

Chef

e x p r e s s



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fast light meals





fast light meals

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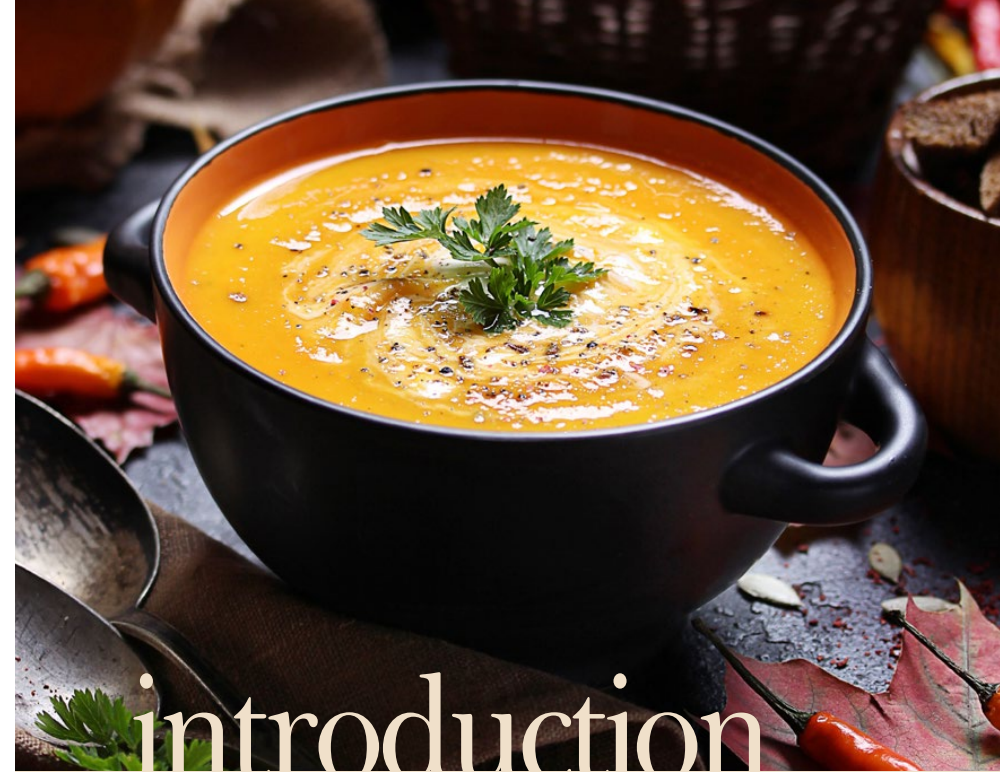
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You don't need to spend hours in the kitchen to fix meals that are both healthy and delicious. The recipes in this book are made with simple, nutritious ingredients and can be ready in a snap! From speedy midweek salads, to hearty wholesome soups, every dish is hassle-free and packed with all necessary nutrients.



fast light meals



The stresses of modern living leave little time for elaborate cooking. It is wonderful to lavish time and attention on the special-occasion meal planned days in advance, but most of us have to juggle the demands of home, family and work, fitting food preparation and cooking into a schedule that is frequently frantic.

When time is short, it is a great temptation to turn to convenience foods, popping a frozen dinner into the microwave or opening a handy can. While such foods can be useful, they are often sources of hidden sugar and additives; the true convenience lies in being able to produce quick, tasty meals from store cupboard ingredients, freezer or vegetable rack, with the minimum of fuss and maximum food value. Stir fries, salads and simple egg dishes like frittata

are a gift to the busy cook, fish and seafood are ideal for nutritious quick meals and even sandwiches - if carefully constructed - can pack plenty of protein.

Vegetables can be used in a host of different ways to make meals in moments, and this book provides plenty of recipe ideas, including sumptuous salads for serving all year round.

Mention is made of appliances such as food processors, mixer and blenders, but these are not essential. It may take a little longer, but it is perfectly possible to use a sieve to puree vegetables, or finely chop ingredients by hand, using nothing more sophisticated than a sharp knife.



Difficulty scale

| Easy to do

| Requires attention

| Requires experience

cauliflower & tomato salad

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

ingredients

- > 1 head cauliflower, cut into florets, cooked and cooled
- > 250g/8oz cherry tomatoes
- > 1 small bunch watercress, broken into sprigs
- > 2 tablespoons chopped fresh parsley
- > 1 clove garlic, crushed
- > 2 tablespoons white wine vinegar
- > 4 tablespoons olive oil

method

1. Combine cauliflower, tomatoes, watercress and parsley in a salad bowl.
2. Whisk garlic, vinegar and oil together in a bowl, pour over salad and toss to mix well.

.....
Serves 6



tip from the chef

This crisp and crunchy salad is perfect for any summer picnic or barbeque.



bean salad

with artichokes



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

method

1. Place red pepper strips in a bowl of iced water for 20 minutes or until curled. Drain.
2. Combine the green beans, cannellini beans, artichokes and pepper curls in a salad bowl. Whisk the oil and vinegar together in a small bowl; pour over salad and toss well.

ingredients

- > 1 red pepper, cut into thin strips
- > 375g/12 oz green beans, topped and tailed, blanched and cooled
- > 185g/6 oz drained canned cannellini beans, rinsed
- > 6 drained canned artichokes, halved
- > 5 tablespoons olive oil
- > 2 tablespoons red wine vinegar

.....
Serves 4

tip from the chef

For a hearty, energy-boosting main dish, serve this salad over cooked brown rice.



spinach

grapefruit salad

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

ingredients

- > 1 bunch fresh young spinach leaves, rinsed and dried, leaves torn into pieces
- > 1 large grapefruit, segmented
- > ½ Spanish onion, diced
- > ½ small red cabbage, shredded
- > 60ml/2fl oz vinaigrette
- > 3 tablespoons freshly squeezed orange juice

method

1. Place spinach in a salad bowl. Add the grapefruit, onion and cabbage and toss well.
2. Whisk the vinaigrette and orange juice together in a small bowl, pour over the salad and toss lightly. Serve at once, garnished with thin strips of orange rind if liked.

