

Chef

e x p r e s s



The Herald

festive feast





festive feast

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introduction

A feast for both the eyes and the senses, this cookbook has been designed to make your celebrations tastier than ever before! It will take you through starters, appetizers, main courses, and sides which will inspire you to cook the perfect menu for any festivity. All of the recipes are sure to delight for all of your guests and loved ones.



festive feast



Food, and plenty of it, is synonymous with celebrations. Families and friends gather around lavish dinner tables brimming with comforting dishes. Whether you are new to the art of festive cooking or have been delighting people around you for years and are searching for a few new ideas to add to your collection, this cookbook will become your go-to reference for preparing unforgettable celebratory feasts.

When coming up with your feast-menu make sure it's well balanced. A mix of vegetables, carbs, and one or two main proteins. If you're having a large group of people, you may want to choose recipes based on more cost-effective ingredients and easier to make in larger quantities. You should also think about where people will be eating. If they will be mingling and walking around, bite-sized appetizers that can be eaten while holding a drink will be your best option. If they will be holding a plate on their lap, avoid serving meals that could easily slide around the dish.

No festive feast is complete without tempting cocktails, spirits, beer or wine. This should also be included in your menu planning. Make

sure your liquor bar is stocked with all the essentials needed for classic celebratory cocktails. And try to add a few bottles of champagne to your fridge to chill before the party. If you forget to do this, just wrap a wet paper towel around the bottles and pop them into the freezer for a couple minutes. It'll chill your beverages super fast.

When grocery shopping, it's important to have the complete list ready beforehand. Select your recipes from this cookbook, and write down everything you need. Cross-reference with your fridge, then go get what's missing from the store.

Once you've taken these factors into consideration, you're ready to start the fun process of choosing the magnificent dishes you're going to make! We hope this cookbook helps you confidently pull off striking festive banquets

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

seafood

ravioli with vermouth

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

ingredients

Ravioli Dough

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

Prawn Filling

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

Almond and Dill Sauce

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



method

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

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Serves 6



salmon cutlets

with fresh herb sauce

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

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 and lemon slices, if desired. Garnish with oregano.
2. 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

ingredients

- > 3 cups water
- > ½ cup lemon juice
- > 4 medium Atlantic salmon cutlets
- > fresh oregano, for garnish

Fresh herb sauce

- > 1 cup thickened cream
- > ¼ 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

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. This recipe is not suitable to freeze or microwave.



shrimp with champagne sauce

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

ingredients

- > 3.3 lbs/1½ kg uncooked shrimp
- > 1 oz/30 g butter
- > 1 medium leek, finely chopped
- > 2 tablespoons plain flour
- > ¾ cup champagne
- > ½ cup cream
- > 1 teaspoon sugar
- > 1 tablespoon chopped fresh dill
- > pinch cayenne pepper
- > chopped parsley, for garnish

method

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

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Serves 4



tip from the chef

Dish is best prepared just before serving. This sauce would also be delicious served over prawns, crabs, or lobsters. This recipe is not suitable to freeze or microwave.





herb and garlic sausage

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

method

1. Prepare and heat barbecue. Place sausages on hot, lightly oiled barbecue grill or flatplate. Barbecue, turning frequently, 10 minutes or until well browned and cooked through. Cut sausages in half, lengthways.
2. Split baguettes in half horizontally and toast under preheated grill each side until golden. Place lettuce and tomato on each baguette base, followed by sausage. Top with Red Onion Relish. Cover with remaining baguette tops. Serve with grilled peppers, if desired.
3. To make Red Onion Relish: Heat oil in medium pan, cook onions over medium-low heat 15 minutes, stirring frequently, until very soft but not browned. Add vinegar and sugar, cook a further 10 minutes. Serve warm or at room temperature.

- > 4 herb and garlic sausages
- > 4-6 inch long baguettes
- > 4 leaves lettuce
- > 1 medium tomato, sliced

Red Onion Relish

- > 2 tablespoons olive oil
- > 2 medium onions, sliced
- > 2 teaspoons malt vinegar
- > 1 tablespoon sugar

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Serves 4

tip from the chef

Relish can be made up to 1 day in advance.



barbecued hot dogs

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

ingredients

- > 6 large thick, spicy frankfurters
- > 1 tablespoons oil
- > 6 hot dogs rolls
- > 6 small leaves lettuce

Creamy Slaw

- > 3½ oz/100 g red cabbage
- > 3½ oz/100 g green cabbage
- > 2 spring onions
- > ½ cup whole egg mayonnaise
- > 1 tablespoon German mustard

method

1. Prepare and heat barbecue. Make 4 diagonal cuts in each frankfurter, slicing halfway through. Brush frankfurters with oil, and cook on hot lightly oiled barbecue flatplate 7-10 minutes or until cooked through.
2. Split rolls lengthways through the center top; line with lettuce leaf. Place Creamy Slaw on lettuce, and top with German mustard. Serve immediately.
3. To make Creamy Slaw: Finely shred cabbage; finely chop spring onions. Combine mayonnaise with mustard. Place all ingredients in medium mixing bowl and toss to combine thoroughly.

