

Chef

S U C C E S S



THE DENVER POST

easy entertaining

simple & tasty recipe ideas to help celebrate

Thanksgiving & The Holidays



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introduction

By Doris Reynolds

Throughout history, mankind has had celebrations, occasions to mark a multitude of events. Early on there were harvest festivals and rituals to praise God and nature for the bounty of the land.

We continue this tradition with parties, gala celebrations marking religious and historical holidays. There's no need for special days, just giving a party to celebrate life is excuse enough. In between such holidays as Thanksgiving, Christmas, New Year, Saint Valentine's Day, Easter, Mother's Day and the other legal holidays, we celebrate such occasions as christenings, weddings, promotions, sports events, winning the lottery, getting engaged and every other excuse we can conjure up.

The centerpiece of any celebration, big or small, is food. Throughout the world each country has its own cuisine that is an important part of its culture. Here in the United States we are fortunate to have a melting pot of ethnic cultures that have contributed much to our national passion for interesting and creative foods.

In this magazine we have attempted to whet your appetite and your creative juices so that

your parties and family gatherings become memorable occasions. Such occasions are indeed challenges to one's imagination and energy. But parties do not need to be stressful... Comfortable surroundings, a relaxed atmosphere and a host and hostess who are outgoing and warm are as important as the food.

All parties, no matter how simple, require planning and organization. This also can be a simple task, requiring only a schedule and a list of things that must be accomplished. A well-organized party means the host and hostess are able to join the guests in conversation and to enjoy the food and drink.

Entertaining our own families at special dinners is also a challenge and a joy. Such dinners give us an opportunity to try out some of the wonderful recipes offered in this book and to test our skills. Including the children in the preparation of such meals and helping to set an elegant table will be talents they will use throughout life. If you wish to be a competent party-giver known for your hospitality, imagination, creativity and sense of fun, follow these...

...ten commandments for a successful party

- 1 Keep it simple, especially if you are new at party giving. Invite a few friends, prepare simple foods you are familiar with and go!
- 2 Have a theme. Decide on one kind of cuisine, Italian, French, all-American or whatever else you might think of. This need not be elaborate and getting the children to help will include them in the party.
- 3 Invite people who have similar interests but be sure to include one great conversationalist and someone who will spark discussion.
- 4 Send out clever invitations, even postcards will do and be sure to include an RSVP.
- 5 Develop one great specialty that people will expect and appreciate. You'll find great recipes in this book that will evoke accolades.
- 6 Get help! Don't try to do it all yourself and establish a relationship with someone who'll come and help to cook, serve and do that all-important cleaning up. Also, if you're not an experienced cook and don't have time, there's always the deli.
- 7 When planning a party, include your whole family in the planning and preparation. Remember: two heads or more are better than one.
- 8 Be creative. Your parties don't necessarily have to be dinners,

buffets or cocktail parties. An all-dessert party, starting about eight in the evening is great. There are also outdoor barbecues, brunches, Sunday lunch and a football game watching party with just finger food.

- 9 Create excitement with some interesting games or attention-getters. At a large party give guests nametags with some interesting information about that individual. It's a great icebreaker and people will warm up to one another quickly.

- 10 Never, but never apologize. If the food is a failure, the soufflé falls and the guests dislike one another..., just ignore it all and relax! Remember we're all human and entitled to a few mistakes in life.



office parties
christmas
thanksgiving
super bowl
new year's eve
saint valentine's





delectable dips

- *Hungarian Dip*
- *Crab and Almond Mushrooms*
- *Liver and Sage Crostini*
- *Hummus Dip*
- *Indonesian Salad*
- *Brandy Liver Pâté*
- *Smoked Trout and Caviar Dip*
- *White Cheese Dip*
- *Tzatziki*
- *Colorful Vegetables with Curry Dip*
- *Salmon and Chive Pâté*
- *Shrimps with Pesto Dip*
- *Port and Mushroom Liver Pâté*

Hungarian Dip, Crab and Almond Mushrooms, Liver and Sage Crostini.



easy ideas to offer with dips

- To make Parmesan sticks, preheat oven to 400°F/200°C/ Gas 6. Roll out 8 oz/250 g puff pastry on a lightly floured surface to make a 12 x 10 in/30 x 25cm rectangle. Sprinkle generously with freshly grated Parmesan cheese and gently roll to press cheese into pastry. Prick pastry all over with a fork, brush with egg white and sprinkle lightly with more cheese and some paprika. Lightly roll again to press cheese into pastry. Cut in half lengthwise, then crosswise into 3/4 in/2 cm wide strips. Place strips on dampened baking trays, twisting them if desired. Bake for 10 minutes or until golden.
- To make cheese-pecan crisps, sift 1/2 cup plain flour, 1/2 cup self-raising flour, a pinch of salt and a generous pinch of ground chilies into a bowl. Rub in 2 oz/60 g butter with fingertips until mixture resembles breadcrumbs. Stir in 1 1/2 cups finely grated tasty cheese and 1/2 cup finely chopped pecans. Add 2 tablespoons beer or water and mix into a dough. Chill for 30 minutes. Roll dough out thinly on a lightly floured surface. Cut into small rounds. Arrange on lightly greased baking trays and bake at 350°F/180°C/Gas 4 until crisp, about 15 minutes.

hungarian dip

8 oz/250 g butter, softened
1 tablespoon caraway seeds, crushed
1 tablespoon dry mustard
1 tablespoon snipped fresh chives
1 tablespoon capers, finely chopped
1 canned anchovy fillet, finely chopped
8 oz/250 g cottage or ricotta cheese, sieved
1 tablespoon paprika
radishes and celery sticks for garnish
assorted crackers to serve

- 1 Beat butter until creamy, then beat in caraway seeds, mustard, chives, capers and anchovy until combined. Gradually beat in cottage or ricotta cheese until blended.
- 2 Spoon mixture into a bowl or shape into a mound on a small platter. Sprinkle with paprika, garnish with radishes and celery and serve with crackers.



Makes 1 lb/500 g

crab and almond mushrooms

25-30 small mushroom caps, stems removed
homemade or bottled vinaigrette
7 oz/220 g fresh or canned crab meat, flaked
2 tablespoons chopped fresh parsley
2 tablespoons chopped spring onions
2 tablespoons mayonnaise
2 oz/60 g toasted almonds, chopped
lemon juice
freshly ground black pepper

- 1 Wipe mushrooms with a damp cloth and brush insides with a little vinaigrette.

- 2 Combine crab meat, parsley, spring onions, mayonnaise, almonds, lemon juice and black pepper to taste.
- 3 Fill mushrooms with crab mixture. Cover and chill until ready to serve.



Makes 25-30

liver and sage crostini

2 tablespoons butter
2 tablespoons chopped onion
1 tablespoon capers, chopped
6 fresh sage leaves or 1/2 teaspoon dried sage
2 tablespoons dry sherry
freshly ground black pepper
2 tablespoons olive oil
1 lb/500 g chicken livers, trimmed and chopped
thick slices of French bread
1/2 bunch fresh parsley, chopped
4 oz/125 g freshly grated Parmesan cheese
1 lemon, cut in wedges

- 1 Melt butter in a frying pan over moderately low heat and cook onion until soft. Add capers, sage, sherry and black pepper to taste and simmer, stirring, until most of the liquid evaporates. Transfer to a blender or food processor.
- 2 In clean pan, heat 1 tablespoon oil over moderately high heat and sauté livers for 1-2 minutes or until brown on the outside but still pink inside. Add to onion mixture and process to make a coarse purée.
- 3 Brush bread slices with remaining oil and toast under a preheated low grill for 3-4 minutes or until crisp.
- 4 Mound liver mixture in a bowl, mix parsley and Parmesan cheese in another bowl, place toast into a

bread basket and lemon wedges in a dish. The idea is to spread pâté on the toast, add a squeeze of lemon, and a topping of cheese.



Makes 1 lb/500 g

Hummus Dip.

hummus dip

2 cups canned chickpeas, drained
2 cloves garlic, crushed
1/4 cup freshly squeezed lemon juice
2 tablespoons olive oil
1/2 cup tahini
1/4 teaspoon paprika
1 tablespoon chopped parsley
2 tablespoons olive oil, extra
4 small rounds pitta bread

- 1 In a blender or food processor place chickpeas, garlic, lemon juice, olive oil and tahini. Purée until smooth.
- 2 Spread hummus on a flat serving plate, sprinkle paprika and parsley on top and drizzle with extra olive oil. Serve with pitta bread.



Serves 4

Tahini is a sesame paste, available at health food stores.



indonesian salad

- 4 cups shredded cabbage
- 1/2 lb/250 g green beans, sliced
- 1 carrot, cut into strips
- 1/2 lb/250 g small new potatoes, halved
- 1 cucumber, cut into strips
- 4 hard-boiled eggs

peanut dipping sauce

- 1 tablespoon oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon ground coriander
- 1 tablespoon white vinegar
- 1 tablespoon sugar
- 1/2 cup crunchy peanut butter
- 2 tablespoons fruit chutney
- 1 1/2 cups water

- 1 Bring a large saucepan of water to the boil, add cabbage, cook 1 minute, remove with tongs, drain. Add beans and carrot to saucepan, cook for 2 minutes, remove with tongs, drain well. Add potatoes to water, boil until tender, drain.
- 2 Arrange all vegetables on platter with halved eggs. Refrigerate until ready to serve.
- 3 To make dipping sauce, heat oil in a medium saucepan, add onion and garlic, cook 2 minutes. Add remaining ingredients and simmer for 15 minutes, stirring occasionally. Cool to room temperature, serve with vegetables.



Serves 4



brandy liver pâté

- 1 lb/500 g chicken livers
- 1/3 cup brandy
- 3 oz/90 g butter
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 bacon strips, chopped
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon dried basil
- 1/2 cup cream
- salt and freshly ground black pepper

- 1 Remove any fat from chicken livers, halve them, combine in a bowl with brandy, stand 2 hours, strain, reserve liquid.
- 2 Melt half the butter in a frying pan, add onion, stir over heat until tender. Add livers, garlic and bacon, stir over heat until livers are cooked, about 5 minutes. Add reserved brandy, nutmeg and basil, cook 1 minute.
- 3 Blend or process liver mixture, remaining butter and cream until smooth and creamy. Season to taste with salt and black pepper. Spoon into bowls or pâté pots, refrigerate.



Makes about 2 1/2 cups

Above: Brandy Liver Pâté.
Right: Indonesian Salad.

mayonnaise & pesto

Both are basic cold sauces that may be prepared at home in no time and are a must for all parties.

- To make mayonnaise, place 1 egg, 1/2 teaspoon salt and 1 teaspoon Dijon mustard in a food processor. With motor running, add 1 1/4 cups olive oil in a slow steady stream, then add 2 teaspoons lemon juice and black pepper to taste. If too thin, add 1-2 tablespoons hot water. Pour into a sterilized jar, cover and store in the refrigerator for 1-2 weeks.
- To make pesto, place 3 1/2 oz/100 g fresh Parmesan cheese, 2 cloves garlic, 2 oz/60 g pine nuts and leaves of 1 large bunch basil, stems removed, in a food processor. Process to finely chop. With motor running, gradually add 1/4 cup olive oil to form a smooth paste.



**smoked trout
and caviar dip**

- 9 1/2 oz/300 g whole smoked trout
- 3 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon ground black pepper
- 3 tablespoons sour cream
- 8 oz/250 g cottage cheese
- 4 tablespoons red caviar
- 4 tablespoons black caviar
- watercress sprig, to garnish
- rusks or French bread to serve

- 1** Carefully peel skin away from trout, cut off head and remove bones. Mash trout flesh in a medium bowl with lemon juice, pepper and sour cream. Stir in cottage cheese and combine.
- 2** Spoon mixture into serving dish and smooth with a knife. Spoon red caviar onto one side of dip and

- black caviar onto the other side. Using a knife, carefully spread caviar evenly over the top.
- 3** Garnish with a sprig of watercress and serve with rusks or French bread.



Serves 4

Below: Smoked Trout and Caviar Dip.
Top Right: White Cheese Dip.
Bottom Right: Tzatziki.



white cheese dip

- 2 oz/60 g butter
- 6 1/2 oz/200 g ricotta cheese
- 5 oz/155 g feta cheese
- 1/4 teaspoon ground pepper
- 1/4 teaspoon ground nutmeg
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon finely chopped fresh chives
- crusty bread for serving

- 1** Melt butter in a large saucepan over moderate heat. Add ricotta cheese, feta cheese, pepper and nutmeg. Cook for 5 minutes or until cheese softens, stirring constantly.
- 2** Stir in lemon juice and serve immediately on a flat plate. Sprinkle with chives and accompany with chunks of crusty bread.



Serves 4

Thinly sliced prosciutto is a delicious complement for this dip.

tzatziki

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

- 1** Place cucumber, yogurt, mint, parsley, garlic and black pepper to taste in a bowl and mix to combine. Cover and refrigerate for at least 1 hour or until required.
- 2** Serve with broken or sliced bread for dipping.



Serves 8

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



colorful vegetables
with curry dip

- | | |
|---------------------------------|--|
| 1½ cups mayonnaise | 2 tablespoons thickened cream |
| 3 teaspoons curry powder | 2 tablespoons chopped fresh chives |
| 1 teaspoon ground cumin | a selection of vegetables of your choice, e.g. snow peas, carrots, asparagus, radishes |
| 2 teaspoons sambal oelek | |
| 1 teaspoon Worcestershire sauce | |

Sambal oelek is a paste made of chillies, with no other additives such as garlic or spices for a more simpler taste.

- 1 Combine mayonnaise, curry, cumin, sambal oelek, Worcestershire sauce, cream and chives, spoon into a serving bowl.
- 2 Serve with a selection of blanched vegetables for dipping.



Serves 8



Left: Colorful Vegetables with Curry Dip. Above: Salmon and Chive Pâté.

salmon and chive pâté

- | |
|--|
| 14 oz/440 g canned red salmon |
| ½ cup chopped fresh chives |
| 2 teaspoons unflavored gelatin |
| 2 tablespoons water |
| ¼ cup tarragon vinegar |
| 3 egg yolks |
| 4 oz/125 g butter, melted and bubbling |
| salt and freshly ground pepper |
| water crackers to serve |

- 1 Drain salmon, remove skin and bones, flake with a fork, combine with chives.
- 2 Sprinkle gelatin over water, stir, dissolve over a saucepan of hot water.
- 3 Heat vinegar in a small saucepan, cook until reduced to 2 tablespoons. Blend or process egg yolks and vinegar until smooth. With motor operating, gradually pour in butter.
- 4 Combine salmon mixture, dissolved gelatin and butter mixture, season to taste with salt and freshly ground pepper, spoon into serving dishes, refrigerate. Stand at room temperature for 1 hour before serving with crackers.



Serves 8

shrimps with pesto dip

- 2 lb/1 kg cooked medium shrimps, shelled and deveined, tails left intact
- 2 carrots, cut into thick strips
- 6 1/2 oz/200 g snow peas, blanched
- 1 red pepper, cut into thick strips

creamy pesto dip

- 1/2 cup homemade or bottled pesto
- 1/2 cup mayonnaise

1 To make dip, place pesto and mayonnaise in a bowl and mix to combine.

2 To serve, place dip in a small bowl on a large serving platter and surround with shrimps, carrots, snow peas and red pepper.



