

Chef

express



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simply home cooking



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simply home cooking

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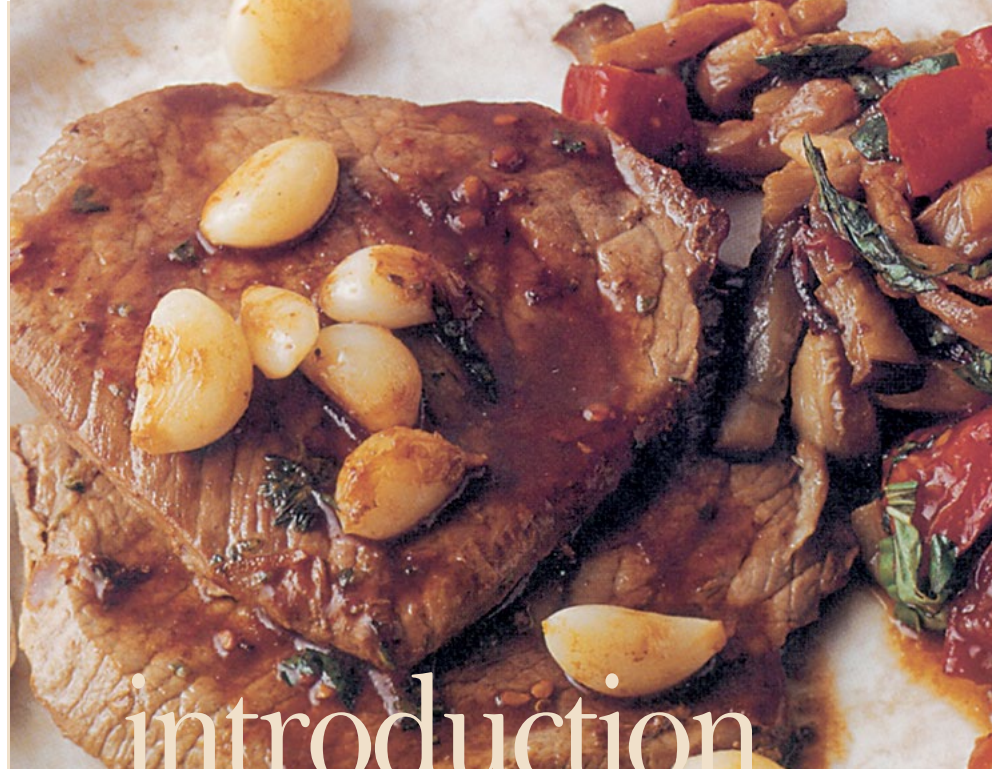
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introduction

Here you will discover an array of fresh, healthy meals that are quick and easy to prepare for everyone to enjoy. These delicious family-approved recipes are also incredibly versatile: you'll find countless options both for casual weekdays and special occasions.



simply home cooking



A delicious meal, tempting and consistent at the same time, is one of the best ways to show our loved ones how much we care. That's why this daily little feast deserves our best efforts put to work, to endow it with pleasant moments. Follow these easy guidelines to take your homecooking skills to the next level.

Tips & Tricks

- It is essential that everyday cooking meals be simple, nutritious, easy to make, tempting and suitable for all ages.
- Breads and cereals should not be missing from the daily diet, as they are the basis of the food chain.
- Pasta dishes are perfect when there are teenage members in the house, especially if they practice sports, as they provide carbohydrates that are assimilated slowly and easily digestible at the same time.



- In the case of a large family, it's better to prepare very abundant dishes, storing individual portions in sealed packages. This way, everyone can serve themselves to their liking. This is especially useful when there are children of various ages with diverse schedules and obligations. In this case freezing leftovers is of great help, since it enables having food ready quickly when needed.
- A generous main dish, fruit or dessert are enough to compose a good homemade meal.
- Stews, soups and oven-cooked dishes are the most convenient, since they are easy to prepare and abundant, usually leaving every one satisfied.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

beef stock

■ □ □ | Cooking time: 2 hours – Preparation time: 15 minutes

ingredients

- > 500 g/1 lb shin beef, diced
- > 500 g/1 lb marrow bones, cut into pieces
- > 1 onion, quartered
- > 2 carrots, roughly chopped
- > 4 stalks celery, roughly chopped
- > fresh herbs of your choice
- > 4 peppercorns
- > 3 liters/5 pt cold water

method

1. Place beef, bones, onion, carrots, celery, herbs, peppercorns and water in a large saucepan. Bring to the boil over a medium heat, reduce heat and simmer, stirring occasionally, for 2 hours.
2. Strain stock and refrigerate overnight.
3. Skim fat from surface of stock and use as required or freeze.

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Makes 2 liters/3½ pt

variation

- Chicken stock: Substitute 1 chicken carcass, skin removed and trimmed of all visible fat, for beef and bones.

tip from the chef

This recipe will make a rich stock. The meat can be omitted and only the bones used if you wish.



hearty

vegetable soup



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

method

1. Place barley and water in a bowl and soak overnight.
2. Melt butter in a heavy-based saucepan over a low heat, add onion and garlic and cook for 5 minutes or until onion is soft.
3. Add tomatoes, carrot, potato, celery, turnip, parsnip, tomato purée and barley with soaking water to pan. Bring to the boil, then reduce heat and simmer, stirring occasionally, for 20 minutes or until vegetables are tender.
4. Ladle soup into bowls, sprinkle with coriander and serve immediately.

