

Chef

express



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cooking for two



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cooking for two

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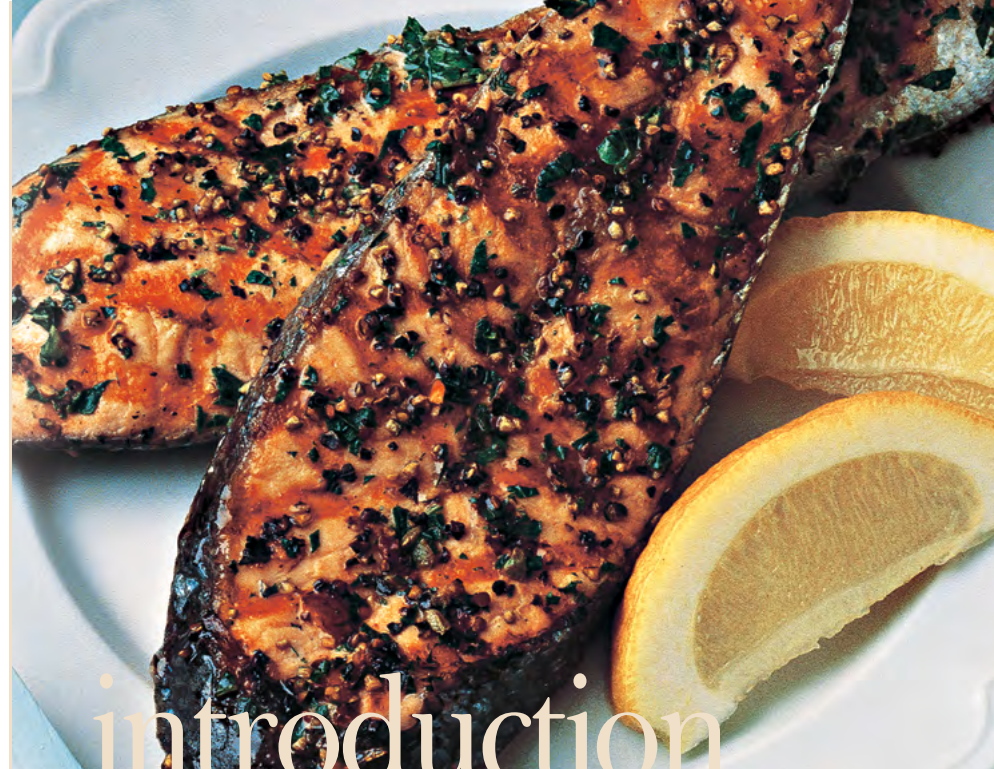
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Do you miss the tasty homemade foods that you used to have as a child but find it hard to cook when it's just for two? The recipes in this book are as savory as those dishes from childhood the quantities have been adjusted for couples and small families. Forget about throwing out leftovers and spending extra money on takeaways: you will be able to prepare the accurate amount of food everytime.



cooking for two



It does not matter if you are making a romantic dinner or a simple weekday meal with whatever ingredients you have left, cooking for two can be tough. Family-sized recipes, excessive leftovers and bulk products can scare smaller households into ordering food, eating snacks for dinner, or having the same thing for days. That's why we've dedicated these easy to make recipes to all of those who need some help in achieving a balance when cooking for fewer people. For starters, take into account these basic tips:

Types

- Avoid packaged meats and ask the butcher for smaller portions. If you only need a small amount of meat, rely on the butcher at the counter to give you exactly as much as you need. This way you'll prevent potential food waste.
- Use the freezer often. It is the best way to extend the life of fresh ingredients. Leftovers should be wrapped as single-servings before putting them inside the freezer. You can place each portion in a muffin pan and transfer them to sealed bags once they're frozen. Soups and stews, pasta, rice and chili all reheat fine after being in the freezer.

- Shop the bulk bins for dry goods. The prices for items in the bulk bins are usually lower than their packaged equivalents and you can customize the quantity you want to buy.
- Utilize smaller cookware. Make smaller meatloaves, terrines, casseroles and lasagnas using a loaf pan. Instead of baking big cakes and pies, use muffin pans, small bundt pans and little ceramic ramekins to make mini versions of them.
- Rely more on frozen vegetables and fruits. You can take the amount you need and leave the rest inside the freezer. When buying fresh produce, try to pick smaller sized fruits and vegetables.
- Choose products that will keep well over a long period of time. Take advantage of bulk good by purchasing items like dried herbs, spices, honey, vinegar, broth concentrates, and beef bouillons, among many others. These are versatile products that won't get wasted.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

prosciutto and fig pizzas

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

ingredients

- > 4 ready-made individual pizza bases
- > 2 teaspoons olive oil
- > 125 g/4 oz prosciutto
- > 4 fresh or dried figs, sliced
- > 60 g/2 oz pine nuts
- > 1 tablespoon chopped fresh rosemary or ½ teaspoon dried rosemary
- > freshly ground black pepper

method

1. Place pizza bases on lightly greased baking trays.
2. Brush bases with oil and top with prosciutto and fig slices. Sprinkle with pine nuts, rosemary and black pepper to taste.
3. Bake at 190°C/375°F/Gas 5 for 10-15 minutes or until bases are crisp and golden.

