

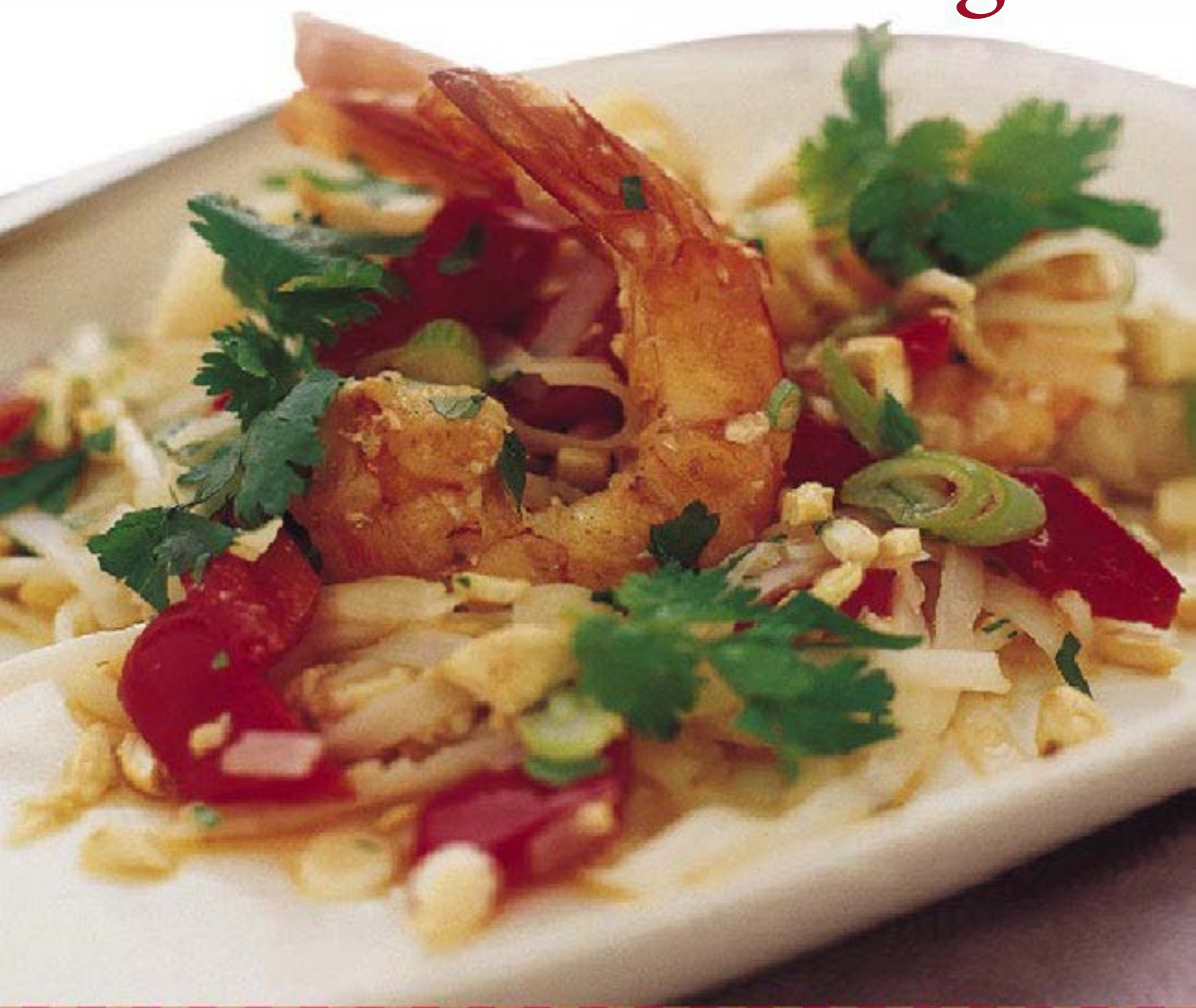


# Chef

express

BayArea  
NewsGroup

# low calorie cooking







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## Low Calorie Cooking e-pub

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If you are one of the lucky few who don't have to match your waistline or worry about what you eat –the other 99 per cent of us ordinary mortals envy you! But, even you probably have to plan meals for your family. So we're all in the same calorie-conscious boat.



# low calorie cooking

## introduction

Of course, before going on any diet you should always check with your doctor first. Here, we have created a book full of quick and easy recipes that will help you keep your weight under control in the most delicious way. Every recipe has been calorie counted and designed to give you maximum flavor and satisfaction, while at the same time helping you lose weight. When you're eating our recipes you won't feel as if you're on a diet! However, if you don't want to give up your favorite dishes, look for our tips on how to adapt recipes to be healthier.

### Limiting fat

- A non-stick frying pan is a must for low-fat and low-calorie cookery. To brown foods, brush your pan with oil (don't pour it in) and cook over moderate heat to avoid sticking.
- Substitute low-fat dairy foods for full-cream products. Low-fat unflavored yogurt makes an excellent substitute for cream (do not boil after adding it).

### Reducing salt

- Don't use salt in cooking. Experiment with herbs and spices as seasoning and your palate will gradually adapt the "real" flavor of foods, which are often masked by salt. Double quantities of garlic, onion, chili, basil, dill, lemon juice lift the flavor.
- Use low-salt and salt-free food products from the supermarket. Over 50% of sodium intake comes from commercial foods like bread, butter, margarine, cheese, and luncheon meats which do not taste "salty".

### Limiting sugar

- Gradually reduce the quantity of sugar and honey that you use. Vanilla essence and lemon rind are useful to achieve this goal.

### Increasing fiber intake

- When possible, do not peel vegetables, but eat them with the skin on.
- Try brown rice more often. Try buckwheat and barley, two high-fiber grains.
- Add cooked or canned soy beans or kidney beans to casseroles; throw a handful of lentils into soups.
- For coatings or toppings use whole meal breadcrumbs. Alternatively, try oat bran or a mixture of oat and wheat brans.

