

Easy European



Let's
Cook



Welcome to Let's Cook!

Easy European

Let's Cook! is a unique cooking school that teaches people with all levels of cooking skill how to select, prepare and present quick, easy nutritious meals for themselves, their flatmates, friends and families.

We have developed this series of cookbooks so those that can't get to our classes can still enjoy the benefits of our down to earth, practical approach to cooking instruction and culinary skill development.

The cookbooks also allow those who have been to our classes to expand their range of dishes that they can show off at home at dinner parties, spend time exploring cooking with the kids or simply keep the family fed with new some new day to day dishes.

This cookbook is designed to give you a practical, down to earth guide in the preparation, cooking and presentation of meals cooked in the home kitchen.

By introducing you to the practical theories of cooking, we expect that this is a book that you can enjoy for a lifetime.

The recipes provided develop the skills necessary to provide good food, inexpensively, with a minimum of effort.

Importantly, you are also shown many of the short cuts that professional chefs use to produce great results quickly – a bonus for people on the go.

This cookbook has over 130 pages, compiling just about every European recipe and chef's tip from almost every current and past class we have done.

There is a cross - European influence in the range of recipes, which includes dishes from France, Italy, Spain, Portugal and the UK.

Much more than the current recipes from our cooking classes such as The Course, Viva Espana! Perfect Pasta and Delicious Desserts, extra recipes include; Zucchini Ripiene, Caramelised Onion and Goat's Cheese Tart, Calamares Fritos and lots more that are only available in the cookbooks!

The recipes are (mostly) organized alphabetically, with matching side dishes and condiments included next to the recipe they refer to where possible.

Desserts have their own section at the back.

Generally, where a word is in italics, it means that there is a definition for your reference in the Glossary at the back.

Also included are a Weight Conversion Table from Metric to Imperial, and a Temperature Conversion Table.

Other books in the series include:

Authentic Asian

Delicious Desserts

Let's Cook! (recipes from The Course since 2002)

Meat Game and Poultry

Sensational Seafood

Versatile Vegetarian

More info about who we are and what we do can be found on our website: www.letscook.com.au

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Abbachio Brodettato (Lamb Casserole)

INGREDIENTS SERVES 2

20g butter
25ml extra virgin olive oil
½ brown onion
1 slice Parma ham
400g loin of lamb
1 tablespoon all-purpose flour
25ml dry white wine
1 egg yolk
1 teaspoon dried marjoram
chopped fresh continental parsley
lemon juice
coarse salt
freshly ground black pepper
hot water as necessary

EQUIPMENT

Chopping Board
Vegetable Knife
Medium Saucepan
Wooden Spoon
Mixing Bowl
Whisk or
Fork

METHOD

1. Thoroughly wash hands and dry them completely
2. Chop onion, and dice prosciutto
3. Cut lamb loin into 5cm cubes
4. In a medium saucepan, heat the butter and oil and saute' the onion, prosciutto and lamb over moderate heat until the prosciutto is browned, taking care not to burn the onion. (about 10 minutes)
5. Sprinkle with salt and pepper to taste, add the flour; cook while stirring, for 2 minutes
6. Add the wine and allow to evaporate for 2 to 3 minutes, scraping up the particles of meat on the bottom of the saucer with a wooden spoon
7. Add enough hot water to the lamb almost to cover. Place a lid on the pan and simmer for about ½ hour, adding more water if necessary
8. At the end of the cooking time there should be abundant pan juices, but they should not be watery. (Up to this point the lamb may be prepared in advance)
9. Ten minutes before serving, beat the egg yolks lightly with a fork, adding the parsley, marjoram, and lemon juice while beating. Pour this over the hot lamb, mixing with a wooden spoon. Cook over lowest heat for about 5 minutes, until the egg yolks form a cream that veils the meat. (Take care that the heat is not too high, or the sauce will curdle)
10. Serve hot



Abbachio Brodettato (Lamb Casserole)



Alioli (Garic Mayonnaise)

Alioli

(Garlic Mayonnaise)

INGREDIENTS 1 CUP

1 egg (best if used at room temperature)
1 cup extra virgin or Spanish olive oil
½-1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon white vinegar (optional)
1 garlic clove

EQUIPMENT

Braun Multiquick (or similar) Hand Blender
(these are also known as stick blender)
Braun Multiquick Hand Blender beaker
Mortar and pestle or
garlic crusher

METHOD

1. Thoroughly wash hands and dry them completely
2. Peel and crush raw garlic clove into a thin paste
3. Break the egg into the beaker
4. Add the lemon juice and salt
5. Blend all the above ingredients with the Braun Multiquick Hand Blender for a few seconds until all mixed
6. With the motor running, slowly drizzle in the oil in a steady stream into the beaker until the sauce emulsifies and thickens forming the mayonnaise
7. Mix/blend the freshly homemade mayonnaise with the peeled and crushed raw garlic clove
8. If the mayonnaise is too thick in consistency you may add a little water until desired consistency is reached.

CHEF'S TIPS ABOUT OLIVE OIL

Extra Virgin Olive Oil (EVOO) is cold-pressed, thus it is designed for use in cold applications like salads, etc.

Extra virgin olive oil has a low 'smoke' point, thus it burns at a relatively low temperature, thus is not really ideal for frying.

Use a vegetable or canola oil for frying, or blend vegetable oil with olive oil if you want more flavor

'Light' olive oil has got nothing to do with fat levels, or healthy alternatives. Olive oil is good for you already just as it is. Light refers to the colour. 'Light' Olive oil is generally a third or fourth pressing, which means its got less elegant flavours and aromas, and is a bit rougher, thus it should be a cheaper than EVOO

'Poultice' is the final pressing olive oil, and is best avoided

Authentic Spanish Paella

INGREDIENTS SERVES 20

½ ltr olive oil
3kg mixed small to medium size chicken pieces
1 large brown onion
1 head garlic
3 green capsicums
3 x 450g tins of chopped tomatoes (Italian ones are best)
2kg medium grain white rice
10g saffron threads
½kg black mussels
1kg calamari cut into rings (can be bought pre-cut)
2kg green prawns
225g green peas (frozen is fine)
6 lemons
water or
chicken stock to cover

EQUIPMENT

Large paella pan with cover
Wooden Spoon
Chefs Knife
Chopping Board
Can Opener
Tongs

Authentic Spanish Paella continued

PICTORIAL GUIDE TO METHOD FOR PAELLA

These image numbers match up to the steps in the Method.

We recommend that you start before everyone gets hungry, as it will make a big difference to the end result if you can let the paella stand for 20 minutes with the cover on. It will taste so much better!



6. Brown meat



7. Add peas



...add capsicum and tomatoes



8. Cook for a little while to reduce



10. Add dry rice



13. Add safron infused water



18. Rice should be firm like risotto – not mushy

Authentic Spanish Paella continued

METHOD

1. Thoroughly wash hands and dry them completely
2. Chop garlic, onion and capsicum
3. Cut calamari into rings, season
4. Season the chicken
5. Heat oil in large pan
6. Add chicken pieces, onion and garlic and fry on a low heat until meat is golden brown
7. Add chopped green capsicum, chopped tomatoes and peas
8. Cook for a little while, so it can reduce and intensify the flavour
9. Take a note of how much rice you have
10. Add dry rice and cook for about two minutes, stirring constantly
11. Heat water (2 x whatever the weight of the rice)
12. Place lightly crushed saffron in the water when you start
13. Add saffron infused water to the pan
14. Put on full heat until it starts to boil, then reduce heat
15. Add unpeeled prawns, calamari, and mussels, arranging them evenly around the dish
16. Cook on low heat until all the liquid is absorbed
17. Turn off heat, cover and leave to settle for 10 to 20 minutes depending on the size of the dish
18. Rice should be firm, but not mushy – like risotto
19. Cut lemons into wedges and serve with paella



Authentic Spanish Paella



Baked Chats (Baby Potatoes)

Baked Chats (Baby Potatoes)

INGREDIENTS SERVES 2

½ kg baby potatoes
¼ cup (80ml) vegetable oil
1 x lemon
1 sprig fresh rosemary
salt and pepper

EQUIPMENT

Medium Pot Paring Knife
Strainer Chefs Knife
Chopping Board Mixing Bowl
Mortar and Pestle Tongs
Zester Frypan

METHOD

1. Thoroughly wash hands with soap, rinse and dry completely
2. Leave skins on and cut potatoes into halves
3. From cold water start, bring to the boil in a medium pot, adding salt once water first starts to boil
4. Cook till $\frac{3}{4}$ done. If they slide off an inserted fork or skewer, they're ready. Tip out water, but don't rinse the pot as you'll need it for the mussels
5. Drain and allow to steam - dry in a colander. This will give fluffier result
6. After about 5–10 minutes, slightly squish the potatoes so they are flatter
7. Turn oven on and set to 180°C
8. On a baking pan place potatoes and give a fine coating of vegetable oil
9. Zest lemon skin - don't go too deep as the white bit is quite bitter
10. In a mortar and pestle, put salt, pepper, rosemary leaves, lemon skin and pound into a smooth paste. If you don't have a mortar and pestle, use a thick coffee mug and a wooden spoon top mash it all together
11. Sprinkle flavoured seasoning paste over chats and bake at 180°C for about 10 minutes or until they are brown and crisp

Black Mussel Risotto

INGREDIENTS SERVES 2

12 x black mussels (cleaned)
80g risotto rice (Arborio only)
2 tbsp butter
½ brown onion diced
½ bunch dill chopped
125ml white wine
200ml fish stock
20g grated Parmesan cheese
salt and pepper

EQUIPMENT

Frying pan
Chopping board
Tablespoon
2 x Mixing Bowls
2 Saucepans
Chefs Knife
Strainer
Paring knife
Wooden Spoon

METHOD

1. *Dice* an onion
2. Put wine and half of the diced onion and dill in a heated pot
3. Add mussels and cook with lid on for 1-2 minutes or until shells open
4. Remove mussels from pan and **reserve liquid** – strain liquid back into the pan with the fish stock & return to stove and bring to boil
5. Set mussels aside and remove all but 3 from shells to fold through risotto, leaving 3 for garnish
6. Melt ½ the butter, add the other half of the diced onion and cook slowly **without coloring**
7. Add rice, stir for a minute then add hot reserved liquid feeding the rice a little at a time (add liquid in three parts)
8. Whilst boiling, keep stirring and add stock a little at a time, as the risotto absorbs it as it cooks. This will take about 12 minutes in total
9. Add mussels with 1 minute to go and stir
10. Add dill, butter and Parmesan cheese, season and serve



Black Mussel Risotto

Black Mussels in White Wine, Leek and Garlic Sauce and Baked Chats

INGREDIENTS SERVES 2

Mussels

500g black mussels
1 large leek
2 cloves garlic
¼ cup (80mls) white wine
1 x red chilli
2 sprigs fresh thyme
½ teaspoon smoked paprika
½ bunch flat (continental) parsley

Baked Chats

½kg chats (baby potatoes)
¼ cup (80ml) vegetable oil
1 x lemon
1 sprig fresh rosemary
salt
pepper

EQUIPMENT

Medium Pot
Paring Knife
Strainer
Chefs Knife
Chopping Board
Mixing Bowl
Mortar and Pestle
Tongs
Zester
Frypan



Black Mussels in White Wine, Leek and Garlic Sauce with Baked Chats

Black Mussels in White Wine, Leek and Garlic Sauce and Baked Chats continued

METHOD

Baked Chats

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Leave skins on and cut potatoes into halves
3. From cold water start, bring to the boil in a medium pot, adding salt once water first starts to boil
4. Cook till $\frac{3}{4}$ done. If they slide off an inserted fork or skewer, they're ready. Tip out water, but don't rinse the pot as you'll need it for the mussels
5. Drain and allow to steam dry in a colander. This will give fluffier result
6. After about 5-10 minutes, slightly squish the potatoes so they are flatter
7. Turn oven on and set to 180°C
8. On a baking pan place potatoes and give a fine coating of vegetable oil
9. Zest lemon skin - don't go too deep as the white bit is quite bitter
10. In a mortar and pestle, put salt, pepper, rosemary leaves, lemon skin and pound into a smooth paste. If you don't have a mortar and pestle, use a thick coffee mug and a wooden spoon to mash it all together
11. Sprinkle flavoured seasoning paste over chats and bake at 180°C for about 10 minutes or until they are brown and crisp
12. Serve as a side dish to mussels to soak up the juices

Mussels

1. Place mussels in water so they can self-rinse
2. Slice leek, garlic, and red chilli
3. Chop parsley and set aside
4. Pluck mussels from water one at a time to clean and *de-beard*
5. Place leek, garlic and chilli in pot used for potatoes with a little olive oil and *sweat* down slowly
6. When leeks are soft, add paprika and thyme and raise heat to high for 2 minutes
7. Add mussels and wine to pot and cover, turning heat from high to medium. It's got to hiss and steam to cook the mussels well
8. Stir every few minutes, they should take only about 5 minutes
9. Add chopped parsley with about 2 minutes to go
10. Set an large bowl on the table for the empty shells

