

Chef

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# cocktail hour



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# cocktail hour

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It's time to shake things up! From timeless cocktails to refreshingly new drinks, in these pages you'll find options to entertain your guests, no matter what the occasion –outdoors or indoors, summer or winter. We also have provided recipes for selection of delectable appetizers, to serve. As they all go for the drinks in this book, feel free to mix and match between sections. Let your imagination go –and have fun!



# cocktail hour



What better way to entertain family and friends than by providing fun cocktails and easy-to-eat food? The following guidelines are guaranteed to give you maximum time to enjoy the company of your guests.

## Tips & Tricks

- Invest on a cocktail shaker. A good quality one won't be expensive and will last for years to come. Shakers allow all of the flavors to integrate completely, resulting in higher quality drinks.
- Add your sparkling ingredients at the last second. If left on the glass for too long, beverages such as sparkling wine, sodas and sparkling water tend to lose their fizziness.
- Chill the glasses beforehand. You can place them on the fridge ahead of time, or fill them with ice a couple of minutes before



preparing the drinks. This way, your cocktails will remain cold while you and your guests drink them.

- Avoid bigger glasses. Drinks served in larger glasses will warm up quicker. Additionally, it is also recommended to invest in sparkling glassware like whiskey glasses, old fashioned glasses and Martini glasses.
- Taste your cocktails before serving. Using a straw, check if all flavors are in balance before serving the cocktails to your guests.
- Use fresh juice. To elevate your cocktails, try to always use freshly squeezed juice. If not possible, opt for higher quality packaged juices.

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



# aperol spritz

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

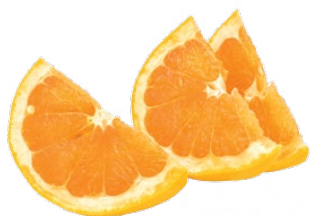
## ingredients

- > 2 slices orange
- > 150 ml/5 fl oz dry white wine
- > 125 ml/4 fl oz Aperol
- > 60 ml/2 fl oz de tonic water
- > ice, to taste
- > fresh rosemary sprigs, for garnish

## method

1. Combine orange slices, white wine, Aperol and tonic water in a cocktail shaker with ice. Shake well.
2. Strain into cocktail glasses, garnish with rosemary sprigs.

.....  
Serves 2



## tip from the chef

*For a refreshing alternative, substitute tonic water with lemon juice and white wine with 100 ml/3¼ fl oz white wine.*



# manhattan



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

## method

1. Combine whisky, vermouth, and bitters in a cocktail shaker with ice. Stir well.
2. Strain into martini glasses, garnish with cherries.

## ingredients

- > 180 ml/6 fl oz whisky
- > 80 ml/2¾ fl oz dry vermouth
- > 2 dashes Angostura bitters
- > ice, to taste
- > maraschino cherries, for garnish

.....  
Serves 2

## tip from the chef

*For an extra touch of freshness, add two twist lemon peels directly over each drink.*



# honeydew

## cocktail

■ □ □ | Cooking time: 0 minute - Preparation time: 3 minutes

### ingredients

- > 30ml/1 oz melon liqueur
- > 15 ml/½ fl oz lime juice
- > 15 ml/½ fl oz vodka
- > 15ml /½ fl oz white rum
- > ice, to taste
- > 1 slice lime, for garnish
- > sugar, for garnish

### method

1. Combine liqueur, lime juice, vodka and rum in a cocktail shaker with ice. Shake well until outside of shaker is cold.
2. Strain into a Martini glass, previously frosted with sugar. Garnish with a lime slice.

