

Chef

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savory pies, bakes & pastries



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savory pies, bakes & pastries

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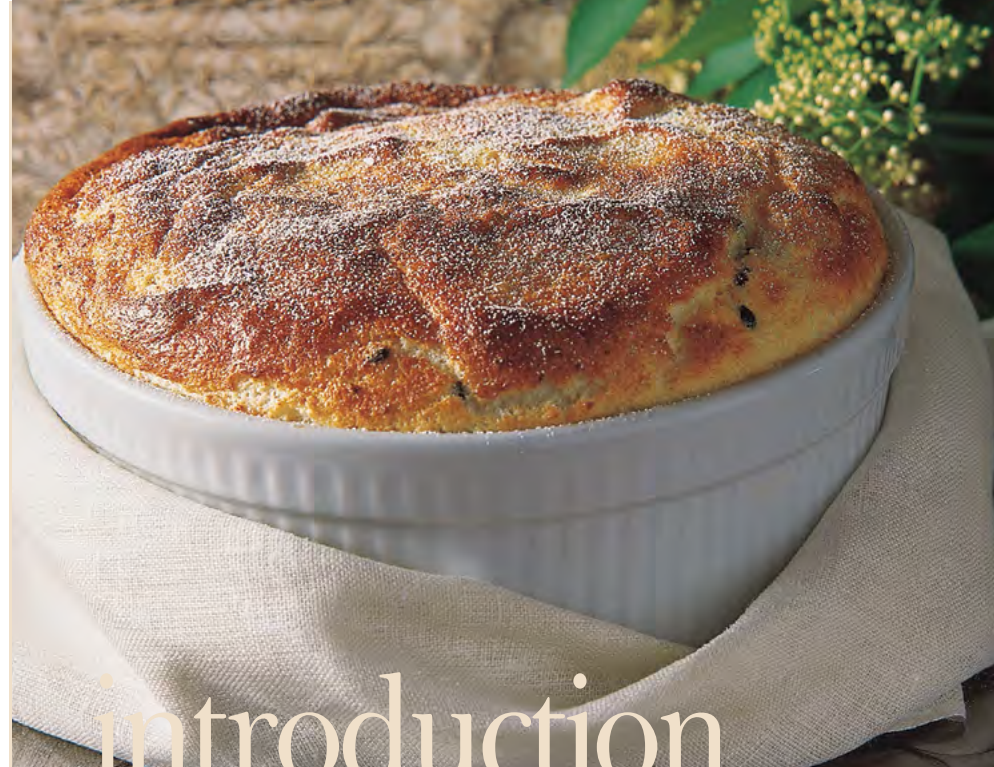
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introduction

The smell of a pie cooking in the oven can put a smile on anyone's face. This collection of recipes embraces everything from timeless pies and tasty tarts to saucy baked dishes and wonderfully warm desserts. Both savory and sweet options have been included to guarantee the satisfaction of each and every one at the table.



savory pies, bakes & pastries



If you want to improve your baking skills, follow these tips and tricks for making perfect pies, pastries and other baked foods.

Types of Pasta

- Always have the correct butter consistency. The temperature of butter can have a big impact on the texture of baked goods. When making pies, butter should always be kept refrigerated until using.
- Let the dough chill before rolling. This will make it easier to roll dough and it will avoid possible shrinkage while baking.
- Don't overwork the dough. Over-handling the dough makes the pastry tough. Always roll dough carefully, making sure all sides are evenly rolled. If it starts cracking, keep rolling it a little to bring it together.
- When rolling dough, avoid using too much flour. The pastry can absorb the extra flour that will toughen the dough. You can brush off the loose flour with a pastry brush after you are done rolling out the dough.



- Let the dough sit in the refrigerator for at least 30 minutes before baking. This way, the dough will retain its shape better while baking.

- Make sure to prick pies and tarts all around before baking to prevent them from shrinking in the oven. This is also a great way to ensure that a pie won't puff in the center while baking.

- Keep the oven door closed. Constantly opening the oven to check for doneness can let cool air in, throw off the temperature inside the oven and ruin the baking process. If you need to test for doneness, remove your pastry from the oven, close the oven quickly, test for doneness, and put it back immediately if it's not ready.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

all-time

vegetable pie

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

ingredients

- > 125 g/4 oz tasty cheese (mature Cheddar), grated
- > 1 cup/60 g/2 oz breadcrumbs, made from stale bread

pastry

- > 1½ cups/185 g/6 oz flour
- > 90 g/3 oz butter
- > 1 egg, lightly beaten
- > 1-2 tablespoons iced water

vegetable filling

- > 1 tablespoon vegetable oil
- > 1 onion, sliced
- > 2 leeks, sliced
- > 250 g/8 oz pumpkin flesh, chopped
- > 2 potatoes, chopped
- > ¼ cauliflower, broken into small flowerets
- > 1 parsnip, chopped
- > 1 small broccoli, broken into small flowerets
- > 1 red pepper, chopped
- > 125 g/4 oz frozen peas
- > ½ cup/125 ml/4 fl oz vegetable stock
- > 2 tablespoons chopped fresh basil

method

1. To make pastry, process flour and butter until mixture resembles breadcrumbs. Add egg and water, form a soft dough, knead briefly. Wrap in plastic wrap and chill 30 minutes. Roll out pastry to fit a deep 23 cm/9 in flan tin with a removable base. Line with nonstick paper, fill with uncooked rice and bake at 180°C/350°F/Gas 4 for 10 minutes. Remove rice and paper and bake for 10 minutes longer or until golden. Cool.
2. To make filling, heat oil in a large frying pan over a medium heat, add onion and leeks and cook, stirring, for 4 minutes or until golden. Add pumpkin and potatoes and cook, stirring, for 10 minutes longer or until just tender. Add cauliflower, parsnip, broccoli, red pepper, peas and stock and bring to the boil. Reduce heat and simmer for 10 minutes or until vegetables are soft. Mix in basil. Cool.
3. Spoon filling into pastry case. Combine cheese and breadcrumbs, sprinkle over filling and bake for 20 minutes or until top is golden.