Chorizo al Vino **(Spanish Chorizo Sausage with Wine)**

INGREDIENTS SERVES 1 OR 2 PEOPLE

1 Chorizo (Spanish sausage)

150mls Fino wine or Dry White wine

(enough wine to cover up to half way of the chorizo in the small saucepan)

EQUIPMENT

Chopping board

Paring knife

Fork

Small saucepan

Serving plate / dish

METHOD

1. Prick all around the chorizo with the fork evenly along the length of the sausage
2. Place the chorizo in the small saucepan and add the wine to cover the sausage
3. Heat the small saucepan cover and cook until the wine has evaporated. Shake the pan occasionally so as the juices all mixes with the fino sherry (the sausage will cook in its own juices and wine therefore no need to add oil)
4. Take the sausage out of the small saucepan and cut into small pieces and serve immediately on a plate
5. Serve with Italian style of bread

Bunuelos De Bacalao (Salt Cod Fritters)

INGREDIENTS SERVES 2 TO 4

250 grams salt cod chopped, skinned and de-boned
30 grams plain flour
1 cup milk
1½ tbsp Spanish olive oil
1 egg yolk
2 egg whites
½-1 clove garlic
1 tbsp chopped continental parsley
1 litre Spanish olive oil for frying
freshly ground pepper

EQUIPMENT

Chopping board
Paring knife
Chefs knife
Spoon
Mixing bowls
Wooden spoon
Slotted spoon
Medium size pot
Paper towelling
Serving plate / dish

METHOD

1. Soak the salt cod for 24 hours in plenty of cold water which must be renewed at least twice or every 8 hours
2. Drain the soaked salt cod, place in the pot and bring to a boil in water to cover
3. Reduce the heat once it has been brought to boiling point
4. When froth begins to form in the water drain allow to cool down remove skin and bones and crush the fish to a paste in a bowl
5. Mix the cod with 1½ tbsp olive oil and the flour in a bowl little by little until well mixed.
6. Add egg yolk and milk beating constantly
7. Add the crushed garlic the chopped parsley and pepper to taste
8. Stir all ingredients in the bowl thoroughly
9. Immediately before frying fritter beat the egg whites until stiff add and mix with the cod paste
10. Heat the olive oil in the pot
11. Drop small spoonfuls of the paste in hot frying oil
12. Wait until the balls rise and are lightly golden brown
13. Place on paper towel to drain excess oil, then serve immediately while hot in serving dish



Bunuelos De Bacalao (Salt Cod Fritters)



Calamares Fritos (Fried Squid)

Calamares Fritos (Fried Squid)

INGREDIENTS SERVES 2

350g calamari rings or
2-4 medium squid tubes / bodies cut into rings **or** 2 fresh whole squid
2 cups plain flour
3 cups spanish olive oil
salt
lemon wedges and / or
mayonnaise or
alioli to serve with

EQUIPMENT

Medium saucepan
Pasta plate for flour
Sieve
Slotted spoon
Plate with paper towel
Serving plate

METHOD

1. Thoroughly wash hands and dry them completely
2. If buying whole squid clean and prepare the squid by removing the heads, tentacles, ink bags, fins and skin
3. Wash the remaining squid parts thoroughly under running water
4. Drain them and slice squid into rings. (tentacles and fins can be used for frying as well)
5. If using squid tubes cut into 0.5-1cm thick rings
6. Heat the oil in a medium saucepan to 180°C or when the oil is just starting to smoke a little
7. While the oil is heating up season the squid rings, tentacles and fins with salt
8. Mix the squid in the flour to coat the calamari in the pasta plate and shake them through the sieve to remove any excess flour
9. Fry them (bunch at a time) in plenty of hot olive oil until they begin to turn golden brown
10. Remove with slotted spoon once golden brown
11. Drain on paper towels
12. Serve hot with lemon wedges and/or homemade mayonnaise or alioli

Emulsion a la Tomate et au Basilica (Tomato and Basil Emulsion)

INGREDIENTS SERVES 2

1 large ripe tomato
½ bunch basil
½ garlic glove
1.5 tablespoons olive oil
salt
black pepper

EQUIPMENT

Medium Saucepan
Mixing Bowl
Chopping Board
Paring Knife
Slotted Spoon
Peeler
Chef's Knife
Multi Mixer

METHOD

1. Bring water to boil
2. Fill a large bowl with cold water
3. Thoroughly wash hands and dry them completely
4. Remove stem and core from each tomato with small knife
5. Make x-shape cut on the bottom of tomato
6. Carefully add tomatoes to boiling water
7. Keep in water for 30 seconds depending on ripeness
8. Remove and place in iced water
9. Take out and peel loosened skin
10. Discard skins
11. Cut in half and cut out seeds
12. Crush garlic glove
13. Blend tomato with basil, garlic, salt and pepper
14. Slowly add olive while blending

A cold emulsion is a 'suspension or dispersion of one liquid into another, the two liquids being mutually insoluble' - in this case oil and water (tomato).

To get an emulsion (the oil remains evenly distributed in the dressing, and does not separate into layers), you need mechanical action, like vigorous whisking, plus an emulsifying agent. The tomato flesh helps emulsify and stabilises the emulsion.

This is a versatile condiment, and is particularly suited to partner with the Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce, found later in this book.

Farfalle Primavera

(Spring Vegetable Pasta in a Light Cream Sauce)

INGREDIENTS SERVES 2

Pasta

200g farfalle pasta (butterfly shaped for this recipe, but penne pasta as seen in photo is fine as well)
1 tablespoon olive oil
2 tablespoon fresh continental parsley
2 tablespoon fresh grated parmesan cheese
salt and pepper

Sauce

1 head broccoli
1 zucchini
150gms asparagus spears
75g snow peas
75g peas (fresh if possible)
25g butter
2 tbs vegetable stock
3 tbs double cream
pinch of nutmeg

EQUIPMENT

Boiler
Frypan
Cooks knife
Colander
Chopping board
Medium pasta bowl



Pasta Primavera (Spring Vegetable Pasta in a Light Cream Sauce)

Farfalle Primavera **(Spring Vegetable Pasta in a Light Cream Sauce) continued**

METHOD

1. Thoroughly wash hands and dry them completely
2. Cut broccoli into small florets
3. Slice zucchini thinly
4. Trim asparagus spears and snow peas
5. Chop parsley
6. Cook pasta until al dente
7. Drain and set aside
8. Preheat pan and put in butter and olive oil
9. Add broccoli, asparagus, zucchini, snow peas and peas
10. Cook for 2 minutes
11. Add cream, stock and nutmeg
12. Add salt and pepper to taste (season)
13. Add pasta to pan and mix through
14. Serve in large bowl with parmesan and parsley

Flans d'Asperge a l'Estragon (Asparagus and Tarragon Flan)

INGREDIENTS SERVES 2

120g fresh or frozen green asparagus, peeled
1/3 shallot, chopped
2 eggs
100ml fresh cream
1 teaspoon fresh tarragon, chopped, or ½ teaspoon dried tarragon
butter
salt
freshly ground black pepper

EQUIPMENT

Vegetable peeler
Medium pot
Colander
Blender
Deep roasting pan
Mixing bowl for iced water
4 x small moulds or ramekins

METHOD

1. Preheat the oven to 200°C / 400°F / Gas 5
2. Thoroughly wash hands and dry them **completely**
3. Wash asparagus under cold running water
4. Bend each asparagus stalk gently until the tough, woody end snaps off
5. You may cut the ends off with a sharp knife and discard
6. If the asparagus is tough or old, remove the skin from the stalk with a vegetable peeler
7. Cook asparagus in salted boiling water for a few minutes (around 8 minutes). They should be al dente
8. Plunge asparagus into cold water immediately after cooking to prevent further cooking and drain
9. Separate asparagus tips (about 5cms from top)
10. In first pot cook shallots in butter until wilted. Let cool
11. Process the asparagus stalks in blender along with the cooked shallots, cream, tarragon, eggs, black pepper salt until well blended
12. Butter a mould or individual dishes and pour the asparagus mixture
13. Place the mould / ramekins in a pan with hot water and bake at 180°C / 300°F / Gas4 for 20 minutes or until firm
14. Let cool at room temperature
15. To serve, slice the flan, decorate the plates with the asparagus tips and tomato emulsion (see previous recipe)



Flans d'Asperge a l'Estragon (Asparagus and Tarragon Flan)

Gambas Al Ajillo (Garlic Prawns)

INGREDIENTS SERVES 2

250g medium green prawns, peeled and deveined
2-4 garlic cloves, thinly sliced
1 small chilli, chopped in half or quarters
6 tablespoons Spanish olive oil
chopped flat leaf parsley for garnish (optional)
bread (Italian style bread eg. Rosetta)

EQUIPMENT

Small frypan or small terracotta dish
Chopping board
Paring knife
Small Serving dish such as oblong porcelain dish if not using a terracotta dish

METHOD

1. Thoroughly wash hands and dry them completely
2. Peel the green prawns, de-vein and discard heads and tails
3. Heat the oil in a small frying pan or in a small terracotta dish and add the thinly sliced garlic
4. Leave on low to medium heat until the garlic is golden brown
5. Add the chopped small red chilli
6. Add the prawns and spread evenly into the frying pan or terracotta dish
7. Sauté for 1-3 minutes or until the prawns turn pink and curl slightly
8. Season to taste with salt and sprinkle with chopped parsley (optional)
9. Serve hot and immediately after cooking and with plenty of bread on hand to soak up the delicious pan juices

If small terracotta dish is used for cooking the prawns you should serve the terracotta dish on a small plate, tray or board so the guests don't burn themselves.

Maile Mala Pruna

(Pork Fillet with Apple, Prune and Almond Glaze)

INGREDIENTS SERVES 4

400g pork fillet
100g tinned apples
50g slivered almonds
80g prunes
250ml merlot (red wine)
50g brown sugar
toothpicks

EQUIPMENT

Chopping board
Tongs
Chef knife
3 Small bowls
Medium frying pan

METHOD

1. Thoroughly wash hands and dry them completely
2. Slice the pork diagonally half way through
3. Stuff with apples and hold together with toothpicks
4. Place fry pan on heat cook pork on a medium heat until cooked through
5. Add prunes, wine and sugar until thickened
6. Place the pork on a plate and then pour the glaze over it
7. Finally garnish with slivered almonds

Involtini di Pesce Spada (Swordfish Rolls)

INGREDIENTS SERVES 2

½ onion
400g swordfish
2 basil sprigs
4 parsley sprigs
100g breadcrumbs
50g provolone cheese
1 egg
1 lemon
50g butter
100ml white wine
olive oil
seasoning

EQUIPMENT

Chopping board
Knife
Frying pan
Mixing bowl
Thongs
Mixer
Whisk
Small Toothpicks

Involtini di Pesce Spada (Swordfish Rolls) *continued*

METHOD

1. Thoroughly wash hands and dry them **completely**
2. Finely chop half onion
3. Chop basil and parsley
4. Cut half the swordfish in thin slices and place them aside
5. Chop the rest of the fish in small cubes
6. Place pan on the stove with a little oil on moderate heat
7. Add onions and fry slowly
8. Add chopped fish and cook for two minutes
9. Add half the parsley, half the basil and breadcrumb
10. Cook for a further four minutes
11. Put all the mix in the blender, add grated provolone, the egg and seasoning. Mix well
12. Take the sliced swordfish and flatten it. Spread some of the filling on each slice, roll them up and secure with a toothpick
13. Panfry the rolls in little butter till brown on all sides, remove them and place them on a plate
14. Add white wine to pan and reduce
15. Add the juice of a lemon, and whisk in the soft butter
16. Add remaining basil and parsley and seasoning
17. Pour sauce over swordfish and serve hot

Linguine

Alle Zucchini

INGREDIENTS SERVES 2

160g linguine
2 large green zucchini
½ bunch fresh basil
60g mozzarella cheese
30g butter
1.5lt frying vegetable oil
olive oil
salt and pepper

EQUIPMENT

Chopping Board
Chopping knife
Large sauce pan (to cook linguine)
Large sautee pan (to sautee zucchini)
Saucer for frying zucchini
Cheese Grater
Tongs / Ladle
Wooden spoon
Paper towel

METHOD

1. Thoroughly wash hands and dry them completely
2. Place frying oil in a pan and put on the stove on moderate heat
3. Trim ends of zucchini, and slice them in round 'wheels' not too thick
4. When the oil is hot, fry the zucchini, in small batches, till they are golden brown
5. Let them dry on a plate with a paper towel to absorb excessive oil
6. Put a saucepan with salted water on the stove, to cook the linguini
7. Place a little olive oil and the butter in the frying pan and place on the heat
8. When the butter is melted add zucchini and season
9. Start cooking the linguini in the water once its boiled
10. Add a little of the cooking water to the pasta, and keep stirring gently. As the water is absorbed by the pasta, add more water till the pasta is ready
11. When pasta is half cooked remove them from the water with the tongs and place them with the zucchini
12. Add chopped basil and grated mozzarella cheese
13. Serve hot