Serves 8

port and mushroom liver pâté

- 1 lb/500 g chicken livers
- 4 bacon strips
- 4 oz/125 g butter
- 1 onion, chopped
- 4 oz/125 g mushrooms, chopped
- 2 cloves garlic, crushed
- 1/2 cup port wine
- 1 1/4 cups thickened cream
- Melba toast

1 Clean and trim chicken livers, chop roughly. Remove rind and fat from bacon, chop bacon roughly.

2 Melt butter in a frying pan, add onion, cook until tender. Add mushrooms, garlic, livers, bacon and port, cook for 10 minutes, stirring constantly.

3 Transfer to a blender or food processor, add cream, purée until smooth. Pour into a serving dish, refrigerate until firm. Serve with Melba toast.



Serves 8

worthy of the best chef

Chicken livers are appreciated by everyone when their flavor is combined with other ingredients in a delicious spread. We have suggested an adventurous but easy way of using them to make the Port and Mushroom Liver Pâté. And we can assure you that, if you follow the recipe faithfully, you will never again order pâté in a restaurant, nor will you go out and buy it. It will become your specialty.

Below: Shrimps with Pesto Dip. Right: Port and Mushroom Liver Pâté.



small mouthfuls



- *Dainty Open Sandwiches*
- *Individual Antipasto Rolls*
- *Pimento and Cheese Sandwiches*
- *Chicken and Avocado Sandwiches*
- *Tomato Salsa on Bruschetta*
- *Curried Salmon Toasties*
- *Fruity Cheese Log*
- *Greek Tuna Focaccia*
- *Smoked Salmon Bagels*
- *Mini Bruschetta*

Dainty Open Sandwiches.

dainty
open sandwiches

French breadsticks
butter

suggested fillings
smoked turkey slices with cranberry jelly
sliced roast beef with béarnaise sauce
sliced hard-boiled eggs and caviar
shrimps and mango chutney
tomato, avocado and cooked, chopped bacon
smoked salmon, Camembert cheese
sliced salami, cheese and gherkins
ham and asparagus

garnishes
lettuce, olives, cherry tomatoes, lemon slices, watercress, basil, onion rings, chives, parsley, dill, strawberries, orange segments, alfalfa sprouts

- 1 Slice breadsticks thinly, lightly butter one side of each slice.
- 2 Top with any of the above assorted fillings.
- 3 Garnish with any of the above suggestions.



Individual Antipasto Rolls.

perfect filled rolls

If you have decided to offer something more than slices on bread, buy white or wholemeal rolls, split them horizontally, scoop out center and toast both parts lightly before filling, to avoid the crust getting moist from any juices. Now you can begin to conjure up the alchemy of mixing flavors, first with the spreads (such as oil, butter, mayonnaise, cream cheese or sauces) and then with the ingredients in your favorite combinations.

individual antipasto
rolls

2 yellow or red peppers, cut into quarters
1/2 bunch spinach
4 rosetta or crusty bread rolls
2 cloves garlic, crushed
1/4 cup olive oil
6 oz/185 g marinated feta cheese, crumbled

3 oz/90 g sun-dried tomatoes
6 oz/185 g marinated artichoke hearts, sliced
4 oz/125 g grated Parmesan cheese

- 1 Preheat covered barbecue to a high heat. Place yellow or red peppers on barbecue grill and cook for 15-20 minutes or until skins are charred and blistered. Place peppers in a plastic food bag or paper bag and set aside until cool enough to handle. Remove

skin from peppers and cut into thick strips. Boil, steam or microwave spinach until tender, drain and set aside to cool. Squeeze as much moisture as possible from spinach.

2 Cut a slice from top of rolls and reserve. Using a teaspoon scoop out center of roll leaving a 1/2 in/1 cm shell.

3 Combine garlic and oil and brush over insides of rolls and cut surfaces of tops. Fill rolls with layers of

Packed with a wonderful selection of vegetables and cheeses these filled and barbecued rolls are an imaginative vegetarian alternative.

spinach, feta cheese, yellow or red peppers, sun-dried tomatoes and artichokes. Sprinkle with Parmesan cheese and cover with tops. Wrap rolls in aluminum foil and place on barbecue grill, cover barbecue with lid and cook for 15 minutes or until cheese melts and rolls are crisp.



Serves 4

pimento and cheese sandwiches

- 8 oz/250 g ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 tablespoon chopped fresh chives
- 4 thick slices wholemeal bread
- 4 slices pimento, drained
- 1 red onion, thinly sliced
- parsley to garnish

- Combine ricotta cheese, Parmesan cheese and chives in a small bowl, mix well.
- Spread each slice of bread with ricotta cheese mixture, top with pimento and onion rings, garnish with parsley sprigs.



Serves 4

chicken and avocado sandwiches

- 4 slices bread
- 1 3/4 oz/50 g cream cheese, softened
- 4 tablespoons mayonnaise
- 2 cups cooked chicken, skin removed and flesh torn into pieces
- 4 slices mature Cheddar cheese
- 1 avocado, stoned, peeled and quartered
- 1 tablespoon chopped fresh chives

To inhibit the avocado from going dark, it is convenient to cut it just before serving. If you need to cut it in advance, drizzle with lemon juice.

- Spread each slice of bread with cream cheese, then with mayonnaise.
- Top with some chicken and a slice of cheese and grill until cheese has melted.
- Remove from grill, place avocado on top and sprinkle with chives.



Serves 4

Below: Pimento and Cheese Sandwiches, Chicken and Avocado Sandwiches. Right: Tomato Salsa on Bruschetta.



tomato salsa on bruschetta

- 12 slices crusty Italian bread

- grilled tomato salsa
- 1 lb/500 g cherry tomatoes, halved
 - olive oil
 - 6 bocconcini mozzarella cheese, chopped
 - 4 tablespoons torn fresh basil leaves
 - crushed black peppercorns

- roasted garlic dressing
- 2 garlic cloves, unpeeled
 - 2 tablespoons balsamic vinegar
 - 1 tablespoon olive oil

Tomato, mozzarella and basil, with some drops of olive oil and a few turns of the pepper mill, make up a unique and irreplaceable combination. As a salad, topping pizza crust, hot or cold, it is always delicious and welcome.

- Preheat barbecue to a medium heat. To make dressing, place garlic cloves on barbecue plate and cook for 1-2 minutes each side or until flesh is soft. Squeeze flesh from garlic cloves and mash. Place garlic, vinegar and oil in a screwtop jar and shake to combine.
- To make salsa, place tomatoes and 2 tablespoons oil in a bowl and toss to coat. Place tomatoes, cut side down, on barbecue plate and cook

for 1 minute each side. Place tomatoes, cheese, basil and black peppercorns to taste in a bowl, add dressing and toss to combine.

- Lightly brush bread with oil, place on barbecue grill and toast for 1 minute each side. To serve, pile tomato salsa onto bread and serve immediately.



Makes 12



Above: Curried Salmon Toasties. Right: Fruity Cheese Log. Far Right: Greek Tuna Focaccia.

curried salmon toasties

- 14 oz/440 g canned pink salmon
- 1 cup grated mature Cheddar cheese
- 3 gherkins, finely chopped
- 2 tablespoons mayonnaise
- 1 tablespoon fruit chutney
- 4 spring onions, chopped
- 2 teaspoons curry powder
- 1 loaf white bread, sliced
- 2 oz/60 g butter, melted

- 1 Drain salmon, remove skin and bones, flake with a fork.
- 2 Combine salmon, cheese, gherkins, mayonnaise, chutney, spring onions and curry.
- 3 Remove crusts from bread, flatten bread slightly with a rolling pin. Spread bread slices with cheese mixture, roll up, secure with toothpicks.
- 4 Place on an oven tray, brush with butter, bake at 350°F/180°C/Gas 4 for 15 minutes or until golden brown.



Makes 20



fruity cheese log

- 10 dried apricots, finely chopped
- 2 tablespoons orange juice
- 8 oz/250 g cream cheese
- 1/2 cup grated Cheddar cheese
- 1/4 cup chopped peanuts
- 3/4 cup poppy seeds
- bread or crackers to serve

- 1 Soak apricots in orange juice overnight.
- 2 Blend cream cheese and Cheddar cheese together, stir in apricots and juice mixture. Add peanuts, mix well. Refrigerate for 1 hour.
- 3 Roll mixture into a log shape about 8 in/20 cm long, roll in poppy seeds, cover and refrigerate overnight.
- 4 Serve with bread slices or dry crackers, such as wheatmeal or water biscuits.



Serves 4

Make this in advance and keep refrigerated up to a week. This recipe would appeal to gourmet kids.

greek tuna focaccia

- 2 x 4 in/10 cm squares focaccia bread
- 3 oz/90 g marinated or plain feta cheese, crumbled
- 1/2 bunch rocket or watercress, broken into sprigs
- 14 oz/440 g canned tuna in brine or springwater, drained
- 2 oz/60 g sun-dried tomatoes in oil, drained and sliced

- 1 tablespoon capers
- 1 onion, thinly sliced into rings
- 1 tablespoon chopped fresh dill

- 1 Split focaccia bread horizontally and toast lightly under a preheated medium grill.

- 2 Top each piece of bread with feta cheese, rocket or watercress, tuna, sun-dried tomatoes, capers and onion rings. Sprinkle with dill.



Serves 4

Another variation is to make a paste with cooked fish, black olives, cream cheese and fresh coriander. Spread on toasted bread, garnish with thinly sliced spring onions.





Left: Smoked Salmon Bagels. Above: Mini Bruschetta.

smoked salmon bagels

- 4 bagels, split
- 4 oz/125 g cream cheese, softened
- 2 tablespoons snipped fresh chives
- 8 oz/250 g smoked salmon slices
- 1 onion, thinly sliced
- 1 avocado, stoned, peeled and sliced
- 1 tablespoon capers
- 1 tablespoon lemon juice

- 1** Spread each bagel half with cream cheese and sprinkle with chives.
- 2** Top bagel halves with salmon, onion, avocado and capers. Sprinkle with lemon juice and serve immediately.



Serves 4

A tomato and onion salad is a delicious side dish to these bagels. To make salad, arrange sliced tomatoes and very thinly sliced onion on a lettuce-lined dish. Sprinkle with chopped fresh basil and drizzle with French dressing. Season to taste with black pepper.

mini bruschetta

- 1 French breadstick, cut into 1/2 in/1 cm slices
- 2 tablespoons olive oil
- 2 cloves garlic, halved

tomato and basil topping

- 2 tomatoes, sliced
- 1 red onion, sliced
- 2 tablespoons shredded basil leaves

eggplant and feta topping

- 2 baby eggplant, sliced
- 1 tablespoon olive oil
- 4 oz/125 g feta cheese, crumbled
- freshly ground black pepper

- 1** Brush bread slices with oil, place under a preheated hot grill and toast both sides until golden. Rub one side of toasts with cut side of garlic cloves.
- 2** For tomato and basil topping, top half the toast slices with some tomato, onion and basil, and grill for 1-2 minutes or until topping is warm.
- 3** For eggplant and feta topping, brush eggplant slices with oil and cook under a preheated hot grill for

3-4 minutes each side or until lightly browned. Top remaining toasts with eggplant slices and sprinkle with feta cheese and black pepper to taste. Cook under a preheated hot grill for 1-2 minutes or until topping is warm.



Makes 16-20

successful sandwiches

Sandwiches should be assembled just before serving. Have bread buttered and covered and all ingredients chopped, sliced and in refrigerator ahead of time. Any type of bread can be used, the best being the firmer varieties such as rye and pumpernickel as they are easier to pick up and eat. Make sure that the toppings are firmly adhered to the bread for easy eating; use sauces, herb butters and mayonnaise for this.

kindest cuts

- Vegetable Toss
- Eggplant Fritters
- Prosciutto with Melon Wedges
- Crostini
- Red Pepper Dip
- Creamy Tuna Spread
- Marinated Olives
- Fruit and Cheese Platter
- Three-cheese Dip
- Vegetable and Herb Crisps
- Crunchy Prosciutto
- Spinach Slaw
- Gorgonzola and Walnuts
- Tomatoes and Mozzarella
- Cool Cucumber Topping
- Melon Camembert Topping
- Caraway Slaw Topping
- Cheese Asparagus Topping
- Mexican Pumpkin Seed Dip

Vegetable Toss, Battered Eggplant, Marinated Olives, Crostini, Salami Selection, Prosciutto with Melon Wedges, Red Pepper Dip, Creamy Tuna Spread.



vegetable toss

- 2 tablespoons olive oil
- 4 zucchini, cut into slices, lengthways
- 1 large head broccoli, cut into florets
- 2 carrots, sliced into long thin strips with a vegetable peeler

dressing

- 2 small red chillies, finely chopped
- 1 tablespoon finely chopped fresh mint
- 1 tablespoon finely chopped fresh oregano
- 1/2 cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- freshly ground black pepper

- 1 Heat oil in a frying pan and cook zucchini slices until golden on each side. Drain on absorbent kitchen paper and set aside. Boil, steam or microwave broccoli and carrots, separately, until tender. Refresh under cold water. Drain and set aside.
- 2 To make dressing, place chillies, mint, oregano, oil, vinegar and lemon juice in a screw-top jar. Season to taste with pepper. Shake well to combine.
- 3 Place vegetables in a serving bowl and toss through dressing. Cover and refrigerate until required.



Serves 6



eggplant fritters

- 1 eggplant, cut into 1/4 in/5 mm slices, lengthways
- salt for sprinkling
- 6 oz/185 g cornflour
- oil for cooking

batter

- 4 oz/125 g self raising flour, sifted
- 1 cup milk
- 2 eggs, slightly beaten

- 1 Sprinkle eggplant slices with salt and set aside for 30 minutes.
- 2 To make batter, sift flour into a small bowl, make a well in the center and gradually stir in milk and eggs. Mix to form a smooth paste. Set aside.
- 3 Rinse eggplant well under cold running water. Drain and pat dry on absorbent kitchen paper. Toss eggplant in cornflour and shake to remove excess.
- 4 Heat oil in a frying pan. Dip eggplant slices in batter, and cook a few at a time until golden brown. Drain on absorbent kitchen paper.



Serves 6

Lightly salting the eggplant slices and allowing them to rest will remove the bitter taste.



prosciutto with melon wedges

- 1 cantaloupe or honeydew melon, seeded and peeled
- 16 slices prosciutto

Cut melon into long thin wedges. Wrap a slice of prosciutto around each wedge of melon and secure with toothpicks. Chill before serving.



Serves 6



crostini

- 1 Italian breadstick, cut into 1/2 in/1 cm slices
- 3 oz/90 g butter, melted

Brush both sides of bread slices lightly with butter and place on an oven tray. Bake at 350°F/180°C/Gas 4 for 12 minutes, or until golden and crunchy.



Serves 6



red pepper dip

- 1 red pepper, roughly chopped
- 1/2 cup cream
- 2 1/2 oz/75 g butter, chopped
- 1/4 teaspoon chili powder
- freshly ground black pepper

- 1 Place red pepper and cream in a food processor and process until smooth.
- 2 Transfer to a small saucepan and cook over low heat for 5 minutes.
- 3 Remove from heat and whisk in butter. Season with chili and black pepper. Serve warm, with eggplant fritters



Serves 6

For variation, use yellow pepper instead of the red one and substitute chopped fresh thyme for the chili powder.



creamy tuna spread

- 6 oz/185 g canned tuna, drained
- 4 oz/125 g cream cheese
- 4 oz/125 g mayonnaise
- 2 tablespoons lemon juice
- 4 oz/125 g butter, melted
- 1 teaspoon snipped fresh chives
- 1 teaspoon chopped fresh thyme

- 1 Place tuna, cream cheese, mayonnaise and lemon juice in a food processor or blender and process until smooth. With machine running, add butter, chives and thyme.
- 2 Transfer mixture to a serving dish and refrigerate for 1 hour or until firm.



