

# Chef

e x p r e s s



The Herald

# holiday classics



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Winter comes and brings along many special, exciting holidays! Whether it's Christmas, Thanksgiving, or New Year's Eve, holidays offer the perfect opportunity to go all out and create absolute knockout dishes to share with our friends and family.



# holiday classics

From savory glazed ham, divinely roasted potatoes, and juicy roast turkey, to sticky puddings, fruity trifles, cute homemade cookies and heartwarming eggnog cocktails, the following pages are filled with scrumptious and flavorful recipes for intimate dinners, group gatherings, and family tables. All recipes feature clear instructions and simple ingredients that take the pressure off hosting and put the focus on enjoying your time with your loved ones.

To cook the best holiday menu ever, there are some secrets, tips, and tricks you should keep in mind.

- For an extra crispy turkey, dry the bird well using paper towels before baking it: the drier your skin to start, the crispier it will be after roasting!
- For making the smoothest gravy, dissolving your thickener properly is key. Simply blend your cornstarch with some cold liquid until dissolved before adding to the pan; this way you'll avoid lumps in your gravy.



- When calculating how much protein to cook, if the gathering is small, opt for a small bird. For a large dinner, however, the turkey should serve 1 pound per person.
- Above all, remember to pre-prepare the days before as much as possible. You can, for example, cut up the vegetables you'll need for recipes and set up the table the morning before the event.

We hope this cookbook allows you to cook an almost infinite array of glorious holiday food, and that you're able to savor every bite with your favorite people, during the most festive time of the year!

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



# roasted turkey

## with gravy

■■■ | Cooking time: 3½ hours - Preparation time: 70 minutes

### ingredients

- > 8 lb/4 kg turkey
- > Salt, to taste
- > 1 teaspoon cumin powder
- > ½ teaspoon crushed red pepper flakes
- > 1 head of garlic
- > 1 bunch fresh thyme
- > 1 bunch fresh sage
- > 2 oz/60 g butter, melted
- > Freshly ground black pepper, to taste
- > 8 fl oz/250 ml chicken stock
- > Orange wedges, for garnish
- > Red grapes, for garnish
- > Mint sprigs, for garnish
- > Gravy, to serve

### method

1. Preheat oven to 350°F/180°C/Gas 4. Remove giblets and neck from turkey. Wipe turkey inside and out and dry well. Using hands, carefully separate the skin from the turkey breast to create a pocket.
2. Season the turkey cavity with salt, cumin, and red pepper flakes. Stuff with garlic, thyme, and sage.
3. Rub turkey all around with butter, especially under the skin. Season the exterior with salt and pepper, to taste. Secure openings with metal skewers and truss legs and wings.
4. Place turkey on a roasting rack in a baking dish. Pour chicken stock into dish. Bake for 3½ hours or until tender. Baste frequently with pan juices during cooking. Set aside to stand for 20 minutes before carving. Garnish turkey with orange, grapes, and mint leaves. Serve gravy alongside roasted turkey.

.....  
Serves 8



### tip from the chef

*A Thanksgiving classic that is best paired with a versatile red wine such as Pinot Noir.*





# salmon pate

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

## method

1. Combine salmon, ricotta, mayonnaise, lemon rind, lemon juice and spring onions in a food processor. Add butter and process until smooth.
2. Spoon salmon pâté into individual pâté pots, and refrigerate overnight.

.....  
Serves 4

## ingredients

- > 7 oz/220 g canned red salmon, drained
- > 4 oz/125 g ricotta cheese
- > 4 oz/125 g mayonnaise
- > 2 teaspoons grated lemon rind
- > 2 tablespoons lemon juice
- > 3 spring onions
- > 2 tablespoons butter

## tip from the chef

*Serve with warm toast as a starter or with breadsticks as a dip.*







# cold prawns

## with sauce

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

### method

1. In a saucepan bring 2 cups water to a near-boil. Add prawns, cook until prawns change color. Remove and cool. Reserve cooking liquid.
2. Preheat oven to 400°F. Slice off top of the head of garlic. Drizzle with oil and season with salt and pepper. Wrap garlic and lemon in foil and place in a shallow dish. Roast lemon and garlic.
3. Peel and devein prawns. Place prawns in a dish, cover, refrigerate at least 4 hours.
4. Measure ½ cup of the cooking liquid, strain through a double thickness of cheesecloth, reserve. Discard remainder or freeze for stock.
5. To make sauce: Cook onion and garlic in oil until golden. Add flour, stir in well. Stir in wine and ½ cup of the parsley, bring to a simmer. Cook 3 minutes, stirring. Add 2 cups of reserved liquid. Cover, simmer 15 minutes. Season to taste. Stir in remaining parsley and chives.
6. Spoon sauce into a serving dish, place dish in the center of a platter. Surround with chilled prawns, roasted garlic and lemon. Serve cold.