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Serves 6



tip from the chef

Top hot dogs with ketchup, mustard and your favorite sauces.



burger

with the works

■ ■ □ | Cooking time: 10-15 minutes – Preparation time: 40 minutes

method

1. Prepare and heat barbecue. Combine ground beef, onion, egg, breadcrumbs, tomato paste, Worcestershire sauce, parsley, salt and pepper in large bowl. Mix with hands until well combined.
2. Divide mixture into 6 portions. Shape each portion into round patties ½ in/1,5 cm thick. Cover and set aside. Slice onions into thin rings. Heat butter on hot barbecue flatplate. Cook onions, turning often until well browned. Move onions towards outer edge of flatplate to keep warm. Brush barbecue grill or flatplate liberally with oil.
3. Cook meat patties 3-4 minutes each side or until browned and cooked through. Move patties to cooler part of barbecue or transfer to plate and keep warm. Place slice of cheese on each patty (the heat of the burger will be enough to partially melt the cheese). Heat a small amount of butter in a large frying pan. Fry eggs and bacon until egg's are cooked through and bacon is golden and crisp. Remove from heat.

To assemble burgers: Place toasted bun bases on individual serving plates. Top each with lettuce and tomato. Place cooked meat patty on top, followed by cooked onions, bacon, and egg. Place remaining bun halves on top. Serve with potato chips, if desired.

ingredients

- > 1½ lbs/750 g lean ground beef
- > 1 onion, finely chopped
- > 1 egg
- > ½ cup fresh breadcrumbs
- > 2 tablespoons tomato paste
- > 1 tablespoon Worcestershire sauce
- > 2 tablespoons chopped fresh parsley
- > salt and cracked pepper, to taste
- > 3 large onions
- > 1 oz/30 g butter
- > 6 slices cheddar cheese
- > 6 eggs, extra
- > 6 rashers bacon
- > 6 large hamburger buns, lightly toasted
- > 6 leaves lettuce
- > 2 tomatoes, thinly sliced

Serves 6



fillet

steak with butter

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

ingredients

- > 4 x 1 lb/500 g fillet steaks
- > 9 oz/250 g butter
- > 3 cloves garlic, crushed
- > 2 spring onions, finely chopped

Capsicum & Herb Butter

- > 2 teaspoons chopped oregano
- > 2 teaspoons chopped chives
- > salt and pepper, to taste

method

1. Prepare and heat barbecue. Lightly grease barbecue plate. Trim steaks of excess fat and sinew. Using a sharp knife, cut a pocket inside of each steak.
2. To make Garlic Butter: Beat butter in bowl until creamy. Add garlic, chopped spring onions, oregano, chives, and salt and pepper. Beat until smooth.
3. Push 2-3 teaspoons Garlic Butter into the steaks.
4. Cook on hot barbecue grill or flatplate 4-5 minutes each side, turning once. Brush steaks frequently with any remaining flavored butter while cooking.

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Serves 4



tip from the chef

Prepare steak 1 day ahead and store in refrigerator. Herbed butter will keep 2 weeks in refrigerator, provided it is well covered.





sweet and sour kebabs

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

method

- 1.** Trim pork of excess fat and sinew. Cut meat into 1 in/2,5 cm cubes. Cut bell peppers into ¾ in/2 cm squares. Drain pineapple and reserve juice. Thread meat, alternately with bell peppers, onto skewers. Combine reserved pineapple juice with orange juice, vinegar, sugar and sauce. Place kebabs in a shallow non-metal dish, pour half the juice mixture over. Refrigerate, covered with plastic wrap, several hours or overnight, turning occasionally. Prepare and heat barbecue 1 hour before cooking.
- 2.** To make Sweet and Sour Sauce: Place remaining marinade in small pan. Mix cornflour with a tablespoon of the marinade in small bowl until smooth; add to pan. Stir over medium heat until mixture boils and thickens; transfer to small serving bowl. Cover surface with plastic wrap; leave to cool.
- 3.** Place meat on a hot lightly oiled barbecue grill or flatplate and cook 15 minutes, turning occasionally, until tender. Serve kebabs with Sweet and Sour Sauce.

