

# Chef



e x p r e s s

# weeknight family dinners



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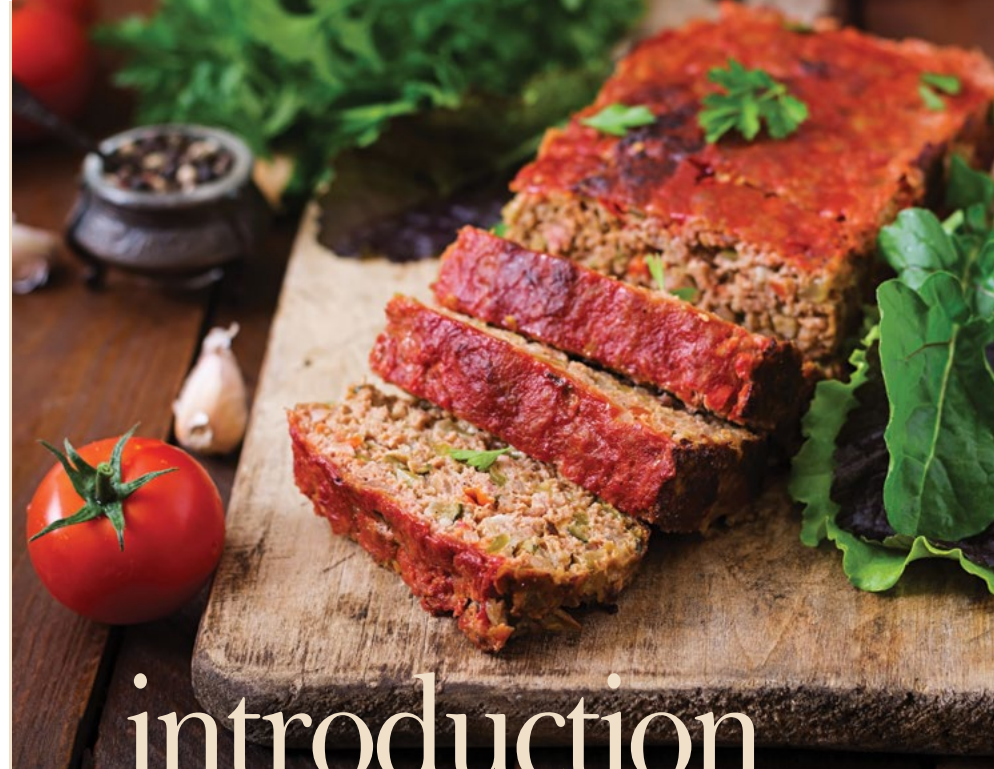
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## introduction

Today's family cook is constantly faced with the challenge of what to cook for dinner. With an increased number of meals being eaten out and the wide options of take out food available, there is a greater expectation for interesting and tasty meals at home.



# weeknight family dinners

Within the pages of *Weeknight Family Dinners*, you will find recipes and ideas that will not only inspire you as a cook but also satisfy the tastes and demands of those you are cooking for requires.

It often happens: when you're stressed and feeling pulled in a million different directions, healthy dinners are often the first thing to fall by the wayside. Fortunately there are hundreds of easy and fast dinner ideas to help you.

- **Go to the basics.** Getting a well-balanced meal to your family doesn't have to be a complicated matter. Rather than reinventing the components of a meal each night, pick two or three protein combinations and alternate them as the basis for all of your dinners in a week. For example, choose chicken and rice, or rice and beans, or fish and couscous. Also, pick up one sauce and change the vegetable option each time you make it. Then, the same basic dish will become different each night.
- **Go to frozen.** Buying frozen, mixed veggies is a very simple way to make sure you always have a quick, healthy side dish on hand. They take less than five minutes to go from freezer to the table.



- **Bake as much as possible.** It's usually much easier than sautéing, and is healthier than frying your dinner foods. Instead of standing over the stove, put together five or ten recipes for all-in-one baked dishes.
- **Cover three days.** Rather than stressing out about a detailed menu plan for the entire week, plan the meals for Monday, Tuesday, and Wednesday ahead of time. After, you can enjoy leftovers and Friday can be a "get out of dinner free" night, where you turn to a frozen casserole or pizza.
- **Print.** Another good idea is to use a printed week planner to help you get yourself organized.
- **Go green.** You can make incredible salads in 10 minutes or less. Just chop up any vegetables you have in the fridge, and add some dressing.

Make weeknights a breeze with these easy and delicious family dinner ideas!

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# baked jacket potatoes

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

## 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

## 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.

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Serves 4

## 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.*





# cauliflower

## parmesan

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

### method

1. Boil or steam cauliflower until just tender. Drain well and place in a lightly oiled shallow baking dish.
2. Heat oil in a saucepan over a medium heat, add breadcrumbs and garlic (if used) and cook, stirring, for 4-5 minutes or until golden. Remove pan from heat, add Parmesan cheese and black pepper to taste and mix to combine. Remove garlic.
3. Sprinkle breadcrumb mixture over cauliflower and cook under a preheated hot grill for 3-5 minutes or until top is golden. Sprinkle with parsley and serve.