.....  
Serves 1



### tip from the chef

*For an added touch of sweetness, add some honeydew puree and honey into the shaker.*







# campari & soda

■ □ □ | Cooking time: 0 minute - Preparation time: 1 minutes

## method

1. Combine Campari and soda in serving glasses.
2. Top with ice, garnish with orange peel.

.....  
Serves 2

## ingredients

- > ½ 120 ml/4 fl oz cup Campari
- > 240 ml/8 fl oz cup soda water
- > orange peel for garnis

## tip from the chef

*A drink for the abstemious: mint tea. In a saucepan combine 13 Earl Grey tea bags, ¼ cup tightly packed fresh mint leaves and 4 cups water. Bring to a boil, remove from heat, cover. Steep 30 minutes. Discard bags. Add 4 cups orange juice and ½ cup lemon juice, mix well. Add sugar to taste. Chill about 2 hours. Serve in tall glasses over ice cubes. Garnish with mint.*





# tequila

## mary

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

### ingredients

- > 2 cups tomato juice
- > 1/3 cup lemon juice
- > 2 spring onions, chopped
- > 1 teaspoon sugar
- > few drops Tabasco sauce
- > 120 ml/4 fl oz cup tequila

### method

1. Combine tomato juice, lemon juice, spring onions, sugar and tabasco in a bowl, blend until smooth (a).
2. Divide tequila between serving glasses, add tomato mixture (b), stir well.

.....  
Serves 4

### tip from the chef

*A fresh summer drink: peach punch. In a punch bowl or large pitcher combine 2 cups chilled peach nectar, 2 bottles chilled traminer wine, 1/2 cup peach brandy and 2 peeled, sliced peaches. Stir to combine well, refrigerate. Serves 8.*



a



b







# bellini

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

## method

1. Combine peach nectar and lemon juice in glasses.
2. Very slowly pour in champagne, stir to combine.

## ingredients

- > 160 ml/5½ oz cup peach nectar
- > 2 tablespoons lemon juice
- > 475 ml/16 fl oz cups champagne

.....  
Serves 8

## tip from the chef

Another champagne drink: kir royale. Pour 30 ml/1 fl oz crème de cassis into a flute glass. Fill up with champagne. Serves 1.





# mai tai

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

## ingredients

- > 120 ml/4 fl oz white rum
- > 80 ml/2½ fl oz curaçao
- > 2 tablespoons lime juice
- > 2 tablespoons grenadine
- > 60 ml triple sec
- > ice, to taste
- > mint leaves, for garnish

## method

1. Combine orange rum, curaçao, lime juice, grenadine and triple sec in a cocktail shaker with ice. Shake for 20 seconds or until well combined.
2. Strain into Old Fashioned glasses with extra ice, garnish with mint leaves.

.....  
Serves 2



## tip from the chef

*For an extra touch of sweetness, add a bit of mango puree before shaking the cocktail.*





# champagne

## cocktail



■ □ □ | Cooking time: 0 minute - Preparation time: 1 minute

### method

1. Combine juices in serving glasses.
2. Top with chilled champagne.

.....  
Serves 4

### ingredients

- > 120 ml/4 fl oz cup orange juice
- > ½ cup lemon juice
- > 3/700 ml/23½ fl oz cups champagne

### tip from the chef

*A delightful wine drink: sangría. Combine 2½ cups red wine, 2 tablespoons gin, 4 lumps sugar, juice of 2 oranges and juice of 1 lemon in a large pitcher. Stir well, refrigerate for at least 2 hours, until well chilled. Add 2 cups soda water, ice cubes and thin slices orange and lemon. Pour into goblets.*



# campari orange

■ □ □ | Cooking time: 0 minute - Preparation time: 3 minutes

## ingredients

- > 60 ml/2 oz Campari
- > 120 ml/4 oz orange juice
- > ice, to taste
- > orange slices
- > mint leaves, for garnish

## method

1. Combine Campari and orange juice in a cocktail shaker with ice. Shake well.
2. Strain into cocktail glasses, add extra ice cubes and orange slices. Top with mint leaves.

.....  
Serves 4



## tip from the chef

*Campari gets its intense flavor from the infusion of aromatic plants, bitter herbs and fruit in alcohol and water.*







# champagne

## rum punch

■ □ □ | Cooking time: 1 minute - Preparation time: 5 minutes

### method

1. Stir sugar and lemon juice in a saucepan over heat until sugar is dissolved, remove from heat, refrigerate until cold.
2. In a punch bowl, combine lemon syrup and rum, pour in champagne. Add crushed ice.