.....
Serves 4



tip from the chef

For an extra touch of crunchiness, top this salad with chopped walnuts.





marinated mushroom & red pepper salad

■ □ □ | Cooking time: 0 minute - Preparation time: 3 hours 5 minutes

method

1. Combine lemon juice, red vinegar, garlic, basil, parsley and oil in a large bowl. Whisk.
2. Stir in pimientos and mushrooms. Cover and chill for 3 hours. Serve garnished with basil.

.....
Serves 4

ingredients

- > 2 tablespoons lemon juice
- > 1 tablespoon red wine vinegar
- > 2 cloves garlic, crushed
- > 1 tablespoon chopped fresh basil
- > 1 tablespoon chopped fresh parsley
- > 4 tablespoons salad oil
- > 8 drained canned red peppers, sliced into strips
- > 250g/8 oz mushrooms, sliced
- > basil sprig for garnish

tip from the chef

This recipe can be easily made ahead of time, as it keeps well in the refrigerator.



turnip & kiwi fruit salad

■ □ □ | Cooking time: 3 minutes - Preparation time: 15 minutes

ingredients

- > 1 chicken or vegetable stock cube
- > 3 small turnips, peeled and sliced
- > 4 kiwi fruit, peeled and sliced
- > 4 tablespoons salad oil
- > 1 tablespoon freshly squeezed lime juice
- > salt
- > ¼ teaspoon crushed black peppercorns

method

1. Bring a saucepan of water to the boil. Crumble in stock cube and add turnips. Cook for 3 minutes; drain.
2. Arrange the kiwi fruit and turnip slices in concentric circles on a serving plate.
3. Whisk salad oil and lime juice together in a small bowl. Add salt to taste. Pour dressing over salad, dust with the crushed peppercorns and serve, garnished with thin red chili rings if liked.

.....
Serves 4



tip from the chef

If turnips are unavailable, substitute them with radishes, jicamas or kohlrabis.





beetroot

slices with yogurt

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

method

1. Preheat oven to 180°C/350°F/Gas 4. Place beetroot in a casserole dish and bake, covered, for 1 hour or until tender. Slip off the skins. Cool, then chill covered until required.
2. Fan out the radicchio leaves on the right of a serving plate. Slice the beetroot and arrange them on the left, with the parsley. Drizzle the yogurt over the beetroot and serve at once.

ingredients

- > 8 fresh baby beetroot, cleaned and trimmed
- > 16 radicchio leaves
- > bunch fresh parsley, broken into sprigs
- > 185ml/6 fl oz natural low fat yogurt

.....
Serves 4

tip from the chef

If preferred, you can steam the beets instead of baking them. Plus: if you mix the beets with the yogurt, your salad will become pink!



spinach

& sesame seed salad

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

ingredients

- > 2 tablespoons sesame seeds
- > 2 tablespoons tahini
- > 2 teaspoons sesame oil
- > 3 tablespoons soy sauce
- > 2 tablespoons rice vinegar
- > 60ml/2 fl oz olive oil
- > 2 teaspoon grated root ginger
- > 1kg/2 lb spinach, stalks removed, washed and dried
- > 250g/8 oz mushrooms, sliced
- > 250g/8 oz cherry tomatoes, halved

method

1. Preheat oven to 180°C/350°F/Gas 4. Spread out the sesame seeds on a baking sheet and roast for 10 minutes; set aside.
2. Combine the tahini, sesame oil, soy sauce, rice vinegar, olive oil and ginger in a screw top jar. Close the lid tightly and shake well.
3. Tear the spinach into pieces and put in a large salad bowl with the mushrooms and tomatoes. Pour the dressing over and toss well. Sprinkle with the sesame seeds just before serving.

.....
Serves 8



tip from the chef

This nutritious salad combines Asian flavors like soy sauce, rice vinegar and sesame seeds.



smoked

turkey & apple salad



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

method

1. Cut each apple quarter, into 3 wedges.
2. Whisk vinegar, walnut oil and coriander in a large bowl. Add walnuts, turkey and apples; toss well.
3. Arrange salad on a large serving platter, garnished with fresh dill if liked.

ingredients

- > 4 crisp dessert apples, cored and quartered
- > 60ml/2 fl oz white wine vinegar
- > 125ml/4 fl oz walnut oil
- > 2 tablespoons finely chopped fresh coriander
- > 125g/4oz walnuts, chopped and roasted
- > 1kg/2 lb smoked turkey, cut into strips

.....

Serves 8

tip from the chef

This salad goes great with Cheddar cheese. If desired, add 2 cups of cubed Cheddar before tossing the other salad ingredients.



lychee & melon salad

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

ingredients

- > 1 cantaloupe, peeled, seeded and cubed
- > 1 x 625g/1¼ lb can lychees, drained
- > 2 tablespoons finely shredded fresh mint
- > 185ml/6 fl oz sweet white wine

method

1. In a large bowl, combine the cantaloupe, lychees and mint. Pour over the wine and toss well. Serve at once or chill for 2-3 hours.