### ingredients

- > small cauliflower, broken into florets
- > 2 tablespoons extra virgin olive oil
- > ¾ cup dried breadcrumbs (whole wheat bread or oat bread)
- > 2 oz/60 g Parmesan cheese, grated
- > freshly ground black pepper
- > 2 tablespoons chopped parsley
- > 1 whole clove garlic (optional)

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Serves 6

### tip from the chef

*Cauliflower, broccoli and all kinds of cabbages are highly beneficial for the intestinal health. It is recommendable to consume one of these vegetables at least once a week. For something different, make this easy dish using broccoli in place of the cauliflower, or use a combination of both of them.*



# three tomato salad

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

## ingredients

- > 6 (plum or Italian) tomatoes, cut into wedges
- > 8 oz/250 g cherry tomatoes, halved
- > 3 seasonal tomatoes, sliced
- > 1 red onion, chopped
- > 2 tablespoons red wine vinegar
- > 2 tablespoons chopped fresh basil
- > freshly ground black pepper
- > assorted arugula leaves
- > ricotta (optional)

## method

1. Place (plum or Italian) tomatoes, cherry tomatoes, tomatoes, onion, vinegar, basil and black pepper to taste in a bowl and toss to combine. Set aside to stand for 30 minutes.
2. Line a large serving platter with arugula leaves, ricotta and top with tomato mixture.

.....  
Serves 6



## tip from the chef

*This salad can be made using any combination of tomatoes – so check the market and use what is in season and available.*





# chicken

## caesar salad

■ ■ □ | Cooking time: 25 minutes – Preparation time: 35 minutes

### method

1. Preheat barbecue to a medium heat.
2. To make croutons, place the bread cubes in a baking dish, drizzle with oil and toss to coat. Bake for 15 minutes or until bread is crisp and golden. Cool.
3. Place the chicken and bacon on oiled barbecue and cook for 2-3 minutes each side or until chicken is tender and bacon is crisp. Cool, then cut the chicken into slices and chop bacon.
4. Arrange lettuce leaves, tomatoes, chicken and bacon in a bowl.
5. To make dressing, place sour cream, mayonnaise, mustard, anchovies and water in a food processor or blender and process until smooth. Just prior to serving, drizzle dressing over salad, then scatter with croutons and Parmesan cheese shavings.

- > 2 boneless chicken breast fillets
- > 4 rashers bacon
- > 1 romaine lettuce, leaves separated
- > 8 oz/250 g cherry tomatoes, halved
- > 4 oz/125 g Parmesan cheese shavings

#### crispy croutons

- > 8 oz/250 g bread cubes
- > 2 tablespoons olive oil

#### creamy mustard dressing

- > ½ cup/4 oz/125 g sour cream
- > ½ cup/4 oz/125 g mayonnaise
- > 2 tablespoons wholegrain mustard
- > 3 anchovy fillets, chopped
- > ¼ cup/2 oz/60 ml water

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Serves 8

### tip from the chef

To make the bread cubes for the croutons, take an unsliced loaf of stale bread and cut off all the crusts to make an evenly shaped rectangular loaf. Cut bread loaf into ¼ in/5 mm in thick slices. Cut each bread slice into ¼ in/5 mm strips, then cut in the opposite direction at ¼ in/5 mm in intervals to make ¼ in/5 mm square breads cubes.



# deep dish pizza

■ □ □ | Cooking time: 30 minutes – Preparation time: 20 minutes + 1½-2 hours

## ingredients

### *pizza dough*

(makes 8 oz/250 g)

- > 1 teaspoon active dry yeast
- pinch sugar
- > ⅔ cup/5 ½ fl oz/ 170 ml warm water
- > 2 cups/8 oz / 250 g flour
- > ½ teaspoon salt
- > ¼ cup/2 fl oz/60 ml olive oil

### *pizza*

- > 1 quantity basic pizza dough
- > 4 tablespoons tomato paste (purée)
- > 2 teaspoons olive oil
- > 2 cloves garlic, crushed
- > 8 leaves spinach, shredded
- > 4 oz/125 g/ mixed mushrooms
- > 1 red pepper, chopped
- > 2 tablespoons chopped fresh oregano or 1 teaspoon dried oregano
- 2 oz/60 g Parmesan cheese, grated
- > freshly ground black pepper



## method (pizza dough)

1. Place yeast, sugar and water in a large bowl and mix to dissolve. Set aside in a warm, draught free place for 5 minutes or until foamy.
2. Place flour and salt in a food processor and pulse once or twice to sift. With machine running, slowly pour in oil and yeast mixture and process to form a rough dough. Turn dough onto a lightly floured surface and knead for 5 minutes or until soft and shiny. Add more flour if necessary.
3. Lightly oil a large bowl, then roll dough around in it to cover the surface with oil. Cover bowl tightly with plastic food wrap and place in a warm, draught-free place for 1½ -2 hours or until dough has doubled in volume. Knock down and remove dough from bowl. Knead briefly before using as desired.