ingredients

- > 2¼ lbs/1 kg pork fillets
- > 4 large red bell peppers
- > 1 cup pineapple juice
- > 1 cup orange juice
- > ¼ cup white vinegar
- > 2 tablespoons soft brown sugar
- > 2 teaspoons chili garlic sauce
- > 2 teaspoons cornflour

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Serves 6

tip from the chef

Kebabs can be marinated up to 1 day in advance. Chili garlic sauce is available from Asian food shops and some supermarkets.



teriyaki

chicken wings

■ ■ □ | Cooking time: 13 minutes – Preparation time: 15 minutes + 3 hours marinating

ingredients

- > 8 chicken wings
- > ¼ cup soy sauce
- > 2 tablespoons sherry
- > 2 teaspoons grated ginger
- > 1 clove garlic, crushed
- > 1 tablespoon honey
- > black sesame seeds, for garnish
- > fresh parsley, for garnish
- > chili slices, for garnish

method

1. Wash chicken wings and pat dry with paper towel. Trim any excess fat from wings, and tuck tips under to form a triangle.
2. Place wings in shallow non-metal dish. Combine soy sauce, sherry, ginger, garlic and honey in a jug; mix well. Pour over chicken. Store, covered with plastic wrap, in refrigerator several hours or overnight. Prepare and light barbecue 1 hour before cooking. Lightly brush two sheets of aluminium foil with oil. Place 4 wings in a single layer on each piece of foil; wrap completely.
3. Place parcels on hot barbecue grill or flatplate for 10 minutes. Remove parcels from heat; unwrap. Place wings directly on lightly greased grill 3 minutes or until brown. Turn wings frequently and brush with any remaining marinade. Garnish with sesame, chili and parsley. Serve with lemon wedges, if desired.

Serves 4



tip from the chef

Chicken can be marinated up to 2 days in advance. Cook just before serving. Marinade can also be used on beef or pork.



grilled shrimp

tacos with Sriracha slaw

■□□ | Cooking time: 40 minutes – Preparation time: 10 minutes

method

1. In a small bowl, mix together olive oil, cilantro, and $\frac{1}{3}$ of the lime juice. Season with salt and pepper.
2. Add shrimp to a baking dish and pour over mixture. Toss until completely coated and let marinate 20 minutes.
3. Meanwhile, make slaw: In a large bowl, toss cabbage and bell pepper with mayo, remaining lime juice and sriracha. Season with salt.
4. Heat grill to high. Skewer shrimp and grill until charred, 3 minutes per side.
5. Grill tortillas until charred, 1 minute per side.
6. Serve shrimp in tortillas with slaw.

ingredients

- > $\frac{1}{4}$ cup extra-virgin olive oil
- > 1 tablespoon freshly chopped cilantro
- > juice of 3 limes, divided
- > kosher salt
- > freshly ground black pepper
- > 1 lb./450 g large shrimp, peeled and deveined
- > $\frac{1}{2}$ red bell pepper, deseeded and diced
- > $\frac{1}{4}$ head red cabbage, shredded
- > $\frac{1}{4}$ cup mayonnaise
- > 1 tablespoon sriracha
- > hard-shell tacos tortillas
- > grated cotija cheese, for sprinkling

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Serves 4

tip from the chef

Smoky, grilled shrimp and spicy slaw are the keys to next-level tacos.



perfect fish tacos

■ ■ □ | Cooking time: 35 minutes – Preparation time: 20 minutes

ingredients

- > 3 tablespoons extra-virgin olive oil
- > juice of 1 lime
- > 2 teaspoons chili powder
- > 1 teaspoon paprika
- > ½ teaspoon ground cumin
- > ½ teaspoon cayenne pepper
- > 1½ lb./450 g cod (or other flaky white fish)
- > ½ tablespoon vegetable oil
- > kosher salt
- > freshly ground black pepper
- > 8 flour tortillas
- > 1 avocado, diced
- > lime wedges, for serving
- > sour cream, for serving

