

Chef

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energy food





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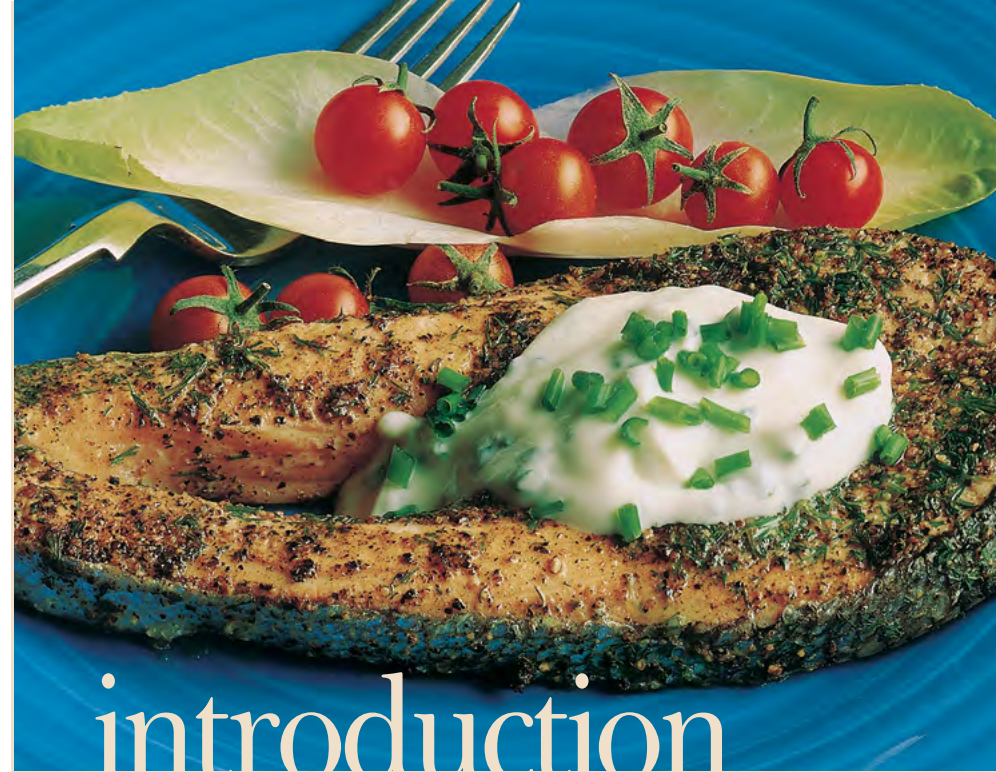
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Tired of feeling tired? These recipes will help you boost your energy levels, from day to night. Featuring many performance-enhancing ingredients, each dish provides the perfect nutritional input. The best part? They are as easy to make, as they are healthy to eat!



energy food

Above all, eating a healthy, balanced diet is the best way to maintain your energy levels high throughout the day. Here are a few tips to help you keep your energy up.

Tips & Tricks

- Drink water. Drinking at least 6 to 8 glasses of fluid daily will keep your metabolism working efficiently. Water, sugar-free drinks and low-fat milk are the best choices. Also, reduce your alcohol intake, as it can cause dehydration and sleep disturbance.
- Eat more iron-rich foods. Green vegetables, like spinach and kale, as well as red meats, are excellent sources of iron. This will prevent you from suffering the most common symptom of iron deficiency, which is fatigue.
- Eat enough protein. Eggs, fish, poultry, lean meats, dairy, beans and legumes (among many other foods) provide a steady source of energy that does not cause spikes in blood sugar. Protein is also a great aid for building muscle, cutting fat and keeping a healthy weight.

- Reduce sugar and white flour. These foods do provide a spike in energy, but it's short-lived. While there are sugars on many foods, such as fruits, not all sugary foods hinder our energy levels. It is recommended to avoid sweets, cakes, biscuits and fizzy drinks. And whenever you can, opt for wholemeal over white flour.
- Eat 4 meals a day. Eating at regular intervals can help you sustain your energy levels. Try having smaller meals more frequently. This way, your blood sugar levels will be stabilized throughout the day.
- Include energy-boosting superfoods. While all food increases energy, there are certain options that take longer to digest, providing a steadier stream of energy. Bananas, fish, sweet potatoes, broccoli, dried fruits, eggs, beans and yogurt are among these high performance foods.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



tofu

in peanut sauce

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

ingredients

- > > 375 g/12 oz firm tofu
- > vegetable oil for shallow-frying

peanut sauce

- > 2 teaspoons vegetable oil
- > 1 onion, chopped
- > 250 g/8 oz broccoli, broken into small flowerets
- > 2 zucchini, chopped
- > 1 red pepper, chopped
- > 75 g/2½ oz peanuts, roasted and chopped
- > ¼ cup/60 ml/2 fl oz soy sauce
- > ¼ cup/60 ml/2 fl oz plum sauce
- > 2 teaspoons miso
- > ⅓ cup/90 ml/3 fl oz water

method

1. Cut tofu into large chunks and drain well. Heat oil in a wok over a high heat, add tofu and cook, turning several times, until golden. Drain on absorbent kitchen paper and set aside.
2. To make sauce, heat oil in a clean wok over a medium heat, add onion and stir-fry for 3 minutes or until golden. Add broccoli, zucchini and red pepper and stir-fry for 3 minutes. Add peanuts, soy sauce, plum sauce, miso and water and bring to simmering. Simmer, stirring occasionally, for 3 minutes.
3. Return tofu to wok and simmer for 2 minutes or until heated through.