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Serves 6

ingredients

- > 125 g/4 oz pearl barley
- > 6 cups/1.5 litres/2½ pt water
- > 45 g/1 ½ oz butter
- > 1 large onion, chopped
- > 2 cloves garlic, crushed
- > 5 tomatoes, peeled, seeded and chopped
- > 1 large carrot, sliced
- > 1 large potato, cubed
- > 3 stalks celery, sliced
- > 1 turnip, diced
- > 1 large parsnip, diced
- > ¾ cup/185 ml/6 fl oz tomato purée
- > 3 tablespoons chopped fresh coriander

tip from the chef

Pearl barley, a grain related to wheat, has had its husk removed before being steamed and polished. Known for its economy and good nutrition, barley contains useful amounts of protein, phosphorus and calcium as well as some B vitamins. If unavailable, substitute white or brown rice and omit step 1.



garlic

veal steaks

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

ingredients

- > 1 tablespoon vegetable oil
- > 6 cloves garlic
- > 4 veal steaks or chops
- > 2 teaspoons finely grated lemon rind
- > 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme
- > 1 eggplant, cut into matchsticks
- > ¼ cup/60 ml/2 fl oz red wine
- > 2 tomatoes, chopped
- > 1 tablespoon chopped fresh basil
- > freshly ground black pepper

method

1. Heat half the oil in a nonstick frying pan over a low heat. Add garlic and cook, stirring until golden and soft. Remove garlic from pan and set aside.
2. Increase heat to high, add veal, lemon rind and thyme and cook veal for 1-1½ minutes each side. Remove steaks from pan, top with garlic, set aside and keep warm.
3. Heat remaining oil in frying pan over a high heat, add eggplant and stir-fry for 3 minutes. Add wine, tomatoes and basil and stir-fry for 3 minutes longer or until eggplant is tender. Season to taste with black pepper.
4. To serve, arrange veal, garlic and eggplant mixture on serving plates and serve immediately.

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Serves 4



junior chef says

This dish is also delicious made with lamb steaks or chops instead of veal.



chicken

tacos



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

method

1. To make filling, heat oil in a saucepan over a medium heat, add onion and cook, stirring, for 5 minutes or until onion is soft. Add garlic and cook for 1 minute longer.
2. Add chicken and cook, stirring, for 4-5 minutes or until chicken is brown and crumbly. Stir in chili powder, water, tomato paste (purée) and black pepper to taste, cover and cook, stirring occasionally, for 5 minutes. Stir in coriander.
3. Divide filling evenly between taco shells, top with lettuce, tomatoes, onion and cheese and accompany with salsa.

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Serves 6

ingredients

- > 12 taco shells, warmed
- > ½ head lettuce, shredded
- > 2 tomatoes, chopped
- > 1 red onion, finely chopped
- > 125 g/4 oz grated tasty cheese (mature Cheddar)
- > 4 tablespoons bottled tomato salsa

chicken chili filling

- > 1 tablespoon vegetable oil
- > 1 onion, finely chopped
- > 2 cloves garlic, crushed
- > 500 g/1 lb lean minced chicken
- > 1 teaspoon Mexican chili powder
- > ½ cup/125 ml/4 fl oz water
- > 2 tablespoons tomato paste (purée)
- > freshly ground black pepper
- > 2 tablespoons chopped fresh coriander

tip from the chef

Lean beef or turkey mince make tasty alternatives to the chicken in this recipe. Mexican chili powder is a mixture of ground chilies and other spices such as cumin. If it is unavailable ordinary chili powder can be used but reduce the amount to suit your taste.



vegetable chili

■ ■ □ | Cooking time: 2 hours - Preparation time: 45 minutes

ingredients

- > 1 large eggplant, cut into 1 cm/½ in cubes
- > salt
- > 4 tablespoons olive oil
- > 1 large onion, chopped
- > 1 clove garlic, crushed
- > 1 green pepper, sliced
- > 425 g/14 oz canned peeled tomatoes
- > 2 zucchini, sliced
- > 1 teaspoon hot chili powder
- > ½ teaspoon ground cumin
- > 4 sprigs fresh parsley, finely chopped
- > 500 g/1lb canned three-bean mix
- > freshly ground black pepper

method

1. Sprinkle eggplant with salt. Stand for 15-20 minutes. Rinse under cold, running water and pat dry with absorbent paper.
2. Heat 1 tablespoon oil in a large frying pan and cook eggplant (a) until just tender. Set aside.
3. Heat remaining oil in a large casserole dish. Add onion, garlic and green pepper (b) and cook until onion softens. Stir in tomatoes, zucchini (c), chili powder, cumin, parsley, beans (d), eggplant and pepper to taste. Cook until heated through.
4. Bake at 180°C/350°F/Gas 4 for 1½ hours or until eggplant skin is tender and the casserole bubbling hot.

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Serves 6



tip from the chef

For an even lighter dish, steam all the vegetables in a Chinese bamboo steamer.



world's best hamburgers



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

method

1. To make patties, place egg and ketchup in bowl. Whisk.
2. Place bread in food processor or blender. Process to make breadcrumbs.
3. Add breadcrumbs and mince to bowl with egg mixture. Add black pepper to taste. Mix. Shape beef mixture into 6 patties (a).
4. Place vegetable oil in frying pan. Heat over a medium heat until hot. Add patties to pan. Cook for 4-5 minutes (b). Turn over. Cook for 4-5 minutes.
5. Cut rolls in half. Cut each tomato into 6 slices. Set aside.
6. To assemble burgers, place a lettuce leaf on bottom half of each roll. Top with a patty, a slice of cheese (c), 2 tomato slices, some ketchup and top of roll.

ingredients

- > 1 tablespoon vegetable oil
- > 6 white or brown round rolls
- > 2 large tomatoes
- > 6 large lettuce leaves
- > 6 slices of your favorite cheese
- > 3 tablespoons ketchup

hamburger patties

- > 1 egg
- > 1 tablespoon ketchup
- > 2 slices stale bread
- > 500 g/1 lb lean beef mince
- > freshly ground black pepper

