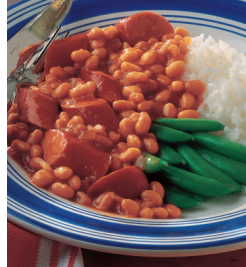


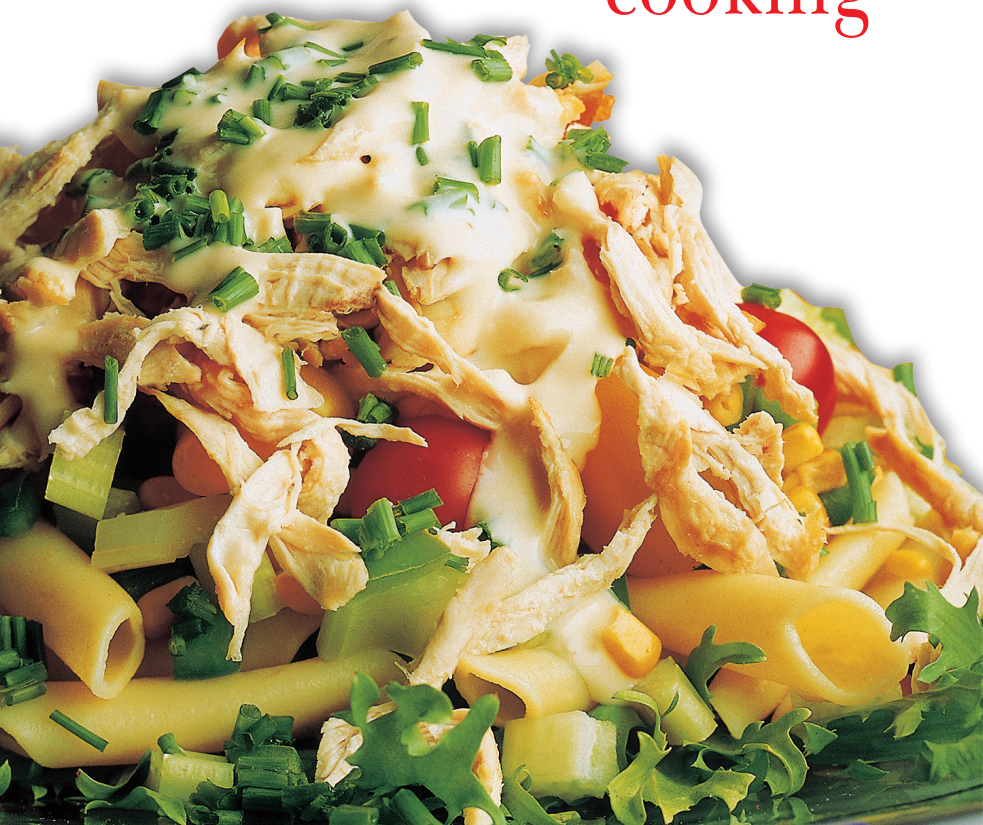
Chef

express



 **WISCONSIN
STATE JOURNAL**

simply
stay at home
cooking



PORTAGE DAILY

REGISTER

**DAILY
CITIZEN**

BARABOO

NEWS REPUBLIC

■ ■ ■ ■ ■ ■ ■ ■

simply stay at home cooking

Published by:
STANDARD INTERNATIONAL PRINT GROUP
www.stndpub.com
eMail.sales@stndpub.com
Tel: +1 (954) 580-6662
www.chefexpressmedia.com

©Standard International Print Group

Publishers

Simon St.John Bailey

Digital Content Manager

Christian G Bailey

Editing

Isabel Toyos

Compilation

Sofia Toyos

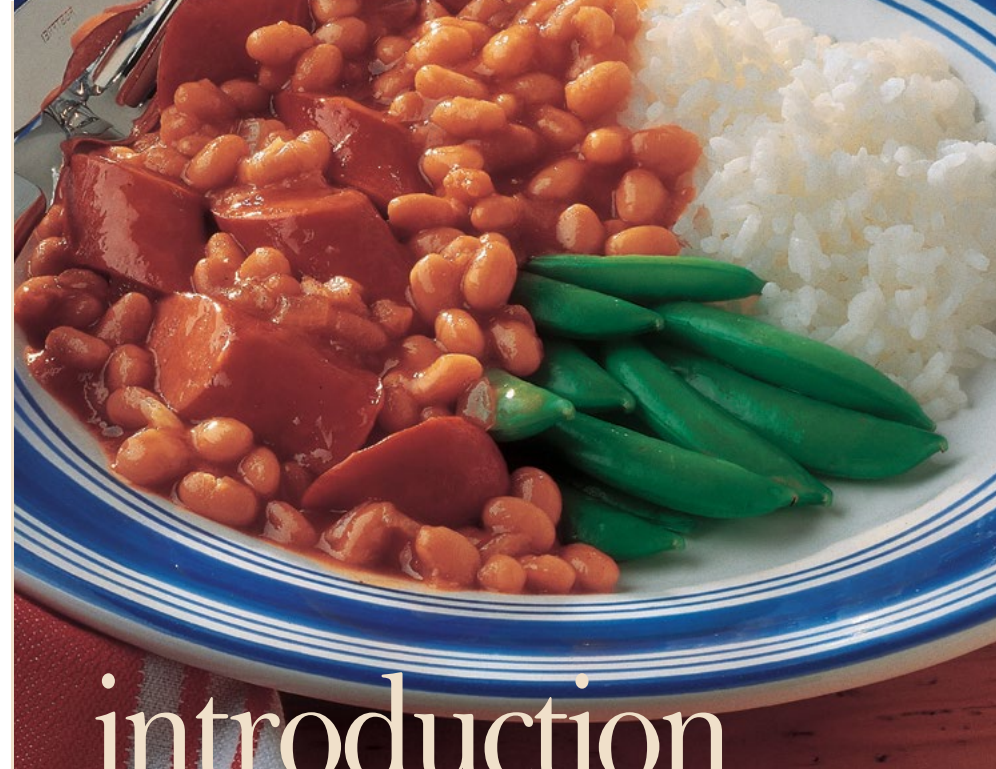
Design and lay out

Natalia Canet

ISBN: 9781600814754

All rights reserved. No part of this book may be stored, reproduced or transmitted in any form and by any means without written permission of the Publisher, except in the case of brief quotations embodied in critical articles and reviews.

Publication Date 2020



introduction

Simple and easy recipes are essential for when we can't go out, or don't have access to many ingredients. In the pages of Simply Stay At Home Cooking, you'll find all the recipes you need to keep enjoying delicious dishes with the whole family while staying indoors.



simply stay at home cooking



In times when we find ourselves relying on limited ingredients to cook up our daily meals, understanding how to take full advantage of our pantries becomes very important. To get you started, take note of some of these smart tips.

How to organize your buying list

- **Go for longer shelf-life ingredients.** Turn to dried, canned, jarred or boxed foods, as these will last for months or years.
- **Use your freezer.** Under proper conditions, almost any type of food stored in there will keep safely for many months.
- **Rely more on vegetables.** Veggies like winter squash, potatoes and onions can last for weeks if stored correctly.
- **Beans and legumes.** They are long-lasting, versatile, satisfying and rich in nutrients. They can be used in salads, soups, stews and pasta dishes, among other options.
- **Rice.** White and brown rice can be used as a starting point for many different side and main dishes.



- **Canned fish.** Such as tuna or salmon. These provide a healthy dose of omega-3 fatty acids, that are necessary for a healthy heart.
- **Vegetable or nut butters.** Both are great sources of healthy fats and can be used as substitutes for recipes where normal butter is required.
- **Canned sauces.** Sweet and savory sauces like applesauce or tomato-based sauce have a long-shelf life and can be used for many different types of main dishes and desserts.
- **Dried fruit and nuts.** Almonds, walnuts, cashews, as well as prunes, apricots, raisins, cranberries and figs make great snacks. They are also rich in iron, fiber and antioxidants.
- **Coffee.** Stock up on your favorite brew to enjoy during breakfast or throughout the day. This way, you'll miss your local coffee shop a bit less.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

layered lunch loaf

■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

ingredients

> 1 x 450 g/15 oz round rye or wholegrain cottage loaf

mixed sprouts layer

> 2 teaspoons tomato paste (purée)

> 4 tablespoons low fat natural yogurt

> 1 teaspoon ground coriander

> 90 g/3 oz alfalfa sprouts

> 60 g/2 oz bean sprouts

> 90 g/3 oz snow pea sprouts or watercress

roast beef layer

> 3 teaspoons French mustard

> 4 slices lean rare roast beef

> 4 lettuce leaves of your choice

> ½ red pepper, chopped

tomato salad layer

> 2 tomatoes, sliced

> 3 gherkins, sliced

> ½ cucumber, sliced

method

1. Cut bread horizontally into four even layers.

2. For sprouts layer, place tomato paste (purée), yogurt and coriander in a bowl and mix to combine. Place alfalfa sprouts, bean sprouts and snow pea sprouts or watercress on bottom layer of bread. Top with yogurt mixture and second bread layer.

3. For beef layer, spread bread with mustard, then top with roast beef, lettuce and red pepper and third bread layer.

4. For salad layer, top bread with tomatoes, gherkins and cucumber and final bread layer. Serve cut into wedges.

.....
Serves 4

tip from the chef

If you are making this for a packed lunch, wrap each wedge in plastic food wrap. In place of the roast beef you could use roast lean chicken, turkey or lamb. Other attractive options are canned tuna or salmon in brine or springwater.





baked jacket potatoes

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

method

1. Scrub potatoes and pat dry with absorbent kitchen paper. Pierce skin of potatoes several times with a fork. Place potatoes on an oven rack and bake at 200°C/400°F/Gas 6 for 1 hour or until tender. To fill, cut cooked potatoes in half and scoop out flesh leaving a 1 cm/½ in shell. Mash potato flesh.
2. For ham and corn filling, add ham, corn, cream, cheese, chives and pepper to mashed potato.
3. For cheesy mushroom filling, melt butter in a frying pan over a medium heat, cook spring onions and garlic, stirring, for 2 minutes. Add mushrooms and parsley and cook for 3 minutes. Add mushroom mixture, cream, cheese and pepper to mashed potato.
4. Spoon each filling into potato shells and bake for 15 minutes or until golden.