Linguini alle Zucchini

Linguini with Sautéed Cauliflower, Chilli, Olive and Parsley

INGREDIENTS SERVES 4

¼ cup olive oil
300gm linguini
½ head cauliflower
½ red chilli
40gm kalamatta olives (pitted)
½ Bunch continental parsley
1 x sprig rosemary
1 teaspoon mini capers (preserved in salt)
1 teaspoon anchovies
60gm Pecorino cheese
2 cloves garlic
salt and pepper

EQUIPMENT

Chef's Knife
Grater or Microplane
Chopping Board
Chef's Spoon
Deep Frypan
Colander / Fine Mesh Strainer
Wooden Spoon
Paring Knife
Paper Towels
Medium Pot

Linguini with Sautéed Cauliflower, Chilli, Olive and Parsley *continued*

METHOD

1. Thoroughly wash hands and dry them completely
2. Cut cauliflower into small 2cm florets
3. Pick rosemary leaves
4. In deep frypan, fry florets with ½ cup olive oil until golden brown
5. Rinse capers, and leave to dry on paper towel
6. Slice garlic and chilli, add to cauliflower
7. Cook for 3 minutes or until soft
8. Add dried capers, chopped anchovies, olives and rosemary
9. Stir on medium heat until anchovies dissolve
10. Meanwhile, chop parsley, grate cheese
11. Boil a medium pot of salted water and cook linguini for 7 minutes or until pasta is al dente
12. Drain off excess water
13. Add half of grated pecorino and the half of the parsley
14. Stir with metal spoon off bottom of pan until mix to begins to stick
15. Add remaining cheese and parsley
16. Toss through pasta and serve

CHEF'S TIPS WITH PASTA

Add salt to boiling water before adding pasta

Before adding pasta to the boiling water, add a small amount of oil if pasta is fresh

Don't add oil to the water if pasta is dried

Don't rinse the pasta after its cooked if you are going to serve it straight away. You only rinse the pasta if you are going to re-heat it and use it later

Pasta will probably cost you \$2 a pack at the most. As it's the main ingredient, try not to skimp on this, as its worth spending a little more money getting good fresh pasta, or a reputable Italian brand like Barilla for dried pasta

Melanzane al Parmiggiana (Eggplants baked with Mozzarella Cheese)

INGREDIENTS SERVES 4

2 medium eggplants
olive oil
1 onion
¼ bunch fresh basil
1 tin Italian peeled tomatoes or
250g vine ripened tomatoes
50g flour
50g Parmesan cheese
200g Mozzarella cheese
salt

EQUIPMENT

Vegetable Knife
Tray
Frypan
Whisk
Baking Dish

METHOD

1. Oven should be pre heated at 180°C
2. Thoroughly wash hands and dry them completely
3. Cut the eggplant into thin slices, lay them on a tray, and sprinkle with salt
4. Finely chop onions
5. Slice Mozzarella cheese, grate Parmesan
6. If using truss or vine ripened tomatoes, peel, de-seed and dice

Napoli Sauce

1. Sautee the onion in oil, add a few chopped basil leaves and fry until golden
2. Add the tomatoes and cook for about 20 minutes
3. Whisk the sauce well and season to taste
4. Rinse and dry the eggplants, coat them in flour and fry the in vegetable oil till golden on both sides
5. Oil a baking dish, and arrange a layer of eggplant on the bottom
6. Sprinkle some Parmesan cheese and scatter slices of Mozzarella
7. Add a thin layer of tomato sauce
8. Repeat the above step till all ingredients are used, and on the last layer sprinkle few basil leaves
9. Bake for about 30 minutes



Melanzane al Parmigiana (Eggplants Baked with Layers of Mozzarella Cheese, Tomato Sauce and Basil)

Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce

INGREDIENTS SERVES 2

Roasted tomatoes

200g cherry tomatoes
1 teaspoon fresh picked thyme or ½ teaspoon dried
1 teaspoon fresh picked rosemary or ½ teaspoon dried
1 clove garlic clove
1 teaspoon sugar
salt
freshly ground black pepper
olive oil

Layers of eggplant

1 large eggplant
sea salt
olive oil
freshly ground black pepper

Marinated seared lamb

300g lamb fillet
½ tablespoon olive oil
1 cloves garlic
1 tablespoon picked rosemary, or ½ teaspoon dried
1 tablespoon picked thyme, or ½ teaspoon dried

Pistou (basil sauce)

½ large bunch fresh basil
1 small clove garlic
30g parmesan cheese
1.5 tablespoons olive oil
salt & pepper

Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce *continued*

EQUIPMENT

Chopping Board
Chef's Knife
Roasting Tray
Paper Towels
Pastry Brush
Baker
Shallow tray
Tongs
Aluminium Foil
MultiMixer / Food Processor
Round Cutters

METHOD

Roasted tomatoes

1. Thoroughly wash hands and dry them **completely**
2. Preheat the oven to 160°C / 325°F / Gas3
3. Wash, dry and cut the tomatoes in half lengthways and press them gently to remove excess water
4. Lay the tomatoes cut-side up in a lightly-oiled shallow roasting tin
5. Sprinkle over with salt, pepper, sugar, thyme, rosemary, garlic and olive oil
6. Roast the tomatoes until they have shrivelled to about half their original size and concentrated in flavour

Eggplant

1. Cut the eggplant in thin slices
2. Sprinkle with sea salt and let stand for 30 minutes
3. Rinse with water and dry with paper towels
4. Brush with olive oil and bake in the grill pan, basting with more olive oil if necessary

Marinated Seared Lamb

1. Place the lamb fillet in a shallow dish and rub with the oil, chopped garlic and herbs
2. Cover and let marinate for a minimum of 20 minutes up to 4 hrs
3. Just before serving, sear over a moderate heat, 6 minutes on each side until lightly browned
4. Remove from the heat, fold in aluminium foil and allow to rest for 5 minutes to allow the juices to redistribute
5. Season with salt and pepper just before slicing

Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce *continued*

Pistou (basil sauce)

1. Thoroughly wash hands and dry them **completely**
2. Blend crushed garlic, basil leaves, and parmesan cheese gradually
3. Add salt and pepper
4. Work in 1 tablespoon olive oil to obtain a thick sauce
5. Add the oil gradually and blend until creamy and smooth

To serve

1. Using a round cutter, place a layer of eggplant slices at the bottom of a roasting tray or baker
2. Season to taste with salt and pepper
3. Add a layer of roasted tomatoes
4. Sprinkle with pistou
5. Repeat this process with all the vegetables
6. Arrange lamb slices on top of the vegetables
7. Serve immediately with the remaining pistou

CHEF'S TIP ON SALTING EGGPLANTS BEFORE COOKING

This step draws out some of the moisture and produces a denser-textured flesh, which means the eggplant will exude less water and absorb less fat in cooking

Salting also seems to eliminate the vegetable's natural bitter taste

Rinsing the eggplant thoroughly after salting will remove most of the salt



Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce

Oregano, Garlic and Chilli Flattened Chicken (Portuguese Style) with Coleslaw Salad

INGREDIENTS SERVES 4

1 x 1.5 kg chicken

Marinade

¼ cup oregano leaves

3 cloves garlic

¼ cup lemon juice

3 small red chillies

½ cup olive oil

sea salt

cracked black pepper

Salad

2 iceberg lettuces

½ cup parsley leaves

¼ cup chives

3 x spring onions

Dressing

½ Cup whole egg mayonnaise

¼ Cup white wine vinegar

EQUIPMENT

BBQ

Mixing Bowls

Kitchen Scissors

Tongs

Pastry Brush

Wooden Spoon

Chopping Board

Chef's Knife



Oregano, Garlic and Chilli Flattened Chicken (Portuguese Style)

Oregano, Garlic and Chilli Flattened Chicken (Portuguese Style) with Coleslaw Salad continued

METHOD

1. Thoroughly wash hands and dry them completely
2. Chop oregano, chives, spring onions and garlic
3. Crush garlic
4. Quarter lettuce
5. Pick parsley leaves
6. Heat BBQ to medium
7. Use kitchen scissors to cut the backbone of the chicken
8. Trim off any excess fat and clean chicken
9. Place the oregano, garlic, lemon juice, chillies, olive oil, brown sugar, salt and pepper in a small bowl and mix to combine
10. Brush the chicken with half the marinade
11. To make the dressing place the mayonnaise, vinegar, salt and pepper in a small bowl and mix to combine
12. Place the chicken skin side down on the BBQ and cook for 40 minutes, turning and basting every 10 minutes
13. Remove from heat and cut into portions
14. To make the salad place the lettuce, parsley, chives, green onions and dressing in a bowl and toss to coat

Pimientos Con Anchoas (Red Capsicum with Anchovies)

INGREDIENTS SERVES 2 TO 4

- 1-2 large red capsicums
- 2-4 cloves garlic
- 4 tablespoons olive oil
- 1 small tin anchovies in olive oil (6-8 anchovies)

EQUIPMENT

- Chopping board
- Paring knife
- Chefs knife
- Paper towelling
- Tea towel
- Frying pan (medium – large)
- Serving plate / dish (flat based)

METHOD

1. Roast the red capsicums in a preheated oven at 180°C (400°F) for 15–20 minutes
2. Turn the red peppers and leave for 15-20 more minutes until both the sides are done
3. Wrap them one by one after removing from the oven in paper towels or tea towels and leave aside to cool.
4. Alternatively you can place them in a bowl and cover with plastic cling wrap. Your aim is to keep them moist so as to be able to peel the skin off easily
5. Peel and seed the capsicums, then cut them into ½ inch wide strips
6. Peel the garlic cloves and slice them thinly
7. Heat olive oil in a frying pan at low heat, add the garlic to fry
8. When the garlic is the golden brown, add the pepper strips
9. Saute for 10 minutes shaking the pan a little
10. Place the sautéed peppers in serving plate / dish
11. Place the anchovies coiled around the peppers. You can add the olive oil from the anchovies if more flavour is desired
12. Serve warm or at room temperatures with Italian style bread

Osso Bucco (Braised Lamb Shanks)

INGREDIENTS SERVES 2

4 lamb shanks (frenched)
2 bottles medium flavoured beer such as an amber ale
2 x 400ml tins peeled tomatoes
1 onion
1 carrot
2 sprigs thyme
2 sprigs rosemary
3 cloves garlic
3 x medium potatoes
100ml milk
50g butter
salt and pepper

EQUIPMENT

Braising Pan or Pot with Lid
Deep flat pot with lid
Chef Knife
Chopping Board
Fry Pan
Whisk
Peeler
Oven

Osso Bucco (Braised Lamb Shanks) *continued*

METHOD

1. Pre-set oven to 200°C
2. Thoroughly wash hands and dry them completely
3. Cut onion, carrot, into dice and set aside
4. Brown shanks in pot and season with salt and pepper
5. Add onion and carrot to pot and colour (do not burn). Remove
6. Deglaze pan with beer and scrape off flavour from bottom of pan with rubber spatula or wooden spoon. Bring to boil
7. Add shanks and onions and carrots to the pan
8. Add tinned tomatoes, thyme and rosemary and bring to boil on top of stove
9. Add lid to pan and place entire pan, with lid on, into oven and let braise for 70 minutes at 200°C. This will vary from oven to oven, so check it every now and then
10. Meanwhile, place potatoes in a pot with cold salted water, and bring to boil. You'll know they are ready when the potatoes slide off your skewer or fork when you stick them
11. Strain and air dry potatoes for a few minutes. Once slightly cooled, peel and mash
12. Add milk and butter, then whisk to smooth consistency
13. When shanks are ready (be careful – the pot from oven will be very hot) place mash in centre of plate and shanks on top
14. Season sauce and drizzle over shanks
15. Serve at once with crusty bread

Patatas Alioli

(Potatoes with Garlic Mayonnaise)

INGREDIENTS SERVES 2 TO 4

4 medium potatoes (Desiree or Pontiac potatoes)
½-1 cup alioli (*see front section of this cookbook for recipe)
4 tablespoons chopped flat leaf (continental) parsley
salt to taste

EQUIPMENT

Medium size saucepan
Chefs knife
Chopping board
Wooden spoon
Medium size Serving bowl or dish

METHOD

1. Thoroughly wash hands and dry them completely
2. Place the potatoes in the saucepan using plenty of water and boil the potatoes unpeeled, until they are cooked through
3. Take the potatoes out of the saucepan and allow them to cool down enough to be able to handle them with your hands
4. Peel skin of the potatoes using your fingers and then cut them into medium sized pieces and sprinkle with salt
5. When they are at room temperature, cover with the Alioli sauce which is prepared separately
6. Sprinkle with plenty of chopped parsley and (carefully) mix well
7. Serve in medium size serving bowl or dish



