

Chef

express



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STATE JOURNAL

winter

warming food



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warming food

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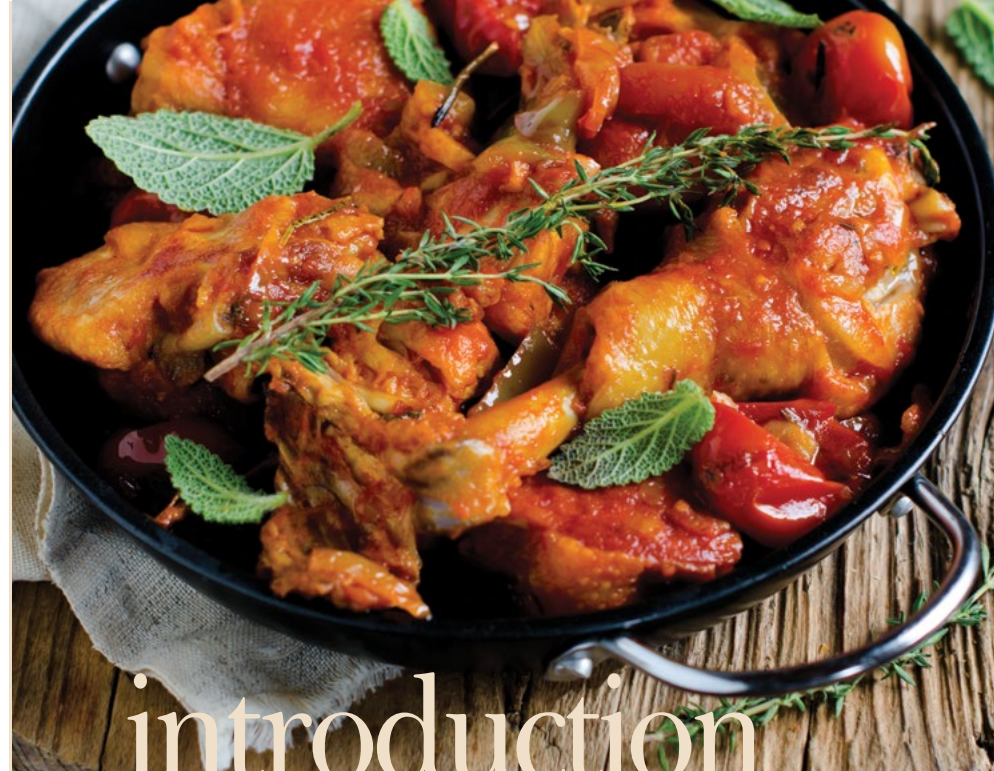
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introduction

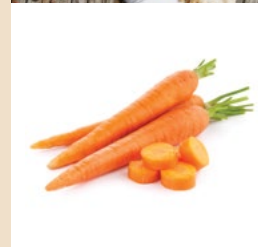
Make the best out of the cold season with these cozy recipes! From comforting soups and soul-warming casseroles, to succulent roasts and decadent desserts, the following dishes are guaranteed to spice up your winter, and warm you up when you need it most.



winter

warming food

- As the air grows cool, we tend to skip on the salads and light meals, and begin to crave comforting foods that are not only perfectly warm, but also rich in flavor and healthful.
- Winter time provides even the most sophisticated cook with challenges. Fortunately, because Florida, California, Arizona and other states provide us with an abundance of tasty products, we are able to plan menus that are varied and interesting.
- Without a doubt, winter is the perfect time for cooking. For the juiciest meat dishes, nothing works better than braising your protein slowly and over a low heat. In this case, the classic option is to cook the meat in wine and stock, or beer. In terms of spices, cinnamon, nutmeg, ginger and cloves are the stars of the season. These are great with baked rolls, pies, cakes and creamy desserts and cocktails. Soups and stews are a life-saver because you can simply portion them out and freeze them for those weekdays when you are just too busy to cook.
- As with every season, it is always a good idea to use winter produce as your main ingredient. Oranges and lemons make incredible sweet and savory sauces, Brussels



sprouts make one of the most irresistible sides, and what about an excessively cheesy mac n cheese featuring seasonal broccoli florets? Other winter vegetables include cauliflower, cabbage, celery, grapefruit, horseradish, kale, leeks, carrots, turnips and parsnips, among many others.

- This is the season when social and business schedules are filled with activities. Most of the recipes included in this book can be made ahead of time and frozen. Stews and soups especially may be made in quantities and stored in the freezer for several weeks.
- We hope this collection tantalizes your taste buds and uplifts you as you snuggle up next to the fireplace with your favorite people.
- The recipes and suggestions included in this issue of Chef Express were selected to provide inspiration to the cook as well as nourishment and comfort to those who will enjoy them. Try a little tenderness and a great meal to chase those winter blues away while staying healthy and happy!