.....
Serves 4

ingredients

- > 4 large potatoes
- ham and corn filling**
 - > 185 g/6 oz ham, chopped
 - > 125 g/4 oz canned creamed sweet corn
 - > ¼ cup/60 g/2 oz sour cream
 - > 60 g/2 oz tasty cheese (mature Cheddar), grated
 - > 2 tablespoons snipped fresh chives
 - > freshly ground black pepper
- cheesy mushroom filling**
 - > 30 g/1 oz butter
 - > 2 spring onions, chopped
 - > 1 clove garlic, crushed
 - > 155 g/5 oz button mushrooms, sliced
 - > 1 tablespoon chopped fresh parsley
 - > ½ cup/125 g/4 oz sour cream
 - > 120 g/4 oz Parmesan cheese, grated

tip from the chef

Plain baked jacket potatoes are delicious with sour cream or natural yogurt and fresh chives. Tasty versions are great as a side dish to grilled or pan-cooked chops or steaks, and can also be served with a green salad for a lunch or supper dish.



beef tostada cups

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

ingredients

- > vegetable oil for deep-frying
- > 8 corn tortillas

beef filling

- > 2 teaspoons mild chili powder
- > 1 teaspoon ground cumin
- > ¼ cup/60 ml/2 fl oz lime juice
- > 500 g/1 lb rump steak, trimmed of visible fat
- > 2 red onions, sliced
- > ½ bunch coriander

method

1. Heat oil in a saucepan until a cube of bread dropped in browns in 50 seconds. Deep-fry tortillas, one at a time pressed between two metal ladles, for 1 minute or until crisp and golden. Drain on absorbent kitchen paper.
2. To make filling, place chili powder, cumin and lime juice in a glass or ceramic dish and mix to combine. Add steak, turn to coat and marinate for 5 minutes. Drain steak and cook on a preheated barbecue or under a grill for 2-3 minutes each side or until cooked to your liking. Rest steak for 2 minutes, then cut into strips and place in a bowl. Add onions and coriander leaves and toss to combine.
3. To serve, divide filling between tostada cups and serve immediately.

.....
Makes 8

tip from the chef

Serve these tasty snacks with salsas of your choice and lime wedges.



big green salad

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

method

1. Separate lettuce leaves. Wash in cold water. Drain in colander. Tear leaves into large pieces. Place in salad bowl.
2. Chop celery. Chop or slice tomato. Peel and slice cucumber. Cut bulbs from spring onions, remove outer leaves, chop. Add all ingredients to bowl.
3. To make dressing, place oil, lemon juice, vinegar, mustard, sugar and black pepper to taste in a screwtop jar. Place lid on jar. Shake well.
4. Pour dressing over salad. Using salad servers or two large spoons carefully toss salad.

ingredients

- > 1 lettuce
- > 2 stalks celery
- > 1 tomato
- > ½ cucumber
- > 2 spring onions

dressing

- > 2 tablespoons olive oil
- > ¼ cup/60 ml/3 fl oz lemon juice
- > ¼ cup/60 ml/3 fl oz vinegar
- > ¼ teaspoon dry mustard
- > ½ teaspoon sugar
- > freshly ground black pepper

.....
Serves 4-6

tip from the chef

Salads are great fun to make because you can add to them almost anything that you like. Try adding some of the following: sliced radishes, grated or cubed cheese, sliced raw mushrooms, sliced or grated raw carrots, chopped or sliced avocado, nuts like walnuts, almonds or peanuts and chopped fresh herbs like parsley, chives, mint and basil.



broccoli and macaroni casserole

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

ingredients

- > 250 g/8 oz macaroni
- > 500 g/1 lb broccoli, cut into florets
- > 2 tablespoons olive oil
- > 1 onion, finely diced
- > 2 cloves garlic, crushed
- > 1 tablespoon finely chopped fresh basil or 1 teaspoon dried basil
- > 155 g/5 oz tasty cheese (mature Cheddar), grated
- > 60 g/2 oz grated Parmesan cheese
- > 250 g/8 oz cottage cheese, drained
- > 2 tablespoons milk
- > freshly ground black pepper

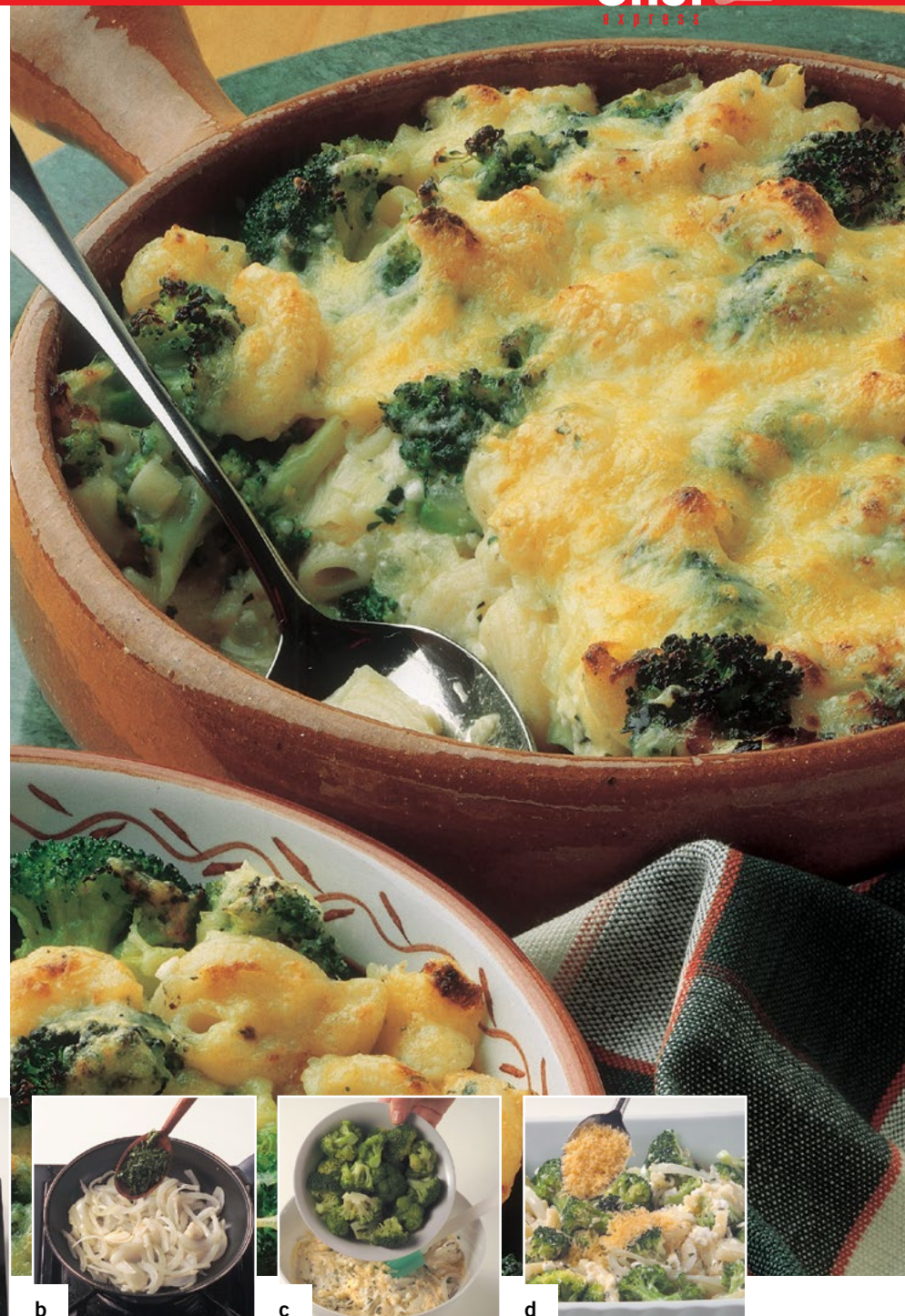
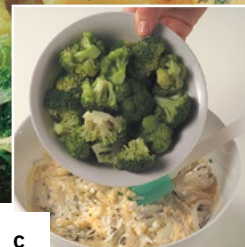
method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. Boil, steam or microwave broccoli (a) until just tender. Drain and refresh under cold running water. Drain again and set aside.
3. 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 basil (b) and cook for 3 minutes longer.
4. Place 90 g/3 oz tasty cheese (mature Cheddar), Parmesan cheese, cottage cheese and milk in a bowl and mix well. Add onion mixture, broccoli (c), pasta and black pepper to taste and mix to combine.
5. Transfer mixture to a lightly greased ovenproof dish, sprinkle with remaining tasty cheese (d) and bake at 240°C/475°F/ Gas 9 for 15 minutes.
6. Place under a preheated hot grill and cook for 2-3 minutes or until top is golden.

.....
Serves 4

tip from the chef

Other vegetables can be added to give color and texture – carrots, pumpkin, zucchini and mushrooms are all popular choices.



cheese and garlic crisps

■□□ | Cooking time: 10 minutes – Preparation time: 8 minutes

method

1. Split each pitta bread round in half, horizontally, then cut each half into 4 wedges. Place butter, garlic and basil in a bowl and mix to combine.
2. Place pitta wedges cut side up on a lightly oiled baking tray. Brush with butter mixture, then sprinkle with Parmesan cheese.
3. Bake at 180°C/350°F/Gas 4 for 10 minutes or until golden and crisp.

ingredients

- > 4 pitta bread rounds
- > 125 g/4 oz butter, melted
- > 3 cloves garlic, crushed
- > 2 tablespoons chopped fresh basil
- > 4 tablespoons grated Parmesan cheese

.....
Makes 32 wedges

tip from the chef

The crisps will keep in an airtight container for up to a week and are great to have on hand for after-school or work snacks.



cheesy scalloped potatoes

■ □ □ | Cooking time: 80 minutes - Preparation time: 10 minutes

ingredients

- > 3 large potatoes
- > 1 small onion
- > 30 g/1 oz butter
- > vegetable oil
- > freshly ground black pepper
- > 1¼ cups/315 ml/10 fl oz milk
- > 60 g/2 oz tasty cheese (mature Cheddar)

