

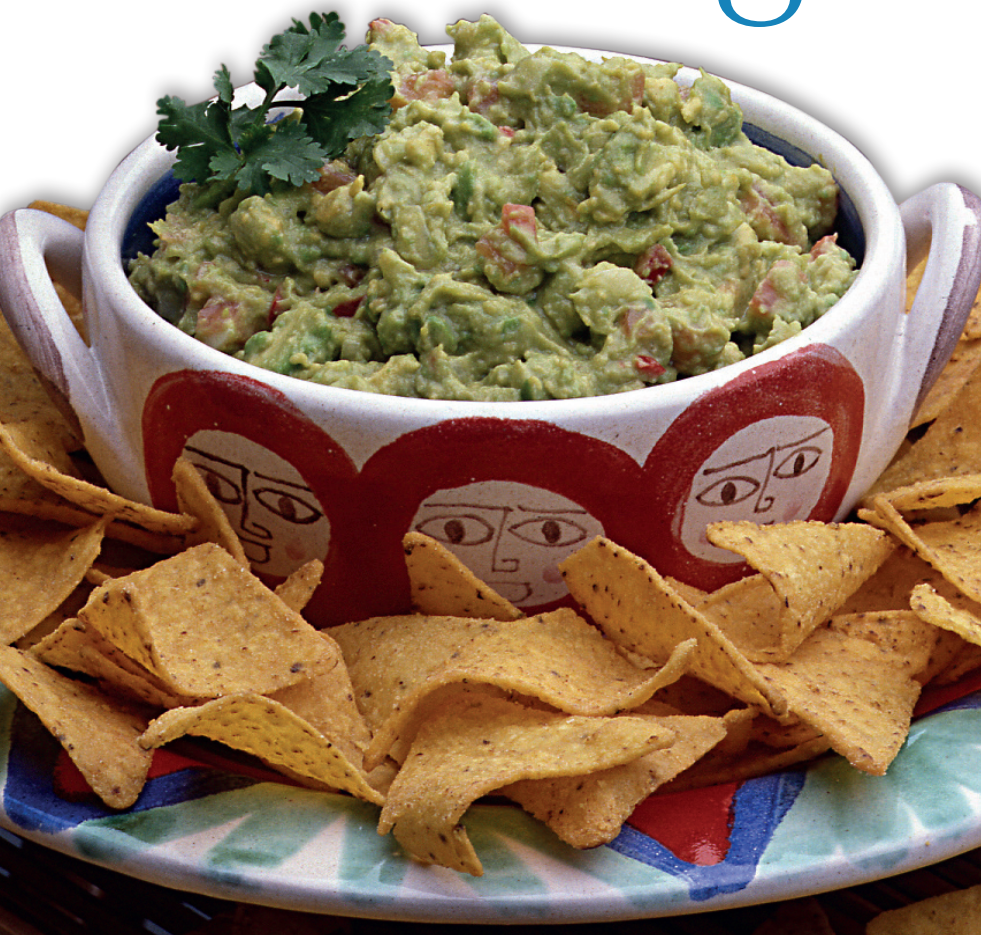
Chef

e x p r e s s



EXPRESS **SUCCESS**
EXPRESSNEWS.COM

sauces & dressings





sauces.& dressings

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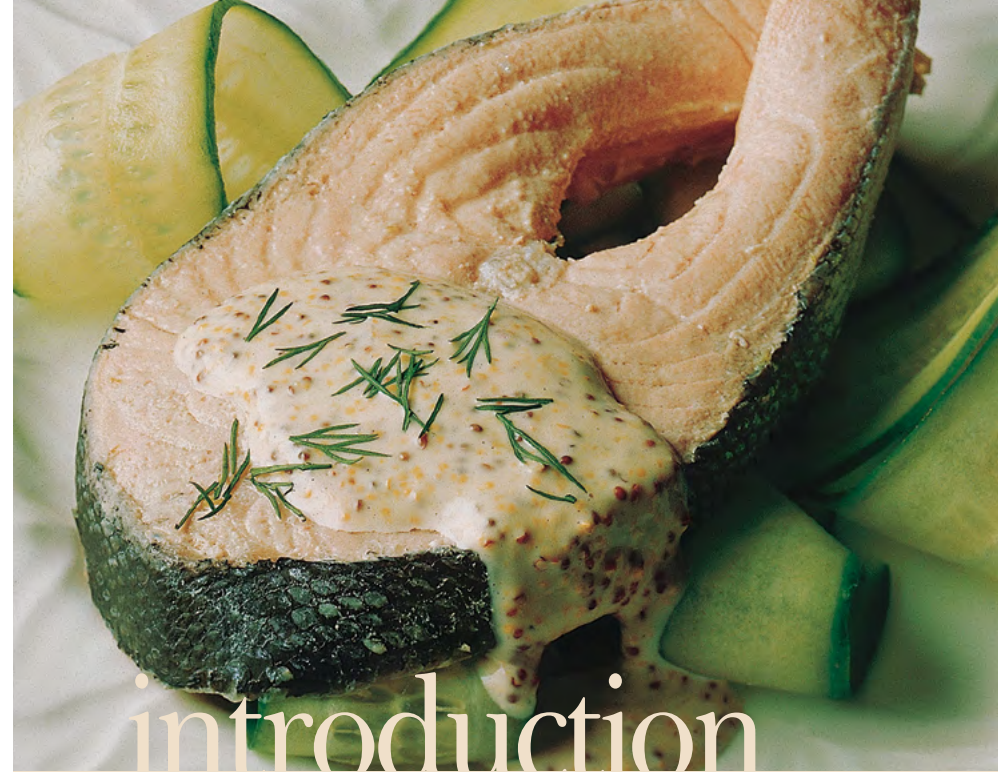
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The addition of a sauce or dressing is the simplest way to enhance the flavor and appearance of food, and our hints will have you making perfect sauces in next to no time.

