

Chef

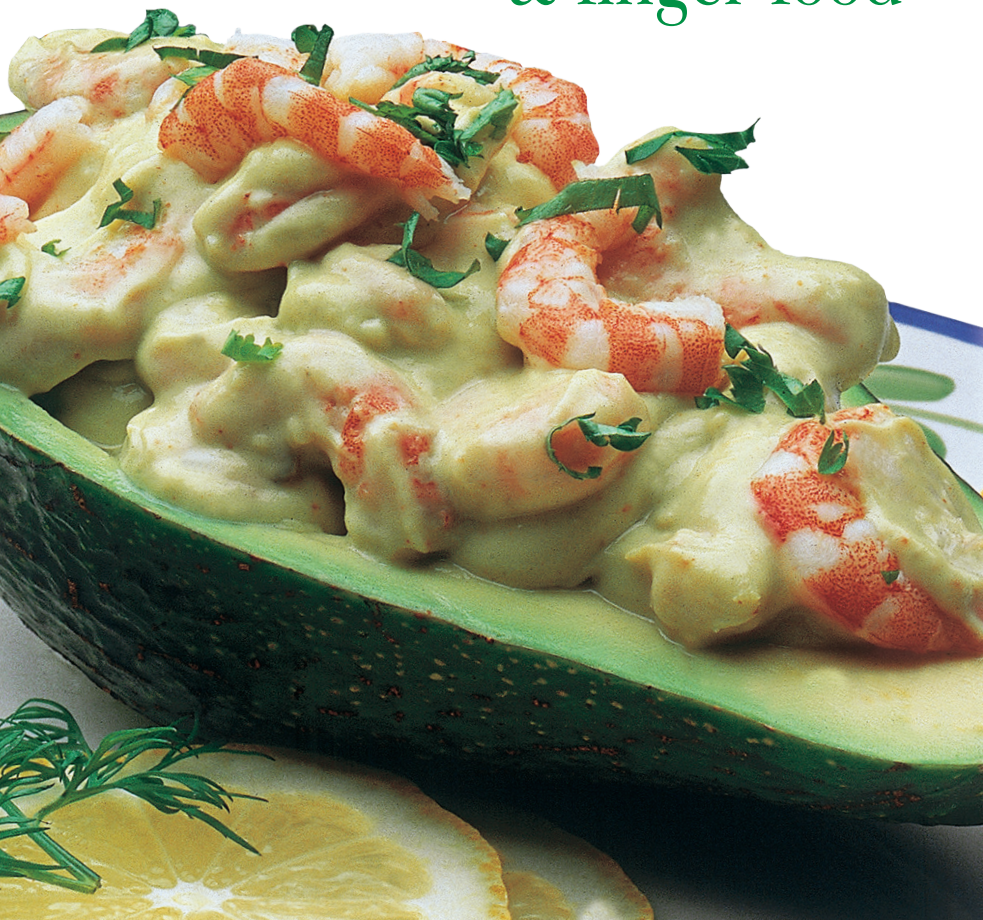
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light bites

& finger food



light bites

& finger food



When making finger food, the emphasis should always be put on simplicity and taste. To serve and enjoy these light bites, keep in mind these basic guidelines.

Tips & Tricks

- Cheeses, spread sauces like mayonnaise, aioli, tapenade, pâtés, salmon and avocado are some of the must-have ingredients.
- To accelerate the preparation to maximum speed, it's best to have some veggies chopped beforehand.
- In all cases, the presentation and cutting of vegetables and meats for appetizers should be meticulous. Using skewers allows you to optimize table space. At the same time, your dishes will look visually appealing.
- Focaccias and toasts or grilled breads go well with spread pastes and can be topped with eggs in quarters, chopped olives, pan-fried slices of spring onions, or whatever your imagination may suggest.
- Add a touch of color to your presentation with vibrant ingredients. Include pineapple or dragon fruit slices, or drizzle your dishes with a colorful spice. Fresh basil and

parsley, carrots, oranges, bell peppers and raspberries can also add great zests of color.