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Serves 6



tip from the chef

If preferred, use wholemeal plain flour to prepare a pastry with a nuttier flavor.



deep dish

chicken pie

■■■ | Cooking time: 50 minutes - Preparation time: 30 minutes

method

1. To make pastry, rub flour and butter, stir in cream and form a dough. Knead lightly, wrap and chill for 30 minutes.
2. Melt butter in a frying pan and cook chicken for 4-5 minutes each side. Allow to cool, then cut into cubes.
3. To make sauce, melt butter in a saucepan, cook mushrooms for 4-5 minutes and drain on absorbent paper. Stir flour into pan and cook, stirring, for 1 minute. Gradually stir in stock and cook, stirring constantly, until mixture boils and thickens. Stir in mushrooms, parsley, cream, wine and black pepper to taste. Set aside to cool.
4. Roll out two-thirds of pastry to 5 mm/¼ in thick and use to line the base and sides of a greased, deep pie dish. Fill with alternate layers of chicken and sauce. Roll out remaining pastry and cover filling. Trim edges, press top to base, then make slits in top. Brush top with egg and bake at 200°C/400°F/Gas 6 for 25-35 minutes or until golden.

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Serves 8

ingredients

- > 30 g/1 oz butter
- > 4 chicken breast fillets
- > 1 egg, lightly beaten

sour cream pastry

- > 2¼ cups/280 g/9 oz flour, sifted
- > 125 g/4 oz butter, chilled
- > ¾ cup/185 g/6 oz sour cream

mushroom sauce

- > 60 g/2 oz butter
- > 250 g/8 oz button mushrooms, sliced
- > ¼ cup/30 g/1 oz flour
- > 1¼ cups/315 ml/10 fl oz chicken stock
- > 2 tablespoons chopped fresh parsley
- > ⅓ cup/90 ml/3 fl oz double cream
- > 2 tablespoons white wine
- > freshly ground black pepper

tip from the chef

You can sprinkle a few rinsed frozen peas and some diced cooked carrots and potatoes between the layers when assembling.



cheese soufflé

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

ingredients

- > 30 g/1 oz Parmesan cheese
- > 60 g/2 oz butter
- > $\frac{1}{3}$ cup/45 g/1½ oz flour
- > 1½ cups/375 ml/12 fl oz milk
- > 6 egg yolks
- > 125 g/4 oz Gruyère cheese
- > freshly ground black pepper
- > 8 egg whites

method

1. Lightly grease four 1 cup/250 ml/8 fl oz capacity soufflé dishes and sprinkle with Parmesan cheese. Set aside.
2. Melt butter in a saucepan over a medium heat, add flour and cook, stirring for 1 minute. Remove pan from heat and gradually whisk in milk. Return pan to heat and cook, stirring constantly, for 5 minutes or until sauce boils and thickens. Remove pan from heat and whisk in egg yolks, one at a time. Stir in Gruyère cheese and black pepper to taste.
3. Place egg whites in a bowl and beat until soft peaks form. Fold egg white mixture into sauce, spoon mixture into prepared soufflé dishes and bake at 200°C/400°F/ Gas 6 for 20 minutes or until soufflés are puffed and golden.

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Serves 4

tip from the chef

For the best volume have egg whites at room temperature before beating. Egg whites for a soufflé should be beaten until they are stiff, but not dry. The bowl that the egg whites are beaten in must be clean and grease-free or they will not beat up.





pea and mushroom flan

■ ■ □ | Cooking time: 50 minutes - Preparation time: 20 minutes

method

1. To make pastry, combine flour and cheese in a bowl, rub in butter. Add enough milk to mix to a firm dough. Knead lightly on a floured surface, wrap dough, refrigerate for 30 minutes.
2. Re-roll pastry to fit a 23 cm/9 in flan tin. Cover pastry with grease proof paper, and sprinkle with pastry weights. Cook in a hot oven for 10 minutes. Remove paper and weights and cook for a further 5 minutes.
3. To make filling, spread peas and mushrooms evenly into flan. In a medium bowl combine cream, cottage cheese, half of Cheddar cheese and eggs, mix well. Pour over peas.
4. Sprinkle remaining Cheddar cheese over top and bake in moderate oven 30-35 minutes.

ingredients

flan pastry

- > 1½ cups wholemeal plain flour
- > 2 tablespoons finely grated Parmesan cheese
- > 125 g/4 oz butter, chopped
- > 2 tablespoons milk, approximately

filling

- > 2 cups cooked peas
- > 100 g/3½ oz baby mushrooms, sliced
- > ½ cup cream
- > ½ cup cottage cheese
- > 1 cup grated Cheddar cheese
- > 2 eggs

.....
Serves 6

tip from the chef

Serve this flan hot or cold, with green salad.



cauliflower

au gratin

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

ingredients

- > 1 small cauliflower, broken into florets
- > 375 ml/12 fl oz milk
- > 1½ tablespoons cornflour blended with 3 tablespoons water
- > 1 teaspoon wholegrain mustard
- > 3 tablespoons natural yogurt
- > freshly ground black pepper
- > 60 g/2 oz crushed cornflakes
- > 3 tablespoons grated mature Cheddar
- > 15 g/½ oz butter, melted
- > paprika

method

1. Steam, boil or microwave cauliflower until just tender. Drain and set aside.
2. Place milk in a saucepan and cook over a medium heat until almost boiling point. Remove pan from heat and stir in cornflour mixture. Return pan to heat and cook over a medium heat until sauce boils and thickens, stirring constantly (a).
3. Combine mustard and yogurt. Remove sauce from heat and blend in yogurt mixture. Season to taste with black pepper. Spread half the sauce over the base of an ovenproof dish. Top with cauliflower (b) and remaining sauce.
4. Combine cornflakes, cheese and butter. Sprinkle on top of cauliflower. Dust lightly with paprika and bake at 180°C/350°F/Gas 4 for 15-20 minutes or until golden brown.

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Serves 4



tip from the chef

The ideal companion for barbecued or oven roasted chicken.



a



b



summer vegetable pie

■ ■ □ | Cooking time: 60 minutes – Preparation time: 15 minutes

method

1. Sprinkle eggplants with salt and set aside for 15 minutes. Wash off the salt and pat dry with paper towels, cut into 1 cm/½ in cubes.
2. In a large frying pan, heat oil over medium heat and fry onion for 3 minutes. Add eggplants and zucchini and fry for 5 minutes, stirring occasionally. Add tomatoes and cook for a further 20 minutes.
3. In a large mixing bowl, beat eggs with milk, add Parmesan cheese, breadcrumbs and chives and mix well.
4. Add the egg and cheese mixture to vegetables and pour mixture into a 23 cm/9 in ovenproof flan dish.
5. Sprinkle Cheddar cheese over the top and bake in moderate oven for 30 minutes.