### Difficulty scale

- □ □ | Easy to do
- ■ □ | Requires attention
- ■ ■ | Requires experience





# mixed salad with anchovy dressing

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

## ingredients

- > 1 radicchio
- > 1 butter lettuce
- > 1 cup alfalfa sprouts
- > 155 g/5 oz feta cheese, crumbled
- > 1 orange, cut into thin wedges
- > 8 sprigs parsley
- > 1 tablespoon olive oil
- > 1 teaspoon cracked black peppercorns
- > 2 tablespoons freshly squeezed orange juice
- > 3 anchovy fillets, mashed

## method

1. Wash radicchio and lettuce leaves and tear into pieces.
2. Arrange radicchio and lettuce with alfalfa, feta cheese, orange wedges and parsley, decoratively on a salad plate.
3. Pour over combined oil, pepper, orange juice and mashed anchovy fillets.

.....  
Serves 4

879 kilojoules/210 calories per serving



## tip from the chef

*This salad looks very good if it is presented inside a basket made from hollowed out home-made bread.*



# two bean salad with light cream cheese



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

## method

1. In separate bowls, soak chickpeas and pinto beans overnight in cold water. Drain beans and place in one large saucepan.
2. Cover beans with water and bring to the boil, reduce heat and simmer until beans are cooked, about 1¼ hours.
3. Drain beans and pour into a large bowl, stir in parsley, pimento and lemon juice.
4. Place salad into a serving bowl and serve with a tablespoon of cream cheese. Garnish with lemon slices and parsley.

## ingredients

- > ¾ cup dried chickpeas
- > ¾ cup dried pinto beans
- > 2 tablespoons finely chopped parsley
- > 2 tablespoons finely chopped pimento
- > ¼ cup freshly squeezed lemon juice
- > 1 tablespoon light cream cheese

.....  
Serves 4

628 kilojoules/150 calories per serving

## tip from the chef

*Cottage cheese has a lower fat content than light cream cheese, so a slightly bigger portion can be eaten.*





# egg and mushroom salad

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

## ingredients

- > 1 butter lettuce
- > 1 cup cherry tomatoes
- > 4 hard-boiled eggs, sliced
- > 1/2 cup sliced button mushrooms
- > 1 tablespoon chopped chives
- > 1 avocado, peeled, stoned and sliced
- > 1 clove garlic, crushed
- > 1 tablespoon tarragon vinegar
- > 2 tablespoons orange juice

## method

1. Wash lettuce leaves and tear into pieces.
2. Arrange lettuce, tomatoes, egg slices, mushrooms, chives and avocado in serving bowl.
3. Mix together garlic, vinegar and orange juice and pour over salad just before serving.

.....  
Serves 4

921 kilojoules/220 calories per serving



## tip from the chef

*To avoid the avocado turning brown, cut it at the last moment. The knife should be wet with lemon juice.*



# tomato

## basil salad



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

### method

1. Cut each tomato slice in half and arrange alternately with basil leaves around the edge of each salad plate.
2. Place onion rings in center of each salad and pour over combined garlic, olive oil, lime juice and pepper.

.....  
Serves 4

### ingredients

- > 2 large tomatoes, sliced
- > 1 cup fresh basil leaves
- > 1 red onion, sliced into rings
- > 2 cloves garlic, crushed
- > 2 teaspoons olive oil
- > 1 tablespoon freshly squeezed lime juice
- > 1/2 teaspoon cracked black peppercorns

335 kilojoules/80 calories per serving

### tip from the chef

*In order to make the fragrance more intense, blend the olive oil with 1 tablespoon of chopped basil before adding it to the dressing.*





# potato

## and leek gratin

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

### ingredients

- > 5 medium potatoes, peeled and sliced into thin rounds
- > 1 cup chicken stock
- > 2 large leeks, sliced (white part only)
- > 2 cloves garlic, crushed
- > 1 tablespoon finely chopped fresh rosemary
- > 2 tablespoons light margarine
- > 1/2 cup dried breadcrumbs

### method

1. Bring a large saucepan of water to the boil, add potato slices and cook for 7 minutes. Remove with a slotted spoon and refresh under cold water, set aside.
2. In a small saucepan, combine stock, leeks, garlic and rosemary. Bring to the boil, reduce heat and simmer for 3 minutes.
3. Arrange potato slices in layers in an ovenproof dish and top with leek mixture.
4. Melt margarine and stir in breadcrumbs. Sprinkle over the top of leek mixture and bake in a moderate oven for 25-30 minutes.

.....  
Serves 4

754 kilojoules/180 calories per serving



### tip from the chef

*In order to make a different gratin, carrots can replace half the potatoes. Then follow the indicated proceedings.*





# parsnip and butter bean crêpes

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

## method

1. Sift flour into a medium bowl, make a well in the center, add combined eggs, water and milk, gradually whisk mixture into flour until batter is smooth. Strain batter if there are any lumps.
2. Heat a crêpe pan over medium heat, brush lightly with oil. Pour 3-4 tablespoons of batter evenly into pan, cook crêpe until golden, turn with spatula and cook until light and golden on the other side. Repeat with remaining batter.
3. To make filling, combine parsnip, beans, ricotta cheese, garlic, lemon juice and parsley with a fork, mash well. Spread filling inside each crêpe and fold up.
4. To make sauce, combine tomato purée with white wine and pepper in a medium saucepan over moderate heat, cook until sauce is hot. Serve with crêpes.

.....  
Makes 12

1340 kilojoules/320 calories per serving, 4 each

## ingredients

### crêpes

- > 3/4 cup plain flour
- > 3 eggs, lightly beaten
- > 1 tablespoon water
- > 1 cup skim milk

### filling

- > 1 cup cooked parsnip
- > 1 cup butter beans, drained
- > 1/2 cup low-fat ricotta cheese
- > 1 clove garlic, crushed
- > 2 tablespoons freshly squeezed lemon juice
- > 2 tablespoons chopped parsley

### sauce

- > 3/4 cup tomato purée
- > 2 tablespoons dry white wine
- > 1/4 teaspoon ground black pepper

## tip from the chef

*The crêpes can be ready beforehand and reserved in the fridge, well wrapped in film in order to keep them fresh and humid.*



# red pepper pancakes

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

## ingredients

- > 1 red pepper, seeded and chopped
- > 1/2 cup low-fat ricotta cheese
- > 2 egg whites
- > 1/4 cup flour
- > 1/2 teaspoon cracked black peppercorns
- > 1/2 onion, roughly chopped
- > 8 spring onions, cut into long strips

## method

1. In a blender or food processor, blend red pepper with ricotta cheese, egg whites, flour, black pepper and onion for about 2 minutes.
2. Heat a non-stick frying pan to moderate heat. Drop tablespoonfuls of batter into frying pan. Cook until underside is golden and topside is just dry. Turn pancakes over and cook until other side browns.
3. Place a few strips of spring onions inside each pancake and roll up. Serve immediately.