- To make your appetizers look more interesting, try rolling them up. You can make pin rolls, lettuce-wrapped bites, cut wraps or cheese rolls. To keep them in place, stick a pick into the center of each roll-up.
- Finger food allows you to prepare a variety of temptations to suit just about everyone's taste. The recipes in this book are simple to make, use attractive ingredients, and are designed to give you maximum time to enjoy the company of your guests.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

two-toppings

crostini

■ □ □ | Cooking time: 12 minutes - Preparation time: 20 minutes

ingredients

- > 1 French bread stick, cut into 1 cm/½ in slices
- > 2 tablespoons olive oil
- > 2 cloves garlic, halved

tomato and basil topping

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

eggplant and feta topping

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

method

1. Brush bread slices with oil, place under a preheated hot grill and toast both sides until golden. Rub one side of toasts with cut side of garlic cloves.
2. For tomato and basil topping, top half the toast slices with some tomato, onion and basil, and grill for 1-2 minutes or until topping is warm.
3. For eggplant and feta topping, brush eggplant slices with oil and cook under preheated hot grill for 3-4 minutes each side or until lightly browned. Top remaining toasts with eggplant slices and sprinkle with feta cheese and black pepper to taste. Cook under a preheated hot grill for 1-2 minutes or until topping is warm.

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 Makes 16-20

tip from the chef

Crostini, made from hot baguette slice toasts, can be topped with various pastes of cheese, olives or feta cheese with olive oil.





prosciutto- wrapped asparagus

■ □ □ | Cooking time: 7 minutes - Preparation time: 15 minutes

method

1. Boil, steam or microwave asparagus until just tender. Drain and rinse under cold running water until cool. Drain asparagus again and dry on absorbent kitchen paper.
2. Cut each slice of prosciutto or ham lengthwise into 3 long strips and wrap each strip around an asparagus spear. Cover and refrigerate until required.

ingredients

- > 250 g/8 oz fresh asparagus spears, trimmed
- > 4 slices prosciutto or lean ham

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Makes about 12

tip from the chef

For the asparagus to be tender as well as firm, cooking must be watchful. If cooked in asparagus boiler, place the shoots pointing up so they are not in contact with the water.



crocked cheese

■ □ □ | Cooking time: 0 minutes – Preparation time: 5 minutes

ingredients

- > ½ cup/60 g/2 oz cottage cheese
- > ½ cup/60 g/2 oz ricotta cheese
- > ½ cup/60 g/2 oz grated Cheddar cheese
- > 65g/2 oz butter
- > ½ cup/30 g/1 oz shallots, chopped
- > 30 ml/1 fl oz beer
- > 1 teaspoon Dijon mustard
- > 1 teaspoon paprika
- > ¼ teaspoon salt
- > 1-2 teaspoons poppy seeds

method

1. Combine all ingredients in a food processor. Blend well. Turn the mixture into a crock or serving bowl. Sprinkle additional poppy seeds on top for garnish.
2. Refrigerate until ready to serve. Serve with an assortment of crackers.

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 Makes about 1⅓ cups/360 g/12 oz



tip from the chef

Mustard and paprika are not indispensable, and can be used alternatively.



cocktail

meatballs



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

method

1. Mix mince and all ingredients for meatballs together (a), knead well with hands until mince becomes fine in grain. Allow to stand for 15 minutes before rolling.
2. Combine prunes and pine nuts. Wet palms of hands to prevent mince sticking, take about a tablespoon of mince, roll into a ball then flatten in palm of hand.
3. Place ½ teaspoon of filling in center and remould into a smooth ball (b). Space around edge of large dinner plate, glaze meatballs with Worcestershire sauce.
4. Cook in microwave on High for 5 minutes (c). Cover with foil and stand 1½ minutes.
5. Serve with a spicy plum dipping sauce.

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Makes 16 small meatballs

ingredients

meatballs

- > 250 g/8 oz minced beef
- > 1 onion, grated
- > 2 tablespoons dried breadcrumbs
- > ½ teaspoon salt
- > 1 egg
- > 1 tablespoon chopped parsley
- > ¼ teaspoon pepper
- > ¼ teaspoon oregano
- > 1 teaspoon Tabasco sauce

filling

- > 8 prunes, pitted and chopped
- > 1 tablespoon pine nuts, coarsely chopped

for glazing

- > Worcestershire sauce

tip from the chef

Dried apricots or raisins may be used instead of prunes and walnuts, and almonds in place of pine nuts. You can also make the meatballs without the stuffing, but cook 4 minutes only. Serve with tomato sauce.