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Serves 2 - 4



tip from the chef

Perfect for an autumn luncheon when fresh figs are in season and at their best. For a complete meal accompany with garlic bread, a salad and a glass of dry white wine.

pork

with leeks and berries



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

method

1. Place cider, marmalade, vinegar, rosemary and garlic in a shallow glass or ceramic dish and mix to combine. Add pork, cover and marinate in the refrigerator for 3 hours or overnight. Drain pork and reserve marinade.
2. Heat oil in a frying pan over a medium heat, add pork and cook for 5 minutes each side or until tender. Set aside and keep warm.
3. Add leeks to pan and cook, stirring, for 3 minutes or until golden. Stir in reserved marinade and bring to the boil. Reduce heat and simmer for 5 minutes or until sauce reduces and thickens slightly. Add blackberries and cook, stirring gently, for 3-4 minutes. Spoon sauce over pork and serve immediately.

ingredients

- > ½ cup/125 ml/4 fl oz cider
- > 1 tablespoon orange marmalade
- > 1 tablespoon balsamic vinegar
- > 1 tablespoon finely chopped fresh rosemary
- > 1 clove garlic, crushed
- > 4 x 180 g/6 oz lean pork butterfly steaks
- > 2 teaspoons olive oil
- > 2 leeks, cut into thick slices
- > 250 g/8 oz fresh or frozen blackberries

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Serves 2 - 4

tip from the chef

If pork butterfly steaks are unavailable lean pork loin chops can be used for this recipe.



bourride

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

ingredients

- > 4 tablespoons butter
- > 2 onions, sliced
- > 2 parsnips, sliced
- > 4 cups chicken or seafood stock
- > 1 cup white wine
- > 4 tablespoons freshly squeezed lime juice
- > 1 teaspoon cracked black pepper
- > 400 g/13 oz gemfish fillets, cut into large chunks
- > 400 g/13 oz mussels, scrubbed and beards removed
- > 4 tablespoons sour cream
- > 1½ tablespoon chopped fresh dill

method

1. Heat butter in a large saucepan over moderate heat. Add onions and parsnips; cook for 2 minutes, stirring constantly.
2. Add stock, wine, lime juice, pepper, gemfish and mussels and bring to the boil. Reduce heat to a simmer and cook until shells open.
3. Remove vegetables, gemfish and mussels from pan with a slotted spoon; remove flesh from mussel shells; reserve.
4. Add sour cream to stock mixture in pan, simmer until reduced by half and sauce begins to thicken.
5. Add reserved vegetables and seafood to sauce, stir in dill and serve.

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Serves 2 - 4



tip from the chef

This recipe works great as a side dish for spaghetti if parsnips are not included.





tortellini

with avocado cream

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

method

1. Cook tortellini in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make avocado cream, place avocado, cream, Parmesan cheese and lemon juice in a food processor or blender and process until smooth. Season to taste with black pepper.
3. Place tortellini in a warm serving bowl, add avocado cream and toss to combine. Serve immediately.

ingredients

- > 500 g/1 lb tortellini
- avocado cream*
- > ½ ripe avocado, stoned and peeled
- > ¼ cup/60 ml/2 fl oz cream (double)
- > 30 g/1 oz grated fresh Parmesan cheese
- > 1 teaspoon lemon juice
- > freshly ground black pepper

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Serves 2 - 4

tip from the chef

Avocado can be replaced by cooked, processed zucchini. The sauce should be very hot to avoid cooling down the pasta.



corn and cumin chicken

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

ingredients

- > 1 tablespoon olive oil
- > 2 onions, chopped
- > 4 chicken thighs
- > 1 cup dry white wine
- > 1 cup chicken stock
- > 1 cup thickened cream
- > 1 cup sweet corn kernels
- > 1 tablespoon ground cumin

method

1. Heat oil in a large frying pan over moderate heat. Add onions and cook for 2 minutes. Add chicken and sauté until golden brown, about 8 minutes. Drain chicken on absorbent kitchen paper and transfer to an ovenproof dish.
2. Pour off fat from pan and add wine. Bring to a boil over moderately high heat, scraping up the brown bits from the bottom of the pan. Boil until wine is reduced by half, about 4 minutes.
3. Stir in chicken stock, cream, corn and cumin and cook for another 5 minutes. Pour mixture over chicken in the ovenproof dish and bake in a moderate oven for 35 minutes.

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Serves 2 - 4

tip from the chef

Stir-fried fresh vegetables are a good complement for this dish.





char-grilled

tarragon chicken

■□□ | Cooking time: 5 minutes - Preparation time: 15 minutes

method

1. Place chicken in a single layer in a shallow glass or ceramic dish. Combine tarragon, wine, lemon rind and green peppercorns. Pour marinade over chicken. Turn to coat chicken with marinade and marinate at room temperature, turning once, for 20 minutes.
2. Remove chicken from marinade and cook on a preheated hot char grill or in a preheated grill pan for 5 minutes or until tender.

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Serves 4 - 6

ingredients

- > 4 boneless chicken breast fillets, skin removed
- > 2½ tablespoons fresh chopped fresh tarragon or 1½ teaspoons dried tarragon
- > ¾ cup/180 ml/6 fl oz dry white wine
- > 1½ tablespoons lemon rind strips
- > 2 teaspoons green peppercorns in brine, drained and crushed

tip from the chef

Do not marinate chicken any longer than 20 minutes as the marinade will cause the chicken to break down.



tomato basil tart

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

ingredients

- > 200 g/6½ oz puff pastry
- > 1 tablespoon wholegrain mustard
- > 3 spring onions, chopped
- > ¼ cup chopped fresh basil
- > 60 g/2 oz Cheddar cheese, grated
- > 3 tomatoes, cut into eighths
- > freshly ground black pepper

method

1. Line a greased 8 in/20 cm flan tin with puff pastry and prick base with a fork. Line with greaseproof paper and fill with uncooked rice. Bake at 400°F/200°C/Gas 6 for 10 minutes, remove rice and paper and bake for 5 minutes longer.
2. Spread pastry with mustard, sprinkle with spring onions, basil and cheese.
3. Arrange tomatoes over cheese and season to taste with black pepper. Bake for 10 minutes or until cheese melts.