Patatas Alioli (Potatoes with Garlic Mayonnaise)

Penne Pasta with a Basil Pesto Sauce

INGREDIENTS FOR 2 ENTRÉES

200g penne pasta
100g fresh picked basil (1 bunch)
50g pine nuts
1 clove raw garlic
50g Parmesan cheese
50g (approx.) olive oil
black pepper

EQUIPMENT

Chopping Board
Paring knife
Food processor
Grater
Strainer / colander
4ltr Saucepan
Spatula
Wooden Spoon
Frypan / bowl

METHOD

1. Bring at least 2ltr water to the boil on a high heat adding salt once water is boiling, not before
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. Add pasta, reduce heat slightly and *slow boil* until *al dente* (the packet will tell you exactly how long)
4. While pasta is cooking *dry-roast* pinenuts in a frypan until toasted (be careful, don't burn them!)
5. Pick basil leaves from bunch, place in processor
6. Add roasted pinenuts, raw garlic, grated cheese, and 50ml olive to the processor, blend to a coarse consistency
7. You may choose to add a small amount of water from the pasta to achieve a less oily consistency in the pesto sauce
8. Drain the pasta through the colander and place in bowl or sauté pan to mix with pesto sauce
9. Each serve should be about 100g



Penne Pasta with a Basil Pesto Sauce

Pint Sized Pizza

INGREDIENTS

Pizza base

1 teaspoon yeast (dried)
1 teaspoon caster sugar
½ cup warm water
1 cup plain flour

Pizza topping

80g tomato sauce or paste
4 x vine ripened tomatoes
100g bocconcini (from the deli, not supermarket!)
100g Mozzarella cheese (or Tasty if you don't have it)
50g Parmesan cheese (Pecorino from the deli, not the powdered stuff in a can from the supermarket!)
20g picked basil leaves
1 teaspoon salt

EQUIPMENT

Mixing bowl
Rolling pin
Oven tray
Chef's Knife
Chopping Board
Wooden Spoon
Grater or microplane
Pizza cutter
Spatula to serve pizza



Pint Sized Pizza

Pint Sized Pizza continued

METHOD

1. Thoroughly wash hands and dry them completely
2. Mix yeast, sugar and water together in a mixing bowl
3. Leave to sit in a warm place for about 7 minutes (until yeast and sugar has dissolved)
4. Add flour and mix to make a firm dough (adding extra flour as necessary)
5. Using a rolling pin on a floured surface, roll out making the pizza base
6. Place base on a greased thin oven tray (or tray can be lined with baking paper so the base doesn't stick to the tray) and cook for about 10 minutes at 180°C
7. While the base is cooking, wash the tomatoes and slice thinly. Sprinkle with just a little salt and set aside
8. Thinly slice bocconcini and set aside
9. Grate the cheese and set aside
10. By now base will be ready, so spread tomato sauce or tomato paste on first
11. Add the tomato and bocconcini and arrange evenly around the pizza base so that they slightly overlap
12. Spread basil leaves in the gaps
13. Add grated cheeses, spread evenly over the top
14. Place in oven and bake until cheese melts
15. Once cheese is melted and pizza is cooked the way you like it, remove and place on chopping board
16. Using a pizza cutter, slice pizza and serve
17. Be careful as cheese will still be quite hot for a while out of oven

CHEF'S TIP

This is just an example topping, you could add ham (or grilled and chopped bacon), mushrooms, diced tomatoes, pineapple or anything else that you and the kids like!

Potato Gnocchi with Tuscan Ragout and Pancetta

INGREDIENTS SERVES 2

350g waxy potatoes (select Desiree or Coliban)
160g plain flour (80g for bench, 80g for mix)
40g Parmesan cheese (Pecorino is fine)
1 long red chilli
½ brown onion
2 x cloves garlic
10 basil leaves
3 slices pancetta
100ml red wine
50g frozen / fresh peas
1 tablespoon tomato paste
50ml olive oil
½ tin (200g) chopped tomato (Italian is best)
salt
pepper

EQUIPMENT

Chopping Board
Ricer / Potato Masher
Can Opener
Small Saucepan
Wooden Spoon
Chef's Knife
Paring Knife
Frypan
Mixing Bowl
Fine Mesh Strainer



Potato Gnocchi with Tuscan Ragout and Pancetta

Potato Gnocchi with Tuscan Ragout and Pancetta continued

METHOD

Gnocchi

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Put 750ml water on high heat, place potato in from a cold start. This way they'll cook all the way through
3. Boil potatoes in salted water until just before they are fully cooked. Poke the potato with a fork to see if they are ready. The fork will stay in for just a second, and then release
4. Drain through a colander into a medium pot (**retain water and keep on low heat to cook gnocchi at end**)
5. Mash potatoes leaving as dry as possible, and allow to cool
6. *Sift* flour and add to potato
7. In mixing bowl knead the mix until an elastic dough forms
8. Add salt and pepper
9. Roll dough into a 1cm wide cylindrical shape on a *floured* bench
10. Cut into a 2cm lengths with a sharp clean chef's knife
11. Place gnocchi in rows on a floured tray

Tuscan Ragout

1. Finely chop onion, garlic, pancetta and chilli
2. In frypan heat olive oil slightly and add onion, garlic, chilli
3. Add pancetta
4. *Sweat* (cook without colour) until soft and fragrant
5. Add tomato paste and cook for 2 minutes
6. Add red wine and *reduce* by half
7. Add chopped tomatoes and *simmer* for 10 minutes

All Together

1. Finish sauce with peas and torn basil
2. Cook gnocchi in boiling salted water until they float to the surface. This should take about two minutes if you don't crowd them
3. Place gnocchi in sauce and coat all over
4. *Season* and serve with parmesan

CHEF'S TIP

Pancetta is cured spiced Italian back bacon. Regular bacon is an OK substitute

Poulet en Papiotte

(Chicken Breast Baked in a Bag)

INGREDIENTS SERVES 2

2 x 140g skinless chicken breasts
100g butter
150ml white wine
10g dried porcini
150g mixed mushrooms (field, oyster, shiitake)
2 medium potatoes
2 sprigs fresh thyme
1 clove garlic
1 lemon
touch of olive oil and mustard
salt and pepper

EQUIPMENT

Peeler
Medium pot
Chopping board
Paring knife
Mixing Bowl
Pastry brush
Aluminium foil
Roasting tray
Chef's Knife

METHOD

1. Pre-heat oven to 220°C
2. Thoroughly wash hands with soap, rinse and dry completely
3. Peel, slice and boil potatoes from cold water start
4. Meanwhile, *pick* thyme and tear up mushrooms
5. Peel and slice garlic
6. Juice lemon
7. *Score* chicken with chef's knife
8. In a bowl mix all together with mustard
9. Take large piece of alfoil (about 36cms long) and fold in half
10. Fold in half again, creating a double thick bag with a closed end
11. Fold the side edges over twice, creating two sealed edges and leaving one side open
12. Place mixture into the bag, including all the liquids, ensuring you don't pierce the foil
13. Close the final edge, making sure the bag is tightly sealed and secure on all sides and carefully slide on to roasting tray
14. Place tray on high heat for about 1 minute, then bake in middle of pre-heated oven for about 25 minutes
15. Remove from oven, place the bag on a big plate, then take to table and break open foil to serve with loads of bread



Poulet en Papiotte (Chicken Breast Baked in a Bag)



Prosciutto Wrapped Grissini with a Basil Pesto

Prosciutto Wrapped Grissini with a Basil Pesto

INGREDIENTS MAKES 24

2 pkts grissini sticks (there's about 14 to a pack)
100g fresh picked basil leaves (1 bunch)
12 slices Prosciutto
50g pine nuts
2 tblspns raw garlic
75g Parmesan cheese (Pecorino is fine)
olive oil

EQUIPMENT

Chopping board
Non-stick frypan
Paring knife
Food processor
Grater or Microplane
Wooden spoon or rubber spatula
Serving platter

METHOD

1. Thoroughly wash hands and dry them completely
2. Dry-roast pinenuts in frypan until toasted (be careful, don't burn them!)
3. Pick basil leaves from bunch, place in processor
4. Add roasted pinenuts, raw garlic, grated cheese, and 50 ml olive and place in processor, blend to a coarse consistency
5. You may choose to add a small amount of water to achieve a less oily consistency in the pesto sauce.
6. Lay prosciutto out flat, smear with pesto so it lightly covers the prosciutto from end to end (prosciutto can easily tear, so take it easy)
7. Cut the prosciutto in half vertically with a sharp knife
8. Tuck one end of prosciutto under grissini stick, and roll up tightly
9. Place grissini seam side down, and arrange attractively on platter or plate

Fresh Noodle / Pasta Dough Recipe

INGREDIENTS SERVES 4

250gm plain flour
3 eggs (55gm)
10ml oil
pinch of salt

METHOD

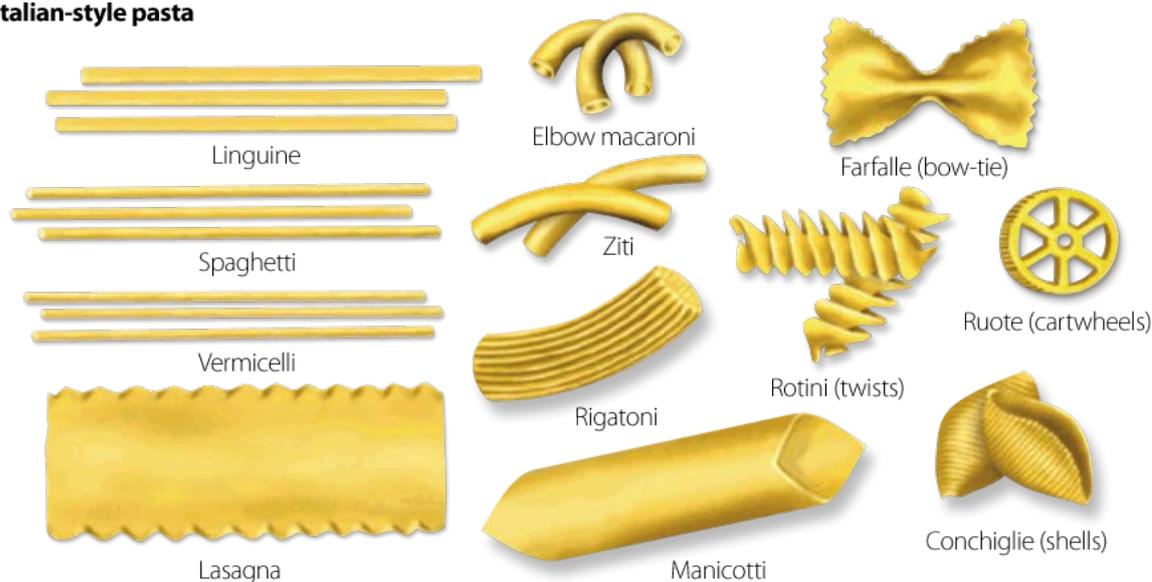
Method 1

1. Thoroughly wash hands and dry them completely
2. Sift the flour into a bowl and form a bay in the middle
3. Whisk the eggs and pour into the bay
4. Add the oil and salt
5. Gradually incorporate the flour into the egg
6. Knead the dough until its smooth and doesn't stick to your hand
7. Wrap and refrigerate for ½ hour
8. Roll as desired

Method 2

1. Thoroughly wash hands and dry them completely
2. Sift flour into a food processor, add the egg, oil and salt and process until smooth
3. Wrap and refrigerate for ½ hour

Italian-style pasta



Italian-style pasta. Image from <http://www.britannica.com/EBchecked/topic-art/417882/165/Two-types-of-alimentary-pastes>

Pumpkin Frittata with Chorizo and Tomato Salad

INGREDIENTS SERVES 2

100g peeled butternut pumpkin
1 small brown onion
2 roma tomatoes
25g picked basil leaves
¼ bunch continental (also known as Italian) parsley
¼ bunch oregano
4 eggs
¼ cup (85ml) pouring cream (not thickened)
70g fetta cheese
½ Spanish chorizo
20ml olive oil
5ml balsamic vinegar
15ml extra virgin olive oil
salt & pepper

EQUIPMENT

Peeler
Frypan
Mixing Bowls
Chefs Knife
Chopping Board
Whisk
Wooden Spoon
Spatula
Cheese shaver if Parmesan isn't already shaved

METHOD

1. Preheat oven at 160°C (moderate heat)
2. *Dice* onion and chorizo into small pieces
3. *Dice* pumpkin into 1cm cubes, chop parsley and pick oregano
4. Heat the oil in frypan, add the onion and the chorizo and cook slowly until golden, then remove from pan
5. In same oil, fry pumpkin until golden and chopped oregano
6. *Season* with salt and pepper and add cooked onion and chorizo
7. Mix whole eggs and cream until smooth, and pour over the pumpkin, chorizo and onion
8. Sprinkle fetta over the top and bake until firm
9. Meanwhile, dice tomato and add to chopped parsley, add a splash of olive oil and balsamic, salt and pepper to form salad
10. Portion frittata and lever out of the dish onto a plate with tomato salad
NB Be careful with frypan as it will still be hot long after it has come out of the oven