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

cheesy scallop potatoes

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

ingredients

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

method

1. Preheat oven to 350°F/180°C/Gas 4.
2. Scrub potatoes under cold running water to remove all dirt, slice thinly. 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 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.
6. Grate cheese. Sprinkle over potatoes.
7. Bake for 1-1¼ hours or until potatoes are tender.

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Serves 4



junior chef says

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



simple minestrone

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

method

1. Soak beans for 8 hours in 4 cups water with flour.
2. Rinse beans, combine them with stock in a large saucepan and simmer, covered, for 1 hour or until tender.
3. Add green beans, carrots, squash and leek. Add another 2 cups of water, bring to the boil, cover and simmer for 30 minutes.
4. Add pasta, pepper and tomatoes, cook until tender, about 10 minutes.

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Serves 6

ingredients

- > 1½ cups dried white beans
- > 1 tablespoon flour
- > 6 cups chicken stock
- > 5 oz/155 g green beans, trimmed and chopped
- > 2 carrots, chopped
- > 3½ oz/100 g yellow baby squash, sliced
- > 1 leek, sliced
- > 1 cup small shell pasta shapes
- > 1 teaspoon cracked black peppercorns
- > ¾ cup canned tomatoes, chopped

tip from the chef

An Italian classic which every family cooks with their favorite vegetables or with those at hand. Do so yourself!



french onion soup

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

ingredients

- > 2 oz/60 g butter
- > 4 onions, thinly sliced
- > 2 teaspoons plain flour
- > 4 cups chicken stock
- > ½ cup white wine
- > 8-12 slices French bread
- > ½ cup grated cheese

method

1. Melt butter in a large saucepan over low heat. Add onions and cook very slowly, stirring constantly, for at least 10 minutes or until brown. Add flour and cook, stirring, for a further 5 minutes.
2. Increase heat to moderate, add stock and wine and bring to the boil. Reduce heat and simmer for 10 minutes.
3. Toast each side of bread slices, sprinkle one side with cheese and place under a preheated grill until cheese melts.
4. Place cheese toasts in the bottom of soup terrine and pour over soup. Serve immediately.

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Serves 4-6

tip from the chef

This soup –well-known all over the world– is a must for a late supper after the theater.





irish stew

■□□ | Cooking time: 2 hours 30 minutes - Preparation time: 10 minutes

method

1. Preheat oven to 325°F/160°C/Gas 3. Trim meat of excess fat and sinew. Toss in flour; shake off excess.
2. Place meat in a 2 qt/1,90 liter ovenproof dish. Add onion and water, cover, cook for 1 hour 30 minutes.
3. Add potatoes and carrots, cook further 1 hour, covered, until meat and potatoes are tender. Add parsley, stir to combine.

- > 2 lb/1 kg lamb neck chops
- > ¼ cup/1 oz/30 g plain flour
- > 4 medium onions, sliced
- > 2 cups water
- > 8 medium potatoes, quartered
- > 4 carrots, sliced
- > ¼ cup/5 g chopped fresh parsley

Variation: The potatoes can also be sliced thickly and used to line the base of the dish. During the long, slow cooking, the potatoes will disintegrate, thickening and enriching the cooking liquid. Add wide strips of bacon and chopped carrots for a more substantial meal.

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Serves 6

tip from the chef

Traditionally, Irish stew is made from mutton, which has a stronger flavor than lamb and benefits from lengthy cooking. Some butchers stock mutton on a regular basis or will order it in for you.



chicken and corn soup

■ □ □ | Cooking time: 21 minutes - Preparation time: 25 minutes

ingredients

- > 1 tablespoon vegetable oil
- > 1 small onion, diced
- > 8 oz/250 g boneless chicken breast fillets, shredded
- > 3 potatoes, chopped
- > 3½ cups/30 fl oz/900 ml chicken stock
- > 10 oz/315 g canned sweet corn kernels, drained and coarsely chopped
- > 1¼ cups/10 fl oz/315 ml milk
- > 1 bay leaf
- > freshly ground black pepper
- > 1 tablespoon lemon juice
- > 2 tablespoons chopped fresh parsley
- > 1 tablespoon snipped fresh chives
- > 2 oz/60 g 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.

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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.





bean stew

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

method

1. Place beans in a large bowl, pour over enough cold water to cover and set aside to soak overnight, then drain. Place beans in a saucepan, pour over abundant cold water, bring to the boil over high heat. Reduce heat and simmer gently until beans are tender. Drain, set aside.
2. Heat oil in a frying pan over medium heat. Add red pepper, celery, carrots and onion and cook, stirring frequently, until vegetables are soft.
3. Add tomatoes and 2 cups/16 fl oz/500 ml water to pan, mix well and bring to the boil. Add beans and boil about 20 minutes.