.....  
Makes 12

502 kilojoules/120 calories per serving, 3 each



## tip from the chef

*It is attractive to prepare different colored pancakes using yellow or green peppers instead of red ones.*





# broccoli

## and rice soufflé



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

### method

1. In a small saucepan, heat butter over medium heat until bubbly, add onion and sauté for 2 minutes. Reduce heat to low, add flour and cook, stirring constantly, for 2 minutes.
2. Gradually whisk in milk (a), add salt, pepper and nutmeg. Stir until sauce thickens. Remove from heat. Add cheese, rice, broccoli and egg yolks (b), mix well.
3. In a large bowl, beat egg whites until soft peaks form. Fold  $\frac{1}{4}$  of the beaten egg whites into broccoli mixture (c), then fold in the remaining whites.
4. Lightly grease four  $\frac{3}{4}$ -cup capacity soufflé dishes and divide mixture between each dish (d). Bake in a moderate oven for 25 minutes. Serve immediately.

### ingredients

- > 1 tablespoon butter
- >  $\frac{1}{2}$  onion, finely chopped
- > 2 tablespoons plain flour
- > 1 cup skim milk, heated
- > pinch salt
- > pinch pepper
- >  $\frac{1}{4}$  teaspoon ground nutmeg
- >  $\frac{1}{2}$  cup grated low-fat cheese
- > 1 cup cooked rice
- > 1 cup blanched broccoli flowerets
- > 3 eggs, separated

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Serves 4

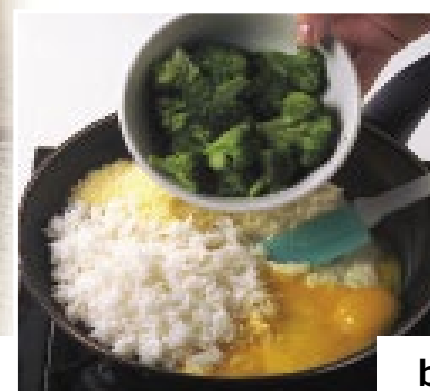
1130 kilojoules/270 calories per serving

### tip from the chef

*For the soufflé not to flatten, it is important not to open the oven door while it is being cooked and to serve it as soon as it is taken out of it.*



a



b



c



d

# risotto primavera



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

## method

1. Heat margarine in a large frying pan over moderate heat. Add garlic, onion, red pepper and carrots, cook for 1 minute. Add tomatoes and parsley and cook for a further 2 minutes.
2. Sprinkle rice over vegetables and stir for 1 minute. Add turmeric, celery and water, cook, stirring occasionally, until water is absorbed and rice is cooked.
3. Sprinkle risotto with extra parsley to serve.

.....  
Serves 4

837 kilojoules/200 calories per serving

## ingredients

- > 1 tablespoon light margarine
- > 2 cloves garlic, crushed
- > 1 onion, chopped
- > 1 red pepper, seeded and chopped
- > 2 carrots, cut into thin strips
- > 1½ cups canned Italian peeled tomatoes, and juice
- > 1 tablespoon chopped fresh parsley
- > 2 cups short-grain rice
- > ¼ teaspoon turmeric
- > 2 celery sticks, chopped
- > 3 cups water
- > 2 teaspoons chopped fresh parsley, extra

## tip from the chef

*This risotto turns into a gourmet plate if it is enriched with seafood. In that case the number of servings will be greater and the caloric difference will not be big. It is a very useful plate when you have guests.*





# fettuccine

## with red pepper

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

### ingredients

- > 410 g/13 oz dried fettuccine
- > 2 tablespoons oil
- > 2 cloves garlic, crushed
- > 2 red peppers, seeded and cut into small strips
- > 8 spring onions, cut into thin strips
- > 1 teaspoon cracked black peppercorns
- > 100 g/3½ oz goat's cheese, crumbled

### method

1. Bring a large saucepan of water to the boil, add fettuccine and cook until just tender.
2. Meanwhile, heat oil over medium heat, add garlic and red pepper, cook for 2 minutes. Add spring onions and pepper and cook for a further 1 minute.
3. Drain pasta and add to red pepper mixture, toss well. Carefully stir in cheese and divide pasta between 4 serving dishes. Serve immediately.

.....  
Serves 4

1089 kilojoules/260 calories per serving



### tip from the chef

*Briefly sautéed fresh vegetables are a tasty option to substitute heavy sauces, and reduce the caloric intake of a plate of pasta.*



# buckwheat

## noodles putanesca



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

### method

1. In a medium saucepan, place tomatoes, olives, basil, spring onions and capers. Bring mixture to the boil over moderate heat.
2. Bring a large saucepan of water to the boil, add noodles and cook until tender, about 5 minutes, drain.
3. Arrange noodles on each serving plate and top with tomato sauce, serve immediately. Garnish with fresh basil sprig if desired.