## method (deep-dish pizza)

1. Press dough into the base and up the sides of a lightly greased 9 in/23 cm springform tin to form a 1½ in/4 cm rim. Spread dough with tomato paste (purée).
2. Heat oil in a frying pan over a medium heat. Add garlic and spinach and cook, stirring, for 3 minutes or until spinach wilts. Drain spinach mixture well and spread over dough.
3. Top spinach with mushrooms, red pepper and oregano, then sprinkle with Parmesan cheese and season to taste with black pepper.
4. Bake at 400°F/200°C/Gas 6 for 25 minutes or until cheese is golden and base is crisp.

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Serves 4





# easy chicken tacos

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

## method

1. In a medium bowl, combine buttermilk, hot sauce and the spices, stirring to dissolve the salt.
2. Add chicken and stir to evenly coat. Cover and refrigerate for at least 20 minutes and up to one hour.
3. Remove chicken from the buttermilk mixture and drain excess liquid. Toss chicken in flour until evenly coated and stir-fry until golden.
4. Build tacos: In tortillas, layer chicken and desired toppings. Serve with lime wedges.

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Serves 4

## ingredients

### tacos

- > 3 tablespoons extra-virgin olive oil
- > 2 lbs./900 g boneless skinless chicken breasts, cut into bite sized pieces
- > 1 cup buttermilk
- > 1 teaspoon hot sauce
- > 1½ cups flour
- > kosher salt
- > freshly ground black pepper
- > 2 teaspoons chili powder
- > 2 teaspoons cumin
- > ½ teaspoon garlic powder
- > ¼ teaspoon paprika
- > ¼ teaspoon cayenne
- > 8 corn tortillas, warmed

### toppings

- > thinly sliced red onion
- > tomato wedges
- > thinly sliced yellow bell pepper
- > avocado slices
- > sliced cucumber
- > baby spinach leaves

## tip from the chef

*We like our chicken tacos topped with red onion (pickled onions would be great too), avocado, cilantro, and cucumber. Pico de gallo, salsa, sour cream, or some crushed corn chips would also be delicious.*



# honey glazed spare ribs

■ □ □ | Cooking time: 30 minutes - Preparation time: 40 minutes

## ingredients

- > 4 lb/2 kg pork spareribs, trimmed of excess fat
- > 2 onions, chopped
- > 2 tablespoons fresh parsley, chopped
- > 1 cup/8 fl oz/250 ml chicken stock
- > 2 tablespoons lemon juice
- > 4 oz/125 g butter, melted

### honey-soy marinade

- > 4 small fresh red chillies, chopped
- > 4 cloves garlic, chopped
- > 2 spring onions, chopped
- > 1 tablespoon fresh ginger, finely grated
- > 1 ½ cups/12 fl oz/375 ml rice-wine vinegar
- > ½ cup/4 fl oz/125 ml reduced-salt soy sauce
- > ½ cup/5 ½ oz/170 g honey

## method

1. To make marinade, combine chillies, garlic, spring onions, ginger, vinegar, soy sauce and honey in a non-reactive dish. Add ribs, toss to coat, cover and marinate in the refrigerator for at least 4 hours.
2. Drain ribs and reserve marinade. Cook ribs, basting occasionally with reserved marinade, on a preheated hot barbecue grill for 8-10 minutes or until ribs are tender and golden. Place on a serving platter, cover and keep warm.
3. Place remaining marinade in a saucepan, add onions, parsley, stock and lemon juice and bring to the boil. Reduce heat and simmer for 15 minutes or until sauce reduces by half. Pour mixture into a food processor or blender and process to make a purée. With motor running, pour in hot melted butter and process to combine. Serve sauce with spareribs.

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Serves 8



## tip from the chef

*Pork chops in their marinade should be served steaming hot.*



# vegetable bean soup

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

## method

1. Heat oil in a large saucepan over a medium heat, add onions and cook, stirring, for 5 minutes or until onions are lightly browned.
2. Add carrots, potatoes and stock and bring to the boil. Reduce heat, cover and simmer for 30 minutes or until vegetables are tender.
3. Stir in beans, milk, dill, parsley and black pepper to taste and cook, stirring frequently, for 3-4 minutes or until heated through.

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Serves 4

## ingredients

- > 2 tablespoons vegetable oil
- > 3 onions, diced
- > 3 carrots, diced
- > 3 potatoes, diced
- > 3 cups/1 ¼ pt/ 750 ml vegetable stock
- > 10 oz/ 315 g canned cannellini beans, drained and rinsed
- > ½ cup/4 fl oz/ 125 ml milk
- > 2 tablespoons chopped fresh dill
- > 1 tablespoon chopped fresh parsley
- > freshly ground black pepper

## tip from the chef

*It can be served with croûtons (bread cubes, toasted or fried in oil or butter).*



# saucy vegetables

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

## ingredients

### white sauce

- > 1 oz/30 g butter
- > 2 tablespoons plain flour
- > 1 cup/8 fl oz/250 ml milk
- > salt, pepper and nutmeg

### vinaigrette

- > 1 tablespoon French mustard
- > 3 tablespoons white wine vinegar
- > freshly ground black pepper
- > ¾ cup/190 ml olive oil

## method

1. To make white sauce, melt butter in a saucepan, stir in flour. Cook over medium heat for 1 minute. Remove pan from heat and whisk in milk a little at a time until well blended. Return to heat and cook, stirring constantly, until sauce boils and thickens. Remove from heat and season to taste with salt, pepper and nutmeg.
2. To make vinaigrette, place mustard in a bowl and whisk in the vinegar. Season to taste with pepper. Add oil a little at a time, whisking well until mixture thickens.