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Serves 4

### tip from the chef

*A tasty appetizer perfect for any party. Serve drizzled with lemon juice, if desired.*

- > 24 uncooked large peeled shrimp, deveined, tails intact
- > 1 head garlic
- > 1 lemon, halved
- > olive oil, as needed
- > salt and pepper, to taste

### Sauce

- > ¼ cup onion, finely chopped
- > 4 cloves garlic, finely chopped
- > 2 tablespoons olive oil
- > 2 teaspoons plain flour
- > ¾ cup dry white wine
- > 1 cup chopped parsley
- > ½ cup chopped chives
- > salt and pepper, to taste



# cocktail meatballs

■ □ □ | Cooking time: 5 minutes - Preparation time: 25 minutes

## ingredients

### Meatballs

- > 8 oz /250 g minced beef
- > 1 onion, grated
- > 2 tablespoons dried breadcrumbs
- > ½ teaspoon salt
- > 1 egg
- > 1 tablespoon chopped parsley
- > ¼ teaspoon pepper
- > ¼ teaspoon oregano
- > 1 teaspoon Tabasco sauce

### Filling

- > 8 prunes, pitted and chopped
- > 1 tablespoon pine nuts, coarsely chopped
- > For glazing
- > Worcestershire sauce

## method

1. Mix mince and all ingredients for meatballs together, knead well with hands until mince becomes fine in grain. Allow to stand for 15 minutes before rolling.
2. Combine prunes and pine nuts. Wet palms of hands to prevent mince sticking, take about a tablespoon of mince, roll into a ball then flatten in palm of hand.
3. Place ½ teaspoon of filling in center and remould into a smooth ball. Space around edge of large dinner plate, glaze meatballs with Worcestershire sauce.
4. Cook in microwave on High for 5 minutes. Cover with foil and stand 1 ½ minutes.
5. Serve with a spicy plum dipping sauce.

.....  
**Makes 16**



## tip from the chef

*Dried apricots or raisins may be used instead of prunes, and almonds in place of pine nuts.*



# watercress and spinach roulade

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

## method

1. Chop watercress sprigs finely (or process until coarsely chopped). You should have about 1 cup chopped watercress. Thaw spinach in pan over heat, heat until liquid has evaporated. Heat butter in pan, add flour, cook, stirring, 1 minute, gradually stir in milk, stir constantly over heat until mixture boils and thickens. Stir in cheese, egg yolks, spinach and watercress; transfer mixture to a large bowl.
2. Beat egg whites until soft peaks form, fold lightly into watercress mixture. Pour mixture into greased and lined Swiss roll tin (base measures 10x12 inches). Bake in moderately hot oven for about 20 minutes or until puffed and golden brown. Remove from oven, turn onto wire rack covered with tea towel, carefully remove lining paper; cool to room temperature. Spread with cream cheese mixture then arrange smoked salmon. Use towel to help you roll the roulade.
3. Filling: Have cream cheese at room temperature, beat in small bowl with electric mixer until smooth, stir in cream.

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Serves 4

## ingredients

- > 1 bunch watercress
- > 9 oz/260 g packet frozen spinach
- > 2 oz/60 g butter
- > 1/3 cup plain flour
- > 1 cup milk
- > 1/3 cup grated parmesan cheese
- > 4 eggs, separated

## Filling

- > 9 oz/260 g smoked salmon, sliced
- > 1 clove garlic, crushed
- > 9 oz/260 g packet cream cheese
- > 2 tablespoons cream

## tip from the chef

*Surprise your guests with this vibrant healthy roulade! If desired, use bacon instead of smoked salmon.*



# spiced almonds and pecans

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

## ingredients

- > ¼ cup/2 fl oz/60 ml peanut oil
- > 7 oz/220 g whole blanched almonds
- > 4 oz/125 g whole pecans
- > ¼ cup/2 oz/60 g sugar
- > 2 teaspoons ground cumin
- > 1 teaspoon salt
- > 1 teaspoon chili powder

## method

1. Heat oil in a frying pan over a medium heat, add almonds, pecans and sugar and cook, stirring, until nuts are golden. Transfer to a heatproof bowl.
2. Combine cumin, salt and chili powder, sprinkle over hot nuts and toss to coat. Cool for 5 minutes, then serve.