Slaw

- > ¼ cup mayonnaise
- > ¼ cup parsley leaves
- > juice of 1 lime
- > 2 tablespoons freshly chopped cilantro
- > 1 tablespoon honey
- > ½ cup shredded purple cabbage
- > ½ cup shredded green cabbage
- > 3 radishes, sliced
- > ½ cup diced tomatoes

method

1. In a medium shallow bowl, whisk together olive oil, lime juice, paprika, chili powder, cumin, and cayenne.
2. Add cod, tossing until evenly coated. Let marinate 15 minutes.
3. Meanwhile, make slaw: Place parsley and mayonnaise and pulse several times to blend. In a large bowl, whisk together mayonnaise mixture, lime juice, cilantro, and honey. Stir in cabbage, and radishes. Season with salt and pepper.
4. In a large nonstick skillet over medium-high heat, heat vegetable oil. Remove cod from marinade and season both sides of each filet with salt and pepper. Add fish flesh side-down. Cook until opaque and cooked through, 3 to 5 minutes per side. Let rest 5 minutes before flaking with a fork.
5. Assemble tacos: Serve fish over grilled tortillas with slaw, tomatoes and avocado. Squeeze lime juice on top and garnish with sour cream

Serves 4

tip from the chef

The real gem of this recipe is the cabbage slaw—don't skip it. It takes just a few minutes to toss together and it's brightness is the perfect condiment to the spiced cod.



beef taco baskets

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

method

1. Preheat oven to 350°F. Shape a large piece of foil (smaller than the size of your tortillas) into a basket. Place one tortilla inside foil basket so that the perimeter of tortilla comes up the sides. Repeat to make 4 baskets. Fill each boat with rice.
2. Bake until lightly golden, about 15 minutes. Let cool in foil until ready to serve.
3. Meanwhile, in a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, about 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add ground beef, chili powder, and paprika and season with salt and pepper. Cook, breaking up meat with a wooden spoon, until beef is no longer pink, about 6 minutes. Drain fat.
4. Remove rice and foil from tortilla baskets and fill each with ground beef. Top with lettuce, mozzarella and cheddar cheeses, pico de gallo.

ingredients

- > 4 medium flour tortillas
- > uncooked rice
- > 1 tbsp. extra-virgin olive oil
- > 1 onion, chopped
- > 2 cloves garlic
- > 1 lb./450 g ground beef
- > 1 teaspoon chili powder
- > ¼ teaspoon paprika
- > kosher salt
- > freshly ground black pepper
- > shredded lettuce
- > ¼ cup shredded cheddar
- > ¼ cup shredded mozzarella
- > pico de gallo

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Serves 4

tip from the chef

Your new favorite way to eat a taco.



grilled steak tacos

■ □ □ | Cooking time: 50 minutes – Preparation time: 40 minutes

ingredients

- > 1½ lbs./680 g flank steak
- > juice of 2 limes
- > 2 teaspoons kosher salt
- > ½ teaspoon black pepper
- > 1 teaspoon sugar
- > ½ teaspoon chili powder
- > ½ teaspoon paprika
- > ½ teaspoon garlic powder
- > 4 flour tortillas
- > ½ red onion, chopped
- > 4 leaves lettuce, chopped
- > ¾ cup cherry tomatoes, chopped
- > 1 avocado, chopped
- > basil leaves, for serving
- > lime wedges, for serving

method

1. Place flank steak in a pan, pour lime juice over it, and let marinate for 30 minutes, at room temperature. In a small bowl, combine salt, sugar, pepper, chili powder, paprika, and garlic powder. Rub steak all over with spice mixture.
2. Preheat grill to high heat. Place steak directly on grill. Cook for 5 minutes on each side. Remove from grill and let rest for 10 minutes. Warm flour tortillas on grill. Cut steak into strips, against the grain.
3. Assemble each taco with a flour tortilla, red onion, avocado, lettuce and cherry tomatoes. Serve warm.

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Serves 4



tip from the chef

These make a great summer dinner. Make sure to oil the grill before adding the steaks.



mexican corn salad

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

method

1. Using a sharp knife, carefully cut corn kernels off cob. Heat oil in a large skillet over medium high heat. Add corn to the skillet. Cook, stirring occasionally, for 10-15 minutes, until browned.
2. In a serving bowl, toss corn with mayonnaise, cotija, lime juice, cilantro, red onion, and chili powder. Season generously with salt.
3. Top with more cotija and cilantro, before serving.

ingredients

- > 2 tablespoons oil
- > 6 ears corn
- > kosher salt
- > 1 tablespoon mayonnaise
- > ¼ cup cotija cheese or feta, plus more for garnish
- > 1 red onion, diced
- > juice of 2 limes
- > 2 tablespoons chopped fresh cilantro, plus more for garnish
- > 1 tablespoons chili powder

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Serves 4

tip from the chef

This salad goes great with just about anything from Instant Pot carnitas to veggie kebabs. Whatever you serve it with just make sure you have some extra lime wedges and cotija for those, like us, who always want more.