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Serves 4

ingredients

- > 8 oz/250 g red dried beans
- > 3½ oz/100 g white dried beans
- > 5 tablespoons oil
- > 1 red pepper, cubed
- > 3 stalks celery, sliced
- > 2 carrots, sliced
- > 1 onion, chopped
- > 14 oz/440 g canned tomatoes, undrained and mashed
- > freshly ground black pepper

tip from the chef

For something different, use chickpeas in place of the beans and add one boneless chicken breast fillet, cut into cubes.



tuscan, bean and spinach soup

■□□ | Cooking time: 105 minutes - Preparation time: 10 minutes

ingredients

- > ¾ cup dried beans
- > ½ cup olive oil
- > 2 carrots, chopped
- > 2 stalks celery, chopped
- > 4 yellow zucchini, chopped
- > 1 cup peeled tomatoes, chopped
- > 3 cloves garlic, crushed
- > 5 cups boiling chicken stock
- > 3 cups spinach leaves

method

1. Place beans in a bowl, cover with water and soak overnight. Drain and transfer beans to a large saucepan, add 4 cups water, cook for 1 hour, drain.
2. Heat oil in a medium saucepan over moderate heat. Add carrots, celery, zucchini, tomatoes and garlic and cook for 10 minutes, stirring constantly.
3. Pour in stock, add beans and simmer for 30 minutes. Add spinach leaves and cook for a further 2 minutes. Serve immediately.

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Serves 4



tip from the chef

This tasty and abundant soup may be served as main course if 3 cubed potatoes are added in Step 2.



creamy leek and potato soup

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

method

1. Heat oil in a saucepan over a medium heat. Add leeks and onion and cook, stirring occasionally, for 10 minutes or until golden and tender.
2. Add potatoes and stock and bring to the boil. Reduce heat and simmer for 20-30 minutes or until potatoes are tender. Remove pan from heat and set aside to cool slightly.
3. Using a mixer process soup in batches until smooth. Return soup to a clean saucepan and bring to the boil. Reduce heat, stir in cream and black pepper to taste and simmer for 15 minutes. Just prior to serving, stir in chives.

ingredients

- > 2 tablespoons vegetable oil
- > 2 leeks, white part only, thinly sliced
- > 1 onion, chopped
- > 1 lb/500 g/ potatoes, chopped
- > 4 cups/1 liter/ chicken stock
- > 1¼ cups/10 fl/315 ml/ oz cream
- > freshly ground black pepper
- > 2 tablespoons chopped fresh chives

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Serves 4-6

tip from the chef

To prepare and clean leeks, trim green tops, remove outer leaves and bottom, cut white part in half lengthways and rinse in cold water to remove any grit and dirt.



steak diane

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

ingredients

- > 6 fillet steaks, about 4½ oz/130 g each
- > ½ teaspoon ground black pepper
- > 1 ½ oz/45 g butter
- > ¾ oz/20 g butter, extra
- > 4 cloves garlic, crushed
- > 2 spring onions, finely chopped
- > 2 tablespoons of thyme

worcestershire sauce

- > 1 tablespoon brandy
- > ½ cup/4 oz/120 g heavy cream
- > 2 tablespoons finely chopped fresh thyme
- > fresh thyme sprigs, for garnish

method

1. Trim meat of excess fat and sinew. Flatten steaks to an even thickness. Nick edges to prevent curling. Sprinkle each steak with pepper. Heat butter in pan; add steaks. Cook over high heat 2 minutes each side to seal, turning once. For a rare result, cook a further minute each side. For medium and well done results, reduce heat to medium, cook a further 2 to 3 minutes each side for medium and 4 to 6 minutes each side for well done. Remove from pan; drain on absorbent paper.
2. Heat extra butter in pan. Add garlic fresh parsley and spring onion and cook gently for 3 minutes. Add Worcestershire sauce and brandy and stir to dislodge crusty pieces from bottom of pan.
3. Stir in the cream; simmer 5 minutes. Return steaks to pan with thyme and heat through.

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Serves 6



tip from the chef

Have all the ingredients ready before beginning; the highlight of this dish is the tender meat cooked to just the right degree.

shrimps with champagne sauce

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

method

1. Place shrimp in large saucepan, add enough cold water to just cover shrimp. Bring to boil, boil for about 5 minutes or until shrimp change color. Drain, reserve 1 cup strained stock. Remove meat from shells in 1 piece, leave tails intact.
2. Heat butter in medium frying pan, add leek, cook over medium heat for about 5 minutes, stirring occasionally, until leek is soft. Add flour, stir over medium heat for 1 minute, remove from heat.
3. Gradually stir in reserved stock, champagne, cream and sugar, stir constantly over high heat until sauce boils and thickens; stir in dill and pepper. Serve with warm shrimp, garnished with parsley.