method

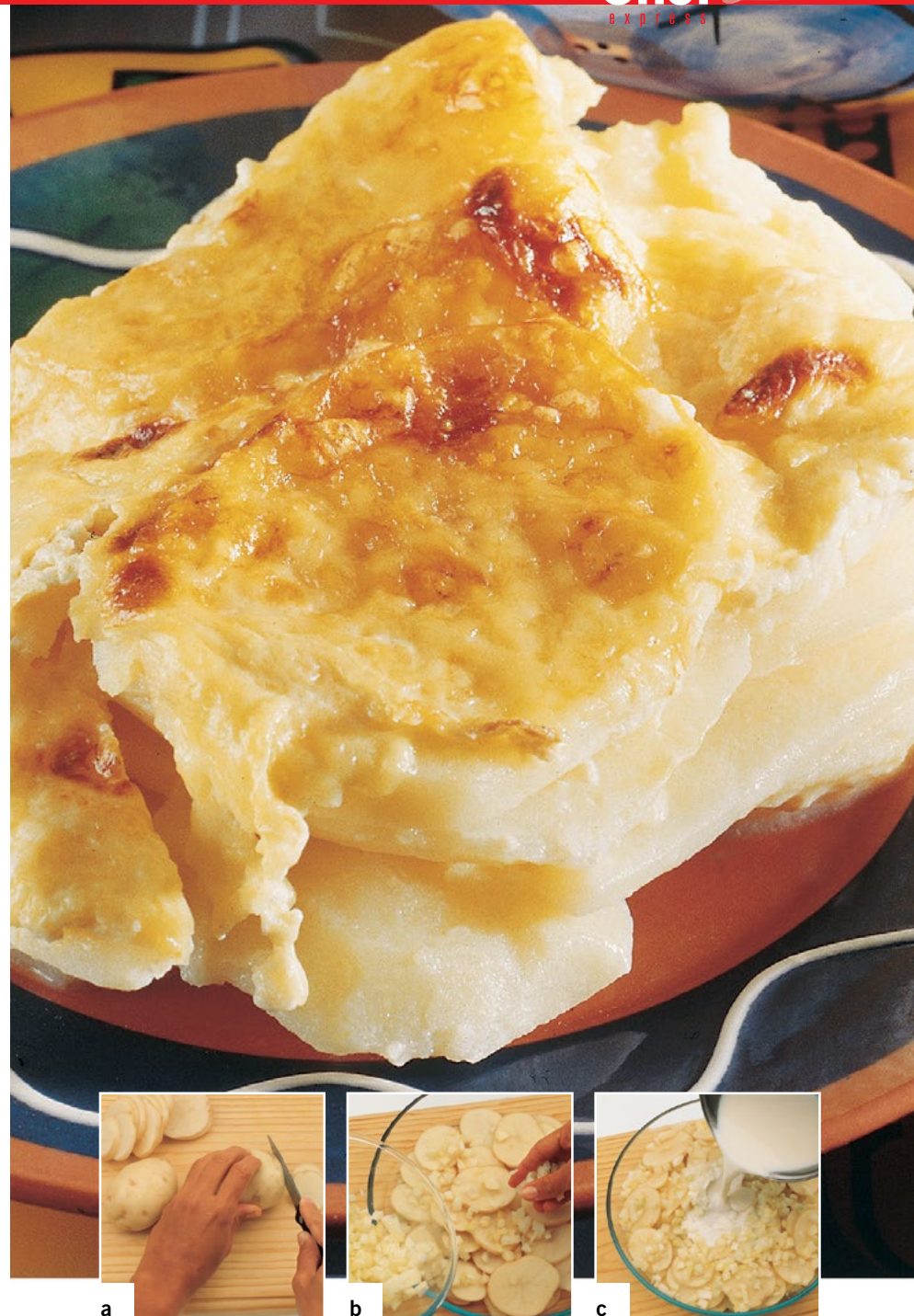
1. Preheat oven to 180°C/350°F/Gas 4.
2. Scrub potatoes under cold running water to remove all dirt, slice thinly (a). Peel onion, chop. Chop butter. Set aside.
3. Brush ovenproof dish with oil. Place a layer of potatoes in baking dish. Sprinkle with some onion (b) and black pepper. Top with a few pieces of butter. Repeat layers until all potato, onion and butter are used.
4. Place milk in saucepan. Stirring all the time, bring almost to boiling over a low heat.
5. Carefully pour milk over potato mixture (c).
6. Grate cheese. Sprinkle over potatoes.
7. Bake for 1-1¼ hours or until potatoes are tender.

.....
Serves 4



tip from the chef

If you like garlic, finely chop one or two cloves and use them instead of onion... or along with it!





new york reuben

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

method

1. Place sauerkraut between sheets of absorbent kitchen paper and squeeze to remove as much moisture as possible.
2. Place bread slices under a preheated hot grill and toast on one side.
3. Spread untoasted side of each bread slice with dressing, then top with a generous layer of sauerkraut, 2 slices corned beef and a slice Swiss cheese.
4. Return to grill and cook for 3-4 minutes longer or until topping is heated through and cheese melts. Serve immediately.

ingredients

- > 220 g/7 oz canned or bottled sauerkraut, drained and rinsed in cold water
- > 4 thick slices rye bread
- > 4 tablespoons Thousand Island dressing
- > 8 slices corned beef
- > 4 slices Swiss cheese

.....
Serves 4

tip from the chef

First created by Reuben's Restaurant in New York there are now as many versions of this famous New York sandwich as there are chefs who make it.



chicken

tacos

■ ■ □ | Cooking time: 8 minutes - Preparation time: 10 minutes

ingredients

- > 12 taco shells, warmed
- > 8 lettuce leaves, shredded
- > 1 red pepper, thinly sliced
- > 125 g/4 oz tasty cheese (mature Cheddar), grated
- > 1 avocado, stoned, peeled and sliced
- > ½ cup/125 g/4 oz sour cream

chicken filling

- > 2 teaspoons oil
- > 1 onion, chopped
- > 2 spring onions, chopped
- > 3 tomatoes, chopped
- > 1 kg/2 lb cooked chicken, skin removed and flesh shredded
- > 2 tablespoons taco seasoning mix
- > 4 tablespoons bottled tomato salsa

method

1. To make filling, heat oil in a frying pan, add onion, spring onions and tomatoes and cook, stirring, for 4 minutes. Add chicken, taco seasoning mix and salsa and cook, stirring, for 2 minutes longer or until heated through.
2. Spoon filling into taco shells and top with lettuce, red pepper, cheese, avocado and sour cream.

.....
 Makes 12

tip from the chef

To remark the Mexican character of this tasty recipe, sprinkle chopped fresh coriander over cream.





balsamic

tomato salad

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

method

1. Place tomatoes, cheese, onion and basil in a bowl and toss to combine.
2. To make dressing, place sugar, vinegar and black pepper to taste in a screw-top jar and shake well to combine. Pour dressing over tomato mixture and toss to combine. Cover and marinate, at room temperature, for 20 minutes before serving.

.....
Serves 4

ingredients

- > 4 tomatoes, thickly sliced
- > 125 g/4 oz feta cheese, chopped
- > ½ red onion, sliced
- > 3 tablespoons fresh basil leaves

balsamic dressing

- > 1 tablespoon brown sugar
- > ¼ cup/60 ml/2 fl oz balsamic vinegar
- > freshly ground black pepper

tip from the chef

If stronger flavors are preferred, use brie or camembert instead of feta cheese. As a dressing, use a good olive oil seasoned with garlic and fresh thyme leaves.



accordion sandwich

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

ingredients

- > 6 slices tasty cheese (mature Cheddar)
- > 6 slices ham
- > 1 long French breadstick
- > fruit chutney or mustard, according to taste

method

1. Preheat oven to 220°C/425°F/Gas 7.
2. Line baking tray with nonstick baking paper.
3. Cut cheese slices and ham slices in half. Set aside.
4. Using serrated-edged knife, cut French breadstick into 12 even slices (a). Do not cut through base of loaf.
5. Spread one side of each cut with chutney or mustard (b).
6. Place a slice of cheese and a slice of ham in each cut.
7. Place loaf on baking tray. Bake for 10-15 minutes or until cheese just melts.

.....
Serves 4



tip from the chef

Accordion sandwich is delicious served with a big green salad.



a

b



the blta

(bacon, lettuce, tomato and avocado)

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

method

1. Grill or fry bacon for 4-5 minutes or until crisp. Drain on absorbent kitchen paper and set aside.
2. Spread each slice of toast with mayonnaise.
3. Divide lettuce, bacon, avocado and tomatoes evenly between four slices of toast. Season to taste with black pepper and top with remaining toast slices. Serve immediately.

.....
Serves 4

ingredients

- > 12 rashers bacon, rind removed
- > 8 slices white bread, toasted
- > 4 tablespoons mayonnaise
- > 4 iceberg or cos lettuce leaves
- > 1 ripe avocado, halved, stoned and sliced
- > 2 large tomatoes, cut into 12 slices
- > freshly ground black pepper

tip from the chef

Try making this variation of the popular BLT (bacon, lettuce and tomato sandwich) with pastrami or ham as interesting and easy alternatives to the bacon.



barbecued

pork spare ribs

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

ingredients

- > 4 cloves garlic, chopped
- > 2 tablespoons finely grated fresh ginger
- > 2 tablespoons sugar
- > 2 teaspoons ground cumin
- > ½ cup dark soy sauce
- > 1 kg/2 lb pork spare ribs

method

1. Place garlic, ginger, sugar, cumin and soy sauce in a glass or ceramic bowl and mix to combine. Add spare ribs, turn to coat and marinate for 1 hour.
2. Drain ribs and reserve marinade. Cook ribs over a preheated hot barbecue or under a hot grill, basting frequently with marinade, for 15 minutes or until pork is cooked through and skin crackles.

.....
Serves 6

tip from the chef

For an informal meal, serve these tasty spare ribs with a salad of Asian greens and herbs and bowls of steamed jasmine rice.



char-grilled

tarragon chicken



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

method

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

ingredients

- > 6 boneless chicken breast fillets, skin removed
- > 3 tablespoons chopped fresh tarragon or 2 teaspoons dried tarragon
- > 1 cup/250 ml/8 fl oz dry white wine
- > 2 tablespoons lemon rind strips
- > 1 tablespoon green peppercorns in brine, drained and crushed

.....
Serves 6

tip from the chef

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



perfect steaks

with diane sauce

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

ingredients

- > 1 tablespoon vegetable oil
- > 15 g/½ oz butter
- > 4 fillet or sirloin steaks
- diane sauce
- > 15 g/½ oz butter
- > 3 spring onions, chopped
- > 3 cloves garlic, crushed
- > ¼ cup/185 ml/6 fl oz cream
- > 2 tablespoons Worcestershire sauce
- > 1 tablespoon brandy

method

1. Heat oil and butter together in a large frying pan over a high heat until sizzling. Add steaks and cook for 3-5 minutes each side or until cooked to your liking. Remove from pan and keep warm.
2. To make sauce, melt butter in frying pan over a medium heat. Cook spring onions and garlic, stirring, for 2 minutes. Stir in cream, Worcestershire sauce and brandy and bring to the boil. Reduce heat and simmer, stirring, for 5 minutes or until sauce reduces and thickens slightly. Serve with steaks.

.....
Serves 4

tip from the chef

When testing if a steak is cooked, press it with a pair of blunt tongs – do not cut the meat, as this causes the juices to escape. Rare steaks will feel springy, medium slightly springy and well-done will feel firm. As a guide a 2.5 cm/1 in thick steak cooked to rare takes about 3 minutes each side, a medium steak 4 minutes and a well-done steak 5 minutes.



spiced

shredded beef



■ ■ □ | Cooking time: 110 minutes – Preparation time: 15 minutes

method

1. Place beef, onion, garlic, clove, cumin seeds and water in a saucepan (a) over a medium heat, bring to simmering and simmer, skimming the top occasionally, for 1½ hours or until beef is very tender. Remove pan from heat and cool beef in liquid. Skim fat from surface as it cools. Remove beef from liquid and shred with a fork (b). Reserve cooking liquid for making sauce.
2. To make sauce, heat oil in a frying pan over a high heat, add onion and chilies and cook, stirring, for 3 minutes or until tender. Stir in tomatoes and 1 cup/250 ml/8 fl oz of the reserved cooking liquid (c), bring to simmering and simmer for 10 minutes.
3. Add shredded beef to sauce (d) and simmer for 5 minutes or until heated through.