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Serves 2 - 4



tip from the chef

Mediterranean food lovers will probably like to replace Cheddar cheese for mozzarella and mustard for processed olives in this tasty recipe.



rigatoni

with pumpkin



■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

method

1. Cook rigatoni in boiling water in a large saucepan, following packet directions. Drain, set aside and keep warm.
2. Melt 60 g/2 oz butter in a large saucepan and cook pumpkin over a medium heat for 5-10 minutes or until tender.
3. Stir chives, nutmeg, Parmesan cheese, black pepper to taste, rigatoni and remaining butter into pumpkin mixture and toss to combine. Serve immediately.

ingredients

- > 500 g/1 lb rigatoni
- > 90 g/3 oz butter
- > 250 g/8 oz pumpkin, cut into small cubes
- > 1 tablespoon snipped fresh chives
- > pinch ground nutmeg
- > 30 g/1 oz grated fresh Parmesan cheese
- > freshly ground black pepper

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Serves 2 - 4

tip from the chef

Pumpkin goes well with all pasta varieties. Combine with a little ricotta cheese and grated Parmesan cheese to make great fillings for lasagna, cannelloni or ravioli.



salmon

with pepper and mint

■ □ □ | Cooking time: 6 minutes - Preparation time: 15 minutes

ingredients

> 4 salmon cutlets

pepper and mint marinade

- > 3 tablespoons dry white wine
- > 2 tablespoons lime juice
- > 2 tablespoons chopped fresh mint
- > 2 teaspoons crushed black peppercorns

method

1. To make marinade, place wine, lime juice, mint and black pepper in a large shallow glass or ceramic dish and mix to combine.
2. Add salmon to marinade and set aside to marinate for 10 minutes. Turn once. Drain and cook on a preheated hot barbecue or under a grill for 2-3 minutes each side or until salmon flakes when tested with a fork. Serve immediately.

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Serves 2 - 4



tip from the chef

Nothing like crispy potato chips to complement your fish dish. To give them a tempting aroma, sprinkle potato wedges with salt and rosemary before baking until crisp and golden.





curried

pasta salad

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

method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and cool completely.
2. Boil, steam or microwave broccoli and carrots separately until just tender. Drain and refresh under cold running water. Drain again and place in a serving bowl. Add zucchini, red pepper, spring onions and pasta and toss to combine.
3. To make dressing, place mayonnaise, mustard, lemon juice, curry powder and black pepper to taste in a bowl and mix to combine. Spoon dressing over salad and toss to combine. Serve at room temperature.

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Serves 2 - 4

ingredients

- > 500 g/1 lb shelled fresh broad beans or frozen broad beans
- > 250 g/8 oz fresh or frozen sweet corn kernels
- > 4 tomatoes, cut into wedges
- > 6 spring onions, chopped
- > 2 tablespoons chopped fresh coriander

cumin dressing

- > ¼ cup/60 ml/2 fl oz olive oil
- > ¼ cup/60 ml/2 fl oz lemon juice
- > ½ teaspoon ground cumin
- > freshly ground black pepper

tip from the chef

This dish makes a great vegetarian main meal when served with a tossed green salad and crusty bread or serve it as an accompaniment to grilled chicken or meat.



fettuccine

caprese

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

ingredients

- > 500 g/1 lb fettuccine, linguini or pappardelle
- > 4 plum tomatoes, diced
- > 2 cups fresh basil leaves, shredded
- > 1/3 cup diced reduced-fat mozzarella or bocconcini cheese
- > 1 tablespoon capers, rinsed and drained
- > 1 tablespoon extra virgin olive oil
- > 1 tablespoon balsamic or red wine vinegar
- > shaved fresh Parmesan cheese (optional)
- > freshly ground black pepper

method

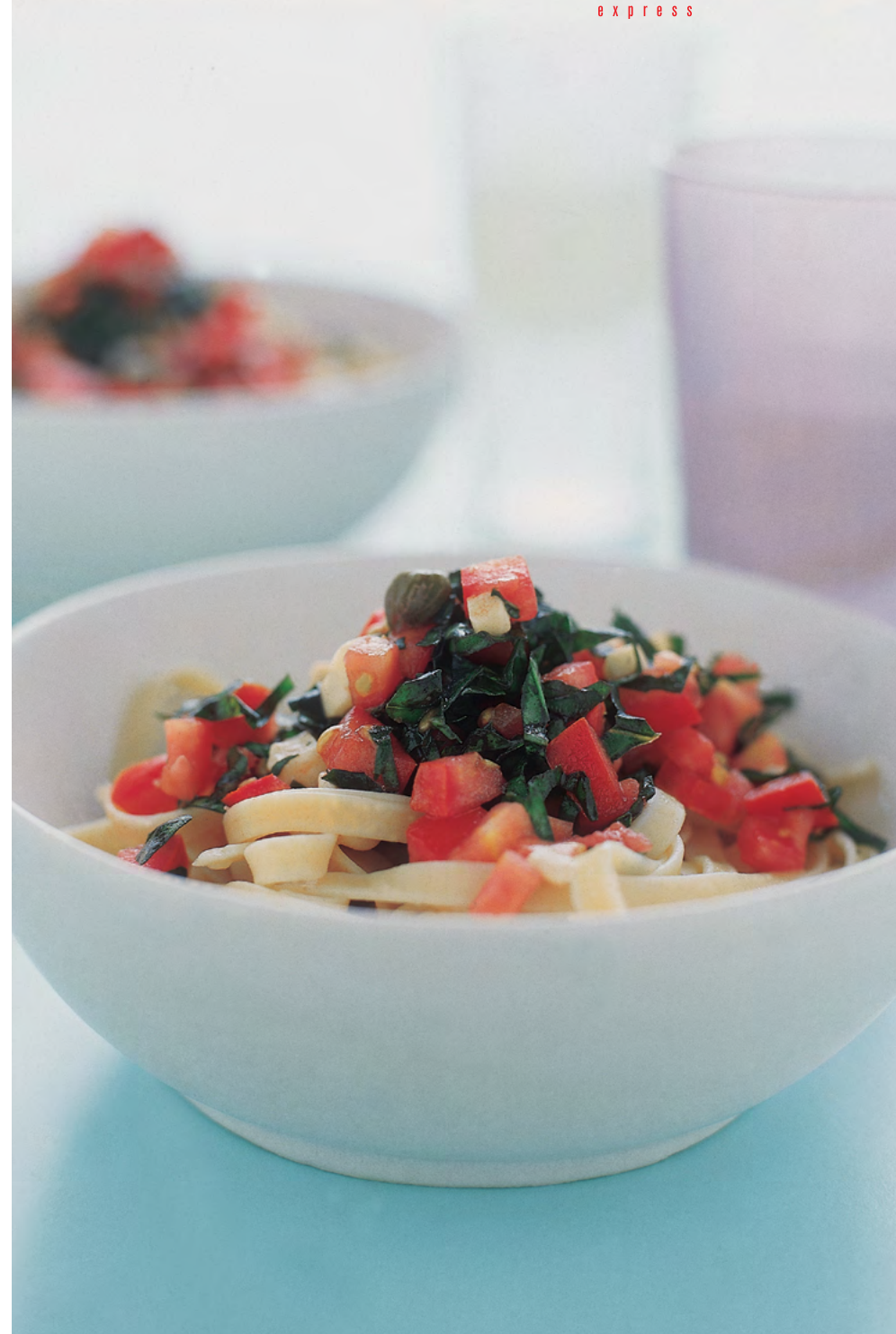
1. Cook pasta in a large saucepan of boiling water according to packet directions.
2. Place tomatoes, basil, mozzarella cheese, capers, oil and vinegar in a bowl. Toss to combine. Add tomato mixture to hot pasta. Toss.
3. To serve, divide pasta mixture between warm bowls. Scatter with a few Parmesan cheese shavings and black pepper to taste. Accompany with a green salad.