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Serves 8

tip from the chef

This tangy summery salad is great both as breakfast and dessert. To prepare the lychees, simply crack the shells, and the skin will peel off easily.



three-fruit compote

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

method

1. Divide the fruit between four serving dishes. Chill.
2. Just before serving, whisk the lime juice, honey and cinnamon together. Pour over the fruit and serve, decorated with the mint.

.....
Serves 4

ingredients

- > 1 cantaloupe, peeled, seeded and cut into 2cm³/₄ in cubes
- > 2 kiwi fruit, peeled and sliced
- > 250g/8 oz black grapes
- > 3 tablespoon freshly squeezed lime juice
- > 1 tablespoon honey
- > ¼ teaspoon ground cinnamon
- > mint sprigs for decoration

tip from the chef

Thin pouring honey is best for this dressing; if a thicker honey is used, warm the mixture briefly in the microwave before whisking it.



sparkling strawberries

■ □ □ | Cooking time: 0 minute – Preparation time: 2 hours and 2 minutes

ingredients

- > 625g/1¼ lb strawberries, hulled and halved
- > 60 ml/2 fl oz Cointreau or other orange flavored liqueur
- > 500 ml/16 fl oz champagne

method

1. Put strawberries in a glass bowl. Sprinkle with Cointreau. Pour 250 ml/8 fl oz of champagne into bowl. Cover and chill for 2 hours.
2. Divide strawberries and their liquor between six deep dessert bowls or glasses. Pour remaining champagne over strawberries and serve at once.

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Serves 4



tip from the chef

This dessert needs to be chilled for a couple of hours for the juices to become syrupy.



creamy squash soup



■ □ □ | Cooking time: 35 minutes - Preparation time: 10 minutes

method

1. Melt butter in a large saucepan, add squash and onion, cook until squash is cooked through. Add stock to mixture, bring to the boil and simmer for 20 minutes or until squash falls apart.
2. Remove from heat and puree until smooth. Transfer mixture to a large saucepan, mix in cream and nutmeg, season. Reheat, garnish and serve.

ingredients

- > 15g/½ oz butter
- > 500g/1 lb yellow squash, chopped
- > 1 onion, chopped
- > 500ml/16 fl oz chicken stock
- > 250ml/8 fl oz sour cream
- > pinch nutmeg
- > salt
- > freshly ground black pepper
- > 2 tablespoons soured cream and snipped chives, for garnish

.....
Serves 4

tip from the chef

Chopped walnuts, Parmesan cheese, rosemary, olive oil, croutons and bacon make great alternative toppings for this deliciously hearty soup.



macaroni & vegetable soup

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

ingredients

- > 1½ liters/2½ pt chicken stock
- > 1½ tablespoons tomato puree
- > 2 carrots, chopped
- > 1 onion, chopped
- > 1 small green pepper, chopped
- > 2 teaspoon bottled green peppercorns, crushed
- > 1 tablespoon chopped fresh basil
- > 25g/4 oz small macaroni

method

1. Bring stock and tomato puree to the boil, add carrots, onion, green pepper, peppercorns and basil, cook for 10 minutes.
2. Add macaroni, cook for a further 10 minutes or until macaroni is al dente and vegetables are tender.

.....
Serves 4



tip from the chef

A savory yet healthy soup that can be served both as a light meal or side dish.





tuna & egg pâté

■□□ | Cooking time: 2 minutes – Preparation time: 10 minutes

method

1. Drain and flake tuna. Beat cream cheese until smooth, stir in tuna, eggs, dill, pepper, Tabasco and lemon juice. Spoon into a serving bowl and garnish with lemon slices and dill.
2. Toast bread slices, remove crusts, cut each slice into 4 triangles. Serve with pâté.

.....
Serves 6

ingredients

- > 1 x 220g/7 oz can tuna
- > 125g/4 oz cream cheese
- > 2 hard-boiled eggs, chopped
- > 1 teaspoon chopped fresh dill
- > freshly ground black pepper
- > few drops Tabasco sauce
- > 1 tablespoon lemon juice
- > lemon slices and dill sprigs for garnish
- > 9 slices wholemeal bread to serve

tip from the chef

Melba toast makes a good accompaniment to both these pates. To make, toast thin slices of white bread, then split each slice through the middle, and toast the uncooked surface of bread.



red pepper mousse

■ ■ □ | Cooking time: 5 minutes – Preparation time: 3 hours 15 minutes

ingredients

- > 185g/6 oz bottled red peppers, drained
- > salt
- > freshly ground black pepper
- > 15g ½ oz powdered gelatin
- > 185ml/6 fl oz whipping cream
- > lime slices and dill sprigs for garnish

tomato sauce

- > 125g/4 oz tomato puree
- > 2 tablespoons tomato juice
- > ¼ teaspoon freshly ground black pepper
- > ½ teaspoon Tabasco sauce

method

1. Place red peppers in a food processor, add salt and pepper to taste. Puree until smooth, about 2 minutes.
2. Sprinkle gelatin onto 3 tablespoons cold water. When spongy, melt over hot water. Add to puree, stir in cream, and mix until well combined.
3. Pour mixture into six oiled 75ml/2½ fl oz molds, chill until firm, about 3 hours.
4. To make tomato sauce: mix together tomato puree, juice, pepper and Tabasco. Add a little water if too thick.
5. Unmould red pepper mousses onto serving plates, pour sauce around and garnish with lime slices and dill.