tzatziki

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

ingredients

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

method

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

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Serves 8



tip from the chef

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



fish'n' chips

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

method

1. To make batter, sift together flour and black pepper to taste into a bowl. Make a well in the center. In a separate bowl whisk milk, beer and egg. Pour into well and mix to form a smooth batter. Set aside to stand for 30 minutes.
2. Cut potatoes into 1 cm/½ in slices, then into strips. Soak in cold water for 10 minutes. Drain and dry on absorbent kitchen paper. Heat oil in a large saucepan until a chip dropped in rises to the surface and is surrounded by bubbles. Drop chips gradually into oil or place in a wire basket and cook for 6 minutes. Remove from pan and drain on paper, set aside.
3. Just prior to serving reheat oil and cook chips for 3-4 minutes or until golden and crisp. Drain on paper and keep warm in a low oven.
4. Pat fish dry on absorbent kitchen paper. Dip in batter and carefully lower into hot oil. Cook for 5 minutes or until golden and crisp. Drain on paper. Serve immediately with chips.

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Serves 4

tip from the chef

Double-cooking ensures crisp golden chips every time. The high water content of potatoes initially reduces the temperature of the oil and double-cooking overcomes this problem. Chips can be cooked the first time several hours in advance or even frozen for use at a later date.

ingredients

- > 500 g/1 lb potatoes
- > 4 firm white fish fillets
- > vegetable oil for deepfrying

beer batter

- > 1½ cups/185 g/6 oz flour
- > freshly ground black pepper
- > ¼ cup/60 ml/2 fl oz milk
- > ¼ cup/60 ml/2 fl oz beer
- > 1 egg



hummus dip

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

ingredients

- > 2 cups canned chickpeas, drained
- > 2 cloves garlic, crushed
- > ¼ cup freshly squeezed lemon juice
- > 2 tablespoons olive oil
- > ½ cup tahini
- > ¼ teaspoon paprika
- > 1 tablespoon chopped parsley
- > 2 tablespoons olive oil, extra
- > 4 small rounds pitta bread

method

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

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Serves 4



tip from the chef

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





antipasto platter

■ □ □ | Cooking time: 15 minutes - Preparation time: 25 minutes

method

1. To make dip, place blue cheese, ricotta cheese, provolone cheese and sour cream in a bowl and mix well to combine. Stir in chives, lemon juice and black pepper. Cover and chill until required.
2. To make crisps, place zucchini and eggplant in a colander, sprinkle with salt and set aside to stand for 20 minutes. Rinse vegetables under cold running water and pat dry with absorbent kitchen paper. Heat oil in a large saucepan until a cube of bread dropped in browns in 50 seconds. Cook vegetables and herbs in batches for 2-3 minutes or until crisp. Remove, using a slotted spoon, and drain on absorbent kitchen paper.
3. Cut prosciutto slices in half, lengthwise. Place vinegar and garlic in a small bowl and whisk to combine. Brush prosciutto with vinegar mixture and cook under a preheated medium grill for 1-2 minutes each side or until crisp. Serve warm or cold, on a platter with dip and crisps.

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Serves 8

tip from the chef

This antipasto platter uses a combination of purchased and homemade foods. You could include olives, sun-dried peppers, sun-dried tomatoes, marinated artichoke hearts, cheese and bread.

ingredients

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

vegetable and herb crisps

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

crunchy prosciutto

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



prawn and pork toast

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

ingredients

- > 4 medium uncooked prawns, shelled and deveined, finely chopped
- > 125 g/4 oz pork mince
- > 1 small onion, finely chopped
- > ¼ teaspoon salt
- > ¼ teaspoon freshly ground black pepper
- > ¼ teaspoon sesame oil
- > 4 slices wholemeal bread, crusts trimmed
- > 2 tablespoons sesame seeds
- > vegetable oil for deep-frying
- > chili sauce

method

1. Place prawns, pork, onion, salt, black pepper and sesame oil in a bowl and mix to combine. Set aside to marinate for 10-15 minutes.
2. Spread each bread slice with pork mixture and sprinkle with sesame seeds. Cut each slice into 4 triangles.
3. Heat vegetable oil in a wok or large saucepan until a cube of bread dropped in browns in 50 seconds. Cook triangles mince side down, a few at a time, for 4-5 minutes or until golden and cooked through. Remove and drain on absorbent kitchen paper. Serve immediately with chili sauce for dipping.