Serves 6

This spread is great served with crostini, fresh crusty bread or purchased breadsticks. You might also try it with Parmesan sticks or cheese-pecan crisps (page 10).



marinated olives

12 oz/375 g olives

marinade

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tablespoon chopped fresh tarragon
- 2 bay leaves
- 2 tablespoons chopped fresh basil
- 2 teaspoons freshly ground black pepper

- 1 To make marinade, mix all ingredients together.
- 2 Place olives in a large sterilized jar. Pour marinade over olives to cover. Seal jar and store in refrigerator.



Serves 6

These olives will keep for up to 4 months in the refrigerator.



Above: Fruit and Cheese Platter. Right: Three-cheese Dip, Vegetable and Herb Crisps, Crunchy Prosciutto.

fruit and cheese platter

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

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



Serves 10

For variation, choose any other fruit in season and arrange with your favorite cheeses on a platter.

three-cheese dip

- 4 oz/125 g creamy blue cheese, crumbled
- 4 oz/125 g ricotta cheese, drained
- 4 oz/125 g provolone cheese, grated
- 1 tablespoon sour cream
- 3 tablespoons snipped fresh chives
- 1 tablespoon lemon juice
- 1 teaspoon crushed black peppercorns

- Place blue cheese, ricotta cheese, provolone cheese and sour cream in a bowl and mix well to combine.
- Stir in chives, lemon juice and black pepper. Cover and chill until required.



Serves 8

vegetable and herb crisps

- 3 zucchini, cut into long thin strips
- 1 large eggplant, thinly sliced
- salt for sprinkling
- oil for deep-frying
- 20 leaves each basil and sage
- 20 small sprigs parsley

- Place zucchini and eggplant in a colander, sprinkle with salt and set aside to stand for 20 minutes. Rinse vegetables under cold running water and pat dry with absorbent kitchen paper.
- Heat oil in a large saucepan until a cube of bread dropped in browns in 50 seconds. Cook vegetables and herbs in batches for 2-3 minutes or until crisp. Remove, using a slotted spoon, and drain on absorbent kitchen paper.



Serves 8

crunchy prosciutto

- 12 slices prosciutto
- 2 tablespoons balsamic or red wine vinegar
- 2 cloves garlic, crushed



- Cut prosciutto slices in half, lengthwise. Place vinegar and garlic in a small bowl and whisk to combine. Brush prosciutto with vinegar mixture.
- Cook under a preheated medium grill for 1-2 minutes each side or until crisp. Serve warm or cold.

Serves 8

This antipasto platter uses a combination of homemade and purchased foods. You could include olives, sun-dried peppers, sun-dried tomatoes, marinated artichoke hearts, cheese and bread. Remember antipasto is great to serve when friends drop by.



spinach slaw

- 8 oz/250 g spinach leaves, finely shredded
- 1 carrot, grated
- 3½ oz/100 g golden raisins
- 3½ oz/100 g roasted peanuts, chopped
- 4 oz/125 g mayonnaise
- freshly ground black pepper
- 4 croissants, split

Combine spinach, carrot, golden raisins, peanuts and mayonnaise. Season to taste with pepper and serve in croissants.



Serves 4

gorgonzola and walnuts

- 6½ oz/200 g Gorgonzola cheese, mashed
- 4 oz/125 g walnuts, chopped
- 4 bagels, split
- 8 cos lettuce leaves
- 1 oz/30 g alfalfa sprouts

Combine Gorgonzola cheese and walnuts. On bottom halves of bagels place lettuce leaves, Gorgonzola mixture and alfalfa sprouts, then top with remaining halves of bagels.



Serves 4

Spinach Slaw, Gorgonzola and Walnuts, Tomatoes and Mozzarella, Cool Cucumber Topping.



tomatoes and mozzarella

- 4 tomatoes, chopped
- 4 oz/125 g mozzarella cheese, cubed
- 2 tablespoons finely chopped fresh basil
- 3½ oz/100 g pitted black olives
- 2 tablespoons cider vinegar
- 1 tablespoon olive oil
- freshly ground black pepper
- 4 rolls of your choice, split

Combine tomatoes, cheese, basil and olives. Mix together vinegar and oil, pour over tomato mixture and toss to combine. Season to taste with black pepper and serve in rolls.



Serves 4

cool cucumber topping

- 1 telegraph cucumber, diced
- 4 oz/125 g unflavored yogurt
- 1 tablespoon finely chopped fresh dill
- 4 slices bread of your choice

Combine cucumber, yogurt and dill and serve on bread slices.



Serves 4

melon camembert topping

- 4 slices bread of your choice
- Dijon mustard
- rocket leaves
- 4 oz/125 g Camembert cheese, sliced
- ½ small melon, peeled, seeded and diced

Spread each slice of bread with mustard to taste. Top with rocket leaves, Camembert cheese and melon.



Serves 4



Melon Camembert Topping, Cheese Asparagus Topping, Caraway Slaw Topping, Mexican Pumpkin Seed Dip.

caraway slaw topping

- 3½ oz/100 g cabbage, finely shredded
- 2 teaspoons caraway seeds
- 2 teaspoons wholegrain mustard
- 1 tablespoon mayonnaise
- 4 rolls of your choice, split
- 8 slices Swiss cheese
- 4 dill pickles, sliced lengthways

1 Combine cabbage, caraway seeds, mustard and mayonnaise.
2 Divide mixture between bottom halves of rolls, then top each one with 2 slices of cheese and 2 slices of dill pickles, finish with remaining halves of rolls.



Serves 4

cheese asparagus topping

- 10 oz/315 g canned asparagus spears, drained
- 1 teaspoon wholegrain mustard
- 1 tablespoon mayonnaise
- 4 slices bread of your choice
- 2 oz/60 g Gorgonzola cheese, crumbled

Place asparagus, mustard and mayonnaise in a small bowl and mash to combine. Spread over bread slices and sprinkle with cheese.



Serves 4

You might like to place this topping on toasted bread, then grill and serve hot.

mexican pumpkin seed dip

- 3½ oz/100 g Mexican pumpkin seeds, toasted
- 1 tablespoon lemon juice
- 2 tablespoons balsamic vinegar
- 1 clove garlic, crushed
- ½ teaspoon Dijon mustard

Place pumpkin seeds, lemon juice, vinegar, garlic and mustard in a food processor or blender and process until smooth. Chill before serving.



Serves 6

For centuries the Mexicans have enjoyed pumpkin seeds, called “pepitas”. Toasted and salted, these seeds are eaten as a snack.

skewered delights

- *Mediterranean Skewers*
- *Shrimp Kebabs with Butter Sauce*
- *Fish and Pineapple Kebabs*
- *Quick Chicken Satay*
- *Antipasto Skewers*
- *Bacon Wrapped Chicken Livers*
- *Pork Balls with Chili Sauce*
- *Marinated Fish Kebabs*

Mediterranean Skewers.

mediterranean skewers

- 1 tablespoon chopped fresh oregano
- 8 tablespoons olive oil
- 2 eggplant, cut into thick slices
- 2 zucchini, cut into thick slices
- 2 onions, quartered
- 1 red pepper, cubed
- 1 green pepper, cubed
- 8 oz/250 g fontina cheese, cubed
- focaccia bars to serve
- fresh oregano to garnish

- 1 Place oregano and oil in a bowl. Add eggplant, zucchini, onions and peppers, toss to coat. Cover and stand 30-60 minutes.
- 2 Preheat barbecue to a high heat. Drain vegetables and reserve marinade.
- 3 Thread vegetables and cheese, alternately, in skewers. Cook on barbecue grill, brushing frequently with marinade, 1-2 minutes each side or until vegetables are tender.
- 4 Serve skewers with focaccia bars and garnish with fresh oregano.



Serves 8

These tempting skewers can also be made with other vegetables, such as fennel, celery or cardoon.

shrimp kebabs with butter sauce

- 1 lb/500 g king shrimps, shelled and deveined, tails left intact
- 1 large mango, chopped into large cubes
- 2 egg yolks
- 1 tablespoon lemon juice
- 3 oz/90 g butter, melted and bubbling

- 1 Thread 2 shrimps, divided by a piece of mango, onto each skewer.
- 2 Cook on preheated barbecue until shrimps change color on both sides.
- 3 In a food processor or blender, process egg yolks and lemon juice. Pour butter into egg mixture while processor is running. Process 1 minute, or until sauce has thickened. Serve with kebabs.



Makes 6

fish and pineapple kebabs

- 4 fish fillets, cut into cubes
- 7 oz/220 g canned pineapple pieces, drained
- 1 red pepper, cut into squares
- 1 green pepper, cut into squares
- 1/2 teaspoon chopped mint
- 1/2 tablespoon honey
- 1/2 tablespoon oil
- 1 tablespoon lemon juice

- 1 Thread fish, pineapple and peppers alternately onto skewers.
- 2 Brush with combined mint, honey, oil and lemon juice.
- 3 Cook on preheated barbecue until fish is cooked on both sides, basting frequently with honey mixture.



Makes 8

Shrimp Kebabs with Butter Sauce, Fish and Pineapple Kebabs.

secrets of skewers

Some of our proposals are spectacular and others very simple and subtle, like the minimalist sweet and sour Chinese Pork Balls with Chili Sauce. There are common tastes and other more unusual ones, such as Indonesian Quick Chicken Satay, with coconut milk and peanut butter sauce. The secret of a good skewer lies in the mix of the flavors: zucchini are seasoned by the peppers and the onions that flank them, fish is wonderfully sweetened by pineapple, chicken liver is ennobled by the alcohol of a good brandy, shrimps go great with butter and mango. Certain combinations of ingredients are truly memorable if they are marinated for a few hours before cooking them on the barbecue or other heat source. And they couldn't be easier to prepare! For example, the marinade for Vegetable Kebabs is made with crushed garlic, fresh ginger, soy sauce and olive oil, all ingredients you probably have to hand in your kitchen. To accompany the skewers of your choice, try focaccia bread cut diagonally into bars. You might use chopped fresh oregano or rosemary and crushed garlic to intensify the aroma of focaccia.





quick chicken satay

- 1 tablespoon oil
- 1 tablespoon soy sauce
- 1 large clove garlic, crushed
- 1/2 teaspoon finely grated fresh ginger
- 1 lb/500 g boneless chicken thigh or breast fillets, skinned and cut into 1 in/2.5 cm cubes

satay sauce

- 1 teaspoon oil
- 2 large cloves garlic, crushed
- 2 teaspoons finely grated fresh ginger
- 1 cup chicken stock
- 1 cup coconut milk
- 1 tablespoon soy sauce

- 2 tablespoons crunchy peanut butter
- 2 teaspoons sweet chili sauce

- Place oil, soy sauce, garlic and ginger in a bowl and mix to combine. Add chicken and marinate for 15 minutes.
- Drain chicken, thread onto lightly oiled skewers and cook on a preheated medium barbecue for 15-20 minutes or until chicken is cooked.
- To make sauce, heat oil in a saucepan over medium heat, add garlic and ginger and cook, stirring, for 2 minutes. Stir in stock, coconut milk

The sauce can be made in advance and stored in a sealed container in the refrigerator for 5-7 days. Reheat over low heat before serving. If sweet chili sauce is not available mix ordinary chili sauce with a little brown sugar.

- and soy sauce, bring to simmering and simmer for 5 minutes.
- Add peanut butter and simmer for 5 minutes longer. Just prior to serving, stir in chili sauce. Serve sauce with chicken skewers.



Serves 4

antipasto skewers

- 1 tablespoon fresh rosemary leaves
- 1 tablespoon fresh thyme leaves
- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil
- 2 baby eggplant, cut into cubes
- 2 zucchini, cut into cubes
- 5 oz/155 g semi-dried tomatoes
- 1 red pepper, diced
- 8 oz/250 g sliced spicy salami

creamy pesto dipping sauce

- 1/4 cup homemade or bottled pesto
- 1/2 cup sour cream
- freshly ground black pepper

- Place rosemary leaves, thyme leaves, vinegar and oil in a bowl and whisk to combine. Add eggplant, zucchini, tomatoes and red pepper. Toss to coat, cover and marinate for 30-60 minutes.
- To make dipping sauce, place pesto, sour cream and black pepper to taste in a bowl and mix to combine.



Left: Quick Chicken Satay. Above: Antipasto Skewers. Below: Bacon Wrapped Chicken Livers.

- Preheat barbecue to a high heat. Roll salami slices tightly. Drain vegetables and reserve marinade.
- Thread vegetables and salami rolls, alternately, onto small skewers. Cook on barbecue grill, brushing frequently with marinade, for 1-2 minutes each side or until vegetables are tender. Serve skewers warm with dipping sauce.



Makes 12



These skewers are best enjoyed before barbecues or outdoor lunches.

bacon wrapped chicken livers

- 3/4 cup brandy
- 2 cloves garlic, crushed
- 1 lb/500 g chicken livers
- 6 1/2 oz/200 g bacon, finely sliced, rind removed
- watercress for garnish

- Place brandy and garlic in a medium bowl, add chicken livers and marinate for 1 hour.
- Wrap each chicken liver with a slice of bacon and thread 3 livers onto each skewer.
- Cook kebabs under a preheated medium grill for about 2 minutes each side or until cooked through. Serve on a bed of watercress.



Serves 4

pork balls with chili sauce

- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon cornflour
- 6 oz/185 g ground pork
- 1 tablespoon oil
- 1/4 cup dried breadcrumbs
- oil for deep-frying
- 14 oz/440 g canned pineapple pieces, drained
- 3 spring onions, cut into 2 in/5 cm pieces

Below: Pork Balls with Chili Sauce.
Right: Marinated Fish Kebabs.



- chili dipping sauce
- 1/3 cup chili sauce
 - 2 tablespoons tomato sauce
 - 1 teaspoon sugar
 - 1/2 teaspoon salt
 - 1/2 teaspoon sesame oil
 - 2 teaspoons sesame seeds

- 1 To make dipping sauce, place chili sauce, tomato sauce, sugar, salt, sesame oil and sesame seeds in a small bowl and mix to combine. Set aside.
- 2 Place garlic, salt, sugar, black pepper and cornflour in a bowl and mix to combine. Add pork, toss to combine and set aside to marinate for 10-15 minutes. Stir oil into pork mixture and mix to combine.

- 3 Roll pork mixture into walnut-sized balls. Place a few pork balls at a time with the breadcrumbs in a plastic food bag and shake to coat.
- 4 Heat oil in a wok or large saucepan until a cube of bread dropped in browns in 50 seconds. Cook pork balls, a few at a time, for 7-10 minutes or until golden. Remove and drain on absorbent kitchen paper.
- 5 Thread pineapple pieces, spring onion pieces and pork balls onto toothpicks or cocktail sticks and serve with dipping sauce.