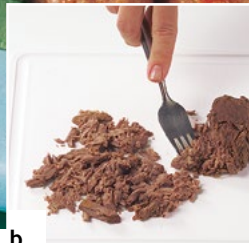
ingredients

- > 750 g/1½ lb boneless beef chuck, blade or brisket, trimmed of visible fat
- > 1 onion, halved
- > 2 cloves garlic, peeled
- > 1 clove
- > 2 teaspoons cumin seeds
- > 8 cups/2 liters/3½ pt water

green chili and tomato sauce

- > 2 teaspoons vegetable oil
- > 1 onion, chopped
- > 2 hot green chilies, chopped
- > 440 g/14 oz canned tomatoes, undrained and chopped

.....
Serves 6



tip from the chef

The cooking time will depend on the cut of meat used.



spicy rice tomato and vegetables

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

ingredients

- > 1 tablespoon olive oil
- > 1 onion, sliced
- > 1 green pepper, diced
- > 1 red chili, seeded and finely chopped
- > ¾ cup/170 g/6 oz white rice
- > ¾ cup/170 g/6 oz quick-cooking brown rice
- > 400 g/13 oz canned peeled tomatoes, undrained and roughly chopped
- > 1½ cups/375 ml/ 12 fl oz vegetable stock or water
- > freshly ground black pepper

method

1. Heat oil in a large saucepan. Cook onion, green pepper and chili for 3-4 minutes. Add rice, mix well and cook for 3-4 minutes.
2. Add tomatoes to the pan with stock or water. Bring to the boil and simmer for 30 minutes or until liquid is absorbed and rice is tender. Season with pepper.

.....
Serves 4

tip from the chef

For this recipe to be really exquisite, add a handful of peeled shrimp 5 minutes before cooking is done. Shrimp shells can be boiled in low heat to obtain an excellent broth.



béarnaise

roast beef



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

method

1. Tie beef with string to hold it in shape during cooking. Roll in combined pepper, cardamom and garlic (a).
2. Heat oil in a baking dish, add beef, bake in hot oven for 20 minutes or until cooked as desired, turning beef occasionally. Allow to cool, serve sliced with Béarnaise sauce and stuffed potatoes.
3. To make Béarnaise sauce, simmer vinegar and lemon juice in a small saucepan until reduced to 2 tablespoons, cool. Blend or process egg yolks and vinegar mixture until frothy. With motor running gradually drizzle in hot melted butter (b). Stand, covered, at room temperature.
4. To make stuffed potatoes, cut top from potatoes, reserve. Scoop flesh from center, mash well with a fork, stir in sour cream, spring onions, cumin and cheese. Spoon back into potatoes (c), replace lids. Bake in moderate oven for 20 minutes or until heated through.

ingredients

- > 1 kg/2 lb beef eye fillet, trimmed of fat
- > 1 tablespoon cracked black peppercorns
- > 2 teaspoons ground cardamom
- > 2 cloves garlic, crushed
- > 2 tablespoons oil

béarnaise sauce

- > 1½ tablespoons tarragon vinegar
- > 1½ tablespoons lemon juice
- > 5 egg yolks
- > 250 g/½lb butter

stuffed potatoes

- > 8 potatoes, cooked
- > ½ cup sour cream
- > 4 spring onions, finely chopped
- > 1 teaspoon ground cumin
- > ¼ cup grated mature Cheddar cheese.

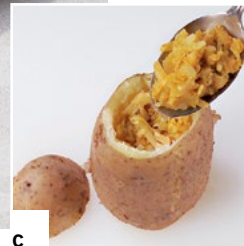
.....
Serves 8



a



b



c



bows with rich tomato basil sauce

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

ingredients

> 185 g/6 oz bow pasta

tomato basil sauce

> 2 teaspoons olive oil

> 1 onion, sliced

> 1 clove garlic, crushed

> 3 tomatoes, peeled,
seeded and chopped

> 125 ml/4 fl oz chicken
stock

> 1 tablespoon tomato
purée

> 1 tablespoon chopped
fresh basil

> 2 teaspoons chopped
fresh parsley

> ½ teaspoon sugar

> freshly ground black
pepper

> grated Parmesan cheese

method

1. Cook pasta in boiling water in a saucepan following packet directions. Drain, set aside and keep warm.

2. To make sauce, heat oil in a saucepan and cook onion and garlic over a medium heat for 3-4 minutes or until onion is soft. Add tomatoes, stock, tomato purée, basil, parsley and sugar and simmer for 10-15 minutes or until reduced and thickened. Season to taste with black pepper. Spoon sauce over pasta. Sprinkle with a little grated fresh Parmesan cheese and extra chopped fresh basil.

.....
Serves 4

tip from the chef

Any leftover sauce can be made into soup. To make, chop 1 small carrot and 1 stalk celery. Place leftover sauce, 250 ml/8 fl oz chicken stock, carrot and celery in a saucepan. Bring to simmering and simmer for 10-15 minutes or until carrot is tender. Season to taste with black pepper.



spiced pork fillet

■ □ □ | Cooking time: 40 minutes - Preparation time: 5 minutes

method

1. Place pork fillets in a shallow glass or ceramic dish. To make marinade, place hoisin sauce, soy sauce, vinegar, sherry, ginger and honey in a small bowl, mix to combine. Pour marinade over pork, cover and set aside to marinate for 1 hour.
2. Drain pork and reserve marinade. Place pork in a baking dish and bake at 180°C/350°F/ Gas 4 for 30 minutes, turning several times.
3. Place reserved marinade, stock and cornflour in a saucepan and cook, stirring, until sauce boils and thickens. To serve, slice pork and spoon sauce over slices.

ingredients

- > 500 g/1 lb pork fillets
- > ½ cup/125 ml/4 fl oz chicken stock
- > 2 teaspoons cornflour

ginger marinade

- > 2 tablespoons hoisin sauce
- > 1 tablespoon soy sauce
- > 2 teaspoons vinegar
- > 2 tablespoons dry sherry
- > 1 teaspoon grated fresh ginger
- > 2 tablespoons honey

.....
Serves 4

tip from the chef

Hoisin sauce, sometimes called Chinese barbecue sauce, is a thick, brownish red sauce made from soy beans, vinegar, sugar, spices and other flavorings. It is used both in cooking and as a condiment.



italian pork

with lemon sauce

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

ingredients

- > flour
- > 1 teaspoon dried oregano
- > freshly ground black pepper
- > 1 egg, beaten
- > 1 tablespoon cold water
- > dried breadcrumbs
- > 8 pork schnitzels or 4 butterfly pork steaks, lightly pounded
- > vegetable oil

lemon butter sauce

- > 2 teaspoons butter
- > 1 tablespoon lemon juice

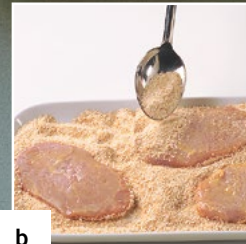
method

1. Place flour, ½ teaspoon oregano and black pepper to taste in a shallow dish and mix to combine. Place egg, water and black pepper to taste in a separate shallow dish and whisk to combine. Place breadcrumbs and remaining oregano in a third shallow dish and mix to combine.
2. Coat pork with flour mixture (a), then dip in egg mixture and finally coat with breadcrumb mixture (b). Place coated pork on a plate lined with plastic food wrap and chill for 10-15 minutes.
3. Heat 2-3 tablespoons oil in a frying pan over a medium-high heat and cook 2-3 schnitzels at a time (c) for 3 minutes each side or cook steaks for 4 minutes each side. Remove pork from pan, set aside and keep warm.
4. To make sauce, melt butter in same pan, then stir in lemon juice (d). Spoon sauce over pork and serve immediately.

.....
Serves 4

tip from the chef

When cooking the pork it is important not to crowd the pan or the meat will steam and the coating will be soggy. This is also a delicious way of cooking boneless chicken breast fillets, lightly pounded. The cooking time for chicken will be 4 minutes each side.





speedy

meatloaf

■□□ | Cooking time: 80 minutes - Preparation time: 10 minutes

method

1. Place beef, breadcrumbs, onion, carrot, green pepper, spring onions and parsley in a bowl and combine.
2. In a small bowl whisk egg, barbecue sauce and Worcestershire sauce. Add to beef mixture and mix well.
3. Spoon mixture into a greased 11 x 21 cm/4½ x 8½ in loaf tin and bake at 180°C/350°F/Gas 4 for 20 minutes.
4. To make glaze, combine tomato sauce, mustard and honey. Brush over meatloaf and bake for 1 hour longer or until cooked. Serve hot or cold.

.....
Serves 6

ingredients

- > 750 g/1½ lb lean beef mince
- > 1 cup/60 g/2 oz breadcrumbs, made from stale bread
- > 1 onion, diced
- > 1 carrot, grated
- > 1 green pepper, seeded and diced
- > 2 spring onions, chopped
- > 2 tablespoons chopped fresh parsley
- > 1 egg
- > 2 tablespoons barbecue sauce
- > 1 tablespoon Worcestershire sauce

tomato glaze

- > 2 tablespoons bottled tomato sauce
- > 1 tablespoon Dijon mustard
- > 1 tablespoon honey

tip from the chef

The mince mixture used for the meatloaf can also be used to make meatballs. Shape mixture into small balls and cook with a little oil in a frying pan over a medium heat, turning several times, for 10 minutes or until cooked through. Alternatively, cook meatballs in classic tomato sauce.