.....  
 Makes about 6 cups

### ingredients

- > 120 ml/4 fl oz cup sugar
- > 120 ml/4 fl oz cup lemon juice
- > 475 ml/16 fl oz white rum, chilled
- > 1 bottle champagne, chilled
- > crushed ice

### tip from the chef

*Another rum drink: daiquiri. In a cocktail shaker combine 2 tablespoons lime juice and 2 tablespoons syrup, add 2/3 cup rum and crushed ice. Shake vigorously, strain into chilled glasses. Serves 2.*





# raspberries

## vodka

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

### ingredients

- > 125 g/4 oz fresh raspberries
- > 240 ml/8 fl oz vodka
- > soda or tonic

### method

1. Combine raspberries and vodka in a bottle or jar with a lid. Cover, refrigerate for 1 to 3 days.
2. Strain through a fine sieve. Serve with chilled soda or tonic.

.....  
Serves 6

### tip from the chef

*A beautiful brandy drink: cherry cocktail. Combine 45 ml/1½ fl oz cherry brandy, 30 ml/1 fl oz brandy, 1 dash Curaçao, 1 dash grenadine and 1 dash lemon juice in a cocktail shaker. Shake until well blended. Pour into a cocktail glass and serve. Serves 1.*





# cosmopolitan



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

## method

1. Combine orange slices, white wine, Aperol and tonic water in a cocktail shaker with ice. Shake well until outside of shaker is cold.
2. Strain into martini glasses, garnish with lime peel.

## ingredients

- > 60 ml/2 fl oz vodka
- > 30 ml/1 fl oz triple sec
- > 30 ml/1 fl oz lime juice
- > 30 ml/fl oz cranberry juice
- > ice, to taste
- > lime peel twists, for garnish

.....  
Serves 2

## tip from the chef

*For a fun variation, add a splash of champagne, stir gently and serve.*



# grapefruit

## daiquiri

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

### ingredients

- > 350 ml/12 fl oz grapefruit juice
- > 1 cup syrup
- > 60 ml/2 fl oz rum
- > ice, to taste
- > 2 grapefruits, sliced
- > mint leaves, for garnish

### method

1. In a blender, combine grapefruit juice, syrup, rum and ice. Blend until smooth.
2. Pour mixture into glasses and add extra ice. Garnish with grapefruit wedges and mint leaves.

.....  
Serves 2



### tip from the chef

*The freshness of the grapefruit juice in this cocktail combines perfectly with the sweetness of rum.*







# pineapple

## rum punch

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

### method

1. Combine rum and lemon juice. Dissolve sugar in water, add to rum.
2. Add pineapple and orange juice. Serve with crushed ice.

.....  
Serves 8

### ingredients

- > 240 ml/8 fl oz white rum
- > ¾ cup/180 ml/6 fl oz lemon juice
- > 120 ml/4 fl oz cup sugar
- > 120 ml/4 fl oz boiling water
- > 475 ml/16 fl oz pineapple juice
- > 240 ml/8 fl oz orange juice
- > crushed ice

### tip from the chef

*A red fruit drink: blackberry cup. Purée 4 cups frozen blackberries, sieve. Add ½ cup sugar, 2 cups freshly squeezed orange juice and 1 cup lemon juice. Chill. Half fill tall glasses with crushed ice, fill ¾ with blackberry mixture, top up with chilled soda water. Stir gently.*



# orange martini

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

## ingredients

- > 1 dash orange bitters
- > 30 ml/1 fl oz gin
- > 30 ml/1 fl oz dry vermouth
- > ice, to taste
- > 1 maraschino cherry, for garnish
- > 1 slice lemon, for garnish

## method

1. Combine bitter, gin and vermouth in a cocktail shaker with ice. Stir well.
2. Strain into martini glasses. Thread cherry and lemon onto a cocktail pick, place in drink, and serve.

