

Chef

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sensational summer food



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introduction

Celebrate the summer season cooking healthy, refreshing and delicious meals for the whole family! These quick and easy summer recipes make use of the best seasonal fruits and veggies to ensure that you get an unforgettable taste of the year's sunniest months.



sensational summer food



Do you feel like summertime always comes as quickly as it goes? Then, you should know that there's no better way to take full advantage of its wonders than to savor all of the classic summertime meals.

Tips & Tricks

- Avoid using the stove as much as possible. Try to rely more on dishes like pasta, grilled meats, salads and fruit bowls. You can even take your cutting board outside and prep some veggies while enjoying the breeze.
- To prepare a quick salad, combine the freshest greens with your favorite cheese, and top them with a simple dressing and some grated nuts or seeds.
- Use leftover fruits and veggies. Peaches, plums, berries, and apricots make delightful jams and jellies. Fresh herbs can be frozen and used later on. And leftover tomatoes make the best homemade sauces.
- During summer, there are so many berries in season that you won't want to miss the chance to prepare a spectacular pie.



- When it's hot, staying hydrated is more important than ever. To do so, take advantage of water-rich fruits and veggies, such as cucumbers, celeries, watermelons and grapefruits.
- Opt for quality meats. Try to make your own burgers, and, if available, try to pick free-range poultry, fish and steaks. These are healthier and taste better.
- Check what fruits and vegetables are in season where you live during the months of June, July and August. The staple summer vegetables include corn, apples, cucumbers, spinach, tomatoes, broccoli, radishes, asparagus, zucchini, green beans, peppers and eggplants. As for fruits, in summer you'll find fresh apricots, kiwis, blueberries, blackberries, grapes, cherries, nectarines, figs, mangoes, raspberries and melons.
- Prep ingredients during the cooler parts of the day. If a recipe calls for noodles, rice, or boiled vegetables, try to cook them first thing in the morning. If you double the quantities that you cook, you won't need to heat up the kitchen another time during the week.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

summer vegetable pie

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

ingredients

- > 1 sheet shortcrust pastry
- > 2 tablespoons olive oil
- > 2 onions, thinly sliced
- > 4 tomatoes, cut into thick slices
- > 4 zucchini, sliced
- > 2 teaspoons chopped fresh thyme or 1 teaspoon dried thyme
- > freshly ground black pepper
- > 2 tablespoons finely chopped fresh basil
- > 2 tablespoons finely chopped fresh parsley

method

1. Roll out pastry to fit a 25 cm/10 in flan tin with a removable base, chill for 10 minutes. Line with nonstick paper, fill with uncooked rice and bake at 190°C/375°F/Gas 5 for 15 minutes. Remove rice and paper and bake for 5 minutes longer or until golden. Set aside to cool.
2. Heat 1 tablespoon oil in a frying pan over a medium heat, add onions and cook, stirring frequently, for 5 minutes or until soft. Using a slotted spoon remove from pan and cool. Add tomato slices to pan and cook for 5 minutes. Remove from pan and cool. Drain any juices from pan.
3. Heat remaining oil in pan, add zucchini slices and cook for 5 minutes or until soft. Remove from pan and cool.
4. Scatter onion over base of pastry case, sprinkle with thyme and black pepper to taste. Arrange tomato slices and zucchini slices, attractively, on top of onions, sprinkle with basil and parsley and black pepper to taste and bake for 15 minutes.

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Serves 6-8

tip from the chef

Serve this pie warm with a tossed green salad, crusty bread and a glass of dry white wine.



spring

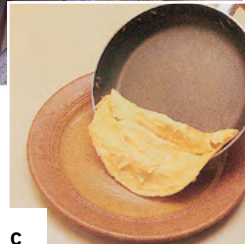
omelette



a



b



c

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

method

1. To make filling, melt butter in a frying pan and cook spring onions, mushrooms, red pepper and coriander for 2 minutes or until tender. Remove from pan, set aside and keep warm.
2. Melt butter in a clean omelette pan. Place eggs, milk and black pepper to taste in a bowl and whisk to combine (a). Pour half the egg mixture into pan and, as the omelette cooks, use a palette knife, fork or skewer to gently draw up the edge of the omelette (b) until no liquid remains and the omelette is lightly set.
3. Top half the omelette with half the filling, then sprinkle with half the cheese. Fold omelette over, slide onto a serving plate (c). Repeat with remaining ingredients and serve immediately.

ingredients

- > 15 g/½ oz butter
- > 4 eggs, lightly beaten
- > 3 tablespoons milk
- > freshly ground black pepper
- > 3 tablespoons grated tasty cheese (mature Cheddar)

vegetable filling

- > 15 g/½ oz butter
- > 2 spring onions, finely chopped
- > 6 button mushrooms, sliced
- > ½ small red pepper, cut into thin strips
- > 1 teaspoon chopped fresh coriander

.....
Serves 2

tip from the chef

If you do not have a special omelette pan, use an aluminum frying pan. Prepare the frying pan by rubbing with a small amount of salt and kitchen paper. Remove all traces of salt before cooking. You can also use a nonstick frying pan. However if you intend making omelettes on a regular basis it is well worth investing in a good pan.



