

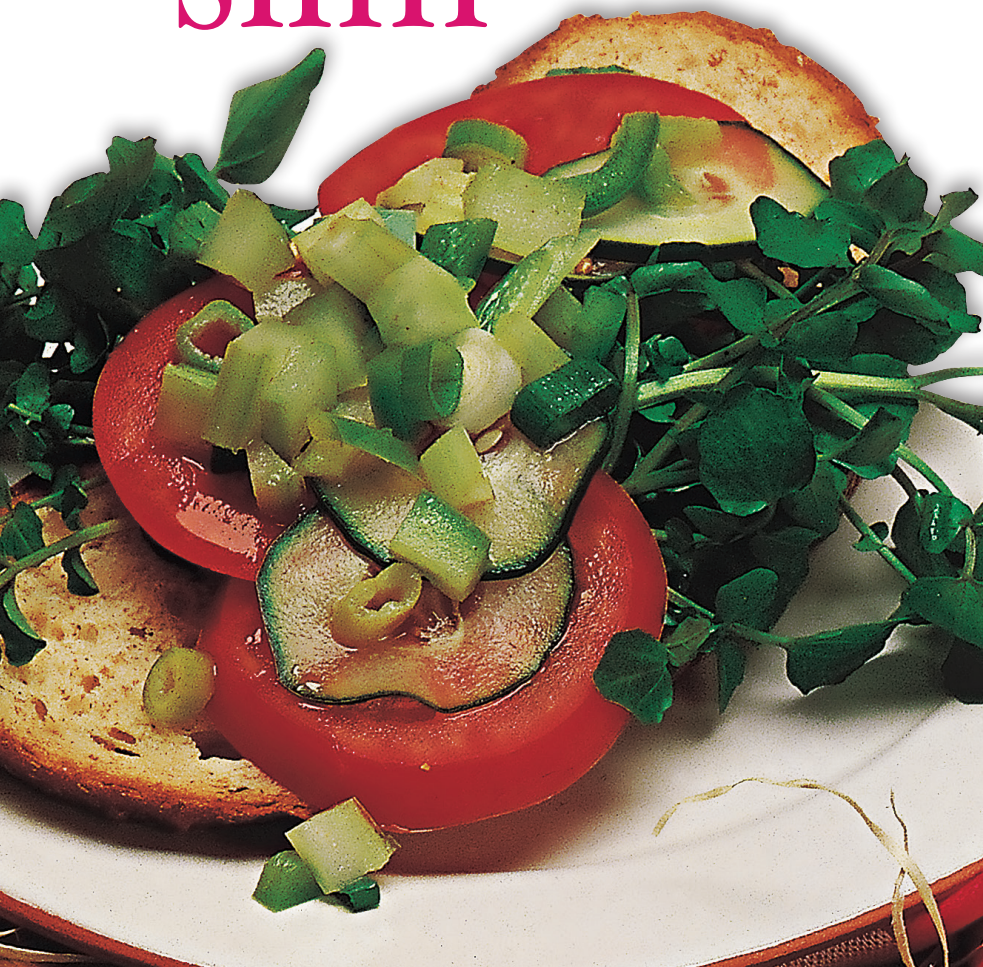
Chef

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feast yourself slim





feast yourself slim

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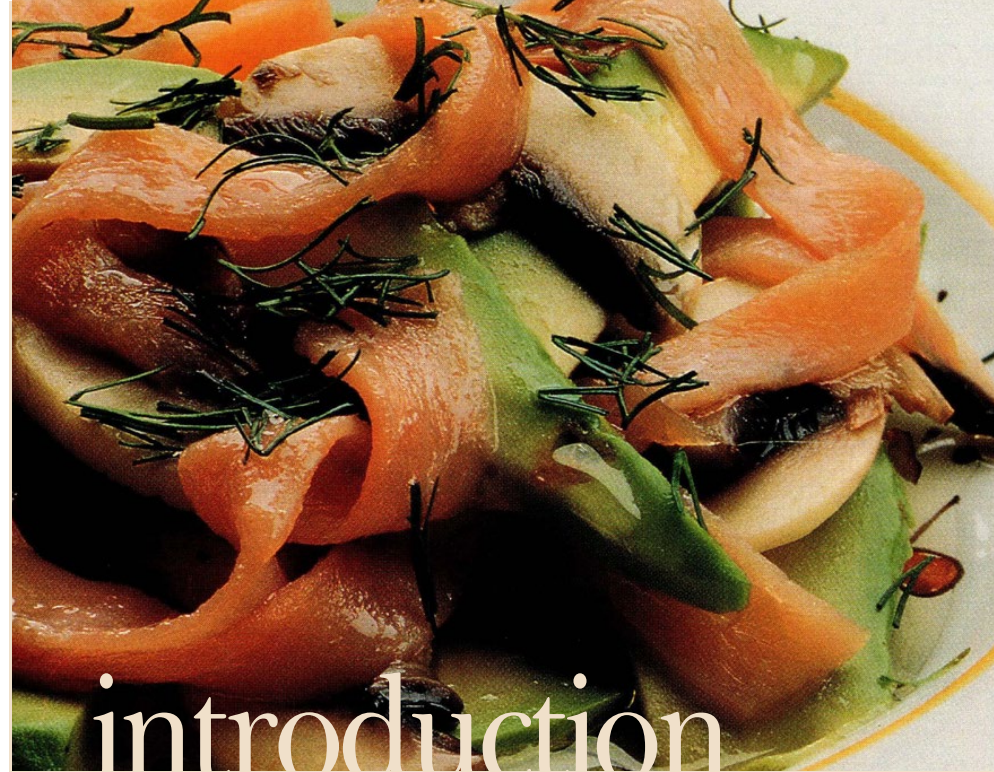
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introduction

Get into shape while learning the art of healthy eating! With the help of the recipes in this book, you'll be able to cook your way into a fit body, without having to sacrifice the flavors you love. These recipes are simple, quick to prepare, and unbelievably nourishing.



feast yourself slim



More and more home cooks are wising up to the benefits of eating a healthy, wholesome diet. Healthy food is high in protein, high in fiber; it is light, and energy-giving. It's the best food to eat if you want to be fit and to excel. The following recipes are ideal for trimming excess fat; as meat is lightly cooked and served with fresh-tasting sauces and vegetables.