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Serves 4



tip from the chef

Tofu, also known as bean curd, is made from yellow soy beans which are soaked, ground and mixed with water then briefly cooked before being solidified. Rich in protein, it is low in fat and is cholesterol free. It is a good source of protein for those following a vegetarian diet.

mixed bean casserole

■ ■ □ | Cooking time: 110 minutes – Preparation time: 20 minutes

method

1. Place red kidney and black-eyed beans in a large bowl, cover with water and set aside to soak overnight. Drain. Bring a large saucepan of water to the boil, add beans and boil for 10 minutes. Reduce heat and simmer for 1 hour or until beans are tender. Drain and set aside.
2. Heat oil in a large saucepan over a medium heat, add garlic and onion and cook, stirring, for 3 minutes or until onion is soft and golden. Add tomatoes, cumin, mustard, golden syrup and tomato paste (purée) and bring to the boil. Reduce heat and simmer for 5 minutes.
3. Add cooked beans, carrots, zucchini, butter beans, broad beans and oregano to pan and simmer for 30 minutes or until vegetables are tender.

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Serves 4

ingredients

- > 155 g/5 oz dried red kidney beans
- > 155 g/5 oz dried black-eyed beans
- > 1 tablespoon vegetable oil
- > 2 cloves garlic, crushed
- > 1 red onion, chopped
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 1 tablespoon ground cumin
- > 1 tablespoon dry mustard
- > 2 tablespoons golden syrup
- > 1 tablespoon tomato paste (purée)
- > 2 carrots, thickly sliced
- > 3 zucchini, thickly sliced
- > 440 g/14 oz canned butter beans, rinsed and drained
- > 100 g/3½ oz shelled fresh or frozen broad beans
- > 2 tablespoons chopped fresh oregano or 1 teaspoon dried oregano

tip from the chef

All types of beans adapt to a huge range of seasonings. The beans in this casserole can be altered to accommodate whatever you have available. As an alternative, try a combination of haricot and butter beans with chickpeas, and substitute your favorite spices or dried herbs for the ground cumin and oregano.



avocado

with seafood

■ ■ □ | Cooking time: 0 minutes – Preparation time: 10 minutes

ingredients

- > 2 ripe avocados
- > 1 tablespoon freshly squeezed lemon juice
- > ¼ cup sour cream
- > 3 tablespoons mayonnaise
- > ¼ teaspoon cayenne pepper
- > 155 g/5 oz cooked prawns, shelled and deveined
- > 1 tablespoon finely chopped parsley
- > 8 lemon slices

method

1. Cut avocados in half and remove stones. Scoop out the flesh carefully, reserving skins.
2. Blend or process avocado flesh with lemon juice, sour cream, mayonnaise and cayenne pepper; purée until smooth. Stir in prawns.
3. Spoon mixture into avocado skins. Garnish with parsley and lemon slices.

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Serves 4



tip from the chef

If you wish to enrich this recipe, add a touch of ketchup to the processed mixture and add sliced hearts of palm along with the shrimp.





indian

lentil pilau

■ ■ □ | Cooking time: 50 minutes - Preparation time: 8 minutes

method

1. Heat oil in a saucepan over a medium heat, add onion, ginger and garlic and cook, stirring, for 3 minutes or until onion is golden. Add turmeric, cumin seeds, garam masala and cinnamon sticks and cook, stirring, for 2 minutes or until fragrant.
2. Add rice, lentils, water, milk and saffron and bring to the boil. Reduce heat, cover and simmer for 45 minutes or until liquid is absorbed and rice is tender. Stir in sultanas and almonds.

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Serves 8

ingredients

- > 1 tablespoon vegetable oil
- > 1 onion, diced
- > 2 teaspoons grated fresh ginger
- > 1 clove garlic, crushed
- > 1 teaspoon ground turmeric
- > 1 teaspoon cumin seeds
- > 1 teaspoon garam masala
- > 2 cinnamon sticks
- > 2 cups/440 g/14 oz brown rice
- > 1 cup/200 g/6½ oz red lentils
- > 3 cups/750 ml/1¼ pt water
- > 2 cups/500 ml/16 fl oz reduced-fat milk
- > ½ teaspoon saffron threads soaked in 1 tablespoon hot water
- > 75 g/2½ oz sultanas
- > 125 g/4 oz almonds, toasted

tip from the chef

This high-fiber dish makes a delicious vegetarian meal when served with a cucumber and low-fat natural yogurt salad, flavored with chopped fresh mint, and a tossed green salad or steamed vegetables.



salmon, rice and spinach loaf

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

ingredients

- > 9 spinach leaves, stalks removed
- > 450 g/15 oz canned salmon, drained and flaked
- > 3 eggs
- > 3 tablespoons sour cream
- > 2 tablespoons mayonnaise
- > 1 tablespoon lemon juice
- > ½ cup cooked rice
- > 2 tablespoons grated Parmesan cheese

method

1. Boil, steam or microwave spinach leaves until soft.
2. Line the bottom and sides of a greased 22.5 x 12.5 cm/9 x 5 in loaf pan with half the spinach leaves, allowing some of the leaves to hang over the sides of the pan.
3. Squeeze excess moisture from remaining leaves. Chop and combine with all the remaining ingredients; season to taste.
4. Spoon salmon mixture into the spinach-lined dish. Enclose with the overhanging spinach leaves. Cover and bake at 190°C/375°F/Gas 5 for 45 minutes or until firm. Let stand for 10 minutes before serving.