italian hamburgers

■ □ □ | Cooking time: 8 minutes - Preparation time: 15 minutes

ingredients

- > 2 small eggplant, thinly sliced
- > 2 red peppers, quartered
- > 2 tablespoons olive oil
- > 1/3 cup/90 ml/3 fl oz balsamic vinegar
- > 8 mini rosetta rolls, split
- > 3 tablespoons ready-made pesto
- > 125 g/4 oz rocket leaves

beef patties

- > 500 g/1 lb lean beef mince
- > 3 tablespoons finely chopped sun-dried tomatoes
- > 2 tablespoons chopped fresh parsley
- > 1 tablespoon chopped fresh basil
- > 2 cloves garlic, crushed
- > 1 tablespoon Worcestershire sauce

method

1. To make patties, place beef, sun-dried tomatoes, parsley, basil, garlic and Worcestershire sauce in a bowl and mix to combine (a). Shape mixture into 8 mini patties (b), place on a plate lined with plastic food wrap and chill until required.
2. Preheat barbecue to a high heat. Brush eggplant slices and pepper quarters with oil (c) and cook on barbecue grill for 2 minutes each side or until tender. Place in a bowl, add vinegar and toss to combine.
3. Reduce barbecue heat to medium, then cook patties for 4 minutes each side (d) or until cooked to your liking. To assemble, spread base of rolls with pesto, then top with some rocket leaves, a patty, some slices of eggplant and a piece of red pepper and cover with top of roll. Serve immediately.

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Makes 8 mini hamburgers



tip from the chef

Mini hamburgers are a creative alternative for a teenagers' barbecue.



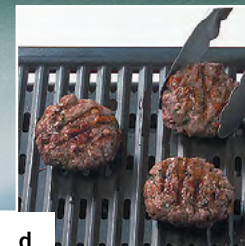
a



b



c



d



e



oriental coleslaw

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

method

1. Using a rinder, Japanese grater or sharp knife, cut daikon and carrot into long thin strips. Place in a large bowl. Add Chinese and red cabbages, green onions, snow peas, spinach, raisins and nuts. Toss to combine.
2. To make dressing, place sesame seeds in a small saucepan over a medium heat. Cook, shaking pan frequently, for 2-3 minutes or until seeds are toasted. Stir in ginger, mirin, vinegar, olive oil, soy sauce and sesame oil. Remove pan from heat. Immediately pour over salad. Toss to combine.

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Serves 6

ingredients

- > 1 daikon (Japanese white radish)
- > 1 large carrot
- > ½ Chinese cabbage, shredded
- > ¼ red cabbage, shredded
- > 2 green onions, cut into long thin strips
- > 18 snow peas, cut lengthwise into thin strips
- > 1 cup shredded spinach
- > ¼ cup raisins
- > ½ cup slivered unsalted raw almonds

oriental dressing

- > 2 tablespoons sesame seeds
- > 3 teaspoons grated fresh ginger or shredded pickled ginger
- > 3 tablespoons mirin
- > 2 tablespoons rice or wine vinegar
- > 2 teaspoons extra virgin olive oil
- > 2 teaspoons reduced-salt soy sauce
- > a few drops sesame oil (optional)

tip from the chef

This salad is rich in antioxidants, magnesium, selenium, iron, calcium, vitamin A from vegetables, vitamin E and folic acid. Daikon, sesame seeds and almonds are high-energy food.



chicken with oregano and lemon

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

ingredients

- > 4 chicken breasts
- > 2 teaspoons dried oregano
- > freshly ground pepper and salt
- > 2 tablespoons olive oil
- > 600 g/20 oz potatoes, sliced to 5 mm/1/5 in
- > 1 bunch spring onions, trimmed and halved
- > 125 ml/4 fl oz chicken stock
- > 75 ml/2½ fl oz lemon juice
- > 2 sprigs oregano, chopped