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Serves 2 - 4



tip from the chef

Whole flour pasta grants more fiber, vitamins and minerals; these improve the tolerance to glucose. One of the simplest, quickest and easiest ways to prepare a pasta meal is to toss a cold, fresh sauce through hot pasta. This recipe based on a classic dish from the beautiful Italian isle of Capri is one of the best.





green vegetable and pasta salad

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

method

1. Cook pasta in boiling water until tender, drain, rinse under cold water and drain again. Place pasta in large bowl. Add 1 teaspoon oil, toss well.
2. Bring large pan of water to the boil. Add vegetables, cook for 30 seconds, drain. Rinse under cold water, drain again. Add to pasta.
3. Place almonds on oven tray, toast in moderate oven for 5 minutes, cool.
4. Combine remaining oil, lemon juice, mustard and tarragon, add to salad along with almonds. Refrigerate 2 hours before serving.

ingredients

- > 250 g/8 oz dried green pasta spirals
- > 1/3 cup olive oil
- > 210 g/7 oz green peas
- > 125 g/4 oz green beans, halved
- > 150 g/5 oz broccoli flowerets
- > 2 small zucchini, sliced diagonally
- > 2 tablespoons almonds
- > 2 tablespoons freshly squeezed lemon juice
- > 1 teaspoon French mustard
- > 2 teaspoons chopped fresh tarragon

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Serves 2 - 4

tip from the chef

Brief cooking helps vegetables keep antioxidant vitamins (betacarotenes and vitamin C).



ravioli

with walnut sauce

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

ingredients

> 750 g/1½ lb cheese and spinach ravioli

walnut sauce

- > 200 g/6½ oz walnuts
- > ½ bunch fresh basil, leaves removed and stems discarded
- > 45 g/1½ oz butter, softened
- > 45 g/1½ oz grated Parmesan cheese
- > freshly ground black pepper
- > 100 ml/3½ fl oz olive oil
- > 155 ml/5 fl oz cream (double)

method

1. Cook ravioli in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, place walnuts and basil in a food processor or blender and process until finely chopped. Add butter, Parmesan cheese and black pepper to taste. With machine still running, slowly add oil and cream and process until it is just combined. To serve, spoon sauce over pasta and toss.

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Serves 2 - 4

tip from the chef

Take care when making the sauce. Only process it briefly or until the ingredients are just combined once the cream is added. If you overprocess, the cream may separate and cause the sauce to curdle.



leek

and basil frittata



■ □ □ | Cooking time: 18 minutes - Preparation time: 10 minutes

method

1. Place eggs, milk, Parmesan cheese and black pepper to taste in a bowl and whisk to combine. Set aside.
2. Heat oil in a 23 cm/9 in nonstick frying pan over a medium heat, add leeks and cook, stirring occasionally, for 8 minutes or until soft and golden.
3. Stir in eggplant and basil and cook for 1 minute. Pour egg mixture over vegetables and cook over a low heat for 7 minutes or until frittata is almost set. Place frittata under a preheated hot grill and cook for 1 minute or until top is golden and firm. Serve hot, warm or cold cut into wedges.

ingredients

- > 5 eggs
- > ½ cup/125 ml/4 fl oz milk
- > 4 tablespoons grated Parmesan cheese
- > freshly ground black pepper
- > 1 tablespoon olive oil
- > 2 leeks, chopped
- > 125 g/4 oz marinated char-grilled eggplant, cut into strips
- > 3 tablespoons fresh basil leaves

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Serves 2 - 4

tip from the chef

Char-grilled marinated eggplant is available from gourmet delicatessens. To make your own marinated eggplant, marinate char-grilled eggplant in olive oil and lemon juice, seasoned to taste with freshly ground black pepper, for at least 2 hours. For a spicy kick, add some finely chopped red chili.