Today it's easy to eat the healthy way. With so many greengrocer's and supermarket shelves filled with fresh, beautiful fruits and vegetables; supermarkets, health food shops and delicatessens packed with an incredible variety of grains, seeds, oils, vinegars and exotic condiments from all over the world; butchers proudly marketing lean meat cuts, chicken shops offering a variety of poultry and fishmongers awash with fresh, shiny seafoods, there is no excuse for not serving what's right and proper to your loved ones.



Nutritionists tell us for our long-term health's sake to eat less animal fats, less salt, less sugar and to eat more fiber-rich foods. Once you start cooking from these pages you'll find it's not at all difficult, for all recipes follow these guidelines, offering a selection of dishes that will provide you with plenty of variety and enjoyment while eating them!

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

grilled chicken salad

■ □ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

ingredients

- > 4 boneless chicken breast fillets
- > freshly ground black pepper
- > virgin olive oil
- > selection of salad greens such as watercress, rocket, radicchio, butter head or mignonette
- > 30g/1 oz toasted walnuts or pecans

balsamic dressing

- > ¼ teaspoon Dijon mustard
- > 2 tablespoons sherry vinegar or wine vinegar
- > 1 tablespoon balsamic vinegar
- > 9 tablespoons virgin olive oil
- > salt

method

1. Sprinkle chicken with black pepper and brush with a little oil. Cook under a preheated medium grill for 5 minutes per side or until just cooked. Cool slightly and cut into slices.
2. To make dressing, whisk together mustard and vinegars in a bowl. Gradually add oil, whisking constantly until blended and thick. Season with salt and pepper.
3. Tear salad greens into bite-size pieces, toss with dressing and arrange on four serving plates. Top with warm chicken slices and nuts.

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Serves 4

tip from the chef

Tartar sauce can be used as an alternative dressing for this salad.





green peppercorn steak

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

method

1. Mince steak cubes in a food processor and transfer to a bowl. Add peppercorns, mustard and salt to taste and mix thoroughly.
2. Shape mixture into four small patties, place on dinner plates and garnish each with small mounds of mushrooms, red pepper, lettuce, spring onions and mayonnaise.
3. Cover plates with plastic food wrap and chill thoroughly before serving. Diners mix the raw steak with the garnishes as desired.

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Serves 4

ingredients

- > 500 g/1 lb lean rump steak, cubed
- > 2 teaspoon green peppercorns, crushed
- > 1 tablespoon French mustard
- > salt
- > 6-8 button mushrooms, finely chopped
- > ½ red pepper, finely diced
- > 1 lettuce heart, shredded
- > 6 spring onions, finely chopped
- > 4 tablespoons thick mayonnaise

tip from the chef

This is a variation of steak tartar. Mince your own beef or use only a very high-quality minced steak – it should be quite peppery.



mushroom and leek lasagna

■ ■ □ | Cooking time: 70 minutes - Preparation time: 30 minutes

ingredients

- > 45 g/1½ oz butter
- > 2 medium leeks, washed and finely sliced
- > 500 g/1 lb button mushrooms, sliced
- > 4 zucchini, cut lengthwise into paper-thin slices
- > 2 tablespoons plain flour
- > 600 ml/1 pt milk
- > salt
- > freshly ground black pepper
- > pinch grated nutmeg
- > 500 g/1 lb lasagna sheets, cooked al dente, drained and kept warm
- > 60 g/2 oz freshly grated Parmesan cheese
- > 250 g/8 oz ricotta cheese
- > 125 ml/4 fl oz double cream, whipped until slightly thickened

method

1. Melt 15 g/½ oz butter in a non-stick frying pan and cook leeks over low heat, stirring, for 15 minutes or until soft. Add mushrooms and cook until mushrooms give up their juices and all liquid evaporates. Set aside.
2. Drop zucchini into a saucepan of boiling water and cook for 2 minutes. Drain, rinse under cold water and drain again.
3. Melt remaining butter in a saucepan, stir in flour and cook over moderate heat for 1 minute. Blend in milk and cook, stirring constantly, until sauce boils and thickens. Season to taste with salt, black pepper and nutmeg.
4. Arrange about one-third of the lasagna sheets in a buttered ovenproof dish. Sprinkle with one-third of the Parmesan cheese. Top with half each of the zucchini, leek mixture and ricotta cheese, spooning ricotta into small dollops. Cover with half the sauce. Repeat layers. Top with remaining lasagna. Spread cream over top and sprinkle with remaining Parmesan cheese.
5. Preheat oven to 190°C/375°F/Gas 5. Place lasagna on a baking sheet and bake for 30-40 minutes or until bubbly and golden. Cool for 10 minutes before cutting.