ingredients

- > 2 medium eggplants, cut into ½ cm/¼ in thick rounds
- > ¼ cup oil
- > 1 large onion, peeled and chopped
- > 4 zucchini, cut into ½ cm/¼ in slices
- > 2 medium tomatoes, chopped
- > 6 eggs
- > ¼ cup milk
- > ½ cup freshly grated Parmesan cheese
- > ⅓ cup breadcrumbs
- > 2 tablespoons chopped chives
- > ¼ cup grated Cheddar cheese

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Serves 4-6

tip from the chef

Serve with a tomato sauce perfumed with fresh basil leaves.



vegetable and peanut wontons

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

ingredients

- > 60 g/2 oz cellophane noodles
- > 125 g/4 oz bean sprouts
- > 45 g/1½ oz unsalted peanuts, chopped
- > 1 carrot, grated
- > 2 spring onions, sliced
- > 1 teaspoon finely grated fresh ginger
- > 2 teaspoons soy sauce
- > 50 wonton wrappers each 12.5 cm/5 in square
- > 2 teaspoons cornflour blended with 2 tablespoons water
- > oil for deep-frying

method

1. Cover noodles with hot water and soak for 2-3 minutes or until soft. Drain well and chop roughly.
2. Place noodles, bean sprouts, peanuts, carrot, spring onions, ginger and soy sauce in a bowl and mix to combine.
3. Place a heaped teaspoon of vegetable mixture in the center of each wonton wrapper. Brush edges with cornflour mixture and gather up edges to make a bundle. Twist top lightly.
4. Heat oil in a large saucepan over a high heat until a cube of bread dropped in browns in 50 seconds. Cook wontons, a few at a time, for 3-4 minutes or until golden. Drain on absorbent kitchen paper and serve immediately.

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Makes 50

tip from the chef

Cellophane noodles are transparent noodles made from mung beans. Serve wontons with sweet chili sauce for dipping.



baked fish



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

method

1. Place onions in a food processor or blender and process to make a purée (a). Heat oil in a heavy-based saucepan, add garlic, chillies, ginger, cumin seeds, bay leaves and onion purée and cook over a medium heat until onions are a pinkish color. Add tomatoes (b), mango powder and spices and cook, stirring, for 3-4 minutes. Remove pan from heat and stir in cream.
2. Place fish in a baking dish, pour over sauce (c) and bake at 180°C/350°F/Gas 4 for 20 minutes or until fish flakes when tested with a fork. Just prior to serving, sprinkle with basil.

ingredients

- > 2 large onions, roughly chopped
- > 1 tablespoon vegetable oil
- > 2 cloves garlic, crushed
- > 2 fresh red or green chillies, finely chopped
- > 2 teaspoons finely chopped fresh ginger
- > 1 tablespoon cumin seeds
- > 2 bay leaves
- > 4 large tomatoes, finely chopped
- > ½ teaspoon mango powder
- > ½ teaspoon ground cumin
- > ½ teaspoon ground coriander
- > ¼ teaspoon ground turmeric
- > pinch ground cloves
- > pinch ground cinnamon
- > pinch ground cardamom
- > 3 tablespoons cream
- > 4 firm white fish fillets
- > 1 bunch fresh basil, leaves removed and finely chopped

Serves 4

tip from the chef

Fresh herb raita is the perfect accompaniment to fish. To make raita, place 1 cup natural yogurt and ¼ cup water in a bowl and whip until smooth. Coarsely chop ¼ bunch coriander, 3 sprigs mint, 3 sprigs basil, 3 sprigs dill and 12 chives and add to yogurt mixture, mix to combine.



marinated

baked goat's cheese

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

ingredients

- > 1 tablespoon olive oil
- > ½ tablespoon chopped fresh thyme
- > ½ clove garlic, crushed
- > cracked black peppercorns
- > 100 g/3½ oz goat's cheese
- > ½ cup dried breadcrumbs
- > a few sprigs watercress
- > ¼ red pepper, seeded, cut into very fine strips
- > toast

method

1. In a small flat dish, combine olive oil, thyme, garlic and pepper. Add cheese, cover and marinate for 30 minutes.
2. Remove cheese from marinade and coat in breadcrumbs. Place cheese in a baking tray and cook in a moderate oven for 10 minutes. Remove from oven and stand for 3 minutes before serving.
3. Place cheese on serving plate and garnish with watercress and pepper, serve with toast.

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Serves 4

tip from the chef

Goat's cheeses are not usually aged, so they are fresh and creamy looking with a fairly mild, salty flavor.



mystery pie



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

method

1. Preheat oven to 180°C/350°F/Gas 4.
2. Place eggs, milk and flour in large bowl. Whisk (a).
3. Open can. Drain salmon or tuna. Place in small bowl. Using fork break up. Add to egg mixture.
4. Chop red or green pepper. Grate cheese. Add both to egg mixture. Mix.
5. Add parsley (b) and black pepper to taste to egg mixture. Mix.
6. Lightly brush flan dish with vegetable oil. Pour in egg mixture (c). Bake for 45-50 minutes or until pie is firm. Stand for 5 minutes. Cut into wedges.

ingredients

- > 4 eggs
- > 2 cups/500 ml/16 fl oz milk
- > ¾ cup/125 g/4 oz wholemeal flour
- > 100 g/3½ oz canned salmon or tuna
- > ½ red or green pepper
- > 125 g/4 oz tasty cheese (mature Cheddar)
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper
- > 1 tablespoon vegetable oil

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Serves 6

tip from the chef

This is called "mystery pie" because as it cooks a crust forms on the bottom of it.



pumpkin soufflé

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

ingredients

- > 1 tablespoon butter
- > 2 tablespoons flour
- > 1½ cups skim milk
- > 4 eggs, separated
- > 1¾ cups canned pumpkin
- > freshly ground black pepper

method

1. Melt butter in a saucepan. Stir in flour and cook for 1 minute. Gradually mix in milk (a). Cook until sauce boils and thickens. Remove pan from heat.
2. Beat egg yolks into white sauce and mix in canned pumpkin (b). Season with black pepper to taste.
3. Beat egg whites until stiff peaks form and fold into pumpkin mixture (c).
4. Divide mixture between four 1½ cups capacity individual soufflé dishes. Bake in a preheated oven at 200°C/400°F/Gas 6 for 20-25 minutes, or until soufflés are puffed and golden. Serve immediately.