steak

with rosemary butter

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

ingredients

- > 15 g/½ oz butter
- > 15 g/½ oz cream cheese
- > 1 teaspoon fresh rosemary, finely chopped
- > 1 small clove garlic, crushed
- > 150 g/5 oz rib eye steak

method

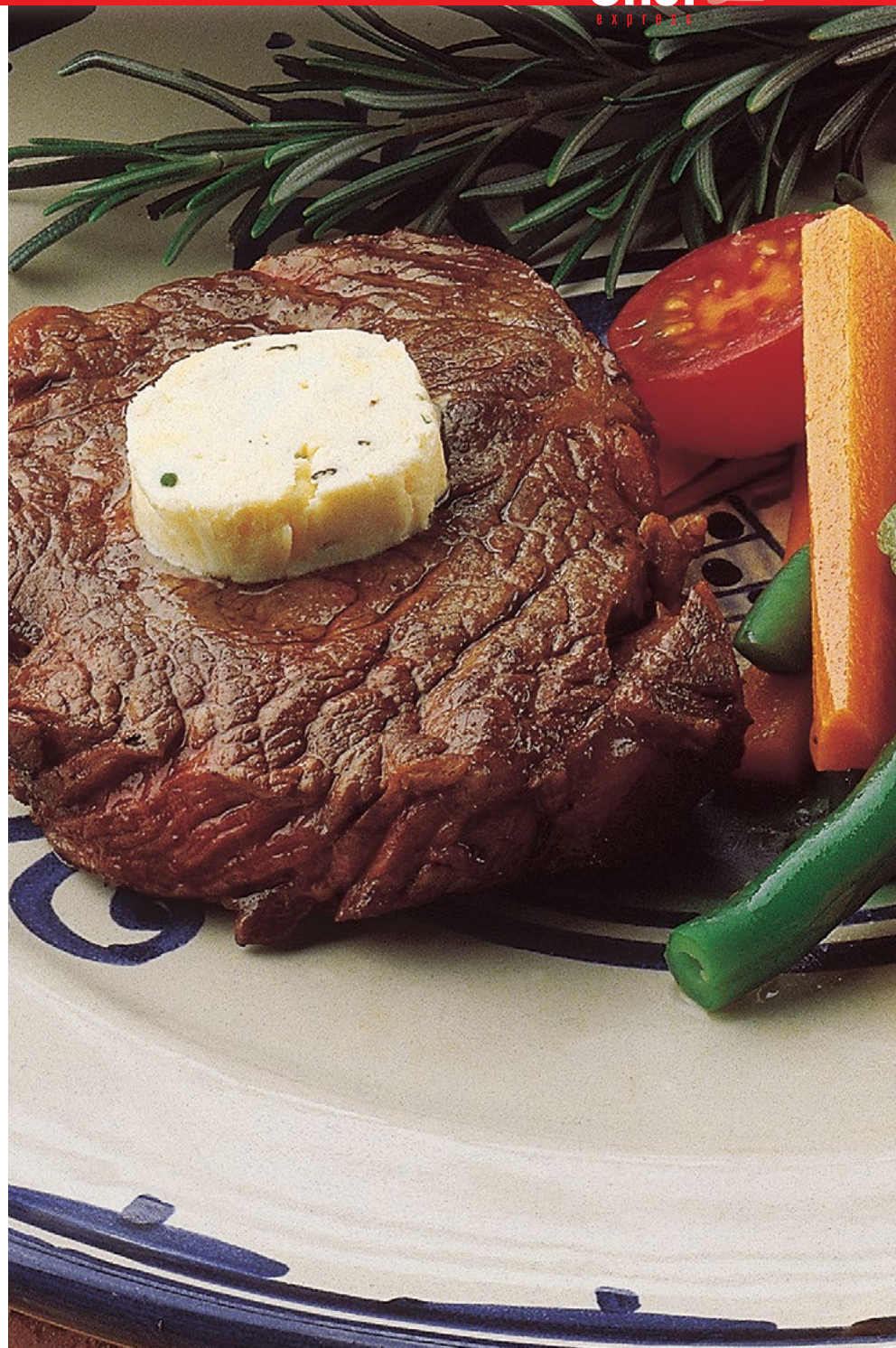
1. Soften butter and cream cheese to room temperature. Mix until well combined, mix in rosemary and garlic. Spoon mixture onto a piece of foil and roll up into a circle shape, freeze until ready to serve.
2. Cook steak on a preheated barbecue or under a grill until just cooked. Place frozen butter on top of each steak. Serve immediately.

.....
Serves 1

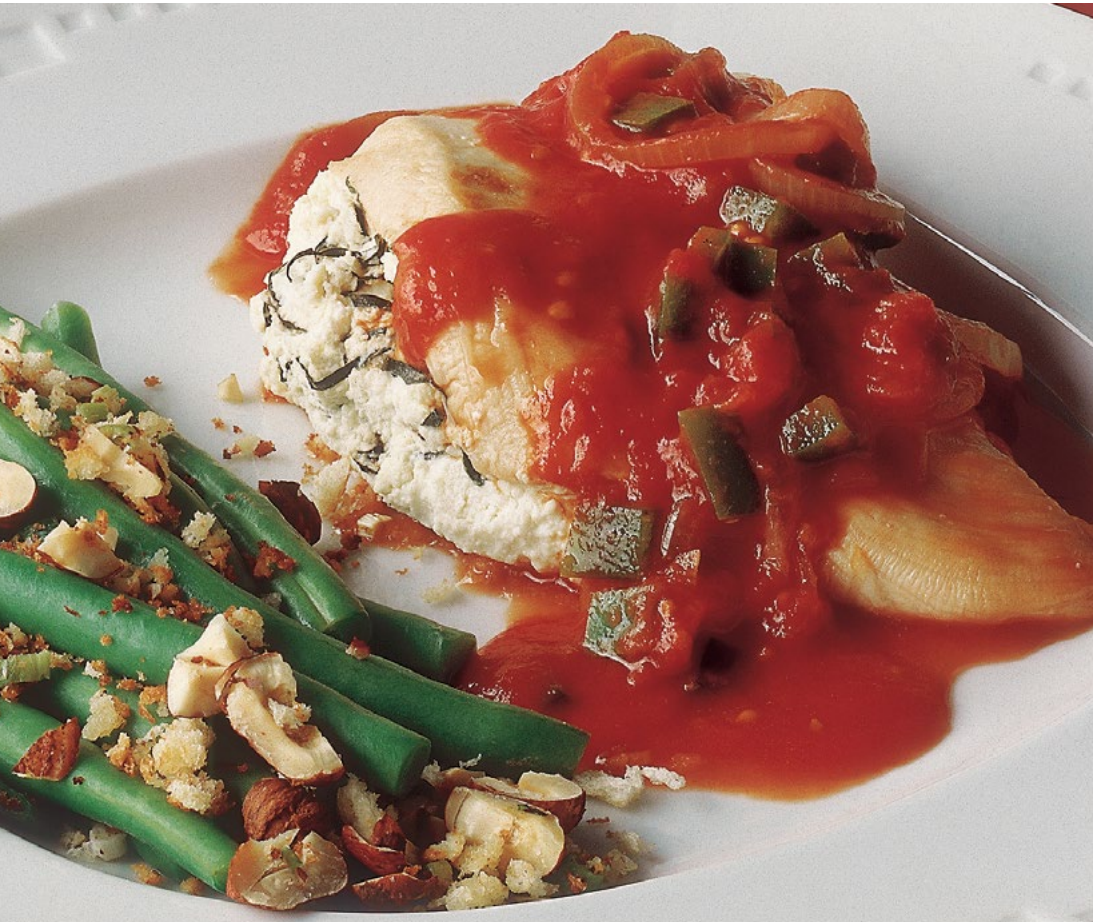


tip from the chef

This aromatic dish needs a very simple garnish, such as steamed or grilled vegetables as an accompaniment for the steak.



vineyard chicken



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

method

1. Make a deep slit in the side of each chicken fillet to form a pocket.
2. To make filling, place ricotta cheese, basil and black pepper to taste in a bowl and mix to combine. Fill pockets with filling (a) and secure with toothpicks.
3. Heat oil in a large frying pan, add onions and garlic and cook, stirring, for 3 minutes or until onions are soft. Add tomatoes (b), green pepper and wine (c) to pan and cook, stirring, for 2 minutes.
4. Add chicken to pan (d), cover and simmer, turning chicken occasionally, for 30 minutes or until chicken is tender.

ingredients

- > 4 boneless chicken breast or thigh fillets
- > 2 teaspoons vegetable oil
- > 2 onions, sliced
- > 2 cloves garlic, crushed
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 1 green pepper, chopped
- > 1 cup/250 ml/4 fl oz dry white wine

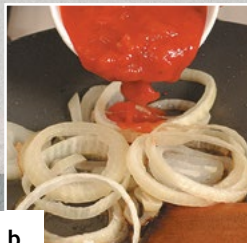
ricotta filling

- > 125 g/4 oz ricotta cheese, drained
- > 2 tablespoons chopped fresh basil
- > freshly ground black pepper

.....
Serves 4



a



b



c



d

tip from the chef

This recipe can be completed to the end of step 2 several hours in advance. does not include potatoes or other cooked vegetables.



cheesy noodles

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

ingredients

- > 2 x 90 g/3 oz packets quick-cooking noodles
- > 4 tablespoons sour cream
- > freshly ground black pepper
- > 60 g/2 oz tasty cheese (mature Cheddar), grated

method

1. Prepare noodles according to packet directions. Drain, add sour cream and black pepper to taste and toss to combine.
2. Divide noodle mixture between two heatproof serving dishes and sprinkle with cheese. Place under a preheated hot grill and cook for 3-4 minutes until cheese melts and is golden.

.....
 Serves 2

tip from the chef

Accompany with a salad made of the lettuce or lettuces of your choice, cherry tomatoes, chopped or sliced cucumber tossed with a French dressing. Mixtures of fresh salad greens are available from many greengrocers and supermarkets. These are an economical and easy alternative to buying a variety of lettuces and making your own salads of mixed lettuce leaves.



apple and sage pork roast

■ ■ □ | Cooking time: 65 minutes - Preparation time: 30 minutes

method

1. Unroll pork loins, make a cut in the middle of the fleshy part and lay out. Using a sharp knife, score rind at 2 cm³/₄ in intervals. Set aside.
2. To make stuffing, place butter, sugar and cinnamon in a frying pan and cook over a medium heat, stirring constantly, for 2 minutes or until mixture is syrupy. Add apple slices to pan and cook for 1 minute each side or until golden. Place breadcrumbs, sage, egg and black pepper in a bowl and mix to combine.
3. Place pork rind side down and place a layer of apples over flesh, leaving a 2 cm³/₄ in border. Top with a layer of breadcrumb mixture. Roll pork loins and tie with string.
4. Place rolled loins on a wire rack set in a baking dish and bake at 180°C/350°F/ Gas 4 for 1 hour or until tender. To serve, slice pork and accompany with honeyed roast vegetables (see tip).