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Serves 4



tip from the chef

This loaf cooks quickly in the microwave. Remember to use a microwave-safe loaf dish, cover and cook on High (100%).



chicken

with garlic and pepper

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

method

1. Heat oil in a wok over a medium heat, add garlic and black peppercorns and stir-fry for 1 minute or until garlic is golden. Add chicken and stir-fry for 3 minutes or until brown.
2. Stir in stock, wine and soy sauce, bring to simmering and simmer for 4 minutes or until sauce reduces by half.
3. Arrange spinach leaves on serving plates and top with chicken mixture. Serve immediately.

ingredients

- > 2 teaspoons vegetable oil
- > 4 cloves garlic, crushed
- > 1 teaspoon crushed black peppercorns
- > 4 boneless chicken breast fillets, sliced
- > ½ cup/125 ml/4 fl oz chicken stock
- > ¼ cup/60 ml/2 fl oz dry white wine
- > 1 tablespoon soy sauce
- > 155 g/5 oz young English spinach leaves

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Serves 4

tip from the chef

When buying a wok, choose a large one –with at least a 35 cm/14 in diameter and deep sides. A heavy wok made of carbon steel is better than a light stainless steel or aluminum one. Remember it is easier to cook a small amount of food in a large wok than to cook a large amount of food in a small wok!



barley

casserole

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

ingredients

- > 1 cup/200 g/6½ oz barley
- > 2 tablespoons vegetable oil
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > ¼ cup/60 ml/2 fl oz dry white wine
- > 3 tablespoons tomato paste (purée)
- > 1 large onion, chopped
- > 12 stuffed green olives, halved

method

1. Place barley in a large bowl, cover with water and set aside to soak for 2 hours. Drain well and set aside.
2. Heat oil in a large frying pan, add barley and cook over a medium heat, stirring constantly, for 10 minutes.
3. Add tomatoes, wine and tomato paste (purée) to pan, bring to simmering and simmer for 20 minutes. Add onion and cook for 5 minutes longer. Stir in olives and serve immediately.

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Serves 8

tip from the chef

Recent studies have shown that barley foods can lower cholesterol. Beta-glucan is thought to be the ingredient responsible for this. Beta-glucan is a type of fiber which blends with cholesterol and helps with its removal from the body. It is also found in oats, but not in wheat.





coconut curried eggs

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

method

1. Peel and halve eggs, place into a greased 8-cups capacity ovenproof dish.
2. Melt butter in a saucepan, add onion, stir-fry until tender. Add curry and cumin, stir over heat 1 minute.
3. Pour in combined cornflour, stock, coconut milk and lemon juice, stir until mixture boils and thickens.
4. Pour curry sauce over eggs, cover, bake in moderate oven for 20 minutes or until heated through.

ingredients

- > 8 hard-boiled eggs
- > 30 g/1 oz butter
- > 1 onion, chopped
- > 2 teaspoons curry powder
- > 1 teaspoon ground cumin
- > 1 tablespoon cornflour
- > 1 cup chicken stock
- > 1 cup coconut milk
- > 2 tablespoons lemon juice

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Serves 4

tip from the chef

Serve with boiled rice, if desired.



mushroom risotto

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

ingredients

- > 3 cups/750 ml/1¼ pt chicken stock (page 6)
- > 1 cup/250 ml/8 fl oz dry white wine
- > 60 g/2 oz butter
- > 1 onion, sliced
- > 1 clove garlic, crushed
- > 250 g/8 oz button mushrooms, sliced
- > 2 cups/440 g/14 oz arborio rice
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper
- > 125 g/4 oz Parmesan cheese, grated

method

1. Combine stock and wine in a saucepan and bring to the boil over a medium heat. Reduce heat and keep warm.
2. Melt butter in a large saucepan over a medium heat. Cook onion and garlic, stirring, for 5 minutes or until golden. Stir in mushrooms and cook for 5 minutes or until tender.
3. Add rice and cook, stirring, for 5 minutes or until well coated with butter and translucent. Stir in 1 cup/250 ml/8 fl oz hot stock mixture and cook over a medium heat, stirring constantly, until stock is absorbed. Continue adding stock mixture and cooking in this way until all liquid is used and rice is just tender.
4. Stir in parsley, black pepper to taste and half the Parmesan cheese. Sprinkle with remaining cheese and serve immediately.

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Serves 6

tip from the chef

Arborio rice is specially suitable for risottos, as it absorbs liquid without becoming soggy. If arborio rice is unavailable, use short grain rice. A risotto made in the traditional way, where liquid is gradually added, will take 20-30 minutes to cook.



yogurt soup

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

method

1. Boil rice in stock until tender.
2. In a large saucepan, beat yogurt and egg yolks together until combined.
3. Slowly pour the hot rice stock mixture into the egg yogurt mixture and heat gently, stirring constantly, until soup thickens. Pour soup into serving bowls, spoon a little melted butter on top and sprinkle with mint.

ingredients

- > 1/3 cup long grain rice
- > 1 1/2 liters/2 1/2 pt chicken stock
- > 2 1/2 cups natural yogurt
- > 3 egg yolks
- > 4 tablespoons melted butter
- > 2 tablespoons chopped fresh mint

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Serves 4

tip from the chef

To try a different version of this Greek specialty, add the juice and grated rind of 1/2 lemon to the yogurt.