The inspirational recipes in this book will provide you meal-making magic for every occasion.



sauces.& dressings

There are endless ideas for transforming meat, chicken, fish, veggies, pasta and more into feasts of flavor, plus tempting dips to delight anxious diners while waiting for the main course. And don't forget desserts can also be specially glamorous with a sauce. Although we have included serving suggestions, many of the sauces can be served over ingredients other than the ones that are mentioned. For celebrations, try one of the sauces starring distinctive or unusual ingredients. One taste, and your family and guests will be spellbound.

Secrets to Success

Once you have mastered the making of classic flour-based sauces, you will have the basis for many other sauces.

- For white sauce use a heavy-based saucepan with a flat base that sits on the element or gas ring evenly.
- For gravy use the baking dish or pan that



the meat is cooked in. The advantage in using this dish is that any caramelized bits that are on the base of the dish end up in the gravy resulting in a more intense flavor. Remember to make gravy in this way the roasting container must be flameproof.

- Cook sauce over a medium to low heat and stir constantly during cooking, to prevent lumps forming. If the sauce becomes lumpy before it boils, remove pan from heat and whisk vigorously with a wire whisk. If the sauce becomes lumpy after it boils, push through a strainer.
- To keep sauce warm, place in a bowl set over a saucepan of hot water. Place a piece of plastic food wrap over the surface of the sauce to prevent a skin forming.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

beans in rich tomato sauce

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

ingredients

- > 500 g/1 lb dried lima beans
- > 1 tablespoon olive oil
- > 1 clove garlic, crushed
- > 1 onion, finely chopped
- > 3 tablespoons chopped fresh parsley
- > 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > freshly ground black pepper

method

1. Place beans in a large bowl, cover with water and set aside to soak overnight.
2. Drain beans, place in a saucepan with enough water to cover and bring to the boil. Boil for 10 minutes, then reduce heat and simmer for 1 hour or until tender. Drain and set aside.
3. Heat oil in a large saucepan, add garlic and onion and cook, stirring, for 3 minutes or until onion is golden. Add parsley, rosemary and tomatoes and bring to the boil. Reduce heat and simmer, stirring occasionally, for 20 minutes or until mixture reduces and thickens. Stir in beans and black pepper to taste and cook for 15 minutes longer.

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Serves 6



tip from the chef

This dish also makes a good vegetarian main meal. If so, it will serve 4; accompany with crusty bread and a tossed green salad.





beef

with garlic sauce

■ □ □ | 10 minutes – Preparation time: 5 minutes

method

1. Slice beef into 2 cm/¾ in thick slices. Place each slice between two pieces of plastic wrap and pound with a mallet until ½ cm/¼ in thick.
2. Heat oil in a large frying pan over moderate heat. Add garlic, sugar, vinegar and Worcestershire sauce, cook for 1 minute.
3. Add beef slices and cook until just tender, about 1 minute each side. Remove beef with a slotted spoon and keep warm.
4. Bring pan juices to a boil, reduce heat and simmer until sauce thickens, about 1-2 minutes. Pour sauce over beef and sprinkle with sesame seeds. Serve immediately with a side salad if desired.