.....  
Serves 4

### ingredients

- > 1/2 cup canned Italian peeled tomatoes, and juice
- > 10 green stuffed olives, sliced
- > 1 tablespoon chopped basil
- > 1 tablespoon chopped spring onions
- > 10 capers, drained
- > 185 g/6 oz dry buckwheat noodles
- > fresh basil sprig for garnish

1005 kilojoules/240 calories per serving

### tip from the chef

*Capers are the closed buds of a Mediterranean bush. They are hand picked, and this laborious harvest raises this product's price.*





# pad thai with chicken and prawns

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

## ingredients

- > 250 g/8 oz packet Thai rice noodles
- > 2 teaspoons oil
- > 2 cloves garlic, crushed
- > 2 boneless and skinless chicken breast fillets, trimmed of visible fat, cut into 2 cm<sup>3</sup>/<sub>4</sub> in cubes
- > 100 g/3<sup>1</sup>/<sub>2</sub> oz uncooked medium prawns, deveined
- > 1 red pepper, chopped
- > 2 tablespoons fish sauce
- > 1/4 cup/60 ml/2 fl oz lime juice
- > 2 tablespoons low-salt chicken stock or white wine
- > 2 egg whites, beaten
- > 2 cups/180 g/6 oz bean sprouts
- > 1/2 cup chopped fresh coriander
- > 2 spring onions, finely chopped
- > 2 tablespoons chopped toasted unsalted cashews

## method

1. Place noodles in a bowl. Pour over boiling water to cover. Soak for 15-20 minutes, separate noodles with chopsticks or a fork if necessary. Drain. Set aside.
2. Heat oil in a wok or nonstick frying pan over medium heat. Add garlic. Stir-fry for 1 minute. Increase heat to high. Add chicken. Stir-fry for 2 minutes or until just cooked. Add prawns and red pepper. Stir-fry for 1 minute or until prawns just change color.
3. Stir in fish sauce, lime juice and stock. Stir-fry for 1 minute. Pour in egg whites. Cook, without stirring, until egg whites just set.
4. Add bean sprouts and prepared noodles. Cook, tossing, for 3 minutes or until heated through. Scatter with coriander, spring onions and cashews. Serve immediately.

.....  
Serves 4

1229 kilojoules/294 calories per serving



## tip from the chef

*If you cannot find fish sauce, replace it by soy sauce.*



# spaghetti

## with sardines and raisins



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

### method

1. Bring a large saucepan of water to the boil, add spaghetti and cook until just tender, drain.
2. Heat oil in a medium saucepan over moderate heat. Add garlic, spring onions and raisins, cook for 2 minutes.
3. Stir in sardines and spaghetti, toss well and serve immediately.

### ingredients

- > 410 g/13 oz spaghetti
- > 1 tablespoon olive oil
- > 1 clove garlic, crushed
- > 2 spring onions, sliced
- > 2 tablespoons raisins
- > 2 x 110 g/3 1/2 oz canned sardines in tomato sauce

.....  
Serves 4

1507 kilojoules/360 calories per serving

### tip from the chef

*Another option for this sweet and sour plate is to use tuna in tomato sauce instead sardines.*





# trout timbales with guacamole

■■■ | Cooking time: 2 minutes - Preparation time: 20 minutes

## ingredients

- > 1 small ripe avocado, peeled, stoned and chopped
- > 1 teaspoon very finely chopped red chili
- > 1/2 onion, very finely chopped
- > 2 tablespoons freshly squeezed lemon juice
- > 1/4 teaspoon white pepper
- > 4 x 125 g/4 oz skinless rainbow trout fillets
- > avocado and lemon for garnish

## method

1. To make guacamole, combine avocado, chili, onion, lemon juice and pepper in a medium bowl. Mash with a fork until smooth.
2. Line 4 x 1/2-cup capacity timbale tins with a trout fillet. Fill each tin with guacamole and wrap completely in foil.
3. Place timbales in a large saucepan and pour about 3 cm/1 1/4 in of warm water, or until water comes about half way up the sides of timbales.
4. Slowly bring water to just below boiling point and simmer for 2 minutes. Remove timbales and set aside to cool for 2 minutes.
5. Remove foil and gently unmold timbales using a knife to ease them from the edges of tins. Place timbales on serving plate and garnish with fresh avocado, lemon and finely sliced vegetables if desired.