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Makes 16



tip from the chef

Chicken mince can be used in place of pork if you wish.



cheese

and chive croquettes



■ ■ □ | Cooking time: 5 minutes - Preparation time: 45 minutes

method

1. Place mozzarella cheese, 1 cup/125 g/4 oz flour, chives, cayenne pepper and eggs in a bowl (a) and mix to combine. Shape mixture into balls, place on a plate lined with plastic food wrap and refrigerate for 30 minutes.
2. Combine cornflour and remaining flour on a plate. Roll balls in flour mixture (b) and chill for 10 minutes.
3. Heat oil in a saucepan until a cube of bread dropped in browns in 50 seconds. Deep-fry croquettes, in batches (c), for 4-5 minutes or until golden. Drain on absorbent kitchen paper and serve.

ingredients

meatballs

- > 500 g/1 lb grated mozzarella cheese
- > 1½ cups/185 g/6 oz flour
- > 4 tablespoons snipped fresh chives
- > ½ teaspoon cayenne pepper
- > 2 eggs, lightly beaten
- > ½ cup/60 g/2 oz cornflour
- > vegetable oil for deep-frying

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Makes 24

tip from the chef

These delicious cheese puffs can be made with finely chopped spring onions.



celery

boats

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

ingredients

- > 6 stalks celery
- > 375 g/12 oz medium shrimps, cooked
- > 1 tablespoon red lumpfish roe
- > 1 tablespoon snipped fresh chives

chive and caper filling

- > 1 tablespoon snipped fresh chives
- > 1 tablespoon chopped capers
- > 1 tablespoon Dijon mustard
- > 1¼ cups/315 g /10 oz sour cream

method

1. To make filling, place chives, capers, mustard and sour cream in a bowl and mix to combine. Cover and refrigerate until required.
2. Trim and cut celery into 5 cm/2 in long pieces. Spoon or pipe filling into celery boats. Top each boat with a shrimp and garnish with lumpfish roe and chives.

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Makes about 24



tip from the chef

Celery stalks, perfect for making morsels, can also be used as improvised spoons for dips and other soft preparations.



cheese

puffs



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

method

1. Combine cheese, breadcrumbs, egg yolks, mustard, paprika, salt and pepper (a). Mix well.
2. Beat egg whites until stiff. Gently fold into the cheese mixture (b).
3. Shape mixture into small, walnut sized, balls. Roll in extra breadcrumbs (c).
4. Deep fry, a few at a time (d), until golden brown, about 30 seconds.

ingredients

- > 4 cups/500 g/1 lb grated tasty cheese
- > 1 cup/90 g/3 oz fresh breadcrumbs
- > 4 eggs, separated
- > 1 teaspoon dry mustard
- > 1 teaspoon paprika
- > salt and pepper
- > fresh breadcrumbs, extra
- > oil for deep frying

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Serves 4

tip from the chef

Serve them real hot, using small skewers.



devilled eggs

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

ingredients

- > 12 eggs
- > 1 teaspoon dry mustard
- > 1 teaspoon curry powder
- > 2 tablespoons mayonnaise
- > 2 tablespoons thickened (double) cream
- > snipped fresh chives or dill

method

1. Place eggs in a saucepan, cover with cold water and bring to the boil. Stirring gently will keep the yolks centered. Discontinue stirring, reduce heat and simmer for 10 minutes. Drain eggs, then rinse under cold running water until cool enough to handle.
2. Peel eggs and cut in half lengthwise. Remove yolks and place in a bowl. Set whites aside. Add mustard, curry powder, mayonnaise and cream and mash until mixture is well combined and smooth.
3. Spoon egg yolk mixture into a piping bag fitted with a small star nozzle and pipe rosettes into reserved egg white shells. Garnish with chives or dill.