method

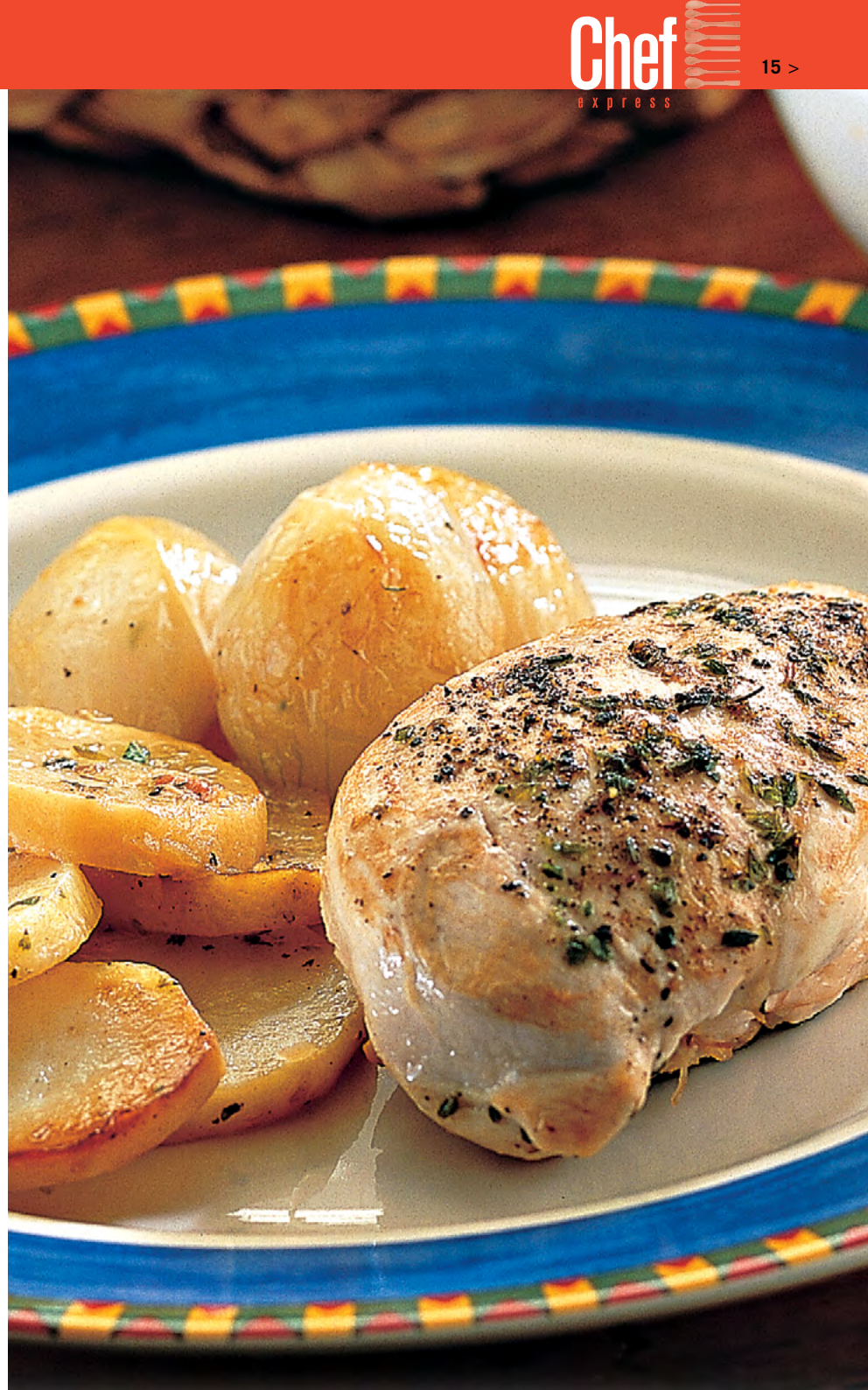
1. Season chicken with dried oregano, pepper and salt.
2. Heat oil in a large fry pan.
3. Add chicken, potatoes and onions, and brown quickly for 2-3 minutes.
4. Pour in stock, cover, and simmer for 10-15 minutes or until chicken is cooked.
5. Add lemon juice and fresh oregano. Season to taste. Cook for 3 minutes longer. Serve immediately.

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Serves 4



tip from the chef

This recipe is delicious when fresh herbs are used. It's always good to have a plant, even if it is on a window box in the kitchen.





cheddar soufflé

with vegetables

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

method

1. Melt butter in a medium saucepan over a moderately low heat. Add flour and cook for 1 minute, stirring constantly. Stir in hot milk and whisk over low heat until thick and smooth.
2. Remove from heat and cool for 10 minutes. Stir in cheese, nutmeg, egg yolks and chives, mix well.
3. Beat egg whites with an electric mixer until soft peaks form. Fold into cheese mixture, half a cup at a time.
4. Divide mixture between six ¾-cup capacity greased and collared soufflé dishes. Bake in a moderate oven for 15-20 minutes.
5. Boil vegetables until just tender. Serve with soufflé.

ingredients

- > 60 g/2 oz butter
- > ½ cup plain flour
- > 1¼ cup hot milk
- > 1 cup grated mature Cheddar cheese
- > 1 teaspoon ground nutmeg
- > 3 eggs, separated
- > 2 tablespoons chopped chives
- > 1 red pepper, seeded, cut into strips
- > 2 medium carrots, cut into strips
- > 2 zucchini, cut into strips
- > 1 cup broccoli flowerets
- > chives for garnish

.....
Serves 6

tip from the chef

Serve the soufflé immediately, as it flattens quickly once it has left the oven.



corn crêpes

with vegetables

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

ingredients

- > ½ cup/60 g/2 oz flour
- > ½ cup/60 g/2 oz polenta
- > 3 eggs
- > 30 g/1 oz butter, melted
- > ¾-1 cup/185-250 ml/6-8 fl oz milk
- > 155 g/5 oz cooked or canned sweet corn kernels, roughly chopped
- > 4 tablespoons chopped fresh coriander
- > 1 fresh green chili, finely chopped

vegetable filling

- > 1 cob sweet corn
- > 2 red peppers, quartered
- > 2 red onions, quartered
- > 4 Italian tomatoes, quartered
- > chili oil

method

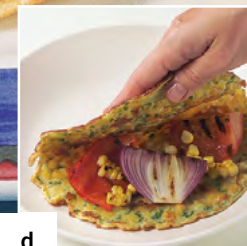
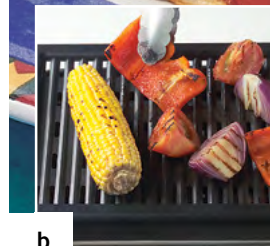
1. Place flour and polenta in a bowl, mix to combine and make a well in the center. Add eggs, butter and enough milk to make a batter, then whisk until smooth. Stir in chopped sweet corn (a), coriander and chili. Stand batter for 30 minutes.
2. To make filling, brush sweet corn cob, red peppers, onions and tomatoes with chili oil and cook on a preheated hot barbecue grill or comal until vegetables are roasted and slightly charred (b). Cool slightly, then cut corn from cob. Place vegetables in a heatproof dish, cover and keep warm.
3. To cook crêpes, heat an oiled 23 cm/9 in frying pan over a medium heat. Pour 3-4 tablespoons of batter into pan and swirl to coat base, then cook for 1-2 minutes each side (c) or until golden. Remove crêpe from pan and keep warm. Repeat with remaining mixture to make 4 crêpes.
4. To serve, spoon filling on to one half of each crêpe and fold over (d).