Pumpkin Tortellini with Parmesan in a Pinenut, Sage and Basil Cream Sauce

INGREDIENTS SERVES 2

300g fresh pasta sheets (thin) **or** 16 fresh wonton pasta sheets
100g butternut pumpkin (pre-peeled is easier)
1 brown onion
¼ bunch fresh basil
1 clove garlic
30g pine nuts
10g *pinch* of nutmeg
75g parmesan cheese
120ml cream
25g butter
1 egg
olive oil
salt
pepper

EQUIPMENT

Chopping board and knives
Pasta cutter
Pastry brush
Saucer
Frying pan
Strainer
Mixing bowl

Pumpkin Tortellini with Parmesan in a Pinenut, Sage and Cream Sauce *continued*

METHOD

1. Dry fry half the pine nuts to get a nicely toasted flavour – keep an eye on them as it will only take a minute or two!
2. Cut pumpkin into small pieces
3. Dice the onion and garlic finely, and chop basil
4. Fry onion, garlic and pumpkin in the pan on a low heat until soft
5. Add basil and season the mix
6. Add the roasted half of the pinenuts to the pumpkin mix
7. Cut pasta sheet into 7cm squares and brush inside of each square with whole whisked egg using pastry brush
8. Place filling in center of each tortellini, and fold square in half to form equal-sided triangle
9. Press each corner of triangle together, then press sides together
10. Brush one corner with whisked egg, then fold other corner over your finger to wrap around near side
11. Bring brushed corner over to wrap around the other side, so that it forms a neat packet
12. Cook tortellini in boiling water till pasta is soft and rises to the surface. This should take about two minutes
13. Grate parmesan with microplane while you wait
14. In a frying pan, melt a little butter, add chopped sage, the remaining uncooked pine nuts, add cream a little at a time and let reduce. Season to taste
15. Immerse cooked Tortellini in sauce briefly
16. Plate the tortellini, and sprinkle with parmesan cheese and top with basil leaves. Serve hot and immediately

Quaglie alle Ciliegie (Quails in a Cherry Sauce)

INGREDIENTS SERVES 4

4 quails (preferably de-boned)
4 large slices Pancetta
4 sage leaves
1 carrot
1 celery stalk
1 brown onion
olive oil
150ml white wine
150ml stock (meat preferred)
200g pitted cherries
butter

EQUIPMENT

Chopping Board
Vegetable Knife
Fry Pan
Baking Dish
Strainer

METHOD

1. Pre heat oven at about 180°C
2. Thoroughly wash hands and dry them completely
3. Season quail
4. Place a sage leaf on each quail and then wrap in pancetta
5. Quickly seal the quail
6. Chop carrots and celery stalks into small pieces
7. Finely dice onion
8. Sweat these veggies (i.e cook slowly without colour)
9. Sautee the quail and the carrots, celery and onion in a pan with oil
10. Add wine, stock and let cook for 2 minutes
11. Add three quarters of the cherries (the remaining are for garnish), and place in the oven for 5-7 minutes
12. Remove the quail from frypan and place in baking dish to keep warm in the oven
13. Place the pan on the stove and let the sauce reduce
14. Pass through a strainer, mashing any remaining cherry pulp
15. Finish reducing the sauce and then add the butter to bind
16. Cut quail in half and serve covered with sauce and garnished with remaining cherries



Quaglie alle Ciliegie (Quails in a Cherry Sauce)



Ricotta Ai Funghi (Stuffed Mushrooms with Ricotta and Basil)

Ricotta Al Fungi

(Stuffed Mushrooms with Ricotta and Basil)

INGREDIENTS SERVES 4

50g butter
4 medium cup mushrooms
8 fresh basil leaves
200g ricotta (full cream)
100g bread crumbs
200g rocket lettuce
50ml balsamic vinegar to drizzle
30g Parmesan cheese
1 egg
salt and pepper to season

EQUIPMENT

Mixing bowl medium
Cooks knife
Tongs
Medium frying pan

METHOD

1. Thoroughly wash hands and dry them completely
2. De-stalk mushrooms then chop up finely
3. Chop up basil
4. Place ricotta, basil, salt, pepper and egg in bowl and mix together
5. Place the filling into the mushrooms
6. Heat up the frypan and melt the butter
7. Place the mushrooms into the pan base down
8. Wait until they collapse then turn over for 30 seconds then take off heat
9. Place on plate then dress with rocket lettuce drizzled with the balsamic vinegar

Roast Vegetables

INGREDIENTS SERVES 4

- 1 sprig rosemary
- 1 sprig thyme
- 2 medium carrots
- 2 medium potatoes
- 1 medium sweet potato
- 2 cloves garlic
- 1 brown onion

EQUIPMENT

- Chopping Board
- Chef's Knife
- Mixing Bowl
- Roasting Tray

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Pick and chop thyme
3. Pick and chop rosemary
4. Peel and cut vegetables into medium sized chunks
5. Place vegetables in a bowl and toss in clarified butter or duck fat or olive oil
6. Add salt and pepper and chopped thyme
7. Place in roasting tray with rosemary and a few whole cloves of garlic
8. Put in 200°C oven with fan on if you have one and roast until tender and crisp

Peel and slice each of the vegetables into evenly sized pieces so they take the same amount to cook

However, keep different varieties of vegetables separate as cooking times will be different – the harder they are, the longer they'll take to cook.



Roast Vegetables

Saltimbocca alla Romana (Veal Fillets Roman Style)

INGREDIENTS SERVES 2

4 veal fillets of 80-100gms each
8 fresh sage leaves
4 large slices Parma ham
50g butter
100-150ml white wine
seasoning
plain flour
olive oil

EQUIPMENT

Chopping board
Knife
Frying pan
Little bowl
Fork
Tongs

METHOD

1. Thoroughly wash hands and dry them completely
2. Either leave veal as is or cut in half if required
3. Place veal on chopping board and cover with cling wrap
4. Beat veal out evenly and thinly to form *escalopes*
5. *Season* veal with salt and pepper
6. Take 30g of soft (room temperature) butter and mix it with a bit of flour in the bowl using the fork until combined. Set aside
7. Place the veal on the chopping board, place the sage leaves on it and cover with parma ham
8. Gently cover the veal *escalopes* in flour, so that they are thinly coated
9. Place the pan on the stove with a little oil and remaining butter
10. When the butter bubbles, add the veal ham side down
11. Cook for 2-3 minutes and turn over
12. After cooking the other side for 2-3 minutes more, remove the veal and place it on serving plates
13. *Deglaze* (French term indicating the extraction of the cooking flavours from the pan) the pan with the white wine and let it evaporate a little
14. Add the butter mixed with flour a bit at the time till the sauce has reached the desired consistency
15. Season and place the sauce on the veal
16. In Italy this dish is usually served with roasted potatoes or sauteed spinach

Saltimbocca di Vitello

(Veal Fillets with Parma Ham, Sage and White Wine Sauce)

INGREDIENTS

2 large (or 4 medium) Veal fillets
6 fresh sage leaves
4 thin slices Parma ham (larger than the veal)
flour for dredging
2tbs olive oil
25gms butter
100mls dry white wine
150mls chicken stock
60mls Marsala
salt and pepper
fresh sage for garnish

EQUIPMENT

Toothpicks
Frypan
Chopping board
Meat tenderiser
Medium mixing bowl
Cooks knife cling wrap

METHOD

1. Thoroughly wash hands and dry them completely
2. Either leave veal as is or cut in half if required
3. Place veal on chopping board and cover with cling wrap
4. Beat veal out evenly and thinly to form *escalopes*
5. *Season* veal with salt and pepper
6. Place 1-2 sage leaves on veal then lay the ham on top and secure with tooth picks
7. Place oil and butter in pan
8. Dredge veal in flour then fry to golden brown (1 escalope = 4 minutes, 2 escalope = 5-6 minutes)
9. Transfer veal to serving plate
10. Add wine, stock and Marsala to pan and bring to the boil. This is called *deglazing*
11. Stir until reduced to half
12. Pour over veal and garnish with fresh sage leaves

Escalopes (also spelled as **escaloppes**) are pieces of boneless meat which have been thinned out using a mallet, rolling pin or beaten with the handle of a knife. By thinning out the meat, it cooks more quickly.

Spinach and Ricotta Gnocchi

INGREDIENTS SERVES 2

1 bunch chopped fresh spinach blanched **or** 200g chopped/frozen spinach
250g ricotta cheese (fresh, dry not smooth)
45g parmesan cheese (grated, not powder)
1 egg
¼ teaspoon ground nutmeg
20gbutter
flour
salt and pepper
rocket lettuce

EQUIPMENT

Mixing bowl
Sieve / Sifter
Wooden spoon
Perforated spoon
Large pot
Oven dish
2 x tablespoons

METHOD

1. Squeeze the defrosted spinach to expel water
2. Combine the spinach, ricotta cheese, half the grated parmesan cheese, egg, salt, pepper and nutmeg in a bowl and mix well
3. If mixture is very soft add sifted flour. Gnocchi mix should have the consistency of mashed potato
4. Form mixture into egg shapes (*quenelle*) using two tablespoons to mould them
5. Bring a large pan of salted water to the boil
6. Place the gnocchi in the water and *poach* but test one first to ensure it holds its shape and floats to the top (if it breaks up add more flour to the mixture)
7. Poach remaining quenelles gently until the gnocchi rises – about 1-2 minutes
8. Remove from pan with perforated spoon and arrange in well-greased ovenproof dish
9. Melt butter and pour over gnocchi
10. Sprinkle with remaining grated Parmesan cheese
11. Place under moderately hot grill for a few minutes until cheese turns golden brown



Spinach and Ricotta Gnocchi



Tagliolini al Limone (Lemon Pasta)

Tagliolini al Limone (Lemon Pasta)

INGREDIENTS SERVES 2

200g fresh Tagliolini pasta
250mls fresh double cream (not thickened)
3 lemons
100ml sparkling wine (medium dry)
30g butter
30g Parmesan cheese
salt and pepper

EQUIPMENT

Chopping Board
Large sauce pan (to cook tagliolini)
Small saute pan (to prepare sauce)
Cheese Grater
Tongs
Wooden spoon
Colander

METHOD

1. Thoroughly wash hands and dry them completely
2. Place salted water on stove and bring to boil
3. Place sauté pan on low heat, add butter and grated lemon zest
4. Cook gently for a couple of minutes
5. Add sparkling wine and let reduce in half
6. Add the juice of two lemons and cook for a further two minutes
7. Add cream and simmer slowly till it starts to thicken
8. Check seasoning
9. Cook tagliolini in the boiling water till "al dente" and strain in a colander
10. Add pasta to sauce
11. Mix well on low heat
12. Grate and add parmesan cheese and serve hot

Tomato and Bocconcini Bruschetta

INGREDIENTS SERVES 2

3 slices toasted crusty Italian bread
2 ripe tomatoes
2 bocconcini
125ml olive oil
1 sprig basil
salt
pepper

EQUIPMENT

Grill or
toaster
Chopping board
Bread knife
3 small mixing bowls

METHOD

1. Thoroughly wash hands and dry them completely
2. Slice bread. Its probably a good idea to cut the pieces of bread in half so they are a little more manageable
3. Dice tomato (cut into little cubes)
4. Chop basil
5. Place ingredients in a mixing bowl
6. Season with salt and pepper
7. Add olive oil
8. Brush slices of bread with olive oil and toast
9. Slice bocconcini and place on top of toasted slices of bread
10. Place mixture onto toast
11. Serve on a nice big platter

CHEF'S TIP

You can pre-prepare steps 1–5, but make sure that step 7–10 is done at the last minute so bread is crisp and warm.



Tomato and Bocconcini Bruschetta



Tortilla Espanola (Spanish Potato Omelette)

Tortilla Espanola (Spanish Potato Omelette)

INGREDIENTS SERVES 2

2 medium / large potatoes
eggs
1 medium brown onion (optional)
½ Cup Spanish olive oil
salt to taste

EQUIPMENT

Chopping board
Potato peeler
Paring knife
Whisk
Plastic turner / spatula
Colander
Mixing bowl
Small Non stick frying pan
Dinner plate
Serving round plate

METHOD

1. Thoroughly wash hands and dry them completely
2. Wash potatoes, peel them and cut them into thin slices
3. Slice the brown onion into ¼ inch slices, add salt to taste
4. Place the olive oil into the frying pan and heat the oil. Once hot add the potatoes and onions which have been salted
5. While the potatoes and onions are frying crack and beat the eggs in a mixing bowl
6. When the potatoes are soft and slightly golden, drain them well in the colander and then mix them with the beaten eggs
7. Put this mixture in a non-stick frying pan coated with a very thin film of olive oil at low heat
8. Spread the mixture over the bottom of the pan with turner and shape the edges while on the stove.
9. *After approximately 3 minutes, (or until golden brown) invert the tortilla in the pan with help of a plate or lid of a pot
10. Cook on the other side (but not for as long) in the same way
11. Serve on to a plate
12. May be served hot or room temperature

CHEF'S TIP

The tortilla must be golden brown outside, well shaped and juicy in the centre. After you have cooked this dish 3 times, you'll know exactly when to turn it and how long to cook the second side for.