.....
Serves 10

ingredients

- > 2 x 1-1.5 kg/2-3 lb pork loins apple and sage stuffing
- > 15 g/½ oz butter
- > ¼ cup/45 g/1½ oz brown sugar
- > 1 teaspoon ground cinnamon
- > 2 apples, cored, peeled and sliced
- > 3 cups/185 g/6 oz breadcrumbs, made from stale bread
- > 4 tablespoons chopped fresh sage or 2 teaspoons dried sage
- > 1 egg, lightly beaten
- > 1 teaspoon crushed black peppercorns

tip from the chef

To make the side dish to pork, in a wellgreased baking dish place 20 pieces pumpkin



chicken

and penne salad



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

method

1. Arrange penne, chicken, green pepper, chives, sweet corn, celery, tomatoes and endive on a large serving platter or in a large salad bowl.
2. Spoon dressing over salad and serve immediately.

ingredients

- > 500 g/1 lb penne, cooked
- > 1 kg/2 lb cooked chicken, skin removed and flesh shredded
- > 1 green pepper, chopped
- > 3 tablespoons snipped fresh chives
- > 440 g/14 oz canned sweet corn kernels, drained
- > 2 stalks celery, chopped
- > 250 g/8 oz yellow or red cherry tomatoes
- > 250 g/8 oz curly endive
- > ¾ cup/185 ml/6 fl oz creamy salad dressing

.....
Serves 4

tip from the chef

This salad is delicious served with chili toast cheese. To make toast cheese, trim crusts from slices of white or wholemeal bread and cook under a preheated medium grill for 2-3 minutes or until toasted on one side. Top untoasted side with grated cheese and a pinch of chili powder and cook for 2-3 minutes longer or until cheese melts and is golden.



chicken

and corn chowder

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

ingredients

- > 1 tablespoon vegetable oil
- > 1 small onion, diced
- > 250 g/8 oz boneless chicken breast fillets, shredded
- > 3 potatoes, chopped
- > 3½ cups/875 ml/1½ pt chicken stock
- > 315 g/10 oz canned sweet corn kernels, drained and coarsely chopped
- > 1¼ cups/315 ml/10 fl oz milk
- > 1 bay leaf
- > freshly ground black pepper
- > 1 tablespoon lemon juice
- > 2 tablespoons chopped fresh parsley
- > 1 tablespoon snipped fresh chives
- > 60 g/2 oz grated Parmesan cheese

method

1. Heat oil in a saucepan over a medium heat, add onion and cook, stirring, for 4-5 minutes or until onion is soft. Add chicken and cook for 2 minutes longer or until chicken just changes color.
2. Add potatoes and stock and bring to the boil. Reduce heat and simmer for 10 minutes or until potatoes are almost cooked. Stir sweet corn, milk, bay leaf and black pepper to taste into stock mixture and bring to the boil. Reduce heat and simmer for 3-4 minutes or until potatoes are cooked. Remove bay leaf. Stir in lemon juice, parsley, chives and black pepper to taste. Just prior to serving, sprinkle with Parmesan cheese.

.....
Serves 6

tip from the chef

To chop sweet corn, place in a food processor or blender and process using the pulse button until coarsely chopped. Creamed sweet corn can be used in place of the kernels if you wish. If using creamed sweet corn there is no need to chop it.





chicken cannelloni

■ ■ □ | Cooking time: 60 minutes - Preparation time: 45 minutes

method

1. Bacon and stir until browned and cooked. Remove from heat. Add Parmesan cheese, salt and pepper to taste. Set aside.
2. Make a bechamel sauce by melting the 160 g/5 oz butter in a saucepan, add flour and stir 1 minute. Remove from heat, gradually add milk, stirring well. Return to heat, stir until sauce thickens and boils. Remove from heat, stir in seasonings, cheese and eggs. Fill cannelloni tubes with chicken mixture.
3. Grease a large oven dish. Mix pasta sauce and water together and spread half over base of dish. Place cannelloni tubes in two rows in the dish then pour over remaining pasta sauce. Pour over the bechamel sauce, spread evenly and sprinkle with a little grated Parmesan cheese. Dot with 2 teaspoons butter and bake in preheated oven at 180°C/350°F/Gas 4 for 30-35 minutes until golden brown. Serve hot with a tossed salad.

ingredients

- > 2 tablespoons olive oil or butter
- > ¾ cup/90 g/3 oz flour
- > 1 onion, finely chopped
- > 4 cups/1 liter/1¼ pt milk
- > 500 g/1 lb ground chicken
- > 3 rashers bacon, chopped
- > salt, pepper
- > 3 tablespoons grated Parmesan cheese
- > 1/8 teaspoon nutmeg
- > 2 eggs, beaten
- > cannelloni tubes
- > 1 cup/250 ml/8 oz tomato pasta sauce
- > 160 g/5 oz butter
- > ½ cup/125 ml/4 fl oz water

.....
Serves 4

tip from the chef

For variation, use ground fish instead of chicken and add to sauce 5 chopped anchovy fillets, 1 crushed clove garlic and 75g/2½ oz pitted black olives.



chicken

pot pie

■■■ | Cooking time: 50 minutes - Preparation time: 45 minutes

ingredients

- > 60 g/2 oz butter
- > 1 large onion, chopped
- > 4 chicken breast fillets, cut into 2 cm³/₄ in cubes
- > 2 potatoes, cut into 1 cm¹/₂ in cubes
- > 2 large carrots, cut into 1 cm¹/₂ in cubes
- > ¼ cup/30 g/1 oz flour
- > 1 cup/250 ml/8 fl oz dry white wine
- > 3 cups/750 ml/1¼ pt chicken stock
- > 1 cup/250 ml/8 fl oz cream (double)
- > 2 tablespoons tomato paste (purée)

herbed scone topping

- > 2 cups/250 g/8 oz self-raising flour, sifted
- > 1 teaspoon dried mixed herbs
- > 30 g/1 oz grated fresh Parmesan cheese
- > 30 g/1 oz butter, chopped
- > 1 cup/250 ml/8 fl oz milk

method

1. Melt butter in a large frying pan and cook onion, stirring, over a medium heat for 3-4 minutes or until onion is soft. Add chicken and cook, stirring, for 3 minutes longer.
2. Add potatoes and carrots and cook, stirring, for 8-10 minutes. Stir in flour, then wine, stock, cream and tomato paste (purée), and bring to simmering. Simmer for 10 minutes then transfer mixture to a casserole dish.
3. To make topping, place flour, herbs, Parmesan cheese and butter in a food processor and process to combine. With machine running, add milk and process to form a sticky dough. Turn dough onto a lightly floured surface and knead until smooth. Press dough out to 2 cm³/₄ in thick and, using a scone cutter, cut out rounds and place on top of casserole.
4. Bake at 200°C/400°F/Gas 6 for 20-25 minutes or until topping is cooked and golden, and casserole is hot.

.....
Serves 4

tip from the chef

A delicious herb topping is an imaginative alternative to potatoes in this cobbler-style recipe. Serve with a green vegetable, such as beans, spinach or cabbage, for a complete meal.



peppered salmon

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

method

1. To make lime yogurt, place chives, lime juice, lime rind, honey and yogurt in a bowl and mix well to combine. Cover and chill until required.
2. To make marinade, place black peppercorns, dill and lemon juice in a plastic food bag. Add salmon and shake to coat. Marinate for 5 minutes.
3. Melt butter in a frying pan over a medium heat, add salmon and cook for 2-3 minutes each side or until fish flakes when tested with a fork. Serve with lime yogurt.

.....
Serves 4

ingredients

- > 4 salmon cutlets
 - > 30 g/1 oz butter
- black pepper marinade*
- > 2 tablespoons coarsely cracked black peppercorns
 - > 2 tablespoons chopped fresh dill
 - > 2 tablespoons lemon juice
- lime yogurt*
- > 2 tablespoons snipped fresh chives
 - > 2 tablespoons lime juice
 - > 1 tablespoon finely grated lime rind
 - > 2 teaspoons honey
 - > 1¼ cups/250 g/8 oz natural yogurt

tip from the chef

Salmon is an oily fish which means that it has more omega-3 fatty acids than white fish such as sole, plaice or whiting. Medical research has shown that omega-3 has a lowering effect on blood pressure and blood fats. A salad of mixed lettuces tossed with balsamic or red wine vinegar is the perfect accompaniment for this dish.



snapper fillets

with lemon and coriander

■ □ □ | Cooking time: 8 minutes - Preparation time: 5 minutes

ingredients

- > 1 teaspoon chopped fresh ginger
- > 1 teaspoon crushed garlic
- > 2 tablespoons finely chopped coriander
- > 2 tablespoons olive oil
- > 1½ tablespoon lemon juice
- > 500 g/1 lb snapper fillets (4 portions)

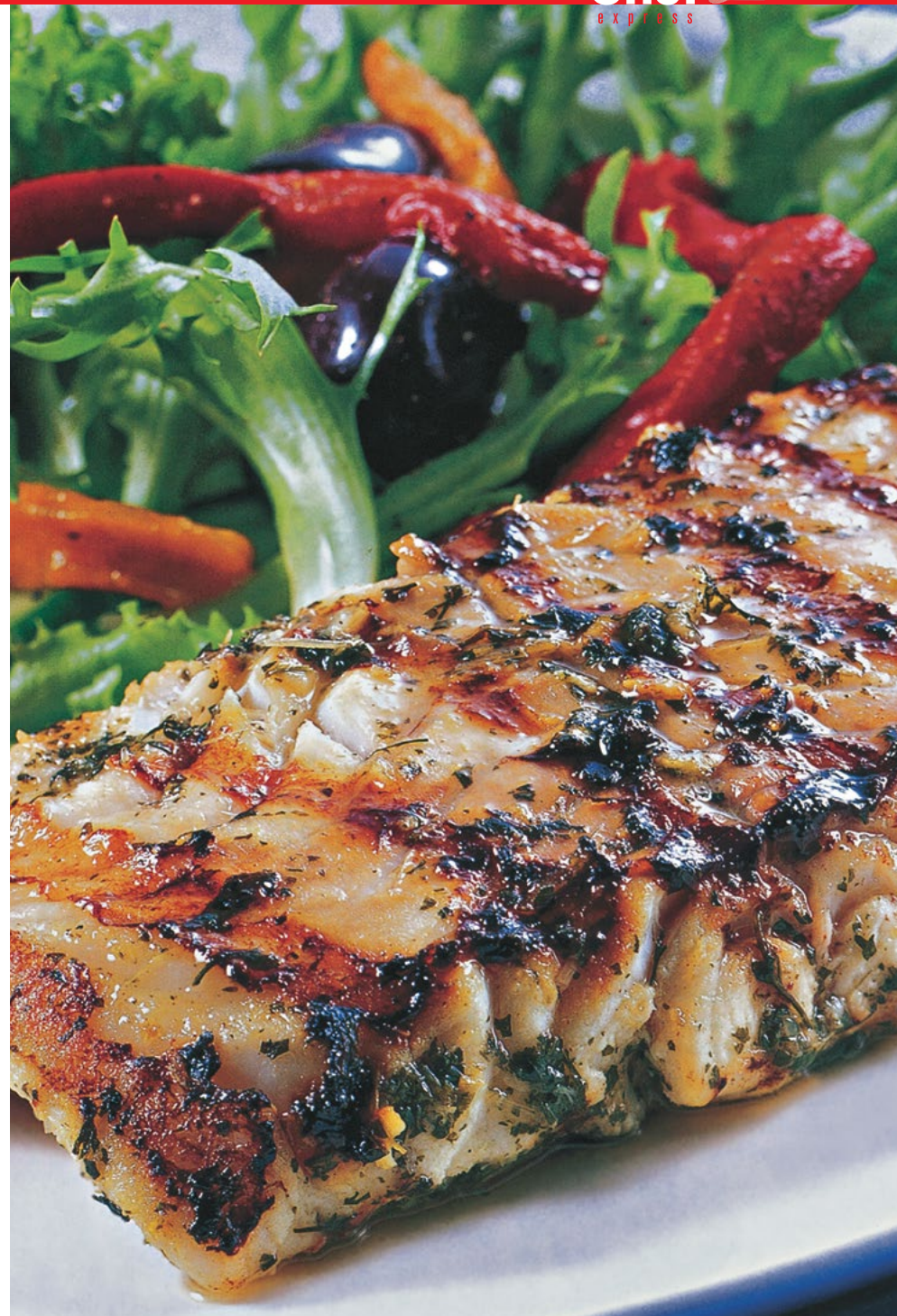
method

1. Mix the first 5 ingredients together in a shallow dish. Place the fillets in the dish and turn to coat well. Cover and stand 10-15 minutes.
2. Heat the barbecue to medium/hot and oil the grill bars. Place a sheet of baking paper over the bars and make a few slashes between the grill bars to allow ventilation. Place the fish on the paper and cook for 3-4 minutes each side according to thickness. Brush with marinade during cooking. Remove to plate. Heat any remaining marinade and pour over the fish.