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Serves 8

tip from the chef

A vegetable peeler is best for slicing the zucchini in this recipe.



rice and mushroom pie

■ ■ □ | Cooking time: 50 minutes - Preparation time: 15 minutes

method

1. Cook bacon and onion in a nonstick frying pan over moderate heat until onion is golden. Add herbs and mushrooms to pan and cook, stirring, for 4-5 minutes.
2. Preheat oven to 180°C/350°F/Gas 4. Line a 23cm/9 in springform or round cake tin with 6-8 sheets of the filo, brushing every second sheet with oil.
3. Spoon one-third of the rice into prepared tin top with half the mushroom mixture then half the egg slices. Season to taste with salt and black pepper. Repeat layers and top with remaining rice. Cover filling with remaining filo, brushing every second sheet with oil. Trim edges with a sharp knife or scissors.
4. Bake pie for 35 minutes or until pastry is crisp and golden. If pastry browns too quickly, cover loosely with aluminum foil. Cool for 10 minutes before cutting.

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Serves 6-8

ingredients

- > 4 rashers bacon, chopped
- > 1 large onion, chopped
- > 2 leaves fresh sage, chopped or ¼ teaspoon dried
- > 1 teaspoon chopped fresh thyme or ¼ teaspoon dried
- > 500 g/1 lb button mushrooms, halved or quartered, if large
- > 12 sheets filo pastry
- > 2 tablespoons vegetable oil
- > 170 g/6 oz rice, cooked and cooled
- > 4 hard-boiled eggs, sliced
- > salt
- > freshly ground black pepper

tip from the chef

Serve hot or cold for a family picnic or weekend meal.



tomato and cheese soufflés

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

ingredients

- > 8 firm-ripe, small tomatoes
- > ½ teaspoon salt
- > 15 g/½ oz butter
- > 3-4 tablespoons finely chopped spring onions
- > 1 tablespoon plain flour
- > 90 ml/3 fl oz milk
- > 90 g/3 oz goat's cheese, crumbled
- > 1 egg yolk
- > 1 tablespoon chopped fresh basil
- > freshly ground white pepper
- > 2 egg whites, stiffly beaten

method

1. Slice the rounded end off each tomato and, using a teaspoon, scoop out seeds and pulp, leaving a thick shell. Sprinkle with salt, invert on paper towels and drain for 15 minutes.
2. Preheat oven to 200°C/400°F/Gas 6. Melt butter in a saucepan and cook spring onions over low heat until soft. Stir in flour and cook for 1 minute. Remove pan from heat and blend in milk. Cook over moderate heat, stirring constantly, until sauce boils and thickens. Cool for 5 minutes.
3. Add goat's cheese, egg yolk and basil to sauce and beat until blended. Season to taste with white pepper then fold in egg whites. Spoon mixture into shells.
4. Place tomatoes on a baking sheet and bake for 15-20 minutes or until tops are puffed and golden. Serve immediately.

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Serves 8



tip from the chef

This is an easy and delicious recipe perfect for bigger families.



stuffed

baked potatoes

■□□ | Cooking time: 1 hour 10 minutes - Preparation time: 5 minutes

method

1. Preheat oven to 200°C/400°F/Gas 6. Place potatoes, still wet, directly on oven shelf. Bake for 1 hour or until soft when pierced.
2. Cut a cross in top of potatoes, squeeze lightly and scoop pulp into a bowl. Mash pulp; add butter, stuffed potatoes, bacon and cheese and mix to combine. Season to taste with black pepper.
3. Pile filling into potato shells, place on a baking sheet, sprinkle with onions (if using) and bake for 10 minutes or until heated through.

ingredients

- > 4 large baking potatoes, scrubbed
- > 60 g/2 oz butter
- > 4 rashers bacon, crisp-cooked and crumbled
- > 60 g/2 oz grated mature Cheddar cheese
- > freshly ground black pepper
- > sautéed crisp onions for garnish, optional

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Serves 4

variations

In all variations, replace bacon and cheese with the ingredients as follows:

- **Salmon and Herb Filling:** Mix 125 g/4 oz drained canned red salmon (or tuna), 3 finely chopped spring onions and 2 tablespoons chopped fresh mixed herbs into filling. Garnish with extra herbs.
- **Tomato Filling:** Mix 1 tablespoon tomato puree into filling. After reheating, sprinkle tops with breadcrumbs, drizzle with melted butter and cook under a preheated medium grill until topping is golden.
- **Spinach Filling:** Mix 4 tablespoons well drained chopped cooked spinach and a little nutmeg into filling. Sprinkle tops with grated Cheddar cheese and cook under a preheated medium grill until cheese melts.



vegetable cheese strata

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

ingredients

- > 2 tablespoons olive oil
- > 2 leeks, with some green tops, washed and sliced, or 2 onions, sliced
- > 375 g/12 oz button mushrooms, sliced
- > 2 red peppers, cut into squares
- > 8 thick slices Italian bread, cut into cubes
- > 125 g/4 oz grated mature Cheddar cheese
- > 60 g/2 oz freshly grated Parmesan cheese
- > 6 eggs
- > 440 ml/14 fl oz milk
- > 1 tablespoon Dijon mustard
- > Tabasco sauce

method

1. Heat oil in a frying pan over low heat and cook leeks or onions until soft. Add mushrooms and red peppers and cook, stirring, for 10-15 minutes or until peppers are tender.
2. Arrange half the bread cubes in a buttered, shallow ovenproof dish. Top with half the vegetables and sprinkle with half the cheeses. Repeat layers, spreading evenly.
3. Whisk together eggs, milk, mustard and Tabasco sauce to taste. Pour mixture evenly over strata, cover with plastic food wrap and soak for 1 hour.
4. Preheat oven to 180°C/350°F/Gas 4. Bake strata in center of oven for 35-40 minutes or until puffed and golden.