lobster in pasta nets

■■■ | Cooking time: 20 minutes - Preparation time: 45 minutes

ingredients

- > 375 g/12 oz angel hair pasta
- > 3 uncooked lobster tails, shelled and flesh cut into 4 cm/1½ in pieces
- > flour
- > vegetable oil for deep frying

lime cream

- > ½ cup/125 g/4 oz mayonnaise
- > ¼ cup/60 g/2 oz sour cream
- > 1 tablespoon finely grated lime rind
- > 1 tablespoon lime juice
- > 1 tablespoon wholegrain mustard
- > 2 tablespoons chopped fresh tarragon or 1 teaspoon dried tarragon

method

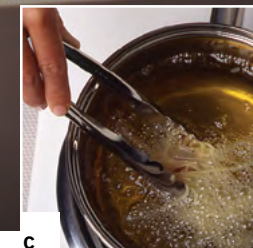
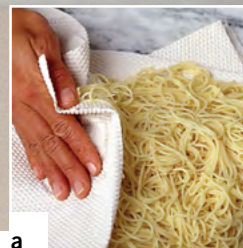
1. Cook pasta in boiling water in a large saucepan until almost cooked. Drain, rinse under cold running water, drain again and pat dry on absorbent kitchen paper (a). Set aside.
2. To make lime cream, place mayonnaise, sour cream, lime rind, lime juice, mustard and tarragon in a bowl and mix to combine. Set aside.
3. Dust lobster pieces with flour. Wrap a few stands of pasta around each lobster piece (b). Continue wrapping with pasta to form a net effect around lobster.
4. Heat oil in a large saucepan until a cube of bread dropped in browns in 50 seconds. Cook pasta-wrapped lobster in batches for 2-3 minutes or until golden (c). Drain on absorbent kitchen paper and serve immediately with lime cream.

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Serves 2 - 4



tip from the chef

This dish is also delicious made with large uncooked prawns.





linguine

with prawns

■ ■ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

method

1. Bring a large saucepan of water to the boil, add linguine and cook until just tender, drain, set aside.
2. Melt butter in a large frying pan over moderate heat. Add garlic, onion and olives, cook for 3 minutes, stirring constantly.
3. Add tomatoes and their juice, sugar, tomato paste and rosemary, cook for a further 5 minutes. Add prawns and cook for a further 3 minutes.
4. Add linguine to the sauce and toss well. Serve with Parmesan cheese and parsley.

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Serves 2 - 4

ingredients

- > 500 g/1 lb linguine
- > 4 tablespoons butter
- > 2 cloves garlic, crushed
- > 1 large onion, chopped
- > 3 tablespoons pitted and chopped black olives
- > 2 cups canned tomatoes, undrained
- > 1 teaspoon sugar
- > 1 tablespoon tomato paste (purée)
- > 2 teaspoons dried rosemary, chopped
- > 315 g/10 oz medium uncooked prawns, shelled and deveined, tails left intact
- > ¼ cup freshly grated Parmesan cheese
- > 2 tablespoons finely chopped fresh parsley

tip from the chef

If you cannot get raw prawns, use the ones that come already cooked and add to the sauce along with the pasta.



pork satays

with peanut sauce

■ □ □ | Cooking time: 15 minutes – Preparation time: 15 minutes

ingredients

> 500 g/1 lb lean pork,
cubed

marinade

> 2 tablespoons low salt soy
sauce

> 2 tablespoons lemon juice

> 1 tablespoon brown sugar

> 2 cloves garlic, crushed

> ½ teaspoon ground
coriander

> ¼ teaspoon ground cumin

> ½ teaspoon grated fresh
ginger

> freshly ground black
pepper

peanut sauce

> 1 tablespoon

polyunsaturated oil

> 1 onion, finely chopped

> 2 cloves garlic, crushed

> 1½ teaspoons curry powder

> 3 tablespoons crunchy

peanut butter

> 2 teaspoons low salt soy
sauce

> 1½ teaspoons chili sauce

> 1 cup water

> 2 tablespoons lemon juice

method

1. To make marinade, combine all ingredients in a large glass bowl. Add meat and marinate for 30 minutes.

2. To make sauce, heat oil in a saucepan, cook onion and garlic for 1 minute. Stir in curry powder, peanut butter, soy sauce, chili sauce, water and lemon juice. Bring to the boil, reduce heat and simmer, uncovered, for 5 minutes or until sauce thickens. Set aside.

3. Remove meat from marinade and thread onto 8 skewers; reserve marinade. Grill over medium heat for 8-10 minutes, turning and basting frequently with marinade. Serve with sauce.

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Serves 2 - 4

tip from the chef

Marinating is an excellent way to ensure tenderness and add new flavor to meat. And it has the added bonus of keeping very lean meats juicy and tender. Try various combinations of aromatic spices and herbs with wine or low salt soy sauce –garlic, ginger, bay leaves, lemon rind, mustard, chili and rosemary are all excellent.



quinoa, corn and black bean salad



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

method

1. Rinse quinoa thoroughly under cold running water. Drain well. Place 2 cups water in a saucepan. Bring to the boil. Stir in quinoa. Reduce heat. Cover. Simmer for 10-15 minutes or until water is absorbed and quinoa is transparent. Drain. Cool.
2. To make vinaigrette, place lime rind, brown sugar, lime juice, vinegar, oil, horseradish cream and tabasco sauce in a screwtop jar. Shake well to combine. Set aside.
3. Place prepared quinoa, peppers, beans, sweet corn, radish, coriander, chili and green onion in a bowl. Spoon over dressing. Toss to combine.