.....
Makes 6

tip from the chef

You might like to add some of the following to your hamburgers: beetroot slices, fried onion slices, a fried egg or a grilled bacon rasher.



a

b

c

hearty

lamb casserole

■■■ | Cooking time: 2 hours 50 minutes - Preparation time: 20

ingredients

- > 6 lamb noisettes or loin chops
- > 1 onion, sliced
- > 1 clove garlic, crushed
- > 1 teaspoon chopped fresh rosemary or ½ teaspoon dried rosemary
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 1 cup/250 ml/8 fl oz chicken stock
- > ½ cup/125 ml/4 fl oz dry red wine
- > 12 small new potatoes
- > 12 pickling onions or shallots
- > 6 small carrots, scrubbed
- > 1 bay leaf
- > 250 g/8 oz white mushrooms
- > freshly ground black pepper

method

1. Heat a nonstick frying pan over a medium heat, add lamb and cook for 3-4 minutes each side or until brown. Remove lamb from pan and place in a casserole dish.
2. Add sliced onion, garlic, rosemary and 1 tablespoon juice from tomatoes to pan and cook over a medium heat, stirring, for 5 minutes or until onion is soft. Stir tomatoes, stock and wine into pan, bring to the boil, then reduce heat and simmer for 15 minutes or until mixture reduces and thickens. Add sauce to casserole, cover and bake at 180°C/350°F/Gas 4 for 1 hour. Add potatoes, pickling onions or shallots and bay leaf to casserole and bake for 1 hour longer or until meat and vegetables are tender.
3. Boil or microwave carrots and beans until just tender, drain and refresh under cold running water. Add carrots and mushrooms to casserole and bake for 20 minutes longer. Season to taste with black pepper.

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Serves 6

tip from the chef

This recipe tastes even better when paired with a glass of red Bordeaux wine.



beef stroganoff



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

method

1. Toss beef in paprika to lightly coat (a) and set aside.
2. Heat oil in a frying pan over a medium heat, add onion and cook, stirring, for 3 minutes or until golden. Add mushrooms and cook for 3 minutes longer.
3. Add beef to pan (b) and cook, stirring, for 5 minutes or until brown on all sides. Stir in stock, tomato purée, Worcestershire sauce and parsley, bring to simmering and simmer, stirring occasionally, for 10 minutes or until beef is tender.
4. Stir in cornflour mixture and cook, stirring constantly, for 3-4 minutes or until mixture boils and thickens. Remove pan from heat, stir in yogurt (c) and serve immediately.

ingredients

- > 500 g/1 lb sirloin, cut into strips
- > 2 tablespoons paprika
- > 30 ml/1 fl oz olive oil
- > 1 onion, chopped
- > 185 g/6 oz button mushrooms, sliced
- > 1 cup/250 ml/8 fl oz skim beef stock
- > ½ cup/125 ml/4 fl oz tomato purée
- > 1 tablespoon Worcestershire sauce
- > 2 tablespoons chopped fresh parsley
- > 1 tablespoon cornflour blended with 2 tablespoons water
- > 1 cup/200 g/6½ oz natural yogurt

.....
Serves 6

tip from the chef

Steamed cauliflower or broccoli are good accompaniments for this classic dish.



cod

with vegetable ragoût

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

ingredients

- > 2 tablespoons olive oil
- > 2 onions, thinly sliced
- > ½ small green pepper, sliced
- > ½ small red pepper, sliced
- > ½ fennel bulb, sliced
- > 2 baby eggplants, sliced
- > ¼ cup skim chicken stock
- > ¼ cup olive oil, extra
- > 2 tablespoons white vinegar
- > 1 tablespoon chopped parsley
- > 2 teaspoons chopped fresh oregano or 1 teaspoon dried oregano
- > freshly ground black pepper
- > 4 x 200 g/7 oz cod fillets
- > 2 tablespoons lemon juice

method

1. Heat oil in a frying pan, add onion, stir over heat until brown. Add pepper, fennel, eggplant and stock, stir over heat until tender.
2. Combine extra oil, vinegar, parsley, oregano and pepper in a screwtop jar, shake well; add half to vegetables, keep warm over low heat.
3. Sprinkle fillets with lemon juice, grill until tender.
4. To serve, spoon vegetables onto serving plate, top with fillets, drizzle with remaining vinaigrette.

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Serves 4

tip from the chef

This recipe has an excellent content of mono-unsaturated oleic acid that comes from olive oil.





all bran

meatloaf

■ ■ □ | Cooking time: 1 hour 35 minutes - Preparation time: 20 minutes

method

1. Place bran in a food processor and process until it has the texture of coarse crumbs.
2. Melt butter in a heavy-based skillet over medium heat, stir in bran. Cook, stirring constantly, 2 minutes.
3. Transfer bran to a bowl, add beef, veal, pork, spring onions, tomato paste, egg, thyme, parsley and mix thoroughly.
4. Line a 10 cm/4 in deep loaf pan with bacon and place mixture into pan.
5. Combine mustard and chili sauce in a small bowl. Mix well and spread over the top and side of the meatloaf.
6. Bake in moderate oven for 1½ hours, or until cooked through.

ingredients

- > 1½ cups all bran cereal
- > 2 teaspoons butter
- > 750 g/1½ lb beef mince
- > 250 g/½ lb veal mince
- > 250 g/½ lb pork mince
- > ½ cup chopped spring onions
- > 2 tablespoons tomato paste
- > 1 egg, lightly beaten
- > 1/8 tablespoon dried thyme
- > 1 tablespoon chopped fresh parsley
- > 250 g/½ lb rindless bacon
- > 2 tablespoons Dijon mustard
- > 2 tablespoons chili sauce

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Serves 6-8

junior chef says

It is very tasty to serve this dish with a sauce made with ½ cup of mayonnaise, ½ cup of cream and 1 tablespoon of mustard.