Serves 4



tip from the chef

For a complete meal serve with salsa of your choice and lime wedges.





prawns

with pesto dip

■ □ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

method

1. To make dip, place pesto and mayonnaise in a bowl and mix to combine.
2. To serve, place dip in a small bowl on a large serving platter and surround with prawns, carrots, snow peas and red pepper.

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Serves 8

ingredients

- > 1 kg/2 lb cooked médium prawns, shelled and deveined, tails left intact
- > 2 carrots, cut into thick strips
- > 200 g/6½ oz snow peas, blanched
- > 1 red pepper, cut into thick strips

creamy pesto dip

- > ½ cup/125 g/4 oz readymade pesto
- > ½ cup/125 ml/4 fl oz whole egg mayonnaise

tip from the chef

This dish can be prepared several hours in advance and stored, covered, in the refrigerator until required. Ready-made pesto is available from Italian delicatessens and most supermarkets.



greek

tuna focaccia

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

ingredients

- > 2 x 10 cm/4 in squares focaccia bread
- > 90 g/3 oz marinated or plain feta cheese, crumbled
- > ½ bunch rocket or watercress, broken into sprigs
- > 440 g/14 oz canned tuna in brine or springwater, drained
- > 60 g/2 oz sun-dried tomatoes in oil, drained and sliced
- > 1 tablespoon capers, drained
- > 1 onion, thinly sliced into rings
- > 1 tablespoon chopped fresh dill

method

1. Split focaccia bread horizontally and toast lightly under a preheated medium grill.
2. Top each piece of bread with feta cheese, rocket or watercress, tuna, sun-dried tomatoes, capers and onion rings. Sprinkle with dill.

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Serves 4

tip from the chef

Another variation is to make a paste with cooked fish, black olives, cream cheese and fresh coriander. Spread on toasted bread, garnish with thinly sliced spring onions.





stir-fry

chicken with cashews

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

method

1. Heat oil in a frying pan, cook onion and carrot for 5 minutes. Add garlic and ginger, cook for 1 minute longer. Remove from pan.
2. Add chicken in batches to pan, cook until lightly browned. Remove from pan.
3. Heat extra oil in pan, cook broccoli and cashews until cashews are lightly browned.
4. Return vegetables and chicken to pan. Add stock, spring onions and combined cornflour, tamari or soy sauce, sherry and sesame oil. Cook until mixture boils and thickens.

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Serves 4

ingredients

- > 1 tablespoon olive oil
- > 1 red onion, cut into petals
- > 1 carrot, sliced diagonally
- > 1 clove garlic, crushed
- > 1 teaspoon grated fresh ginger
- > 375 g/¾ lb boneless chicken breast fillets, cut into strips
- > 2 teaspoons olive oil, extra
- > 250 g/8 oz broccoli, cut into flowerets
- > 2 tablespoons cashews
- > ½ cup degreased chicken stock
- > 3 spring onions, sliced diagonally
- > 2 teaspoons cornflour
- > 2 teaspoons tamari or soy sauce
- > 1 tablespoon sherry
- > ¼ teaspoon sesame oil

tip from the chef

Olive oil and dried fruits are a reliable contribution of mono-unsaturated fatty acids, thus benefiting heart health. Tamari (Japanese soy sauce) is available at healthy food shops, Oriental food stores and most supermarkets.



lime and lemonade

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

ingredients

- > ¾ cup sugar
- > 1 cup water
- > ¼ cup freshly squeezed lime juice
- > ¾ cup freshly squeezed lemon juice
- > 3 cups soda water
- > lemon slices for garnish

method

1. Combine sugar and water in a saucepan, stir over heat until sugar is dissolved, remove from heat, cool.
2. Combine syrup with lime and lemon juice. Add soda water just before serving. Garnish with lemon slices.

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Serves 6



tip from the chef

Try this innocent drink: frosty grape. Process 2 cups frozen seedless green grapes, 2 cups white grape juice and 2 cups roughly chopped honeydew melon until smooth and frosty. Serve immediately with tiny grape bunches to garnish. Serves 6.





fettuccine

with coriander sauce

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

method

1. Cook fettuccine in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, place garlic, walnuts, coriander and parsley in a food processor or blender and process to finely chop. With machine running, add oil in a steady stream. Add Parmesan cheese and black pepper to taste, and process to combine.
3. Spoon sauce over pasta and toss to combine. Serve immediately.

ingredients

- > 500 g/1 lb fettuccine
- coriander sauce*
- > 2 cloves garlic, chopped
- > 60 g/2 oz walnut pieces
- > 60 g/2 oz coriander leaves
- > 15 g/½ oz fresh parsley leaves
- > 4 tablespoons vegetable oil
- > 60 g/2 oz grated Parmesan cheese
- > freshly ground black pepper

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Serves 6

tip from the chef

If a milder flavor is preferred, replace coriander by fresh parsley.