nachos supreme

■ □ □ | Cooking time: 50 minutes – Preparation time: 15 minutes

ingredients

Nachos

- > 1 tablespoon extra-virgin olive oil
- > 1 large onion, chopped
- > 1 lb./450 g ground beef
- > 2 garlic cloves, minced
- > 1 tablespoon taco seasoning
- > kosher salt
- > 1 x (15 oz./425 g) can refried beans
- > ¼ cup water
- > 1 large bag tortilla chips
- > 2 cups shredded cheddar
- > 2 cups shredded Monterey jack
- > cup sliced green olives

Topping

- > 1 large tomato, diced
- > 1 avocado, diced
- > ¼ cup thinly sliced green onions
- > ¼ cup fresh cilantro leaves (optional)
- > sour cream, for drizzling

method

1. Preheat oven to 425°F and line a large baking sheet with foil. In a large skillet over medium heat, heat oil. Add onion and cook until soft, 5 minutes, then add ground beef and cook until no longer pink, 6 minutes more. Drain fat.
2. Add garlic and taco seasoning and season with salt. Cook until meat is well browned and slightly crispy, 5 minutes more. Add refried beans and water to skillet and stir until combined.
3. Add half the tortilla chips and top with beef-bean mixture, half the cheese, and olives. Repeat one more layer.
4. Bake until cheese is melty, 15 minutes.
5. Scatter with tomato, avocado, green onions, and cilantro. Drizzle with sour cream and serve immediately.

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Serves 6-8

tip from the chef

Any ingredients you want to retain freshness and crunch should be added after the nachos go into the oven. We're talking herbs, greens, tomatoes, fresh salsas, avocado, and guacamole—none of these things are good warm.



spaghetti

with salami

■ □ □ | Cooking time: 30 minutes – Preparation time: 12 minutes

method

1. Bring a large saucepan of water to the boil, add spaghetti, cook until just tender, about 10-12 minutes.
2. Meanwhile heat oil in a large frying pan. Add the tomatoes, salami and onion and cook until onion is transparent. Season with salt and pepper, to taste.
3. Drain spaghetti and add to frying pan. Toss well and serve immediately. Garnish with chopped fresh basil.

ingredients

- > 13 oz/400 g dry spaghetti
- > 2 tablespoon olive oil
- > ¼ cup tomatoes, diced
- > salt and pepper, to taste
- > 3½ oz/100 g sliced pepperoni salami, chopped
- > 1 onion, finely chopped
- > chopped fresh basil, for garnish

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Serves 4

tip from the chef

A tasty quick recipe for lunch or a light dinner, that goes wonderfully with a glass of red wine. Diced bacon may be added. Top with grated Parmesan, if desired.



seafood lasagna

■ ■ □ | Cooking time: 50 minutes – Preparation time: 40 minutes

ingredients

- > 2 tablespoons olive oil
- > 1 leek, white part only, rinsed and finely chopped
- > salt and pepper, to taste
- > 2 cups tinned Italian tomatoes with juice, chopped
- > 2 tablespoons tomato paste
- > 2½ cups shrimp, shelled and deveined, cut into small pieces
- > 1 cup boneless fish fillet, cut into small pieces
- > 15 lasagna sheets
- > ¾ cup grated mozzarella cheese
- > fresh chopped thyme, for garnish

method

1. Heat oven to 350°F. Heat the oil in a large frying pan, add the leek and cook until tender, about 5 minutes. Stir in the tomatoes and paste. Cook until mixture boils. Season with salt and pepper, to taste.
2. Simmer uncovered until sauce is slightly thickened. Stir in the shrimp and fish pieces, cover and cook over low heat for about 5 minutes.
3. Meanwhile, cook the lasagna sheets in a saucepan of boiling water until just cooked but still firm in center. Place lasagna in a large bowl of cool water until ready to use.
4. Spoon ⅓ of the sauce into the bottom of a 2 in deep casserole dish. Drain lasagna sheets and arrange a single layer over the seafood sauce. Spoon another ⅓ of the sauce over the sheets, and top with another layer of lasagna, and mozzarella cheese. Cover with foil. Bake 30 minutes. Uncover, and bake 10 more minutes, or until cheese is golden. Let stand 10 minutes before cutting. Sprinkle with chopped thyme, if desired

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Serves 4

tip from the chef

A mixture of Parmesan, mozzarella and provolone cheeses may be used. If using large lasagna sheets, cut them into smaller pieces. This will make it easier to cut the lasagna into individual portions.