.....
Serves 4



tip from the chef

If you choose this easy dish for a vegetarian dinner party, remember that a platter of crisp raw vegetables is a good way to start off the meal. Guests can nibble on them or dunk into a dip in place of crackers. They are light and refreshing and won't spoil your appetite for the main course.



baby

spinach tarts



■ ■ □ | Cooking time: 30 minutes - Preparation time: 40 minutes

method

1. To make pastry, place flour, cheese and butter (a) in a food processor and process until mixture resembles fine breadcrumbs.
2. With machine running, slowly add enough water to form a soft dough. Knead dough on a floured surface. Wrap in plastic food wrap (b) and refrigerate for 30 minutes.
3. Roll out pastry to 3 mm/1/8 in thick. Using an 8 cm/3½ in fluted pastry cutter, cut out twenty rounds. Place in lightly greased tins. Pierce base and sides with a fork and bake at 200°C/400°F/Gas 6 for 5-10 minutes.
4. To make filling, heat oil in a frying pan over a medium heat. Add spring onions, garlic and spinach and cook, stirring (c), until spinach is wilted. Remove pan from heat and set aside to cool.
5. Mix spinach mixture, ricotta cheese, eggs, milk and nutmeg (d) in a bowl. Spoon filling into pastry cases and sprinkle with pine nuts. Reduce oven temperature to 180°C/350°F/Gas 4 and bake for 15-20 minutes.

ingredients

pastry

- > 1½ cups/185 g/6 oz flour
- > 4 tablespoons grated Parmesan cheese
- > 100 g/3½ oz butter, chopped
- > 2-3 tablespoons iced water

spinach filling

- > 2 teaspoons olive oil
- > 2 spring onions, chopped
- > 1 clove garlic, crushed
- > 8 spinach leaves, shredded
- > 125 g/4 oz ricotta cheese, drained
- > 2 eggs, lightly beaten
- > ⅓ cup/90 ml/3 fl oz milk
- > ½ teaspoon grated nutmeg
- > 4 tablespoons pine nuts

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Makes 20



cheesy

baked eggs

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

ingredients

- > 30 g/1 oz butter
- > 250 g/8 oz mushrooms, chopped
- > 1 lettuce, shredded
- > 1 tablespoon Worcestershire sauce
- > freshly ground black pepper
- > 4 eggs
- > 60 g/2 oz tasty cheese (mature Cheddar), grated

method

1. Melt butter in a frying pan and cook mushrooms and lettuce, stirring, for 4-5 minutes or until mushrooms are tender. Stir in Worcestershire sauce and season to taste with black pepper. Divide mushroom mixture between four 1 cup/250 ml/8 fl oz capacity ovenproof ramekins.
2. Break an egg into each ramekin and sprinkle with cheese. Bake at 200°C/400°F/ Gas 6 for 10-15 minutes or until eggs are cooked and cheese is melted.

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Serves 4



tip from the chef

The fresher the egg the higher its food value. When a fresh egg is placed into a glass of water it will sink straight to the bottom. The yolk of a fresh egg sits in the middle of the egg white when broken onto a saucer.



savory

pumpkin flan



■ ■ □ | Cooking time: 35 minutes - Preparation time: 30 minutes

method

1. Brush each sheet of pastry with oil (a) and fold in half. Layer pastry, one folded piece on top of the other to give eight layers. Place an 18 cm/7 in flan dish upside down on layered pastry and cut around dish, making a circle 3 cm/1¼ in larger. Lift all layers of pastry into dish and roll edges.
2. Cook onion in a frying pan for 4-5 minutes or until onion is opaque and soft. Place pumpkin or carrots, cheese, egg yolks, sour cream or yogurt, chili powder and black pepper to taste in a bowl (b) and mix to combine.
3. Place egg whites in a bowl and beat until stiff peaks form. Fold egg white mixture into pumpkin mixture and spoon into pastry case (c). Sprinkle pumpkin mixture with parsley and bake at 150°C/300°F/Gas 2 for 30 minutes or until pastry is golden and cooked.

ingredients

- > 4 sheets filo pastry
- > 2 tablespoons vegetable oil
- > 1 onion, chopped
- > 250 g/8 oz pumpkin or carrots, cooked and mashed
- > 185 g/6 oz grated tasty low fat cheese
- > 2 eggs, separated
- > 2 tablespoons natural low fat yogurt
- > pinch chili powder
- > freshly ground black pepper
- > 1 tablespoon chopped fresh parsley

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Serves 4

tip from the chef

When incorporating beaten egg whites into a mixture, first stir in 1 tablespoon of beaten egg white, then lightly fold remaining beaten egg white through, working as quickly as possible.



baked jacket potatoes

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

ingredients

> 4 medium or large potatoes
–depending on how hungry
you are and what else you
will be having for your meal

traditional topping

> 2 spring onions
> 4 tablespoons sour cream
or natural yogurt
> 4 tablespoons grated
cheese

method

1. Preheat oven to 200°C/400°F/Gas 6.
2. Scrub potatoes under cold running water to remove all dirt. Pierce skin of potatoes several times with fork (a).
3. Place potatoes on baking tray. Bake for 1 hour or until cooked.
4. Cut a cross in top of potatoes (b). Hold either end of each potato with clean cloth and push up (c). Set aside.
5. To make topping, cut bulb from spring onions. Remove outer leaves. Chop.
6. Top each cut potato with 1 tablespoon sour cream or yogurt. Sprinkle with 1 tablespoon cheese and some spring onions.

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Makes 4



tip from the chef

The beef mixture can also be used as a delicious and nutritious filling for tacos.



fish baked in corn husks



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

method

1. Place corn husks in a bowl, pour over warm water to cover (a) and soak for 30 minutes.
2. To make chili paste, place garlic, chilies, oregano, chili powder, lime rind, cumin and lime juice in a food processor or blender and process until smooth.
3. Cut each fish fillet in half, then spread both sides with chili paste (b).
4. Overlap 2-3 corn husks, place a piece of fish on top, then cover with more husks, fold to enclose fish (c) and tie to secure. Place parcels on a baking tray and bake at 180°C/350°F/Gas 4 for 10-12 minutes or until flesh flakes when tested with a fork.
5. To serve, open fish parcels, scatter with coriander and accompany with avocado, chilies and tortillas.

ingredients

- > 16-24 dried corn husks
- > 4 firm white fish fillets
- > 3 tablespoons fresh coriander leaves
- > 1 avocado, sliced
- > pickled jalapeño chilies
- > corn or flour tortillas, warmed

chili lime paste

- > 3 cloves garlic, chopped
- > 2 mild fresh green chilies, chopped
- > 2 tablespoons fresh oregano leaves
- > 2 tablespoons mild chili powder
- > 2 teaspoons grated lime rind
- > 1 teaspoon ground cumin
- > ¼ cup/60 ml/2 fl oz lime juice