chicken and fresh herb terrine

■ ■ □ | Cooking time: 125 minutes - Preparation time: 40 minutes

ingredients

- > 1 bunch/500 g/1 lb spinach or silverbeet
- > 250 g/8 oz chicken livers, cleaned
- > 1 tablespoon seasoned flour
- > 15 g/1 oz butter
- > 1 teaspoon olive oil
- > 375 g/12 oz chicken meat, a mixture of white and dark meat, ground
- > 375 g/12 oz lean pork, ground
- > 2 teaspoons finely chopped fresh thyme or 1 teaspoon dried thyme
- > 3 cloves garlic, crushed
- > 2 onions, diced
- > 1 tablespoon green peppercorns in brine, drained
- > 3 eggs
- > ½ cup/125 ml/4 fl oz dry white wine
- > 2 tablespoons port or sherry
- > 3 tablespoons chopped fresh parsley
- > freshly ground black pepper

method

1. Preheat oven. Boil, steam or microwave spinach or silverbeet leaves to soften. Drain; refresh under cold running water and drain again. Line a lightly greased terrine dish or an 11 x 21 cm/4½ x 8½ in loaf tin with overlapping spinach leaves. Allow leaves to overhang the sides.
2. Toss chicken livers in seasoned flour to coat. Heat butter and oil in a frying pan over a medium heat until foaming. Add chicken livers and cook, stirring, for 3-5 minutes or until they just change color. Remove livers from pan and set aside to cool.
3. Chop chicken livers. Place chicken livers, chicken, pork, thyme, garlic, onions, green peppercorns, eggs, wine, port or sherry, parsley and black pepper to taste in a bowl and mix to combine.
4. Pack meat mixture into prepared terrine dish or loaf tin, fold overhanging spinach leaves over filling and cover with aluminum foil. Place terrine dish or loaf in a baking dish with enough boiling water to come halfway up the sides of the dish and bake at 180°C/350°F/Gas 4 for 2 hours. Drain off juices, cover top of terrine with foil, then weight and set aside to cool. When cold, refrigerate overnight. To serve, unmold and cut into slices.

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Serves 10





chicken

and lima bean bake

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

method

1. Place bacon in a frying pan and cook for 2-3 minutes or until crisp. Remove from pan and set aside.
2. Brown chicken pieces in bacon drippings; remove from pan. Add onions and garlic and cook for 2-3 minutes, until onions soften. Transfer chicken and onions mixture to an ovenproof dish.
3. Add stock, wine, herbs, sugar and tomatoes to pan and cook over medium heat until mixture boils and thickens, stirring occasionally. Add lima beans.
4. Sprinkle chicken with bacon and pour sauce over. Cover and bake at 200°C/400°F/Gas 6 for 1 hour, or until chicken is tender.

ingredients

- > 1 slice bacon, chopped
- > 1 x 1 kg/2 lb chicken, cut into pieces, skin removed
- > 2 onions, chopped
- > 1 clove garlic, crushed
- > ½ cup degreased chicken stock
- > 4 tablespoons white wine
- > 1 teaspoon mixed Italian herbs
- > 1 teaspoon sugar
- > 450 g/15 oz canned tomatoes, undrained and mashed
- > 300 g/10 oz canned lima beans, drained

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Serves 6

tip from the chef

We added flavor with onions, garlic, wine and herbs in tomato sauce. There is no need for salt when you can make imaginative use of fragrant ingredients.



oriental beef salad

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

ingredients

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

method

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

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Serves 4



tip from the chef

Nothing like wild rice to enhance this special creation.



stuffed squid

with tomato sauce



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

method

1. To make sauce, cook onion and garlic in a saucepan with oil, over medium heat, for 3 minutes. Add tomatoes and cook for 5 minutes. Stir in wine and water, bring to simmering and simmer for 15 minutes or until sauce reduces and thickens slightly.
2. To make stuffing, combine all ingredients.
3. Pat squid dry with absorbent paper, then fill with stuffing. Secure openings with toothpicks. Place squid in a steamer set over a saucepan of boiling water, cover and steam for 5 minutes or until tender. Slice squid and spoon over sauce.

ingredients

> 4 x 150 g/5 oz squid, cleaned

olive and rice stuffing

- > ½ cup/100 g/3½ oz brown rice, cooked
- > 1 red pepper, chopped
- > 1 red onion, chopped
- > 60 g/2 oz pitted black olives, chopped
- > 2 spring onions, chopped
- > 3 tablespoons chopped parsley
- > 1 clove garlic, chopped

tomato sauce

- > 1 onion, chopped
- > 1 clove garlic, chopped
- > 2 teaspoons olive oil
- > 400 g/13 oz Italian tomatoes, chopped
- > ¼ cup/60 ml/2 fl oz red wine
- > ¼ cup/60 ml/2 fl oz water

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Serves 4

tip from the chef

This recipe makes a wonderful spring or autumn meal. Serve squid on lettuce leaves, with your favorite bread or rolls.



provolone & steak sandwich

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

ingredients

- > olive oil, as needed
- > 6 beef steak slices
- > salt, to taste
- > pepper, to taste
- > 6 thick slices provolone cheese
- > 2 onions, thinly sliced
- > 1 tablespoon brown sugar
- > 12 slices wheat sandwich bread
- > 12 leaves fresh lettuce
- > 2 tomatoes, thinly sliced
- > 6 slices American cheese
- > ketchup, to taste

method

1. Heat oil in a skillet over high heat. Cook steak for 3 minutes on each side, or to your desired doneness. Season with salt and pepper, to taste. Remove and set aside.
2. Heat grill to high. Place provolone slices on a tray and drizzle olive oil. Roast for 2 minutes, or until cheese has browned but not softened completely. Remove and set aside.
3. Heat oil in a pan over low heat. Add the onions and a pinch of salt and cook for 7 minutes or until translucent. Add sugar and cook over medium heat, stirring constantly, for 10 minutes or until browned and caramelized. Remove and set aside.
4. To assemble sandwiches, toast bread slices lightly and stack 1 American cheese slice, 2 tomato slices, 2 lettuce leaves, 1 beef slice and caramelized onion over 6 of the bread slices. Top with grilled provolone cheese and ketchup. Place top bread slices and serve immediately.