.....  
Cups 2½



## tip from the chef

*For this recipe use any type of walnuts, as well as chestnuts, previously boiled and peeled.*





# fruit & cheese platter

■□□ | Cooking time: 0 minutes - Preparation time: 5 minutes

## method

1. Place lemon juice in a small bowl, add red and green apple wedges and toss to coat. This will help prevent the apple wedges from going brown.
2. Arrange red and green apple wedges, kiwifruit slices, orange segments, Camembert, Stilton and tasty (mature Cheddar) cheeses attractively with biscuits on a large platter.

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Serves 4

## ingredients

- > 3 tablespoons fresh lemon juice
- > 2 red-skinned apples, cored and cut into wedges
- > 2 green-skinned apples, cored and cut into wedges
- > 4 kiwifruit, peeled and cut into slices
- > 2 oranges, peeled and segmented
- > 4 oz/100 g Camembert cheese
- > 4 oz/100 g Stilton cheese
- > 4 oz/100 g tasty cheese (mature Cheddar)
- > cheese biscuits, purchased or homemade

## tip from the chef

*This classic party go-to can be made using any of your favorite fruits, crackers and cheeses.*



# tzatziki dip

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

## ingredients

- > 1 large cucumber, peeled and grated
- > 1 lb/500 g natural yogurt
- > 1 tablespoon chopped fresh mint
- > 1 tablespoon chopped fresh parsley
- > 2 cloves garlic, crushed
- > freshly ground black pepper
- > 2 french bread loaves

## method

1. Place cucumber, yogurt, mint, parsley, garlic and black pepper to taste in a bowl and mix to combine. Cover and refrigerate for at least 1 hour before serving.
2. To serve, accompany Tzatziki with broken or sliced bread for dipping.

.....  
 Serves 8



## tip from the chef

*This easy dip makes a refreshing start to a meal and is also delicious served with raw vegetables. For a taste less acidic than yogurt, use cottage cheese instead.*



# bacon-wrapped sausages

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

## method

1. Place sausages into pan of cold water, cover, bring up to the boil, drain, cool.
2. Wrap a rasher of bacon around each sausage. Secure with toothpicks, if desired.
3. Brush sausages with combined plum sauce and curry powder. Barbecue or grill until sausages are cooked through and bacon crisp, brush occasionally during cooking with any remaining plum sauce mixture.

## ingredients

- > 10 thick sausages
- > 10 bacon rashers
- > ¼ cup plum sauce
- > 1 teaspoon curry powder

.....  
Serves 10

## tip from the chef

*For a delicious combination, serve sausages with hashbrowns, and a dollop of ketchup sauce.*



# crispy parmesan potatoes

■ □ □ | Cooking time: 60 minutes - Preparation time: 20 minutes

## ingredients

- > 10 medium potatoes
- > ½ cup oil
- > ¼ cup grated Parmesan cheese
- > ½ cup oil
- > Chopped spring onions, for garnish

## method

1. Prepare potatoes, place in dish, brush with oil up to 2 hours before baking.
2. Cut a thin slice from base of each potato so they will sit flat.
3. Using a sharp knife, carefully make cuts about 0.1 in/3 mm apart from top nearly through to base. Place flat side down in baking dish, brush well with oil, bake in moderate oven 40 minutes, brush occasionally with oil during cooking time. Sprinkle with Parmesan cheese, bake further 20 minutes until potatoes are crisp outside and tender inside. Do not turn potatoes during baking.

.....  
Serves 4



## tip from the chef

*These hasselback potatoes feature crispy edges and unbelievably creamy insides.*





# asparagus roll-ups

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

## method

1. Boil, steam or microwave asparagus until just tender. Refresh under cold running water. Drain well and set aside.
2. Roll the pastry sheets out on a floured surface and cut into 8 squares. Combine cream cheese, mustard and ham and spread over each square.
3. Arrange 3 asparagus spears on each pastry slice with tips toward outside edges. Roll up, and secure with a toothpick. Place seam side down on a baking tray lined with baking paper.
4. Brush with butter, sprinkle with sesame seeds and bake for 15-20 minutes or until lightly browned.