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Serves 4



tip from the chef

An easy way to add nutrition, texture, color and appeal to your next meal.





potato pizza

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

method

1. Cook potatoes in boiling salted water for 15-20 minutes or until tender. Drain and cool, peel and return to saucepan over a low heat. Add half the oil and salt to taste and mash until smooth.
2. Preheat oven to 220°C/425°F/Gas 7. Brush a 25 cm/10 in shallow baking dish with some remaining oil, sprinkle lightly with flour and spread potatoes in dish to form a base.
3. Top with tomato slices and bocconcini or mozzarella. Sprinkle with Parmesan cheese, black pepper to taste, olives and oregano. Drizzle with remaining oil. Bake for 15-20 minutes or until crust is golden and crisp.

ingredients

- > 1 kg/2 lb old potatoes, scrubbed
- > 125 ml/4 fl oz olive oil
- > salt
- > plain flour
- > 4 tomatoes, sliced
- > 125 g/4 oz bocconcini or fresh mozzarella cheese, sliced
- > 75 g/2½ oz freshly grated Parmesan cheese
- > freshly ground black pepper
- > black olives, halved and pitted for garnish
- > 1 teaspoon fresh oregano leaves or ¼ teaspoon dried

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Serves 6

tip from the chef

This regional Italian dish uses old potatoes mashed with olive oil and pepper as a pizza base.



stuffed zucchini

■ ■ □ | Cooking time: 1 hour 10 minutes - Preparation time: 1 hour 10 minutes

ingredients

- > 8 large zucchini, halved lengthwise
- > salt
- > 250 g/8 oz lean beef mince
- > 1 egg
- > 4 tablespoons freshly grated Parmesan cheese plus extra for garnish
- > 3 tablespoons breadcrumbs, made from stale bread, or 45g/1½ oz rice, cooked and cooled
- > 60 g/2 oz ham, finely chopped, optional
- > ½ teaspoon chopped fresh oregano or pinch dried
- > freshly ground black pepper
- > 1 tablespoon olive oil
- > 1 small onion, finely chopped
- > 4 tablespoons tomato puree
- > 2 tablespoons chopped fresh basil or parsley (or a combination)

method

1. Scoop pulp from zucchini to make shells. Sprinkle shells with salt, invert onto paper towels and drain for 1 hour. Rinse and drain thoroughly.
2. Preheat oven to 190°C/375°F/Gas 5. Combine beef, egg, cheese, breadcrumbs or rice, ham (if using), oregano and season with black pepper to taste. Spoon mixture into shells.
3. Heat oil in a small saucepan and cook onion for 5 minutes. Add tomato puree and basil, simmer for 5 minutes and pour into a shallow ovenproof dish.
4. Arrange shells in dish and sprinkle with extra cheese. Cover with aluminum foil and bake for 1 hour or until tender.

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Serves 8

tip from the chef

This recipe can be made with many alternative stuffings, such as salmon, tuna, hard-boiled egg, bacon, meat or seafood.



tuna-stuffed pumpkin



■ ■ □ | Cooking time: 1 hour 20 minutes - Preparation time: 15 minutes

method

1. Preheat oven to 180°C/350°F/Gas 4. Cut a thin slice from each end of pumpkin to make 'lids'. Cut pumpkin crosswise in half to form two cases. Scoop out seeds and discard, then carefully remove pulp, leaving thick shells.
2. Roughly chop pulp and place in a bowl. Mix in egg yolks, tuna with oil, 2 tablespoons cheese, allspice and black pepper to taste. Fill pumpkin shells, packing firmly.
3. Sprinkle with remaining cheese and place shells, with lids on the side, in a small ovenproof dish. Cover dish and bake for 1 hour or until shells are tender.
4. To make sauce, heat oil in a saucepan and cook onion until soft. Add tomatoes and basil and season to taste. Simmer for 15 minutes or until thick. Top shells with lids and serve with sauce.

ingredients

- > 1 medium butternut pumpkin
- > 3 egg yolks
- > 220 g/7 oz can tuna in oil, undrained
- > 3 tablespoons freshly grated Parmesan cheese
- > pinch ground allspice
- > freshly ground black pepper

tomato basil sauce

- > 1 tablespoon olive oil
- > 1 onion, finely chopped
- > 440 g/14 oz can tomatoes, undrained and roughly chopped
- > 1 sprig fresh basil

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Serves 6

tip from the chef

A healthy, light meal suitable both for winter and summer dinners.



sweet & sour

beans on butternut slices

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

ingredients

- > 2 x 440 g/14 oz cans red kidney beans, drained
- > olive oil
- > 1 onion, sliced
- > 2 cloves garlic, crushed
- > 1 green pepper, diced
- > 1-2 tbspoons cornflour
- > 250 ml/8 fl oz cold vegetable stock or water
- > 1 tablespoons brown sugar
- > 2 tablespoons soy sauce
- > 1 tablespoon tomato puree
- > 1 tablespoon vinegar
- > 1 butternut squash, peeled and cut into 2 cm³/₄ in thick slices
- > chopped fresh parsley for garnish

method

1. Drain beans, reserving liquid. Heat 1 tablespoon oil in a frying pan and cook onion for 5 minutes or until soft. Add garlic and green pepper and cook, stirring, for 2 minutes. Add beans and stir fry for 4 minutes.
2. Combine cornflour, stock or water, sugar, soy sauce, tomato puree and vinegar and stir into bean mixture. Simmer gently, stirring, until mixture thickens.
3. For croutes, heat 2 tablespoons oil in a large frying pan and cook pumpkin slices over moderate heat for 4-5 minutes each side or until tender. Serve slices topped with beans and sprinkled with chopped parsley.