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Serves 4

tip from the chef

Corn husks and banana leaves are used extensively in Mexico as wrappers for edible parcels. Corn husks are favored in northern Mexico while banana leaves are more popular in southern and coastal areas.



ricotta

and olive pie

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

ingredients

pastry

- > 250 g/½ lb plain flour
- > 150 g/5 oz cold butter, cubed
- > 3-4 tablespoons cold water

filling

- > 200 g/6½ oz ricotta cheese
- > ¾ cup freshly grated Parmesan cheese
- > ½ cup fresh breadcrumbs
- > 3 eggs, lightly beaten
- > ½ cup cream
- > ¾ cup green stuffed olives, sliced

method

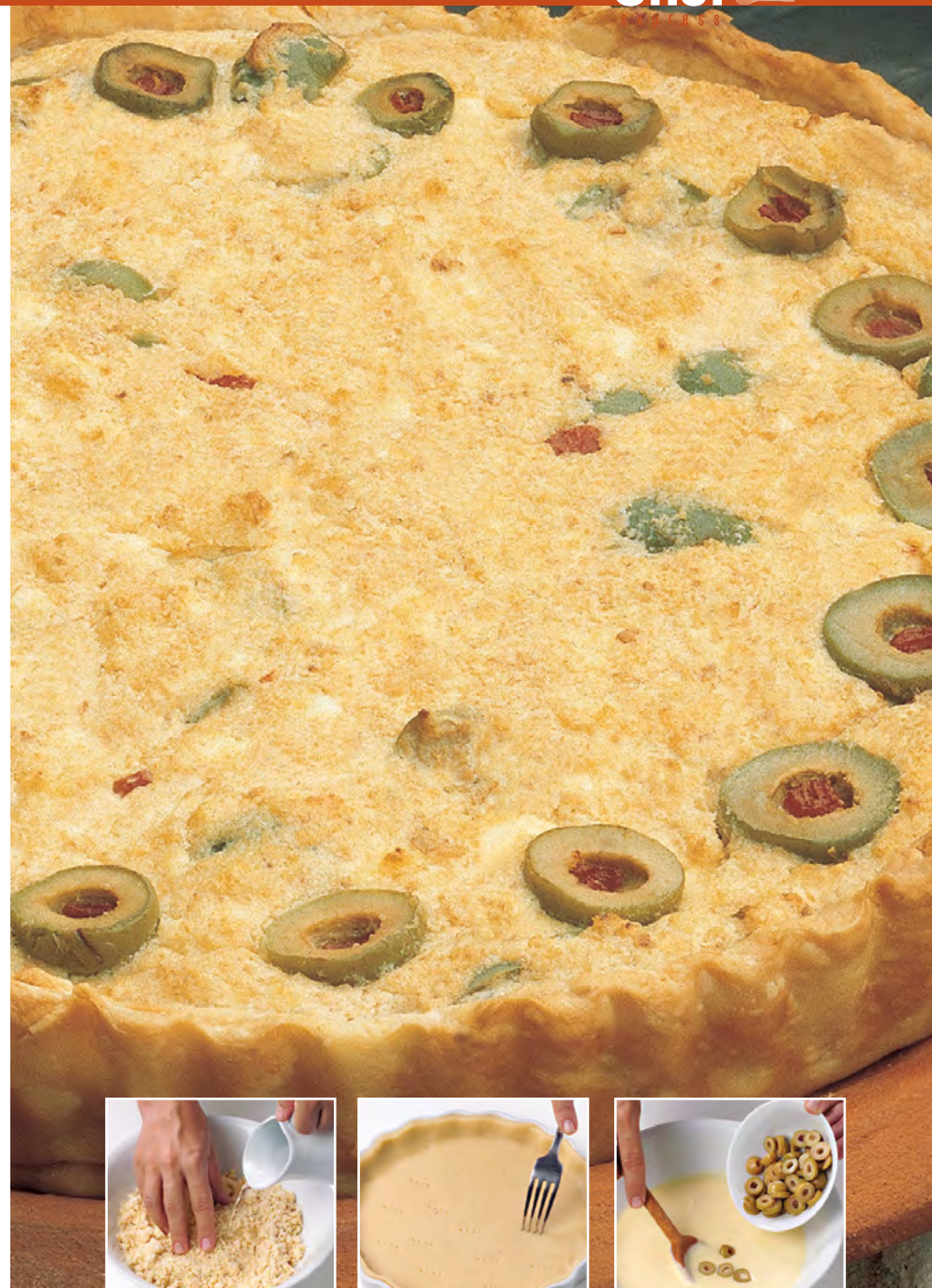
1. In a medium bowl combine flour and butter with fingertips until mixture resembles fine breadcrumbs. Add enough cold water (a) to form a dough, cover with plastic wrap, rest in refrigerator for 30 minutes.
2. Roll out pastry to fit a 23 cm/9 in flan tin. Prick base with a fork (b) and bake in a moderately hot oven for 10 minutes.
3. To make filling, in a large bowl combine ricotta cheese, Parmesan cheese, breadcrumbs, eggs and cream, mix well. Stir in olives (c), reserving some to decorate.
4. Pour mixture into pastry case and decorate with reserved olive slices. Bake in a moderate oven for 35 minutes, cool for 10 minutes in tin before serving.

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Serves 6



tip from the chef

Alternatively, when you're in a hurry, a quick pie shell can be prepared with sheets of filo pastry layered together with oil.