## ingredients

- > 24 prepared asparagus spears
- > 2 sheets puff pastry
- > 8 oz/250 g cream cheese
- > ½ teaspoon prepared hot mustard
- > 3½ oz/100 g sliced ham, finely chopped
- > 4 oz/125 g butter, melted
- > sesame seeds, for sprinkling

.....  
Serves 8

## tip from the chef

*The roll-ups are delicious as a snack before dinner. To reduce fat content, use light cream cheese.*



# curried smoked fish pasties

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

## ingredients

- > 2 oz/60 g butter
- > 1 medium potato, finely chopped
- > 1 medium carrot, finely chopped
- > 1 medium onion, finely chopped
- > 1lb/450 g smoked salmon, chopped
- > 2 teaspoons curry powder
- > 2 tablespoons plain flour
- > 1 cup milk
- > 1 tablespoon lemon juice
- > ¼ cup frozen peas
- > 2 teaspoons brown sugar
- > 5 sheets ready-rolled puff pastry
- > 1 egg, lightly beaten
- > 1 tablespoon sesame seeds

## method

1. Heat butter in medium saucepan, add potato, carrot and onion. Stir constantly over medium heat for about 2 minutes or until onion is soft. Stir in fish, curry powder and flour, stir constantly over medium heat for 1 minute. Remove from heat, gradually stir in milk return to heat, and stir again until mixture boils and thickens. Stir in juice, peas and sugar, cool to room temperature.
2. Cut 4-inch squares from pastry sheets, brush edges with egg. Place a level tablespoon of mixture into center of each square, fold over to enclose filling, roll and fold edges, as pictured.
3. Place pasties onto lightly greased oven trays brush lightly with egg, sprinkle with sesame seeds. Bake in moderately hot oven for about 25 minutes or until golden brown.

.....  
Makes 20

## tip from the chef

*Filling can be prepared a day ahead. Cook completed pasties as close to serving time as possible. Cooked pasties can be frozen for 2 months.*





# cauliflower au gratin

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

## method

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

## ingredients

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

.....  
Serves 4

## tip from the chef

*The ideal companion for barbecued or oven roasted chicken.*



# asparagus

## with orange

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

### ingredients

- > 2 bunches fresh asparagus, trimmed
- > 3 egg yolks
- > 1 tablespoon freshly squeezed orange juice
- > 3 teaspoons finely grated orange rind
- > 4 oz/125 g butter

### method

1. Bring a large saucepan of water to the boil. Add asparagus and simmer for 2 minutes or until just tender, drain.
2. Combine egg yolks, orange juice and orange rind in a blender or food processor, blend for 10 seconds.
3. Melt butter in a small saucepan until bubbling, immediately pour into food processor or blender, while motor is operating, in a slow steady stream.
4. Place asparagus on a serving plate, spoon sauce over the top and garnish with strips of orange rind.

.....  
Serves 4



### tip from the chef

*It is best to bring eggs to room temperature before using. Remove the eggs from the refrigerator 30 minutes before use or run them under warm water for a short time.*





# baked jacket potatoes

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

## method

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

.....  
Serves 4

## ingredients

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

## tip from the chef

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



# chilled

## tomato soup

■ □ □ | Cooking time: 0 minutes - Preparation time: 2 hours and 20 minutes

### ingredients

- > 2 tablespoons stale breadcrumbs
- > 2 cloves garlic, crushed
- > 1 tablespoon wine vinegar
- > 1 tablespoon olive oil
- > ½ cup tomato puree
- > 1 green bell pepper, seeded and chopped
- > 1 onion, peeled and chopped
- > 5 ripe tomatoes, seeded and chopped
- > 1 cucumber, peeled and chopped
- > 2 tablespoons ground almonds
- > 1 tablespoon chopped fresh parsley
- > red chili flakes, for garnish
- > salt and pepper, to taste

### method

1. In a small bowl, soak the breadcrumbs and garlic in the vinegar and olive oil for 2 minutes.
2. Place the tomato puree, bell pepper, onion, tomatoes, cucumber, almonds and the soaked breadcrumbs in a blender or food processor, blend until smooth.
3. If the soup is too thick, add a little water and blend again until you reach the desired texture. Season with salt and pepper, to taste. Chill for at least 2 hours before serving and sprinkle with chopped parsley and red chili flakes.