.....
Serves 6



tip from the chef

An original take that can be served along brown rice, pasta or salad.





cutlets with green mustard sauce

■ ■ □ | Cooking time: 1 hours 5 minutes - Preparation time: 5 minutes

method

1. To make rice, bring water to the boil in a large saucepan, stir in brown rice, lower heat and simmer gently for 20 minutes. Add wild rice and cook for 20-25 minutes longer or until tender. Drain well, return to pan, add butter (if using) and season with black pepper. Cover and keep warm.
2. To make sauce, simmer spring onions, coriander or parsley and stock in a saucepan for 8 minutes or until liquid reduces to 2-3 tablespoons. Whisk in mustard. Add butter cubes, a few at a time, whisking constantly, over low heat until sauce is smooth. Season to taste. Strain and keep warm.
3. Brush cutlets with some oil and season with black pepper. Heat remaining oil in a large frying pan over medium to high heat and cook cutlets for 2 minutes each side or until just pink in the center. Serve with rice and sauce.

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Serves 4

ingredients

- > 8 lamb cutlets, trimmed of visible fat
- > 1 tablespoon olive oil

brown and wild rice

- > 1.5 liters/2½ pt water
- > 220 g/7 oz long-grain brown rice
- > 100 g/3½ oz wild rice
- > 1 tablespoon butter, optional
- > freshly ground black pepper

green mustard sauce

- > 6 spring onions, with some green tops, chopped
- > 4-6 tablespoons chopped fresh coriander or parsley
- > 250 ml/8 fl oz chicken stock
- > 1½ tablespoons Dijon mustard
- > 125 g/4 oz cold butter, cubed

tip from the chef

You will love the combination of flavors that this green mustard sauce brings to the palate.



roast coriander lamb

■■■ | Cooking time: 1 hour - Preparation time: 1 hour 5 minutes

ingredients

- > 2 kg/4 lb leg of lamb
- > 1½ tablespoons fresh lemon juice
- > 2 cloves garlic, chopped
- > 2 tablespoons vegetable oil
- > 1 teaspoon ground turmeric
- > 1 tablespoon ground coriander
- > 2 teaspoon ground cumin
- > sprigs fresh coriander for garnish

method

1. Using a sharp knife, score surface of lamb in a diamond pattern, cutting about 5 mm/¼ in deep. Combine lemon juice, garlic, oil and spices and rub mixture into lamb. Cover and refrigerate for 1 hour to allow marinade to penetrate.
2. Preheat oven to 180°C/350°F/Gas 4. Place lamb in a roasting tin, add 250 ml/8 fl oz water to tin and bake, basting occasionally with juices, for 1½ hours or until cooked to your liking.
3. Garnish lamb with coriander sprigs and serve in thick, but small slices with rice pilaf and traditional curry accompaniments.

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Serves 6

tip from the chef

Serve with a favorite rice pilaf and assorted sambals such as cucumber, tomato, chili fruit pickle and sweet mango chutney.



grilled

herbed chicken



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

method

1. Place fillets between sheets of plastic food wrap and pound gently to flatten slightly. Combine oil, herbs, lemon rind and cumin, rub mixture over fillets and stack them in a shallow dish. Cover and marinate in the refrigerator for several hours or overnight.
2. Season fillets with black pepper to taste and cook on a heated and oiled, ribbed grill pan over medium to high heat for 2-3 minutes each side or until just firm. Serve with lemon wedges.

ingredients

- > 4-6 boneless chicken breast fillets
- > 90 ml/3 fl oz olive oil
- > 3 tablespoons chopped mixed fresh herbs such as parsley, thyme, rosemary, marjoram
- > 1 teaspoon finely grated lemon rind
- > ½ teaspoon ground cumin
- > freshly ground black pepper
- > lemon wedges to serve

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Serves 4-6

tip from the chef

If a grill pan is unavailable, cook fillets on a barbecue, turning and basting frequently with marinade.



schnitzels

with mushrooms

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

ingredients

- > 1 tablespoon vegetable oil or butter
- > 250 g/8 oz thinly sliced veal or pork schnitzels
- > seasoned flour
- > 125 g/4 oz button mushrooms, sliced
- > 125 ml/4 fl oz chicken stock or water
- > 1 tablespoon dry sherry, brandy or vermouth
- > 1 tablespoon chopped fresh parsley

method

1. Heat oil or butter in a large, heavy-based frying pan. Dust schnitzels lightly with flour. Add to pan and cook over moderate heat for 3 minutes each side or until cooked and golden. Transfer to heated serving plates and keep warm.
2. Add mushrooms to pan with a little extra oil or butter, if needed, and saute for 2 minutes. Add stock or water and sherry, brandy or vermouth and simmer, stirring, until liquid reduces. Spoon sauce over schnitzels, sprinkle with parsley and serve immediately.

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Serves 4



tip from the chef

The nutty flavor of mushrooms is the perfect match for veal schnitzels.





ham steaks

with spiced pears

■ □ □ | Cooking time: 30 minutes - Preparation time: 5 minutes

method

1. To make pears, the day before using, place pears, 125 ml/4 fl oz reserved syrup, vinegar and spices in a saucepan, cover and simmer for 20 minutes. Uncover and simmer for 5 minutes. Place in a bowl, cool, cover and refrigerate overnight.
2. Brush ham steaks with a little oil or butter and grill or pan-fry until heated. Transfer to serving plates and garnish each with a pear half, slicing the halves lengthwise, but not quite through to the stem end and gently fanning them out.

ingredients

- > 4 x 125-185 g/4-6 oz ham steaks
- > 2 teaspoons vegetable oil or melted butter

Spiced Pears

- > 6 canned pear halves in light syrup, drained, reserving syrup
- > 125 ml/ 4 fl oz white vinegar
- > 4 whole allspice
- > ½ stick cinnamon

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Serves 4

tip from the chef

Fresh pears may be used - peel and halve, poach in syrup, then proceed with the recipe.



veal

with sherry cream sauce

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

ingredients

- > 2 tablespoons vegetable oil
- > 6 thick veal medallions or rib chops, rolled and tied
- > freshly ground black pepper
- > 2 onions, finely sliced
- > 3 tablespoons dry sherry
- > 250 ml/8 fl oz double cream
- > 4-6 tablespoons finely chopped fresh parsley, optional

method

1. Heat oil in a heavy-based frying pan over moderate heat and cook veal for 1-2 minutes each side or until brown. Season to taste with black pepper.
2. Lower heat and cook gently, turning occasionally, for 15-20 minutes or until tender. Transfer to a platter and keep warm.
3. Add onions to pan with a little extra oil if needed and cook gently, stirring, for 10 minutes or until tender. Stir in sherry.
4. Add cream, bring to the boil and boil until sauce thickens. Season to taste and stir in parsley (if using). Serve sauce with veal.