.....
Serves 6



tip from the chef

This creamy mousse is delicious spread onto a bruschetta for an easy, quick lunch meal.





lime-battered seafood

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

method

1. To make batter, place flour in a bowl and gradually stir in lime juice and soda water. Mix well to combine, then stir in lime rind. Set aside.
2. To make mayonnaise, place egg yolks, lemon juice and mustard in a food processor or blender and process to combine. With machine running, slowly pour in oil and process until mixture thickens. Stir in coriander and season to taste with black pepper.
3. Heat oil in a large deep saucepan. Dip prawns, squid rings and fish fillets in batter. Drain off excess batter and cook a few at a time in hot oil, until golden. Remove from pan and drain on absorbent kitchen paper. Serve with mayonnaise for dipping.

.....
Serves 4

ingredients

- > oil for deep-frying
- > 8 large uncooked prawns, shelled and deveined, tails left intact
- > 60 g/2 oz squid rings
- > 4 x 90 g/3 oz firm white fish fillets

lime batter

- > 1½ cups/185 g/6 oz flour, sifted
- > ½ cup/125 ml/4 fl oz lime juice
- > 1 cup/250 ml/8 fl oz soda water
- > 2 teaspoons finely grated lime rind

coriander mayonnaise

- > 3 egg yolks
- > 2 tablespoons lemon juice
- > ¼ teaspoon dry mustard
- > 1 cup/250 ml/8 fl oz vegetable oil
- > 1 tablespoon finely chopped fresh coriander
- > freshly ground black pepper

tip from the chef

Never before have fish and chips been this good. When heating oil for deep-frying, check the temperature by dropping a cube of bread into the hot oil. The oil is the right temperature when a bread cube browns in 50 seconds.



cellophane noodle salad

■ □ □ | Cooking time: 6 minutes - Preparation time: 30 minutes

ingredients

- > 155 g/5 oz cellophane noodles
- > 2 teaspoons sesame oil
- > 2 cloves garlic, crushed
- > 1 tablespoon finely grated fresh ginger
- > 4 rashers bacon, chopped
- > 500 g/1 lb pork mince
- > 15 g/½ oz mint leaves
- > 15 g/½ oz coriander leaves
- > 8 lettuce leaves
- > 5 red or golden shallots, chopped
- > 1 fresh red chili, sliced
- > 2 tablespoons lemon juice
- > 1 tablespoon light soy sauce