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Serves 4

### tip from the chef

*This recipe is great for using up less-than-perfect tomatoes. Simply cut out splits and soft spots before using them. The soup can be topped with diced cucumber and cubed avocado.*





# honey glazed ham

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

## method

1. To remove the rind from ham, first cut a scallop pattern through the rind around the shank bone. Starting from the broad end of ham, gently ease rind away from the fat. Continue to peel off gently, and rind should come off in one piece. Hold ham firmly in one hand and, with a sharp knife, score the fat in a diamond pattern. Be careful to cut just through the fat, and not into the meat.
2. To make glaze, combine all ingredients in a bowl. Place ham in a large baking dish, brush with about a quarter of the glaze. Stud each diamond in the fat with a whole clove.
3. Bake ham in a moderate oven for 1 hour, brushing every 20 minutes with remaining glaze and drippings in baking dish.
4. If serving hot, allow to rest for 5 minutes, then transfer to a heated platter. If serving cold, ham may be glazed the day before and refrigerated, but allow to stand at room temperature for about 20 minutes before carving.

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Serves 10-15

## ingredients

- > 1 x 9 lb/4 kg cooked bone-in ham
- > Whole cloves

### Honey glaze

- > ½ cup honey
- > 1 cup orange juice
- > 1 tablespoon Dijon mustard
- > 2 teaspoons soy sauce
- > 1 tablespoon brown sugar

## tip from the chef

*If you don't want to buy a ham this size, the same baking and glazing treatment can be given to a smaller piece, including, picnic shoulder ham and rolled ham.*



# standing rib roast

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

## ingredients

- > 1 x 3 lb/1.5 kg standing rib roast
- > 1 tablespoon oil
- > 2 cloves garlic, crushed
- > Freshly ground black pepper

## Horseradish cream

- > 3 egg yolks, lightly beaten
- > 3 tablespoons horseradish
- > 1 teaspoon white vinegar
- > ½ teaspoon mustard powder
- > Freshly ground black pepper, to taste
- > 1 cup/8 oz/230 g olive oil

## method

1. Preheat oven to 475°F/240°C/Gas. Trim meat of excess fat and sinew. Tie meat securely with string at regular intervals to retain its shape. Rub all over with the combined oil, garlic and pepper; place in a deep baking dish, bone side down (which forms a natural rack).
2. Roast meat for 15 minutes. Reduce to moderate. Cook further 45 minutes for rare, 1 hour for medium and 1 hour 15 minutes for well done. Baste meat occasionally with pan juices. Remove from oven. Leave in a warm place 10 minutes, covered with foil. Remove the string. To carve, cut close along the bones and remove fillet; then slice vertically. Serve with Horseradish Cream.
3. To make Horseradish Cream: Place the egg yolks, horseradish, vinegar, mustard and pepper in a food processor bowl or blender. With the motor running constantly, add the oil slowly in a thin, steady stream until it has all been added and the mixture is thick and pale.

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Serves 8



## tip from the chef

*This roast tastes as deliciously juicy as it looks! It pairs wonderfully with rich, fruity Burgundy wine.*





# beef wellington

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

## method

1. Preheat oven to 410°F/210°C/Gas 6. Trim meat of excess fat and sinew. Fold tail end under. Tie meat securely with string at regular intervals.
2. Rub meat with pepper. Heat oil in a large, heavy-based pan. Add meat and cook over a high heat, browning well all over. Remove from heat. Add the brandy and ignite carefully, using a long match or taper. Shake pan until flames subside. Remove string. Spread pâté over top and sides of beef. Cover with mushrooms, pressing them onto the pâté. Place pastry sheets on a lightly floured surface. Brush one edge with a little egg and overlap the edge of the other sheet, pressing well to join.
3. Place beef on the pastry, folding pastry over to enclose the meat completely; trim excess pastry and use to decorate the top, if desired. Brush the edges with egg and seal. Cut a few slits in the top to allow steam to escape. Brush the top and sides with egg. Transfer to a baking dish and cook for 45 minutes for a rare result, 1 hour for medium result and 1 hour and 30 minutes for well done. Remove from oven. Leave in a warm place for 10 minutes, lightly covered with foil. Slice and serve.