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 Makes 6 sandwiches

tip from the chef

For a quicker version, replace steak with any type of deli sliced roast meat.





risotto

with green vegetables

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

method

1. Heat oil in a large frying pan, add onion and cook for 3 minutes. Stir in rice and wine, cook until wine is absorbed.
2. Add water, bring to the boil, cover and cook rice until tender and liquid is absorbed, approximately 20 minutes.
3. Stir vegetables into rice and serve immediately.

ingredients

- > 1 tablespoon oil
- > 1 small onion, chopped
- > 2/3 cup rice
- > ¼ cup dry white wine
- > 1½ cups water
- > 2 tablespoons chopped fresh parsley
- > ½ cup broccoli flowerets, blanched
- > ½ cup chopped asparagus, blanched
- > ½ cup green peas, blanched

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Serves 4

tip from the chef

Risotto will become more creamy and tasty if a spoonful of butter and another of grated Parmesan cheese are added before the end of cooking.



rainbow vegetable terrine

■ ■ □ | Cooking time: 65 minutes – Preparation time: 15 minutes

ingredients

- > 4 large eggplant, sliced lengthwise
- > salt
- > 3 tablespoons olive oil
- > 200 g/6½ oz ricotta cheese, drained
- > 3 tablespoons chopped fresh basil
- > freshly ground black pepper
- > 2 red peppers, roasted
- > 2 green peppers, roasted
- > 2 yellow peppers, roasted

method

1. Place eggplant in a colander, sprinkle with salt and set aside to drain for 30 minutes. Rinse under cold running water, then pat dry with absorbent kitchen paper. Place on a baking tray, brush lightly with oil (a), and bake at 180°C/350°F/Gas 4 for 20 minutes or until softened.
2. Place ricotta cheese, basil and black pepper to taste in a bowl and mix to combine.
3. Line base and sides of a 14 x 21 cm/5½ x 8½ in nonstick loaf tin with eggplant slices (b), allowing them to overhang the sides of tin by 5 cm/2 in.
4. Place a layer of red pepper in base of lined tin, then top with a layer ricotta mixture (c), a layer eggplant, a layer green pepper. Repeat layers using a different colored pepper each time until all ingredients are used. Fold overhanging eggplant over filling, cover with aluminum foil.
5. Bake for 45 minutes or until tender. Drain off any juices, cover with foil again, place a heavy weight on top and set aside for 1 hour. To serve, unmold and cut into thick slices.

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Serves 8

tip from the chef

To roast peppers, halve and seed peppers and place, skin side up, under a preheated hot grill. Cook until skin blisters and chars, then place in a paper or plastic food bag, seal and set aside until cool enough to handle. Remove from bag, peel away skin.



a



b



c



tuna melts



■ □ □ | Cooking time: 7 minutes - Preparation time: 25 minutes

method

1. Sauté the onion in the butter till soft and golden. Add the drained tuna, salt, pepper and Tabasco. Stir to mix ingredients and to flake the tuna. Allow to cool.
2. Place a teaspoonful of mixture on each water cracker biscuit. Cut each cheese slice into strips. Place a few strips over tuna mixture on each biscuit.
3. Cut a slice of gherkin and place on top. Set under hot grill until cheese melts and the tuna mixture is covered.

ingredients

- > 1 small onion, finely chopped
- > 2 teaspoons butter
- > 185 g/6¼ oz canned tuna in oil, drained
- > salt and pepper
- > ¼ teaspoon Tabasco
- > 16 water cracker biscuits
- > 4 sandwich cheese slices
- > 2 sweet gherkins

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Serves 4

tip from the chef

To avoid soda crackers from getting soft, prepare tidbits right before serving.



whiting with sweet and sour rice

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

ingredients

- > 4 whole whiting, cleaned
- > 2 tablespoons lemon juice
- > 2 tablespoons olive oil

rice

- > 4 tablespoons olive oil
- > 1 large onion, chopped
- > ¼ cup pine nuts
- > ¾ cup long grain rice
- > 1 tablespoon grated fresh ginger
- > ½ red pepper, seeded and chopped finely
- > ¼ cup baby corn cobs, sliced
- > 3 tablespoons sugar
- > 2 tablespoons lemon juice
- > 1 tablespoon fresh parsley, chopped

method

1. Wash the fish and season inside and out. Brush the outside with combined lemon juice and olive oil. Wrap each fish in foil and bake in moderate oven for 20 minutes.
2. To make rice, heat oil in a large frying pan, add onion and pine nuts and cook for 2 minutes. Add rice, ginger, pepper and corn, pour 2 cups of water into mixture and bring to the boil. Simmer for 15 minutes or until rice is tender and water has evaporated (you may need to add more water).
3. Stir in sugar and lemon juice and cook for a further 2 minutes. Stir in parsley and divide rice between 4 plates.
4. Remove fish from foil and place on top of rice. Garnish with parsley if desired.

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Serves 4

tip from the chef

In order to give the rice a special flavor, add 3 spoonfuls of raisins.





pumpkin and apple soup

■□□ | Cooking time: 35 minutes - Preparation time: 5 minutes

method

1. Combine all ingredients in a large saucepan, bring to a boil, cover, reduce heat, simmer for 30 minutes or until vegetables are very tender.
2. Purée mixture in blender or food processor until smooth, strain. Return to saucepan to reheat.