ingredients

- > 3.3 lbs/1 ½ kg uncooked shrimp
- > 1 oz/30 g butter
- > 1 medium leek, finely chopped
- > 2 tablespoons plain flour
- > ¾ cup champagne
- > ½ cup cream
- > 1 teaspoon sugar
- > 1 tablespoon chopped fresh dill
- > pinch cayenne pepper
- > chopped parsley, for garnish

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Serves 4

tip from the chef

This elegant dish is best prepared just before serving. This sauce would also be delicious served over prawns, crabs, or lobsters.



farmhouse casserole

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

ingredients

- > 3 lb/1.5 kg chicken pieces
- > ¼ cup/1 oz/30 g seasoned flour
- > 2 oz/60 g butter
- > 2 cloves garlic, crushed
- > 2½ cups/20 fl oz/600 ml chicken stock
- > 2 tablespoons tomato paste (purée)
- > 1 tablespoon vegetable oil
- > 2 small carrots, diced
- > 1 turnip, diced
- > 1 parsnip, diced
- > 8 small onions
- > 3 rashers bacon, chopped
- > 8 brussels sprouts
- > 3 tablespoons chopped fresh parsley
- > freshly ground black pepper
- > pomegranate seeds, to decorate

method

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

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Serves 6

tip from the chef

If you want, you can add some spinach sautéed with garlic to the top.





chicken, tomato and pimiento casserole

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

method

1. Heat the oil in a large frying pan, add the chicken pieces and cook over moderate heat, stirring often, for 15 minutes, or until the skin is golden brown, and chicken is cooked. Remove chicken with a slotted spoon.
2. Add green bell pepper, onion and pimientos to the frying pan, cook for 2 minutes.
3. Add the wine and tomatoes to the frying pan, bring to the boil. Reduce heat, simmer 10 minutes, uncovered. Season with salt and pepper, to taste. Stir in chicken and basil, serve immediately, garnished with sage and rosemary.

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Serves 4

ingredients

- > ¼ cup oil
- > 4 chicken thighs and drumsticks
- > 1 green bell pepper, chopped
- > 2 onions, peeled and chopped
- > 13 oz/400 g can pimientos, drained, cut into strips
- > 1 cup dry white wine
- > 2 cups tinned tomatoes and juice
- > 3 tablespoons chopped fresh basil
- > salt and pepper, to taste
- > fresh sage leaves, for garnish
- > fresh rosemary sprigs, for garnish

tip from the chef

This casserole is a perfect dish for a midweek dinner. Serve with crusty bread and steamed rice, if desired.



chunky lamb casserole

■■■ | Cooking time: 100 minutes - Preparation time: 15 minutes

ingredients

- > 2 tablespoons butter
- > 1 lb/500 g lamb fillet, cut into $\frac{3}{4}$ in/2 cm cubes
- > 1 large onion, chopped
- > 1 tablespoon chopped fresh parsley
- > 2 teaspoons paprika
- > 1 teaspoon saffron powder
- > 1 teaspoon cracked black peppercorns
- > 6 cups chicken stock
- > $\frac{1}{3}$ cup chickpeas, soaked overnight, drained
- > 2 cups peeled tomatoes, seeded and chopped
- > $\frac{1}{4}$ cup lemon juice
- > $\frac{1}{4}$ cup rice

method

1. Melt butter in a large saucepan over a medium heat. Add lamb pieces, onion, parsley, paprika, saffron and pepper, cook for 5 minutes, stirring frequently.
2. Add stock, chickpeas, tomatoes and lemon juice. Cover saucepan and simmer gently for $1\frac{1}{4}$ hours.
3. Add rice and cook for a further 20 minutes or until rice is tender; serve immediately.

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Serves 6



tip from the chef

Shredded peppers, leeks and carrots can be added to this delicious soup.





chili

con carne

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

method

1. Heat oil in a frying pan over a medium heat. Cook onions, chilies and garlic, stirring, for 3 minutes or until golden.
2. Add beef and cook, stirring, for 10 minutes or until brown.
3. Stir in tomato sauce, wine and tomato paste. Simmer over medium heat, stirring occasionally, for 20 minutes or until mixture reduces and thickens.
4. Add beans and cook, stirring occasionally, for 10 minutes.