fish burgers

with aioli

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

ingredients

- > 4 fillets blue-eye cod or other firm white fish
- > 4 wholemeal buns, split
- > 125 g/4 oz assorted lettuce leaves

aioli

- > 2 cloves garlic, crushed
- > 2 teaspoons Dijon mustard
- > 3 egg yolks
- > 1 tablespoon white vinegar
- > 1 cup/250 ml/8 fl oz olive oil

pepper and herb marinade

- > 2 tablespoons chopped fresh chervil or parsley
- > 2 tablespoons lime juice
- > 1 tablespoon olive oil
- > crushed black peppercorns

method

1. Preheat barbecue to a medium heat.
2. To make aioli, place garlic, mustard, egg yolks and vinegar in a food processor or blender and process to combine. With machine running, slowly add olive oil in a thin stream and continue processing until mixture is thick and creamy. If mixture is too thick, add a little warm water to thin it.
3. To make marinade, place chervil or parsley, lime juice, oil and black peppercorns to taste in a shallow dish and mix to combine. Add fish, turn to coat and marinate for 5 minutes.
4. Drain fish and cook on oiled barbecue grill for 1-2 minutes each side or until flesh flakes when tested with a fork.
5. To assemble, toast buns on barbecue grill until golden. Top base of each bun with some lettuce leaves, a fish fillet and a spoonful of aioli, then cover with top of bun.

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Makes 4 burgers

tip from the chef

As a side dish for these burgers, toss boiled potato wedges with paprika, cumin, black pepper and oil, cook on barbecue until crisp and sprinkle with sea salt.





veal

tomato crêpes

■ ■ □ | Cooking time: 45 minutes - Preparation time: 10 minutes

method

1. Heat oil in a frying pan, add onion, mushrooms and mince, stir-fry until golden brown. Add tomatoes and oregano, bring to boil, reduce heat, cook uncovered for 10 minutes or until mixture has reduced and thickened, cool.
2. Divide mixture between crêpes, roll up. Lay crêpes in single layer in shallow ovenproof dish. Sprinkle with cheese. Bake in moderate oven 30 minutes or until heated through.

ingredients

- > 2 tablespoons oil
- > 1 onion, chopped
- > 125 g/4 oz button mushrooms, sliced
- > 300 g/10 oz lean beef mince
- > 200 g/7 oz canned tomatoes, undrained and crushed
- > 1 teaspoon dried oregano
- > 8 crêpes
- > 45 g/1½ oz light cheese, grated

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Serves 4

tip from the chef

To use frozen crêpes, stack them, wrap in foil and heat in oven at 200°C/400°F/Gas 6 for 25 minutes.



thyme

and chili cornbread

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

ingredients

- > 1 cup/155g/5 oz wholemeal flour
- > ¾ cup/125 g/4 oz polenta
- > 3 teaspoons baking powder
- > 60 g/2 oz grated Parmesan cheese
- > 2 tablespoons chopped fresh thyme
- > 1 teaspoon finely grated lemon rind
- > ½ teaspoon chili flakes
- > 155 ml/5 fl oz milk
- > ¼ cup/60 ml/2 fl oz olive oil
- > 2 eggs, lightly beaten
- > 3 sprigs fresh thyme

method

1. Sift flour, polenta and baking powder together into a bowl. Return husks to bowl. Add Parmesan cheese, thyme, lemon rind and chili flakes and mix to combine.
2. Place milk, oil and eggs in a small bowl and whisk to combine. Stir milk mixture into dry ingredients and mix well.
3. Spoon mixture into a lightly greased 11 x 21 cm/4½ x 8½ in loaf tin. Smooth surface of batter with a knife, decorate with thyme sprigs and bake at 190°C/375°F/Gas 5 for 45 minutes or until loaf is cooked when tested with a skewer. Stand loaf in tin for 5 minutes before turning onto a wire rack to cool slightly. Serve warm.

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 Makes an 11 x 21 cm/4½ x 8½ in loaf

tip from the chef

Lemon thyme is a delicious alternative to ordinary thyme in this recipe. If using lemon thyme, omit the lemon rind.



celery

and green pepper flan



a



b



c

■ □ □ | Cooking time: 55 minutes - Preparation time: 10 minutes

method

1. Roll out pastry to fit a greased 20 cm/8 in flan tin, bake blind for 10 minutes in a moderately hot oven.
2. Heat milk in a medium saucepan over moderate heat. Add onion and bring to the boil. Strain milk and set aside.
3. Heat oil in a large saucepan over low heat, add celery, green pepper and spring onions and cook for 5 minutes. Add flour (a) and cook for 1 minute, stirring constantly. Pour in reserved milk, mix well and bring to the boil. Remove from heat, cool to room temperature. Beat in egg (b), egg whites and black pepper.
4. Pour mixture into pastry case (c) and cook for 35 minutes in a moderate oven.

ingredients

- > 1 sheet shortcrust pastry
- > 1¾ cups milk
- > 1 onion, chopped
- > 1 tablespoon oil
- > 6 stalks celery, chopped
- > 1 green pepper, seeded and chopped
- > 2 tablespoon finely chopped spring onions
- > 1½ tablespoons plain flour
- > 1 egg
- > 2 egg whites
- > ½ teaspoon cracked black pepper

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Serves 6

tip from the chef

A homemade tomato sauce will enhance the flavor of this delicious flan.



bacon

and herb omelettes

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

ingredients

- > 2 teaspoons vegetable oil
- > 2 leeks, chopped
- > 6 rashers bacon, chopped
- > 2 tablespoons chopped fresh parsley
- > 2 tablespoons chopped fresh basil
- > 2 tablespoons chopped fresh oregano
- > 6 eggs, lightly beaten
- > ½ cup/125 ml/4 fl oz milk
- > 60 g/2 oz tasty cheese (mature Cheddar), grated
- > freshly ground black pepper
- > 4 thick slices wholemeal bread, toasted

method

1. Heat oil in a wok over a medium heat, add leeks and bacon and stir-fry for 5 minutes or until bacon is crisp. Transfer to a bowl, add parsley, basil and oregano and mix to combine. Set aside.
2. Place eggs, milk, cheese and black pepper to taste in a bowl and whisk to combine. Pour ¼ of the egg mixture into wok and swirl so mixture covers base and sides. Top with ¼ of the leek mixture and cook for 1 minute or until set.
3. Remove from wok, roll up and place on a slice of toast. Repeat with remaining mixture to make 4 omelettes.