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Serves 4

ingredients

- > 1 kg/2 lb pumpkin, chopped
- > 2 green apples, peeled, chopped
- > 2 onions, chopped
- > 2 cloves garlic, crushed
- > 2 sticks celery, chopped
- > 1 teaspoon ground cumin
- > ½ teaspoon ground nutmeg
- > freshly ground black pepper
- > 6 cups vegetable stock

tip from the chef

This soup can become a frequent part of your menu, as it contains soluble fiber and phytonutrients from garlic and onion. These nutrients work towards keeping a healthy heart. Decorate with parsley to give a touch of contrasting color. Serve with crusty bread toasts.



rice and hummus terrine

■■■ | Cooking time: 25 minutes - Preparation time: 45 minutes

ingredients

- > 500 g/1 lb spinach, stalks removed
- > 4 zucchini, sliced
- > 4 carrots, sliced
- > 2 avocados, stoned, peeled and mashed
- > 3 tablespoons mayonnaise
- > 1 tablespoon lemon juice
- > 1 cup/220 g/7 oz rice, cooked
- > 3 red peppers, halved, roasted and skins removed, chopped
- > 200 g/6½ oz hummus

method

1. Line an 11 x 21 cm/4½ x 8½ in loaf tin with plastic food wrap. Set aside.
2. Boil, steam or microwave spinach leaves until just wilted. Drain well. Line prepared loaf tin with overlapping spinach leaves. Allow leaves to overhang the sides of the tin.
3. Boil, steam or microwave zucchini and carrots, separately, until just tender. Drain and set aside.
4. Place avocados, mayonnaise and lemon juice in a bowl and mix to combine. Set aside.
5. Pack half the rice into spinach-lined loaf tin, pressing down well with the back of a spoon. Top with half the red peppers, zucchini, carrots and hummus. Spread with avocado mixture, then top with remaining rice, red peppers, zucchini, carrots and, lastly, hummus.
6. Fold overhanging spinach leaves over filling. Place a heavy weight on terrine and refrigerate for at least 4 hours before serving. To serve, unmold and cut into slices.

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Serves 6-8

tip from the chef

Hummus is a popular Middle Eastern dip made from a purée of cooked chickpeas and tahini (sesame paste).





peppered salmon

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

method

1. To make lime yogurt, place chives, lime juice, lime rind, honey and yogurt in a bowl and mix well to combine. Cover and chill until required.
2. To make marinade, place black peppercorns, dill and lemon juice in a plastic food bag. Add salmon and shake to coat. Marinate for 5 minutes.
3. Melt butter in a frying pan over a medium heat, add salmon and cook for 2-3 minutes each side or until fish flakes when tested with a fork. Serve with lime yogurt.

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Serves 4

ingredients

- > 4 salmon cutlets
- > 30 g/1 oz butter

black pepper marinade

- > 2 tablespoons coarsely cracked black peppercorns
- > 2 tablespoons chopped fresh dill
- > 2 tablespoons lemon juice

lime yogurt

- > 2 tablespoons snipped fresh chives
- > 2 tablespoons lime juice
- > 1 tablespoon finely grated lime rind
- > 2 teaspoons honey
- > 1¼ cups/250 g/8 oz natural yogurt

tip from the chef

Salmon is an oily fish which means that it has more omega-3 fatty acids than white fish such as sole, plaice or whiting. Medical research has shown that omega-3 has a lowering effect on blood pressure and blood fats. A salad of mixed lettuces tossed with balsamic or red wine vinegar is the perfect accompaniment for this dish.



trout timbales

with guacamole

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

ingredients

- > 1 small ripe avocado, peeled, stoned and chopped
- > 1 teaspoon very finely chopped red chili
- > ½ onion, very finely chopped
- > 2 tablespoons freshly squeezed lemon juice
- > ¼ teaspoon white pepper
- > 4 x 125 g/4 oz skinless rainbow trout fillets
- > avocado and lemon for garnish