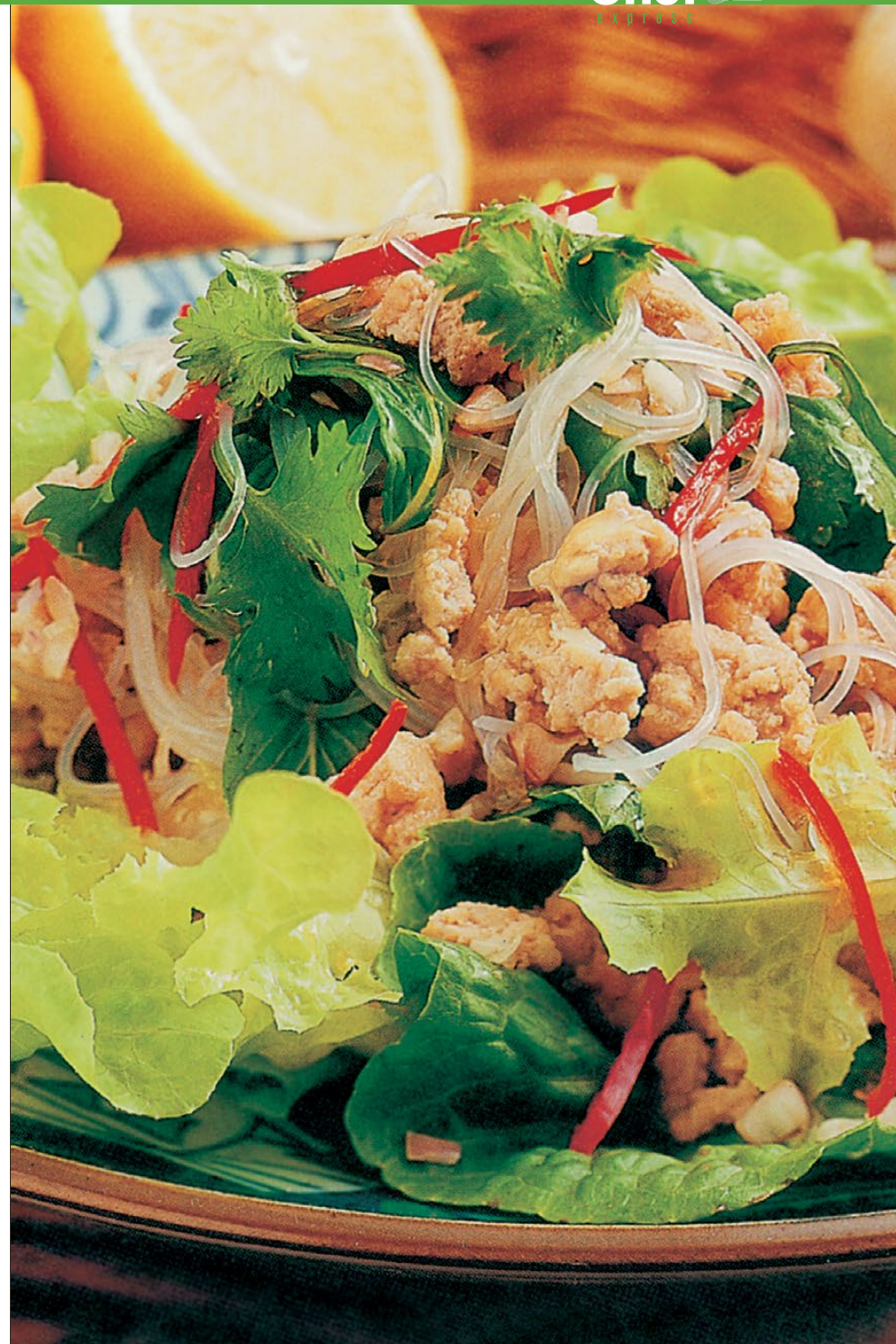
method

1. Place noodles in a bowl and pour over boiling water to cover. Stand for 10 minutes, then drain well.
2. Heat oil in a frying pan over a high heat, add garlic and ginger and stir-fry for 1 minute. Add bacon and pork and stir-fry for 5 minutes or until pork is browned and cooked through.
3. Arrange mint, coriander, lettuce, shallots, chili and noodles on a serving platter. Top with pork mixture, then drizzle with lemon juice and soy sauce.

.....
Serves 4

tip from the chef

Cellophane noodles, also known as glass noodles, bean thread noodles or vermicelli, are made from mung bean flour and are either very thin vermicelli-style noodles or flatter fettuccine-style noodles. In the dried state they are very tough and difficult to break. For ease of use it is better to buy a brand which packages them as bundles.





scallops with chili lime dressing

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

method

1. Bring a small saucepan of water to the boil, add the beans, cook for 1 minute, then add the mangetout. Cook for 30 seconds; refresh mangetout and beans under cold water and drain.
2. Melt the butter in a medium saucepan over moderate heat, add the wine and scallops, and cook for 3 minutes or until cooked through. Remove scallops with a slotted spoon, set aside.
3. To make dressing: Mix together the oil, lime juice, vinegar, chili paste, dill and pepper to taste.
4. Arrange beans, mangetout and scallops on a serving plate. Pour over dressing and serve.

.....
Serves 4

ingredients

- > 200g/6½ oz green beans, topped and tailed
- > 200g/6½ oz mangetout, topped and tailed
- > 15g/½ oz butter
- > 60ml/2 fl oz dry white wine
- > 500g/1 lb shelled scallops

dressing

- > 3 tablespoons olive oil
- > 2 tablespoons freshly squeezed lime juice
- > 2 tablespoons red wine vinegar
- > 1 teaspoon chili paste
- > 1 tablespoon chopped fresh dill
- > freshly ground black pepper

tip from the chef

Chardonnay wine is the best match for this sophisticated dish.



salmon

with orange sauce

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

ingredients

- > 2 small salmon cutlets
- > 30g/1 oz butter
- > 1 tablespoon finely sliced root ginger
- > 60ml/2 fl oz orange juice
- > 1 tablespoon brown sugar
- > lime rind and dill sprigs for garnish

method

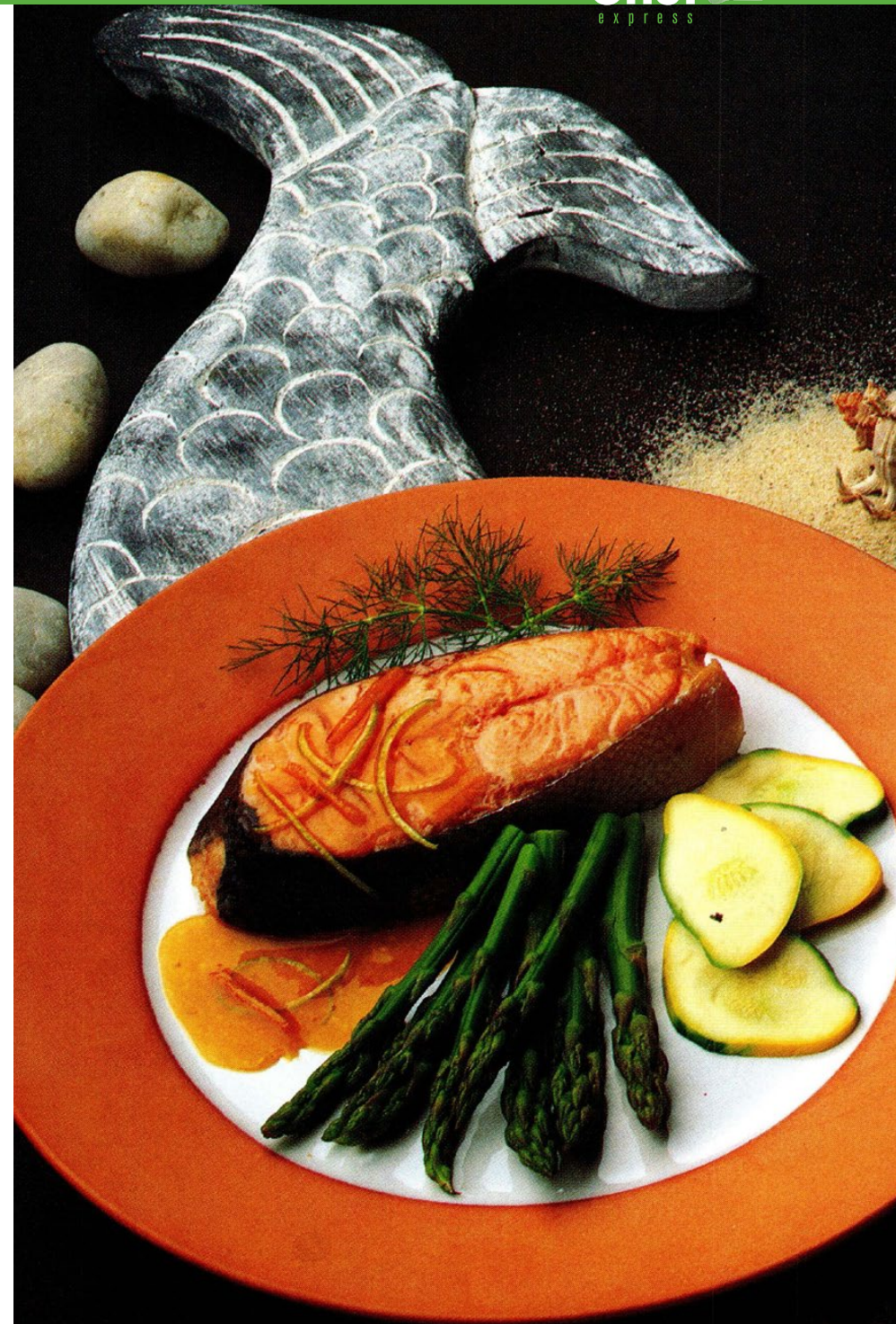
- 1.Heat butter in frying pan. Add fish, cook for 3 minutes each side, or until cooked through. Remove fish, leaving fish juices and butter in pan. Keep fish hot.
- 2.Add remaining ingredients to pan, cook sauce for 10 minutes, or until slightly thickened. Pour sauce over trout, garnish with strips of lime rind and dill sprigs.