pasta e fagioli

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

method

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

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Serves 6

ingredients

- > 2 tablespoons extra-virgin olive oil
- > ½ lb./230 g spicy (or sweet) Italian sausage
- > 1 medium yellow onion, finely chopped
- > 2 medium carrots, peeled and finely chopped
- > salt and pepper, to taste
- > 2 stalks celery, finely chopped
- > 3 cloves garlic, minced
- > kosher salt
- > freshly ground black pepper
- > 2 x 15 oz./430 g cans Great Northern Beans
- > 1 x 15 oz./430 g can diced tomatoes
- > 4 cups chicken broth
- > 2 sprigs rosemary, leaves finely chopped
- > 1½ cup elbow pasta (or other small shape)
- > freshly grated Parmesan, for garnish
- > freshly chopped parsley, for garnish

tip from the chef

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



fettuccine

with sun-dried tomatoes

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

ingredients

- > 13 oz/400 g fresh or dried fettuccine
- > ¼ cups sunflower seeds
- > ½ cups sun-dried tomatoes, cut into thin strips
- > 1 tablespoon tomato paste
- > 2 cloves garlic, crushed
- > ¼ cup olive oil
- > ½ cup heavy cream
- > ¼ cup freshly grated Parmesan cheese
- > salt and pepper, to taste

method

1. Bring a large saucepan of water to the boil, add fettuccine and cook until just tender. Drain well.
2. Toast sunflower seeds in a large frying pan until golden. Stir in tomato paste, tomato strips, garlic and olive oil, cook 2 minutes. Add cream, cook further 5 minutes. Season with salt, to taste.
3. Stir tomato sauce into fettuccine, sprinkle with Parmesan cheese, and pepper, if desired.

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Serves 4



tip from the chef

Garnish with chopped fresh parsley, if desired. Penne, farfalle and spaghetti may be used instead of fettuccine.



spinach gnocchi

■ □ □ | Cooking time: 50 minutes – Preparation time: 25 minutes

method

1. Mix all the ingredients, except extra Parmesan and fresh spinach leaves, together thoroughly. Take a round teaspoon of the mixture, roll it into a small ball and roll it along the work surface to form a small round shape.
2. Bring a large saucepan of salty water to just below boiling point. Lower a few gnocchi at a time into the barely simmering water. They will sink to the bottom, then, when cooked, rise to the surface.
3. Remove with a slotted spoon, drain them on paper towels and warm in a low oven. Place into serving dish and sprinkle with extra Parmesan cheese and garnish with fresh spinach leaves.

ingredients

- > 2 cups mashed potatoes
- > ¼ cup fine semolina
- > 3½ oz/110 g ricotta cheese
- > salt and pepper, to taste
- > ½ cup freshly grated Parmesan cheese
- > ¾ cup very finely chopped cooked spinach
- > 1 egg, beaten
- > ¼ teaspoon ground nutmeg
- > 2 tablespoons freshly grated Parmesan cheese, extra
- > fresh spinach leaves, for garnish

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Serves 12

tip from the chef

Serve this delicious green gnocchi with crusty bread and some warmed heavy cream, if desired.



bacon

wrapped tuna

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

ingredients

- > 4 slices smoked bacon
- > 1 lb/450 g tuna steak cut into 4 pieces
- > salt and freshly ground pepper
- > 1 tablespoons extra virgin olive oil

method

1. Lay the bacon strips on a cutting board and place a piece of tuna in the center of each; season with salt and pepper. Fold the bacon around the tuna and secure with toothpicks.
2. In a large nonstick skillet, heat 1 tablespoon of the olive oil until shimmering. Add the tuna and cook over moderately high heat, turning once, until the bacon is crisp and the tuna is still pink inside, about 6 minutes.

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Serves 4



tip from the chef

Bacon adds a smoky flavor to the fish, while also keeping it moist. Serve over a green salad, if desired.





seared scallops

with bacon

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

method

1. Preheat oven to 425°F. Line a baking sheet with parchment paper. Set aside.
2. Pat scallops dry with a paper towel. Wrap each scallop in a half slice of bacon, and thread 2 wrapped scallops onto each skewer.
3. Drizzle olive oil over wrapped scallops and season with salt and pepper, to taste.
4. Arrange scallops in a single layer on prepared baking sheet. Bake for 15 minutes, or until scallop is tender and opaque and bacon is slightly crispy. Serve immediately.

ingredients

- > 16 scallops
- > 8 slices bacon, cut in half crosswise
- > 8 skewers
- > extra virgin olive oil, for drizzling
- > freshly ground black pepper, to taste
- > kosher salt, to taste

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Serves 4

tip from the chef

The rich flavors in this recipe are balanced by a fruity, slightly acidic Gewürztraminer white wine.