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Serves 2 - 4

ingredients

- > 1 cup quinoa
- > 2 red peppers, roasted, peeled and diced
- > 1 cup cooked or canned black beans
- > 1 cup fresh or frozen no-added-salt sweet corn kernels
- > ½ cup white or red radish, diced
- > ½ cup chopped fresh coriander
- > 1 tablespoon finely chopped fresh chili
- > 1 green onion, chopped

lime vinaigrette

- > 1 teaspoon grated lime rind
- > ½ teaspoon brown sugar
- > 2 tablespoons lime juice
- > 2 tablespoons raspberry vinegar
- > 2 teaspoons unsaturated oil
- > 2 teaspoons horseradish cream
- > a dash of tabasco sauce

tip from the chef

Quinoa (pronounced 'keen-wa') or piweed has Incaic origins; it is a grain with an interesting crunchy texture and delicate flavor, very rich in proteins, fiber, calcium and phosphorus. It is an excellent complement for a diet with low meat content. It is available from most health food stores, and some supermarkets.



tuna burgers

with mango salsa

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

ingredients

- > 2 pieces focaccia bread, split
- > mixed salad greens

fresh tuna patties

- > 2 teaspoons olive oil
- > 1 spring onion, finely chopped
- > 1 teaspoon finely chopped fresh ginger
- > 1 clove garlic, finely chopped
- > 200 g/7 oz fresh tuna, cut into pieces
- > 30 g/1 oz chopped macadamias, roasted
- > 15 g/½ oz breadcrumbs, made from stale bread
- > ½ tablespoon chopped fresh coriander
- > 1 egg white
- > freshly ground black pepper

fresh mango salsa

- > ½ mango, diced
- > 1 Italian tomato, diced
- > ¼ Lebanese cucumber, diced
- > 1 tablespoon diced red onion
- > ½ tablespoon chopped fresh coriander
- > juice of ½ lime or lemon

method

1. To make salsa, place mango, tomato, cucumber, onion, coriander and lime juice in a bowl. Mix to combine. Cover. Refrigerate until ready to use.
2. To make patties, place half the oil, spring onion, ginger and garlic in a small frying pan over a low heat. Cook, stirring, until soft and fragrant. Remove pan from heat. Cool.
3. Place tuna in a food processor. Process to coarsely mince. Transfer to a bowl. Add macadamias, breadcrumbs, coriander, egg white, black pepper to taste and spring onion mixture. Mix to combine. Shape into two patties. Place on a plate lined with plastic food wrap. Cover. Refrigerate until ready to cook.
4. Heat a char-grill or heavy-based frying pan over a high heat until hot. Brush patties lightly with remaining oil. Add to pan. Cook for 3-4 minutes each side, until moist and slightly pink in the center.
5. To serve, place salad greens on bottom half of bread. Top with a patty, some salsa and top of bread. Serve immediately with remaining salsa.

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Serves 2

tip from the chef

These burgers are also delicious made with swordfish or ocean trout.



spinach and ricotta cannelloni

■ ■ □ | Cooking time: 40 minutes - Preparation time: 45 minutes

method

1. To make filling, place spinach and water in a saucepan, cover with a tight fitting lid and cook over a medium heat, shaking pan occasionally, for 4-5 minutes or until spinach wilts. Drain well, squeezing out excess water and set aside to cool.
2. Finely chop spinach and place in a bowl. Add ricotta cheese, Parmesan cheese, egg, nutmeg and black pepper to taste and mix to combine. Spoon mixture into cannelloni tubes and arrange tubes side-by-side in a lightly greased ovenproof dish.
3. Combine tomatoes and garlic in a bowl and spoon over cannelloni. Sprinkle with mozzarella cheese and Parmesan cheese and bake at 180°C/350°F/Gas 4 for 30-35 minutes or until cannelloni is tender and top is golden.

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Serves 2 - 4

ingredients

- > 250 g/8 oz instant (no precooking required) cannelloni tubes
- > 440 g/14 oz canned tomatoes, drained and chopped
- > 1 clove garlic, crushed
- > 125 g/4 oz grated mozzarella cheese
- > 2 tablespoons grated Parmesan cheese

spinach filling

- > ½ bunch/250 g/8 oz English spinach, shredded
- > ½ cup/125 ml/4 fl oz water
- > 250 g/8 oz ricotta cheese, drained
- > 2 tablespoons grated Parmesan cheese
- > 1 egg, beaten
- > 1/4 teaspoon ground nutmeg
- > freshly ground black pepper

tip from the chef

Cottage cheese may be used in place of the ricotta cheese if you wish. If using cottage cheese, push through a sieve to achieve a smoother texture. Serve cannelloni with an Italian salad and herb or garlic bread.



red bean stir-fry

■ □ □ | Cooking time: 15 minutes – Preparation time: 15 minutes

ingredients

- > 185 g/6 oz fettuccine
- > 1 tablespoon vegetable oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 250 g/8 oz asparagus, cut into 5 cm/2 in lengths
- > 125 g/4 oz green beans
- > 125 g/4 oz snow peas
- > 440 g/14 oz canned red kidney beans, rinsed and drained
- > 250 g/8 oz bottled tomato salsa
- > 2 tablespoons chopped fresh coriander
- > 90 g/3 oz pine nuts, toasted

method

1. Cook fettuccine in boiling water in a large saucepan following packet directions. Drain well and set aside to cool slightly.
2. Heat oil in a wok over a medium heat, add onion and garlic and stir-fry for 3 minutes or until onion is golden.
3. Add asparagus, beans and snow peas and stir-fry for 3 minutes or until vegetables are just tender. Add red kidney beans, tomato salsa and coriander and stir-fry for 5 minutes.
4. Add fettuccine, toss to combine and cook for 3 minutes or until heated through. Scatter with pine nuts and serve immediately.

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Serves 2 - 4

tip from the chef

Any pasta or Oriental noodles of your choice can be used in place of the fettuccine in this recipe.





smoked

salmon bagels

■□□ | Cooking time: 0 minutes - Preparation time: 25 minutes

method

1. Spread each bagel half with cream cheese and sprinkle with chives. Top bagel halves with salmon, onion, avocado and capers. Sprinkle with lemon juice and serve immediately.