## white sauce variations

- Cheese sauce: Stir ½ cup/60 g grated tasty cheese into ready sauce. Avoid reheating.
- Curry sauce: Blend 2 teaspoons curry powder into flour mixture.

.....  
 Makes 1 cup/8 fl oz/250 ml each sauce

## tip from the chef

*White sauce and its variations can be served with many different steamed, boiled or microwaved vegetables. Vinaigrette is the classic dressing for either raw or cooked vegetable salads.*





# beef brochettes

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

## method

1. Preheat oven to 425°F/220°C Remove fat surrounding beef cubes. Cut peppers into cubes.
2. Soak wooden skewers in water to keep them from burning while cooking.
3. Thread beef cubes into skewers, altering them with peppers, onions, and prunes.
4. In a small bowl, combine olive oil, bay leaf, garlic, fresh herbs and white wine.
5. Place brochettes on oiled baking sheet; season with salt and pepper, to taste. Drizzle olive oil mixture over brochettes. Cook for 20 minutes or until cooked to desired doneness.
6. Continue to drizzle olive oil mixture often while brochettes are cooking.

## ingredients

- > 2 lb/1 kg beef tenderloin, cubed
- > 1 red bell pepper
- > 1 yellow bell pepper
- > 1 green bell pepper
- > 2 onions, chopped
- > 8 oz/240 g prunes, halved
- > wooden skewers
- > ½ cup/150 ml olive oil
- > 1 bay leaf
- > 2 cloves garlic, chopped
- > 1 tablespoon mixed fresh herbs, chopped
- > ½ cup/100 ml dry white wine
- > salt and pepper, to taste

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Serves 6

## tip from the chef

*These savory brochettes are easy to prepare and ever easier to love. They work great both as an entrée and as a main dish, accompanied by a salad. You can also use pork meat, lamb meat, poultry or a combination of all of these.*



# beef schnitzels

■ □ □ | Cooking time: 9 minutes - Preparation time: 20 minutes

## ingredients

- > 3 eggs
- > 2 cloves garlic, chopped
- > 1 tablespoon parsley, chopped
- > salt and pepper, to taste
- > 2 lb/1 kg beef round, thinly sliced
- > 1 lb/500 g de breadcrumbs
- > oil for frying, as needed

## method

1. In a small bowl, combine eggs, garlic, and parsley. Season with salt and pepper to taste, and mix well.
2. Remove excess fat surrounding the beef slices. Season with salt and pepper, to taste. Dip beef slices in egg mixture. Tap lightly to remove any excess.
3. Press each beef slice into breadcrumb mixture to coat both sides.
4. Heat oil in a skillet over medium-high heat until hot. Add schnitzels and fry for 4 minutes on each side or until crisp and browned. Remove schnitzels from heat using a skimmer and drain on paper towels.

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Serves 6

## tip from the chef

*These juicy schnitzels are great with squeeze of lemon and roasted potatoes, You can also stack this schnitzel with pickles and mayonnaise into a brioche bun for a satisfying sandwich.*





# boeuf bourguignon

■ ■ □ | Cooking time: 2 hours 20 minutes - Preparation time: 15 minutes

## method

1. Combine beef, wine, thyme, garlic and bay leaf in a glass or ceramic bowl, cover and marinate for 30 minutes. Remove beef from wine mixture and pat dry. Reserve wine mixture.
2. Heat oil in a large saucepan over a high heat, add beef and bacon in batches and cook for 5 minutes or until brown. Remove beef mixture from pan, drain on absorbent kitchen paper and set aside.
3. Add mushrooms, carrots and onions or shallots to pan and cook, stirring, for 5 minutes or until onions or shallots are brown. Remove mushrooms and onions from pan and set aside.
4. Return beef mixture to pan, stir in stock, tomato purée and reserved wine mixture, bring to simmering, cover and simmer for 1½ hours or until beef is tender. Return mushrooms and onions or shallots to pan, stir in brandy and cornflour mixture, cover and simmer for 30 minutes longer. Season to taste with black pepper.