Makes 12

This is an excellent party starter. Serve pork balls on a platter with small bowls of the dipping sauce and bottled plum sauce for those guests who prefer to dip into something less spicy.



marinated fish kebabs

- 1 lb/500 g firm white fish fillets
- 1/2 pineapple, peeled
- 1/2 melon, peeled
- 2 apples
- 4 cucumbers, cubed
- juice of 1 lemon
- 1 cup unsweetened apple cider
- 1 teaspoon dried tarragon

- 1 tablespoon chopped fresh mint
 - 1 tablespoon chopped fresh chives
- 1 Cut fish, pineapple, melon, apples and cucumbers into 1 in/2.5 cm cubes. Soak apples in lemon juice.
- 2 Marinate fish in combined cider, tarragon, mint and chives for 20 minutes.

- 3 Thread fish onto skewers alternately with fruit and cucumber.
- 4 Cook on a preheated barbecue about 7 minutes, turning once. Baste with marinade during cooking.



Makes 12



fabulous fillers

- *Chicken Tacos*
- *Spring Rolls*
- *Guacamole Ham Rolls*
- *Curry Puffs*
- *Snow Pea Boats with Minted Cream Cheese*
- *Beef Tostada Cups*
- *Baby Spinach Tarts*
- *Creamy Spinach in Zucchini*

Chicken Tacos.



chicken tacos

- 12 taco shells, warmed
- 8 lettuce leaves, shredded
- 1 red pepper, thinly sliced
- 4 oz/125 g mature Cheddar cheese, grated
- 1 avocado, stoned, peeled and sliced
- 1/2 cup sour cream

chicken filling

- 2 teaspoons oil
- 1 onion, chopped
- 2 spring onions, chopped
- 3 tomatoes, chopped
- 2 lb/1 kg cooked chicken, skin removed and flesh shredded
- 2 tablespoons taco seasoning mix
- 4 tablespoons bottled tomato salsa

- 1 To make filling, heat oil in a frying pan, add onion, spring onions and tomatoes and cook, stirring, for 4 minutes. Add chicken, taco seasoning mix and salsa and cook, stirring, for 2 minutes longer or until heated through.
- 2 Spoon filling into taco shells and top with lettuce, red pepper, cheese, avocado and sour cream.



Makes 12

spring rolls

- 12 spring roll or wonton wrappers, each 5 in/12.5 cm square
- oil for deep-frying

pork and vegetable filling

- 4 oz/125 g lean ground pork
- 1 oz/30 g bean sprouts
- 1/4 small cabbage, chopped
- 2 spring onions, chopped
- 1 tablespoon cornflour
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil

- 1 To make filling, place pork, bean sprouts, cabbage, spring onions, cornflour, soy sauce and sesame oil in a bowl and mix to combine.
- 2 Place a tablespoon of filling in the center of each wrapper, fold one corner over filling, tuck in sides, roll up and seal end with water.
- 3 Heat oil in a large saucepan until a cube of bread dropped in browns in 50 seconds. Cook rolls, a few at a time, for 3-4 minutes or until golden. Drain on absorbent kitchen paper and serve immediately.



Makes 12

guacamole ham rolls

- 1 avocado
- 4 oz/125 g ricotta cheese
- 1/4 cup sour cream
- 2 teaspoons lemon juice
- 3 spring onions, chopped
- salt and freshly ground pepper
- 12 slices ham

- 1 Stone and peel avocado, mash. Combine with ricotta cheese, sour cream, lemon juice and spring onions. Season to taste with salt and freshly ground pepper.
- 2 Spread mixture over ham slices, roll up, cut in half, secure with toothpicks.



Makes 24

the perfect texture

When it comes to preparing stuffed nibbles, the right choice of textures is as important as the combination of flavors. For a firm and open case, like taco shells, you need to use ingredients chopped, finely sliced or cut into thin strips, that will retain their character. On the other hand the tender and compact consistency of ham is ideal to stuff with a creamy preparation. Or the delicate spring roll wrappers that, once fried, become crispy and flaky, and harmonize perfectly with ground meat, well combined with other solid ingredients and only a small amount of liquid.

Top Left: Guacamole Ham Rolls.
Right: Spring Rolls.





Left: Snow Pea Boats with Minted Cream Cheese. Bottom Left: Curry Puffs. Right: Beef Tostada Cups.

curry puffs

1 1/2 tablespoons curry powder
1 tablespoon oil
1 small onion, chopped
3 oz/90 g ground beef or ground meat of your choice
1 large potato, diced
1/2 teaspoon salt
1/4 teaspoon sugar
3/4 cup water
12 oz/375 g puff pastry
milk for brushing

1 Heat a wok or frying pan over low heat, add curry powder and cook, stirring, for 1-2 minutes or until fragrant. Add oil and onion and cook, stirring, for 4-5 minutes or until onion is soft. Add beef, potato, salt and sugar and mix to combine. Stir in water, bring to simmering and simmer for 20-25 minutes or until potato is tender and most of the moisture is absorbed. Remove pan from heat and set aside to cool completely.

2 Roll pastry out to 1/4 in/5 mm thick and using a 3 in/7.5 cm fluted cutter cut out 45 rounds. Place a spoonful of beef mixture in the center of each pastry round. Brush edges lightly with water and fold pastry over filling. Press edges together to seal.

3 Place puffs on lightly greased baking trays, brush each with a little milk and bake at 425°F/220°C/ Gas 7 for 10-15 minutes or until pastry is puffed and golden.



Makes 45



snow pea boats with minted cream cheese

18 snow peas, trimmed
4 oz/125 g cream cheese
1 oz/30 g butter
2 oz/60 g fresh mint leaves, finely chopped
1 teaspoon sugar
1 teaspoon bottled horseradish relish

1 Drop snow peas into a saucepan of boiling water and cook for 1 minute. Drain and refresh under cold running water. Pat dry on absorbent kitchen paper.

2 Beat cream cheese and butter together until smooth. Add mint, sugar and horseradish relish.

3. Slit snow peas along one edge with a sharp knife or scissors. Spoon or pipe cream cheese mixture into snow peas. Refrigerate until firm.



Serves 6



beef tostada cups

oil for deep-frying
8 corn tortillas

beef filling

2 teaspoons mild chili powder
1 teaspoon ground cumin
1/4 cup lime juice
1 lb/500 g rump steak, trimmed of visible fat
2 red onions, sliced
1/2 bunch coriander

1 Heat oil in a saucepan until a cube of bread dropped in browns in 50 seconds. Deep-fry tortillas pressed between two metal ladles, one at a time, for 1 minute or until crisp and golden. Drain on absorbent kitchen paper.

2 To make filling, place chili powder, cumin and lime juice in a glass or ceramic dish and mix to combine. Add steak, turn to coat and marinate for 5 minutes. Drain steak and cook on a preheated barbecue or under a grill for 2-3 minutes each side or until cooked to your liking. Rest steak for 2 minutes, then cut into strips and place in a bowl. Add onions and coriander leaves and toss to combine.

3 To serve, divide filling between tostada cups and serve immediately.



Makes 8

baby spinach tarts

pastry
6 oz/185 g all purpose flour
4 tablespoons grated Parmesan cheese
3½ oz/100 g butter, chopped
2-3 tablespoons iced water

spinach filling
2 teaspoons olive oil
2 spring onions, chopped
1 clove garlic, crushed
8 spinach leaves, shredded



4 oz/125 g ricotta cheese, drained
2 eggs, lightly beaten
⅓ cup milk
½ teaspoon grated nutmeg
4 tablespoons pine nuts

1 To make pastry, place flour, cheese and butter in a food processor and process until mixture resembles fine breadcrumbs. With machine running, slowly add enough water to form a soft dough. Knead dough on a floured surface. Wrap in plastic food wrap and refrigerate for 30 minutes.

2 Roll out pastry to ⅛ in/3 mm thick. Using an 3½/8 cm in fluted pastry cutter, cut out 20 rounds. Place in lightly greased tins. Pierce base and sides with a fork and bake at 400°F/200°C/Gas 6 for 5-10 minutes.

3 To make filling, heat oil in a frying pan over medium heat. Add spring onions, garlic and spinach and cook, stirring, until spinach is wilted. Remove from heat and cool. Mix spinach mixture, ricotta cheese, eggs, milk and nutmeg in a bowl.

4 Spoon filling into pastry cases and sprinkle with pine nuts. Reduce oven temperature to 350°F/180°C/ Gas 4 and bake for 15-20 minutes.



Makes 20

These tiny tarts go well if pumpkin is used instead of spinach. To create a play of flavors and colors, serve both variations.

Left: Baby Spinach Tarts.
 Right: Creamy Spinach in Zucchini.

fresh spinach

When buying fresh spinach, remember it should have healthy, shiny leaves with no yellow or broken parts. Always wash spinach well to remove any dirt clinging to the leaves; the easiest way is to rinse them in several changes of cold water, then drain and remove the stalks.

creamy spinach in zucchini

6 medium zucchini
8 oz/250 g frozen spinach, thawed
4 oz/125 g ricotta cheese
¼ teaspoon ground nutmeg
1 egg, beaten
2 bacon strips, chopped and cooked until crisp
½ cup grated Cheddar cheese
paprika

1 Trim ends from zucchini and drop into a saucepan of boiling water. Cook for 8-10 minutes, or until just tender. Drain and halve lengthwise. Carefully scoop out centers leaving shells with a little flesh. Finely chop scooped out flesh.

2 Squeeze spinach to remove liquid. Mix with chopped zucchini, ricotta cheese, nutmeg and egg. Spoon into zucchini shells, top with combined bacon and Cheddar cheese and sprinkle with paprika.

3 Place on a greased oven tray and bake at 350°F/180°C/Gas 4 for 15-20 minutes or until golden.



Serves 6





fantastic finger food

- *Endive with Herb Cheese*
- *Baby Brioche Sandwiches*
- *Asparagus Prosciutto Fingers*
- *Egg Tartlets*
- *Smoked Salmon and Roe Toast*
- *Shrimps with Mango Sauce*
- *Turkey and Blue Cheese Sandwiches*
- *Eggs in a Mushroom Nest*
- *Open Béarnaise Burgers*
- *Beef Fillet with Horseradish Cream*
- *Onion Cumin Tart*
- *Savory Puffs*
- *Oysters with Gravlax*
- *Scallops with Mango Salsa*
- *Coconut Fish Parcels*
- *Smoked Salmon Rolls*

Endive with Herb Cheese, Baby Brioche Sandwiches, Asparagus Prosciutto Fingers, Egg Tartlets, Smoked Salmon and Roe Toast, Shrimps with Mango Sauce.



endive with herb cheese

- 8 oz/250 g cream cheese, softened
- 4 tablespoons snipped fresh chives
- 4 tablespoons finely chopped walnuts
- 1 tablespoon paprika
- 2 tablespoons grated onion
- 2 tablespoons sour cream
- 1 teaspoon Dijon mustard
- 4 heads endive
- finely chopped walnuts, extra, for garnish

- 1** Combine cream cheese, chives, chopped walnuts, paprika, onion, sour cream and mustard in a bowl and mix well.
- 2** Cut off base of endive, break off leaves and spread about 1 teaspoon cheese mixture on base of each leaf. Sprinkle with extra walnuts. Cover with plastic food wrap and chill until ready to serve.



Makes about 40

baby brioche sandwiches

- 1 lb/500 g cream cheese, softened
- 3-4 tablespoons finely chopped fresh herbs (dill, chives, parsley)
- 2-3 tablespoons grated onion
- Tabasco sauce or lemon juice
- 40 tiny brioches
- 5 oz/155 g pastrami slices, cut into 3-4 pieces

- 1** Mix cream cheese, herbs, onion and Tabasco sauce or lemon juice to taste.
- 2** Slice brioches in half, liberally spread both halves with cheese mixture, then sandwich together with a piece of pastrami. Cover and store in a cool place for no longer than 3-4 hours before serving.



Makes 40

asparagus prosciutto fingers

- 50 spears fresh asparagus
- 25 thin slices prosciutto or ham

- 1** Trim asparagus spears. Drop into a large saucepan of boiling water; allow water to return to the boil, then remove immediately and refresh under cold running water. Drain well.
- 2** Cut prosciutto slices in half lengthwise. Wind half a slice around each asparagus spear. Cover and keep cool until ready to serve.



Makes 50

Green beans, thin wedges of cantaloupe or thin, crisp Italian breadsticks can be used in place of the asparagus if you wish. If you like crunchy prosciutto, heat fingers under the grill just before serving.



egg tartlets

- 25 quail eggs (if not available, use 25 slices hard-boiled hens eggs)
- 4 oz/125 g mayonnaise
- 2 oz/60 g homemade or bottled pesto
- 25 homemade or purchased tiny pastry cases

- 1** Cook eggs in gently simmering water for 3-4 minutes. Drain and refresh under cold running water, peel and place in a bowl. Cover with cold water and refrigerate up to 2 days, if needed, before using.
- 2** Several hours before serving, combine mayonnaise and pesto. Smear a little pesto mayonnaise in base of each pastry case. Slice a sliver off each egg and place, cut side down, in tartlets. Spoon more pesto mayonnaise over eggs. Cover and chill until ready to serve.



Makes 25



smoked salmon and roe toast

- 19-25 slices white sandwich bread
- 1 1/4 cups sour cream
- 3 1/2 oz/100 g thinly sliced smoked salmon, finely chopped
- 3 1/2 oz/100 g salmon roe or black or red lumpfish roe

- 1** Preheat oven to 350°F/180°C/ Gas 4. Using a small fancy cutter, cut out 50 shapes from bread slices. Place shapes on a baking tray and bake for 10-12 minutes or until dried out and lightly colored. Cool completely and store in an airtight container.
- 2** Just prior to serving, place 1 teaspoon sour cream and 1/2 teaspoon each of salmon and roe on each toast shape.



Makes 50

To add fragrance to toast shapes, drizzle bread with olive oil and sprinkle with ground dried thyme before baking.

shrimps with mango sauce

- 50 sugar snap peas or snow peas
- 50 cooked medium shrimps, shelled and deveined

- mango sauce**
- 1 fresh mango, stoned and peeled, or 7 oz/220 g canned sliced mango, drained
- 1/2 cup olive oil
- 6-10 fresh mint leaves
- 2 tablespoons lemon juice
- freshly ground black pepper

- 1** Trim peas and plunge into boiling water. Remove immediately and refresh under cold running water. Wrap a shrimp around each pea and secure with a toothpick. Cover and refrigerate until required.
- 2** To make sauce, purée mango in a blender or food processor. Add oil, mint leaves, lemon juice and black pepper to taste and process until combined. Serve at room temperature with shrimps.



Makes 50



Above: Turkey and Blue Cheese Sandwiches. Right: Eggs in a Mushroom Nest, Open Béarnaise Burgers.

turkey and blue cheese sandwiches

- 1 oz/30 g butter
- 12 thick slices French bread
- 2 tablespoons Dijon mustard
- 12 slices smoked turkey
- 6 1/2 oz/200 g Stilton or other blue cheese of your choice, crumbled
- watercress for garnish

- 1 Spread butter on each slice of bread, then Dijon mustard.
- 2 Top each slice of bread with a slice of smoked turkey and some cheese.
- 3 Garnish with watercress sprig.



Serves 4

Stilton, a blue veined cheese, was first made around 1720. Owes its name and reputation to the village, but it is not actually made there.

eggs in a mushroom nest

- 1 oz/30 g butter
- 4 large mushrooms, stalks removed
- 1 onion, finely chopped
- 1/2 red pepper, finely chopped
- 1 clove garlic, crushed
- 4 small eggs
- 4 tablespoons cream
- 4 tablespoons grated Gruyère cheese

- 1 Melt butter in a frying pan and cook mushrooms over medium heat, skin side down, for 1 minute. Remove mushrooms from pan and place in a lightly greased ovenproof dish.
- 2 Add onion, red pepper and garlic to pan and cook, stirring, for 5 minutes or until soft. Divide onion mixture between mushrooms.
- 3 Using the back of a spoon, make a depression in the mixture to form a nest. Break an egg into each nest. Top each egg with 1 tablespoon

cream and sprinkle with 1 tablespoon cheese.