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Serves 2



tip from the chef

The sugar in this recipe can be substituted for honey. For added flavor, top the cutlets with a splash of soy sauce.



pork casserole

in tomato basil sauce



■ ■ □ | Cooking time: 1 hour 50 minutes – Preparation time: 10 minutes

method

1. Heat oil in a large, nonstick frying pan over high heat. Add pork cubes and sear well on all sides. Reduce heat to moderate, stir in onions, garlic, mushrooms and pine nuts, cook, stirring constantly until pine nuts are golden. You may like to reserve 1 tablespoon of pine nuts to garnish.
2. Add wine and basil to the frying pan. Simmer gently for 5 minutes, scraping up browned bits from the bottom.
3. Stir in tomatoes, tomato puree, sugar, Worcestershire sauce and chutney. Cover and simmer mixture gently for 1½ hours or until pork is tender. Garnish with fresh herbs to serve.

ingredients

- > 2 tablespoons olive oil
- > 1kg/2 lb lean pork, cut into 2cm¾ in cubes
- > 2 onions, roughly chopped
- > 4 cloves garlic, finely chopped
- > 250g/8 oz small button mushrooms
- > 60g/2 oz pine nuts
- > 250ml/8 fl oz white wine
- > 2 teaspoons dried basil
- > 2 x 440g/14 oz cans chopped canned tomatoes
- > 3 tablespoons tomato puree
- > ½ teaspoon brown sugar
- > 2 tablespoons Worcestershire sauce
- > 1 tablespoons sweet fruit chutney
- > fresh herbs to garnish

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Serves 4

tip from the chef

Serve this casserole over your favorite pasta, rice or potatoes.



quick lamb & vegetable stir fry

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

ingredients

- > 2 tablespoons sesame oil
- > 2 cloves garlic, crushed
- > 1 tablespoon grated fresh ginger
- > 500g/1 lb lamb fillets, cut into small slices
- > 1 large onion, cut into 8 wedges
- > 1 tablespoon soy sauce
- > 2 teaspoon honey
- > 75ml/2½ fl oz stock
- > 1 teaspoons cornflour
- > 2 tablespoons sherry
- > 1 red pepper, cut into cubes
- > 220g/7 oz drained, canned sliced bamboo shoots
- > 185g/6 oz broccoli florets
- > 60g/2 oz cashew nuts
- > 200g/6½ oz mangetout, topped and tailed

method

1. Heat oil in a large, nonstick frying pan over moderate heat. Add garlic and ginger, stir fry for 1 minute. Stir in lamb, cook until browned, remove from frying pan with a slotted spoon and set aside.
2. Add onions, stir-fry for 3 minutes. Stir in soy sauce, honey, stock, cornflour and sherry, stir until sauce thickens slightly. Stir in red pep per, bamboo shoots, broccoli, cashews and mangetout, return lamb to pan, stir fry for 2-3 minutes, serve.