.....
Makes 24



tip from the chef

For hard-boiled eggs to come out perfect, they must be at room temperature before cooking. Boil 10 minutes, no longer, so that egg whites are not gummy; then leave 7-8 minutes in cold water to peel easily.



chicken

yakitori



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

method

1. Place chicken in a glass bowl, mix in the soy sauce, honey, garlic and ginger (a). Cover, place in refrigerator and allow to marinate for several hours or overnight.
2. Thread chicken onto soaked small bamboo skewers, one or two strips each, using a weaving motion (b). Brush with marinade.
3. Heat grill or barbecue to high. Grease rack or plate with oil and arrange the skewers in a row (c). Cook for 2½ minutes on each side, brush with marinade as they cook. Serve immediately.

ingredients

- > 400 g/14 oz chicken stir-fry
- > ½ cup/120 ml/4 fl oz soy sauce
- > ¼ cup/60 g/2 fl oz honey
- > 1 clove garlic, crushed
- > ½ teaspoon ground ginger

.....
Makes 25 small skewers

tip from the chef

For a change, make a tandoori sauce replacing the honey and soy sauce with a blended mixture of yogurt, garlic, onion, chili, ginger, coriander, salt, pepper and red food coloring.



white

cheese dip

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

ingredients

- > 60 g/2 oz butter
- > 200 g/6½ oz ricotta cheese
- > 155 g/5 oz feta cheese
- > ¼ teaspoon ground pepper
- > ¼ teaspoon ground nutmeg
- > 1 tablespoon freshly squeezed lemon juice
- > 1 tablespoon finely chopped chives
- > crusty bread for serving

method

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

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Serves 4



tip from the chef

Thinly sliced prosciutto is a delicious complement for this dip.



snow pea boats

with minted cream cheese



■ ■ □ | Cooking time: 1 minutes - Preparation time: 35 minutes

method

1. Drop snow peas into a saucepan of boiling water (a) and cook for 1 minute. Drain and refresh under cold running water. Pat dry on absorbent paper.
2. Beat cream cheese and butter together until smooth. Add mint, sugar and horseradish. Slit snow peas along one edge (b) with a sharp knife or scissors. Spoon or pipe cream cheese mixture into snow peas (c). Refrigerate until firm.

ingredients

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

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Serves 6

tip from the chef

Snow peas are edible pea pods. To prepare for cooking, top and tail with a sharp knife and pull away strings from older, larger peas. Snow peas can be steamed, boiled, microwaved or stir-fried.



spiced almonds and pecans

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

ingredients

- > ¼ cup/60 ml/2 fl oz peanut oil
- > 220 g/7 oz whole blanched almonds
- > 125 g/4 oz whole pecans
- > ¼ cup/60 g/2 oz sugar
- > 2 teaspoons ground cumin
- > 1 teaspoon salt
- > 1 teaspoon chili powder

method

1. Heat oil in a frying pan over a medium heat, add almonds, pecans and sugar and cook, stirring, until nuts are golden. Transfer to a heatproof bowl.
2. Combine cumin, salt and chili powder, sprinkle over hot nuts and toss to coat. Cool for 5 minutes, then serve.

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 Makes 2½ cups/350 g/11 oz



tip from the chef

For this recipe use any type of walnuts, as well as chestnuts, previously boiled and peeled.





mixed vegetables with tapenade

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

method

1. To make tapenade, process olives, anchovy fillet, capers, oil, garlic and lemon juice in a food processor or blender to make a paste. Transfer to a small bowl, add yogurt and black pepper. Cover and refrigerate for 1 hour or until ready to serve.
2. To make dressing, place all ingredients in a screwtop jar and shake well to combine.
3. Arrange all vegetables, attractively, on a large serving platter. Cover and chill. Drizzle with dressing and serve with tapenade.

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Serves 8

ingredients

- > 250 g/8 oz small new potatoes, cooked
- > 125 g/4 oz green beans, cooked
- > 250 g/8 oz asparagus spears, cooked
- > 60 g/2 oz snow peas, cooked
- > 1 head broccoli, broken into florets, cooked
- > 1 lettuce of your choice
- > 2 tomatoes, cut into wedges
- > 1 red, green or yellow pepper, roasted and cut into pieces
- > 2 stalks celery, cut into matchsticks

tapenade

- > 125 g/4 oz pitted black olives
- > 1 canned anchovy fillet, drained
- > 1 tablespoon capers, drained and rinsed
- > 2 tablespoons olive oil
- > 1 clove garlic, crushed
- > 2 teaspoons lemon juice
- > 3 tablespoons natural yogurt
- > freshly ground black pepper

red wine vinegar dressing

- > ¼ cup/60 ml/2 fl oz red wine vinegar
- > 2 tablespoons olive oil
- > 1 teaspoon Dijon mustard

tip from the chef

Vegetables can be arranged quite elegantly on a white ceramic platter for a formal approach or, for a more rustic one, like casual outdoor entertaining, they can be left fairly chunky and served on a flat wooden or colorful ceramic platter. Olive pâté called tapenade is delicious served on toast or crackers, and it is also a nice alternative to butter as a spread on sandwiches.