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Serves 4

ingredients

- > 1 tablespoon vegetable oil
- > 2 onions, chopped
- > 2 small fresh red chilies, finely chopped
- > 1 clove garlic, crushed
- > 1 lb/500 g lean beef mince
- > 8½ fl oz/250 ml quantity classic tomato sauce
- > ¼ cup/2 fl oz/60 ml red wine
- > 2 tablespoons tomato paste (purée)
- > 14 oz/440 g canned red kidney beans, rinsed and drained method

tip from the chef

Chili con carne can be served in many different ways. For the simplest of meals accompany it with boiled rice or pasta and a tossed green salad. It also makes a delicious topping for baked jacket potatoes or spooned over corn chips and topped with cheese and sour cream you have the ever popular nachos.



crispy

chicken marsala

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

ingredients

- > 1 cup all-purpose flour
- > kosher salt
- > freshly ground black pepper
- > 4 boneless skinless chicken breasts
- > 2 tablespoons butter, divided
- > 1 tablespoon extra-virgin olive oil
- > 8 oz/240 g baby bella or cremini mushrooms, sliced
- > 2 cloves garlic, minced
- > ¾ cup marsala wine
- > ¾ cup low-sodium chicken broth
- > ½ cup heavy cream
- > 2 tablespoons freshly chopped parsley
- > fresh thyme, for garnish

method

1. In a shallow bowl, season flour with salt and pepper. Dredge chicken in flour.
2. In a large skillet over medium heat, melt 1 tablespoon butter and oil. Add chicken and cook until golden on both sides, about 5 minutes per side. Remove chicken from pan and place on a clean plate.
3. Make marsala sauce: Melt remaining 1 tablespoon butter in skillet and add mushrooms. Cook until mushrooms are golden and liquid has been released, 6 to 8 minutes (if the pan looks dry, add a splash of olive oil). Add garlic and cook until fragrant, then season with salt.
4. Add marsala, chicken broth, heavy cream, and parsley and bring to a simmer.
5. Return chicken to skillet and spoon sauce over breasts. Simmer until chicken is cooked through, about 10 minutes. Garnish with fresh thyme.

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Serves 4

tip from the chef

The marsala wine makes this dish slightly sweet and is what gives it that addictive quality.





barbecued spare ribs

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

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.

ingredients

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

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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.



mushroom meat pie

■■■ | Cooking time: 40 minutes - Preparation time: 15 minutes

ingredients

- > 26 oz/750 g minced beef
 - > 1 tablespoon oil
 - > 1 medium onion, chopped
 - > 3 ¼ oz/100 g button mushrooms, sliced
 - > 1 cup/8 fl oz/235 ml beef stock
 - > 2 tablespoons tomato paste
 - > 2 tablespoons plain flour
 - > 2 sheets frozen short crust pastry, thawed
 - > 1 sheet frozen puff pastry, thawed
 - > 1 egg, lightly beaten
- method

method

1. Preheat oven to 475°F/240°C/Gas 9. Heat oil in a heavy-based pan; add onion and mince. Cook over medium-high heat until meat is well browned and almost all liquid has evaporated. Use a fork to break up any lumps.
2. Add the mushrooms, stock and tomato paste. Reduce heat, simmer, uncovered, for 15 minutes. Mix the flour with a little cold water to make a smooth paste. Stir into meat, bring to the boil and cook until sauce has thickened. Cool.
3. Line a 9 in/23 cm pie plate with short crust pastry, overlapping the sheets if necessary. Moisten edges with water, cover with puff pastry and press edges together to seal. Trim excess pastry and use to decorate top, if desired.
4. Brush top with beaten egg and make a few steam holes. Place dish on a baking tray in oven; cook 10 minutes. Reduce oven temperature to moderate 350°F/180°C/Gas 4 and bake for 30 minutes or until pastry is golden.

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Serves 6



tip from the chef

To make individual pies, cut circles from the pastry to fit small pie plates, using a plate as a guide.



ossobuco

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

method

1. Heat oil in a large frying pan. Add pimientos and onions and cook, stirring occasionally, until onions are translucent. Use a slotted spoon to transfer vegetables to a bowl.
2. Flour veal shanks lightly on both sides. Add butter to the frying pan; when butter foams, add veal shanks and sauté until meat is brown on all sides.
3. Add wine and cook over high heat, stirring to pick up the bits and pieces attached to the bottom of the frying pan. When wine is reduced by half, add stock cube.
4. Return vegetables to the frying pan and add tomatoes. Cover and simmer for 1 hour or until meat falls away from the bone.
5. Serve shanks in a deep dish, top with tomato sauce and garnish with parsley.

ingredients

- > 4 tablespoons olive oil
- > 1½ cups pimientos, drained, cut into strips
- > 2 onions, chopped
- > ½ cup flour
- > 4 large veal shank slices, 1½ in/4 cm in thick, with the bone
- > 2 tablespoons butter
- > 1 cup dry white wine
- > 1 chicken stock cube, crushed
- > 1½ cups chopped canned tomatoes
- > 1 tablespoon chopped fresh parsley

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Serves 4

tip from the chef

This classic preparation becomes even more tasty if 3 tablespoons of diced smoked bacon are added to it.