## ingredients

- > 2 lb/1 kg beef fillet or rib eye in one piece
- > Freshly ground black pepper
- > 1 tablespoon oil
- > 2 tablespoons brandy
- > 4½ oz/125 g peppercorn pâté
- > 2 oz/60 g button mushrooms, sliced
- > 2 sheets frozen puff pastry, thawed
- > 1 egg, lightly beaten

.....  
Serves 4



# salmon cutlets

## with fresh herb sauce

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

### ingredients

- > 3 cups water
- > 1/3 cup lemon juice
- > 4 medium Atlantic salmon cutlets

### Fresh herb sauce

- > 1 cup thickened cream
- > 1/4 cup dry vermouth
- > 2 teaspoons lemon juice
- > 3 green shallots, chopped
- > 1 small clove garlic, crushed
- > 1 tablespoon drained capers
- > 1 teaspoon chopped fresh thyme
- > 2 teaspoons chopped fresh basil
- > 1 teaspoon chopped fresh coriander

### method

1. Combine water and lemon juice in large frying pan, bring to boil, reduce heat, add fish in single layer. Poach over medium heat for about 7 minutes or until just tender. Serve with sauce.

**Fresh Herb Sauce:** Combine cream and vermouth in small saucepan, bring to boil; reduce heat, simmer for 10 minutes. Add juice, shallots, garlic, capers and herbs. Simmer for 5 minutes or until slightly thickened.

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Serves 4



### tip from the chef

*Ocean trout can be used instead of salmon in this recipe, if preferred. Cook fish and sauce as close as possible to serving time.*



# crystal shrimp

■ ■ □ | Cooking time: 10 minutes - Preparation time: 15 minutes + 30 minutes marinating

## method

1. Peel the shrimp. Devein. Place the shells, heads and the spring onion in a pan with water to cover; bring to a boil. Simmer, uncovered, for 15 minutes. Strain into a bowl. Reserve 1 cup shrimp liquid. Place the shrimp in a glass bowl. Add 1 teaspoon of the salt and stir briskly for a minute. Rinse under cold, running water. Repeat procedure twice, using 1 teaspoon salt each time. Rinse shrimp thoroughly the final time. Pat dry on absorbent paper.
2. Combine corn flour and egg white in a bowl, add shrimp and marinate for 30 minutes in the refrigerator.
3. Wash and strain the green beans; cut the red bell pepper into thin strips. Combine the reserved shrimp liquid, oyster sauce, sherry, extra corn flour and sesame oil in a small bowl. Heat the oil in a wok or deep, heavy based frying pan. Gently lower shrimp into moderately hot oil. Cook over medium-high heat for 1 to 2 minutes or until lightly golden. Carefully remove shrimp from oil with tongs or a slotted spoon. Drain on absorbent paper. Keep warm.
4. Carefully pour all but 2 tablespoons of the oil into a heatproof dish. Add garlic and ginger. Stir-fry 30 seconds, add green beans and red bell pepper, stir-fry over high heat 2 minutes. Add the combined sauce ingredients, cook, stirring, until sauce boils and thickens. Add shrimp, stir to combine. Remove from heat. Serve immediately over steamed rice.

## ingredients

- > 1.7 lbs/750 g medium shrimp
- > 2 spring onions, roughly chopped
- > 2 teaspoons salt
- > 1 tablespoon corn flour
- > 1 egg white, lightly beaten
- > 4½ oz/125 g green beans
- > 1 small red bell pepper
- > 1 tablespoon oyster sauce
- > 2 teaspoons dry sherry
- > 1 teaspoon corn flour, extra
- > 1 teaspoon sesame oil
- > oil for deep-frying
- > ½ teaspoon crushed garlic
- > ½ teaspoon finely grated ginger



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Serves 4



# rum & ricotta

## tiramisu

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

### ingredients

- > 10½ oz/300g low-fat ricotta cheese
- > 7 oz/200 g light cream cheese
- > 1 tablespoon rum or cognac
- > ¼ cup caster sugar
- > 1½ cups/12¼ fl oz/375 ml very strong espresso or good quality coffee, cooled
- > 16 savoiardi sponge finger biscuits (ladyfingers)
- > 2 tablespoons unsweetened cocoa, for dusting