ingredients

- > 1 kg/2 lb beef eye fillet, trimmed
- > 45 ml/1½ fl oz oil
- > 2 cloves garlic, crushed
- > 1 teaspoon brown sugar
- > 2 tablespoons red wine vinegar
- > 4 tablespoons

worcestershire sauce

- > 2 tablespoons sesame seeds

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Serves 4

tip from the chef

Worcestershire sauce is a savory sauce made of vinegar, soy sauce and spices.



sausage

and roast peppers salad

■ ■ ■ | Cooking time: 15 minutes - Preparation time: 90 minutes

ingredients

- > 125 g/4 oz penne, cooked and cooled
- > 2 red peppers, roasted and cut into strips
- > 2 yellow or green peppers, roasted and cut into strips
- > 125 g/4 oz button mushrooms, sliced
- > 155 g/5 oz pitted black olives
- > 5 English spinach leaves, stalks removed and leaves finely chopped

herbed beef sausages

- > 500 g/1 lb lean beef mince
- > 185 g/6 oz sausage meat
- > 2 cloves garlic, crushed
- > 1 teaspoon chopped fresh rosemary
- > 1 tablespoon finely chopped fresh basil
- > 2 slices prosciutto or lean ham, finely chopped
- > 1 tablespoon olive oil
- > freshly ground black pepper

herb dressing

- > ½ cup/125 ml/4 fl oz olive oil
- > ¼ cup/60 ml/2 fl oz balsamic or red wine vinegar
- > 2 teaspoons chopped fresh basil or 1 teaspoon dried basil
- > 1 teaspoon chopped fresh oregano or ¼ teaspoon dried oregano
- > freshly ground black pepper