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Serves 2 - 4

ingredients

- > 4 bagels, split
- > 125 g/4 oz cream cheese, softened
- > 2 tablespoons snipped fresh chives
- > 250 g/8 oz smoked salmon slices
- > 1 onion, thinly sliced
- > 1 avocado, stoned, peeled and sliced
- > 1 tablespoon capers, drained
- > 1 tablespoon lemon juice

tip from the chef

A tomato and onion salad is a delicious side dish. To make salad, arrange sliced tomatoes and very thinly sliced onion on a lettuce-lined dish. Sprinkle with chopped fresh basil and drizzle with French dressing. Season to taste with black pepper.



turkey

caesar salad

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

ingredients

- > 4 slices lean turkey breast, cut into strips
- > 250 g/8 oz asparagus spears, blanched
- > 1 cos lettuce, leaves separated
- > 250 g/8 oz cherry tomatoes, halved
- > 1 small French bread stick, sliced and toasted
- > fresh Parmesan cheese

mustard yogurt dressing

- > 2 tablespoons light mayonnaise
- > 4 tablespoons low fat natural yogurt
- > 2 teaspoons wholegrain mustard
- > freshly ground black pepper

method

1. Heat a nonstick frying pan over a medium heat. Add turkey and cook, stirring, for 4 minutes or until crisp. Drain on absorbent kitchen paper and set aside to cool.
2. Boil, steam or microwave asparagus until just tender. Drain and refresh under cold running water.
3. Arrange lettuce, asparagus, tomatoes and bread slices in a large serving bowl or on a platter. Scatter with turkey and top with Parmesan cheese shavings.
4. To make dressing, place mayonnaise, yogurt, mustard and black pepper to taste in a bowl and mix to combine.
5. Drizzle dressing over salad, cover and refrigerate until ready to serve.

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Serves 2 - 4

tip from the chef

To make shavings of Parmesan cheese you will need a piece of fresh Parmesan cheese. Use a vegetable peeler or a coarse grater to remove shavings from the cheese.



fettuccine

with bacon and cream



■ □ □ | Cooking time: 12 minutes - Preparation time: 5 minutes

method

1. Cook fettuccine in boiling water in a large saucepan following packet directions. Drain and set aside to keep warm.
2. To make sauce, cook bacon in a large frying pan for 4-5 minutes or until crisp. Add shallots, and cook for 1 minute longer. Stir in cream and stock, bring to the boil then reduce heat and simmer until reduced and thickened. Stir in sun-dried tomatoes and toss fettuccine in cream sauce. Sprinkle with Parmesan cheese and serve.

ingredients

- > 500 g/1 lb dried fettuccine
- > 4 tablespoons grated Parmesan cheese

bacon and cream sauce

- > 2 rashers of bacon, trimmed and chopped
- > 4 green shallots, chopped
- > ½ cup/125 ml/4 fl oz cream
- > ½ cup/125 ml/4 fl oz chicken stock
- > 3 tablespoons chopped sun-dried tomatoes (optional)

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Serves 2 - 4

tip from the chef

A crisp salad and crusty bread is all that is needed to complete this course.



spinach

pasta loaf

■ ■ □ | Cooking time: 50 minutes - Preparation time: 10 minutes

ingredients

- > 250 g/8 oz fettuccine
- > 3 eggs, lightly beaten
- > pinch cayenne pepper
- > 1 cup/250 g/8 oz sour cream
- > 6 tablespoons chopped fresh mixed herbs
- > 1 bunch/500 g/1 lb English spinach, leaves blanched and chopped
- > 125 g/4 oz Gruyère cheese, grated
- > 90 g/3 oz pine nuts, toasted

method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain and set aside.
2. Place eggs, cayenne pepper, sour cream, herbs, spinach, Gruyère cheese and pine nuts in a bowl and mix to combine. Mix in pasta.
3. Spoon mixture into a greased 11 x 21 cm/4½ x 8½ in loaf tin and bake at 180°C/350°F/Gas 4 for 40 minutes or until firm. Stand in tin for 5 minutes before turning out and serving.

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Serves 2 - 4

tip from the chef

When purchasing pine nuts, look for a creamy-white color, as a grey color indicates rancidity. Store pine nuts, like all nuts and seeds, in a tightly closed container in the refrigerator to maintain freshness and flavor.





seafood

stir-fry

■ ■ □ | Cooking time: 6 minutes – Preparation time: 20 minutes

method

1. Heat peanut oil in a wok or frying pan, add garlic, chilies and ginger and stir-fry for 1 minute. Add squid, prawns, scallops, red pepper, snow peas and asparagus and stir-fry for 2-3 minutes or until prawns just change color.
2. To make sauce, place cornflour, sugar, tomato, oyster and soy sauces, sesame oil and water in a small bowl and whisk to combine. Pour sauce into pan and heat for 2-3 minutes longer or until it boils and thickens. Sprinkle with sesame seeds and serve immediately.