ratatouille

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

ingredients

- > 2 eggplant, cut into 1 cm/½ in thick slices
- > salt
- > 1 tablespoon olive oil
- > 2 cloves garlic, crushed
- > 1 large onion, cut into wedges
- > 1 large red pepper, chopped
- > 1 large green pepper, chopped
- > 3 zucchini, sliced
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 90 g/3 oz black olives
- > freshly ground black pepper

method

1. Place eggplant slices in a colander set over a bowl and sprinkle with salt. Set aside to stand for 10 minutes, then rinse under cold running water and pat dry with absorbent kitchen paper.
2. Heat oil in a nonstick frying pan over a medium heat. Add garlic and onion and cook, stirring, for 3 minutes or until onion is golden.
3. Add eggplant slices to pan and cook, a few at a time, for 5 minutes each side or until brown. Return eggplant to pan, add red pepper, green pepper, zucchini, tomatoes and olives and bring to the boil. Reduce heat and simmer for 20 minutes or until mixture reduces and thickens. Season to taste with black pepper.

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Serves 8



tip from the chef

Ratatouille is a versatile dish that can be served as an accompaniment to a meal, as a first course or as a light meal with crusty bread. Serve it hot, warm or cold. If you make it in advance and reheat it, it tastes even better.





blackcurrant pheasant

■■■ | Cooking time: 50 minutes - Preparation time: 15 minutes

method

1. Season pheasant with black pepper and place on a rack set in a heatproof baking dish. Pour water into dish.
2. Place oil, conserve and orange juice in a small bowl and mix to combine. Brush pheasant with conserve mixture and bake at 180°C/350°F/Gas 4, basting frequently, for 40 minutes or until pheasant is tender.
3. To make glazed vegetables, place carrots, turnips, onions and potatoes in a lightly greased baking dish. Place honey and oil in a small bowl and mix to combine. Brush vegetables with honey mixture and bake at 200°C/400°F/Gas 6, basting frequently, for 30 minutes or until vegetables are cooked.
4. Remove pheasant from pan, cover, set aside and keep warm. Skim fat from pan juices, add stock and wine and any remaining conserve mixture to pan, place over a medium heat and bring to the boil, stirring constantly for 3-4 minutes or until sauce reduces and thickens slightly. Pour sauce over pheasant and serve immediately, with vegetables.

ingredients

- > 1.5 kg/3 lb pheasant, quartered
- > freshly ground black pepper
- > ½ cup/125 ml/4 fl oz water
- > 1 tablespoon olive oil
- > 2 tablespoons blackcurrant conserve
- > ½ cup/125 ml/4 fl oz orange juice
- > 1 cup/250 ml/8 fl oz chicken stock
- > ½ cup/125 ml/4 fl oz red wine

glazed vegetables

- > 12 small carrots, scrubbed
- > 12 small turnips, scrubbed
- > 12 pickling onions or shallots
- > 12 small new potatoes, scrubbed
- > 1 tablespoon honey
- > 2 tablespoons olive oil

Serves 4

junior chef says

This is a simple yet tasty method of preparing pheasant. Other vegetables you might like to glaze are small zucchini, eggplant and parsnips. Zucchini will only take about 15 minutes to cook.



cream of parsnip soup

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

ingredients

- > 2 tablespoons butter
- > 2 onions, chopped
- > 1½ cups chopped parsnip
- > 1 medium potato, chopped
- > 4 cups chicken stock
- > 1 teaspoon ground pepper
- > 2 tablespoons chopped fresh parsley

method

1. Melt butter in a large saucepan over moderate heat. Add onions, parsnip and potato, cook gently for 5 minutes.
2. Add stock and pepper, bring to the boil, reduce heat and simmer for 20 minutes or until vegetables are tender.
3. Purée soup in a blender or food processor, return soup to saucepan and heat through. Stir in parsley and serve.

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Serves 4



tip from the chef

If you wish, just before serving, sprinkle grated cheese over the soup and place under the grill until the cheese melts.



pickled onions



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

method

1. Place onions and salt in a bowl, then pour over enough cold water to cover (a). Cover and stand, stirring occasionally, for 2 days.
2. Drain onions and discard liquid. Peel onions, place in a clean bowl and pour over enough boiling water to cover (b). Stand for 3 minutes, then drain and repeat process twice using fresh boiling water each time. Pack onions into hot sterilized jars and set aside.
3. To make pickling vinegar, place salt, ginger, cloves, chilies, mustard seeds, peppercorns, bay leaves and vinegar in a saucepan (c) and bring to the boil. Reduce heat and simmer for 10 minutes. Cool slightly, then pour liquid over onions in jars (d) and seal. Store in a cool dark place for 2 months before using.

ingredients

- > 2 kg/4 lb pickling onions, unpeeled
- > 750 g/l ½ lb salt

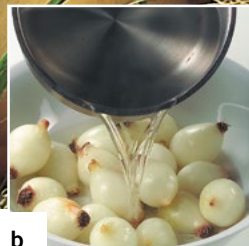
pickling vinegar

- > 1 tablespoon salt
- > 2 teaspoons ground ginger
- > 6 whole cloves
- > 2 fresh red chilies, cut in half
- > 2 teaspoons yellow mustard seeds
- > 6 whole black peppercorns
- > 2 bay leaves
- > 6 cups/1.5 litres/2½ pt white wine vinegar

.....
Makes 4 litres/7 pt



a



b



c



d

tip from the chef

For best results store pickles in glass jars with plastic or glass lids. Glass coffee jars with plastic-lined glass seals are ideal.