pork medallions

with dried fruits

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

ingredients

- > 2 oz/60 g dried fruit of choice (apricots, peaches, pears, prunes –go for a colorful mix)
- > ½ cup dry white wine
- > ½ cup low-salt chicken stock
- > 1 teaspoon ground cinnamon
- > 1 tablespoon extra virgin olive oil
- > 1 lb/500 g lean pork loin, trimmed of visible fat, cut into ¼ in/5 mm thick medallions
- > cinnamon stars, to decorate

method

1. Place dried fruit, wine and stock in a saucepan. Bring to simmering. Cook until fruit is soft. Stir in dried fruit add cinnamon. Cook until fruit is plump. Remove pan from heat. Cool.
2. Heat oil in a non stick frying pan over a high heat. Add pork. Cook, turning several times, until browned on all sides. Remove pork from pan. Pour into pan a little of the cooking liquid from the fruit. Cook over a medium heat, stirring constantly, to deglaze pan. Stir in fruit mixture. Cook until heated through.
3. Return pork to pan. Cook, stirring occasionally, for 4-5 minutes or until pork is cooked to your liking. Serve with green vegetables of your choice, or apple purée.

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Serves 6

tip from the chef

Pork's fat contains only 36% of saturated fatty acids; the rest are mainly monounsaturated fatty acids, and some polyunsaturated. This plate is rich in potassium, a mineral that improves blood pressure.





potato topped tuna bake

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

method

1. Heat oil in large frying pan, add onion and garlic, stir constantly over medium heat for about 2 minutes (or microwave on HIGH for about 3 minutes) or until onion is soft. Add peas and celery to pan, stir constantly over heat for 2 minutes (or microwave on HIGH for 2 minutes). Stir in undrained crushed tomatoes, tabasco and sugar, bring to boil, remove from heat.
2. Blend corn flour with water, add to tomato mixture, stir constantly over high heat (or microwave on HIGH for about 3 minutes) or until mixture boils and thickens. Stir in basil and flaked tuna. Spread mixture into shallow ovenproof dish (7 cup capacity).
3. Potato Topping: Mash potatoes well. Combine potatoes, cheese, milk and butter in medium bowl, mix well. Pipe potato mixture with a piping bag over tuna bake.

ingredients

- > 1 tablespoon oil
- > 1 medium onion, sliced
- > 1 clove garlic, crushed
- > ½ cup peas
- > 2 sticks celery, chopped
- > 1 lb/450 g can tomatoes
- > ¼ teaspoon tabasco sauce
- > ¼ teaspoon sugar
- > 3 teaspoons corn flour
- > ⅓ cup water
- > 2 tablespoons chopped fresh basil
- > 1 lb/450 g can tuna in brine

potato topping

- > 2 medium potatoes, cooked
- > ¾ cup grated tasty cheese
- > 1 oz/30 g butter, melted
- > ¼ cup milk

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Serves 4

tip from the chef

Tuna mixture can be prepared up to a day ahead; keep, covered, in refrigerator. Spread with topping just before baking. This recipe is not suitable to freeze.



sheperd's pie

■□□ | Cooking time: 20 1 hour 15 minutes - Preparation time: 15 minutes

ingredients

- > 2 tablespoons oil
- > 1 medium onion, chopped
- > 1 clove garlic, crushed
- > 26 oz/750 g minced lamb
- > 9 oz/250 button mushrooms, sliced
- > 1/3 cup/2 1/2 oz/75 g tomato paste
- > 1 tablespoon

worcestershire sauce

- > 3 tablespoons chopped fresh parsley
- > 2 tablespoons dry sherry
- > 2 tablespoons corn flour
- > 1 1/2 cups /12 fl oz/350 ml beef stock

topping

- > 4 large potatoes, chopped
- > 12 oz/350 g pumpkin, chopped
- > 1 oz/30 g butter
- > 1 egg, lightly beaten

method

1. Preheat oven to 350°F/180°C/Gas 4. Heat oil in heavy-based pan. Add onion and garlic, cook, stirring, until soft. Add mince, cook over high heat for 5 minutes or until well browned and all the liquid has evaporated. Use a fork to break up any lumps of mince as it cooks.
2. Add the mushrooms, tomato paste, Worcestershire sauce, parsley and sherry, stirring until combined. Combine corn flour with stock until smooth. Add to pan, stir over a medium heat for 3 minutes or until the mixture boils. Reduce heat to a simmer. Cook, covered, 25 minutes; stir occasionally.
3. Spoon mixture into a 2 quart ovenproof dish or a 9 in pie plate. Spread with Topping. Bake for 45 minutes or until brown.
4. To make topping: cook potato and pumpkin in boiling water 10 minutes or until tender; drain. Place potato and pumpkin in a bowl, add butter and egg, mash until smooth.

Serves 4-6



tip from the chef

Use cooked minced beef in place of lamb to make cottage pie.

chicken

pot pie

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

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 0,80 in/2 cm in thick and, using a scone cutter, cut out rounds and place on top of casserole.
4. Bake at 400°F/200°C/Gas 6 for 20-25 minutes or until topping is cooked and golden, and casserole is hot.