onion quiches

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

ingredients

- > 3 sheets puff pastry
- > 60 g/2 oz butter
- > 4 onions, sliced
- > 4 eggs, beaten
- > 1¾ cup/435 g/14½ oz sour cream
- > 1 teaspoon ground nutmeg
- > 1½ cup/180 g/6 oz grated tasty cheese

method

1. Line 6 individual flan tins with pastry. Melt butter in a frying pan and cook onions until golden. Divide into pastry cases.
2. Combine eggs, sour cream and nutmeg. Pour into quiches. Top with cheese and bake at 220°C/400°F/Gas 6 for 20 minutes or until firm.

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Serves 6



tip from the chef

If you wish, add 1 teaspoon dried dill leaves or ¼ teaspoon ground dried dill along with nutmeg.





guacamole

with tortillas

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

method

1. To make chili butter, place butter, lemon rind, chili sauce and cumin in a bowl and mix to combine.
2. To make guacamole, place avocado in a bowl and mash with a fork. Stir in tomato, lemon juice and coriander or parsley.
3. Place tortillas in a single layer on a baking tray and heat on barbecue for 3-5 minutes or until warm.
4. To serve, place chili butter, guacamole and tortillas on a platter so that each person can spread a tortilla with chili butter, top with guacamole, then roll up and eat.

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Serves 6

ingredients

> 6 corn tortillas

chili butter

- > 90 g/3 oz butter
- > 2 teaspoons finely grated lemon rind
- > 2 teaspoons sweet chili sauce
- > 1 teaspoon ground cumin

guacamole

- > 1 avocado, halved, stoned and peeled
- > 1 tomato, peeled and finely chopped
- > 2 tablespoons lemon juice
- > 1 tablespoon finely chopped fresh coriander or parsley

tip from the chef

In order to give the guacamole a smoked flavor, add some drops of chipotle chilies juice.



parmesan frittata

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

ingredients

- > 2 onions, chopped
- > ¼ cup olive oil
- > 1½ cups cooked potatoes, cubed
- > 100 g/3½ oz sliced salami, chopped
- > 1 red pepper, seeded and chopped
- > 6 eggs, lightly beaten
- > ½ cup milk
- > ¼ teaspoon cracked black peppercorns
- > 4 tablespoons grated Parmesan cheese

method

1. Sauté onions in olive oil until tender. Add potatoes, salami and pepper, cook for 3 minutes, stirring constantly. Cool slightly and mix in combined eggs and milk, pepper and Parmesan cheese.
2. Pour mixture into a greased ovenproof dish and bake in moderate oven for 25 minutes.

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Serves 4



tip from the chef

An interesting variation of this recipe is to put filling into a pastry base before baking.



fruit and cheese platter

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

method

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

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Serves 10

ingredients

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

tip from the chef

Choose fruit in season and arrange with your favorite cheeses on a large platter.



stuffed

poblano chilies

■■■ | Cooking time: 50 minutes – Preparation time: 25 minutes

ingredients

> 12 poblano chilies

beef and bean filling

- > 2 teaspoons vegetable oil
- > 1 onion, chopped
- > 315 g/10 oz beef mince
- > 185 g/6 oz cooked or canned pinto beans, rinsed and drained
- > pinch cayenne pepper
- > ½ cup/125 ml/4 fl oz tomato purée

tomatillo sauce

- > 2 x 315 g/10 oz canned tomatillos, drained and finely chopped
- > 1 onion, chopped
- > 3 tablespoons chopped fresh coriander
- > ½ cup/125 ml/4 fl oz vegetable stock