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Serves 4



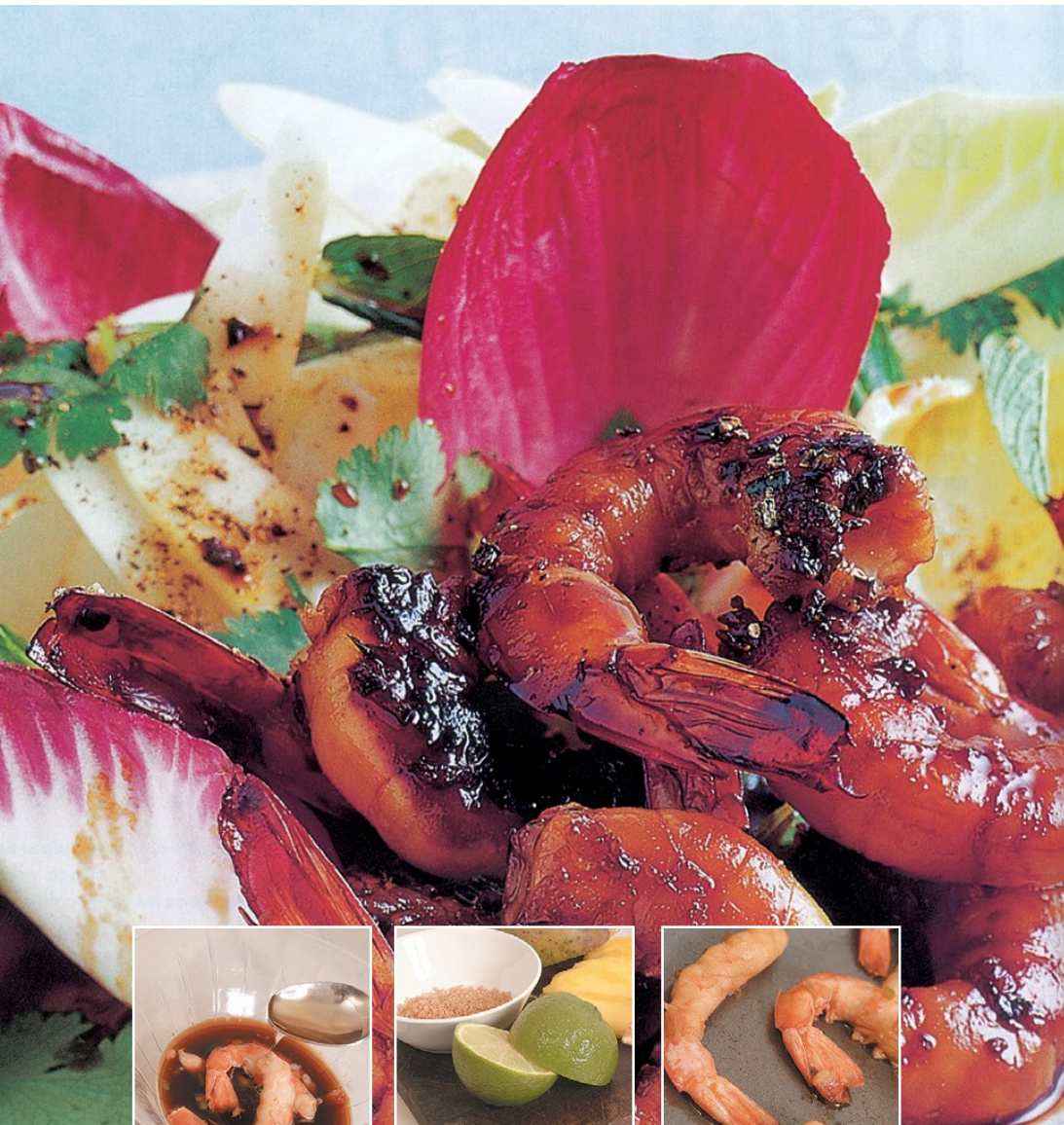
tip from the chef

This stir fry is easy and quick to prepare, yet flavorful and sophisticated enough to be served at any dinner party.



grilled

prawn salad



a



b



c

■ ■ □ | Cooking time: 2 minutes - Preparation time: 30 minutes

method

1. Place prawns, chili, soy sauce and honey (a) in a bowl, toss to combine and marinate for 5 minutes.
2. Arrange chicory, radicchio, mangoes, mint and coriander on serving plates. Combine sugar and lime juice in a small bowl (b) and drizzle over salad.
3. Heat a nonstick frying pan over a high heat, add prawns (c) and stir-fry for 2 minutes or until cooked. Place prawns on top of salad, spoon over pan juices and serve immediately.

ingredients

- > 16 uncooked prawns, shelled and deveined, tails left intact
- > 1 fresh green chili, seeded and shredded
- > ¼ cup/60 ml/2 fl oz light soy sauce
- > 1 tablespoon honey
- > 1 chicory, leaves separated
- > 1 radicchio, leaves separated
- > 2 green (unripe) mangoes, thinly sliced
- > 4 tablespoons fresh mint leaves
- > 3 tablespoons fresh coriander leaves
- > 1 tablespoon brown sugar
- > 2 tablespoons lime juice

Serves 4

tip from the chef

This prawn salad must be prepared and served at once.



harlequin salad

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

ingredients

- > 2 tablespoons mayonnaise
- > 4 tomatoes, cut into 1 cm/½ in slices
- > 12 slices mozzarella cheese, cut into rounds
- > 6 slices peeled cucumber, cut in halves
- > black olives, sliced, for garnish
- > parsley, for garnish

pesto sauce

- > 1 cup fresh basil leaves
- > 1 clove garlic
- > ¼ cup pine nuts
- > 2 tablespoons olive oil
- > 2 tablespoons freshly grated Parmesan cheese

method

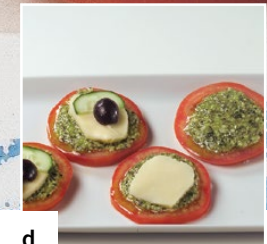
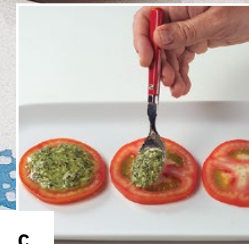
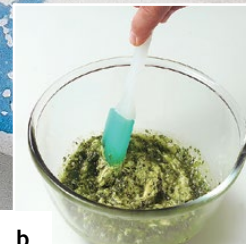
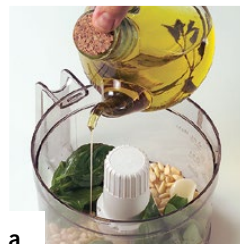
1. To make pesto sauce, combine all ingredients in a food processor (a), blend until smooth.
2. Combine pesto with the mayonnaise in a small bowl (b).
3. Place tomato slices on a serving dish. Top each slice with a teaspoon of pesto mayonnaise (c), then a slice of cheese, ½ a slice of cucumber (d) and garnish with a slice of black olive and a parsley sprig.