.....
Serves 4

tip from the chef

Fish is cooked, if when tested with a fork, it flakes or the sections pull away. Lingfish, haddock and perch may also be used.



southern-fried chicken drumsticks



■ □ □ | Cooking time: 35 minutes - Preparation time: 10 minutes

method

1. Rinse drumsticks and pat dry with paper towel. Smooth skin over the drumsticks.
2. Mix flour, salt and pepper (a), place on paper-lined, flat plate. Beat eggs and milk well together in a deep plate.
3. Dip the drumsticks in the flour (b) then into the egg, turning to coat both sides. Place again in the flour, lift end of paper to toss flour over drumstick and roll in flour until well covered. Place in single layer on a clean, flat tray.
4. Heat oil in a large frying pan. Add drumsticks and fry a few minutes on each side (c) until just beginning to color. Reduce heat, place a lid on the pan and cook slowly for 20 minutes, turning chicken after 10 minutes (d).
5. Remove lid and increase heat, continue cooking until golden brown and crisp, turning frequently. Remove from pan, drain on paper towels (e). Serve hot with vegetable accompaniments.

ingredients

- > 1 kg/2 lb chicken drumsticks
- > 1½ cups/180 g/6 fl oz flour
- > 1 teaspoon salt and pepper
- > 2 eggs
- > ⅓ cup/80 ml/3 fl oz milk
- > ½ cup/120 ml/4 fl oz canola oil

.....
Serves 4



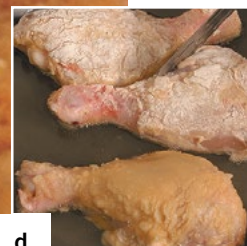
a



b



c



d



e



cajun

blackened fish

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

ingredients

- > 6 firm white fish fillets, each about 2 cm³/₄ in thick
- > 100 g/3½ oz unsalted butter, melted
- > 1½ tablespoons Cajun spice mix
- > 1 teaspoon paprika
- > ¼ teaspoon chili powder

method

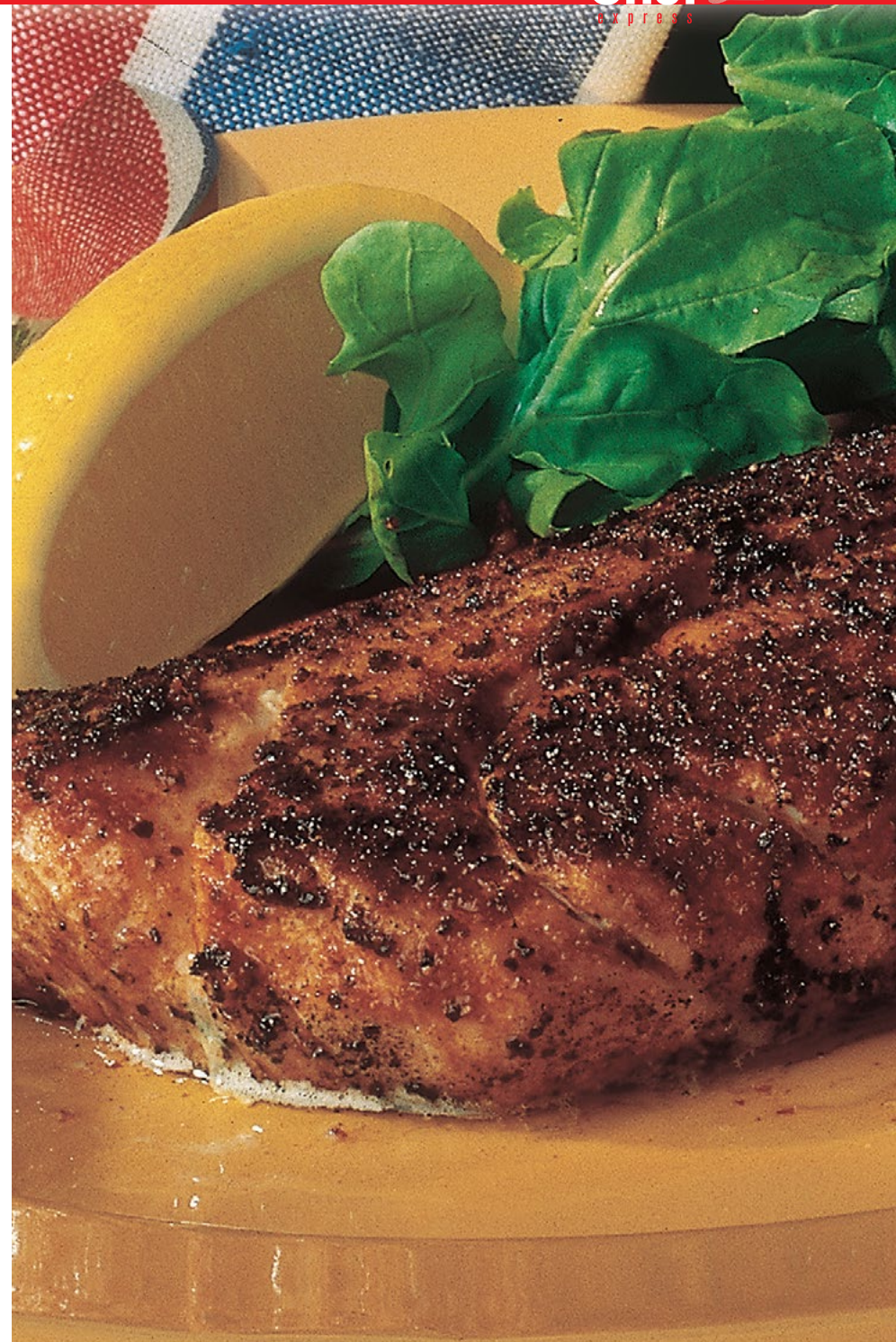
1. Brush each fish fillet liberally with melted butter.
2. Combine spice mix, paprika and chili powder and using your hands, rub spice mixture evenly over fillets.
3. Heat a large cast iron frying pan over a high heat until very hot. Add fish fillets and cook for 1-2 minutes each side or until fish flakes when tested with a fork. Serve immediately with any remaining melted butter.

.....
Serves 6



tip from the chef

It may be necessary to cook the fish in batches for this recipe. Shelled and deveined uncooked prawns are also delicious prepared in this way.



spaghetti

bolognese

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

method

1. To make sauce, heat oil in a frying pan over a medium heat. Add onion and garlic and cook, stirring, for 3 minutes or until golden.
2. Add beef and cook, stirring, for 10 minutes or until browned. Stir in tomatoes, tomato paste and wine and bring to the boil. Reduce heat and simmer for 15 minutes. Add Worcestershire sauce and basil and simmer for 15 minutes longer or until sauce reduces and thickens. Season to taste with black pepper.
3. Cook pasta in boiling water in a large saucepan following packet directions. Drain well and place in a warm serving bowl.
4. To serve, spoon hot sauce over pasta and sprinkle with Parmesan cheese and parsley.

.....
Serves 4

ingredients

- > 500 g/1 lb spaghetti
- > 60 g/2 oz fresh Parmesan cheese, grated
- > 2 tablespoons chopped fresh parsley

bolognese sauce

- > 1 tablespoon vegetable oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 500 g/1 lb lean beef mince
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 2 tablespoons tomato paste (purée)
- > ¼ cup/60 ml/2 fl oz red wine
- > 1 tablespoon Worcestershire sauce
- > 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- > freshly ground black pepper

tip from the chef

Fresh Parmesan cheese is best purchased in a piece then grated as required. Once you have tried fresh Parmesan you will realize that it has a much milder and better flavor than the grated cheese that comes in packets.



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.

.....
Serves 4

tip from the chef

The ideal companion for barbecued or oven roasted chicken.



a

b



char-grilled vegetable slices

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

method

1. Preheat barbecue to a medium heat. Place oil and garlic in a small bowl and whisk to combine. Brush eggplant, zucchini, red pepper and tomato slices with oil mixture.
2. Cook eggplant, zucchini and red pepper slices on lightly oiled barbecue, turning frequently, for 4-5 minutes or until almost cooked. Add tomato slices to barbecue and cook all vegetables for 2-3 minutes longer. Season with black pepper to taste. Serve.

ingredients

- > ½ cup extra virgin olive oil
- > 1 clove garlic, crushed
- > 1 large eggplant, cut lengthwise into thick slices
- > 3 large zucchini, cut lengthwise into thick slices
- > 2 red peppers, cut into quarters, seeded
- > 3 large firm tomatoes, cut into thick slices
- > freshly ground black pepper

.....
Serves 6

tip from the chef

Garlic is excellent for those who need to lower cholesterol and normalize blood pressure.



provençal

eggs

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

ingredients

- > ½ cup/125 ml/4 fl oz vegetable oil
- > 1 large onion, chopped
- > 2 cloves garlic, crushed
- > 1 eggplant, chopped
- > 4 large tomatoes, chopped
- > 3 tablespoons tomato paste (purée)
- > ¼ cup/60 ml/2 fl oz white wine
- > 4 eggs
- > 1 tablespoon chopped fresh parsley

method

1. Heat 2 tablespoons oil in a large frying pan and cook onion and garlic for 3-4 minutes or until soft. Add eggplant and remaining oil and cook for 5 minutes. Stir in tomatoes, tomato paste and wine (a) and cook for 10 minutes longer.
2. Transfer vegetable mixture to a shallow ovenproof dish and bake at 200°C/400°F/ Gas 6 for 10 minutes.
3. Remove dish from oven and using the back of a tablespoon make 4 depressions in the mixture (b). Break an egg into each depression (c), sprinkle with parsley and bake for 10-15 minutes longer or until eggs are cooked.