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Serves 4

1235 kilojoules/295 calories per serving



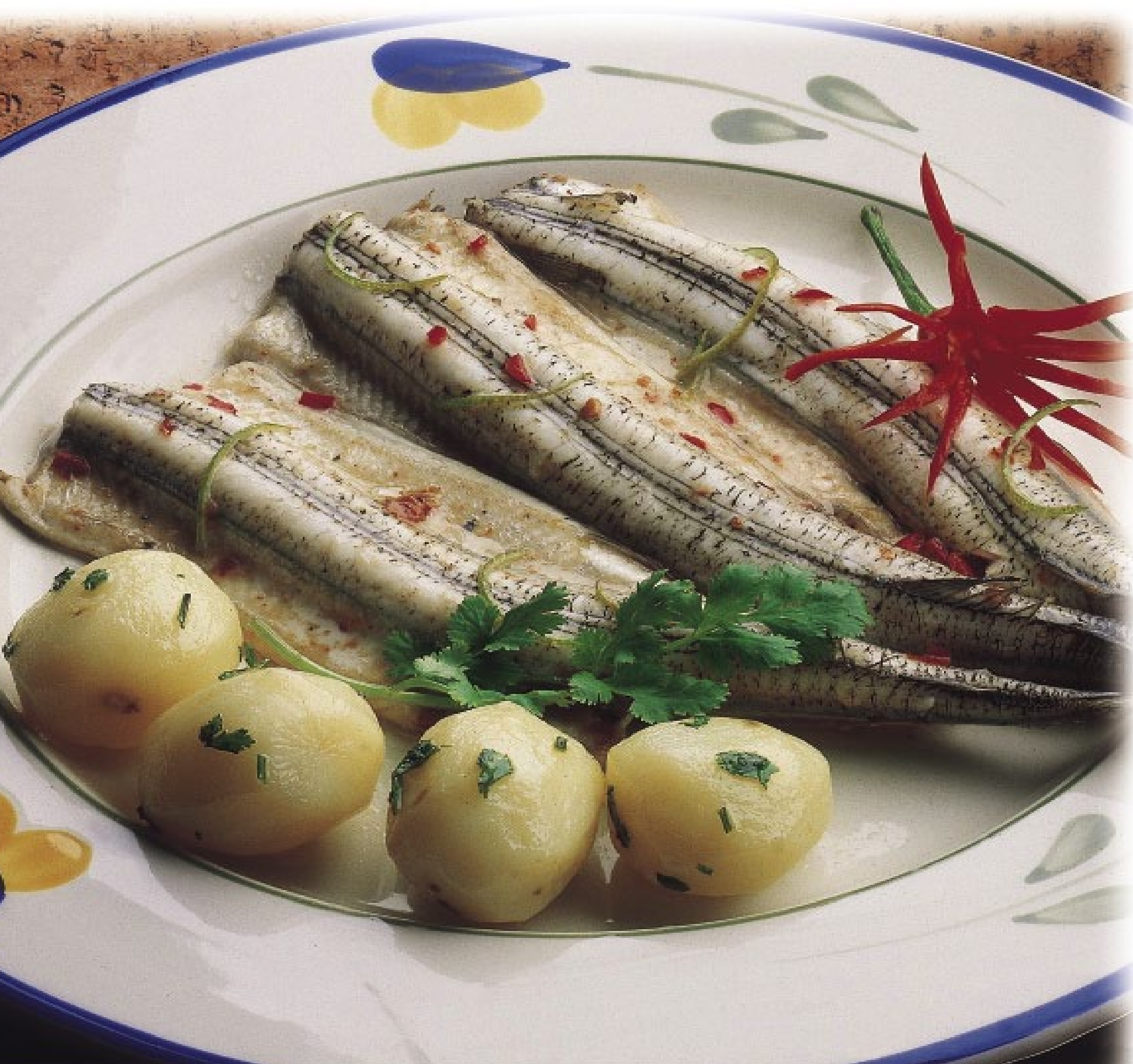
## tip from the chef

*Cover the mold with tin foil. This inhibits the preparation from drying out while it is being cooked.*



# garfish

## with coconut sauce



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

### method

1. To prepare garfish, cut off heads, make an incision from top to tail, being careful not to cut right through. Place fish cut side down and flatten out with palm of hand.
2. Heat oil in a large frying pan over moderate heat. Add garlic, cook 1 minute. Add coconut milk, lime juice, pepper, coriander and chili, bring to the boil, reduce heat, simmer 2 minutes.
3. Add garfish and poach for 3-4 minutes or until cooked through. Place fish on serving plates, pour pan juices over the top and serve with boiled baby potatoes.

### ingredients

- > 8 garfish (sea eel, eel), cleaned and scaled
- > 1 tablespoon oil
- > 2 cloves garlic, crushed
- > 1 cup coconut milk
- > 1/2 cup freshly squeezed lime juice
- > 1/2 teaspoon cracked black peppercorns
- > 1 tablespoon chopped fresh coriander
- > 1 teaspoon finely chopped fresh chili
- > boiled baby potatoes to serve

.....  
Serves 4

1172 kilojoules/280 calories per serving

### tip from the chef

*Coconut milk is traditionally made by mixing the grated meat of a ripe coconut with warm water and then squeezing out the juice.*





# jewfish with julienne vegetables

■ ■ □ | Cooking time: 20 minutes - Preparation time: 25 minutes

## ingredients

- > 1 tablespoon oil
- > 1/4 cup semi-sweet white wine
- > 1 choko (chayote), cut into thin strips
- > 155 g/5 oz pumpkin, peeled and cut into thin strips
- > 1 red pepper, seeded and cut into thin strips
- > 1/4 teaspoon cracked black peppercorns
- > 1/2 cup semi-sweet white wine, extra
- > 1/4 cup freshly squeezed lime juice
- > 2 tablespoons soy sauce
- > 3 tablespoons Worcestershire sauce
- > 1/2 cup water
- > 4 jewfish (turbot, rockfish) fillets, 155 g/5 oz each, cut into rectangles
- > watercress sprigs to garnish

## method

1. Heat oil and wine in a large frying pan over moderate heat. Add choko, pumpkin, red pepper and black pepper and stir over heat for 2 minutes.
2. Remove vegetables with a slotted spoon and keep warm in an ovenproof dish in a low oven.
3. Add extra wine, lime juice, soy sauce, Worcestershire sauce and water to frying pan. Bring to the boil, reduce heat to a simmer, add jewfish pieces. Cover and cook fish for 4 minutes on each side or until cooked through.
4. Arrange vegetables on each serving plate, place jewfish fillets on top and garnish with watercress sprigs.

.....  
Serves 4

1130 kilojoules/270 calories per serving



## tip from the chef

*Fish is generally associated with white wine because even the lightest red wine's tannins will make us taste a metallic flavor.*



# salmon

## with asparagus topping



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

### method

1. Heat oil in a medium frying pan over moderate heat. Add garlic and spring onions, cook for 1 minute. Remove pan from heat and stir in asparagus (a), set aside.
2. Place salmon cutlets in a lightly greased baking dish and bake in moderate oven for 15 minutes.
3. Spread the top side of each cutlet with mustard (b), then spoon asparagus mixture on top (c). Sprinkle with cheese (d) and return to oven for 5-10 minutes or until cheese has melted.
4. Serve with fresh blanched vegetables.

### ingredients

- > 1 tablespoon oil
- > 2 cloves garlic, crushed
- > 3 spring onions, sliced
- > 1 cup canned asparagus, drained and chopped
- > 4 salmon cutlets, 150-200 g/5-6 oz each
- > 1½ tablespoons Dijon mustard
- > ¼ cup grated low-fat cheese

.....  
Serves 4

1465 kilojoules/350 calories per serving

### tip from the chef

*It is a complete plate, ideal to invite some friends over and enjoy some healthy food together.*



a



b



c



d



# mussels

## cooked in wine



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

### method

1. In a large saucepan, combine mussels, wine, onion, garlic and parsley over moderate heat. Bring to the boil, reduce heat, cover and simmer until mussels open, about 4 minutes, discard any that do not open.
2. Remove mussels with a slotted spoon, remove flesh from shells and reserve; discard shells. Strain liquid and return to pan. Bring to the boil again and cook until it has reduced to  $\frac{1}{4}$  cup, set aside and cool to room temperature.
3. In a medium bowl, whisk egg yolks, lemon juice and mustard until creamy. Add oil in droplets, while whisking, until mixture thickens.
4. Slowly whisk in reduced liquid, add mussels and toss until well coated. Chill until ready to serve, garnish with fresh dill if desired.