chicken wings

moroccan style

■ ■ □ | Cooking time : 55 minutes – Preparation time: 15 minutes

ingredients

- > 2 tablespoons oil
- > 1 kg/2 lb tray chicken wings
- > 1 large onion, finely chopped
- > 1 clove garlic, crushed
- > 1½ teaspoons chopped fresh ginger
- > ½ teaspoon ground turmeric
- > ½ teaspoon cumin
- > ½ cinnamon stick
- > ¼ cup/60 ml/2 fl oz cider vinegar
- > 450 g/15 oz canned apricot nectar
- > salt, pepper
- > 100 g/3 oz dried prunes, pitted
- > 100 g/3 oz dried apricots
- > 1 tablespoon honey
- > ¼ cup/60 ml/2 fl oz lemon juice
- > steamed couscous or rice to serve

method

1. Heat oil in a wide-based saucepan or lidded skillet, add chicken wings a few at a time (a) and brown lightly on both sides. Remove to a plate as they brown.
2. Add onions and fry for 2 minutes (b). Stir in garlic, ginger and spices. Cook while stirring for 1 minute, return chicken to the pan, stir and turn the wings to coat with spices. Add vinegar and apricot nectar (c), season to taste. Cover and simmer for 25 minutes.
3. Add prunes, apricots, honey and lemon juice (d). Cover and simmer 10 minutes and then remove lid and simmer uncovered for 5 minutes. If a thicker sauce is desired, remove wings and fruit to a serving platter, increase heat and boil until sauce reduces and thickens, stirring occasionally. Pour sauce over wings. Serve immediately with steamed couscous or rice.

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Serves 3-4



a



b



c



d





farmhouse casserole

■ ■ □ | Cooking time: 90 minutes - Preparation time 20 minutes

method

1. Toss chicken in flour to coat. Shake off excess flour and reserve 1 tablespoon.
2. Melt butter in a frying pan over a medium heat and cook chicken, in batches, until brown. Place in a casserole dish.
3. Add garlic and reserved flour to pan and cook over a low heat, stirring, for 1 minute. Combine stock and tomato paste (purée). Remove pan from heat, stir in stock mixture, return to heat and cook over a medium heat, stirring constantly, until mixture boils and thickens. Pour mixture over chicken, cover and bake at 200°C/400°F/Gas 6 for 30 minutes.
4. Heat oil in a frying pan over a medium heat, add carrots, turnip and parsnip and cook for 3-4 minutes. Remove from pan and set aside. Add onions and bacon to pan and cook for 4-5 minutes or until bacon is crisp. Add turnip and onion mixtures, potatoes, parsley and black pepper to taste to chicken mixture and bake for 40 minutes or until vegetables are tender.

Serves 4

ingredients

- > 1.5 kg/3 lb chicken pieces
- > ¼ cup/30 g/1 oz seasoned flour
- > 60 g/2 oz butter
- > 2 cloves garlic, crushed
- > 2½ cups/600 ml/1 pt chicken stock
- > 2 tablespoons tomato paste (purée)
- > 1 tablespoon vegetable oil
- > 2 small carrots, diced
- > 1 turnip, diced
- > 1 parsnip, diced
- > 8 small onions
- > 3 rashers bacon, chopped
- > 8 baby potatoes, quartered
- > 3 tablespoons chopped fresh parsley
- > freshly ground black pepper

tip from the chef

For an exotic flavor twist, add 1 tablespoon curry powder or curry paste to the pan with garlic at the beginning of step 3.



minestrone

■■■ | Cooking time: 95 minutes – Preparation time: 55 minutes

ingredients

- > 2 tablespoons/60 g/2 oz butter
- > 2 cloves garlic, crushed
- > 2 small onions, finely chopped
- > 4 rashers bacon, chopped
- > 250 g/8 oz bacon bones
- > 150 g/4½ oz red kidney beans
- > 100 g/3½ oz haricot beans, soaked overnight
- > ½ small cabbage, roughly chopped
- > 100 g/3½ oz spinach, washed and chopped
- > 3 medium-sized potatoes, peeled and chopped
- > 2 medium-sized carrots, peeled and diced
- > 150 g/4½ oz fresh (or frozen) peas, shelled
- > 1 stalk celery, chopped
- > 2 tablespoons parsley, finely chopped
- > 2 liters/3½ pt chicken stock
- > salt to taste
- > 100 g/3½ oz tomato and cheese tortellini
- > 50 g/2 oz pasta of your choice
- > fresh Parmesan cheese

method

1. Heat butter and add garlic, onion, bacon and bones. Sauté 4-5 minutes.
2. Add all other ingredients except pasta and bring to the boil. Allow to simmer, covered, for approximately 90 minutes.
3. Remove and discard bacon bones.
4. Stir in both pastas and cook until al dente.

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Serves 4



tip from the chef

To serve, sprinkle with a generous helping of Parmesan and a good crusty loaf of your favorite bread.



golden butternut soup

■ ■ □ | Cooking time: 35 minutes - Preparation time: 15 minutes

method

1. Place onion, garlic and 2 tablespoons stock in a saucepan over a medium heat and cook for 2-3 minutes or until onion is soft.
2. Add remaining stock, pumpkin, potatoes, marjoram, nutmeg and black pepper to taste and cook, stirring occasionally, for 25 minutes, or until pumpkin and potato are tender.
3. Stir in buttermilk. Cool slightly. Purée soup, in batches, in a food processor or blender.
4. Return soup to a clean saucepan and heat gently, do not allow to boil or soup will curdle.
5. Pour soup into large mugs or warm bowls, sprinkle with snipped fresh chives and serve.