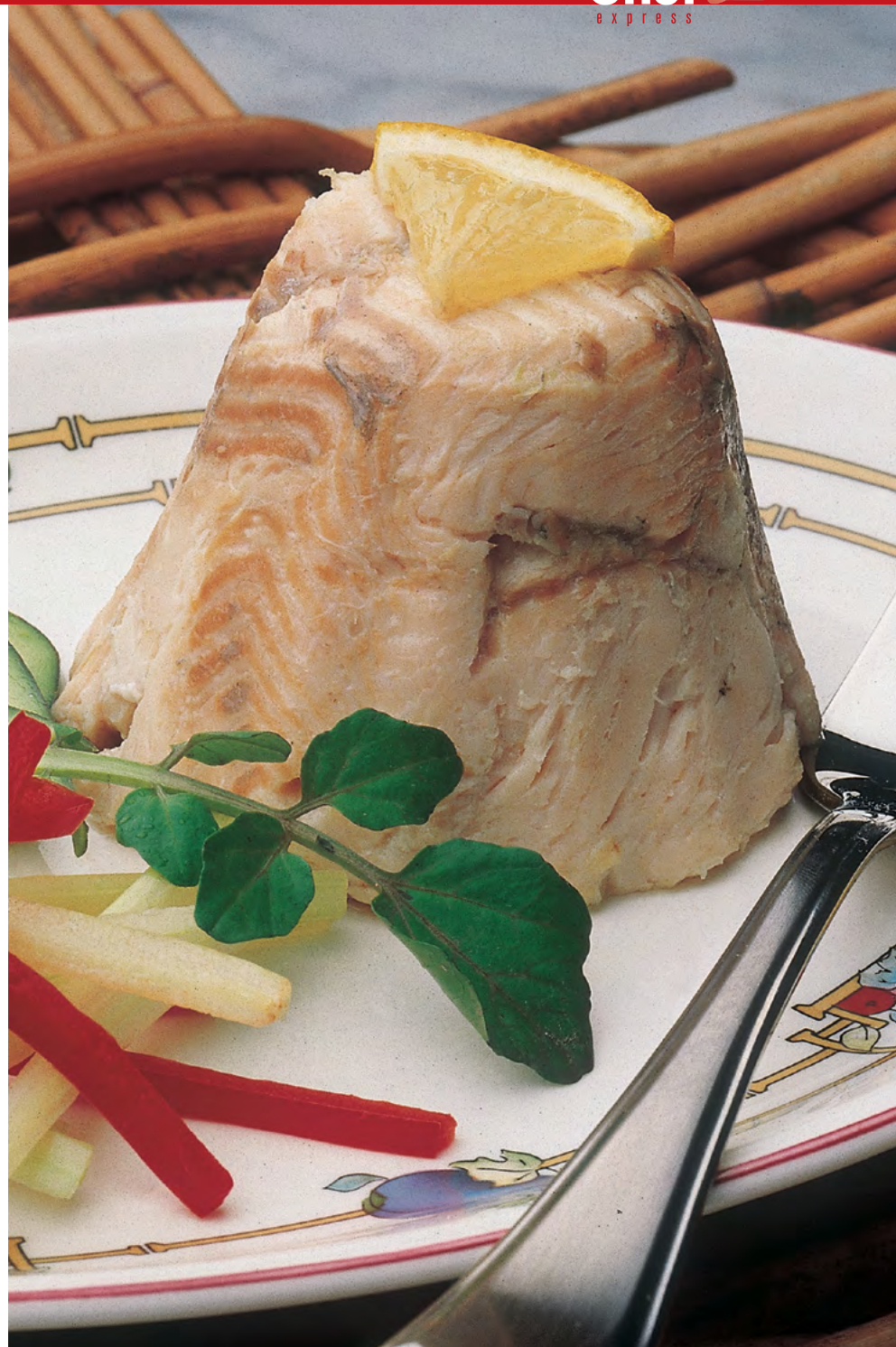
method

1. To make guacamole, combine avocado, chili, onion, lemon juice and pepper in a medium bowl. Mash with a fork until smooth.
2. Line 4 x ½-cup capacity timbale tins with a trout fillet. Fill each tin with guacamole and wrap completely in foil.
3. Place timbales in a large saucepan and pour about 3 cm/1¼ in of warm water, or until water comes about half way up the sides of timbales.
4. Slowly bring water to just below boiling point and simmer for 2 minutes. Remove timbales and set aside to cool for 2 minutes.
5. Remove foil and gently unmold timbales using a knife to ease them from the edges of tins. Place timbales on serving plate and garnish with fresh avocado, lemon and finely sliced vegetables if desired.

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Serves 4

tip from the chef

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





orange and spinach salad

■ ■ □ | Cooking time: 0 minutes - Preparation time: 30 minutes

method

1. Place oranges, onions, almonds, chilies, coriander leaves and mint in a bowl, toss to combine and stand for 30 minutes. Line a serving platter with spinach, then pile salad on top.

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Serves 6

ingredients

- > 6 oranges, peeled and all white pith removed, sliced crosswise
- > 2 red onions, sliced
- > 90 g/3 oz toasted almonds, chopped
- > 2 medium fresh red chilies, chopped
- > ½ bunch fresh coriander
- > 4 tablespoons fresh mint leaves
- > ¼ bunch/125 g/4 oz spinach, leaves shredded

tip from the chef

Garnish with extra red onion and serve with grilled meats or chicken.



layered fruit terrine

■ ■ □ | Cooking time: 5 minutes - Preparation time: 25 minutes

ingredients

- > 1 star fruit (carambola), sliced
- > 1 peach, peeled, stoned and sliced

mango layer

- > 1 cup/250 ml/8 fl oz mango purée
- > 2 tablespoons caster sugar
- > 2 tablespoons Cointreau
- > 4 teaspoons gelatin dissolved in ½ cup/90 ml/3 fl oz hot water, cooled
- > ¾ cup/185 ml/6 fl oz double cream, whipped

passion fruit layer

- > ½ cup/125 ml/4 fl oz passion fruit pulp
- > 2 tablespoons orange juice
- > 2 tablespoons caster sugar
- > 2 tablespoons Midori (melon liqueur)
- > 4 teaspoons gelatin dissolved in ½ cup/90 ml/3 fl oz hot water, cooled
- > ¾ cup/185 ml/6 oz double cream, whipped

method

1. Arrange slices of star fruit over base and sides of a lightly oiled glass or ceramic 9 x 23 cm/3½ x 9½ in loaf dish.
2. To make mango layer, combine mango purée, sugar and Cointreau in a large bowl. Stir in gelatin mixture and fold in cream. Pour carefully over fruit in loaf dish and refrigerate until firm.
3. To make passion fruit layer, combine passion fruit pulp, orange juice, sugar and Midori in a large bowl. Stir in gelatin mixture and fold in cream.
4. Place a layer of peach slices over set mango layer, then carefully top with passion fruit mixture and refrigerate until set. To serve, unmold terrine and cut into slices.