### ingredients

- > 24 mussels, scrubbed and beards removed
- > 2 cups dry white wine
- > 1 onion, finely chopped
- > 2 cloves garlic, crushed
- > 2 tablespoons chopped parsley
- > 2 egg yolks
- > 1 tablespoon freshly squeezed lemon juice
- > 1 tablespoon Dijon mustard
- > 3 tablespoons oil
- > dill sprigs for garnish

.....  
Serves 4

1026 kilojoules/245 calories per serving

### tip from the chef

*Fresh herbs are a good resource to add flavor and aroma to preparations without adding calories.*



# chicken pieces with mushrooms and basil

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

## ingredients

- > 1 tablespoon olive oil
- > 4 boneless chicken breast fillets, cut into strips
- > 1 tablespoon butter
- > 2 leeks, sliced (white part only)
- > 1 cup sliced button mushrooms
- > 1/2 cup sliced sun-dried tomatoes
- > 2 tablespoons red wine vinegar
- > 3 tablespoons freshly squeezed lime juice
- > 1/2 teaspoon chopped fresh chili
- > 1 tablespoon chopped basil
- > 1 tablespoon chopped parsley

## method

1. Heat oil in a large frying pan over moderate heat, add chicken pieces and cook for 3 minutes, stirring constantly. Remove chicken and keep warm in a low oven.
2. Add butter to pan, then add leeks, mushrooms, sun-dried tomatoes, red wine vinegar, lime juice, chili, basil and parsley, cook for 3 minutes.
3. Return chicken pieces to frying pan, toss well. Serve immediately, garnish with fresh basil.

.....  
Serves 4

963 kilojoules/230 calories per serving



## tip from the chef

*It is a very healthy yet consistent plate, ideal to serve as entrée.*





# chicken medallions with pimento sauce



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

## method

1. Brush chicken with lemon juice and cut into 4 neat rectangles. Lay 2 spinach leaves on each rectangle (a) and roll up into a sausage shape (b). Wrap each roll in foil. Bake rolls in a moderate oven for 20-25 minutes.
2. Meanwhile, to make sauce, purée pimentos with onions and tomato purée until smooth. Divide mixture into 2 bowls. Stir yogurt into one bowl (c) to make a pale pink sauce. Carefully spoon equal amounts of each sauce on each plate.
3. Unwrap chicken rolls and slice with a sharp knife. Arrange medallions decoratively on top of the sauce. Garnish with fresh watercress sprigs.

## ingredients

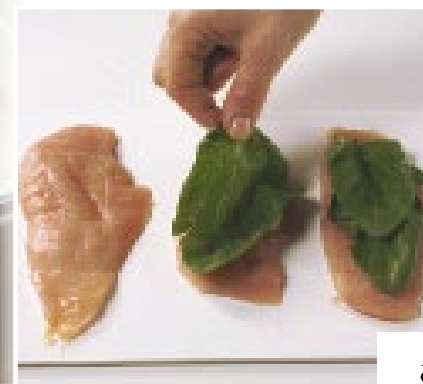
- > 4 boneless chicken breast fillets
- > 2 tablespoons freshly squeezed lemon juice
- > 8 spinach leaves, stems removed
- > 1 cup pimentos, drained and chopped
- > 1 medium onion, chopped
- > 2 tablespoons tomato purée
- > 1 tablespoon natural low-fat yogurt
- > 4 watercress sprigs

