g/2 oz caster sugar
- > 2 tablespoons Cointreau
- > 1 teaspoon gelatin
- > ¼ cup/60 ml/2 fl oz white wine
- > ½ cup/125 ml/4 fl oz double cream, lightly whipped
- > 250 g/8 oz fresh berries of your choice

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Serves 4

### tip from the chef

*In this creamy version of the Italian dessert zabaglione the basic mix is enriched with cream and set with gelatin to make a delectable summer dessert.*



# chocolate pound cake

■ □ □ | Cooking time: 55 minutes - Preparation time: 20 minutes

## ingredients

- > 500 g/1 lb ricotta cheese
- > juice of 1 lemon
- > 2 tablespoons vanilla essence
- > ½ cup caster sugar
- > 3 eggs
- > 1 teaspoon ground cinnamon
- > 1 cup cream
- > 1 cup sultanas

## method

1. Place chocolate, caster sugar and butter in a heatproof bowl (a) set over a saucepan of simmering water and heat, stirring, until mixture is smooth. Remove bowl and set aside to cool slightly. Beat in egg yolks (b) one at a time, beating well after each addition. Fold in flour.
2. Place egg whites in a clean bowl and beat until stiff peaks form. Fold egg whites into chocolate mixture (c). Pour mixture into a greased 23 cm/9 in springform tin and bake at 180°C/350°F/Gas 4 for 45 minutes or until cake is cooked when tested with a skewer. Cool cake in tin.
3. Just prior to serving dust cake with cocoa powder and icing sugar.

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Makes one 23 cm/9 in round cake

## tip from the chef

*To bake a light cake, always add the beaten egg whites at the end, folding them in gently with down-up-over motion.*



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# 6 ingredients or less