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Serves 4

ingredients

- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 4 cups/1 liter/1¼ pt chicken or vegetable stock
- > 750 g/1½ lb butternut pumpkin, sliced
- > 2 potatoes, sliced
- > ½ teaspoon dried marjoram
- > ½ teaspoon grated nutmeg
- > freshly ground black pepper
- > 3 tablespoons buttermilk
- > snipped fresh chives to sprinkle

tip from the chef

This soup can be stored in the refrigerator for up to 3 days and reheated as required in a saucepan or in the microwave. In the microwave reheat the soup in the serving mugs. One serving will take 2-3 minutes to reheat on High (100%) –depending on the serving size.



quick

risotto milanese

■ □ □ | Cooking time: 12 minutes - Preparation time: 10 minutes

ingredients

- > 60 g/2 oz butter
- > 1 onion, diced
- > 1 cup/220 g/7 oz long grain rice, washed and drained
- > 1 cup/250 ml/8 fl oz boiling chicken stock
- > ¾ cup/185 ml/6 fl oz dry white wine
- > 1 teaspoon saffron powder
- > 60 g/2 oz Parmesan cheese, grated

method

1. Place butter and onion in a microwavable bowl and cook on High (100%) for 2 minutes. Stir well.
2. Stir in rice, stock, wine and saffron, cover and cook for 10 minutes.
3. Stand for 4 minutes, stir in cheese and serve.

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Serves 4

tip from the chef

Saffron originates from the stigmas of the saffron crocus flower which yields one of the most expensive spices. The stigmas must be harvested by hand and it takes 450.000 of them to make 1 kg/2 lb saffron. Patience is "the order of the day" when making a traditional risotto, but this microwave version is made in about half the time. Serve sprinkled with additional Parmesan cheese.



tofu salad



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

method

1. Place soy sauce, oil, ginger, lemon juice and wine in a small bowl. Add tofu and toss to coat. Cover and set aside to marinate for 10-15 minutes.
2. Place lettuce, tomatoes, snow pea sprouts or watercress and carrots in a bowl. Drain tofu and reserve marinade. Add tofu to salad, toss to combine and sprinkle with sesame seeds. Just prior to serving, drizzle with reserved marinade.

ingredients

- > 4 tablespoons soy sauce
- > 2 teaspoons vegetable oil
- > ½ teaspoon finely chopped fresh ginger
- > 1 tablespoon lemon juice
- > 2 teaspoons dry white wine
- > 500 g/1 lb tofu, cut into cubes
- > 1 lettuce, leaves separated
- > 2 tomatoes, cut into wedges
- > 60 g/2 oz snow pea sprouts or watercress
- > 2 carrots, sliced
- > 1 tablespoon sesame seeds, toasted

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Serves 4

tip from the chef

An easy summer meal, this salad requires only wholegrain or rye bread to make it a complete meal.



spicy corn and lentil chowder

■ □ □ | Cooking time: 1 hour – Preparation time: 15 minutes

ingredients

- > 200 g/7 oz red lentils
- > 30 g/1 oz butter
- > 2 cloves garlic, crushed
- > 1 onion, chopped
- > 1 small fresh green chili, chopped
- > 1 teaspoon ground cardamom
- > 1 teaspoon ground cumin
- > 2 cups/500 ml/16 fl oz vegetable stock
- > 1½ cups/375 ml/12 fl oz coconut milk
- > 250 g/8 oz cooked chicken, chopped
- > 375 g/12 oz canned creamed sweet corn
- > 3 tablespoons chopped fresh coriander

method

1. Bring a large saucepan of water to the boil. Add lentils, reduce heat and simmer for 12 minutes or until tender. Drain and set aside.
2. Melt butter in a saucepan over a medium heat, add garlic, onion, chili, cardamom and cumin and cook, stirring, for 3 minutes or until onion is soft.
3. Add lentils, stock, coconut milk, chicken and sweet corn and bring to the boil. Reduce heat and simmer for 45 minutes. Sprinkle with coriander and serve.

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Serves 6



tip from the chef

One of the simplest soups you can make for a hearty and economical family meal.



herbed chicken and tomato casserole



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

method

1. In a large frying pan over medium heat, heat the oil and add onion (a). Cook until transparent.
2. Add green and red peppers, zucchini and tomato purée (b). Bring to the boil, reduce heat and simmer for 10 minutes.
3. Add the basil, parsley, thyme and chicken (c), cook for 10 minutes or until chicken is cooked through.

ingredients

- > 2 tablespoons safflower oil
- > 1 small onion, peeled and sliced
- > 1 green pepper, seeds removed, cut into strips
- > 1 red pepper, seeds removed, cut into strips
- > 1 zucchini, sliced
- > 1½ cups tomato purée
- > 1 tablespoon chopped fresh basil
- > 1 tablespoon chopped fresh parsley
- > 1 teaspoon chopped fresh thyme
- > 3 chicken breast fillets, 125 g/4oz each, fat and skin removed, cut into strips

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Serves 4

tip from the chef

After fish, the leanest meats are turkey, duck and chicken.



crisp

curried wings

■ ■ □ | Cooking time: 70 minutes – Preparation time: 30 minutes

ingredients

- > 1 kg/2 lb chicken wings
- > 2 tablespoons mild curry paste
- > 1½ cups/330 g/11 oz basmati rice, rinsed
- > ½ teaspoon salt
- > 3 cups/750 ml/1¼ pt boiling water
- > 2 tomatoes, blanched and skinned
- > 1 small cucumber
- > 1 cup/240 g/8 oz fruit chutney

method

1. Rinse the chicken wings and pat dry with kitchen paper. Rub the curry paste well onto the chicken wings with your fingers, covering all surfaces. Pin back the wing tip to form a triangle. Place in single layer on a tray; stand for 30 minutes in refrigerator, uncovered.
2. Meanwhile place the rice in a 8 cup/2 lt/70 fl oz casserole dish; add salt and boiling water. Cover with lid or foil and place on lower shelf oven, preheated at 180°C/350°F/ Gas 4. Cook for 40 minutes. Remove from oven and stand, covered, 5 minutes.
3. Transfer chicken wings to a wire rack placed over a baking tray. Place on top shelf of oven above the rice. Cook for 20 minutes, turning once. When rice has been removed, increase oven temperature to 200°C/400°F/Gas 6 for 5 minutes to crisp the wings.
4. Halve the tomatoes and remove the seeds then cut into small dice. Peel cucumber; slice in half lengthwise, remove the seeds with a teaspoon. Dice the cucumber and mix with the diced tomato. Place in a suitable dish, place chutney in a similar dish. Serve the crisp curried wings with the rice and accompanying sambals.