.....  
Serves 1



## tip from the chef

*The secret to an unforgettable martini is to pour quality ingredients. That's why it's always recommended to start off with a superior gin and fine vermouth.*







# negroni

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

## method

1. Combine gin, Campari and vermouth in a cocktail shaker with ice.
2. Strain into cocktail glasses, garnish with orange shreds.

## ingredients

- > 120 ml/4 fl oz gin
- > ½ cup Campari
- > ½ cup dry vermouth
- > shredded orange peel for garnish

.....  
Serves 1

## tip from the chef

*Another classic drink: side car. Place 30 ml/1 fl oz cognac, 30 ml/1 fl oz Cointreau and 30 ml/1 fl oz freshly squeezed lemon juice in a cocktail shaker with crushed ice. Shake until well combined. Strain into a cocktail glass. Serve with a twist of lemon peel.*



# saketini

■ □ □ | Cooking time: 0 minute - Preparation time: 2 minutes

## ingredients

- > 90 ml/3 fl oz gin
- > 15ml/½ fl oz sake
- > crushed ice, as needed

## method

1. Combine gin and sake in a cocktail shaker with ice. Shake well until outside of shaker is cold.
2. Strain into a martini glass.

.....  
Serves 1



## tip from the chef

*This original cocktail combines the famous sake from Japan with gin and vermouth from a classic martini cocktail. Lemon twists are the perfect garnish for this simple yet sophisticated drink.*







# moscow mule

■□□ | Cooking time: 0 minute - Preparation time: 3 minutes

## method

1. Combine vodka and lime juice in a cocktail shaker with ice. Shake well until outside of shaker is cold.
2. Strain into a Highball glass, fill with cold ginger beer and garnish with lime slices.

## ingredients

- > 60 ml/2 fl oz vodka
- > 30 ml/1 fl oz lime juice
- > crushed ice, to taste
- > ginger beer, as needed
- > lime slices, for garnish

.....  
Serves 1

## tip from the chef

*For a highly refreshing alternative, replace vodka with bourbon and garnish it with mint leaves.*



# gin & tonic

## with cucumber

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

### ingredients

- > 75 ml/2½ fl oz gin
- > fresh cucumber, silced
- > ice, to taste
- > 400 ml/13½ fl oz tonic water

### method

1. Pour gin into two glasses, top with cucumber slices and add ice.
2. Fill with tonic water and garnish with cucumber slices.

.....  
Serves 4



### tip from the chef

*A fresh sprig of mint is the perfect topping for this incredibly refreshing cocktail.*





# antipasto



■ ■ □ | Cooking time: 30 minutes - Preparation time: 45 minutes

## method

1. Chop the cauliflower, onions, celery, zucchini, peppers, mushrooms and tomatoes. Drain the liquid from anchovies and tuna.
2. Rinse the anchovies and tuna under hot water. Chop the anchovies and break up the tuna.
3. Combine vegetable oil, cauliflower and onions in a large pan and cook over high heat for 10 minutes, stirring frequently. Add all other ingredients except the anchovies and tuna and vinegar and cook an additional 10 minutes, stirring frequently.
4. Add the anchovies, tuna and vinegar and cook another 10 minutes, stirring frequently. Set aside to cool.
5. Put the antipasto in sterilised jars and store in a refrigerator, it will keep for many weeks. Serve with cracker biscuits.

.....  
Makes enough for 20

## ingredients

- > 1 large head cauliflower
- > 750 g/1½ lb sweet pickled onions
- > 4 stalks celery
- > 2 medium zucchini
- > 3 large green peppers
- > 3 large red peppers
- > 800 g/1¾ lb mushrooms
- > 800 g/1¾ lb plum tomatoes
- > 120 g/4 oz flat anchovy fillets
- > 350 g/12½ oz canned flaked tuna
- > 250 ml/9 fl oz vegetable oil
- > 750 g/1½ lb stuffed green olives
- > 400 g/14 oz kalamata olives
- > 800 g/1¾ lb green beans
- > 250 ml/9 fl oz tomato sauce
- > 175 ml/6 fl oz chili sauce
- > 125 ml/4½ fl oz white vinegar