- 4 Bake at 350°F/180°C/Gas 4 for 10-15 minutes or until egg whites are set and cheese is melted.



Serves 4

open béarnaise burgers

- 2 English muffins
- 4 lettuce leaves

beef patties

- 1 lb/500 g lean ground beef
- 1 teaspoon finely grated lemon rind
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 3 teaspoons finely chopped fresh tarragon or 1 teaspoon dried tarragon
- 1 egg
- 1/4 cup dried breadcrumbs

béarnaise sauce

- 3 egg yolks

- 3 teaspoons finely chopped fresh tarragon or 1 teaspoon dried tarragon
- 1 tablespoon tarragon vinegar
- 1 tablespoon lemon juice
- 8 oz/250 g butter, melted and bubbling

- 1 To make patties, place beef, lemon rind, onion, garlic, tarragon, egg and breadcrumbs in a bowl and mix to combine. Divide

mixture into twelve and shape into small patties. Cook under a preheated grill for 4-5 minutes each side or until cooked to your liking. Remove from grill, drain on absorbent kitchen paper and keep warm.

- 2 To make sauce, place egg yolks, tarragon, vinegar and lemon juice in a food processor or blender and process until smooth. With machine running, slowly pour

in butter and process until sauce is thick.

- 3 To assemble, split and toast muffins. Top each muffin half with a lettuce leaf, three patties and a little sauce. Serve immediately.



Serves 4

These sophisticated mini burgers are sure to be popular with everyone who likes good food.



beef fillet with horseradish cream

- 1 whole beef fillet, trimmed of fat
- 3 tablespoons crushed black peppercorns
- 3 tablespoons olive oil
- 1 French breadstick, sliced
- watercress sprigs or lettuce leaves for garnish

horseradish cream

- 2 teaspoons unflavored gelatin
- 1/4 cup water
- 1 1/4 cups sour cream
- 2 tablespoons bottled horseradish relish
- 2 tablespoons chopped fresh parsley

- 1 Preheat oven to 500°F/250°C/ Gas 9. Pat fillet dry, tie to hold its shape and coat well on all sides with crushed pepper. In a baking dish just large enough to hold fillet, heat oil over high heat until hot but not smoking. Add fillet and brown on all sides. Place dish in oven and roast fillet for 15-17 minutes. Cool to room temperature.
- 2 To make horseradish cream, soften gelatin in cold water, then stir over a saucepan of hot water until dissolved. Stir together sour cream, horseradish relish and parsley, add gelatin and mix well. Spoon into a bowl, cover and chill until set.
- 3 To serve, slice fillet into 1/2 in/ 1 cm thick slices, arrange on bread slices with a little watercress or lettuce and a spoonful of horseradish cream.



Serves 20-25

Depending on the size of the fillet you may need to cut it in half before cooking. Roast fillet and prepare the cream the day before your party, wrap well and chill. Bring beef to room temperature to serve.



onion cumin tart

- 9 1/2 oz/300 g puff pastry
- 1 egg white
- 1 1/2 oz/45 g butter
- 1 teaspoon cumin seeds
- 2 large onions, finely sliced
- 2 eggs
- 3/4 cup heavy or double cream
- freshly ground black pepper

- 1 Roll out pastry to line a 23 cm/ 9 in flan tin with removable base. Cover pastry with baking paper, fill with dried beans and chill for 30 minutes.
- 2 Preheat oven to 400°F/200°C/ Gas 6. Bake pastry for 20 minutes or until just firm. Remove beans and paper, brush with egg white and cook for 3-5 minutes longer or until golden. Cool.
- 3 Melt butter in a frying pan over moderate heat until hot and foaming, add cumin seeds and onions and cook, stirring, until onions are soft and transparent. Drain well. Whisk together eggs, cream and black pepper to taste.
- 4 Reduce oven temperature to 350°F/180°C/Gas 4. Spread onions evenly in pastry case. Pour in egg mixture and bake for 15-20 minutes or until golden. Serve warm, cut into wedges.



Serves 8-10

This tart is best served soon after baking.

savory puffs

- 1 lb/500 g puff pastry
- 5 oz/155 g bottled olive paste
- 2 eggs beaten with 2 teaspoons heavy or double cream
- 6 oz/185 g blue cheese (Roquefort, Stilton, Danish blue), crumbled
- a little heavy or double cream

- 1 To make olive puffs, roll out half the pastry on a lightly floured surface to make a 12 x 10 in/ 30 x 25 cm rectangle and cut in half lengthwise. Spread one half with olive paste. Top with the other half and press gently with rolling pin. Cut in half lengthwise, then cut crosswise into 2 1/2 x 1 1/4 in/6 x 3 cm fingers.
- 2 Preheat oven to 400°F/200°C/ Gas 6. Place olive puffs on a baking tray and brush with egg mixture. Bake for 15-20 minutes or until golden. Serve hot.
- 3 To make cheese puffs, preheat oven to 425°F/220°C/Gas 7. Roll out remaining pastry thinly, cut into 2 1/2 in/6 cm rounds, place on baking trays and brush with egg mixture. Bake for 8-10 minutes or until puffed and golden. Cool slightly.
- 4 Mash cheese with enough cream to make a smooth paste. Split pastries and pipe or spoon filling onto bottom halves. Top with remaining halves and serve.



Makes 40 olive puffs and 28-30 cheese puffs

Olive paste is available at specialty food shops. It can be made by puréeing stoned black olives with a little olive oil to make a smooth paste.

Beef Fillet with Horseradish Cream, Onion Cumin Tart, Savory Puffs.



Above: Oysters with Gravlax, Scallops with Mango Salsa. Right: Coconut Fish Parcels, Smoked Salmon Rolls.

oysters with gravlax

- 8 oz/250 g gravlax or smoked salmon slices
- 16 oysters in half shells
- 3 tablespoons lemon juice
- freshly ground black pepper

1 Cut gravlax or smoked salmon into long strips. Loosen oysters in shells.

2 Top oysters with gravlax or smoked salmon strips. Sprinkle with lemon juice and season with black pepper. Cover and refrigerate until ready to serve.



Serves 8

This recipe can be prepared earlier in the day and kept chilled until required.

scallops with mango salsa

- 16 scallops in half shells
- freshly ground black pepper

mango salsa

- 1 mango, stoned, peeled and chopped
- 1 tablespoon chopped fresh mint
- 1 tablespoon lemon juice
- 2 tablespoons sesame seeds, toasted

1 To make salsa, place mango, mint, lemon juice and sesame seeds in a small bowl and mix to combine. Cover and refrigerate.

2 Bring a large saucepan of water to the boil. Add scallops and cook for 1 minute or until tender. Using a slotted spoon remove scallops from

water and place on a serving platter. Serve warm or chilled, seasoned with black pepper and topped with salsa.



Serves 8

If fresh mango is unavailable, drained canned mango can be used instead for the salsa. The salsa can be made earlier in the day and stored, covered, in the refrigerator until required. If you wish to serve this dish chilled, cook the scallops 2-3 hours in advance and chill until ready to serve.

coconut fish parcels

- 20 crêpes
- 20 long chives, blanched

coconut fish filling

- 1 tablespoon oil
- 1 clove garlic, crushed
- 1 small onion, finely chopped
- 1 teaspoon finely grated fresh ginger
- 6 oz/185 g firm white fish fillets, cut into cubes
- 1 tablespoon shredded coconut
- 1 tablespoon heavy or double cream
- freshly ground black pepper

1 To make filling, heat oil in a large frying pan over medium heat and cook garlic, onion and ginger for 3-4 minutes. Add fish, coconut and cream and stir for 4-5 minutes or until

fish is just cooked. Season with pepper, cool.

2 Place 2 teaspoons filling on each crêpe, gather up edges and tie with a chive to form a parcel. Serve at room temperature.



Makes 20

smoked salmon rolls

- 20 slices smoked salmon
- 20 sprigs fresh dill

cream cheese filling

- 5 oz/155 g smoked salmon, chopped
- 3 tablespoons heavy or double cream
- 1 tablespoon lemon juice

- 1 tablespoon bottled horseradish relish
- 8 oz/250 g cream cheese
- freshly ground black pepper

1 To make filling, in a food processor or blender process chopped salmon, cream, lemon juice, horseradish relish, cream cheese and black pepper to taste until smooth.

2 Place 2 teaspoons filling along one side of each smoked salmon slice, then roll up. Place rolls seam side down on a large serving platter and top each roll with a dill sprig.



Makes 20

Rolls can be made 2-3 hours ahead of serving and stored, covered, in the refrigerator.





bountiful buffet

- Honey-glazed Ham
- French Stuffed Turkey
- Festive Poached Salmon
- Roast Beef with Nut Stuffing
- Thai Roast Pork
- Salmon, Rice and Spinach Loaf
- Perfect Roast Turkey
- Béarnaise Roast Beef
- Salad of Duck with Wild Rice
- Pork Fillets with Apple Sauce
- Roast Pork with Ginger and Cashew Stuffing

Honey-glazed Ham.

honey-glazed ham

- 1 x 9 lb/4 kg cooked leg of ham, rind removed
- whole cloves

honey glaze

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

- 1 To make glaze, combine all ingredients in a bowl. With a sharp knife, score the fat of the ham in a diamond pattern. Place ham in a large baking dish, brush with about a quarter of the glaze. Stud each diamond in the fat with a whole clove.
- 2 Roast in oven at 350°F/180°C/ Gas 4 for 1 hour, brushing every 20 minutes with remaining glaze and drippings in baking dish.
- 3 If serving hot, allow to rest for 5 minutes, then transfer to a heated platter. If serving cold, ham may be glazed the day before and refrigerated, but allow to stand at room temperature for about 20 minutes before carving.



Serves 20-25

french stuffed turkey

- 1 x 12 lb/6 kg turkey
- 2 oz/60 g butter, softened
- salt and freshly ground black pepper
- 2 cups turkey stock

forcemeat stuffing

- 12 oz/375 g each lean ground pork and veal
- 3 oz/90 g fresh breadcrumbs
- 1 tablespoon chopped mixed herbs
- 2 onions, chopped
- 2 oz/60 g bacon, chopped
- 3 oz/90 g pecans, toasted and chopped
- 1 teaspoon grated lemon rind
- 1 egg, beaten

bread stuffing

- 4 oz/125 g fresh breadcrumbs
- 8 spring onions, finely chopped
- 2 tablespoons snipped fresh chives
- 1 tablespoon chopped mixed herbs
- 1 teaspoon grated lemon rind
- 1 oz/30 g butter, softened
- 1 egg, beaten

Turkey can be brushed with honey some minutes before taking it away from the oven. Serve with apple purée.

- 1 To make each stuffing, combine all ingredients and season to taste.
- 2 Preheat oven to 350°F/180°C/ Gas 4. Carefully loosen skin from neck area and breast of turkey and loosely fill with forcemeat stuffing. Press outside of breast to mold into shape, secure neck skin to back with skewers and tuck wings under body.
- 3 Spoon bread stuffing into turkey cavity. Secure opening and tie legs close to body with string. Wipe bird dry, spread with butter and season to taste with salt and black pepper.
- 4 Place turkey on a rack in a baking dish, add stock, cover dish tightly with foil and roast in oven, basting every 20-25 minutes, for 3 1/2-4 hours or until juices run clear when thigh is pierced with a skewer. Remove foil for the last 30 minutes of cooking to allow turkey to brown. Transfer turkey to a heated platter, cover and stand for 15 minutes before carving.



Serves 8-10

French Stuffed Turkey.

helpful hints

How to remove rind from ham: First cut a scallop pattern through the rind around the shank bone. Starting from the broad end of ham, gently ease rind away from the fat. Continue to peel off gently, and rind should come off in one piece.

How to truss turkey: Place turkey breast side down. Pull the loose neck skin over the neck cavity and tuck wingtips under. With a metal skewer secure neck skin and wingtips to the body at the same time. Turn turkey breast side up. Thread a trussing needle with fine string and pass it through the upper part of one drumstick, then the body, and

through the other drumstick. Remove needle and pull string. Turn turkey over and cross string over its back. Turn turkey again so it is once more breast side up. Cross the ends of the string and tie drumsticks and “parson’s nose” together with a secure knot.

How to test whether turkey is cooked: If using a meat thermometer, pushed into the thickest part of the thigh, the temperature should be 180°F/83°C –if less, the turkey needs longer cooking. If piercing the thickest part of the thigh with a fine metal skewer, the juice should run clear (with no trace of pink)– then the turkey is ready.





Above: Festive Poached Salmon. Right: Roast Beef with Nut Stuffing.

festive poached salmon

3 cups fish stock
1 x 3 lb/1.5 kg whole fresh salmon
red and green peppers, cut into thin strips
homemade or bottled vinaigrette
aioli
2 cloves garlic, finely chopped
8 oz/250 g mayonnaise
mango sauce
7 oz/220 g canned mango slices, drained
1 tablespoon white wine vinegar
1 tablespoon chopped fresh mint
2 tablespoons olive oil

remoulade
1 tablespoon capers
1 tablespoon finely chopped gherkins
8 oz/250 g mayonnaise
2 tablespoons Dijon mustard
1 tablespoon chopped fresh parsley

- 1

Preheat oven to 325°F/160°C/ Gas 3. Pour stock into a baking dish just large enough to hold fish. Place fish in dish, cover with foil and bake, basting every 15 minutes, for 30-35 minutes or until cooked.
- 2

Lift salmon from dish, cool slightly and remove the skin, leaving head and tail intact. Place

- on a serving plate, cover loosely with plastic food wrap and chill.
- 3

To make aioli, stir garlic into mayonnaise. To make mango sauce, purée mango slices in a food processor with vinegar and mint, then gradually whisk in oil. To make remoulade, fold capers and gherkins into mayonnaise, stir in mustard and parsley. Chill sauces until ready to serve.
- 4

Toss red and green pepper strips with a little vinaigrette. Spoon along length of fish. Serve fish at room temperature with sauces.



Serves 8-10

roast beef with nut stuffing

3 lb/1.5 kg beef eye fillet, trimmed of fat
1 large carrot, coarsely chopped
3 sticks celery, coarsely chopped
1 large onion, coarsely chopped
2 tablespoons butter
1 cup beef stock
1/2 cup port wine
salt and freshly ground pepper

stuffing
1/3 cup coarsely chopped pecans
2 tablespoons butter, melted
2 tablespoons chopped fresh parsley
2 tablespoons honey
1 tablespoon grated orange rind
1/4 cup port wine
1 egg, beaten
2 cups fresh breadcrumbs

- 1

To make stuffing, combine all ingredients, season to taste and be sure mixture is moist, but not wet. Make an incision along beef to form a pocket, cutting only 3/4 of the way through. Fill pocket with stuffing and tie beef with string at 5 cm/2 in intervals.
- 2

Scatter carrot, celery and onion in the base of a baking dish and dot with butter. Place beef on top of vegetables. Roast in oven at 200°C/400°F/Gas 6 for 50-60 minutes, turning beef halfway through cooking time. Remove beef to a heated serving platter, cover loosely with foil and stand for about 15 minutes.