.....
Serves 4

tip from the chef

This delightful dish can also be cooked in shallow individual dishes. Divide vegetable mixture between dishes, bake for 5 minutes then add the eggs and bake for 10 minutes longer or until eggs are cooked.



american-style franks and beans

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

method

1. Heat oil in a frying pan over a medium heat, add onion and cook, stirring, for 5 minutes or until golden.
2. Add frankfurters and cook, stirring, for 5 minutes longer.
3. Stir in beans, sauce and chili powder, if using, and bring to the boil. Reduce heat and simmer for 10 minutes.

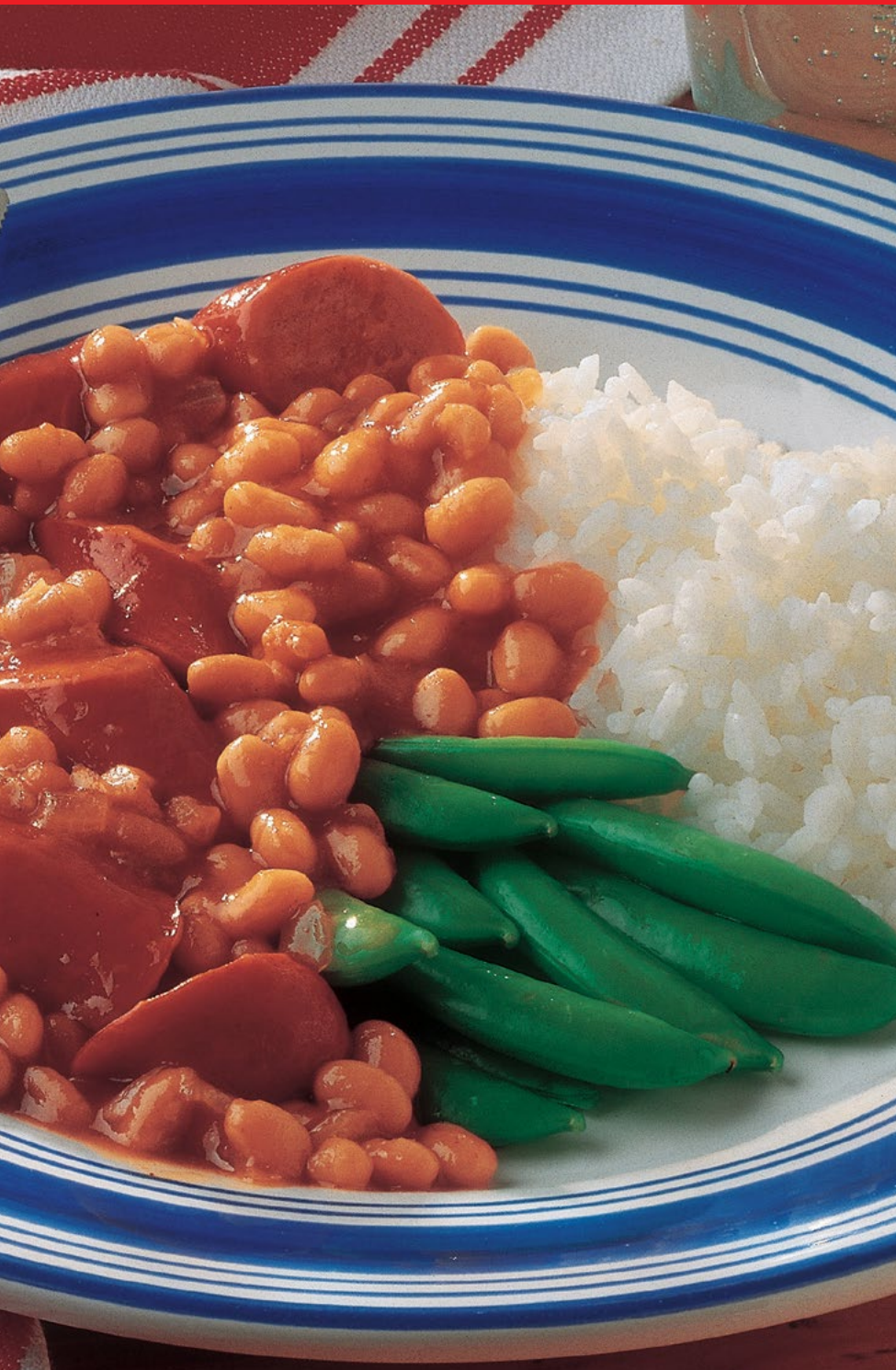
ingredients

- > 2 tablespoons vegetable oil
- > 1 onion, diced
- > 4 Continental frankfurters, sliced
- > 2 x 440 g/14 oz canned baked beans
- > 2 tablespoons barbecue sauce
- > ½ teaspoon chili powder (optional)

.....
Serves 4

tip from the chef

For a complete meal serve on a bed of boiled rice or pasta with steamed green vegetables of your choice. Frankfurters freeze well and are a great standby for those times when you haven't had time to go to the supermarket. Frankfurters can be cooked from frozen, but you will need to increase the cooking by 5-10 minutes.



butter cake

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

ingredients

- > 125 g/4 oz butter
- > 1 teaspoon vanilla essence
- > ¾ cup/185 g/6 oz caster sugar
- > 2 eggs
- > 1½ cups/185 g/6 oz plain flour, sifted
- > 1½ teaspoons baking powder
- > ½ cup/125 ml/4 fl oz milk

method

1. Beat butter and vanilla in a small mixing bowl until light and fluffy. Add sugar gradually, beating well after each addition. Beat in eggs one at a time (a).
2. Combine flour and baking powder and fold in alternately with milk (b). Spoon mixture into a greased and lined 22 x 8 cm/9 x 3 in cake pan (c).
3. Bake at 180°C/350°F/Gas 4 for 30 minutes. Stand for 5 minutes before turning out onto a wire rack to cool. Ice with frosting of your choice (see tip).

.....
Makes 10 slices

variations

- **Chocolate cake:** Mix 60 g/2 oz melted chocolate into the cake mixture before adding flour and milk. Substitute 2 tablespoons cocoa powder for 2 tablespoons flour.
- **Orange cake:** Use 2 teaspoons grated orange rind instead of vanilla. Replace 4 tablespoons milk with orange juice.

tip from the chef

You may like to try lemon cheese frosting. To make it, beat 125 g/4 oz cream cheese in a small bowl until creamy. Add 1 teaspoon grated lemon rind, 1½ cups/250 g/8 oz sifted icing sugar and 2 teaspoons lemon juice and mix well.



a



b



c

baked apples

with walnut crust



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

method

1. Place walnuts, sugar, brown sugar and cinnamon in a blender or food processor (a), process until nuts are finely chopped.
2. Core the apples and peel two-thirds of the skin off from the top. Brush the bare apple with butter (b), then press the walnut sugar mixture onto the apple (c).
3. Stand apples in a baking dish (d) and cook in moderate oven for 45 minutes. Serve with whipped cream.

ingredients

- > ½ cup walnut halves
- > ¼ cup sugar
- > ¼ cup dark brown sugar
- > 2 teaspoons ground cinnamon
- > 4 green apples
- > ¼ cup melted butter
- > cream for serving

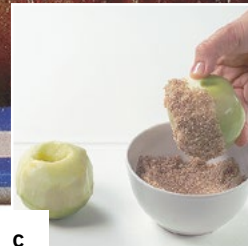
.....
Serves 4



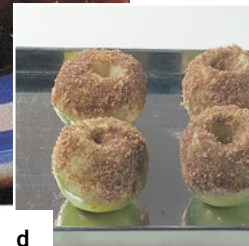
a



b



c



d

tip from the chef

It is an extremely easy and quick dessert, ideal for serving in Winter-time with a scoop of vanilla ice-cream.



apricot spice muffins

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

ingredients

- > vegetable oil for brushing tins
- > 1¼ cups/155 g/5 oz self-raising flour
- > ¾ cup/100 g/3½ oz wholemeal self-raising flour
- > 1 teaspoon ground mixed spice
- > 155 g/5 oz dried apricots
- > 90 g/3 oz butter
- > 1 tablespoon lemon juice
- > 1 tablespoon grated lemon rind
- > ⅓ cup/60 g/2 oz brown sugar
- > 1 egg
- > ½ cup/125 ml/4 fl oz milk

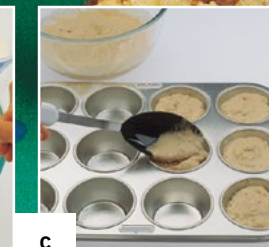
method

1. Preheat oven to 180°C/350°F/Gas 4. Lightly brush muffin tins with vegetable oil (a).
2. Place self-raising flour, wholemeal self-raising flour and mixed spice in sifter or sieve. Sift into large bowl. Tip any husks remaining in sifter or sieve into bowl. Use scissors to cut apricots into small pieces. Add apricots to flour mixture. Set aside.
3. Place butter in saucepan. Heat over a low heat until butter melts. Pour butter into small bowl. Add lemon juice, lemon rind, sugar and egg. Whisk.
4. Pour half the butter mixture into flour mixture (b), mix. Pour in half the milk, mix. Repeat to use all the butter mixture and milk.
5. Spoon mixture into muffin tins (c). Bake for 20-25 minutes or until a skewer inserted into the center of a muffin comes out clean.
6. Stand muffins in tins for 5 minutes. Turn onto wire rack. Cool.

.....
Makes 12

tip from the chef

I like to make these muffins at the weekend so that we have instant snack food during the week.



a

b

c



index

Layered Lunch Loaf	6	Snapper Fillets With Lemon And Coriander	68
Baked Jacket Potatoes	8	Southern-fried Chicken Drumsticks	70
Beef Tostada Cups	10	Cajun Blackened Fish	72
Big Green Salad	12	Spaghetti Bolognese	74
Broccoli And Macaroni Casserole	14	Cauliflower Au Gratin	76
Cheese And Garlic Cheese	16	Chargrilled Vegetables Slices	78
Cheesy Scalloped Potatoes	18	Provençal eggs	80
New York Reuben	20	American-style Franks and Beans	82
Chicken Tacos	22	Butter Cake.....	84
Balsamic Tomato Salad	24	Baked Apples With Walnut Crust	86
Accordion Sandwich	26	Apricot Spice Muffins	88
The BTLA	28		
Barbecued Pork Spare Ribs	30		
Chargrilled Tarragon Chicken	32		
Perfect Steaks With Diane Sauce	34		
Spicy Shredded Beef	36		
Spicy Rice, Tomato And Vegetables.....	38		
Béarnise Roast Beef	40		
Bows With Rich Tomato Basil Sauce.....	42		
Spicy Pork Fillet	44		
Italian Pork With Lemon Sauce.....	46		
Speedy Meatloaf.....	48		
Steak With Rosemary Butter	50		
Vineyard Chicken.....	52		
Chicken Noodles	54		
Apple and Sage Pork Roast	56		
Chicken And Penne Salad	58		
Chicken And Corn Chowder	60		
Chicken Cannelloni	62		
Chicken Pot Pie.....	64		
Peppered Salmon	66		



simply stay at
home cooking