a

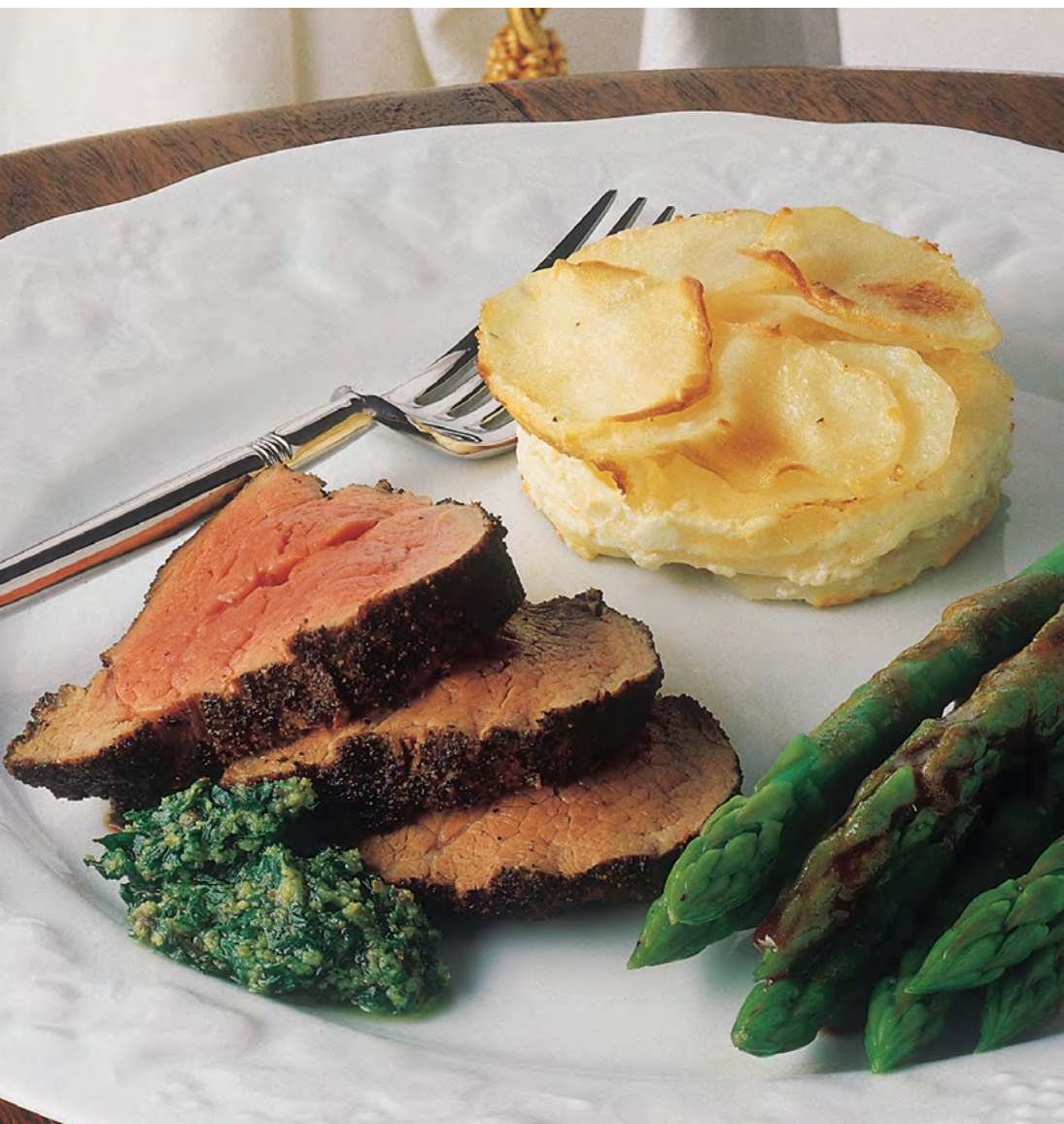


b



c

fillet of beef with salsa verde



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

method

1. Spread beef with mustard, then roll in black pepper and mustard seeds.
2. Heat oil in a large frying pan, add beef and cook, turning, until browned on all sides. Place beef in a baking dish and bake at 190°C/375°F/Gas 5 for 35-40 minutes or until cooked to your liking.
3. To make salsa verde, place parsley, capers, garlic, anchovies, lemon juice and bread in a food processor or blender and process until finely chopped. With machine running, slowly add oil and continue processing to make a thick paste.
4. To serve, slice beef and accompany with salsa verde, potato tarts (see tip) and asparagus drizzled with melted butter.

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Serves 2

ingredients

- > 500 g/1 lb beef fillet, trimmed of all visible fat and sinew
- > 3 tablespoons Dijon mustard
- > 1 tablespoon crushed black peppercorns
- > 1 tablespoon black mustard seeds, crushed
- > 1 tablespoon vegetable oil

salsa verde

- > 1 bunch flat-leaved parsley
- > 2 teaspoons capers, drained
- > 1 clove garlic, crushed
- > 2 canned anchovies, drained
- > 1 tablespoon lemon juice
- > 2 slices bread, crusts trimmed
- > ¼ cup/60 ml/2 fl oz olive oil

tip from the chef

To make potato tarts, thinly slice 2 large potatoes and 1 onion; arrange them in layers in two greased 1 cup/250 ml/8 fl oz capacity ramekins. Combine ¼ cup/60 g/2 oz sour cream, ¼ cup/60 ml/2 fl oz milk and 1 teaspoon crushed black peppercorns, pour mixture over potatoes and bake for 30 minutes or until top is golden.



spinach

and cheese pie

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

ingredients

- > 3 tablespoons olive oil
- > 1 onion, finely chopped
- > 2 cups cooked spinach
- > 200 g/6½ oz feta cheese
- > 200 g/6½ oz ricotta cheese
- > 4 eggs, lightly beaten
- > 2 tablespoons grated Parmesan cheese
- > pinch ground nutmeg
- > ½ cup/125 ml/4 fl oz milk
- > freshly ground black pepper
- > 10 sheets filo pastry

method

1. In a small frying pan, heat 1 tablespoon oil, add onion and cook until tender. Add spinach and mix well.
2. Mash feta cheese and ricotta cheese with a fork, add eggs, Parmesan cheese, spinach mixture, nutmeg, milk and pepper, stir well.
3. Brush a square tin with oil. Place 5 sheets of filo pastry at the bottom, one on top of another; brush each sheet with oil and let the edges come up the sides of the tin.
4. Spread filling evenly over pastry, fold over edges and cover with the remaining 5 sheets of pastry, tucking the edges down the sides of the tin. Brush each sheet, and the top one, with oil.
5. Cut the pie into squares with a sharp knife, but do not cut through to the bottom or the filling will leak into the pan.
6. Bake in a moderate oven about 40 minutes or until the pie is crisp, golden and puffed. Cut the squares through to the bottom and serve hot.

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Serves 8



tip from the chef

For something different use 200 g/6½ oz canned, drained salmon or tuna in brine or springwater in place of the ricotta cheese.



baked

camembert



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

method

1. To make sauce, place raspberries and icing sugar in a food processor or blender and process until smooth (a). Push raspberry mixture through a sieve to remove seeds and set aside until ready to serve.
2. Dip Camembert in egg (b), then roll in flour (c), dip in egg again and finally roll in pistachio nuts to coat (d).
3. Place on a baking tray lined with nonstick baking paper and bake at 220°C/425°F/Gas 7 for 10-15 minutes or until cheese softens. Serve cut into wedges accompanied by raspberry sauce.