## tip from the chef

*Serving this antipasto over little hot baguette slices enhances flavor and character.*





# prosciutto- wrapped asparagus

■ □ □ | Cooking time: 7 minutes - Preparation time: 15 minutes

## ingredients

- > 250 g/8 oz fresh asparagus spears, trimmed
- > 4 slices prosciutto or lean ham

## method

1. Boil, steam or microwave asparagus until just tender. Drain and rinse under cold running water until cool. Drain asparagus again and dry on absorbent kitchen paper.
2. Cut each slice of prosciutto or ham lengthwise into 3 long strips and wrap each strip around an asparagus spear. Cover and refrigerate until required.

.....  
Makes about 12

## tip from the chef

*For the asparagus to be tender as well as firm, cooking must be watchful. If cooked in asparagus boiler, place the shoots pointing up so they are not in contact with the water.*







# chicken

## satay

■ ■ □ | Cooking time: 5 minutes - Preparation time: 30 minutes

### method

1. Combine water, peanut butter, honey, soy sauce, lemon juice, ginger and onion in a bowl. Stir in sambal oelek, if using, and mix well. Add chicken cubes, cover and marinate for at least 2 hours or overnight.
2. Soak cocktail sticks in cold water for 30 minutes, then drain. Remove chicken from marinade. Thread two pieces of chicken on each cocktail stick and set aside.
3. Pour marinade into a saucepan, bring to the boil, lower heat and simmer for about 10 minutes, or until sauce is reduced and thickened.
4. Cook chicken for about 10 minutes under a moderate grill or over hot coals, until tender. Serve four satay sticks per person, offering dipping sauce separately.

### ingredients

- > 125 ml/4 fl oz water
- > 2 tablespoons smooth peanut butter
- > 1 tablespoon honey
- > 1 tablespoon light soy sauce
- > 2 tablespoons lemon juice
- > 1 teaspoon grated fresh ginger
- > 1 onion, finely chopped
- > 1 teaspoon sambal oelek or Tabasco sauce to taste, optional
- > 500 g/1 lb chicken breast fillets, cut into 2 cm<sup>3</sup>/<sub>4</sub> in cubes

.....  
Serves 8

### tip from the chef

*You will need about 36 good-quality wooden cocktail sticks for this recipe.*





# mango

## chicken bites

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

### ingredients

- > 1 teaspoon ground cardamom
- > 2 teaspoons ground cumin
- > ½ teaspoon chili powder
- > 1 teaspoon ground ginger
- > 5 boneless chicken breast fillets, cut into 2.5 cm/1 in pieces
- > 2 tablespoons oil

### mango sauce

- > 1 cup/315 g/10 oz mango chutney
- > ¼ cup/60 ml/2 fl oz cream (double)
- > 1 tablespoon curry powder

### method

1. Place cardamom, cumin, chili powder and ginger in a bowl and mix to combine. Add chicken and toss to coat with spice mixture. Cover and set aside to marinate at room temperature for 1 hour.
2. Heat oil in a frying pan and cook chicken, stirring, over a medium heat for 5 minutes or until cooked. Remove from pan and drain on absorbent kitchen paper.
3. To make sauce, place chutney, cream and curry powder in a food processor or blender and process to combine. Serve as a dipping sauce with chicken.

.....  
 Serves 4/20 as an hors d'œuvre

### tip from the chef

*As a starter for a formal meal you might like to arrange the chicken pieces on a bed of mixed lettuce leaves with slices of fresh or canned mango. The Mango Sauce could be served in individual pots on the side of each plate.*





# artichoke

## savories



■ □ □ | Cooking time: 10-15 minutes - Preparation time: 25 minutes

### method

1. Using a 5 cm/2 in biscuit cutter, cut out 12 circles of bread. Brush both sides of each bread circle with a little oil and place on a baking tray lined with nonstick baking paper and bake at 200°C/400°F/ Gas 6 for 10-15 minutes or until bread is golden and toasted.
2. Place mayonnaise, cream, chives and black pepper to taste in a small bowl and mix to combine.
3. To assemble, top each bread circle with half an artichoke heart, a spoonful of mayonnaise mixture, a little red pepper and a sprig of dill. Serve immediately.