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Serves 6

tip from the chef

The sherry sauce is ideal for meats. You can make it ahead and store it in the fridge, as it keeps well.



prawn salad

with curry dressing

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

ingredients

- > 1 bunch young spinach, leaves stripped from stems
- > 250 g/8 oz peeled cooked prawns, deveined, tails intact
- > 1 avocado, halved, stoned, peeled and sliced
- > 125 ml/4 fl oz soured cream
- > 125 ml/4 fl oz natural low fat yogurt
- > 1 teaspoon curry powder

method

1. Tear the spinach into bite-size pieces. Arrange in a salad bowl or on four individual plates, adding the prawns and avocado slices.
2. Combine the soured cream, yogurt and curry powder in a small bowl. Mix well; pour over the salad(s) and serve at once.

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Serves 4



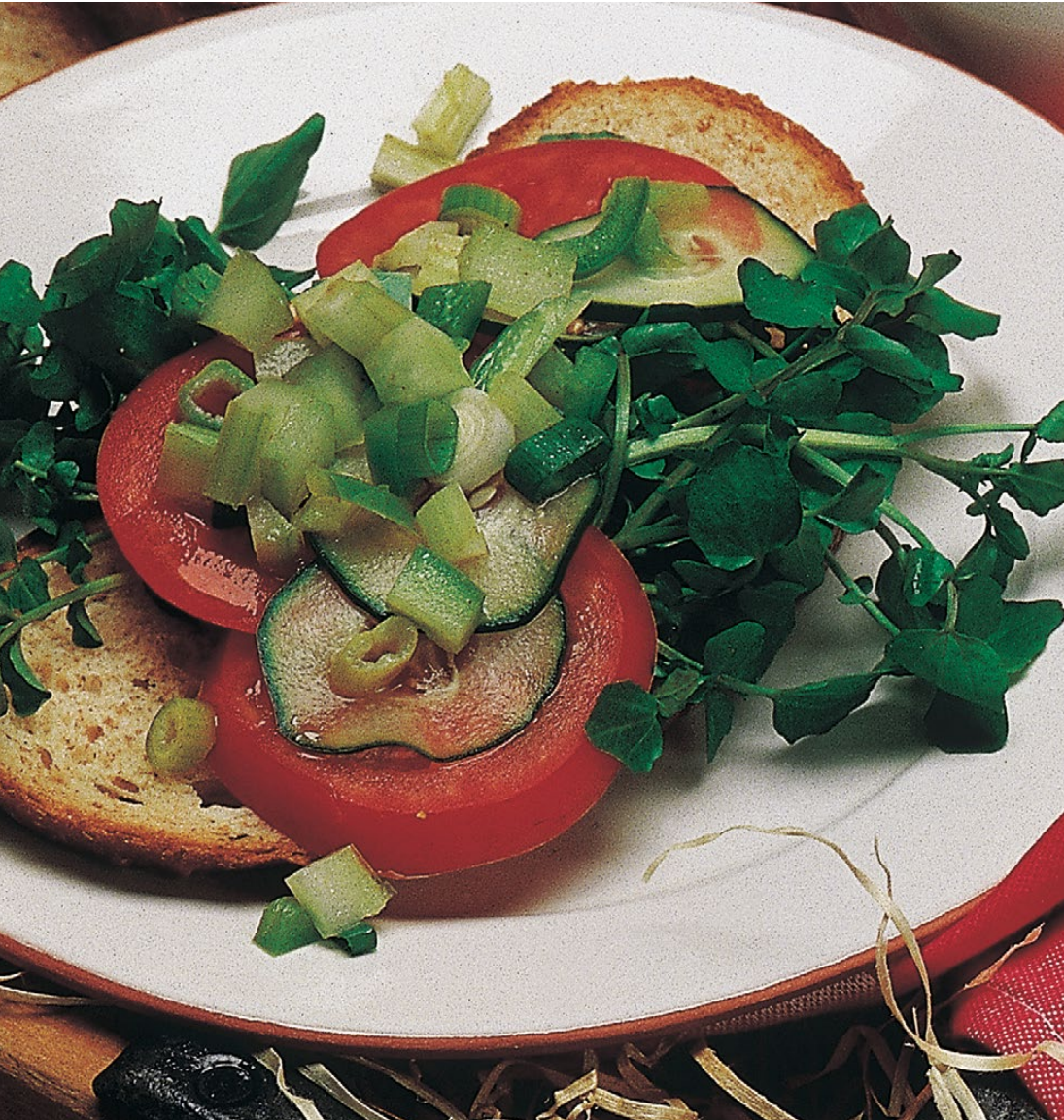
tip from the chef

This original, healthy salad is the perfect entrée for any dinner party.



tomato

and cucumber on rye



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

method

1. In a bowl combine tomatoes, cucumber, green pepper, green onions and celery.
2. To make dressing, combine vinegar, oil, mustard, chili and black pepper to taste in a screw top jar. Shake well to combine and pour over tomato salad.
3. Divide watercress between bread slices and top with tomato salad.