Serves 4

ingredients

- > 2 oz/60 g butter
- > 1 large onion, chopped
- > 4 chicken breast fillets, cut into ¾ in/2 cm cubes
- > 2 potatoes, cut into ½ in 1 cm cubes
- > 2 large carrots, cut into ½ in/1 cm cubes
- > ¼ cup/1 oz flour /30 g
- > 1 cup/8 fl oz/250 ml dry white wine
- > 3 cups/2 ½ fl oz/750 ml chicken stock
- > 1 cup/8 fl oz/250 ml cream (double)
- > 2 tablespoons tomato paste (purée)

herbed scone topping

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

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.



cajun chicken

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

ingredients

- > 4 x 7 oz/200 g boneless chicken breast fillets
- > 2 cloves garlic, crushed
- > 1 tablespoon onion salt
- > 1 tablespoon ground white pepper
- > 1 tablespoon cracked black peppercorns
- > 2 teaspoons cayenne pepper
- > 1 tablespoon paprika
- > 1 tablespoon dried mixed herbs
- > tomato, beans, corn and lettuce salad

method

1. Rub chicken with crushed garlic. Place onion salt, white pepper, black pepper, cayenne pepper, paprika and mixed herbs in a bowl and mix to combine.
2. Rub spice mixture over chicken, place on an oiled baking tray and bake at 350°F/180°C/ Gas 4 for 25-30 minutes or until chicken is tender. Cover and stand for 5 minutes before serving.
3. Serve over a corn, beans, lettuce and tomato salad

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Serves 4



tip from the chef

Cayenne pepper is very hot and you may wish to reduce the quantity used in this recipe. After rubbing spice mixture onto chicken wash your hands and do not touch your face or lips as cayenne pepper causes burning.



seafood ravioli

with vermouth

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

method

- 1. Ravioli Dough:** Sift flour into large bowl, make well in center, gradually stir in combined egg, oil and enough water, to make dough firm and pliable. Turn onto lightly floured surface, knead for 5 minutes. Place in lightly oiled bowl, cover, stand for 30 minutes before rolling.
- 2. Prawn Filling:** Mince, process or blend prawns with dill and vermouth until smooth. Transfer to large bowl, stir in cream gently, cover, refrigerate.
- 3. Salmon and Dill Sauce:** Combine cream and stock cube in medium saucepan, bring to boil, reduce heat, add zucchini, simmer for about 5 minutes or until mixture is reduced by half. Add vermouth and corn flour blended with water, stir constantly over high heat until mixture boils and thickens stir in salmon and dill.
- 4. Roll ravioli dough out,** half at a time, to thickness of 0.1 inches, cut into 3-inch rounds, using knife or fluted pastry cutter. Cover strips with a tea-towel to prevent drying out.
- 5. Place heaped teaspoons of prawn filling on top of each round of dough.** Brush edges with a little water, fold dough over filling; press firmly around filling.
- 6. Add ravioli gradually to large saucepan of boiling water,** boil, uncovered, for about 8 minutes or until ravioli are cooked; drain. Mix ravioli gently through sauce, serve with grated parmesan cheese, if desired. Garnish with watercress.

ingredients

ravioli dough

- > 2 cups plain flour
- > 1 egg, lightly beaten
- > 2 teaspoons oil
- > ½ cup water, approximately

prawn filling

- > 14 oz/400 g shelled prawns
- > 1 tablespoon chopped fresh dill
- > 2 teaspoons dry vermouth
- > ¼ cup cream

salmon and dill sauce

- > 2 x 10 fl oz/300 ml cartons cream
- > large vegetable stock cube, crumbled
- > 1½ tablespoons dry vermouth
- > 1 teaspoon corn flour
- > 1 teaspoon water
- > 1 zucchini, cubed
- > 3 oz/90 g cooked salmon, cubed
- > 3 teaspoons chopped

fresh dill

- > watercress, for garnish



Serves 6



pasta e fagioli

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

ingredients

- > 2 tablespoons extra-virgin olive oil
- > ½ lb. spicy (or sweet) Italian sausage
- > 1 medium yellow onion, finely chopped
- > 2 medium carrots, peeled and finely chopped
- > salt and pepper, to taste
- > 2 stalks celery, finely chopped
- > 3 cloves garlic, minced
- > kosher salt
- > freshly ground black pepper
- > 2x15 oz/450 g cans beans
- > 1x15 oz/450 g can diced tomatoes
- > 4 cups chicken broth
- > 2 sprigs rosemary, leaves finely chopped
- > 1½ cup elbow pasta (or other small shape)
- > freshly grated Parmesan, for garnish
- > freshly chopped parsley, for garnish

method

1. In a large, deep pot over medium heat, heat oil. Add sausage and cook, breaking up with a wooden spoon, until cooked through, about 5 minutes. Stir in onion, carrots, and celery and cook until slightly softened, about 5 minutes.
2. Add garlic and cook until fragrant, 1 minute more. Season with salt and pepper, then add in beans (with their liquid), diced tomatoes, chicken broth, and rosemary. Bring to a boil, then stir in elbow pasta. Season with salt and pepper, to taste.
3. Reduce heat to medium and cook until pasta is al dente, about 8 minutes. Taste and adjust seasoning if necessary.
4. Serve in bowls garnished with Parmesan and parsley.