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Serves 6

## ingredients

- > 2 lb/1 kg chuck steak, trimmed of all visible fat and cut into 1 in/2.5 cm cubes
- > 2 cups/16 fl oz/500 ml dry red wine
- > 1 teaspoon chopped fresh thyme
- > 2 cloves garlic, crushed
- > 1 bay leaf
- > 1 tablespoon olive oil
- > 2 rashers bacon, trimmed of all visible fat and chopped
- > 8 oz/250 g button mushrooms
- > 3 carrots, cubed
- > 12 pickling onions or shallots
- > 1 cup/8 fl oz/250 ml beef stock
- > ½ cup/4 fl oz/125 ml tomato purée
- > 2 tablespoons brandy
- > 2 teaspoons cornflour blended with 2 tablespoons water
- > freshly ground black pepper

## tip from the chef

*This classic French stew is even better if you have time to marinate it in the red wine and herbs overnight.*



# spinach & feta cheese pizza

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

## ingredients

- > 3 bunches spinach
- > 1 oz/30 g butter
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 4½ oz/125 g feta cheese, chopped
- > ¼ cup tomato paste
- > 3 cups/10½ oz/300 g grated mozzarella cheese
- > ½ cup grated parmesan cheese

## wholemeal Crispy Crust

- > 1½ cups wholemeal plain flour
- > 1 teaspoon sugar
- > 1 teaspoon salt
- > 0.25 oz/7 g packet dried yeast
- > 2 tablespoons oil
- > ½ cup hot water

## method

1. Divide dough in half. Roll out large enough to line 2 greased 12-inch pizza pans. Bring a large pan of water to a boil, add spinach leaves, bring to a boil again, reduce heat, for a few minutes; drain well, chop spinach roughly, press out as much liquid as possible.
2. Heat butter in pan, add onion and garlic. Cook until onion is soft. Combine spinach in bowl with onion mixture and feta cheese. Spread tomato paste over bases, top with half the mozzarella cheese, then the spinach mixture, top with combined parmesan and remaining mozzarella cheese. Bake Pizzas in moderately hot oven for about 20 minutes.
3. Wholemeal Crispy Crust: Sift flour, sugar and salt into bowl, add yeast. Make well in center, add combined oil and water, mix to a firm dough, turn onto floured surface, knead for about 10 minutes or until dough is smooth and elastic. Place in lightly oiled bowl, cover, stand in warm place for about 30 minutes or until dough has doubled in bulk. Knead dough until smooth.

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Serves 4

## tip from the chef

*Make sure to remove all excess liquid from spinach. Shredded chicken makes a great optional topping for this recipe.*





# spiced pork fillet

■ □ □ | Cooking time: 40 minutes - Preparation time: 5 minutes

## method

1. Place pork fillets in a shallow glass or ceramic dish. To make marinade, place hoisin sauce, soy sauce, vinegar, sherry, ginger and honey in a small bowl, mix to combine. Pour marinade over pork, cover and set aside to marinate for 1 hour.
2. Drain pork and reserve marinade. Place pork in a baking dish and bake at 350°F/180°C/ Gas 4 for 30 minutes, turning several times.
3. Place reserved marinade, stock and cornflour in a saucepan and cook, stirring, until sauce boils and thickens. To serve, slice pork and spoon sauce over slices.

## ingredients

- > 1 lb/500 g pork fillets
- > ½ cup/4 fl oz/125 ml chicken stock
- > 2 teaspoons cornflour
- ginger marinade
- > 2 tablespoons hoisin sauce
- > 1 tablespoon soy sauce
- > 2 teaspoons vinegar
- > 2 tablespoons dry sherry
- > 1 teaspoon grated fresh ginger
- > 2 tablespoons honey

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Serves 4

## tip from the chef

*Hoisin sauce, sometimes called Chinese barbecue sauce, is a thick, brownish red sauce made from soy beans, vinegar, sugar, spices and other flavorings. It is used both in cooking and as a condiment.*



# santa fe

## grilled fillet

■ □ □ | Cooking time: 14 minutes - Preparation time: 15 minutes

### ingredients

- > 6 scotch or eye fillet steaks
- > 1 avocado, sliced
- > lime wedges
- > 2 spring onions, sliced
- > 2 tomatoes
- > fresh rosemary

### spice mix

- > ½ onion, very finely chopped
- > 3 cloves garlic, crushed
- > 1 tablespoon mild chili powder
- > 2 teaspoons grated lime rind
- > 1 teaspoon ground cumin
- > 1 teaspoon red pepper seeds
- > 2 tablespoons olive oil
- > 1 tablespoon lime juice

### method

1. To make spice mix, place onion, garlic, chili powder, lime rind, cumin, pepper, oil and lime juice in a bowl and mix to combine.
2. Place steaks between sheets of plastic food wrap. Pound with a meat mallet or rolling pin until steaks are ¼ in/5 mm thick. Divide spice mix into steaks.
3. Cook steaks on a preheated hot barbecue or in a frying pan for 30-60 seconds each side or until tender. Serve immediately with avocado slices, lime wedges, tomatoes and spring onions.

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Serves 6



### tip from the chef

*For a complete meal add warm tortillas, refried beans and a lettuce salad. Can be kept refrigerated for up to 4 days.*



# snapper fillets

## with lemon and coriander

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

### method

1. For the marinade, mix the first 5 ingredients together in a shallow dish. Place the fillets in the dish and turn to coat well. Cover and stand 10-15 minutes.
2. Heat the barbecue to medium/hot and oil the grill bars. Place a sheet of baking paper over the bars and make a few slashes between the grill bars to allow ventilation. Place the fish on the paper and cook for 3-4 minutes each side according to thickness. Brush with marinade during cooking. Remove to plate. Heat any remaining marinade and pour over the fish. Serve with smashed potatoes and fresh micro greens.