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Serves 4



tip from the chef

Fresh mint can be used in place of oregano if you wish. For a vegetarian version omit bacon and replace with well-drained cooked spinach. Squeeze as much moisture as possible from the spinach before making the omelette.





lemon

fish parcels

■ □ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

method

1. Lightly grease 4 sheets of aluminum foil and place a fish fillet in the center of each sheet.
2. Top each fillet with a teaspoon of capers. Pour over lemon juice and season with pepper to taste. Place two asparagus spears over each fillet and dust lightly with paprika.
3. Fold up edges of aluminum foil and completely encase fish. Place parcels on an oven tray and bake at 180°C/350°F/Gas 4 for 15-20 minutes, or until fish flakes when tested with a fork. Remove from parcels to serve.

ingredients

- > 4 large white fish fillets
- > 1 tablespoon finely chopped capers
- > ½ cup lemon juice
- > freshly ground black pepper
- > 8 fresh or canned asparagus spears
- > ½ teaspoon paprika

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Serves 4

tip from the chef

Because of its low fat content and its excellent proteins, fish is good for the heart. If you use blue fish (mackerel, tuna) instead of white fish, you will obtain more calories and fat, but with a great addition of omega 3. You can use either aluminum foil or greaseproof paper to make these parcels.



chilled

creamy avocado soup

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

ingredients

- > 1 small very ripe avocado, peeled and stoned
- > 1 tablespoon chopped spring onions
- > ½ fresh green chili, chopped
- > 1 tablespoon freshly squeezed lemon juice
- > 1 cup/250 ml/8 fl oz cold milk

method

1. Place avocado flesh, spring onions, chili and lemon juice in a blender or food processor, blend until smooth.
2. While motor is running slowly add milk.
3. Season to taste and refrigerate until ready to serve.

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Serves 1



tip from the chef

Serve with tomato dice, or with a handful of cooked prawns, and toast.



open

béarnaise burgers

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

method

1. To make patties, place beef mince, lemon rind, onion, garlic, tarragon, egg and bread crumbs in a bowl and mix to combine. Divide mixture into twelve and shape into small patties. Cook patties under a preheated grill for 4-5 minutes each side or until cooked to your liking. Remove from grill, drain on absorbent kitchen paper and keep warm.
2. To make sauce, place egg yolks, tarragon, vinegar and lemon juice in a food processor or blender and process until smooth. Melt butter until it is hot and bubbling. With machine running, slowly pour in melted butter and process until sauce is thick.
3. To assemble, split and toast muffins. Top each muffin half with a lettuce leaf, three patties and a little sauce. Serve immediately.

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Serves 4

ingredients

- > 2 English muffins
- > 4 lettuce leaves

beef patties

- > 500 g/1 lb lean beef mince
- > 1 teaspoon finely grated lemon rind
- > 1 small onion, finely chopped
- > 1 clove garlic, crushed
- > 3 teaspoons finely chopped fresh tarragon or 1 teaspoon dried tarragon
- > 1 egg
- > ¼ cup/30 g/1 oz dried bread crumbs

béarnaise sauce

- > 3 egg yolks
- > 3 teaspoons finely chopped fresh tarragon or 1 teaspoon dried tarragon
- > 1 tablespoon tarragon vinegar
- > 1 tablespoon lemon juice
- > 250 g/8 oz butter

tip from the chef

These sophisticated mini burgers are sure to be popular with everyone who likes good food.



turkey croquettes

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

ingredients

- > 4 tablespoons butter
- > 4 tablespoons flour
- > 1 cup hot milk
- > ½ cup crumbled ricotta cheese
- > ¾ cup chopped turkey
- > ½ cup grated Cheddar cheese
- > 2 tablespoons chopped parsley
- > 1 cup plain flour, extra
- > 1 egg, lightly beaten
- > 1 cup dried breadcrumbs
- > oil for deep-frying

method

1. Melt butter in a medium saucepan over moderate heat. Stir in flour and cook for 30 seconds, stirring constantly. Whisk in hot milk and stir until mixture is very thick. Remove from heat.
2. Stir in ricotta cheese, turkey, Cheddar cheese and parsley, mix well and set aside until cold.
3. Divide mixture into about ½-cup quantities and roll into a log shape, about 10 cm/4 in length. Roll each croquette in flour, then coat with egg and roll in breadcrumbs.
4. Deep-fry croquettes for about 4 minutes or until golden.