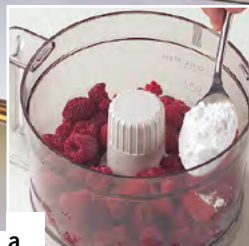
ingredients

- > 250 g/½ lb wheel Camembert cheese
- > 1 egg, lightly beaten
- > ¼ cup/30 g/1 oz flour, sifted
- > 155 g/5 oz shelled pistachio nuts, chopped

raspberry sauce

- > 250 g/8 oz raspberries
- > 1 tablespoon icing sugar

.....
Serves 4 as a starter or dessert



a



b



c



d

tip from the chef

This versatile dish can be served with a salad and crusty bread as a light meal, or on its own as a starter, or with additional berries for dessert. Whichever way you choose to serve it you can be assured that it will be popular. For something different, you might like to use slivered almonds in place of the pistachios.

family

roast

■■■ | Cooking time: 2½ hours - Preparation time: 60 minutes

ingredients

- > 1½ kg/3 lb piece fresh round beef
- > 1 tablespoon olive oil
- > freshly ground black pepper

roast vegetables

- > 6 large potatoes, halved
- > 6 pieces pumpkin or 3 parsnips, halved
- > 6 onions, peeled
- > ¼ cup/60 ml/2 fl oz olive oil

mushroom gravy

- > 1 cup/250 ml/8 fl oz red wine or beef stock
- > 60 g/2 oz button mushrooms, sliced
- > ½ teaspoon dried tarragon

method

1. Place beef on a wire rack set in a flameproof roasting dish or tin. Brush beef with 1 tablespoon oil and sprinkle with black pepper to taste. Bake at 210°C/420°F/Gas 7 for 1-1¼ hours for medium rare or until cooked to your liking.
2. For vegetables, place potatoes, pumpkin or parsnips and onions in a large saucepan, cover with water and bring to the boil. Reduce heat and simmer for 3 minutes, then drain. Arrange vegetables in a baking dish and brush with ¼ cup/60ml/2fl oz oil. Bake, turning once during cooking, for 45 minutes or until vegetables are tender and browned.
3. To make gravy, transfer roast to a serving platter, cover with foil and rest for 15 minutes. Stir wine or stock, mushrooms, tarragon and black pepper to taste into meat juices in roasting dish or tin and place over a medium heat. Bring to the boil, stirring to loosen sediment, then reduce heat and simmer until sauce reduces and thickens. Slice beef and serve with vegetables and gravy.

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Serves 6-8

tip from the chef

Another alternative to the mushroom sauce is a home-made mayonnaise: beat 1 egg, add a few drops of lemon and 1 cup oil in a thin stream. Add salt and blend till it thickens.



artichoke tarts

■ ■ □ | Cooking time: 30 minutes - Preparation time: 40 minutes

method

1. Preheat the oven to 200°C/400°F/Gas 6. Cut each sheet of pastry in half to make 4 rectangles. Using a knife, score a border around each rectangle, about 3 in from the edge. Transfer rectangles to rectangular pastry cases or a baking tray and set aside.
2. Cut excess stem off the artichokes. Trim outer leaves and slice about ¾ inch to an inch off the tip of the artichokes. Bring a pot of salted water to a boil. Add artichokes and lemon to the water, reduce heat and simmer for 30 minutes or until tender. Remove from heat and let cool for 3 minutes. Cut artichokes into strips.
3. To make filling, in a large bowl combine eggs, heavy cream and cream cheese. Season to taste with salt and pepper.
4. Place bread cubes on a baking tray and drizzle with olive oil and oregano. Bake for 10 minutes or until golden. Remove and set aside.
5. Spread artichokes into pastry cases and pour egg mixture on top. Bake in a moderate oven (180°C/350°F/Gas 4) for 15 minutes. Remove from oven, top with Gruyère and bread cubes and cook for 20 more minutes or until filling is firm. Let cool for 10 minutes in pastry cases before serving.

ingredients

- > 2 sheets puff pastry
- > 4 artichokes, boiled
- > ½ lemon, boiled
- > 3 eggs
- > 100 g/3½ oz heavy cream
- > 100 g/3½ oz cream cheese
- > ½ cup/50 g/1¾ oz Gruyère cheese, cubed
- > salt, to taste
- > black pepper, to taste
- > 4 slices white bread, cubed
- > olive oil, as needed
- > 1 tablespoon fresh oregano

.....
Serves 6



baby zucchini tarts

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

ingredients

- > 10 zucchinis, cubed
- > 1 large red onion, finely chopped
- > butter, as needed
- > salt, to taste
- > pepper, to taste
- > 3½ sheets puff pastry
- > 2 tablespoons cream cheese
- > 100 g/3½ oz cottage cheese
- > 2 eggs
- > 3 egg whites
- > 2 tablespoons almonds, toasted and silvered

method

1. Line 10 individual flan tins with pastry. Melt butter in a frying pan and cook onion until translucent. Add zucchinis, season to taste with salt and pepper, and continue to cook for a few minutes.
2. To make filling, combine zucchini mixture with cream cheese, cottage cheese, eggs and egg whites. Divide filling into pastry cases. Bake at 180°C/350°F/Gas 4 for 30 minutes or until firm. Remove from oven and top with almonds.

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Serves 6



tip from the chef

These tasty tarts are great both for brunch and school lunch boxes.





baby squash with pepper and cheese filling

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

method

1. Cook squash in boiling water until tender, drain, cool. Scoop out top part of each squash.
2. Combine red pepper, cheese, egg, spring onions and cayenne pepper. Spoon into squash.
3. Bake at 180°C/350°F/Gas 4 for 10 minutes or until heated through

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Serves 4

ingredients

- > 24 yellow baby squash
- > 1 large red pepper, finely chopped
- > ½ cup/60 g/2 oz tasty cheese (mature Cheddar), grated
- > 1 egg, lightly beaten
- > 2 spring onions, finely chopped
- > ¼ teaspoon cayenne pepper

tip from the chef

These nice baby squash can also be stuffed with a three cheese mix (blue, cream and cottage), ham and chopped onions. Then, gratin in oven.