Vegetable Lasagne with Roasted Capsicum, Eggplant and Basil

INGREDIENTS SERVES 2

Lasagne

200g fresh pasta lasagne sheets
1 capsicum
1 medium eggplant
1 onion
1 clove garlic
1 can chopped tomatoes
¼ bunch basil
salt
pepper

Bechamel Sauce

50g Parmesan cheese grated
500ml milk
50g butter
50g flour
olive oil
balsamic vinegar

EQUIPMENT

Chopping board
French (also known as Chef's or Cook's knife)
Sauté (fry) pan
Sauce Pan
Baking dish



Vegetable Lasagne with Roasted Capsicum, Eggplant and Basil

Vegetable Lasagne with Roasted Capsicum, Eggplant and Basil continued

METHOD

1. Thoroughly wash hands and dry them completely
2. Place capsicum on a tray in pre-heated oven, drizzle with a little olive oil and seasoning.
3. Roast for about 15minutes. Take out and de-seed and peel when ready
4. Pre-cook the lasagne sheets in boiling water (only a couple of minutes if fresh, up to 10 minutes if dried)
5. Thinly slice remaining veggies and panfry until golden. Season
6. Make a tomato sauce from the tinned tomatoes by stewing with some onion, garlic and basil. Season to taste
7. Make a small quantity of cheesy béchamel sauce by cooking butter and flour together until bound (roux) and adding heated milk to the roux.
8. Stir and simmer for 10 minutes. Season
9. In baking dish place pasta sheet at the bottom then tomato sauce then vegetables, then béchamel sauce
10. Repeat this sequence until you are at the top of the dish with 3 layers of pasta
11. Place a final layer of béchamel sauce on top and sprinkle with cheese
12. Bake on 180°C for 25 to 30 minutes
13. Serve with tossed mixed green salad

CHEF'S TIP

The fresh lasagne sheets will expand by 10-15%, so cut them smaller to fit in the dish once cooked

Zucchini Frittata with Crispy Pancetta and Tomato Salad

INGREDIENTS SERVES 2

2 medium zucchini
1 small brown onion
¼ bunch continental (also known as Italian or flat) parsley
4 eggs
2 slices pancetta
20ml olive oil
1 med tomato **or**
2 x roma tomatoes
25g picked basil leaves
4 shavings Parmesan cheese
5ml balsamic vinegar
20ml olive oil for frying
15ml extra virgin olive oil for salad dressing
salt
pepper

EQUIPMENT

Peeler
Frypan
Mixing Bowls x 3
Chefs Knife
Chopping Board
Whisk
Wooden Spoon
Spatula
Loose base quiche flan or dish, or ovenproof porcelain baker
Four sided grater so you can shave Parmesan if it isn't already shaved



Zucchini Frittata with Crispy Pancetta and Tomato Salad

Zucchini Frittata with Crispy Pancetta and Tomato Salad *continued*

METHOD

1. Preheat oven at 160°C (moderate heat)
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. *Dice* onion and *chop* parsley
4. Thinly slice the zucchini
5. Heat the oil add the onion and the zucchini and cook slowly until soft (*sweat*)
6. Season with salt and pepper and layer into greased bakers
7. Crack and whisk the eggs, add parsley and pour over the zucchini
8. Bake in oven for about 15 minutes or until it is **just** set (it should be just a little wobbly in the middle)
9. Meanwhile, roughly dice tomato and set aside
10. Pick basil leaves and set aside
11. Lightly fry or grill pancetta until it is slightly crispy
12. Portion frittata and lever out of the dish onto a plate
13. Garnish with pancetta, roughly diced tomato, fresh basil leaves and parmesan shavings, then drizzle with oil and vinegar



Zucchine Ripiene (Stuffed Zucchini)

Zucchini Ripiene (Stuffed Zucchini)

INGREDIENTS SERVES 2

2 medium green zucchini
30ml olive oil
½ brown onion
75g minced veal
½ bunch flat continental parsley
300g Italian peel tomatoes
25g grated parmesan cheese
salt and pepper as required

EQUIPMENT

Chopping Board
Vegetable Knife
Small Saucepan
Can Opener
Apple Corer
Mixing Bowl
Fry Pan
Baking Dish
Tongs or steel spoon

METHOD

1. Pre heat the oven to 180°C
2. Thoroughly wash hands and dry them completely
3. Chop onion
4. In a small saucepan, heat part of the olive oil, and fry the chopped onion. Add peeled tomatoes, season and let sauce cook till it starts to thicken
5. Trim ends of the zucchini, and cut in half. Using an apple corer remove flesh from the zucchini leaving a shell of about 6mm thick. Chop zucchini centres finely and place in a bowl
6. Chop parsley, add with minced veal to zucchini centres and season to taste
7. In a frypan add the remaining olive oil and when hot add the zucchini and meat mixture. Cook for 5 minutes. Remove from stove
8. Place the tomato sauce in a small baking dish. Stuff the zucchini with the meat filling and arrange them in the baking dish with the sauce. Sprinkle with the grated parmesan cheese and place in the oven for about 15 minutes
9. Serve warm



Tips for Roasting Large Joints of Meat

Always get the best quality meat you can, ideally well marbled, aged and from a good supplier.

Choose cuts that are suitable for roasting, basically anything with lion or fillet in the name

Bring meat out of fridge 1hr before cooking so it comes up to room temperature. Never leave meat in direct sunlight, even to defrost

Always rest your meat well, at least 15 minutes as a minimum, your meat will be more tender and juicy.

Roast meat over a rack so that it is in no direct contact with cooking tray. This will stop the meat stewing in its own juices and help the meat cook more evenly

When roasting large joints of meat, make sure the first half an hour is hot 220°C this will help get the meat get started and also help the outside seal and go brown. After the first half hour turn your oven down to about 160°C

Always cut meat **against** the grain and so the juices won't run out easily

COOKING TIMES

Note all times are after the first half hour

(i.e. once you have turned your oven down – see tip above).

Beef / Lamb

Rare 10 minutes per 500g

Medium 15 minutes per 500g

Well done 20 minutes per 100g

Pork 22 minutes per 500g

Chicken About 50-70 mins total time

TEMPERATURE GUIDELINES

Temperatures should be taken in the middle of the joint of meat, so get a food thermometer, they are worth every cent!

Beef / Lamb/ Venison

Rare 50°C

Medium 60°C

Well done 70°C

Pork (should be cooked medium) 60-65°C

Chicken 60°C

Apple Sauce for Roast Pork

INGREDIENTS

3 ripe green apples
25mls lemon juice
25g sugar
zest of half an orange

EQUIPMENT

Zester or
microplane or
grater Peeler
Corer Small Chef's knife
Chopping Board Mixing Bowl
Small saucepan

METHOD

1. Thoroughly wash hands and dry them completely
2. Zest orange
3. Peel, core, and slice up apples into small even size pieces.
4. In a mixing bowl, toss in lemon juice as you go (to stop them going brown)
5. Place in pan with sugar and zest and cook on a low heat, stirring regularly
6. The sauce is ready when apples have cooked down to a puree
7. Season with a little salt



Apple Sauce for Roast Pork

Bread Sauce for Roast Chicken

INGREDIENTS

500mls milk
1 small onion
4 cloves
1 bay leaf
125g fresh white bread crumbs
50g butter

EQUIPMENT

Saucepan Chopping Board
Cooks knife Fine Mesh Strainer
Whisk

METHOD

1. Thoroughly wash hands and dry them completely
2. Slice onion and place in saucepan with milk, cloves, bayleaf, pepper and a little salt
3. Infuse milk over the stove for about half an hour
4. Strain milk through fine mesh strainer
5. Whisk in bread crumbs and butter
6. Check seasoning

CHEF'S TIP ON GETTING CRISPY SKIN CHICKEN

You can get a really crunchy effect with chicken skin by giving the skin a light smear in oil or butter and turning the fan on in your oven to get a high heat

Honey Glaze for Baked Ham

INGREDIENTS

250g honey
1 x tablespoon Dijon mustard
1 x orange
about fifteen cloves

EQUIPMENT

Tablespoon
Saucepan
Pastry brush
Zester / grater
Baking Dish

METHOD

1. Preheat oven to 180°C
2. Thoroughly wash hands and dry them completely
3. Zest orange then juice
4. Score ham to white fat level in a diamond pattern
5. Push a clove into the middle of each diamond
6. Mix juice, zest, mustard and honey together in a saucepan with a little hot water and melt over stove until thin enough to brush over ham
7. Place ham in a baking dish and pour in wine to prevent the ham from sticking to the bottom
8. Bake for about 30 minutes until you get a rich shiny colour

CHEF'S TIPS WITH MEAT

Always cut meat against the grain and so the juices won't run out easily

Allow the meat to rest after you bring it out of the oven as it will continue to cook for a few minutes

Resting the meat ensures that it will be tender, and the juices won't run out when it is served or sliced

Mint Sauce for Roast Lamb

INGREDIENTS

1 large bunch mint
2tsp caster sugar
1 tablespoon boiling water
60mls malt or cider vinegar
salt and pepper to taste

EQUIPMENT

Chopping Board Small Chef's Knife
Mixing Bowl
Saucepan

METHOD

1. Thoroughly wash hands and dry them completely
2. Pick mint leaves from stems and chop fine
3. Dissolve sugar in warm water, allow to cool
4. Mix all ingredients and season to taste

Mint sauce is best served with a spoon, not poured, so the solids are spooned onto the meat and not just the vinegar!



Mint Sauce for Roast Lamb

Gravy for Roast Beef

Gravy is basically a sauce made from the juices left in the bottom of the pan after roasting meat

There is no fixed recipe for making gravy, but instead guidelines you should follow:

Always taste the juices you are going to use, are they salty, sweet, sour?

Do they need reducing (concentrating) or are they too strong and do they need diluting?

How thick do you want your gravy? Does it need thickening?

Thickeners

Flour – needs to boil and cook out for a few minutes to get rid of starchy taste

Butter – don't boil or it will split but instead whisk in just before serving. Butter will also make gravy richer and add a little sweetness

Cream – needs to reduce to thicken and will make gravy richer.

Thinners

Water or stock

Wine

Cider

Beer, especially stout

Aromatises

Fresh herbs

Citrus zest – good with pork

Always scrape off all the juice and pieces of meat stuck to the bottom of the roasting tray to maximise flavour, the only exception to this is if all your meat juices and scrapings are burnt and black and will make the gravy bitter.