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Serves 6



tip from the chef

A hearty, comforting dish, that can be made using any of your favorite beans and noodles, just try to use similarly sized beans and pasta.



white chocolate fondue

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

method

1. Combine chocolate with cream and brandy in a medium saucepan over low heat. Stir constantly until chocolate has melted and mixture is smooth. Pour mixture into a medium bowl and set aside to cool to room temperature.
2. Serve with strawberries.

ingredients

- > ½ lb/250 g white chocolate, chopped
- > ¾ cup thickened cream
- > 1 tablespoon brandy
- > 1 small box of strawberries

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Serves 18

Try these tempting variations

If you wish, you may add ½ spoon of grated coconut, and replace the brandy by 2 tablespoons of rum. It is important to cut the fruit at the last moment to avoid oxidation.



double chocolate mousse

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

ingredients

- > 6½ oz/200 g milk chocolate melts
- > 1 cup sour cream
- > 2 egg yolks
- > 4 egg whites
- > ¼ cup caster sugar
- > 6½ oz/200 g white chocolate melts
- > ½ cup cream, whipped, to decorate
- > 4 raspberries, to decorate
- > 1 tablespoon sifted cocoa, to decorate

method

1. To make white chocolate layer, combine white melts with half the sour cream and 1 egg yolk, stir until smooth. Beat 2 egg whites until soft peaks form, gradually add half the sugar, beat for a further 3 minutes. Pour mousse into 4 large balloon glasses and chill for several hours or until set.
2. To make black chocolate layer, combine milk chocolate melts with remaining sour cream and remaining egg yolk in a large bowl, stir until smooth. Beat remaining egg whites until soft peaks form, gradually add remaining caster sugar, beat for a further 3 minutes; fold into white chocolate mixture. Chill to set.
3. Decorate with piped cream and raspberries, dust with cocoa.

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Serves 10

tip from the chef

This dessert should be served very cold. If you wish to make a variation, replace the milk chocolate or the white chocolate with bittersweet chocolate.



moka cream

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

method

1. Beat cream with vanilla essence and coffee until soft peaks form. Stir in melted chocolate and Kahlua until combined.
2. Whip egg whites until stiff; gradually add sugar and continue to beat until thick and glossy, about 5 minutes.
3. Gently fold meringue into chocolate cream mixture until just combined. Spoon into 4 serving glasses, chill, top with coffee beans to decorate.

ingredients

- > 1½ cups thickened cream
- > 1 tablespoon vanilla essence
- > 2 teaspoons instant coffee dissolved in 2 teaspoons water
- > 3½ oz/100 g dark chocolate, melted
- > 3 tablespoons Kahlua or chocolate liqueur
- > 4 egg whites
- > ½ cup caster sugar
- > coffee beans to garnish

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Serves 4

Try these tempting variations

It may be served with chocolate sauce and broken meringue.



chocolate marble cake

■ ■ □ | Cooking time: 75 minutes - Preparation time: 15 minutes

ingredients

- > ½ lb/250 g packet golden oatmeal biscuits, crushed
- > 3½/100 g oz butter, melted
- > 1 lb/500 g/ cream cheese, softened
- > 1½ cups caster sugar
- > ¼ cup plain flour
- > 1½ tablespoon vanilla essence
- > 5 eggs
- > 3 ½/100 g oz milk chocolate, melted
- > 4 tablespoons cocoa
- > 1½ cups double cream, whipped

method

1. Mix together biscuit crumbs and butter until combined, press mixture over base and sides of a 8¾ in/22 cm in springform pan; chill.
2. To make filling, blend or process cream cheese with caster sugar, flour, essence and eggs until smooth. Divide mixture into two bowls, quickly mixing the melted chocolate and cocoa into one of the bowls. Pour the plain mixture into the biscuit crust. Pour chocolate mixture onto plain batter and gently swirl mixture together with a spatula to create a marble pattern.
3. Bake cheesecake in moderate oven for 1¼ hour; set aside to cool to room temperature. Chill cheesecake and decorate with piped cream just prior to serving.

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Serves 8



tip from the chef

It is irresistible if served with raspberry sauce or lemon curd.



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winter warming food