- 3

Strain pan juices through a colander into a saucepan, pressing down on vegetables. Add stock and port and bring to the boil. Boil rapidly until liquid is lightly reduced to thin gravy consistency. Season to taste with salt and pepper.
- 4

Remove strings from beef. Carve beef into thick slices and spoon a little gravy over them. Serve remaining gravy in a heated sauce boat.



Serves 8-10

If you wish, add 1 tablespoon Dijon mustard to the gravy.



thai roast pork

- 2 teaspoons ground cumin
- 6 cloves garlic, crushed with a little salt
- freshly ground black pepper
- 4 lb/2 kg pork loin, neck or rolled boned shoulder, rind removed
- 1 pineapple, peel reserved and flesh cut into spears
- 4 tablespoons soy sauce
- 1/4 cup vinegar
- 6 tablespoons brown sugar
- fresh coriander

1 Preheat oven to 350°F/180°C/ Gas 4. Combine cumin, garlic and black pepper to taste and rub into pork.

- 2 Place pork in a baking dish, cover with pineapple peel and roast in oven for 1½ hours or until almost tender. Remove from oven and discard pineapple peel.
- 3 Combine soy sauce, vinegar and sugar and brush some over pork. Return to oven and roast, basting frequently with remaining mixture, for 15 minutes or until pork is cooked.
- 4 Transfer pork to a platter, skim fat from pan juices and drizzle meat with juices. Garnish with pineapple spears and fresh coriander.



Serves 8



salmon, rice and spinach loaf

- 9 spinach leaves, stalks removed
- 14 oz/440 g canned salmon, drained and flaked
- 3 eggs
- 3 tablespoons sour cream
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1/2 cup cooked rice
- 2 tablespoons grated Parmesan cheese

1 Boil, steam or microwave spinach leaves until soft. Line the bottom and sides of a greased 9 x 5 in/ 22.5 x 12.5 cm loaf pan with half the leaves, allowing some of them to hang over the sides of the pan.

- 2 Squeeze excess moisture from remaining leaves. Chop and combine with all the remaining ingredients; season to taste.
- 3 Spoon salmon mixture into the prepared pan. Enclose with the overhanging spinach leaves. Cover and bake at 375°F/190°C/Gas 5 for 45 minutes or until firm. Let stand for 10 minutes before serving.



Serves 4

perfect roast turkey

- 1 x 9 lb/4 kg turkey
- 2 tablespoons butter, melted
- salt and freshly ground pepper

rice and nut stuffing

- 3 cups cooked brown rice
- 12 oz/375 g ground pork
- 1 cup finely chopped parsley
- 1/2 cup slivered almonds, toasted
- juice of 1 lemon
- 3/4 cup golden raisins
- 1 teaspoon mixed dried herbs

- 1 To make stuffing, place all ingredients in a large bowl, season to taste and mix until well combined. Lightly fill the crop or neck end with stuffing. Put remaining stuffing in body cavity.
- 2 Truss turkey. Place in a rack set in a large baking dish. Brush all over with butter and season with salt and pepper.
- 3 Roast in oven at 350°F/180°C/ Gas 4 about 3½ hours, until cooked when tested. Baste frequently with pan juices and turn over several times. Allow to rest for 20 minutes before carving.



Serves 6-8



béarnaise roast beef

- 2 lb/1 kg beef eye fillet, trimmed of fat
- 1 tablespoon cracked black peppercorns
- 2 teaspoons ground cardamom
- 2 cloves garlic, crushed
- 2 tablespoons oil

béarnaise sauce

- 1½ tablespoons tarragon vinegar
- 1½ tablespoons lemon juice
- 5 egg yolks
- 8 oz/250 g butter, melted and bubbling

To give the meat a different taste, substitute chopped fresh herbs for the pepper mixture.

stuffed potatoes

- 8 potatoes, cooked
- ½ cup sour cream
- 4 spring onions, finely chopped
- 1 teaspoon ground cumin
- ¼ cup grated mature Cheddar cheese

- 1 Tie beef with string to hold its shape during cooking. Roll in combined pepper, cardamom and garlic.
- 2 Heat oil in a baking dish, add beef. Roast in oven at 400°F/200°C/Gas 6 for 20 minutes or until cooked as desired, turning occasionally. Set aside to cool, serve sliced with Béarnaise sauce and stuffed potatoes.

- 3 To make Béarnaise sauce, simmer vinegar and lemon juice in a small saucepan until reduced to 2 tablespoons, cool. Blend or process egg yolks and vinegar mixture until frothy. With motor running gradually drizzle in butter. Stand, covered, at room temperature.
- 4 To make stuffed potatoes, cut top from potatoes, reserve. Scoop flesh from center, mash well with a fork, stir in sour cream, spring onions, cumin and cheese. Spoon back into potatoes, replace lids. Bake at 350°F/180°C/Gas 4 for 20 minutes until heated through.



Serves 8



Left: Béarnaise Roast Beef. Above: Salad of Duck with Wild Rice.

salad of duck with wild rice

- 2 x 5 lb/2.5 kg ducks
- salt for rubbing
- 1 lb/500 g pitted cherries or sliced fresh peaches
- 1 cup orange juice
- 2 oz/60 g sugar
- 500 g/1 lb sugar snap peas, green beans or snow peas
- 3 large oranges, rind and pith removed
- 5 oz/155 g wild rice, cooked
- 7 oz/220 g basmati rice, cooked
- watercress to garnish

raspberry vinaigrette

- ⅓ cup olive oil
- ¼ cup raspberry vinegar

- 1 tablespoon sour cream

- 1 Preheat oven to 425°F/220°C/Gas 7. Remove excess fat from ducks, wipe dry and rub inside and out with salt. Place, breast side up, in a baking dish. Roast in oven for 20 minutes. Reduce temperature to 375°F/190°C/Gas 5 and roast for 40-60 minutes longer or until cooked. Cool ducks, cut off wings, thighs and legs and reserve for another meal. Cut breasts into thin slices.
- 2 Place cherries or peaches, orange juice and sugar in a saucepan and bring to the boil, stirring to dissolve sugar; cool. Boil, steam or microwave

- peas or beans until just tender, drain and refresh in cold water. Cut oranges into thin slices.
- 3 To make vinaigrette, whisk all ingredients together until thickened. Combine rices and toss with half the vinaigrette.
- 4 To assemble, spoon rice along one side of a large platter. Arrange duck over rice, place peas or beans down one side, garnish with orange slices, cherries or peaches and watercress. Drizzle with remaining vinaigrette and serve.



Serves 4-6



pork fillets with apple sauce

6 small pork fillets
3 tablespoons honey
2 teaspoons soy sauce
1 clove garlic, crushed
2 tablespoons orange juice
1/4 teaspoon five-spice powder

tangy apple sauce

2 tablespoons butter
1 cooking apple, peeled and finely sliced
1 tablespoon mango chutney
4 tablespoons mayonnaise
1 teaspoon curry powder
4 tablespoons cream

- 1 Place fillets in a bowl, pour over combined honey, soy sauce, garlic, orange juice and five-spice powder and marinate for 15-20 minutes, turning occasionally.
- 2 Cook fillets on a preheated barbecue grill until tender, brushing with marinade during cooking.
- 3 To make sauce, melt butter in a frying pan. Cook apple for 2-3 minutes or until softened. Place in a food processor with chutney, mayonnaise, curry powder and cream and process until smooth. Spoon over sliced pork fillets.



Serves 6

If using a barbecue plate, heat well before placing the meat on it. When cooking is completed, scrape off any residue so it's clean for next use. Some barbecue chefs like to clean the plate with a glass of wine.

roast pork with ginger and cashew stuffing

1 leg of pork, about 7 lb/3.5 kg, boned to form a pocket for stuffing

ginger and cashew stuffing

2 tablespoons butter
3/4 cup chopped shallots
1 cup cashews, roughly chopped
1 1/2 teaspoons grated fresh ginger
grated rind of 1 orange
3 tablespoons finely chopped parsley
4 cups fresh breadcrumbs
2 eggs, lightly beaten
salt and freshly ground pepper
2 tablespoons coarse salt

Left: Pork Fillets with Apple Sauce.
Below: Roast Pork with Ginger and Cashew Stuffing.

1 To make stuffing, melt butter in a frying pan. Add shallots, cashews and ginger and cook over moderate heat for 3 minutes, stirring. Transfer to a large bowl and stir in orange rind, parsley, breadcrumbs and eggs. Season to taste.

2 Spoon stuffing into pocket in pork, packing it in firmly. Sew up opening in pork with a trussing needle and fine string, or secure with small metal skewers. Place pork on a rack set in a baking dish. Rub rind all over with coarse salt.

3 Roast in oven at 475°F/250°C/Gas 9 for 20 minutes. Reduce temperature to 350°F/180°C/Gas 4 and cook for a further 2 hours or until cooked. To test whether pork is cooked, run a thin skewer into the thickest part of the meat. The juices should run

clear, and the flesh should have no tinge of pink.

4 Remove pork from oven and allow to rest for 15 minutes. Remove trussing string or skewers and carve pork crosswise into slices, so that each slice contains some of the delicious stuffing.



Serves 10-12

For a smaller family, a loin of pork can be boned and stuffed in the same way. Roll and tie the loin yourself, or take the prepared stuffing to your friendly butcher, and ask him to roll it inside the loin for you. Most butchers are delighted to help in this way, if you give them a day's notice.

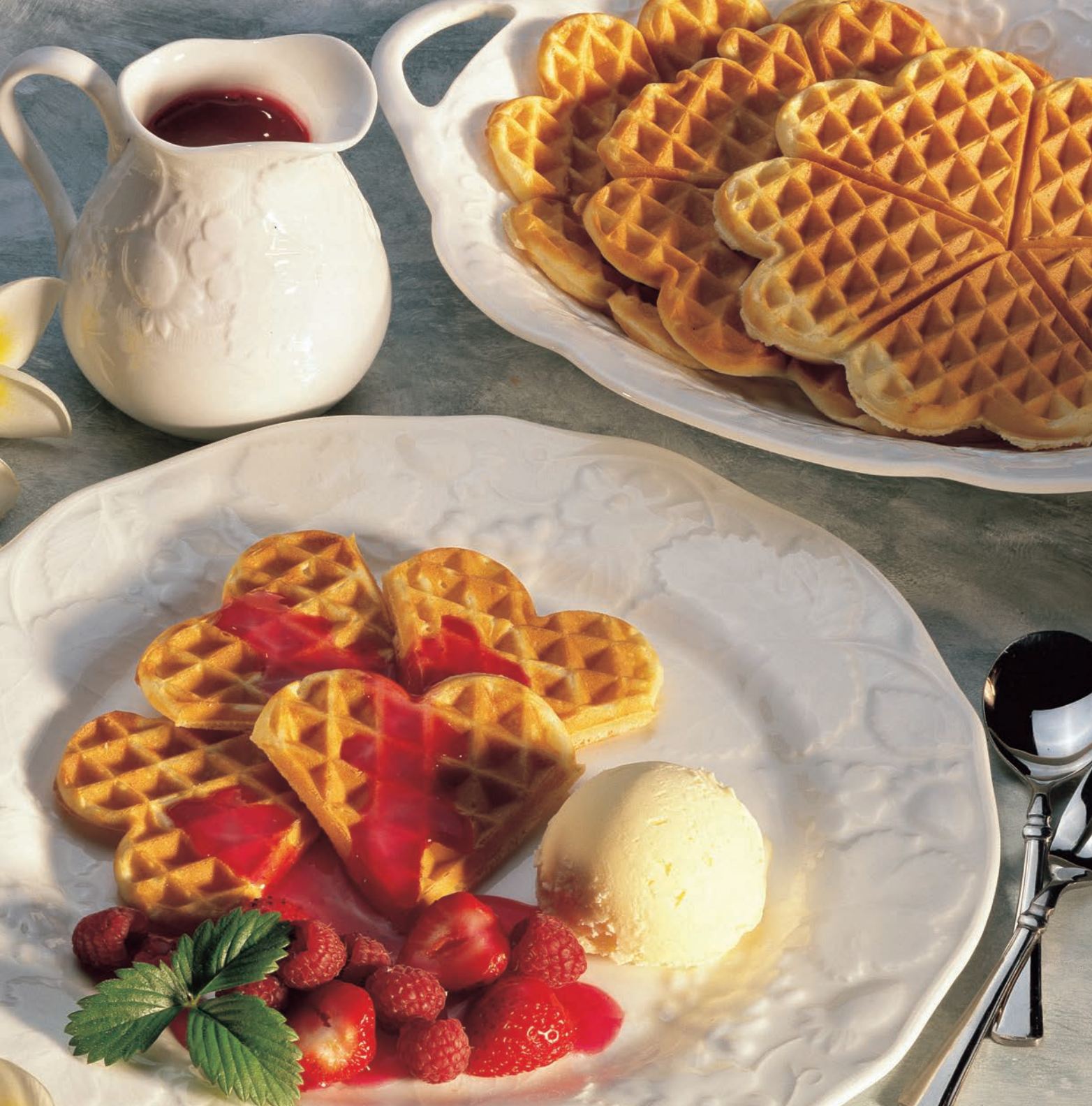




happy endings

- Rich Christmas Pudding
- Golden Waffles
- Rum Balls
- Orange Pecan Mousse
- Apricot Almond Shortcake
- White Chocolate Fondue
- Fruit Tarts
- Éclairs
- Brandy Snaps
- Fruit Kebabs
- Christmas Trifle
- Rainbow Ice Cream Log
- Berry Mousse
- Chocolate Decadence
- Chocolate Nougat Hearts
- Cassata Siciliana
- Christmas Butter Cookies
- Chestnut Log
- Christmas Mince Pies
- Chocolate Gold

Rich Christmas Pudding.



Golden Waffles.

rich christmas pudding

4 oz/125 g butter
1/2 cup brown sugar, firmly packed
2 eggs
6 oz/185 g self-raising flour
1 teaspoon mixed spice
pinch salt
1 cup mixed dried fruit
1/2 cup chopped dates
1/4 cup glacé cherries, halved
4 tablespoons sherry or orange juice
sauce of your choice to serve

1 Cream butter and sugar until light and fluffy. Add eggs and beat well. Sift flour with spice and salt. Stir into creamed mixture. Add mixed fruit, dates, cherries and sherry or orange juice and mix well.

2 Spoon mixture into a greased 4-cups capacity pudding basin, smooth the top and cover with a tight-fitting lid or a double thickness of greaseproof paper tied securely with string.

3 Place basin in a saucepan on an upturned plate and add enough boiling water to come halfway up the sides of the basin. Cover saucepan and steam pudding briskly for 2 hours, adding extra boiling water as necessary. Turn out pudding onto a heated serving plate and serve with your favorite sauce.



For the pudding to be lighter, replace the butter for low fat cream cheese.

golden waffles

8 oz/250 g all purpose flour
4 oz/125 g self-raising flour
1 1/2 teaspoons baking powder
1 teaspoon salt
2 oz/60 g sugar
2 1/4 cups milk
3 eggs, separated
4 oz/120 g butter, melted

1 Sift all purpose flour, self-raising flour, baking powder and salt together into a bowl. Stir in sugar.

2 Whisk together milk, egg yolks and butter. Make a well in the center of flour mixture and stir in milk mixture until just combined.

3 Place egg whites in a bowl and beat until stiff peaks form, then fold into batter.

4 Cook batter in a preheated, greased waffle iron following the manufacturer's instructions. Serve waffles hot with a scoop of ice cream and some raspberry compote.