### ingredients

- > 1 teaspoon chopped fresh ginger
- > 1 teaspoon crushed garlic
- > 2 tablespoons finely chopped coriander
- > 2 tablespoons finely chopped fresh parsley or cilantro
- > 2 tablespoons olive oil
- > 1 ½ tablespoon lemon juice
- > 1 lb/500 g snapper fillets
- > 2 potatoes, mashed
- > Fresh micro greens

.....  
Serves 4

### tip from the chef

*Fish is cooked, if when tested with a fork, it flakes or the sections pull away. Lingfish, haddock and perch may also be used.*



# thigh steaks

## in fruity mint salsa

■ □ □ | Cooking time: 9 minutes - Preparation time: 15 minutes

### ingredients

- > 1 lb/500 g chicken thigh fillets
- > canola oil spray
- > salt, pepper to taste (optional)
- > ½ teaspoon dried oregano
- > 1 pear, peeled and diced
- > 1 banana, peeled and diced
- > 3 tablespoons cranberries
- > 2 tablespoons lemon juice
- > 3 tablespoons finely chopped mint
- > 2 tablespoons rosemary
- > 2 teaspoons sweet chili sauce

### method

1. Pound thigh fillets on both sides with a meat mallet to flatten. Sprinkle with salt (if using), pepper and oregano.
2. Heat a nonstick frying pan and lightly spray with oil, place in the thigh steaks and cook for 3 minutes on each side. Remove to a heated plate and keep hot.
3. Add diced pear, banana, cranberries, lemon juice, mint, rosemary and chili sauce to the pan. Scrape up pan juices and stir to heat fruit.
4. Pile hot fruit salsa on top of thigh steaks. Serve immediately with mashed potatoes or rice.

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Serves 3-4



### tip from the chef

*Chicken meat goes with all condiments and sauces. Such versatility allows you to prepare anything from hearty winter meals, to this lighter spring dish.*



# vineyard chicken

■ ■ □ | Cooking time: 35 minutes - Preparation time: 30 minutes

## method

1. Make a deep slit in the side of each chicken fillet to form a pocket.
2. To make filling, place ricotta cheese, basil and black pepper to taste in a bowl and mix to combine. Fill pockets with filling and secure with toothpicks.
3. Add chicken to pan, cover and simmer, turning chicken occasionally, for 30 minutes or until chicken is tender. Serve with fresh greens.

## ingredients

- > 4 boneless chicken breast or thigh fillets
- > 2 teaspoons vegetable oil
- > Fresh assorted greens

### ricotta filling

- > 4 oz/125 g ricotta cheese, drained
- > 2 tablespoons chopped fresh basil
- > freshly ground black pepper

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Serves 4

## tip from the chef

*This recipe can be completed to the end of step 2 several hours in advance.*



# speedy meatloaf

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

## ingredients

- > 1½ lb/750 g lean beef mince
- > 1 cup/2 oz/60 g breadcrumbs, made from stale bread
- > 1 onion, diced
- > 1 carrot, grated
- > 1 green pepper, seeded and diced
- > 2 spring onions, chopped
- > 2 tablespoons chopped fresh parsley
- > 1 egg
- > 2 tablespoons barbecue sauce
- > 1 tablespoon Worcestershire sauce

## tomato glaze (optional)

- > 2 tablespoons bottled tomato sauce
- > 1 tablespoon Dijon mustard
- > 1 tablespoon honey

## method

1. Place beef, breadcrumbs, onion, carrot, green pepper, spring onions and parsley in a bowl and combine.
2. In a small bowl whisk egg, barbecue sauce and Worcestershire sauce. Add to beef mixture and mix well.
3. Spoon mixture into a greased 4½ x 8½ in/11 x 21 cm loaf tin and bake at 350°F/180°C/Gas 4 for 20 minutes.
4. To make glaze, combine tomato sauce, mustard and honey. Brush over meatloaf and bake for 1 hour longer or until cooked. Serve hot or cold.

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Serves 6

## tip from the chef

*The mince mixture used for the meatloaf can also be used to make meatballs. Shape mixture into small balls and cook with a little oil in a frying pan over a medium heat, turning several times, for 10 minutes or until cooked through. Alternatively, cook meatballs in classic tomato sauce.*





# rice & shrimp

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

## method

1. Season the eggs with salt and pepper.
2. Cut the ham into very thin strips. Heat 1 tablespoon oil in a wok or large frying pan and add the eggs, pulling the set egg towards the center and tilting the pan to let the unset egg run to the edges.
3. When almost set, break up into large pieces, to resemble scrambled eggs. Transfer to a plate and set aside.
4. Heat the remaining oil and lard in the wok, swirling to coat base and side. Add the onion, carrot, cayenne pepper, and bell pepper, and stir-fry over high heat until it starts to turn transparent. Add the ham, stir-fry for 1 minute. Add rice, stir-fry for 3 minutes until the rice is heated through. Add eggs, soy, and shrimp. Heat through; serve, garnished with chives and lime wedges.