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Serves 4-6

tip from the chef

Co-ordinate the cooking so that rice and chicken utilize the same oven.



leeks au gratin



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

method

1. Remove the top portion of leeks and discard the first and second outer leaves. Trim base and cut leeks in half lengthways, rinse well.
2. Pour stock into a large saucepan and bring to the boil. Add leeks and cook for 4-5 minutes. Remove leeks with a pair of tongs, drain well.
3. Place leeks in an ovenproof dish and sprinkle with combined cheese, breadcrumbs and butter. Bake in moderate oven for 10 minutes.

ingredients

- > 6 leeks
- > 4 cups chicken stock
- > ¾ cup freshly grated Parmesan cheese
- > ¾ cup breadcrumbs
- > ¼ cup melted butter

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Serves 6

tip from the chef

In order to achieve a more intense plate, replace leeks for spring onions; if you are looking for a more refined one, use asparagus.



angels' brownies

with fruit

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

ingredients

- > sliced fresh fruit
- > low-fat vanilla yogurt

angels' brownies

- > ¾ cup/90 g/3 oz flour
- > ½ teaspoon baking powder
- > ½ cup/45 g/1½ oz cocoa powder
- > 1 cup/220 g/7 oz caster sugar
- > ½ cup/100 g/3½ oz low-fat vanilla yogurt
- > 2 eggs
- > 1 teaspoon vanilla essence
- > 1½ tablespoons vegetable oil

method

1. To make brownies, sift flour, baking powder and cocoa powder together into a bowl. Add sugar, yogurt, eggs, vanilla essence and oil and mix to combine (a).
2. Pour batter into a 20 cm/8 in square cake tin lined with nonstick baking paper (b) and bake at 180°C/350°F/Gas 4 for 25-30 minutes or until brownies are firm.
3. Allow brownies to cool in tin. Cut into squares (c) and serve with fresh fruit and vanilla yogurt.

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Makes 16

tip from the chef

Leftover brownies will keep in an airtight container in the refrigerator for several days and are delicious for afternoon tea or in a packed lunch.





carob

hazelnut macaroons

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

method

1. Whisk egg whites until soft peaks form. Add sugar, a spoonful at a time, beating well after each addition, until mixture is of meringue consistency.
2. Beat egg yolks with carob powder and lightly fold through egg white mixture. Stir in coconut and hazelnuts.
3. Drop tablespoons of mixture onto greased oven trays and bake at 180°C/350°F/Gas 4 for 15 minutes or until firm. Cool on trays. Drizzle with carob.

ingredients

- > 2 eggs, separated
- > 185 g/6 oz caster sugar
- > 2 tablespoons carob powder, sifted
- > 250 g/8 oz desiccated coconut
- > 60 g/2 oz roasted hazelnuts, finely chopped
- > 100 g/3½ oz carob, melted

.....
Makes 30

tip from the chef

Carob and hazelnuts combine to make a deliciously new version of an old favorite.



fruity treats

■ ■ □ | Cooking time: 70 minutes for chutney, 50 minutes for pears
| Preparation time: 15 minutes for chutney, 10 minutes for pears

ingredients

spicy apple chutney

- > 2 tablespoons vegetable oil
- > 2 fresh red chillies, seeded and chopped
- > 1 clove garlic, crushed
- > 1 teaspoon grated fresh ginger
- > 2 tablespoons yellow mustard seeds
- > 15 black peppercorns
- > 2 teaspoons ground cumin
- > 1 teaspoon ground mixed spice
- > 1 teaspoon ground turmeric
- > 8 large cooking apples, cored, peeled and sliced
- > ½ cup/125 g/4 oz sugar
- > 2/3 cup/170 ml/5½ fl oz white vinegar

cinnamon pears in brandy

- > 8 small pears, peeled, halved and cored, stems left intact
- > ¼ cup/60 ml/2 fl oz lemon juice
- > 1 cup/250 g/8 oz sugar
- > 1½ cups/375 ml/12 fl oz water
- > 1 cinnamon stick, broken into pieces
- > 2 teaspoons finely grated lime rind
- > 3 cups/750 ml/1¼ pt brandy

method

1. To make chutney, heat oil in a saucepan over a medium heat, add chillies, garlic and ginger and cook, stirring, for 2-3 minutes. Stir in spices and cook for 3-4 minutes.
2. Add apples, sugar and vinegar to pan, bring to simmering and simmer, uncovered, for 1 hour or until mixture is thick. Pour chutney into hot sterilized jars. Seal when cold.
3. To make pears, place them in a bowl, add lemon juice and just enough water to cover. Place sugar and measured water in a heavy-based saucepan and cook over a low heat, stirring, until sugar dissolves. Bring to the boil, without stirring.
4. Drain pears. Add pears, cinnamon stick and lime rind to sugar syrup and cook over a low heat until pears are just tender. Using a slotted spoon, remove pears from sugar syrup and pack into hot sterilized jars. Carefully stir brandy into sugar syrup, then pour over pears to completely cover. Seal and store in a cool dark place.