ingredients

- > 2 tomatoes, thinly sliced
- > ½ cucumber, thinly sliced
- > ½ green pepper, diced
- > 3 green onions, thinly sliced
- > 1 stalk celery, chopped
- > ½ bunch watercress
- > 4 slices rye bread dressing
- > 3 tablespoons White wine vinegar
- > 1 tablespoon olive oil
- > ½ teaspoon mustard powder
- > pinch chili powder
- > freshly ground black pepper

.....
Makes 4

tip from the chef

This sophisticated vegetarian sandwich is highly advisable due to the quality of its fats and its minimum tenor of saturated fat. Any kind of bread made of whole cereals or seeds and cereals can be used.



pineapple and avocado salad

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

ingredients

- > 3 small pineapples
- > 2 avocados, halved, stoned and peeled
- > 125 ml/4 fl oz mayonnaise
- > 2 tablespoon snipped chives
- > pinch cayenne pepper
- > 2 teaspoons grated fresh root ginger
- > ¼ teaspoon paprika

method

1. Cut pineapples in half, through the leaves. Scoop out flesh, chop it roughly and drain on paper towels; reserve shells. Cut the avocados into chunks.
2. Combine mayonnaise, chives, cayenne, ginger and paprika in a bowl. Add pineapple and avocado and mix lightly. Spoon mixture into pineapple shells and serve at once.

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Serves 6



tip from the chef

If small pineapples are unavailable, use 1 large fruit.





avocado and smoked salmon salad

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

method

1. Arrange the salmon, avocado and mushrooms on four individual serving plates.
2. Mix the oil, brown sugar, lemon juice and wine in a screw top jar. Close lid tightly and shake well. Pour a little of the dressing over each salad, sprinkle with dill and serve at once.

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Serves 4

ingredients

- > 125 g/4 oz smoked salmon, cut into thin strips
- > 2 small avocados, halved, stoned, peeled and thinly sliced
- > 125 g/4 oz button mushrooms
- > 125 ml/4 fl oz olive oil
- > ½ teaspoon soft light brown sugar
- > 2 tablespoons lemon juice
- > 1 tablespoon white wine
- > 1 tablespoon chopped fresh dill

tip from the chef

If desired, you can add mango, as it tastes great both with salmon and avocado.



herbed seafood salad

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

ingredients

- > 24 cooked scallops
- > 24 peeled cooked king prawns, deveined
- > 60 ml/2 fl oz vinegar
- > 60 ml/2 fl oz freshly squeezed lime juice
- > 3 tablespoons orange juice
- > 1 garlic clove, lightly crushed
- > 1 red chili, seeded and finely sliced
- > ¼ green pepper, cut into fine strips
- > 60 g/2 oz stuffed green olives, halved
- > 2 tablespoons chopped fresh coriander
- > 125 ml/4 fl oz sunflower oil

method

1. Combine scallops and prawns in a bowl. Add vinegar, lime juice, orange juice and garlic. Mix well, cover and chill for 2 hours.
2. Strain seafood mixture, reserving marinade. Place seafood in a salad bowl and add chili, green pepper, olives and coriander. Toss.
3. Add oil to reserved marinade and whisk well. Pour dressing over salad and toss lightly. Garnish with lemon slices.

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Serves 8

tip from the chef

This is an easy, flavorful recipe to prepare, substantial enough to keep the hunger away, and light enough to help you stay in shape.





marinated

raw fish salad

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

method

1. Cut fish into thin strips. Mix lemon juice, vinegar, wine and garlic in a shallow dish large enough to hold all the fish strips in a single layer. Add fish, cover dish and marinate for 2 hours.
2. Meanwhile, bring a saucepan of water to the boil. Add carrots and cook for 2 minutes. Add asparagus and cook for 1 minute more. Drain vegetables and refresh under cold running water. Drain again and pat dry with paper towels.
3. Drain fish, discarding marinade. Toss with blanched carrots and asparagus, red pepper and parsley. Serve at once, on individual plates. Garnish with finely shredded orange rind, if liked.

ingredients

- > 400 g/14 oz very fresh whiting fillet, skinned
- > 60 ml/2 fl oz lemon juice
- > 3 tablespoons white wine vinegar
- > 3 tablespoons white wine
- > 2 cloves garlic, crushed
- > 2 large carrots, cut into strips
- > 8 asparagus spears, trimmed, cut into 3 cm/1¼ in lengths
- > 1 red pepper, chopped
- > 1 tablespoon chopped fresh parsley

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Serves 4

tip from the chef

An ideal recipe for those who like to get out of the routine to try new and exotic recipes.



avocado

and palm heart salad

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

ingredients

- > 1 x 400 g/14 oz can palm hearts, drained and thinly sliced
- > 1 avocado, halved, stoned, peeled and sliced lengthwise
- > 60 ml/2 fl oz lemon juice
- > 75g/2½ oz piece of Parmesan cheese
- > 4 tablespoons chopped walnuts
- > 1 red pepper, cut into thin strips
- > 4 tablespoons walnut oil
- > ¼ teaspoon paprika
- > 1 tablespoons chopped fresh dill

method

1. Arrange the palm heart and avocado slices on four salad plates. Sprinkle with half the lemon juice.
2. Using a potato peeler, pare the Parmesan into curling slivers on top of each salad. Add the walnuts and red pepper strips.
3. In a small bowl, combine the remaining lemon juice with the walnut oil and paprika. Whisk thoroughly. Drizzle dressing over each salad and garnish with dill.

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Serves 4



tip from the chef

This tasty low-fat salad is the perfect match for a glass of Sauvignon Blanc.





chicken

potato salad

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

method

1. Combine the chicken, zucchini, chopped thyme and potatoes in a bowl; mix well.
2. Arrange chicken mixture on a serving plate. Top with red pepper strips, coriander and egg slices.
3. Mix vinaigrette and mayonnaise in a small bowl; pour over the salad. Serve chilled, garnished with a sprig of thyme, if liked.