### ingredients

- > 12 slices bread
- > 3 tablespoons vegetable oil
- > ¼ cup/60 g/2 oz mayonnaise
- > 1 tablespoon cream (double)
- > 1 tablespoon snipped fresh chives
- > freshly ground black pepper
- > 2 tablespoons finely chopped red pepper
- > 440 g/14 oz canned artichoke hearts, drained and halved
- > 12 sprigs fresh dill

.....  
Makes 12

### tip from the chef

*For these savories, the toast rounds and the mayonnaise can be made in advance, but leave the assembly until just prior to serving or the toast will go soggy.*





# cherry tomatoes

## with parmesan and rosemary

■ □ □ | Cooking time: 1 minute - Preparation time: 25 minutes

### ingredients

- > 1 punnet cherry tomatoes, halved and seeded
- > black pepper
- > ¼ cup grated Parmesan cheese
- > 1 tablespoon cream
- > pinch nutmeg
- > 1 tablespoon fresh rosemary, finely chopped

### method

1. Sprinkle the inside of tomatoes with black pepper.
2. In a small bowl, combine cheese, cream, nutmeg and rosemary, mix well.
3. Spoon mixture into the tomatoes and grill for 1 minute. Serve immediately.

.....  
Serves 4



### tip from the chef

*When buying tomatoes for being stuffed, choose those that are firm and even-sized.*







# egg and onion spirals

■□□ | Cooking time: 0 minute - Preparation time: 20 minutes

## method

1. To make filling, place eggs in a bowl and mash. Add spring onions, mayonnaise, sour cream and mustard and mix well to combine.
2. Butter the bread and spread filling over it evenly with a spatula. Roll up tightly, wrap in plastic film and chill until firm. Remove from fridge, unwrap and slice.

.....  
 Makes 25

## ingredients

- > 1 loaf unsliced wholemeal bread
- > 125 g/4 oz butter, softened

### egg & spring onion filling

- > 8 hard-boiled eggs
- > 4 spring onions, finely chopped
- > 2 tablespoons mayonnaise
- > 2 tablespoons sour cream
- > 2 teaspoons dry mustard

## tip from the chef

*These rolls are delicious when matched with a chilled, slightly sparkling Chardonnay wine.*





# eggplant with mozzarella cheese

■ □ □ | Cooking time: 9 minutes - Preparation time: 10 minutes

## ingredients

- > 1 medium eggplant, cut into 1 cm/½ in slices
- > 3 tablespoons olive oil
- > 1 clove garlic, crushed
- > ¼ teaspoon pepper
- > 8 thin slices mozzarella cheese
- > 2 pimentos, sliced into strips
- > fresh basil (optional)

## method

1. Lightly brush eggplant slices with combined oil, garlic and pepper. Grill until lightly browned, approximately 3 minutes each side.
2. Top each slice with mozzarella cheese and decorate with pimento strips.
3. Return to the grill and cook until cheese has melted. Serve immediately and garnish with fresh basil if desired.

.....  
Makes 8



## tip from the chef

*With eggplant you can make a dressing that goes with everything: the so-called caviar. To prepare, roast eggplants in halves till soft and pearly; peel and process with garlic, salt, pepper, paprika and lemon juice; add olive oil and keep blending to an unctuous cream.*