Makes 2 cups/500 g/1 lb chutney and
3.5-4 litres/6-7 pt pears

tip from the chef

Recipes like these are a legacy from the days of the British Raj in India, when condiments, chutneys and relishes were devised from local ingredients and exotic spice blends to heighten the flavor of food.



tea time

tradition

■ ■ □ | Cooking time: 45 minutes for jam, 105 minutes for marmalade
 | Preparation time: 5 minutes for jam, 10 minutes for marmalade

method

1. To make jam, place berries, sugar, water and lemon juice in a saucepan and cook over a low heat, stirring until sugar dissolves. Bring to the boil, then reduce heat and simmer for 30-35 minutes or until jam gels when tested. Stand for 10 minutes, then pour into hot sterilized jars. Seal when cold.
2. To make marmalade, cut oranges, limes and grapefruit in half, then slice thinly, discarding seeds. Place fruit in a bowl and pour over water. Cover bowl and stand overnight. Transfer fruit and water to a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, uncovered, for 1 hour or until fruit is soft.
3. Stir in sugar and cook, stirring constantly without boiling, until sugar dissolves. Bring to the boil and cook, uncovered, without stirring, for 45 minutes or until marmalade gels when tested. Stand for 10 minutes before pouring marmalade into hot sterilized jars. Seal when cold.

Makes 4 cups/1 kg/2 lb jam and
 6 cups/1.5 kg/3 lb marmalade

ingredients

mixed-berry jam

- > 750 g/1½ lb mixed fresh berries
- > 3 cups/750 g/1½ lb sugar
- > 1 cup/250 ml/8 fl oz water
- > ¼ cup/60 ml/2 fl oz lemon juice

three-fruit marmalade

- > 2 large oranges
- > 2 limes
- > 1 large grapefruit
- > 4 cups/1 litre/1¾ pt water
- > 7 cups/1.75 kg/3½ lb sugar

tip from the chef

If during storage jam crystallizes, ferments or forms a mold it usually means the jars were not properly sterilized, the cooking time was too short.



pancake sandwiches

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

ingredients

- > ¾ cup/90 g/3 oz self-raising flour
- > 1 tablespoon sugar
- > 1 egg, lightly beaten
- > ¾ cup/185 ml/6 fl oz low fat milk or buttermilk

lemon ricotta filling

- > ½ cup/125 g/4 oz low fat ricotta cheese
- > 2 tablespoons lemon juice
- > 1 tablespoon sugar

chocolate thickshake

- > 2 cups/500 ml/16 fl oz low fat milk
- > 200 g/6½ oz low fat vanilla fromage frais
- > 2 tablespoons low calorie chocolate topping or sauce
- > 4 ice cubes

method

1. Combine flour and sugar in a bowl. Make a well in center of flour mixture, add egg and milk and mix until smooth.
2. Heat a nonstick frying pan over a medium heat, drop in tablespoons of batter and cook for 1 minute each side or until golden. Remove pancake, set aside and keep warm. Repeat with remaining batter to make 12 pancakes.
3. To make filling, place ricotta cheese, lemon juice and sugar in a food processor or blender and process until smooth.
4. To assemble, top half the pancakes with filling, then with remaining pancakes.
5. To make thickshake, place milk, fromage frais, chocolate topping or sauce and ice in a food processor or blender and process until thick and frothy. Pour into tall glasses and serve immediately.

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Serves 3

tip from the chef

Pancakes can be made in advance and frozen, then reheated in the microwave when required. When freezing pancakes, place a piece of greaseproof paper between each one – this makes them easier to separate when you want to use them.





easy

chocolate cake

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

method

1. Place milk, butter and eggs (a) in a bowl and whisk to combine.
2. Sift together flour and cocoa powder (b) into a separate bowl. Add sugar and mix to combine. Make a well in the center of the dry ingredients and pour in milk mixture. Beat (c) for 5 minutes or until mixture is smooth.
3. Pour mixture into a greased 20 cm/8 in round cake tin (d) and bake at 180°C/350°F/Gas 4 for 40 minutes or until cooked when tested with a skewer. Stand cake in tin for 5 minutes before turning onto a wire rack to cool.
4. To make icing, sift icing sugar and cocoa powder together into a bowl. Stir in milk and mix until smooth. Spread icing over cold cake.

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Makes a 20 cm/8 in round cake

ingredients

- > 1 cup/250 ml/8 fl oz milk
- > 125 g/4 oz butter, softened
- > 2 eggs, lightly beaten
- > 1⅓ cups/170 g/5½ oz self-raising flour
- > 2/3 cup/60 g/2 oz cocoa powder
- > 1 cup/220 g/7 oz caster sugar

chocolate icing

- > 1 cup/155 g/5 oz icing sugar
- > 2 tablespoons cocoa powder
- > 2 tablespoons milk

tip from the chef

To make the cake richer, cut in two layers and fill with raspberry jam.



index

Beef Stock	6
Hearty Vegetable Soup	8
Garlic Veal Steaks	10
Chicken Tacos	12
Vegetable Chili	14
World's Best Hamburgers	16
Hearty Lamb Casserole	18
Beef Stroganoff	20
Cod with Vegetable Ragout	22
All Bran Meatloaf	24
Ratatouille	26
Blackcurrant Pheasant	28
Cream of Parsnip Soup	30
Pickled Onions	32
Chicken Wings Moroccan Style	34
Farmhouse Casserole	36
Minestrone	38
Golden Butternut Soup	40
Quick Risotto Milanese	42
Tofu Salad	44
Spicy Corn and Lentil Chowder	46
Herbed Chicken and Tomato Casserole	48
Crisp Curried Wings	50
Leeks Au Gratin	52
Angels' Brownies with Fruit	54
Carob Hazelnut Macaroons	56
Fruity Treats	58
Tea Time Tradition	60
Pancake Sandwiches	62
Easy Chocolate Cake	64

simply home cooking