Makes about 10 waffles

fluffy pineapple sauce

You can serve custard (page 80 or 86) with your pudding, or you might like to try this light, tangy sauce. Beat together 2 egg yolks, 1 1/2 tablespoons lemon juice and 4 tablespoons cornflour until smooth. Heat 3 1/2 cups pineapple juice and 4 tablespoons brown sugar to simmering point. Gradually stir in cornflour mixture and continue stirring over low heat until smooth and thickened. Simmer for 2 minutes, cool. Beat 2 egg whites until stiff and fold in. Reheat gently to serve.



rum balls

2 cups plain chocolate cake crumbs
2 tablespoons powdered sugar
2 tablespoons cocoa powder
6½ oz/200 g dark chocolate, melted
¼ cup thickened cream
2 tablespoons rum
6½ oz/200 g dark chocolate, extra
sugar violets to decorate

- 1 Blend or process cake crumbs with powdered sugar, cocoa powder and combined melted chocolate, cream and rum until quite smooth. Transfer mixture to a large bowl, cover and chill until firm.
- 2 Mold mixture into balls. Dip into melted extra chocolate and allow to set on a foil-lined tray.
- 3 While chocolate is still soft, place a small piece of sugar violet on top of each rum ball. Chill until ready to serve.



Makes about 30

orange pecan mousse

6 egg whites
4½ oz/140 g sugar
2½ cups heavy or double cream, whipped
1 tablespoon finely chopped caramelized orange peel
caramelized orange peel, extra, to decorate

praline

4 oz/125 g sugar
2 oz/60 g pecan halves

orange custard sauce

2½ cups milk
rind of 1 orange
6 egg yolks
3 oz/90 g sugar



Left: Rum Balls. Above: Orange Pecan Mousse.

- 1 To make praline, melt sugar in a small, heavy saucepan over low heat, stirring once or twice, then cook until golden brown. Add pecans, pour onto an oiled upside-down baking tray, cool. Break into pieces, saving a few pecan halves for decoration. Crush remainder in a food processor.
- 2 Beat egg whites until soft peaks form and gradually beat in sugar. Fold in cream, crushed praline and caramelized peel. Pour mixture into a large deep ring tin, cover with foil and refrigerate overnight.

- 3 To make sauce, scald milk with orange rind, remove from heat. Beat egg yolks with sugar until pale and thick. Gradually stir in hot milk, then return mixture to saucepan. Cook over low heat, stirring, until custard coats the spoon. Strain and set aside.

- 4 Turn mousse onto a serving platter and decorate with reserved pecan pieces and extra caramelized peel. Accompany with sauce.



Serves 12

To caramelize peel, remove rind from 2 oranges, scrape off pith and cut peel into matchsticks. Place in a small saucepan, cover with cold water, bring to the boil, drain and refresh under cold water. Return peel to pan, add 2 oz/60 g sugar and enough water to moisten. Cook over moderate heat until sugar dissolves and liquid evaporates. Remove from heat and set aside to cool.

apricot almond
shortcake

- 4 oz/125 g butter
- 4 oz/125 g sugar
- 1 egg
- 3 oz/90 g self-raising flour, sifted
- 3 oz/90 g all purpose flour, sifted

filling

- 1½ oz/45 g butter
- 2 tablespoons superfine sugar
- 1 egg yolk
- 3 oz/90 g ground almonds
- 2 teaspoons all purpose flour
- 14 oz/440 g canned apricots, drained and puréed

topping

- 13 oz/410 g ground almonds
- 5 tablespoons superfine sugar
- 6 eggs, separated
- 2 tablespoons amaretto liqueur

- 8 oz/250 g apricot jam, warmed and sieved
- 2 oz/60 g flaked almonds, toasted

- 1 Beat butter and sugar until light and creamy. Add egg and beat well, stir in flours. Knead until smooth. Divide pastry into two equal portions; refrigerate for 30 minutes. Roll out each portion to a circle. Press one circle into a greased and lined 8 in/20 cm deep cake tin.
- 2 To make filling, beat butter, sugar and egg yolk until light and fluffy. Stir in almonds, flour and apricots. Spread over pastry in tin. Place second circle over filling and press edges together. Bake at 350°F/180°C/Gas 4 for 35-40 minutes. Stand 15 minutes and turn out on a wire rack to cool.
- 3 To make topping, place almonds and sugar in a bowl. Stir in

- combined egg yolks and amaretto. Set aside one-third of mixture.
- Add 1 tablespoon unbeaten egg white to remaining mixture and spread over sides and top of shortcake.
- 4 Add 2 tablespoons egg white to reserved almond mixture and spoon into a piping bag fitted with a star nozzle. Pipe a zigzag pattern over top and small rosettes around the edge. Place cake on a baking tray and bake at 500°F/250°C/Gas 9 for 8-10 minutes or until lightly browned. Spoon two-thirds of jam between zigzag pattern and set aside for 10 minutes. Spread sides with remaining jam and coat with flaked almonds. Cool cake completely before cutting.



Serves 8

Below: Apricot Almond Shortcake. Right: White Chocolate Fondue.



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

white chocolate fondue

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

- 1 Combine chocolate with cream and brandy in a medium saucepan over low heat. Stir constantly until chocolate has melted and mixture is smooth. Pour mixture into a medium bowl and set aside to cool to room temperature.

- 2 Cut wooden skewers in half, discard bottom halves. Thread a piece of strawberry, marshmallow and a grape onto each skewer, serve with fondue.



Serves 8

fruit tarts

- 1 lb/500 g strawberries or raspberries or other delicate fruit
- 4 tablespoons seedless strawberry jam or redcurrant jelly
- 1/4 cup water

pastry

- 4 oz/125 g all purpose flour
- pinch salt
- 1 tablespoon superfine sugar
- 2 oz/60 g butter
- 1 egg, beaten

liqueur cream filling

- 1/2 quantity crème pâtissière
- 2 teaspoons liqueur of your choice
- 3/4 cup heavy or double cream, whipped

- 1 To make pastry, sift together flour and salt, make a well in the center, add sugar, butter and egg and work mixture with fingers to make a firm dough, adding a few drops water to bind. Knead until smooth, wrap and chill for 1 hour.
- 2 Preheat oven to 375°F/190°C/ Gas 5. Roll dough out thinly on a lightly floured surface, cut out ten 3 1/2 in/8.5 cm circles and use to line greased 2 1/2 in/6 cm shallow tins, pressing well. Bake for 18 minutes or until pale and golden. Turn out of tins to cool.
- 3 To make filling, place crème pâtissière in a bowl, stir in liqueur, then whipped cream. Cover and chill.
- 4 Pipe filling into pastry cases and cover with fruit. Heat jam or jelly with water until smooth and thickened, cool slightly and brush over fruit.



Makes 10

éclairs

- 1 quantity crème pâtissière
- 1 cup heavy or double cream, whipped

choux pastry

- 1 1/4 cups water
- 2 oz/60 g butter
- 4 oz/125 g all purpose flour, sifted
- 1 tablespoon superfine sugar
- 3 large eggs

chocolate and coffee icings

- 4 oz/125 g semi-sweet chocolate
- 5 oz/155 g powdered sugar, sifted
- 1 teaspoon instant coffee powder
- 1 scant tablespoon boiling water

- 1 To make pastry, heat water and butter in a saucepan to boiling point, add flour and stir over moderate heat until mixture leaves sides of pan. Stir in sugar and cool to lukewarm. Beat in eggs, one at a time, until dough is smooth and satiny.
- 2 Preheat oven to 400°F/200°C/ Gas 6. Pipe dough through a 1/2 in/1 cm nozzle into 2 1/2 in/6 cm

- lengths onto greased baking trays and bake for 40 minutes. Place pastries onto wire racks and, while still warm, slit down one side to allow steam to escape.
- 3 To fill éclairs, gently prize pastries open and pipe a narrow line of crème pâtissière along one inside surface and a line of whipped cream along the other.
- 4 To make chocolate icing, melt chocolate and pour into a shallow bowl. Carefully dip tops of half the éclairs into warm chocolate and allow to set.
- 5 To make coffee icing, place powdered sugar, coffee powder and water in a bowl and mix to combine. Stir over a saucepan of hot water until melted and smooth. Spread over remaining éclairs and allow to set.



Makes 24-28

brandy snaps

- 2 oz/60 g butter
- 2 oz/60 g soft light brown sugar
- 4 oz/125 g golden syrup
- 1 teaspoon ground ginger
- 2 oz/60 g all purpose flour, sifted
- 2 teaspoons finely grated lemon rind
- 2 teaspoons lemon juice
- whipped heavy or double cream to fill

Fruit Tarts, Éclairs, Brandy Snaps.

- 1 Preheat oven to 425°F/220°C/ Gas 7. Place butter, sugar, golden syrup and ginger in a saucepan over low heat and stir until butter melts and sugar dissolves. Cool slightly, add flour, lemon rind and lemon juice and mix well.
- 2 Line two baking trays with nonstick baking paper. On one tray drop generous teaspoons of mixture in 5 mounds, 4 in/10 cm

- apart. Bake for 12-15 minutes or until mounds spread out to form lacey malleable rounds.
- 3 Cool briefly, remove with a palette knife and quickly roll around handle of a wooden spoon. Allow to set, then carefully slip off spoon and cool. While rolling one batch, bake the next. Just prior to serving, fill with whipped cream.



Makes 16



crème
pâtissière

Beat 2 eggs and 2 oz/60 g sugar until creamy. Stir in 4 tablespoons all purpose flour, sifted, and 10 fl oz/ 300 ml milk, scalded. Transfer mixture to a saucepan, bring almost to the boil and cook, stirring constantly, for 5 minutes. Remove from heat, cover and cool.

fruit kebabs

- 1 small pineapple
- 2 kiwifruits
- 1 small box large strawberries

orange dressing

- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1 tablespoon orange rind, grated

- 1 To make dressing, combine all ingredients in small bowl, beat well.
- 2 Peel and core pineapple, cut into 2.5 cm/1 in cubes. Peel and quarter kiwifruit. Remove stem from strawberries. Thread fruit alternately onto skewers.
- 3 Brush skewers with dressing. Cook on a preheated barbecue grill, turning frequently and basting with dressing while cooking.



Makes about 12



Far Left: Fruit Kebabs.
Below Far Left: Christmas Trifle.
Left: Rainbow Ice Cream Log.

rainbow ice cream log

- 3 1/2 pt/2 liters rich vanilla ice cream
- 3 oz/90 g dark chocolate, melted
- 4 oz/125 g fresh or frozen raspberries, puréed
- 1 tablespoon Grand Marnier
- 6 1/2 oz/200 g marzipan
- 1/3 cup caramel sauce
- 3/4 cup thickened cream
- chopped praline for decoration

- 1 Line base and sides of a loaf pan with foil, bring foil 2 in/5 cm above rim.
- 2 Soften a little bit less than 1/3 of the ice cream, beat in a small bowl with electric mixer until smooth. With mixer operating, drizzle in chocolate. Pour into prepared pan, freeze until firm.

- 3 Soften 1/3 of the ice cream, beat in a small bowl with electric mixer until smooth. Add combined raspberry purée and Grand Marnier. Roll half the marzipan, cover chocolate ice cream, pour over raspberry ice cream, freeze until firm.

- 4 Soften remaining 1/3 ice cream, beat in a small bowl with electric mixer until smooth, add caramel sauce, beat until combined. Roll remaining marzipan, cover raspberry ice cream, pour over caramel ice cream, freeze until firm.

- 5 Turn out onto a serving plate using the foil to help you. Decorate with whipped cream and chopped praline.

christmas trifle

- 10 Lady fingers
- 8 oz/250 g amaretti
- 1 cup sherry or a mixture of sherry and brandy
- 1 lb/500 g strawberries, hulled and halved
- 8 oz/250 g blueberries or raspberries

english egg custard

- 1 1/2 cups milk
- 1 vanilla bean or 1/2 teaspoon vanilla extract
- 3 egg yolks
- 3 tablespoons superfine sugar
- 1 1/2 teaspoons cornflour

lemon syllabub

- 2 tablespoons lemon juice
- brandy
- thinly peeled rind of 1 lemon
- 2 1/2 oz/75 g superfine sugar

- 1 1/4 cups heavy or double cream
- 1/3 cup white wine

- 1 To start syllabub, place lemon juice in a measuring cup, add enough brandy to measure 4 fl oz/ 125 ml, add lemon rind, cover and stand overnight.
- 2 To make custard, scald milk in a saucepan with vanilla bean (if using). Beat egg yolks, sugar and cornflour until light. Remove bean from milk and gradually stir into egg mixture. Return mixture to saucepan and cook over low heat, stirring, until custard coats the back of the spoon. Pour into a bowl, stir in vanilla extract (if using), cover surface with plastic food wrap and cool.
- 3 Halve Lady fingers and place in a shallow bowl with amaretti.

Sprinkle with sherry and set aside to soak for 30 minutes. Reserve a few strawberries for garnish, then layer soaked biscuits, strawberries and blueberries or raspberries in a glass serving bowl. Spoon custard over, cover and chill.

- 4 To finish syllabub, strain lemon liquid, pressing rind well to extract flavor. Add sugar to liquid and stir until dissolved. Beat cream to soft peaks, then gradually add lemon liquid and wine, a little at a time, beating constantly until cream holds soft peaks. Cover and chill.

- 5 An hour before serving, spoon syllabub over trifle. When ready to serve, decorate with reserved berries.



Serves 8-10



Serves 8





Above: Berry Mousse. Right: Chocolate Decadence.

berry mousse

- 3½ oz/100 g blueberries
- 3½ oz/100 g raspberries
- 3½ oz/100 g mulberries
- 2 tablespoons maple or golden syrup
- 2 egg whites
- 1 cup cream, whipped
- 3 teaspoons unflavored gelatin dissolved in 1 tablespoon boiling water, cooled

chocolate cream

- 3 oz/90 g chocolate, melted and cooled
- ¼ cup heavy or double cream

- 1 Place blueberries, raspberries, mulberries and maple or golden syrup in a food processor or blender and process until smooth. Push purée through a fine sieve to remove seeds. Place egg whites in a bowl and beat until stiff peaks form.
- 2 Fold berry mixture into whipped cream, then fold in egg whites

- and gelatin mixture. Carefully pour mixture into two oiled 185 ml/6 fl oz capacity molds or ramekins. Cover and refrigerate for 2 hours or until set.
- 3 To make chocolate cream, fold chocolate into cream.
 - 4 To serve, unmold mousses, place on serving plates and accompany with chocolate cream.



Serves 2

Mousses and cream can be made the day before. Remove cream from the refrigerator 1 hour prior to serving to allow it to soften. Any combination of fresh, canned or frozen berries can be used for this dessert. If using canned berries, drain them well first. If using frozen berries allow them to thaw before using.

chocolate decadence

2 chocolate cakes, 10 in/25 cm diameter each

chocolate cream

- 3 oz/90 g milk chocolate, melted
- 1 tablespoon brandy
- ½ cup heavy or double cream, whipped

molding chocolate

- 6½ oz/200 g chocolate (milk, dark or white)
- 2½ fl oz/75 ml liquid glucose

- 1 To make chocolate cream, fold chocolate and brandy into cream. Spread over top of one cake, then top with remaining cake.
- 2 To make molding chocolate, place chocolate in a heatproof bowl over

a saucepan of simmering water and heat, stirring, until chocolate melts. Remove from heat and set aside to cool to lukewarm. Stir in glucose and mix until the chocolate leaves the sides of the bowl and forms a ball. Take care not to overmix or chocolate will separate. You should stop stirring as soon as the mixture is combined.