Desserts



Apple and Pear Galette with Vanilla Ice Cream

INGREDIENTS SERVES 4

4 25x25cm puff pastry sheets
1 large granny smith apple
1 large packham pear
2 tablespoons butter
2 tablespoons brown sugar
1 tablespoons vanilla essence
2 stalks mint
honey to serve
vanilla ice cream to serve

EQUIPMENT

Corer
Small Saucepan
2 x mixing bowls
Chopping Board
Chef's knife
Small piece of baking paper
Roasting Tray
Pastry Brush

METHOD

1. Preheat the oven to 180°C
2. Thoroughly wash hands with soap, rinse and dry completely
3. Melt butter on low heat
4. De-core and slice the apples and pears
5. Marinate in the vanilla and a little of the sugar and butter
6. Cut 4 circles from the puff pastry
7. Place on a lightly buttered pastry tray
8. Place the apples and pears over lapping on the pastry
9. Brush with the remaining melted butter and sprinkle with remaining sugar
10. Bake for 20-25 minutes until the pastry is golden
(this will vary from oven to oven, so keep an eye on them)
11. To serve drizzle with a little honey and ice cream on the top or on the side
12. Garnish with mint stalks



Apple and Pear Galette with Vanilla Ice Cream

Raspberry Soufflé

INGREDIENTS SERVES 2

100g frozen raspberries
50 g caster sugar
100 ml water
60 ml egg white (about 2 eggs)
2 tablespoon caster sugar
icing sugar
butter or olive oil spray for ramekins

EQUIPMENT

Fork Whisk
Small pot Tablespoon
Fine mesh strainer Rubber spatula
Small stainless steel bowl
Large stainless steel bowl
Individual souffle dishes (ramekins)

METHOD

1. Pre heat oven to 200°C with oven fan turned off
2. Bring raspberry, caster sugar and water to the boil
3. Simmer till raspberry becomes slightly thick
4. Pass raspberry through fine strainer and cool
5. Separate eggs yolks from whites
6. Whisk egg whites till stiff in a clean dry bowl
7. Add first tablespoon caster sugar and continue whisking till sugar dissolves
8. Add the next table spoon of caster sugar and whisk till egg whites are shiny and stiff
9. Take half of the raspberry mixture and add to egg whites, slowly fold both mixture together
10. Add rest of raspberry mixture to the whites
11. Grease ramekins with melted butter or olive oil spray and dust with caster sugar
12. Divide mixture into both ramekins
13. Bake in oven for about 15 minutes and serve immediately with a dusting of icing sugar on the top

CHEF'S TIPS:

When whisking eggs whites, you must ensure that there is no egg yolk or shell with the whites. Also, the bowl must be spotlessly clean and dry, otherwise it will be almost impossible to whisk the whites stiff and shiny so they form a meringue



Raspberry Souffle

Chocolate Soufflé Cakes

INGREDIENTS MAKES 4 SMALL CAKES

½ cup butter, plus some for buttering the molds
120g bittersweet chocolate – the better the quality the better the cake
2 eggs
2 egg yolks
¼ cup sugar
2 teaspoons plain flour, plus a little more for dusting

EQUIPMENT

4 x small ramekins or soufflé dish
1 x baking tray that fits in your oven
Double boiler
Whisk
Spatula

METHOD

1. Preheat the oven to 225-250°C
2. Lightly butter the molds and dust with flour – place on a baking dish and then into the refrigerator to set the butter and make them 'non stick'
3. In the top of a double boiler set over simmering water, heat the butter and chocolate together until the chocolate is almost completely melted
4. While the chocolate and butter are melting, beat together the eggs, yolks and sugar until the sugar has dissolved and the mixture is smooth
5. Mix the melted chocolate and egg mixture together. NB make sure mix is not too hot or you'll get chocolate flavoured scrambled eggs
6. Add in the flour and mix this through until combined to a smooth batter
7. Pour the batter into the molds – ¾ to top
8. Bake in the oven for 6-8 minutes
9. Invert onto a small plate and serve immediately

CHEFS TIPS

Chocolate and Raspberry brownies have an amazing rich melt in your mouth quality about them. I have never met a chocolate lover that didn't adore them.

They are served with clotted cream on the side to break up the richness a little.

They also smell amazing when they are cooking and come out of the oven.



Chocolate Soufflé Cakes

Crème Caramel

INGREDIENTS SERVES 2

125ml milk
1 x egg
12g sugar
2 drops vanilla essence
30g sugar
25ml water

EQUIPMENT

2 saucepans
Mixing bowl
Dariole molds
Baking dish (deep sided)
Silicone paper
Food processor
Scale
Baking sheet
Whisk

METHOD

1. Add the sugar (30g) to the water and heat until *caramelized*
2. Remove from the stove and add a few drops of water to stop the caramelizing
3. Pour caramel into the *dariole mold* and let set (be careful as caramel is particularly hot). You don't need to grease the mold
4. Add egg sugar (12g) and vanilla together in a bowl and mix lightly
5. Bring the milk to the boil and slowly pour onto the egg mixture whisking thoroughly (NB; do not beat eggs too much as you do not want egg mix to rise)
6. Pour egg mix into a jug and skim off any foam
7. Pour into dariole molds
8. Place into a baking dish filled with hot water and bake for 35-45 minutes in an oven at 165°C
9. When cooked remove from the oven and refrigerate
10. To serve, run knife around inside of mould and lightly shake free onto a plate



Crème Caramel

Dark Chocolate Mousse with Stewed Cherries and Fresh Cream

INGREDIENTS SERVES 6

315g dark chocolate
8 x eggs
125g unsalted butter
1/3 cup (90g) caster sugar
400g tin or jar of pitted cherries
½ cup (125g) caster sugar for stewed cherries
½ teaspoon cornflour
60ml cognac or brandy

EQUIPMENT

Strainer
Whisk
Small Pot
Mixing Bowl
Wooden Spoon
Rubber Spatula
Chopping Board
Chef's Knife
Chef's Spoon
Fire starter or match
Martini glasses (or half filled wineglasses)

Dark Chocolate Mousse with Stewed Cherries and Fresh Cream continued

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Separate yolks from whites, placing 5 yolks in a mixing bowl and whisk
3. Place broken pieces (each about 1cm square) of chocolate in a bowl
4. Cut butter into small 1cm square cubes
5. Put small pot with 200ml water on high heat until it boils
6. Place mixing bowl with chocolate on top (*ban marie*) and stir until chocolate is melted
7. Add butter a bit at a time so temperature doesn't drop and stir continuously. Once mix is well blended, cool to lukewarm (about 5 minutes)
8. Add egg yolks. If you add yolks before mixture cools to lukewarm, they will scramble. The mix will become a little thicker and shinier
9. Whisk egg whites and sugar until mix reaches a soft peak meringue
10. Gently *fold* meringue into the chocolate mixture, trying to retain as much air as possible
11. Spoon mix into martini glasses and let cool for 5-10 minutes
12. Place in fridge and let set for 35 minutes (this will vary from fridge to fridge)
13. Meanwhile, to make stewed cherries place sugar into pot with juice from cherries. Bring to boil to dissolve sugar
14. Add cornflour and cherries, stir and *simmer*, stirring constantly until mixture has thickened
15. Add cognac or brandy and ignite to burn off alcohol
16. Allow to cool and spoon over chocolate mousse once they have set
17. Alternatively you could spoon a little whipped cream on top and then sprinkle a small amount of shaved chocolate on top of that to make it look as good as it tastes!

CHEF'S TIPS WITH CHOCOLATE MOUSSE

Cooking the chocolate mix in the mousse away from direct heat is called *bain marie*. By using the boiling water to melt the mix, you avoid burning the mix and making it bitter

The reason why you let something cool before you place it in the fridge is not so much for hygiene. It's more about not making the fridge work overtime to reduce the internal temperature which goes up when something hot is placed inside



Dark Chocolate Mousse with Stewed Cherries and Fresh Cream

Panna Cotta with Caramelised Apple and Cinnamon

INGREDIENTS SERVES 6

80 ml milk
450 ml cream
75g unsalted butter, cut into small pieces
70ml cold water
3 leaves gelatine or
15g powder in 2 tblspns warm water)
80g caster sugar
½ vanilla bean or
½ teaspoon vanilla extract
80g brown sugar
3x granny smith apples
1x orange
½ cup (125ml) orange juice
1 cinnamon quell
vegetable or nut oil for greasing moulds

EQUIPMENT

Saucepan
Strainer
Zester
Whisk
Frypan
Chopping board
Dariole Moulds
Mixing Bowls



Panna Cotta with Caramelised Apple and Cinnamon

Panna Cotta with Caramelised Apple and Cinnamon *continued*

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. *Grease* molds with canola oil spray or butter (not olive oil)
3. Bring milk, 250ml cream (**keep remaining 200ml for later**), caster sugar and vanilla to the boil then take off heat
4. Mix gelatine in water for a few seconds, forming smooth paste
5. Add to milk mix and stir with a wooden spoon until gelatine is fully dissolved, then place in fridge to cool
6. Meanwhile whip remaining cream and fold through milk mix once the mix has cooled
7. Strain into individual greased moulds and refrigerate for at least 1.5hrs or until set (this will vary from fridge to fridge)
8. Pre-heat your frypan, and add the brown sugar
9. Stir quickly so the sugar melts to a caramel on the base but does not burn
10. Zest orange and grate
11. Add rind and juice to pan and stir to dislodge the bits of caramel from the frypan
12. De-core, peel and quarter apples
13. Add apple to caramel along with butter and cinnamon quells
14. Mix and cook for just under a couple of minutes
15. Cool apple, take out of caramel, slice and serve with panna cotta

Panna Cotta with Strawberry Coulis

INGREDIENTS SERVES 2

Panna Cotta (set cream)

160ml cream
40 g sugar
¾ leaf gelatine (or 5-7g powder)
½ vanilla bean
2 strawberries for garnish
vegetable or nut oil for greasing molds

Strawberry Coulis

200g fresh or frozen strawberries
100g sugar

EQUIPMENT

Saucepan
Strainer
Wooden spoon
Ladle
Individual Dariole molds
Blender
Chopping board
Knife

METHOD

Panna Cotta

1. Boil cream, sugar and vanilla
2. Soak gelatine in cold water for a few seconds, squeeze out water
3. Add to hot mix and stir with a wooden spoon until gelatine is fully dissolved
4. Strain
5. Pour into individual greased dariole molds and refrigerate
6. Turn out of the molds, place on plate garnish with *coulis* and fresh strawberry

Coulis

1. Place fruit and sugar into a sauce pan and bring to the boil
2. Pass through a strainer with a ladle and refrigerate

CHEF'S TIPS

You can add lemon juice to the coulis to reduce the apparent sweetness

Add 3 or 4 whole cardamom pods to the cream for a delicious aromatic smell and exotic flavor. Serve panna cotta with a fruit coulis, fresh or poached fruit



Panna Cotta with Strawberry Coulis



Peaches Poached in Dessert Wine with Ice Cream

Peaches Poached in Dessert Wine with Ice Cream

INGREDIENTS SERVES 6

4 peaches
1 x 375ml dessert wine (Botrytis)
2 large oranges
6 scoops ice-cream
sugar as required

EQUIPMENT

Chopping board and knives
Zester
Juicer
Saucer with lid

METHOD

1. Wash and cut peaches in halves
2. Insert wooden skewer
3. Place them in the medium pot with the dessert wine
4. Add sugar syrup to ensure that peaches are covered
5. Place on low heat and cook till the peaches are soft
6. You will know when they are ready when the skewer is easily removed
7. Remove the peaches from the cooking liquid, and take out the skewers
8. Keep the wine on a low heat and allow it to *reduce* slowly
9. *Zest* the oranges, and add to the reducing syrup
10. When the syrup has thickened, remove from heat and let cool down
11. When the peaches are cool, cut them into wedges
12. Place them on the ice cream scoops and cover with cold syrup
13. Can be garnished with oranges segments

CHEF'S TIPS

You can add lemon juice to the *coulis* to reduce the apparent sweetness

Add 3–4 whole cardamom pods to the cream for a delicious aromatic flavour. Serve panna cotta with a fruit *coulis*, fresh or poached fruit

Raspberry and Chocolate Ripple with Mint

INGREDIENTS MAKES 10 SERVES

300ml pouring cream
50g caster sugar
250g fresh raspberries if in season, otherwise frozen is OK
1 pkt pavlova nests
1 pkt Maltesers
1x bunch mint to decorate (optional)
icing sugar, to dust

EQUIPMENT

Electric whisk or blender
Rubber spatula
Wooden spoon
Fork
Mixing bowl
Serving glass
Entrée plate
Teaspoon

METHOD

1. Whisk the cream with 1 tablespoon of the sugar in a bowl, using a balloon whisk or an electric beater, until soft peaks form
2. Place the raspberries in a separate bowl with the remaining sugar and, using a fork, lightly crush and mix together
3. With a spoon lightly smash the meringues and the Maltesers while they are still in the packet, as there's less mess
4. Fold in with rest of ingredients. Don't over-mix here, but gently fold the raspberries into the cream with crushed meringue and Maltesers, until you get a rippled effect
5. Spoon the mixture into serving glasses set on plates, decorate with mint sprigs and dust with icing sugar



Raspberry and Chocolate Ripple with Mint



Sautéed Nectarines in Olive Oil Caramel

INGREDIENTS SERVES 2

1 vanilla bean
2.5 tablespoons water
45g sugar
2 ripe nectarines
1 tablespoon olive oil

EQUIPMENT

Chopping Board
Chefs Knife
Med Pot
Wooden Spoon
Mixing Bowl

METHOD

1. Thoroughly wash hands and dry them completely
2. Cut vanilla bean in half lengthwise
3. Half nectarine and remove seed (pit) and set aside
4. Scrape the seeds from the vanilla bean and add the seeds and bean to the water
5. Bring vanilla water to a gentle simmer and let infuse for 5 minutes
6. Combine sugar and vanilla infused water in a pan
7. Cook over medium heat, until the sugar dissolves and turns to a rich light brown caramel. Be careful not to allow it to get too brown or it will taste burned
8. Add nectarine and olive oil to the caramel
9. Cook over low heat until the caramel is smooth and the fruits are tender (about 5 minutes)
10. Transfer fruits to serving bowls, pour caramel over fruits
11. Serve warm

Strawberry Zabaglione

INGREDIENTS SERVES 2

2 egg yolks
30g caster sugar
30ml Marsala
30ml white wine or favourite liqueur (eg *Drambuie*)
1 punnet strawberries, or any berries in season