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Serves 4

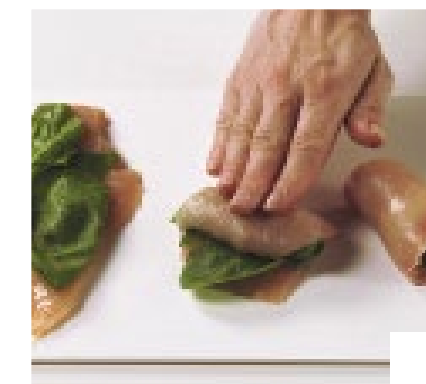
921 kilojoules/220 calories per serving

## tip from the chef

*This plate is healthy and delicious, and can be served either cold or hot.*



a

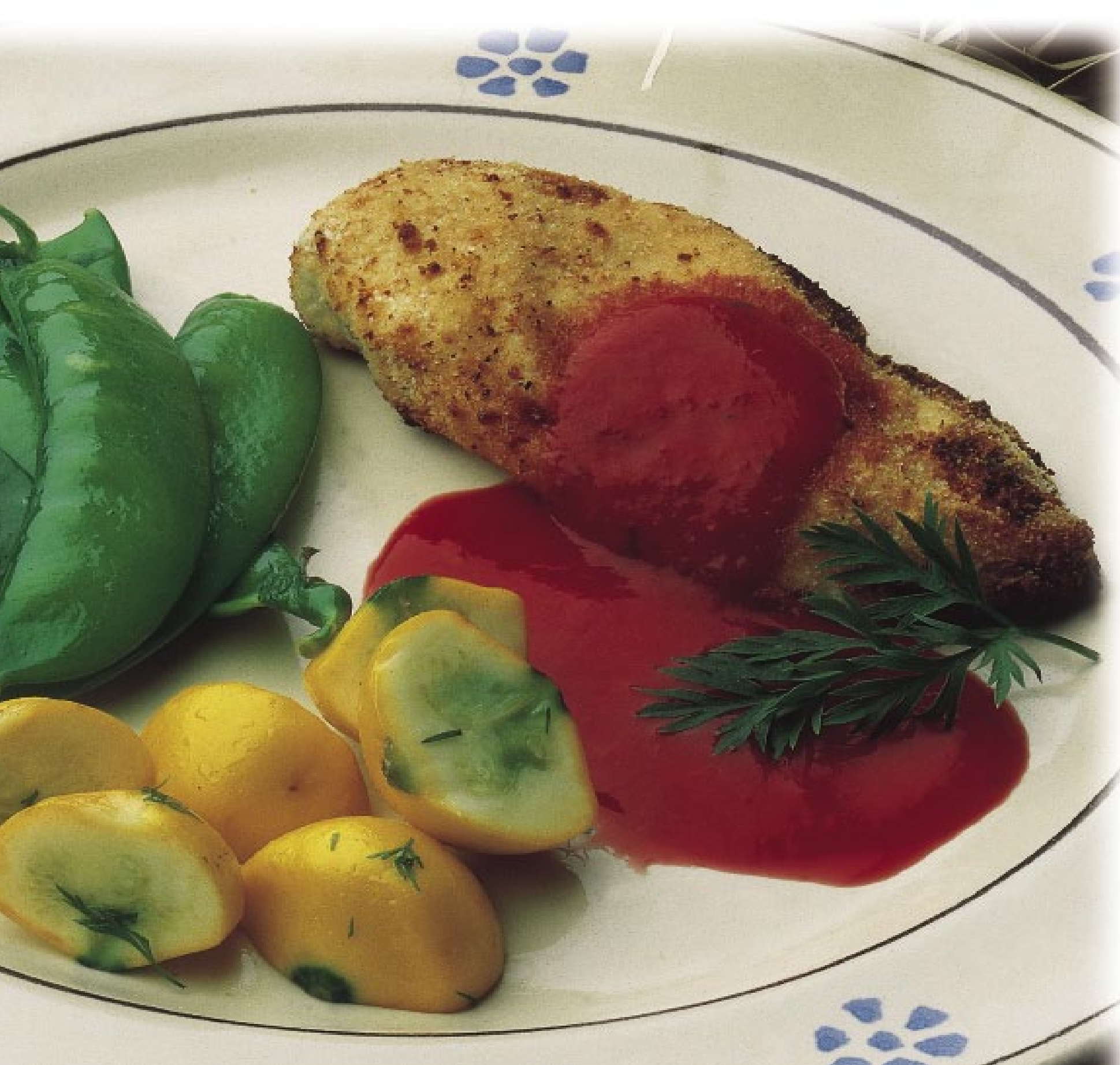


b



c

# chicken scaloppini with raspberry coulis



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

## method

1. Dip chicken fillets in the beaten eggs, then dip chicken in breadcrumbs, shake off any excess breadcrumbs. Bake coated chicken fillets in a moderate oven for 15-20 minutes or until cooked through.
2. Meanwhile, place raspberries, jam, lime juice and orange juice in a blender or food processor, process until smooth.
3. Push puréed mixture through a sieve to catch the seeds, heat sauce in a small saucepan over low heat and serve with chicken fillets and fresh vegetables.

## ingredients

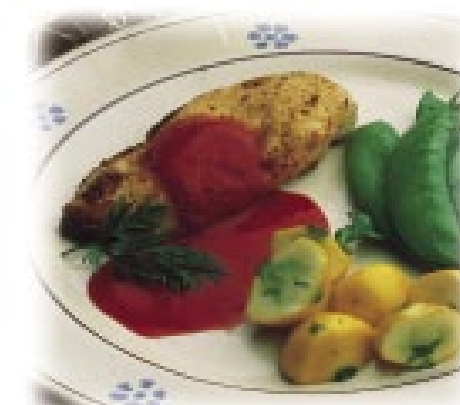
- > 4 boneless chicken breast fillets
- > 2 eggs, lightly beaten
- > 1 cup dried breadcrumbs
- > 1 cup fresh raspberries
- > 2 teaspoons raspberry jam
- > 2 tablespoons freshly squeezed lime juice
- > 2 tablespoons freshly squeezed orange juice

.....  
Serves 4

1214 kilojoules/290 calories per serving

## tip from the chef

*An original idea is to use dehydrated mashed potatoes flakes to replace the breadcrumbs.*





# quail with caper dill sauce



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

## method

1. Melt butter in a large frying pan over moderate heat. Add onion, garlic and pimento, cook for 2 minutes. Add honey, vinegar and quails. Cook quails for 3 minutes each side.
2. Add wine, mustard, dill, black pepper and capers to frying pan, cook until sauce thickens slightly and quails are cooked through.
3. Arrange 2 quail halves on each plate, spoon sauce over the top and garnish with fresh thyme.

.....  
Serves 4

1361 kilojoules/325 calories per serving

## ingredients

- > 1 tablespoon butter
- > 1 onion, sliced
- > 1 clove garlic, crushed
- > 2 pimentos, cut into thin strips
- > 1 tablespoon honey
- > 2 tablespoons red wine vinegar
- > 4 quails, cut in half lengthwise
- > 1 cup dry white wine
- > 2 teaspoons Dijon mustard
- > 1 tablespoon chopped fresh dill
- > 1/2 teaspoon cracked black peppercorns
- > 10 capers
- > thyme sprigs for garnish

## tip from the chef

*A selection of broiled vegetables is the ideal side dish for this delicate plate.*



# oriental

## beef salad

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

### ingredients

- > 2 teaspoons oil
- > 1 red pepper, seeded and cut into thin strips
- > 1 green pepper, seeded and cut into thin strips
- > 2 leeks, trimmed and finely chopped
- > 1 tablespoon oil, extra
- > 1 tablespoon honey
- > 2 tablespoons soy sauce
- > 625 g/1 lb 4 oz beef eye fillet, cut into strips
- > 1 teaspoon sesame seeds

### method

1. Heat oil in a large frying pan, over medium heat. Add red and green pepper and leeks and fry for 2 minutes. Remove with a slotted spoon and set aside.
2. Add extra oil, honey and soy sauce to frying pan and heat. Add beef and cook, stirring constantly, for 3 minutes, or until cooked through.
3. Stir in sesame seeds and reserved vegetables, serve immediately.

.....  
Serves 4

1256 kilojoules/300 calories per serving



### tip from the chef

*Nothing like wild rice to enhance this special creation.*





# rib eye steak with rosemary cheese butter



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

## method

1. Soften margarine, butter and cream cheese to room temperature. Mix until well combined, mix in rosemary and garlic. Spoon mixture onto a piece of foil and roll up into a sausage shape, freeze until ready to serve.
2. Grill steaks on a rack until just cooked. Slice frozen cheese and butter roll into 1/2 cm/1/4 in slices and place one slice on top of each steak.