.....  
Serves 4

## ingredients

- > 2 eggs, lightly beaten
- > 1 medium onion, thinly sliced
- > 1 cayenne pepper, diced
- > 1 red bell pepper, diced
- > 1 carrot, thinly sliced
- > 3 oz/90 g ham
- > 2 tablespoons peanut oil
- > 2 teaspoons lard, optional
- > 4 cups cold, cooked rice
- > 2 tablespoons soy sauce
- > 9 oz/250 g cooked shrimp, peeled
- > chopped fresh chives, for garnish
- > lime wedges, for garnish

## tip from the chef

*This dish is traditionally served as a snack or course in its own right rather than as an accompaniment to other dishes. The ingredients can be varied to suit your taste; use barbecued pork, lap cheong (Chinese sausage) or bacon instead of ham.*



# 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 teaspoons 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 teaspoon 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.

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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*





# flat bread pizza

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

## method

1. Spread tomato paste over each flatbread round.
2. Sprinkle ham, cheese and basil on top.
3. Bake in moderate oven for 15-20 minutes.

## ingredients

- > 2 flatbread rounds
- > 2 tablespoons tomato paste
- > 1 cup chopped ham
- > 1 cup grated Cheddar cheese
- > 1 tablespoon chopped basil

.....  
 Slices 6

## tip from the chef

*When you're in a hurry, another option for a quick pizza base can be prepared with four sheets of filo pastry layered together with melted margarine or oil.*



# classic lasagna

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

## ingredients

- > 8 oz/250 g instant lasagna
- > 4 oz/125 g Parmesan cheese, grated
- > 7 oz/220 g mozzarella cheese, grated

### cheese sauce

- > ½ cup/60 g grated tasty cheese

### meat sauce

- > 1 tablespoon olive oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 7 oz/220 g button mushrooms, sliced
- > 1 lb/500 g lean beef mince
- > 2 quantities classic tomato sauce
- > 1 tablespoon chopped fresh mixed herbs or 1 teaspoon dried mixed herbs
- > freshly ground black pepper

## method

1. To make meat sauce, heat oil in a frying pan over a medium heat. Cook onion and garlic, stirring, for 3 minutes or until golden. Add mushrooms and cook for 5 minutes or until tender. Add beef and cook, stirring occasionally, for 10 minutes or until brown. Stir in tomato sauce and herbs and bring to the boil. Reduce heat and simmer for 20 minutes or until sauce reduces and thickens. Season with black pepper.
2. Line the base of a greased 7 x 11 in/ 18 x 28 cm ovenproof dish with one-third of the lasagna, top with one-third of the meat sauce and one-third of the cheese sauce then sprinkle with one-third of the Parmesan cheese. Repeat layers, finishing with a layer of Parmesan cheese.
3. Sprinkle top with mozzarella cheese and bake at 350°F/180°C/Gas 4 for 1 hour or until lasagna is tender.

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Serves 6

## tip from the chef

*If instant (no precooking required) lasagna is unavailable use dried lasagna instead, but cook it before using. When using instant lasagna the cooked dish tends to be moister and the pasta more tender if the lasagna sheets are dipped in warm water before assembling.*



# chili with meat

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

## method

1. Heat oil in a saucepan over a medium heat, cook onion, chillies and garlic, stirring, for 3 minutes or until golden. Add red pepper and cook for 3 minutes or until just tender.
2. Add beef and cumin and cook, stirring frequently, for 5 minutes or until beef is brown. Add tomatoes and wine and bring to the boil. Reduce heat and simmer for 30 minutes or until mixture reduces and thickens. Stir in coriander.
3. To make salsa, combine all ingredients in a bowl. To serve, top beef with yogurt and accompany with salsa.

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Serves 4

## ingredients

- > 1 tablespoon vegetable oil
- > 1 onion, finely chopped
- > 4 small fresh red chillies, finely chopped
- > 2 cloves garlic, crushed
- > ½ red pepper, finely chopped
- > 1 lb/500 g lean beef mince
- > 1 teaspoon ground cumin
- > 7 oz/200 g canned tomatoes, undrained and mashed
- > ¼ cup/2 fl oz /60 ml red wine
- > 2 tablespoons chopped fresh coriander
- > 3 tablespoons natural yogurt

## avocado and pepper salsa

- > 1 avocado, stoned, peeled and chopped
- > ½ green pepper, chopped
- > ½ red onion, finely chopped
- > ½ tomato, chopped
- > 1 clove garlic, chopped
- > 1 tablespoon lemon juice

## Tip From The Chef

All this dish needs to make a complete meal is a simple green salad.



# 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

### method

1. Heat the butter in a large frying pan, add the chicken breasts and cook until golden and just cooked through.
2. Cook the couscous in water or chicken stock.
3. 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.