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Serves 4



tip from the chef

Serve as a starter or light meal, with a tossed green salad.



grilled

scallops with salsa



a

b

c

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

method

1. To make salsa, place pineapple, red pepper, chilies, coriander, mint and lime juice in a bowl (a), toss to combine, then stand for 20 minutes.
2. Brush scallops with oil (b) and cook on a preheated hot char-grill or barbecue plate (c) for 30 seconds each side or until they just change color. Serve immediately with salsa and tortilla chips.

ingredients

- > 30 scallops
- > chili or lime oil
- > crisp tortilla chips

pineapple salsa

- > 125 g/4 oz chopped pineapple
- > ¼ red pepper, finely chopped
- > 2 medium green chilies, chopped
- > 1 tablespoon fresh coriander leaves
- > 1 tablespoon fresh mint leaves
- > 1 tablespoon lime juice

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Serves 4

tip from the chef

To make crisp tortilla chips cut day-old tortillas into wedges and shallow fry for 1-2 minutes or until crisp.



red pepper pancakes

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

ingredients

- > 1 red pepper, seeded and chopped
- > ½ cup low-fat ricotta cheese
- > 2 egg whites
- > ¼ cup flour
- > ½ teaspoon cracked black peppercorns
- > ½ onion, roughly chopped
- > 8 spring onions, cut into long strips

method

1. In a blender or food processor, blend red pepper with ricotta cheese, egg whites, flour, black pepper and onion for about 2 minutes.
2. Heat a non-stick frying pan to moderate heat. Drop tablespoonfuls of batter into frying pan. Cook until underside is golden and topside is just dry. Turn pancakes over and cook until other side browns.
3. Place a few strips of spring onions inside each pancake and roll up. Serve immediately.

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Makes 12



tip from the chef

It is attractive to prepare different colored pancakes using yellow or green peppers instead of red ones.



peach tart



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

method

1. Cut a 23 cm/9 in circle out of one sheet of pastry. Cut remaining sheet into 1½ cm/½ in strips. Brush edge of pastry circle with water.
2. Gently press a strip of pastry around the edge of the pastry circle, using fingertips to shape. Continue with remaining strips building up several layers of height as you use all strips.
3. Slice peach halves very finely. Brush pastry base with jam and arrange peaches on top. Brush with melted extra jam and bake in moderate oven for 20 minutes.

ingredients

- > 2 sheets puff pastry
- > 2 large peaches, halved, stoned and peeled
- > ¼ cup peach jam
- > 2 tablespoons peach jam, extra, melted

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Serves 8

tip from the chef

In order to enhance shine, paint the peaches with jam again after taking the pie out of the oven.



stuffed

artichokes

■ □ □ | Cooking time: 40 minutes - Preparation time: 20 minutes

ingredients

- > 6 large artichokes
- > 3 tablespoons lemon juice
- > 30 g/1 oz butter
- > 1 clove garlic, crushed
- > 3 spring onions, chopped
- > 155 g/5 oz mushrooms, sliced
- > 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme
- > 1¼ cup/250 g/8 oz natural yogurt
- > 1 cup/60 g/2 oz wholemeal breadcrumbs, made from stale bread
- > 60 g/2 oz Parmesan cheese, grated
- > ¼ cup/125 ml/4 fl oz white wine
- > 1 cup/250 ml/8 fl oz vegetable stock

method

1. Remove stems from artichokes. Cut off pointed end of each leaf and brush cut surfaces with lemon juice. Place artichokes in a large bowl of cold water and set aside to soak for 10 minutes. Remove artichokes from water and using a teaspoon scoop out centers and scrape away any fibers lining the heart.
2. Melt butter in a frying pan over a medium heat, add garlic and spring onions and cook for 3 minutes. Add mushrooms and thyme and cook for 5 minutes longer or until mushrooms are soft. Remove pan from heat, drain off any liquid and set aside to cool slightly.
3. Fold yogurt into mushroom mixture. Spoon some of the mixture into the center of each artichoke. Spoon remaining mixture between leaves of artichokes.
4. Place breadcrumbs and Parmesan cheese in a bowl and mix to combine. Sprinkle over artichokes and place on a wire rack set in a baking dish.
5. Pour wine and stock into dish and bake at 200°C/400°F/Gas 6 for 30 minutes or until artichokes are tender.

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Serves 6

tip from the chef

Catherine de Medici was fond of artichokes and it was she who introduced them to the French and encouraged their cultivation.



chicken

and basil pizzas



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

method

1. Preheat barbecue to a high heat. Lightly brush tomato and chicken slices with oil and season with black pepper to taste. Place on barbecue and cook for 2 minutes each side or until chicken is brown and cooked through.
2. Divide pizza dough into 8 portions and roll into rounds about 1 cm/½ in thick (a). Lightly brush dough with oil, place on barbecue grill and cook for 3-4 minutes or until golden and crisp on one side (b).
3. Flip pizza bases. Top cooked side with tomatoes and chicken, then scatter with olives and basil and sprinkle with Parmesan cheese. Cook for 3-5 minutes longer or until base is golden and crisp and topping warm (c). Serve immediately.

ingredients

> 1 quantity pizza dough

chicken and basil topping

- > 8 plum (egg or Italian) tomatoes, thickly sliced
- > 2 boneless chicken breast fillets, cut into thick slices
- > 2 tablespoons olive oil
- > freshly ground black pepper
- > 75 g/2½ oz marinated olives, pitted
- > ½ bunch fresh basil, shredded
- > 25 g/4 oz grated Parmesan cheese

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Makes 8

tip from the chef

Kneading is an important technique when making pizza dough. Kneading by hand will take about 5-10 minutes and the dough should be elastic, soft and shiny. Knocking after the first rising of the dough, knocks out the air bubbles which have developed during rising and ensures a good textured cooked product.



classic bruschetta

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

ingredients

- > 1 ciabatta loaf, cut in 1½ cm/½ in slices
- > 60 ml/2 fl oz olive oil
- > ½ cup/80 g/2½ oz sun-dried tomato paste
- > 180 g/6 oz bocconcini, each ball shredded into 5 slices
- > ½ cup/45 g/1½ oz basil leaves, shredded, or whole leaves

method

1. Grill ciabatta slices on each side for 2-3 minutes.
2. Brush with olive oil, spread with sun-dried tomato paste, then top with bocconcini slices and shredded basil leaves, or whole leaves.