### method

1. Beat the cheeses, rum and sugar with electric beaters until light and creamy, set aside. Pour the coffee into a large shallow dish. Quickly dip one side of half the sponge fingers into the coffee and lay closely together with the dipped side down over the base of a large flat-based serving dish. Spread half of the cheese mixture evenly over the biscuits.
2. Dust with half the cocoa then repeat layers with coffee-dipped biscuits and cheese. Cover with plastic wrap and refrigerate for at least 6 hours or overnight. Dust with remaining cocoa just before serving.

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Serves 6



### tip from the chef

*For a special liqueur touch, add a tablespoon of Kahlua, Baileys Irish Cream or other coffee liqueur to the coffee.*





# pavlova

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

## method

1. Preheat oven to slow 300°F/150°C. Line a tray with baking paper. Mark a 9 inch circle on paper. Place egg whites in bowl, beat with electric beaters until soft peaks form. Gradually add sugar, beating well after each addition. Beat several minutes until sugar has dissolved and meringue is thick and glossy.
2. Spoon meringue mixture onto tray. Spread over tray, using the circle as a guide. Smooth edge and top with flatbladed knife.
3. Bake in oven 40 minutes or until pale and crisp. Turn off oven; cool meringue in oven, leaving door ajar. Just before serving, spread with cream and top with strawberries, kiwi fruit banana and passionfruit pulp.

## ingredients

- > 6 egg whites
- > 1½ cups caster sugar
- > 1 cup cream, whipped
- > 4½ oz/125 g strawberries, hulled and halved
- > 2 kiwi fruit, peeled and sliced
- > 1 banana, sliced
- > pulp of 2 passion fruit

.....  
Serves 6-8

## Tip from the Chef

*Pavlova can be made 1 day ahead and stored in an airtight container. Top with cream and fruit just before serving.*



# christmas

## butter cookies

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

### ingredients

- > 12 oz/375 g flour
- > 2 teaspoons baking powder
- pinch salt
- > 8 oz/250 g/ butter, cut into pieces
- > 2 eggs
- > 7 oz/ 220 g caster sugar
- > 1 ½ teaspoons vanilla essence
- > 1 teaspoon finely grated lemon rind
- > 1 egg white, lightly beaten, to brush
- > plain or colored sugar to decorate
- > assorted cookie decorations

### method

1. Sift together flour, baking powder and salt. Rub in butter with fingertips until mixture resembles breadcrumbs. Make a well in center of mixture.
2. Beat together eggs, sugar, vanilla essence and lemon rind, add to flour mixture and mix to make a soft dough. Knead lightly on a floured surface and cut into 4 pieces. Wrap each in plastic food wrap and chill for 3 hours.
3. Preheat oven to 350°F/180°C/Gas 4. Roll out one piece of dough at a time to ¼ in/ 5mm thick and cut into desired shapes. Brush shapes with egg white. Decorate cookies as desired.
4. Arrange cookies on lightly greased and floured baking trays and bake for 10-12 minutes or until cookies are firm and edges are golden. Cool on wire racks.

.....  
Makes 24

### tip from the chef

*Use the picture as a guide and decorate cookies as desired before baking. Or bake plain biscuits and decorate with icing after cooling.*





# christmas red velvet cake

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

## method

1. Preheat the oven to 350F/180°C/gas 4. Grease two 8 in. pans and line the bases with parchment rounds.
2. Beat the butter and sugar until combined. Add the eggs one at a time, and mix well. Stir in the food coloring, cocoa, salt, baking soda, and vinegar. Beat in  $\frac{1}{2}$  of the flour and add the buttermilk. Mix until combined and add the remaining flour. Beat well.
3. Evenly divide the batter between the pans. Bake for 30 minutes or until cooked through and a skewer comes out clean. Remove the cakes from the oven, and allow them to cool for 10 minutes. Transfer to a rack and leave to cool completely.
4. To make frosting: in a large bowl, beat together the butter and shortening until creamy. Sift the salt, confectioner sugar, milk and vanilla extract. Beat until smooth.
5. Slice each cake horizontally, to make a total of four layers. Spread frosting into each layer and stack the layers as you go. Top with sugared cranberries, and garnish with sprigs of rosemary. Serve cake in wedges.