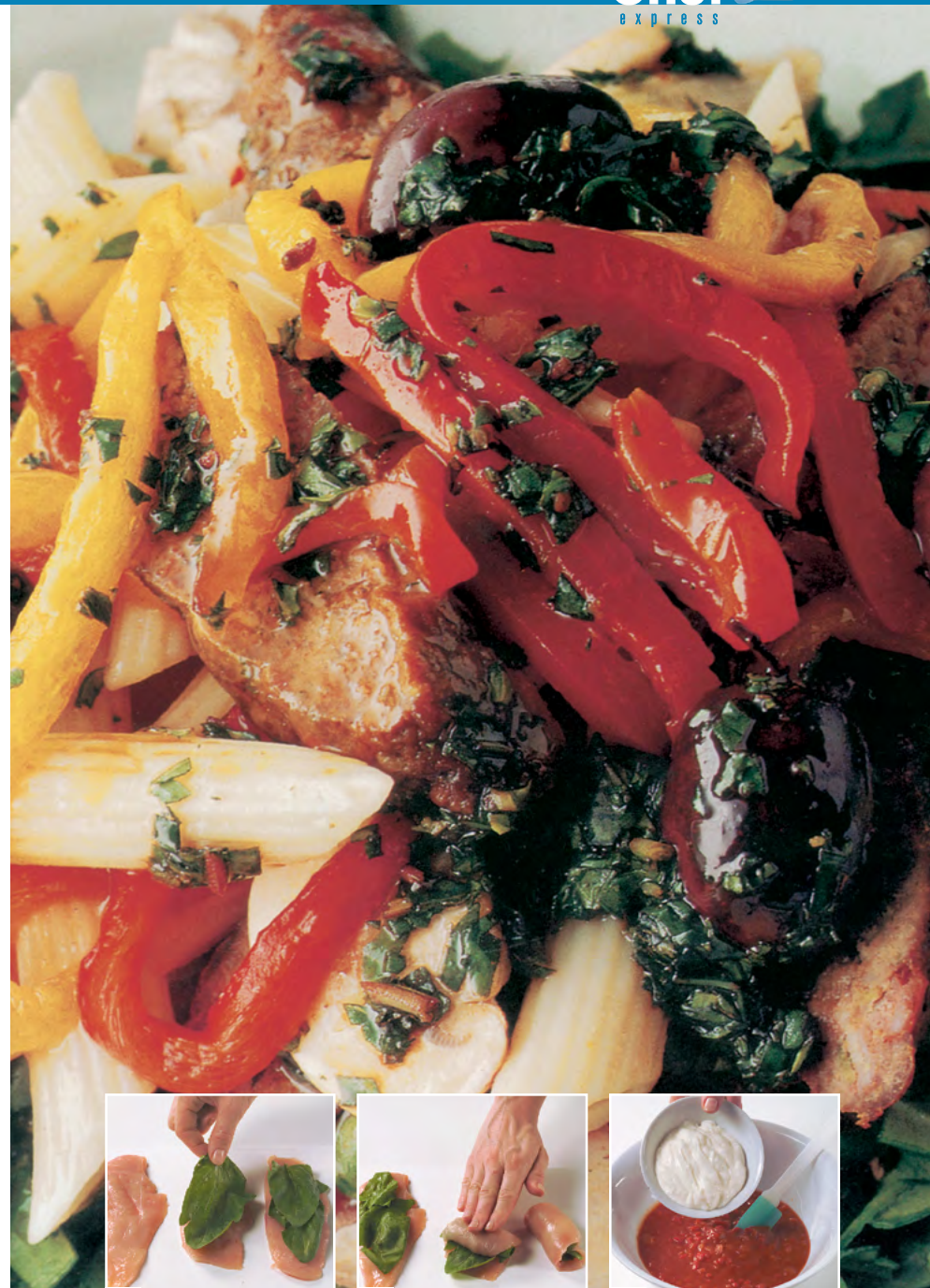
method

1. To make sausages, place beef, sausage meat, garlic, rosemary, basil, prosciutto or ham, olive oil and black pepper to taste in a bowl and mix to combine. Shape mixture into 10 cm/4 in long sausages. Cook sausages under a preheated medium grill, turning occasionally, for 10-15 minutes or until brown and cooked through. Set aside to cool slightly, then cut each sausage into diagonal slices.
2. To make dressing, place olive oil, vinegar, basil, oregano and black pepper to taste in a screwtop jar and shake well to combine.
3. Place sausage slices, penne, red and yellow or green peppers, mushrooms and olives in bowl, spoon over dressing and toss to combine. Line a serving platter with spinach leaves, then top with sausage and vegetable mixture.

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Serves 4

tip from the chef

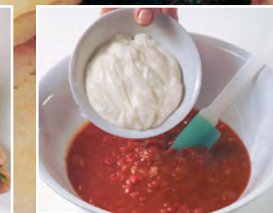
To prevent pasta for a salad from sticking together, rinse it under cold running water, immediately after draining. All this mouth-watering salad needs to make a complete meal is some crusty bread or wholemeal rolls.



a



b



c



chicken

in oyster sauce

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

method

1. Heat oil in a wok or frying pan over a high heat. Add chicken, chilies and ginger and stir-fry for 3-4 minutes or until chicken is golden.
2. Stir in oyster sauce, soy sauce, sugar, salt and garlic and stir-fry for 3-4 minutes longer or until chicken is cooked. Sprinkle with spring onions and coriander and serve immediately.

.....
Serves 4

ingredients

- > 2½ tablespoons vegetable oil
- > 500 g/1 lb chicken pieces, chopped into bite-sized pieces
- > 4 fresh green chilies, cut into 1 cm/½ in pieces
- > 3 thin slices fresh ginger
- > ⅓ cup/90 ml/3 fl oz oyster sauce
- > 1 teaspoon dark soy sauce
- > ½ teaspoon sugar
- > ½ teaspoon salt
- > 2 cloves garlic, sliced
- > 2 spring onions, sliced diagonally
- > 2 tablespoons chopped fresh coriander

tip from the chef

When handling fresh chilies do not put your hands near your eyes or allow them to touch your lips. To avoid discomfort and burning, wear rubber gloves. Freshly minced chili is available in jars from supermarkets.



chicken medallions

with pimento sauce

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

ingredients

- > 4 boneless chicken breast fillets
- > 2 tablespoons freshly squeezed lemon juice
- > 8 spinach leaves, stems removed
- > 1 cup pimentos, drained and chopped
- > 1 medium onion, chopped
- > 2 tablespoons tomato purée
- > 1 tablespoon natural low-fat yogurt
- > 4 watercress sprigs

method

1. Brush chicken with lemon juice and cut into 4 neat rectangles. Lay 2 spinach leaves on each rectangle (a) and roll up into a sausage shape (b). Wrap each roll in foil. Bake rolls in a moderate oven for 20-25 minutes.
2. Meanwhile, to make sauce, purée pimentos with onions and tomato purée until smooth. Divide mixture into 2 bowls. Stir yogurt into one bowl (c) to make a pale pink sauce. Carefully spoon equal amounts of each sauce on each plate.
3. Unwrap chicken rolls and slice with a sharp knife. Arrange medallions decoratively on top of the sauce. Garnish with fresh watercress sprigs.