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Serves 6



### tip from the chef

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





# cajun

## chicken fettuccine

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

### method

1. To make salsa, place tomatoes, chillies, green pepper, sugar and vinegar in a bowl and toss to combine. Set aside.
2. Place paprika, garlic, black peppercorns, cumin, coriander and chili powder in a bowl and mix to combine. Add chicken and toss to coat with spice mixture. Heat oil in a frying pan over a medium heat, add chicken and cook, stirring, for 5 minutes or until chicken is tender. Remove chicken from pan, set aside and keep warm.
3. Cook pasta in boiling water in a large saucepan following packet directions. Drain well and place in a serving dish. Add chicken, toss to combine and serve with salsa.

.....  
Serves 8

### ingredients

- > 2 tablespoons sweet paprika
- > 2 cloves garlic, crushed
- > 2 teaspoons crushed black peppercorns
- > 1 tablespoon ground cumin
- > 1 tablespoon ground coriander
- > ½ teaspoon chili powder
- > 6 boneless chicken breast fillets, sliced
- > 2 teaspoons vegetable oil
- > 1 ½ lb/ 750 g fettuccine

### tomato salsa

- > 6 ripe tomatoes, chopped
- > 3 fresh chillies (red, green and yellow), seeded and finely chopped
- > 1 green pepper, chopped
- > 1 tablespoon brown sugar
- > 3 tablespoons balsamic or red wine vinegar

### Tip from the Chef

*If planning ahead, the salsa can be prepared up to a day in advance. The chicken can be prepared and tossed in the spice mixture several hours in advance, leaving only the cooking of the chicken and pasta to do at the last minute.*



# bows with rich tomato basil sauce

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

## ingredients

- > 16 oz/500 g bow pasta
- tomato basil sauce*
- > 2 teaspoons olive oil
- > 1 onion, sliced
- > 1 clove garlic, crushed
- > 3 tomatoes, peeled, seeded and chopped
- > 4 fl oz/125 ml chicken stock
- > 1 tablespoon tomato purée
- > 1 tablespoon chopped fresh basil
- > 2 teaspoons chopped fresh parsley
- > ½ teaspoon sugar
- > freshly ground black pepper
- > grated Parmesan cheese

## method

1. Cook pasta in boiling water in a saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, heat oil in a saucepan and cook onion and garlic over a medium heat for 3-4 minutes or until onion is soft. Add tomatoes, stock, tomato purée, basil, parsley and sugar and simmer for 10-15 minutes or until reduced and thickened. Season to taste with black pepper. Spoon sauce over pasta. Sprinkle with a little grated fresh Parmesan cheese and extra chopped fresh basil.

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Serves 2

## tip from the chef

*Any leftover sauce can be made into soup. To make, chop 1 small carrot and 1 stalk celery. Place leftover sauce, 8 fl oz/ 250 ml chicken stock, carrot and celery in a saucepan. Bring to simmering and simmer for 10-15 minutes or until carrot is tender. Season to taste with black pepper.*



# carrot cake

## with lemon frosting

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

### method

1. Sift together flour, baking powder and bicarbonate of soda into a bowl, add sugar and mix to combine. Add carrot, pineapple, eggs, oil and cinnamon and mix well.
2. Spoon batter into a lined 7 in/18 cm round cake tin and bake at 350°F/180°C/Gas 4 for 35-40 minutes or until cooked when tested with a skewer. Stand cake in tin for 5 minutes before turning onto a wire rack to cool completely.
3. To make frosting, place ricotta cheese, icing sugar and lemon juice in a food processor and process until smooth. Spread over the top of cold cake.

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Serves 12

### ingredients

- > 1 cup/4 oz/125 g flour
- > 1 teaspoon baking powder
- > ½ teaspoon bicarbonate of soda
- > ¾ cup/4 oz/125 g brown sugar
- > 1 carrot, grated
- > ½ cup/3 oz/90 g canned pineapple, drained and chopped
- > 2 eggs
- > 2 tablespoons oil
- > 1 teaspoon ground cinnamon

### lemon frosting

- > 4 oz/ 125 g ricotta cheese
- > ¼ cup/1 ½ oz/45 g icing sugar
- > 1 tablespoon lemon juice

### Tip from Chef

To enhance flavor, you may add 1 teaspoon vanilla essence to the topping. Spread over the top of cold cake.



# lemon chesecake

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

## ingredients

- > 3 tablespoons lemon jelly crystals
- > 1 tablespoon gelatin
- > 1 cup/8 oz fl/250 ml boiling water
- > ¾ cup/4 ½ oz/140 g low-fat natural yogurt
- > 1 cup/8 oz fl/250 ml low-fat cottage cheese
- > 2 egg whites
- > 4 oz/120 g strawberries hulled and halved
- > fresh mint sprigs, to garnish

## method

1. Place jelly crystals and gelatin in a bowl, pour over boiling water and mix to dissolve. Cool to room temperature.
2. Place yogurt and cottage cheese in a food processor or blender and process until combined.
3. Beat egg whites until soft peaks form, gently fold into cheese mixture. Pour mixture in a 8 in/20 cm springform tin, lined with plastic food wrap. Refrigerate until set.
4. Arrange strawberries on top of cheesecake. Garnish with blackberries on top and fresh mint sprigs around the base.

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Serves 6



## tip from the chef

*Dissolve a little extra lemon jelly crystals in hot water, cool to room temperature and drizzle over strawberries.*



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