.....  
Serves 10

## ingredients

### Cake layers

- >  $\frac{1}{2}$  cup / 4 oz / 11 g unsalted butter, at room temperature
- >  $1\frac{1}{8}$  cup / 10.7 oz / 300 g granulated sugar
- > 2 eggs
- > 2 tablespoons red food coloring
- > 3 tablespoons cocoa powder
- > 1 teaspoon salt
- > 1 teaspoon baking soda
- > 1 teaspoon vinegar
- >  $2\frac{1}{4}$  cups / 9.5 oz / 270 g plain flour
- > 1 cup buttermilk

### Frosting

- >  $\frac{1}{2}$  cup / 8 oz / 225 g butter, softened
- >  $\frac{1}{2}$  cup / 225 g / 8 oz shortening
- >  $\frac{1}{4}$  teaspoon salt
- > 6 cups / 53.5 oz / 1.3 kg confectioner sugar
- > 3 tablespoons milk
- > 2 teaspoons vanilla extract
- > fresh rosemary sprigs, for garnish
- > sugared cranberries, for garnish

## Tip from the Chef

*There's a lot of different theories as to who created the original red velvet cake, one of the world's favorite desserts.*



# white chocolate fondue

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

## ingredients

- > ½ lb/250 g white chocolate, chopped
- > ¾ cup thickened cream
- > 1 tablespoon brandy
- > 1 small box strawberries, hulled and quartered
- > 1 cup marshmallows, halved
- > 1 cup green seedless grapes

## method

1. Combine chocolate with cream and brandy in a medium saucepan over low heat. Stir constantly until chocolate has melted and mixture is smooth. Pour mixture into a medium bowl and set aside to cool to room temperature.
2. Cut wooden skewers in half, discard bottom halves. Thread a piece of strawberry, marshmallow and a grape onto each skewer, serve with dipping sauce.

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Serves 8



## tip from the chef

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





# egg nog

## with cinnamon

■ □ □ | Cooking time: 0 minutes - Preparation time: 3 minutes

### method

1. Add whole eggs to blender and blend on high for 30 seconds. Add sugar and blend 20 seconds.
2. Add nutmeg, cinnamon, cognac, bourbon, milk and heavy cream. Blend for 1 minute, or until creamy and smooth. Serve cold, over ice, or hot. If desired, sprinkle with ground cinnamon and garnish with cinnamon sticks.

### ingredients

- > 4 large eggs
- > ¾ cup granulated sugar
- > ½ teaspoon dried nutmeg
- > ¼ teaspoon ground cinnamon
- > 3 oz cognac
- > 3 oz bourbon
- > 1½ cups milk
- > 1 cup heavy cream

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Serves 5

### Tip from the Chef

*While egg nog is often served chilled, in some cases it is warmed, particularly on cold days. You can also use brandy, instead of cognac.*



# tom & jerry

## cocktail

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

### ingredients

#### *For the Tom and Jerry batter*

- > 6 eggs, separated into egg whites and egg yolks
- > ½ teaspoon cream of tartar
- > 4 tablespoons butter, at room temperature
- > ½ cup powdered sugar
- > ½ teaspoon ground nutmeg
- > ¼ teaspoon ground cloves
- > 1 teaspoon ground cinnamon
- > 1 teaspoon vanilla extract

#### *For the drink*

- > 1 heaping tablespoon batter
- > 1 fl oz dark rum
- > 1 fl oz cognac or brandy
- > hot milk (or hot water)

### method

1. In a bowl of a stand mixer, whip the egg whites and cream of tartar until stiff peaks form.
2. In a separate large bowl, whisk egg yolks and butter until well-combined.
3. Using a spatula, fold yolk mixture into the egg whites, taking care not to knock out most of the air. Add spices, and gently fold to incorporate. Cover, and store in the refrigerator until ready to serve.
4. To assemble the drinks, place one large spoonful of the spiced batter into each glass or mug, followed by the rum and cognac. Top with the hot milk (or hot water), whisking gently while pouring, until the drink is foamy and well-combined. Garnish with freshly grated nutmeg.

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Serves 12



### tip from the chef

*The Tom & Jerry is a classic winter cocktail, that every explorer of the drink world should try.*



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