- 3 Wrap molding chocolate in plastic food wrap and refrigerate for 30 minutes or until firm. Remove molding chocolate from the refrigerator and knead in your hands until pliable. Take tablespoons of molding chocolate and roll into flat irregular shapes. Drape over cake.



Makes a 10 in/25 cm round cake



Liquid glucose is a colorless, odorless, sweet syrup, mainly used in confectionery and bakery. It is available at cake-decorating shops.





chocolate nougat hearts

12 oz/375 g milk chocolate, broken into pieces

1½ oz/45 g butter, chopped

½ cup heavy or double cream

6½ oz/200 g nougat, chopped

3½ oz/100 g almonds, toasted, chopped

1 Place chocolate, butter and cream in a heatproof bowl over a saucepan of simmering water and heat, stirring, until mixture is smooth.

2 Add nougat and almonds and mix well to combine. Pour mixture into a greased and lined 7 x 11 in/ 18 x 28 cm shallow cake tin. Refrigerate for 2 hours or until set.

3 Using a heart-shaped cutter, cut out hearts from set mixture.



Makes 40

Dip cutter into warm water and dry on a clean towel between each cut to achieve evenly straight edges.

cassata siciliana

1 lb/500 g ricotta cheese

8 oz/250 g sugar

2 tablespoons chopped pistachios

3 tablespoons chopped glacé fruit

¼ teaspoon ground cinnamon

2 oz/60 g dark chocolate, grated

2 tablespoons amaretto liqueur

2 slices sponge cake, 8 in/20 cm diameter and ½ in/1 cm thick each

topping

1 cup cream

1 tablespoon amaretto liqueur

selection of glacé fruit



Left: Chocolate Nougat Hearts. Above: Cassata Siciliana.

1 Beat ricotta cheese and sugar together until light and fluffy. Divide mixture in half. Fold pistachios and fruit into half of mixture. Mix cinnamon, chocolate and amaretto into other half. Cover and set aside.

2 Line base and sides of an 8 in/ 20 cm mold with plastic food wrap, then with one of cake slices. Fill with fruit mixture and top with remaining cake slice. Cover and freeze for 2 hours or overnight. Pour chocolate mixture over, freeze until set.

3 To make topping, whip cream and amaretto together until soft peaks form. Just prior to serving, turn out cassata, spread completely with cream and decorate with glacé fruit.



Serves 8

A simple do-ahead dinner party dessert that looks spectacular when decorated with extra glacé fruit. It is best prepared a day before serving.



Above: Chestnut Log. Right: Christmas Butter Cookies.

christmas butter cookies

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

- 1 Sift together flour, baking powder and salt. Rub in butter with fingertips until mixture resembles breadcrumbs. Make a well in the center of mixture.
- 2 Beat together eggs, sugar, vanilla extract and lemon rind, add to flour mixture and mix to make a soft dough. Knead lightly on a floured

- surface and cut into 4 pieces. Wrap each in plastic food wrap and chill for 3 hours.
- 3 Preheat oven to 350°F/180°C/ Gas 4. Roll out one piece of dough at a time to ¼ in/5 mm thick and cut into desired shapes. Brush shapes with egg white. Decorate cookies as desired.
- 4 Arrange cookies on lightly greased and floured baking trays and bake for 10-12 minutes or until cookies are firm and edges are golden. Cool on wire racks.



Makes 48

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

chestnut log

- 14 oz/440 g canned sweetened chestnut purée
- ½ cup butter, softened
- 1 egg
- 2-3 drops vanilla extract
- 4 tablespoons rum
- 24 Lady fingers

glaze

- 2 tablespoons cocoa powder
- 1 tablespoon superfine sugar
- 2 tablespoons water

icing

- ¾ cup powdered sugar
- ½ cup butter, softened
- 1 tablespoon very strong coffee, cooled

- 1 Combine chestnut purée, butter, egg, vanilla extract and half the rum in a bowl until smooth. Grease and line the bottom and sides of a 8 x 5 in/20 x 12.5 cm loaf tin with fingers and sprinkle with remaining rum. Spoon in chestnut mixture; top with fingers. Refrigerate until firm, turn log out onto a serving platter.
- 2 To make glaze, combine cocoa powder, sugar and water in a heatproof bowl over a saucepan of simmering water. Stir until sugar has dissolved and glaze is smooth. Cool and brush three-quarters of the glaze over log.
- 3 To make icing, cream together powdered sugar, butter and coffee. Beat until well blended. Decorate log with piped rosettes of icing and drizzle over remaining glaze. Serve sliced with ice cream, if desired.



Serves 8

If brewed coffee is unavailable, substitute 1 teaspoon of instant coffee dissolved in 1 tablespoon hot water.



christmas mince pies

- 1 quantity Christmas mincemeat
- 1 beaten egg
- superfine sugar to sprinkle

rich shortcrust pastry

- 10 oz/315 g all purpose flour
- 1/2 teaspoon salt
- 6 oz/185 g butter, cut into pieces
- 1 tablespoon superfine sugar
- 1 egg yolk blended with 2 tablespoons iced water

1 To make pastry, sift flour and salt into a bowl. Rub in butter with fingertips until mixture resembles breadcrumbs. Stir in sugar and make a well in the center. Add egg yolk mixture and mix to make a dough.

Knead lightly on a floured surface until smooth. Wrap and chill for 1 hour.

2 Preheat oven to 375°F/190°C/ Gas 5. Roll half the pastry thinly into a rectangle. Cut out 12 rounds to fit small greased tartlet tins. Cut out 12 more rounds for lids of pies.

3 Fill pastry cases with mincemeat and cover with pastry lids.

Decorate lids with cut-outs of stars or slits, if liked, and press edges to seal. Brush with beaten egg and sprinkle with superfine sugar.

4 Bake for 25 minutes or until golden. Stand briefly in tins before turning out. Serve warm or cold.



Makes 12

christmas mincemeat

Chop 2 oz/60 g blanched almonds, 4 oz/125 g candied peel, 1 Granny Smith apple, 2 oz/60 g glacé cherries and 2 oz/60 g glacé ginger. Mix with 8 oz/250 g shredded suet and 1 1/2 lb/750 g mixed dried fruit. Set aside one-third of mixture and coarsely mince the rest. Combine both mixtures. Stir in 8 oz/250 g soft brown sugar, 1/4 teaspoon salt, 1/4 teaspoon ground nutmeg, 1/4 teaspoon ground mixed spice, grated rind and juice of 1 orange and 1 lemon and 1/2 cup brandy or rum.

Pack into sterilized jars, cover with greaseproof paper dipped in brandy, then cover with lids.



Left: Christmas Mince Pies.
Above: Chocolate Gold.

chocolate gold

- 8 oz/250 g dark chocolate, broken into pieces
- 5 oz/155 g butter, chopped
- 4 eggs, separated
- 6 oz/185 g sugar
- 1 1/2 oz/45 g all purpose flour, sifted
- gold leaf
- cream for serving

chocolate mirror glaze

- 8 oz/250 g dark chocolate, broken into pieces
- 3 teaspoons oil

Gold leaf to be edible must be pure 22- to 24-karat gold. It is available at cake-decorating shops. Each 24-karat sheet is gossamer thin and quite delicate but it will keep indefinitely. Although gold leaf has neither taste nor smell, it adds a spectacular showiness.

1 Place chocolate and butter in a heatproof bowl over a saucepan of simmering water and heat, stirring, until mixture is smooth. Remove bowl from pan and set aside to cool.

2 Place egg yolks and sugar in a bowl and beat until thick and pale. Fold flour and chocolate mixture into egg yolk mixture. Place egg whites in a clean bowl and beat until stiff peaks form. Fold egg whites into chocolate mixture.

3 Pour mixture into a greased and lined 9 in/23 cm springform tin and bake at 325°F/160°C/Gas 3 for 30 minutes or until cake is cooked

when tested with a skewer. Cool cake in tin.

4 To make glaze, place chocolate in a heatproof bowl over a saucepan of simmering water and heat, stirring, until chocolate melts and is smooth. Stir in oil and mix until combined.

5 Remove cake from tin and place on a wire rack. Pour glaze over cake and allow it to run over sides. Allow to set. Decorate with gold leaf and serve with cream.



Serves 12



Cooking is not an exact science: one does not require finely calibrated scales, pipettes and scientific equipment to cook, yet the conversion to metric measures in some countries and its interpretations must have intimidated many a good cook. Weights are given in the recipes only for ingredients such as meat, fish, poultry, some vegetables, fruit, rice, cheese, butter, flour, sugar, nuts, chocolate and canned products. Though a few grams/ounces one way or another will not affect the success of your dish.

weights & measures

cups and spoons

Though recipes have been tested using the standard 250 ml cup, 20 ml tablespoon and 5 ml teaspoon, they will work just as well with the US and Canadian 8 fl oz cup, or the UK 300 ml cup. Where tablespoon measures have been given, these are not crucial measures, so using the smaller American or English 14.8 ml/1/2 fl oz tablespoon will not affect the recipe's success. For breads, cakes and pastries, a graduated set of measuring cups and spoons is recommended, the cups in particular for measuring dry ingredients. Remember to level such ingredients to ensure their accuracy.

oven temperatures

The Celsius temperatures given here are not exact; they have been rounded off and are given as a guide only. Follow the manufacturer's temperature guide, relating it to oven description given in the recipe. Remember gas ovens are hottest at the top, electric ovens at the bottom and convection-fan forced ovens are usually even throughout. We included Regulo numbers for gas cookers which may assist.

To convert °C to °F multiply °C by 9 and divide by 5 then add 32.

	°F	°C	Regulo
Very slow	250	120	1
Slow	300	150	2
Moderately slow	325	160	3
Moderate	350	180	4
Moderately hot	370-400	190-200	5-6
Hot	410-440	210-220	6-7
Very hot	450	230	8
Super hot	475-500	250-290	9-10

american measures

The American reputed pint is 16 fl oz, a quart is equal to 32 fl oz and the American gallon, 128 fl oz. The Imperial measurement is 20 fl oz to the pint, 40 fl oz a quart and 160 fl oz one gallon.

cup measurements

One cup is equal to the following weights:

	Imperial	Metric
Almonds, flaked	3 oz	90 g
Almonds, kernel	5 oz	155 g
Apples, dried, chopped	4 oz	125 g
Apricots, dried, chopped	6 oz	190 g
Breadcrumbs, packed	4 oz	125 g
Breadcrumbs, soft	2 oz	60 g
Cheese, grated	4 oz	125 g
Choc bits	5 oz	155 g
Coconut, shredded	3 oz	90 g
Cornflakes	1 oz	30 g
Flour	4 oz	125 g
Fruit, dried (mixed, raisins)	6 oz	185 g
Honey, treacle, golden syrup	10 oz	315 g
Mixed peel	7 oz	220 g
Nuts, chopped	4 oz	125 g
Rice, cooked	5 oz	155 g
Rice, uncooked	7 oz	220 g
Rolled oats	3 oz	90 g
Shortening (butter, margarine)	8 oz	250 g
Sugar, brown	5 oz	155 g
Sugar, granulated or superfine	8 oz	250 g
Sugar, sifted powdered	5 oz	155 g

liquid measures

Imperial	Metric	Cup & Spoon
fl oz	ml	
fluid ounces	millilitres	
1/6 fl oz	5 ml	1 teaspoon
2/3 fl oz	20 ml	1 tablespoon
1 fl oz	30 ml	1 tablespoon plus 2 teaspoons
2 fl oz	60 ml	1/4 cup
2 1/2 fl oz	85 ml	1/3 cup
3 fl oz	100 ml	3/8 cup
4 fl oz	125 ml	1/2 cup
5 fl oz	150 ml	1/4 pint, 1 gill
8 fl oz	250 ml	1 cup
10 fl oz	300 ml	1/2 pint
12 fl oz	360 ml	1 1/2 cups
14 fl oz	420 ml	1 3/4 cups
16 fl oz	500 ml	2 cups
20 fl oz-1 pint	600 ml	2 1/2 cups
35 fl oz-1 3/4 pints	1 liter	4 cups

dry measures

All the measures are level, so when you have filled a cup or spoon, level it off with the edge of a knife. The scale below is the "cook's equivalent"; it is not an exact conversion of metric to Imperial measurement. To calculate the exact metric equivalent yourself, use 2.2046 lb = 1 kg or 1 lb = 0.45359 kg.

Imperial	Metric
oz = ounces	g = grams
lb = pounds	kg = kilograms
1/2 oz	15 g
2/3 oz	20 g
1 oz	30 g
2 oz	60 g
3 oz	90 g
4 oz - 1/4 lb	125 g
5 oz	155 g
6 oz	185 g
7 oz	220 g
8 oz - 1/2 lb	250 g
9 oz	280 g
10 oz	315 g
11 oz	345 g
12 oz - 3/4 lb	375 g
13 oz	410 g
14 oz	440 g
15 oz	470 g
35.2 oz - 2.2 lb	1000 g - 1 kg
3.3 lb	1.5 kg

cake dish sizes

Imperial	Metric
6 in	15 cm
7 in	18 cm
8 in	20 cm
9 in	23 cm
10 in	25 cm

loaf dish sizes

Imperial	Metric
9 x 5 in	23 x 12 cm
10 x 3 in	25 x 8 cm
11 x 7 cm	28 x 18 cm

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Fruity Cheese Log	26	Chicken Tacos	48	Apricot Almond Shortcake	82
Greek Tuna Focaccia	27	Creamy Spinach in Zucchini	53	Berry Mousses	88
Individual Antipasto Rolls	22	Curry Puffs	50	Brandy Snaps	85
Mini Bruschetta	29	Guacamole Ham Rolls	48	Cassata Siciliana	91
Pimento and Cheese Sandwiches	24	Snow Pea Boats with Minted Cream Cheese	51	Chestnut Log	92
Smoked Salmon Bagels	29	Spring Rolls	48	Chocolate Decadence	88
Tomato Salsa on Bruschetta	25			Chocolate Gold	95
		fantastic finger food		Chocolate Nougat Hearts	91
kindest cuts		Asparagus Prosciutto Fingers	56	Christmas Butter Cookies	92
Caraway Slaw Topping	37	Baby Brioche Sandwiches	56	Christmas Mince Pies	94
Cheese Asparagus Topping	37	Beef Fillet with Horseradish Cream	60	Christmas Trifle	86
Cool Cucumber Topping	36	Coconut Fish Parcels	63	Éclairs	84
Creamy Tuna Spread	33	Egg Tartlets	57	Fruit Kebabs	86
Crostini	32	Eggs in a Mushroom Nest	58	Fruit Tarts	84
Crunchy Prosciutto	35	Endive with Herb Cheese	56	Golden Waffles	79
Eggplant Fritters	32	Onion Cumin Tart	61	Orange Pecan Mousse	80
Fruit and Cheese Platter	34	Open Béarnaise Burgers	58	Rainbow Ice Cream Log	87
Gorgonzola and Walnuts	36	Oysters with Gravlax	62	Rich Christmas Pudding	79
Marinated Olives	33	Savory Puffs	61	Rum Balls	80
Melon Camembert Topping	36	Scallops with Mango Salsa	62	White Chocolate Fondue	83
Mexican Pumpkin Seed Dip	37			weights & measures	96