## ingredients

- > 45 g/1 1/2 oz light margarine
- > 1 tablespoon butter
- > 45 g/1 1/2 oz light cream cheese
- > 2 teaspoons finely chopped rosemary
- > 1 clove garlic, crushed
- > 4 rib eye steaks, 155 g/5 oz each

.....  
Serves 4

1089 kilojoules/260 calories per serving

## tip from the chef

*Flavored cream cheese tastes good with any kind of meat. In order to vary the flavor, use different herbs instead of rosemary.*



# roast beef eye fillet with soy sauce

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

## ingredients

- > 2 tablespoons oil
- > 1 tablespoon butter
- > 3 tablespoons soy sauce
- > 2 tablespoons honey
- > 3 tablespoons red wine vinegar
- > 1.5 kg/3 lb beef eye fillet
- > 3 teaspoons sesame seeds

## method

1. Heat oil and butter in a large frying pan. Add soy sauce, honey and red wine vinegar. Add fillet and cook over a high heat to sear until brown on all sides.
2. Transfer fillet to an ovenproof dish and bake in a moderate oven for 30-40 minutes or until just cooked.
3. Add juices from dish to the frying pan. Add  $\frac{1}{4}$  cup water and heat over moderate heat until mixture boils.
4. Reduce heat and simmer until mixture thickens, stir in sesame seeds and pour sauce over the sliced meat. Serve with fresh vegetables.

.....  
Serves 8

1507 kilojoules/360 calories per serving



## tip from the chef

*In order for the sesame to have a more intense flavor, roast it slightly in an un-oiled pan before adding it to the preparation.*





# glazed ham and pork loaf

■ ■ □ | Cooking time: 105 minutes - Preparation time: 15 minutes

## method

1. In a food processor or blender, process ham and apricots until finely chopped. Transfer to a large mixing bowl, add pork mince, parsley, breadcrumbs and milk (a), mix well. Press mixture into a greased and lined loaf tin (b). Bake in a moderate oven for 15 minutes.
2. Meanwhile, to make glaze, mix together sugar, vinegar, mustard and  $\frac{1}{4}$  cup water in a small saucepan (c) over moderate heat. Bring to the boil, reduce heat and simmer for 10-15 minutes. Remove from heat.
3. Brush top of loaf with some of the glaze (d), return to oven for another 15 minutes, glaze again, repeat every 15 minutes until loaf has been in oven for 1 hour.
4. Turn loaf out onto a baking tray, brush glaze over bottom and sides, cook for a further 15 minutes. Cool for 15 minutes before slicing.

## ingredients

- > 375 g  $\frac{3}{4}$  lb lean ham
- >  $\frac{1}{2}$  cup dried apricots
- > 500 g 1 lb pork mince
- > 3 tablespoons chopped parsley
- > 1 cup dry breadcrumbs
- >  $1\frac{1}{4}$  cup skim milk
- >  $\frac{1}{2}$  cup brown sugar
- > 3 tablespoons apple cider vinegar
- > 2 tablespoons Dijon mustard

.....  
Makes 10 slices

1172 kilojoules/280 calories per serving

## tip from the chef

*This sweet and sour plate does not need any more than a green salad.*



a



b



c



d



# amaretto frittata

## with meringue topping

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

### ingredients

- > 4 eggs
- > 1 teaspoon caster sugar
- > 3 tablespoons Amaretto liqueur
- > 3 tablespoons skim milk
- > 1/4 cup strawberries, hulled and cut into quarters
- > 1/4 cup raspberries
- > 1 orange, peeled and segmented
- > 3 egg whites

### method

1. Whisk eggs with sugar, Amaretto and milk (a) until well combined and sugar has dissolved.
2. Add strawberries, raspberries and orange segments (b) and pour mixture into a greased 20 cm/8 in ovenproof flan dish (c). Bake in a moderate oven for 20 minutes.
3. Beat egg whites with an electric mixer until soft peaks form. Spread over the top of frittata (d) and return to oven for 5-7 minutes or until meringue is golden.

.....  
Serves 6

502 kilojoules/120 calories per serving

### tip from the chef

*Egg whites get firmer if they are beaten with a pinch of salt or cream of tartar. It is important not to whisk them excessively, to avoid curdling.*



a



b



c



d





# grand

## marnier soufflé



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

### method

1. Beat margarine with rind and sugar in a small bowl until light and fluffy. Beat in cornflour, flour, orange juice and Grand Marnier.
2. Heat milk in a medium saucepan over moderate heat. Stir in spoonfuls of the margarine mixture until mixture boils and thickens. Cool mixture slightly, whisk in egg yolks and dissolved gelatin.
3. Beat egg whites in a large bowl until soft peaks form. Fold egg whites into custard mixture.
4. Grease four 1/2-cup capacity soufflé dishes and tie a band of greaseproof paper around the top of dishes, to stand 5 cm/2 in above the rim.
5. Pour mixture into dishes, chill until set. Remove paper carefully and garnish with fresh raspberries.

### ingredients

- > 45 g/1 1/2 oz light margarine
- > 1 tablespoon grated orange rind
- > 1/4 cup caster sugar
- > 3 teaspoons cornflour
- > 1 1/2 tablespoons plain flour
- > 1 tablespoon freshly squeezed orange juice
- > 3 tablespoons Grand Marnier
- > 3/4 cup skim milk
- > 3 eggs, separated
- > 3 teaspoons gelatin, dissolved in 2 tablespoons warm water
- > fresh raspberries for garnish

.....  
Serves 4

1172 kilojoules/280 calories per serving

### tip from the chef

*In order to get good results when working with gelatine, hydrate it in cold water, then heat it up without letting it boil and add it to the preparation while it is still hot.*



# honey vanilla ice-cream

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

## ingredients

- > 5 egg yolks
- > 2 tablespoons honey
- > 1 teaspoon vanilla essence
- > 2 cups skim milk
- > 8 strawberries, halved

## method

1. Mix egg yolks with honey and vanilla in a double saucepan over simmering water. Add milk and whisk for about 8 minutes until mixture thickens slightly. Pour mixture into ice-cream maker and freeze according to instructions.
2. If no ice-cream maker is available, freeze mixture for 1 hour, remove from freezer, beat with electric mixer, return to freezer. Repeat this process every hour for 3 hours. Freeze until ready to serve.
3. Garnish with strawberries if desired.

.....  
Serves 4

963 kilojoules/230 calories per serving



## tip from the chef

*In order for the ice-cream to acquire a very creamy texture, mix it for a few seconds before serving.*





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