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Makes 12-16



tip from the chef

This salad turns into a cocktail appetizer if a toast is placed under each slice of tomato.



summer

fruit fool



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

method

1. Using an electric mixer, beat egg whites until soft peaks form. Slowly add sugar in an even stream, beat for 3 minutes more or until light and glossy.
2. Beat cream until thickened, fold into egg white mixture. Gently stir in strawberries, blueberries and raspberries. Spoon into a serving bowl and serve decorated with mint sprigs and berries.

ingredients

- > 4 egg whites
- > 220g/7 oz caster sugar
- > 155ml/5 fl oz double cream
- > 250g/8 oz strawberries, hulled, sliced
- > 125g/4 oz blueberries or cranberries
- > 60g/2 oz raspberries
- > mint sprigs and berries to decorate

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Serves 4

tip from the chef

If preferred, vary the type of fruit used according to what is in season at the time. Apricots and peaches with the grated rind of 1 orange makes a delicious alternative.



fruity

cheese log

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

ingredients

- > 10 dried apricots, finely chopped
- > 2 tablespoons orange juice
- > 1 x 250g/8 oz package cream cheese
- > 60g/2 oz Cheddar cheese, grated
- > 30g/1 oz peanuts, chopped
- > 30g/1 oz poppy seeds

method

1. Soak apricots in orange juice in a small bowl overnight.
2. Next day, blend cream cheese and Cheddar cheese together in a bowl. Stir in apricot and juice mixture.
3. Add peanuts and mix well. Refrigerate mixture for 1 hour.
4. Shape mixture into a 20cm/8 in log shape; roll in poppy seeds, wrap in greaseproof paper and refrigerate overnight. Serve slices on dry crackers.

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Serves 4

tip from the chef

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





fruit kebabs

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

method

1. Peel and core pineapple; cut into 2.5cm/1 in cubes. Peel and quarter kiwi fruit. Hull strawberries. Thread fruit alternately onto skewers.
2. Make dressing by combining all ingredients in a small bowl. Beat well. Brush a little of dressing over the kebabs.
3. Grill kebabs under a hot grill or over hot coals, turning frequently, until hot. Baste frequently with dressing while cooking.

ingredients

- > 1 small pineapple
- > 2 kiwi fruits
- > 250g/8 oz large strawberries

dressing

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

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Makes 12

tip from the chef

You will need 12 wooden or metal skewers to make the kebabs.



strawberry & mango salad

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

ingredients

- > 250g/8 oz strawberries
- > 2 mangoes
- > 1 tablespoon honey
- > 125ml/4 fl oz sour cream

method

1. Cut the strawberries and mango flesh into 2cm (¾in) cubes. Arrange in four individual dessert dishes.
2. Combine honey and soured cream in a bowl. Mix well. Spoon cream mixture over fruit. Chill before serving.

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Serves 4



tip from the chef

For a lighter option, you can avoid cream, and drizzle 2 tablespoons of freshly squeezed lime juice before serving. You can also add some leaves of mint.



red pepper soup

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

method

1. Melt butter in a large saucepan over moderate heat. Add leeks and garlic and sauté for 3-5 minutes until softened but not browned.
2. Stir in red peppers, tomato puree and chicken stock. Bring to boil, lower heat and simmer soup for 20 minutes. Set aside to cool to room temperature.
3. Puree soup in a blender or food processor until smooth. Transfer to a bowl, stir in yogurt and cream, cover and chill for 3 hours before serving.

ingredients

- > 60g/2 oz butter
- > 2 leeks, white part only, sliced
- > 2 cloves garlic, crushed
- > 2 x 440g/14 oz cans red peppers, drained and chopped
- > 2 tablespoons tomato puree
- > 500ml/16 fl oz chicken stock
- > 250ml/8 fl oz natural low fat yogurt
- > 125ml/4 fl oz double cream

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Serves 4

tip from the chef

This creamy, comforting soup benefits from a dash of spicy hot sauce.



potato soup with croutons

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

ingredients

- > 45g/1½ oz butter
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 4 large potatoes, chopped
- > 1 leek, sliced
- > 750ml/1¼ pt chicken stock
- > ½ teaspoon grated nutmeg
- > 250ml/8 fl oz single cream
- > oil for shallow frying
- > 4 slices thick white bread, crusts removed, cut into small strips
- > snipped chives for garnish

method

1. Melt butter in a large saucepan over moderate heat. Add onion and garlic and cook for 3-5 minutes until softened. Add potatoes, leek slices, chicken stock and nutmeg. Simmer for 20 minutes, or until vegetables are tender.
2. Puree soup, in batches, in a blender or food processor. Return soup to clean saucepan. Stir in cream and mix well. Heat through without boiling.
3. Meanwhile, heat oil in a large frying pan over moderate heat. Add bread strips and cook for 2 minutes, turning frequently. Drain on paper towels. Serve soup in heated bowls, garnished with the croutons and chives.

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Serves 4

tip from the chef

You can also garnish this rich soup with Cheddar cubes, crispy potato peels or scallions. Leftovers hold up for up to 3 days in the refrigerator.



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fast light meals