# mediterranean skewers

■■■ | Cooking time: 40 minutes - Preparation time: 1 hour

## method

1. Place oregano and oil in a bowl. Add eggplant, zucchini, onions and peppers, toss to coat. Cover and stand 30-60 minutes.
2. To make focaccia, dissolve yeast with  $\frac{1}{2}$  cup lukewarm water and sugar. Combine flour and salt, place in a food processor and add yeast mixture. Process while gradually adding lukewarm water to form a dough. Cover with plastic food wrap and stand in a warm place until dough rises lightly. Roll out dough on a floured surface and place on an oiled baking tray. Sprinkle with grated cheese, coarse salt and oregano. Bake at 220°C/440°F/Gas 7 until golden and crisp. Cut diagonally into bars.
3. Preheat barbecue at high heat. Drain vegetables and reserve marinade. Thread vegetables and cheese, alternately, in skewers. Cook on grill, brushing frequently with marinade, 1-2 minutes each side or until vegetables are tender. Serve skewers with focaccia bars and garnish with fresh oregano.

## ingredients

- > 1 tablespoon chopped fresh oregano
- > 8 tablespoons olive oil
- > 2 eggplant, cut into thick slices
- > 2 zucchini, cut into thick slices
- > 2 onions, quartered
- > 1 red pepper, cubed
- > 1 green pepper, cubed
- > 250 g/8 oz fontina cheese, cubed

## oregano focaccia

- > 15 g/½ oz fresh yeast
- > 1 teaspoon sugar
- > 250 g/8 oz flour
- > 1 teaspoon salt
- > 3 tablespoons olive oil
- > 60 g/2 oz Parmesan cheese, grated
- > 1 tablespoon coarse salt
- > 1 tablespoon chopped fresh oregano
- > fresh oregano to garnish

Serves 8

## tip from the chef

*These Mediterranean skewers can also be made with other vegetables, such as fennel, celery, cardoon. To vary and enhance aroma of focaccia, use chopped rosemary and garlic instead of oregano.*





# grilled

## strawberry kebabs

■ □ □ | Cooking time: 1 minute - Preparation time: 5 minutes

### ingredients

- > 500 g/1 lb strawberries, halved
- > ¼ cup/60 ml/2 fl oz balsamic vinegar
- > 1½ cups/220 g/7 oz icing sugar
- > vanilla ice cream

### method

1. Preheat barbecue to a high heat.
2. Thread strawberries onto lightly oiled wooden skewers. Brush strawberries with vinegar, then roll in icing sugar.
3. Cook kebabs on oiled barbecue grill for 10 seconds each side or until icing sugar caramelizes. Serve immediately with ice cream.

.....  
Serves 4



### tip from the chef

*Remember to soak bamboo or wooden skewers in water before using –this helps to prevent them from burning during cooking. Before threading food onto skewers, lightly oil them so that the cooked food is easy to remove. For this recipe, use a light tasting oil such as canola or sunflower.*





# coffee

## meringues



■ ■ □ | Cooking time: 60 minutes - Preparation time: 30 minutes

### method

1. Place sugar and water in a small saucepan, over a medium heat, stirring (a) until sugar dissolves. Bring to the boil and boil for 1-2 minutes. Brush any sugar grains from sides of pan with a wet pastry brush.
2. Beat egg white until stiff peaks form. Continue beating while pouring in hot syrup in a thin stream (b), a little at a time. Beat until meringue is thick. Fold in vinegar, cornflour (c) and coffee essence.
3. Place mixture in a large piping bag fitted with a fluted tube. Pipe 4 cm/1 3/4 in stars (d) onto greased and lined oven trays. Bake at 140°C/280°F/Gas 2 for 1 hour or until firm and dry. Cool in oven with door ajar.

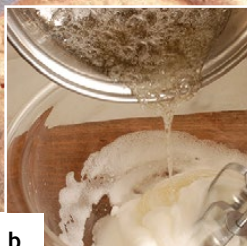
### ingredients

- > 3/4 cup/185 g raw sugar
- > 3 tablespoons water
- > 1 egg white
- > 1 teaspoon white vinegar
- > 2 teaspoons cornflour
- > 2 teaspoons coffee essence

.....  
Makes 30



a



b



a



d

### tip from the chef

Who would believe that these delicious morsels are free of fat and cholesterol? They are perfect to serve with coffee or as an afternoon tea treat. then fill.



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# cocktail hour