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Serves 2 - 4

ingredients

- > 2 tablespoons peanut oil
- > 1 clove garlic, crushed
- > 2 small fresh red chilies, finely chopped
- > 1 teaspoon finely grated fresh ginger
- > 250 g/8 oz squid tubes, honeycombed (see tip page 24) and cut into diamond-

shaped pieces

- > 500 g/1 lb uncooked large prawns, shelled and deveined, tails left intact
- > 250 g/8 oz scallops
- > ½ red pepper, sliced
- > 60 g/2 oz snow peas, sliced diagonally into 5 cm/2 in pieces
- > 250 g/8 oz asparagus, cut diagonally into 5 cm/2 in pieces, blanched
- > 2 tablespoons sesame seeds, toasted

sauce

- > 1 tablespoon cornflour
- > 1 tablespoon sugar
- > 3 tablespoons bottled tomato sauce
- > 1 teaspoon oyster sauce
- > 1 tablespoon soy sauce
- > 1 teaspoon sesame oil
- > 1 cup/250 ml/8 fl oz water

tip from the chef

For a complete meal accompany with boiled egg noodles.

tandoori

beef burgers

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

ingredients

- > 4 wholemeal bread rolls, split and toasted
- > 4 lettuce leaves
- > 2 tomatoes, sliced
- > 8 slices cucumber

tandoori patties

- > 500 g/1 lb lean beef mince
- > 2 cloves garlic, crushed
- > 2 tablespoons dried breadcrumbs
- > 1 egg
- > 1½ tablespoons Tandoori paste
- > 1 tablespoon soy sauce
- > vegetable oil

spiced yogurt dressing

- > ½ cup/100 g/3½ oz natural yogurt
- > 1 tablespoon chopped fresh coriander
- > ½ teaspoon ground cumin
- > pinch chili powder

method

1. To make dressing, place yogurt, coriander, cumin and chili powder to taste in a bowl and mix to combine. Cover and chill until required.
2. To make patties, place beef, garlic, breadcrumbs, egg, Tandoori paste and soy sauce in a bowl and mix to combine. Divide beef mixture into four portions and shape into patties.
3. Heat a little oil in a frying pan over a medium-high heat, add patties and cook for 4-5 minutes each side or until cooked to your liking.
4. Top bottom half of each roll with a lettuce leaf, some tomato slices, 2 cucumber slices, a pattie and a spoonful of dressing. Place other halves on top.

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Serves 2 - 4

tip from the chef

These burgers are also delicious made using lamb mince in place of the beef.



cream cheese and ricotta crêpes



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

method

1. Sift flour into a medium bowl, gradually stir in the combined eggs and milk, stir until smooth. Pour mixture through a sieve to remove any lumps.
2. Heat a medium frying pan over moderate heat, grease lightly and pour about 4 tablespoons of batter into frying pan. Tilt pan so batter covers base thinly and evenly (a). Cook until lightly browned on base; turn crêpe, using a palette knife (b), and cook second side. Remove from pan and repeat with remaining mixture.
3. To make filling, blend or process cream cheese with ricotta, chives and nutmeg until quite smooth. Stir in Parmesan cheese, corn and parsley.
4. Place about 3 tablespoons of mixture onto each crêpe and roll up.

ingredients

- > 1 cup plain flour
- > 3 eggs, lightly beaten
- > 1 cup milk
- > butter for greasing
- > 125 g/4 oz cream cheese
- > 250 g/½ lb ricotta cheese
- > 3 tablespoons chopped fresh chives
- > ½ teaspoon ground nutmeg
- > ¼ cup freshly grated Parmesan cheese
- > ½ cup canned sweet corn kernels, drained
- > 2 tablespoons finely chopped fresh parsley

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Serves 2 - 4

tip from the chef

To freeze crêpes without filling, stack them between sheets of freezer wrap, place in a freezer bag and seal. To use crêpes, thaw at room temperature, then fill.



zucchini and rice pie

■ ■ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > 1 cup milk
- > 4 large zucchini, cut into thin slices
- > 6 tablespoons olive oil
- > 45 g/1½ oz butter
- > 1 onion, peeled and chopped
- > 1 cup cooked long grain rice
- > 3 tablespoons parsley, chopped
- > 100 g/3½ oz Gruyère cheese, grated
- > 2 eggs, beaten
- > ½ cup milk, extra

method

1. Bring milk to the boil, add zucchini slices and cook, uncovered, for 3 minutes; drain and reserve zucchini.
2. Heat oil and butter in a large frying pan and add onions. Cook until they are translucent, remove from the heat. Add rice, parsley and cheese, mix well.
3. Pour mixture into a greased 23 cm/9 in flan dish. Place zucchini slices decoratively on top, and pour over combined eggs and extra milk mixture. Bake in moderate oven 30-35 minutes.

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Serves 2 - 4



tip from the chef

If you wish to vary the presentation, place a round of puff pastry over preparation before baking.



melting

meatballs

■ □ □ | Cooking time: 30 minutes - Preparation time: 10 minutes

method

1. Preheat oven to 180°C/350°F/Gas 4.
2. Place stock, eggs, herbs and Worcestershire sauce in a large bowl; whisk.
3. Process bread slices, add to bowl. Peel and grate onion and carrot, add to bowl. Add beef mince and black pepper to taste, mix. Set aside.
4. Cut cheese into twelve 1 cm³/₄ in cubes. Divide meat mixture into twelve equal portions. Mold one portion of meat mixture around each cube of cheese. Set aside.
5. Lightly brush baking dish with vegetable oil. Set aside.
6. Whisk egg in small bowl. Place breadcrumbs on plate. Place flour on other plate.
7. Roll each meatball in flour. Dip in egg. Roll in breadcrumbs. Place in baking dish.
8. Bake for 25-30 minutes or until cooked.

ingredients

- > ¼ cup/60 ml/2 fl oz beef stock
- > 2 eggs
- > 1 teaspoon mixed dried herbs
- > 1 teaspoon Worcestershire sauce
- > 4 slices stale wholemeal bread
- > 1 onion
- > 1 carrot
- > 500 g/1 lb lean beef mince
- > freshly ground black pepper
- > 90 g/3 oz tasty cheese
- > vegetable oil
- > 1 egg
- > 1 cup/125 g/4 oz dried breadcrumbs
- > flour

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 Serves 2 - 4

junior chef says

To make stock, place 1 beef stock cube and ¼ cup/60 ml/2 fl oz hot water in a bowl, mix, cool.



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cooking for two