method

1. Place chilies in a hot frying pan or comal and cook until skins are blistered and charred (a). Place in a plastic food bag and stand for 10 minutes or until cool enough to handle. Carefully remove skins from chilies and cut a slit in the side of each one. Carefully remove seeds and membranes and set aside.
2. To make filling, heat oil in a frying pan over a medium heat, add onion and cook, stirring, for 2 minutes or until soft. Add beef and cook, stirring, for 3-4 minutes or until brown. Stir in beans, cayenne pepper and tomato purée, bring to simmering and simmer for 5 minutes or until mixture reduces and thickens. Spoon filling into chilies (b) and place in a baking dish.
3. To make sauce, place tomatillos, onion, coriander and stock in a saucepan, bring to simmering and simmer for 5 minutes or until sauce reduces and thickens. Pour sauce over chilies (c) and bake at 180°C/350°F/Gas 4 for 25 minutes or until chilies are heated through.

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Makes 30

tip from the chef

This variation of a Mexican favorite, chiles rellenos, bakes rather than fries the stuffed chilies, making it a healthier and easier option for the home cook. If poblano chilies are unavailable choose another mild chili such as New Mexico or one of the wax or banana chilies.



prosciutto

and cheese calzone



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

method

1. To make filling, place ricotta cheese, prosciutto or ham, Provolone or Parmesan cheese, sun-dried tomatoes, olives and basil in a bowl and mix to combine.
2. Divide dough into 8 portions and shape each to form a 5 mm/¼ in thick round with a 15 cm/6 in diameter.
3. Place spoonfuls of filling in the center of each dough round (a), brush the edges with water, then fold over to form a half circle. Press edges together to seal (b) and using a fork make a decorative pattern.
4. Brush calzone with oil (c), place on lightly greased baking trays and bake at 200°C/400°F/Gas 6 for 20 minutes or until puffed and golden.

ingredients

- > 3 tablespoons margarine or butter
- > 2½ cups all purpose flour
- > 3 teaspoons baking powder
- > 2 teaspoons parsley flakes
- > 1 teaspoon chopped chives
- > 1 cup/125 g/4 oz grated tasty (mature Cheddar) cheese
- > 2 rashers cooked bacon, finely chopped
- > 1 egg
- > ¾ cup/180 ml/6 fl oz milk

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Makes 8

tip from the chef

A salad of mixed lettuces tossed with balsamic vinegar makes a wonderful accompaniment to calzone.



asparagus

tarts

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

ingredients

> 360 g/12 oz shortcrust
pastry

asparagus filling

> 30 g/1 oz butter
> 1 clove garlic, crushed
> 1 onion, finely chopped
> 250 g/8 oz asparagus, cut
into 4 cm/1½ in pieces
> 3 eggs, lightly beaten
> ½ cup/125 ml/4 fl oz
double cream
> 3 tablespoons grated
Parmesan cheese

method

1. To make filling, melt butter in a frying pan over a medium heat, add garlic and onion; cook, stirring, for 3 minutes or until golden.
2. Add asparagus to pan and cook, stirring, for 5 minutes or until bright green. Remove pan from heat and set aside to cool slightly.
3. Place eggs, cream and Parmesan cheese in a bowl and whisk to combine. Mix in asparagus mixture.
4. Divide pastry into 6 portions. Roll out each portion to 5 mm/¼ in thick and large enough to line a 10 cm/4 in flan tin. Rest pastry for 10 minutes, then line tins and chill for 10 minutes.
5. Line pastry cases with nonstick baking paper, fill with uncooked rice and bake at 180°C/350°F/Gas 4 for 10 minutes. Remove rice and paper and bake for 5 minutes longer or until pastry is golden. Set aside to cool.
6. Divide filling between pastry cases and bake for 15 minutes or until filling is set.

.....
Makes 6

tip from the chef

This recipe can also be made as a 25 cm/10 in flan. Use a flan tin with a removable base and increase the cooking time by 5-10 minutes.





carpaccio

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

method

1. Ask your butcher to cut the fillet into paper thin slices.
2. Cut breadstick into 1 cm/½ in slices, place in single layer on a baking tray, bake at 150°C/325°F/Gas 3 for 10 minutes or until bread is crisp but not dry; cool.
3. Spread thinly with combined butter, cheese and rind.
4. Place a slice of beef fillet onto each bread slice, top with a little tartare sauce, anchovy and capers, garnish with parsley.