spaghetti

with clams

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

ingredients

- > 14 oz/400 g spaghetti
- > 2 tablespoons extra virgin olive oil
- > 3 shallots, thinly sliced
- > 1 small bunch parsley, stalks chopped, leaves chopped
- > 2 garlic cloves, finely chopped
- > 1 cup dry white wine
- > 4 lb/1.8 kg clams or mussels, cleaned

method

1. Bring a large saucepan of salted water to the boil. Add the spaghetti and cook until al dente.
2. Meanwhile, heat oil in a large saucepan over medium heat. Add the shallots and parsley stalks and cook for 2-3 minutes until softened, then add the garlic and cook for a further 1 minute or until fragrant. Add the wine and bring to a simmer.
3. Increase heat to high and add the mussels. Cover with a lid and cook, shaking the pan occasionally, for 3-4 minutes until all have opened. Remove from the heat and stir through the parsley leaves. Season with pepper.
4. Drain the pasta, reserving $\frac{1}{2}$ cup cooking liquid then add the pasta and reserved liquid to the mussels to serve.

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Serves 4

tip from the chef

Simple, quick and impressive. This is one dish you'll be adding to your regular midweek repertoire. It pairs wonderfully with Sicilian white wines.



surf & turf

with mashed potatoes

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

method

1. Bring a pot with potatoes covered in cold water with a pinch of salt to a boil until tender. Drain and add sour cream, ½ of the butter, and shallot. Mash together until smooth. Add salt and pepper to taste. Set aside.
2. Bring a medium pot of lightly salted water to a boil. Once boiling, add the asparagus and blanch for 3-4 minutes, or until bright green and tender. Drain and set aside. In the same pot, add 2 teaspoons olive oil and ½ of minced garlic and heat together over medium heat for 3 minutes. Add the asparagus to warm together for 1-2 minutes. Salt and pepper to taste.
3. Rinse the steaks, pat dry, and salt and pepper each side. Warm 2 teaspoons olive oil in a medium pan over medium heat. Add the steaks and cook for 5-6 minutes on each side. Remove steaks from pan and add demi-glace, cracked peppercorns to taste, and ½ cup of warm water. Bring to a simmer over low heat, about 1 minute. Add the steaks back to pan and cover with sauce and peppercorns.
4. Cook the Lobster. In a pan over high heat, sauté remaining butter and garlic until aromatic. Add the lobster tails and cook for 2-3 minutes on each side. Add the juice of the lemon.
5. Place a portion of potatoes on the plate. Place an equal serving of asparagus against the potatoes. Add a steak atop the potatoes. Add an equal serving of lobster atop the meat, and garnish with parsley.

ingredients

- > 4 russet potatoes
- > 1 shallot
- > 2 oz sour cream
- > 1 oz butter
- > 8 oz asparagus
- > 3 garlic cloves
- > 2 filet mignon
- > 4 teaspoons olive oil
- > 1 demi glace
- > 1 teaspoon cracked peppercorns
- > 8 oz shelled lobster tails
- > 1 lemon
- > 3 parsley sprigs



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2 Serve



beef & vegetables

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

ingredients

- > 1½ teaspoons corn flour
- > ½ cup beef stock
- > 2 tablespoons oyster sauce
- > 1 teaspoon finely crushed garlic
- > 1 teaspoon sugar
- > 2 tablespoons peanut oil
- > 12¼ oz/350 g sirloin steak, finely sliced
- > 1 onion, sliced
- > ½ red chili pepper, thinly chopped
- > 1 green bell pepper, sliced
- > 1 red bell pepper, sliced

method

1. Dissolve the corn flour in a little of the stock. Add remaining stock, oyster sauce, garlic and sugar. Set mixture aside.
2. Heat oil in a wok or heavy-based frying pan, swirling gently to coat base and side. Add beef, stir-fry over high heat for 2 minutes, or until it changes color.
3. Add onion, chili pepper, and bell peppers and stir-fry another 2 minutes.
4. Add the corn flour mixture and cook until the sauce boils and thickens. Serve with boiled rice.