honey

walnut cake

■ ■ □ | Cooking time: 1 hour – Preparation time: 25 minutes

ingredients

cream cheese pastry

- > 250 g/8 oz cream cheese
- > 250 g/8 oz butter
- > 1 cup/125 g/4 oz flour
- > ¼ cup/60 g/2 oz caster sugar
- > 1 teaspoon ground mixed spice

honey walnut filling

- > 3 tablespoons butter
- > ¾ cup/150 g/5¼ oz brown sugar
- > 3 eggs
- > ½ cup/170 g/6 oz glucose syrup
- > 2 tablespoons honey
- > 1 pinch salt
- > 2 teaspoons vanilla extract
- > 2 cups walnuts, chopped

method

1. To make pastry, roughly chop cream cheese and butter and stand at room temperature for 10 minutes. Place flour, sugar and mixed spice in a food processor and process briefly to sift. Add cream cheese and butter and process, using the pulse button, until mixture is combined. Take care not to overmix the dough. Turn onto a lightly floured surface, gather into a ball and knead briefly. Wrap in plastic food wrap and refrigerate for at least 1 hour.
2. Roll out dough on a lightly floured surface to 5 mm/¼ in thick and line base and sides of well-greased 23 cm/9 in flan tin with removable base. Line pastry case with nonstick baking paper and set aside.
3. To make filling, In large bowl, beat butter and brown sugar until smooth and creamy. Add eggs, glucose syrup, honey, salt and vanilla extract, and mix until well combined.
4. Spread half of the walnuts into pastry case. Pour half of the butter mixture on top. Spread the other half of the walnuts, and pour the other half of the butter mixture on top. Bake at 180°C/350°F/Gas 4 for 1 hour or until pastry is golden. Set aside to cool. Serve warm or at room temperature.

Serves 6

tip from the chef

This tart tastes so good it is great at any time of the day, especially as a dessert or for breakfast.





wholemeal shortbread

■ □ □ | Cooking time: 40 minutes – Preparation time: 15 minutes

method

1. Beat butter and sugar together with an electric mixer until light and fluffy. Stir in combined dry ingredients in two lots to make a firm dough.
2. Turn dough onto floured surface and lightly knead until smooth, about 2 minutes.
3. Roll out dough to about a 1 cm/½ in thickness, and cut into a 20 cm/8 in round. Use thumb and forefinger of one hand and forefinger of the other to pinch edge of shortbread decoratively, if desired.
4. Mark shortbread into 8 equal slices, being careful not to cut right through. Bake in moderately slow oven for 30-40 minutes or until beginning to brown.

ingredients

- > 250 g/½ lb butter
- > ½ cup brown sugar
- > 1 cup wholemeal plain flour, sifted
- > 1 cup plain flour, sifted
- > ¼ cup rice flour
- > ¼ cup wheatgerm

.....
Makes 1

tip from the chef

To assure freshness and avoid dampening, keep it in an airtight container.



rum fig cake

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

ingredients

pastry

- > 1½ cups flour
- > 90 g/3 oz butter, cut into small cubes
- > 1 egg
- > 1 tablespoon sugar
- > 2 tablespoons chilled white wine

filling

- > 15-20 glacé figs
- > 3 tablespoons fig jam
- > ⅓ cup rum

method

1. To make pastry, a large bowl combine flour and butter, mix with fingertips until mixture resembles fine breadcrumbs. Add egg, sugar and wine, mix to a soft dough. Knead on lightly floured surface until smooth.
2. Turn onto a lightly floured surface, roll out pastry to fit a 23 cm/9 in flan tin. Bake pastry blind in a hot oven for 10 minutes. Remove pastry weights and cook for a further 10 minutes in moderate oven.
3. To make filling, arrange figs around base of pastry case. In a small saucepan heat jam with rum until thin and syrupy. Brush figs with syrup and serve with whipped cream if desired.

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Serves 8

tip from the chef

If you wish, serve each slice with whipped cream or a scoop of vanilla ice cream.



amaretto frittata

with meringue topping



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

method

1. Whisk eggs with sugar, Amaretto and milk (a) until well combined and sugar has dissolved.
2. Add strawberries, raspberries and orange segments (b) and pour mixture into a greased 20 cm/8 in ovenproof flan dish (c). Bake in a moderate oven for 20 minutes.
3. Beat egg whites with an electric mixer until soft peaks form. Spread over the top of frittata (d) and return to oven for 5-7 minutes or until meringue is golden.

ingredients

- > 4 eggs
- > 1 teaspoon caster sugar
- > 3 tablespoons Amaretto liqueur
- > 3 tablespoons skim milk
- > ¼ cup strawberries, hulled and cut into quarters
- > ¼ cup raspberries
- > 1 orange, peeled and segmented
- > 3 egg whites

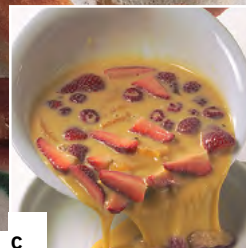
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Serves 6



a



b



c



d

tip from the chef

Egg whites get firmer if they are beaten with a pinch of salt or cream of tartar. It is important not to whisk them excessively, to avoid curdling.



foamy

baked apple

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

ingredients

- > 1 large green apple
- > 1 tablespoon sultanas
- > 1 small egg
- > ¼ cup/60 ml/2 fl oz freshly squeezed orange juice
- > ½ orange for garnish
- > 2 tablespoons fresh raspberries for garnish

method

1. Wash and core apple using a knife. Make an incision in the apple skin, cutting right around the center.
2. Place apple in a baking dish, fill the cavity with sultanas and bake in a moderate oven for about 20 minutes.
3. Meanwhile, place egg and orange juice in a heatproof bowl set over a saucepan of simmering water and whisk until sauce is slightly thickened and foamy.
4. Serve sauce over apple and garnish with orange slices and fresh raspberries.

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Serves 1



tip from the chef

Do not cook over direct heat or sauce will curdle.



passion

fruit soufflé

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

method

1. Place ricotta cheese, passion fruit pulp, egg yolks, liqueur and half the sugar in a bowl and beat for 5 minutes or until mixture is smooth.
2. Place egg whites and cream of tartar in a clean bowl and beat until soft peaks form. Gradually beat in remaining sugar until stiff peaks form.
3. Fold one-third egg white mixture into passion fruit mixture, then fold in remaining egg white mixture.
4. Pour soufflé mixture into a greased 20 cm/8 in soufflé dish and bake at 180°C/350°F/ Gas 4 for 20 minutes or until soufflé is well risen. Sprinkle with icing sugar and serve.

ingredients

- > 60 g/2 oz low-fat ricotta cheese
- > 1½ cups/375 ml/12 fl oz passion fruit pulp
- > 2 egg yolks
- > 1 tablespoon orange-flavored liqueur
- > ⅓ cup/75 g/2½ oz sugar
- > 6 egg whites
- > pinch cream of tartar
- > 20 g¾ oz icing sugar, sifted

.....
Serves 4-6

junior chef says

After greasing the mold, be careful to avoid touching the interior part with your fingertips, so that mixture does not stick to those areas.



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savory pies, bakes & pastries