.....
 Makes about 60

ingredients

- > 500 g/1 lb piece beef eye fillet
- > 2 breadsticks
- > 90 g/3 oz butter
- > 2 tablespoons grated Parmesan cheese
- > 2 teaspoons grated lemon rind
- > ½ cup tartare sauce
- > 1 tablespoon chopped anchovy fillets
- > 2 tablespoons chopped capers
- > parsley to garnish

tip from the chef

Meats for carpaccio must be absolutely fresh, with no fat or nerves.



apricot with blue-cheese topping

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

ingredients

- > 12 fresh apricots or 850 g/28 oz canned apricot halves
- > 250 g/½ lb soft blue cheese

method

1. Cut apricots in half and remove seed (or drain canned apricots well on absorbent paper).
2. Place apricots cut side up on serving plate and spread each with a teaspoon of cheese.
3. If desired, apricots and cheese may be grilled for about 1 minute or until cheese begins to melt. Serve immediately.

.....
Makes 24



tip from the chef

The remotely sweet flavor of apricots matches well with cheeses as camembert, crottin (of goat) or feta (of sheep).

fruit-filled chimichangas



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

method

1. To make filling, place pineapple, strawberries, coconut and mint in a bowl and mix to combine.
2. Warm tortillas, one at a time, in a dry frying pan over a medium heat for 20-30 seconds each side or until soft. Place 1-2 tablespoons of filling down the center of each tortilla and fold in half to enclose. Press edges together to seal.
3. Heat oil in a saucepan over a high heat until a cube of bread dropped in browns in 50 seconds. Hold tortilla parcels with 2 sets of tongs and carefully deep-fry for 2-3 minutes or until golden and crisp. Drain on absorbent kitchen paper, then sprinkle generously with sugar and serve.

ingredients

- > 4 flour tortillas
- > vegetable oil for deep-frying
- > sugar for sprinkling

fruit and coconut filling

- > 125 g/4 oz chopped pineapple
- > 60 g/2 oz chopped strawberries
- > 4 tablespoons flaked coconut
- > 2 tablespoons chopped fresh mint

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Serves 4

tip from the chef

Take care when frying the chimichangas that the splattering oil does not burn your hands. For safety wear oven gloves on both hands and ensure your lower arms are covered. Chimichangas are delicious served with whipped cream and coffee as a sweet treat or dessert.



white chocolate fondue

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

ingredients

- > 250 g/½ lb white chocolate, chopped
- > ¾ cup thickened cream
- > 1 tablespoon brandy
- > 1 small box strawberries, hulled and quartered
- > 1 cup marshmallows, halved
- > 1 cup green seedless grapes

method

1. Combine chocolate with cream and brandy in a medium saucepan over low heat. Stir constantly until chocolate has melted and mixture is smooth. Pour mixture into a medium bowl and set aside to cool to room temperature.
2. Cut wooden skewers in half, discard bottom halves. Thread a piece of strawberry, marshmallow and a grape onto each skewer, serve with dipping sauce.

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Serves 8



tip from the chef

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

thumbprint cookies

■ ■ □ | Cooking time: 12 minutes - Preparation time: 25 minutes

method

1. Place butter, icing sugar and vanilla essence in a bowl and beat until light and fluffy. Sift together flour, baking powder and custard powder. Fold flour mixture and milk, alternately, into butter mixture.
2. Roll tablespoons of mixture into balls and place on greased baking trays. Make a thumbprint in the center of each cookie.
3. Fill thumbprint hole with a teaspoon of jam, lemon curd or chocolate. Bake at 190°C/375°F/ Gas 5 for 12 minutes or until cookies are golden. Transfer to wire racks to cool.

ingredients

- > 185 g/6 oz butter, softened
- > ½ cup/45 g/1½ oz icing sugar, sifted
- > 1 teaspoon vanilla essence
- > 1 teaspoon baking powder
- > 1½ cup/185 g/6 oz all purpose flour
- > ½ cup/60 g/2 oz custard powder
- > ¼ cup/60 ml/2 fl oz milk
- > jam, lemon curd or chopped chocolate

.....
Makes 30

junior chef says

Wrap the dough in plastic food wrap and chill at least 30 minutes to make it easier to shape into balls. For a subtle toasty nut flavor, roll the balls in sesame seeds before making the thumbprint and filling.



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light bites

& finger food