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Serves 10

tip from the chef

Layers of Summer fruit set in tropical-flavored mousse are an ideal dessert when feeding a crowd. Run a spatula around the edge of the terrine to free it from the sides of the dish, before turning out.





orange terrine

■□□ | Cooking time: 3 minutes – Preparation time: 25 minutes

method

1. Stir gelatin in $\frac{3}{4}$ cup water in a double saucepan over simmering water until crystals have dissolved.
2. Divide apple juice into two separate bowls. In the first bowl combine apple juice with $\frac{1}{3}$ of gelatin, lemon juice, lime juice and mint. Lightly oil a loaf pan, about 4-cup capacity, and gently pour the minted apple mixture into the pan. Chill for several hours or until set.
3. To make orange layer, arrange orange segments in a row along the top of the already set jelly. Combine orange juice with the Cointreau and $\frac{1}{3}$ of gelatin and gently pour over the back of a spoon, over the orange segments in order not to disturb the already set jelly. Chill for seven hours or until set.
4. Combine remaining apple juice with orange rind and remaining gelatin and gently pour over the set orange jelly. Chill until firm. Ease jelly out and serve with cream.

ingredients

- > 2½ sachets gelatin
- > 3 cups apple juice
- > 2 tablespoons freshly squeezed lemon juice
- > 2 teaspoons freshly squeezed lime juice
- > 1 tablespoon freshly chopped mint
- > 2 oranges, peeled and segmented
- > 1½ cups freshly squeezed orange juice
- > 2 tablespoons Cointreau
- > 2 tablespoons grated orange rind

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Serves 6

tip from the chef

It is a very simple and fresh dessert. The fruity note makes it ideal for Summer days.



quinces

with honey yogurt

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

ingredients

- > 6 cups/1.5 liters/2½ pt water
- > 1½ cups/375 g/12 oz sugar
- > 4 strips lemon rind
- > 6 quinces, peeled and quartered
- > ¾ cup/185 ml/6 fl oz natural low fat yogurt
- > 3 tablespoons honey

method

1. Place water and sugar in a large saucepan and cook over a low heat, stirring constantly, until sugar dissolves.
2. Add lemon rind and quinces to syrup, bring to the boil and simmer for 40 minutes or until quinces are tender and change color.
3. To serve, place quinces on serving plates, spoon over a little of the cooking liquid, accompany with yogurt and drizzle with honey.

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Serves 6



tip from the chef

If quinces are unavailable, this recipe is also good when made with apples or pears. The cooking time will not be so long.



summer fruit mold



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

method

1. Place apple juice, wine and gelatin in a saucepan and heat, stirring constantly, over a low heat until gelatin dissolves. Remove pan from heat and set aside to cool slightly.
2. Arrange mangoes, strawberries, berries, lychees and mint leaves attractively in a lightly greased 1.5 liter/2½ pt capacity jelly mold. Pour over apple juice mixture and refrigerate for 3-4 hours or until jelly is set.
3. To turn out, place mold in warm water for a few seconds. Remove from water, dry base of mold, then tip it sideways, while at the same time gently pulling the mixture away from the edge of the mold. This breaks the air lock. Place a plate over mold and quickly turn both mold and plate upside down and give a sharp shake. The mold should fall onto the plate. If it refuses to move, place a hot, wet cloth over the base of the mold for 10-20 seconds.

ingredients

- > 3 cups/750 ml/1¼ pt apple juice
- > 2 tablespoons sweet white wine such as Sauternes
- > 7 teaspoons gelatin
- > 400 g/13 oz mangoes, stoned, peeled and sliced
- > 250 g/8 oz strawberries, halved
- > 250 g/8 oz blueberries or other berries of your choice
- > 240 g/8 oz lychees, sliced
- > fresh mint leaves

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Serves 6

tip from the chef

Almost any fresh fruit can be used for this pretty dessert, rich in vitamin C. You should however avoid pineapple, pawpaw and kiwi fruit as they contain an enzyme which prevents the jelly from setting.



cœur à la crème

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

ingredients

- > 185 g/6 oz cottage cheese
- > 60 g/2 oz reduced fat cream cheese
- > 1 tablespoon icing sugar
- > ¼ cup/60 ml/2 fl oz cream (light)
- > ½ teaspoon vanilla essence
- > 1 tablespoon orange-flavored liqueur
- > 250 g/8 oz mixed fruits, such as berries of your choice, plums, peaches or melons

method

1. Place cottage cheese in a food processor or blender and process until smooth. Add cream cheese, icing sugar, cream and vanilla essence and process to combine.
2. Line four cœur à la crème molds with a double thickness of damp muslin or gauze and pack cheese mixture into molds. Place molds on a wire rack, on a tray. Cover and refrigerate for 24 hours. Turn crèmes onto serving plates, sprinkle each with a little liqueur and garnish with fruit.

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Serves 4

tip from the chef

Start preparing this dessert the day before serving as it has to sit in the refrigerator overnight. Cœur à la crème molds are china, heart-shaped molds with draining holes in the base. Before lining with the muslin you should rinse them in cold water, but do not dry. You can make your own molds, using small empty plastic containers. Cut the containers down to make sides of about 2.5 cm/1 in, then, using a skewer, punch holes in the base. These molds will not be heart-shaped like the traditional ones but the dessert will still look and taste wonderful.



nest of berries

with two cheeses

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

method

1. Roll pastry up tightly and slice into ½ cm/¼ in shreds. Place in a bowl, pour over melted butter, toss up pastry to mix through.
2. Divide pastry into 4 mounds, carefully shape into oval nest shapes on a greased baking tray and bake in moderate oven for 10-15 minutes or until crisp and golden.
3. Fill each nest with fruit and serve with single portions of assorted soft cheeses.

ingredients

- > 200 g/6½ oz filo pastry
- > 125 g/4 oz butter, melted
- > ½ cup raspberries
- > ½ cup blueberries
- > ½ cup hulled and halved strawberries
- > 2 different kinds of soft cheese to serve

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Serves 4

junior chef says

When you work with filo pastry, work quickly or keep the pastry covered with a tea towel, for it not to dry out.



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energy food