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Serves 4

ingredients

- > 500 g/1 lb cooked chicken, skinned and cut into bite-size pieces
- > 4 zucchini, grated
- > 1 teaspoon chopped fresh thyme
- > 8 new potatoes, boiled, halved when cool
- > 1 red pepper, sliced into thin strips
- > 1 tablespoon chopped fresh coriander
- > 4 hard-boiled eggs, sliced
- > 60 ml/2 fl oz vinaigrette
- > 30 ml/1 fl oz mayonnaise

tip from the chef

An easy, creamy and nutritious chicken salad, perfect for lunch or as a side dish.



smoked turkey and melon salad

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

ingredients

- > ¼ small watermelon
- > ½ honeydew melon
- > ½ cantaloupe
- > 500 g/1 lb smoked turkey
- > 1 small bunch fresh coriander
- > 60 ml/2 fl oz vinaigrette
- > 1 lemon twist
- > ½ teaspoon crushed black peppercorns

method

1. Remove skin and seeds from melons; cut flesh into batons.
2. Cut smoked turkey into neat bite-size pieces.
3. Set aside some of the best coriander sprigs for garnish. Chop remaining coriander roughly and mix with chicken pieces and melon batons in a bowl.
4. Arrange salad decoratively on a serving plate. Pour dressing over top. Garnish with lemon twist, reserved coriander sprigs and crushed black peppercorns.

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Serves 4



tip from the chef

If desired, add kiwi balls.



vegetable and beef salad



■ □ □ | Cooking time: 40 minutes - Preparation time: 10 minutes

method

1. Preheat oven to 180°C/350°F/Gas 4. Melt the butter in a frying pan over high heat. Add the beef fillet and sear until browned on all sides, about 5 minutes.
2. Transfer the fillet to a baking dish and roast for 30 minutes or until cooked as desired.
3. Meanwhile, bring a large saucepan of water to the boil. Add the pumpkin, beans and squash or zucchini. Cook for 2 minutes. Drain, refresh under cold running water and drain again.
4. Cut the beef into thin slices and place in a salad bowl. Add the vegetables and red pepper.
5. Mix the olive oil, garlic, vinegar and pepper in a screwtop jar. Close the lid tightly and shake the dressing until well mixed. Pour over the salad and mix well. Serve from the bowl or on individual salad plates.

ingredients

- > 30 g/1 oz butter
- > 350 g/11 oz beef fillet
- > 125 g/4 oz peeled pumpkin, cut into strips
- > 185 g/6 oz green beans, topped and tailed
- > 4 pattypan squash, quartered or zucchini, sliced
- > 2 tablespoons diced red pepper
- > 3 tablespoons olive oil
- > 1 clove garlic, crushed
- > 1 tablespoon red wine vinegar
- > freshly ground black pepper

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Serves 4

tip from the chef

For a very versatile dressing, mix garlic, chopped parsley, oil, lemon juice, salt and pepper.



fennel

salad with red pepper

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

ingredients

- > 1 fennel bulb, white part only, finely sliced
- > 2 red onions, thinly sliced
- > 125 g/4 oz drained canned red peppers, cut into thin strips
- > 60 ml/2 fl oz vinaigrette
- > ¼ teaspoon crushed black peppercorns
- > fresh coriander leaves for garnish

method

1. Arrange the fennel, onions and red peppers on a serving plate. Drizzle the vinaigrette over the top and sprinkle with the crushed peppercorns. Garnish with the coriander.

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Serves 4



tip from the chef

For an added touch of flavor, add black olives.



watercress salad

with stilton dressing

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

method

1. Place Stilton, creme fraiche, mayonnaise and 2 tablespoons milk in a food processor or blender and process until smooth. With motor running, add milk to make a creamy dressing. Chill.
2. Arrange endive, onion rings, watercress and tomato slices in a serving bowl and drizzle with dressing. Serve remaining dressing separately.

ingredients

- > 90 g/3 oz Stilton cheese
- > 60 ml/2 fl oz sour cream
- > 2 tablespoons mayonnaise
- > 2 tablespoons milk
- > 1 curly endive, torn into bite-size pieces
- > 1 red onion, sliced
- > 1 bunch watercress, broken into sprigs
- > 3 tomatoes, sliced

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Serves 6-8



junior chef says

A recipe where the slightly spicy taste of watercress pairs wonderfully with the dressing.



index

Grilled Chicken Salad	6
Green Peppercorn Steak	8
Mushroom and Leek Lasagna	10
Rice and Mushroom Pie	12
Tomato and Cheese Soufflés	14
Stuffed Baked Potatoes	16
Vegetable Cheese Strata	18
Potato Pizza	20
Stuffed Zucchini	22
Tuna-stuffed Pumpkin	24
Sweet and Sour Beans on Butternut Slices	26
Cutlets with Green Mustard Sauce	28
Roast Coriander Lamb	30
Grilled Herbed Chicken	32
Schnitzels with Mushrooms	34
Ham Steaks with Spiced Pears	36
Veal with Sherry Cream Sauce	38
Avocado, Feta and Bacon Salad	40
Prawn Salad with Curry Dressing	42
Tomato and Cucumber on Rye	44
Pineapple and Avocado Salad	46
Avocado and Smoked Salmon Salad	48
Herbed Seafood Salad	50
Marinated Raw Fish Salad	52
Avocado and Palm Heart Salad	54
Chicken Potato Salad	56
Smoked Turkey and Melon Salad	58
Vegetable and Beef Salad	60
Fennel Salad with Red Pepper	62
Watercress Salad with Stilton Dressing	64



feast yourself slim