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4 Serves



tip from the chef

Cook this dish just before serving. Pair this wonderfully simple dish with a glass of malbec wine.





red hot kidney beans

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

method

1. Place beans in a large saucepan, cover with water and bring to a boil. Reduce heat and simmer for 2 minutes. Remove pan from heat and let beans stand uncovered, for 1 hour.
2. Return beans to a boil, boil for 10 minutes. Reduce heat, cover and simmer for 1 hour. Place half the beans and liquid in a food processor or blender. Process until smooth and return to the pan.
3. Heat ghee in a large frypan, cook onion for 2-3 minutes or until golden. Stir in cumin, garlic, chilies and ginger and cook for 1 minute. Add beans to pan, cook gently for 1-2 minutes.
4. Combine lime juice, garam masala and sour cream. Stir into bean mixture, and heat through gently. Serve immediately, topped with steamed rice, red onion and cilantro.

ingredients

- > 6 oz/185 g red kidney beans, washed and drained
- > 2 pts/1.2 l water
- > 3 tablespoons ghee
- > 1 onion, chopped
- > ¼ teaspoon ground cumin
- > 1 clove garlic, crushed
- > 2 red chilies, finely chopped
- > 1 teaspoon grated fresh ginger
- > 1 tablespoon lime juice
- > ¼ teaspoon garam masala
- > 4 fl. oz/125 g light sour cream
- > thinly sliced red onion, for garnish
- > fresh chopped cilantro, for garnish

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Serves 6

Tip from the Chef

Additional toppings include cubed avocado, lime wedges, and grated cheddar cheese.



spicy rice & vegetables

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

ingredients

- > 1 tablespoon olive oil
- > 1 onion, sliced
- > 1 red bell pepper, cut into small cubes
- > ¾ green beans, chopped
- > 1 red chili, seeded and finely chopped
- > 11 oz/340 g white rice
- > 14 oz/440 g canned tomatoes, undrained and mashed
- > 12 fl. oz/375 ml vegetable stock or water
- > freshly ground black pepper
- > chopped spring onions, for garnish

method

1. Heat oil in a large saucepan, add onion, bell pepper, green beans, pepper and chili and cook, stirring, for 5 minutes or until onion is soft. Add rice, mix well and cook for 3-4 minutes longer.
2. Add tomatoes and stock or water to pan and bring to a boil. Reduce heat and simmer for 30 minutes or until liquid is absorbed and rice is tender. Season to taste with black pepper. Garnish with spring onions.

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Serves 4



tip from the chef

A delicious vegetarian meal or side dish, and a great way to use leftover rice. Vegetables can be customized as per your liking. If desired, add tofu, or paneer.



spanish paella

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

method

1. Heat oil in a large frying pan, add the garlic, onion, tomatoes, bell pepper and shrimp. Cook, stirring frequently, over medium heat for 5 minutes, add paprika and saffron.
2. Spread the rice evenly over the tomato and bell pepper mixture and cook for 3 minutes. Pour stock into mixture and stir thoroughly. Add clams and mussels.
3. Bring mixture to a boil and cook for 10 minutes. Add the langoustines and continue to cook until liquid is almost absorbed. Serve hot.

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Serves 4

ingredients

- > ¼ cup olive oil
- > 2 cloves garlic, crushed
- > 1 onion, chopped
- > 3 tomatoes, chopped
- > 1 yellow bell pepper, seeded and chopped
- > 1 teaspoon paprika
- > 4 langoustines or spot prawns
- > 5 mussels, washed and cleaned
- > 5 clams, washed and cleaned
- > ¼ teaspoon powdered saffron
- > ¾ cup long grain rice
- > 3 cups chicken stock
- > 1 cup cooked shrimp, peeled

Tip from the Chef

Paella is perfect to make on the barbecue. Stick the pan on the grill, then adjust heat strength to get a good simmer.



chicken couscous

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

ingredients

- > 3 teaspoons butter
- > 6 chicken breasts, skin removed
- > 2 tablespoons chopped fresh parsley
- > 1 tablespoon chopped fresh dill
- > ¾ cup couscous, soaked overnight, drained
- > 1 tablespoon flaked almonds, toasted

Vegetable Soup

- > 5 cups chicken stock
- > 1 turnip, peeled and cut into thin strips
- > 2 carrots, peeled and sliced
- > 2 zucchini, sliced
- > ½ red bell pepper, chopped
- > 1 onion, peeled and chopped
- > 1 teaspoon cumin seeds
- > 1 teaspoon ground coriander

method

1. Heat the butter in a large frying pan, add the chicken breasts and cook until golden and just cooked through.
2. Mix parsley, and dill into the couscous and spread mixture on a large serving dish and arrange chicken breasts on top. Sprinkle almonds over chicken and serve with the soup.
3. If desired, serve this Chicken Couscous alongside Vegetable Soup. To make the soup: Place the stock in a large saucepan and bring to a boil. Add the turnip, carrot, zucchini, red bell pepper and onion to the stock with the cumin and coriander. Bring back to a boil and simmer gently for 20 minutes.

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Serves 6

tip from the chef

This easy dish is delicious paired with a glass of rosé wine.



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