EQUIPMENT

Mixing bowl
Double saucepan, or saucepan and mixing bowl
Whisk

METHOD

1. Combine egg yolks and sugar in a bowl
2. Beat for a few minutes, off heat, with whisk until well combined
3. Put mixture over simmering water
4. Gradually beat in half the Marsala and half the White wine, beat well
5. Gradually beat in the remaining Marsala and wine
6. Beat constantly for about 10 minutes, until thick and creamy or doubled in size

If mixture adheres to side of pan, quickly remove from heat and beat vigorously with whisk especially around base and sides
7. Wash the strawberries, remove the green top and place into individual dishes
8. Pour zabaglione over the top of strawberries

CHEF'S TIPS

In place of Marsala, any favorite liqueur can be used

Zabaglione makes a great topping for ice cream

When you bring the strawberries home, take the plastic wrapping off immediately and then place in fridge. Removing the plastic means they won't sweat and go mouldy



Strawberry Zabaglione



Tiramisu

Tiramisu

INGREDIENTS SERVES UP TO 8

3 *Luv-a-Duck* duck eggs, (or regular eggs if you don't have duck eggs)
75g sugar
60ml Marsala
750g Mascarpone
150g Savoiardi biscuits (sponge fingers)
20g dark chocolate, grated
cocoa to serve

Coffee

30g sugar
150ml fresh brewed espresso coffee
180ml Marsala
30ml dark rum

EQUIPMENT

Medium pot
Mixing bowl
Whisk
Rubber spatula
Serving dish or ice cream container
Grater or microplane

METHOD

1. Combine coffee ingredients and stir until sugar dissolved
2. Separate egg whites and yolks
3. Whisk egg yolks and sugar until light and fluffy
4. Mix marsala and mascarpone until smooth. Add to the egg yolk mix and stir until combined. Do not overbeat
5. Whisk egg whites separately until stiff peaks form and then fold through the yolk mixture
6. Spread ¼ of the egg mixture over the base of a serving dish
7. Dip the biscuits in coffee mix and layer on top
8. Repeat twice more – finishing with an egg layer on top
9. Cover and chill until set
10. Serve dusted with cocoa and grated chocolate

Vanilla Custard Profiteroles with Warm Butterscotch Sauce

EQUIPMENT

Mixing bowl
Whisk
Heavy bottom pan
Piping bag and tubes
Wooden spoon
Baking trays
Spatulas
Plastic scrapers

INGREDIENTS SERVES 4

Profiteroles

250ml water
2 x teaspoon sugar
100g butter
125g flour
4 x eggs

Butterscotch Sauce

300ml fresh cream
200g brown sugar
150g unsalted butter (cut into small cubes)

Vanilla Custard Filling for 6 to 12 profiteroles

500ml milk
6 egg yolks
25g plain flour
35g cornflour
120g sugar
1 teaspoon vanilla extract (or vanilla essence if you don't have extract)

Alternative Chocolate Custard Filling for 6 to 12 profiteroles

500 ml milk
6 egg yolks
25 g plain flour
35 g cornflour
120 g sugar
200 g dark chocolate



Vanilla Custard Profiteroles with Warm Butterscotch Sauce

Vanilla Custard Profiteroles with Warm Butterscotch Sauce *continued*

METHOD

Profiteroles

1. Bring water and butter to boil
2. Remove from heat
3. Add flour mix with wooden spoon
4. Return to moderate heat, stir till mixture leaves side of pan
5. Remove from heat
6. Add eggs one by one
7. The mixture should be of dripping consistency
8. Using a spoon, form mixture into small balls
9. Place on a greased baking tray, spacing them evenly
10. Bake for 20 minutes at 180°C or until golden brown and crisp

Butterscotch Sauce

1. Bring cream and sugar to boil
2. Remove from heat, slowly whisk in cubes of butter
3. Do not re-boil the sauce

Vanilla Custard Filling

1. Bring milk to boil
2. In a separate bowl mix and combine both types of flour, egg yolks and sugar
3. Tip hot milk into egg mixture, add vanilla and put mixture back in pot
4. Return pot to low heat and stir constantly
5. Cook till mixture thickens forming a custard that sticks to the back of a metal spoon (about 15-20 minutes)
6. Don't allow the mixture to boil, as it might curdle
7. Strain through fine mesh strainer and place in fridge to chill. If you have time, let it cool before putting in the fridge

Alternative Chocolate Custard Filling

1. Same as recipe above to step 4
2. Break chocolate up into small pieces and add a bit at a time to mixture so that mix temperature doesn't drop too quickly
3. Cook on low heat until mixture thickens forming a custard that sticks to the back of a metal spoon (about 15-20 minutes)
4. Don't allow the mixture to boil, as it might curdle
5. Strain through fine mesh strainer and place in fridge to chill. If you have time, let it cool before putting in the fridge

Vanilla Custard Profiteroles with Warm Butterscotch Sauce *continued*

Bringing It All Together

1. To assemble the dish, first split three profiteroles in half
2. Spoon a tablespoon of chilled custard (or chocolate custard) into the bottom half of profiteroles
3. Cover the custard filled profiteroles with the tops and place on a serving dish
4. Pour warm butterscotch sauce over the top of profiteroles and serve
5. You may prefer serve this dish with ice-cream and whipped cream

CHEF'S TIPS

Profiteroles can be made a day in advance as long as they are kept in air tight containers

To make éclairs just pipe profiterole mix into fingers instead of balls, filled with whipped cream and dip half in chocolate by hand

Profiteroles can also be a savoury dish, just omit the sugar in the profiterole recipe and add a pinch of salt, fill with cream cheese instead of chocolate custard and top with smoked salmon. This makes a great pre-dinner snack

Instead of making chocolate custard try filling it with your favourite ice-cream, which makes a nice summer dessert

Banana Soufflé

INGREDIENTS SERVES 2

125g ripe banana
30g sugar
1 egg yolk
60 ml egg whites (about 1.5 x eggs)
2 tbsl caster sugar
icing sugar
melted butter or olive oil spray for ramekins

EQUIPMENT

Fork Whisk
Rubber spatula Tablespoon
Fine mesh strainer
Medium stainless steel mixing bowl
Large stainless steel mixing bowl
Individual souffle dishes (ramekins)

METHOD:

1. Pre heat oven to 200°C with fans turned off
2. Thoroughly wash hands with soap, rinse and dry completely
3. Mash banana with sugar till sugar dissolves
4. Separate egg yolk from white
5. Fold egg yolk in with banana and sugar mix
6. In a separate bowl, whisk egg whites till stiff
7. Add first table spoon caster sugar and continue whisking till sugar dissolves
8. Add the next table spoon of caster sugar and whisk till egg whites are shiny and stiff
9. Take half of the banana mixture and add to egg whites, slowly fold both mixtures together
10. Add rest of banana mixture to the whites
11. Grease ramekins with melted butter or olive oil spray and dust with caster sugar
12. Divide mixture into both ramekins
13. Bake in oven for about 15 minutes and serve immediately with a dusting of icing sugar

CHEF'S TIPS

When whisking eggs whites, you must ensure that there is no egg yolk or shell with the whites. Also, the bowl must be spotlessly clean and dry, otherwise it will be almost impossible to whisk the whites stiff and shiny so they form a meringue



Marilo's Sangria

INGREDIENTS SERVES 10 TO 12 PEOPLE

1ltr red wine
500ml white wine
1.25ltr cold lemonade
1 glass Vermouth or
other spirit if desired - optional
1 x stick of cinnamon
1 x banana
1 x apple
1 x orange (whole)
1 x peach (when in season)

EQUIPMENT

Chopping board
Paring knife
Punch bowl or
large glass jug
Ladle
Wooden spoon

METHOD

1. Thoroughly wash hands and dry them completely
2. Cut all fruit into small cubes or bite size
3. Mix the wine, ½ a bottle of cold lemonade and vermouth into the punch bowl
4. Add the fruit and cinnamon stick into the bowl or jug and allow to soak for ½ hour before serving
5. Just before serving add the remaining lemonade and ice cubes to chill
6. Serve the sangria cold into drinking glasses with fruit as desired



Marilo's Sangria

Glossary of Terms

al dente	to boil pasta to the point that it is cooked, but still firm literally 'to the tooth'
bain marie	to cook or melt something off direct heat by placing in a bowl above boiling water
baton	to cut an item into 5mm square, 5cm lengths
blanch	to briefly plunge vegetables in boiling water
caramelized	(for onions, leeks etc) to cook on low heat for a long time. The item will lose moisture and volume, turning into a light brown colour
chop	to coarsely cut into small pieces
compound chocolate	a less expensive chocolate replacement made from a combination of cocoa, vegetable fat, and sweeteners
convex	to have a gentle curve up and outwards, as opposed to being flat or depressed (concave)
coulis	a sauce made from cooked fruit and sugar
crème fraiche	slightly soured cream with bacterial culture, but is less sour, and thicker, than sour cream. French is best for this
crimp	to press to sides together to form a water tight seal
crouton	small piece of sautéed or rebaked bread , often cubed and seasoned
dariole	French term meaning a small, cylindrical mold. It also refers to the dessert that is baked in the mold
de-beard	to remove the tendon that attaches a mollusk to a rock. The best way is to grab the exposed tip firmly, twist and pull up against the side of the shell
de-glaze	to lift meat sediment from the bottom of the pan by adding liquid, bringing to the boil and stirring to blend flavours
dice	to cut into fine, small cubes about 5mm square
drizzle	to lightly pour a liquid over a dish in a zig-zag and/or circular fashion
dry fry or dry roast	to lightly fry in a pan (preferably teflon coated) or oven without any liquid
emulsify	thicken to a creamy consistency
flambé	to add alcohol to hot pan and ignite. Burning off alcohol is essential for better flavour
floured	lightly sprinkle the prep surface with flour to avoid sticking
fold	to gently incorporate an ingredient or mix to another by tumbling over each other, usually in a mixing bowl
garnish	ornament or decorate food
grease	to lightly cover a surface so that the ingredient or mix doesn't stick while cooking
julienne	to cut an item into small matchstick sized pieces
marinate	to immerse an ingredient in a liquid to tenderize prior to cooking

Glossary of Terms *continued*

oxidise	exposed fruit will go brown very quickly, which will detract from the lifted aromas and fresh flavours
pancetta	Italian type of dry cured meat
panna cotta	an Italian phrase, literally translated means 'cooked cream'
pick	to remove leaves of a vegetable from root
pin-boned	removing all bones from fillet, using specialized fish tweezers, not your partner's cosmetic ones, or your pliers from the shed!
poach	to cook at a temperature less than boiling to avoid damage to delicate foods
puree	a pulp made by forcing cooked food through a strainer
quenelle	small egg shaped size, formed by using 2 tablespoons
ragout	French term for combination of ingredients to form a wet dish or sauce
reduce	as water evaporates, the remaining flavours are concentrated in the smaller volume of liquid
refresh	briefly dipping veggies in ice cold water to stop the cooking process and bring out the colour
sauté	to cook in oil or butter to soften without colour
seal	to use high heat for a short time to cauterize (seal) the exterior surface
season	add salt and pepper to desired taste
score	to lightly cut surface of an ingredient to form ridge or pocket
sift	by passing an ingredient or mix through a fine mesh (sifter) solids are removed to give a uniform, smooth texture
simmer	there should be continuous movement of water in the pot, but just below a slow rolling boil
slow boil	boiling liquid that has only slight surface movement
slurry	a thick suspension of solids in liquid, usually by mixing powdered item with liquid to enable a better mix or combination
strain	to pass a liquid through a fine mesh to block solids
sweat	to cook slowly on a low heat without letting the ingredient colour
top and tail	to cut the top and end off so you get a neat square item
translucent	to be see through, without colour
vinaigrette	blend of vinegar or similar acid base with oil, used to flavour salads or served warm as a dressing. The best ratio for vinaigrette is three parts oil, one part vinegar.
zest	to take the outer layer of skin off fruit. This layer has lots of flavour and nutrients from the essential oils. The next layer is white and is called the pith, and is usually avoided as it can be quite bitter

Weight Conversion Table

Metric		Imperial	
teaspoon	5ml	teaspoon	1/6oz
tablespoon	20ml	tablespoon	2/3oz
cup	250ml	cup	8oz
	30g		1oz
	50g		1 2/3oz
	200g		7oz
	250g		8oz
	400g		14oz
	500g		16oz
	600g		21oz
	650g		23oz
	700g		25oz
	750g		26oz
	800g		28oz
	1kg		35oz
	100ml		3 fl oz
	120ml		4 fl oz
	150ml		5 fl oz
	300ml		10 fl oz
	800ml		26 fl oz
	850ml		28 fl oz
	900ml		1 qt
	1L		35 fl oz

Temperature Conversion Table

Celsius	F/heit	Gas Mark	Description
110	225	1/4	Very cool
130	250	1/2	---
140	275	1	cool
150	300	2	---
170	325	3	very moderate
180	350	4	moderate
190	375	5	---
200	400	6	moderately hot
220	425	7	hot
230	450	8	---
240	475	9	very hot