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Serves 6



tip from the chef

Ciabatta is an Italian bread made from pizza dough: 450 g/1 lb flour, 15 g/½ oz fresh yeast, a pinch of sugar, 1 teaspoon salt and 4 tablespoons olive oil.





raspberry

mousse flan

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

method

1. To make pastry, combine flour, sugar and almonds in a food processor. Add butter and process until mixture resembles fine breadcrumbs. With machine running add egg yolk and enough iced water to form a soft dough. Knead lightly on a floured surface. Wrap in plastic food wrap and refrigerate for 30 minutes.
2. Roll out pastry and line a lightly greased, deep 20 cm/8 in fluted flan tin with a removable base. Refrigerate for 15 minutes. Bake blind at 200°C/400°F/Gas 6 for 10 minutes. Remove weights and cook for 10 minutes longer or until lightly browned.
3. To make filling, beat egg yolks and sugar in a bowl until thick and creamy. Beat egg whites in a separate bowl until stiff peaks form. Fold cream and egg whites into the egg yolk mixture. Then fold 4 tablespoons of egg mixture into raspberry purée. Fold half the gelatin into the raspberry mixture and the remainder into the egg mixture.
4. Place large spoonfuls of egg mixture into pastry case, then top with small spoonfuls of raspberry mixture. Repeat until both mixtures are used. Swirl the mixtures with a skewer. Refrigerate for 2 hours or until firm. Just prior to serving, top with berries.

ingredients

almond pastry

- > 1¼ cups/155 g/5 oz flour
- > 2 tablespoons caster sugar
- > 15 g/½ oz ground almonds
- > 125 g/4 oz butter, cut into pieces
- > 1 egg yolk, lightly beaten

filling

- > 2 eggs, separated
- > ¼ cup/60 g/2 oz caster sugar
- > ½ cup/125 ml/4 fl oz double cream, whipped
- > 90 g/3 oz raspberries, puréed
- > 8 teaspoons gelatin dissolved in ½ cup/ 125 ml/4 fl oz hot water, cooled
- > 500 g/1 lb mixed berries

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Serves 8



tofu

vegetable laksa

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

ingredients

- > 2 tablespoons peanut oil
- > 6 kaffir lime leaves, finely shredded
- > 1 tablespoon palm or brown sugar
- > 2 cups/500 ml/16 fl oz vegetable stock
- > 2 cups/500 ml/16 fl oz coconut cream
- > 250 g/8 oz firm tofu, cut into 1 cm/½ in thick slices
- > 1 bunch/500 g/1 lb baby bok choy, leaves separated
- > 90 g/3 oz fresh or canned baby sweet corn, halved
- > 1 red pepper, sliced
- > 250 g/8 oz fresh egg or rice noodles, soaked in boiling water for 2 minutes
- > 60 g/2 oz bean sprouts
- > 3 tablespoons fresh coriander leaves

spice paste

- > 4 small fresh red chillies, chopped
- > 5 spring onions, finely chopped
- > 1 tablespoon finely chopped fresh lemon grass, or ¼ teaspoon dried lemon grass, soaked in hot water until soft
- > 1 tablespoon grated fresh ginger
- > 1 tablespoon finely grated fresh or bottled galanga (optional)
- > 1 teaspoon ground turmeric
- > 1 teaspoon peanut oil

method

1. To make paste, place chillies, spring onions, lemon grass, ginger, galanga (if using), turmeric and oil in a food processor or blender and process to make smooth paste.
2. Heat the 2 tablespoons of oil in a heavy-based saucepan over a medium heat, add spice paste and cook, stirring, for 5 minutes or until fragrant.
3. Stir in lime leaves, sugar, stock and coconut cream, bring to simmering and simmer for 15-20 minutes.
4. Add tofu, bok choy, sweet corn and red pepper and cook for 3 minutes or until bok choy is bright green and tofu is heated.
5. To serve, divide noodles between soup bowls, ladle over soup and garnish with bean sprouts and coriander.

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Serves 4

tip from the chef

Laksa paste and powder are available from Oriental food stores and some supermarkets and may be used in place of the spice paste in this recipe.



thigh steaks

in fruity mint salsa

■ □ □ | Cooking time: 9 minutes - Preparation time: 15 minutes

method

1. Pound thigh fillets on both sides with a meat mallet to flatten. Sprinkle with salt (if using), pepper and oregano.
2. Heat a nonstick frying pan and lightly spray with oil, place in the thigh steaks and cook for 3 minutes on each side. Remove to a heated plate and keep hot.
3. Add diced pear, banana, lemon juice, mint and chili sauce to the pan. Scrape up pan juices and stir to heat fruit.
4. Pile hot fruit salsa on top of thigh steaks. Serve immediately with mashed potatoes or rice.

ingredients

- > 500 g/1 lb chicken thigh fillets
- > canola oil spray
- > salt, pepper to taste (optional)
- > ½ teaspoon dried oregano
- > 1 pear, peeled and diced
- > 1 banana, peeled and diced
- > 2 tablespoons lemon juice
- > 3 tablespoons finely chopped mint
- > 2 teaspoons sweet chili sauce

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Serves 3-4

tip from the chef

Chicken meat goes with all condiments and sauces. Such versatility allows you to prepare anything from hearty winter meals, to this lighter spring dish.



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sensational summer food