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Serves 4

tip from the chef

This plate is healthy and delicious, and can be served either cold or hot.



chicken

with orange sauce



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

method

1. Heat butter in a frying pan over moderate heat. Add chicken and cook for 4 minutes, stirring constantly.
2. Remove chicken from pan, place in a baking dish and cook in a moderate oven for 20 minutes or until cooked through.
3. Meanwhile, add wine, orange juice, orange, lime juice and honey to frying pan and bring to the boil, reduce heat and simmer for 5-7 minutes or until sauce thickens slightly.
4. Remove chicken from oven and add to frying pan. Turn chicken to coat with sauce, transfer chicken and orange sauce to serving plate.

ingredients

- > 30 g/1 oz butter
- > 1 chicken Maryland, skin removed, cut into pieces
- > ¼ cup/60 ml/2 fl oz sweet white wine
- > ½ cup/125 ml/4 fl oz freshly squeezed orange juice
- > ½ orange, cut into thin slices
- > 1 tablespoon freshly squeezed lime juice
- > ½ tablespoon honey

.....
Serves 1

tip from the chef

This sauce can be made richer by adding fresh halved grapes.



classic

tomato sauce

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

ingredients

- > 1 tablespoon olive oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 8 large tomatoes, peeled, seeded and chopped or 440 g/ 14 oz canned tomatoes, undrained and mashed
- > ¼ cup/60 ml/2 fl oz white wine
- > 2 teaspoons sugar
- > freshly ground black pepper

method

1. Heat oil in a frying pan over a medium heat. Add onion and garlic and cook, stirring, for 5 minutes or until golden.
2. Add tomatoes and bring to the boil. Reduce heat and simmer for 15 minutes.
3. Stir in wine and sugar and simmer for 10 minutes longer or until sauce reduces and thickens. Season to taste with black pepper.

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Makes 1 cup/250 ml/8 fl oz

tip from the chef

To peel a tomato, nick the skin several times with the tip of a small sharp knife. Place tomato in a bowl, pour over boiling water, leave for 2 minutes, drain and plunge into cold water. The skin will now peel off easily.





creamy sauce

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

method

1. Combine onion and wine in a small saucepan. Simmer, uncovered, about 5 minutes or until reduced by half.
2. Add cream, sour cream and stock powder, simmer, uncovered, until thickened slightly.
3. Blend or process sauce until smooth, gradually add butter, continue blending until combined. Serve immediately.

ingredients

- > 1 small onion, finely chopped
- > 120 ml/4 fl oz dry white wine
- > 300 ml/10 fl oz cream
- > 90 ml/3 fl oz sour cream
- > 1 tablespoon chicken stock powder
- > 60 g/2 oz butter, chopped

.....
Makes 2 cups/500 ml/16 fl oz

variations

- **Mustard saffron sauce:** Add pinch saffron powder and 1 tablespoon Dijon mustard along with the creams.
- **Peppercorn sauce:** Add 2 tablespoons drained green peppercorns and 1 tablespoon snipped fresh chives to ready sauce.
- **Curry sauce:** Add 2 teaspoons curry powder along with the wine.

tip from the chef

Do not reheat sauce to prevent from curdling. Serve your favorite version with pan-fried chicken breasts or sliced roasted veal.



asparagus fettuccine

■ ■ □ | Cooking time: 17 minutes - Preparation time: 30 minutes

ingredients

> 500 g/1 lb fresh
fettuccine

creamy asparagus sauce

- > 15 g/½ oz butter
- > 6 spring onions, sliced
- > 1 clove garlic, crushed
- > 2 cups/500 ml/16 fl oz cream (double)
- > 375 g/12 oz asparagus, blanched and cut into 2.5 cm/1 in pieces
- > 60 g/2 oz pine nuts, toasted
- > freshly ground black pepper

method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, melt butter in a saucepan over a medium heat, add spring onions and garlic and cook, stirring, for 2 minutes or until onions are soft.
3. Stir in cream, bring to simmering and simmer for 3 minutes. Stir in asparagus and cook for 2 minutes longer. Add pine nuts and black pepper to taste. Spoon sauce over pasta and toss to combine. Serve immediately.

.....
Serves 4

tip from the chef

Fresh or packaged dried pasta? Which is the best? Neither is superior – they are just different. Fresh pasta is more delicate and keeps for only a few days, while dried pasta is more stable and ideal for serving with heartier sauces and to have on hand as a store cupboard ingredient.



fettuccine

with spicy seafood sauce



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

method

1. Cook pasta according to package directions. Drain and keep warm.
2. To make sauce, heat oil in a saucepan. Cook onion, pepper, garlic, chili, cumin and coriander until onion softens. Add tomatoes, wine and tomato paste. Cook over medium heat for 30 minutes longer, or until sauce reduces and thickens.
3. Add squid and cook for 5 minutes or until just tender. Add mussels and shrimp and cook for 4-5 minutes. Mix in 2 tablespoons coriander. Pour sauce over pasta and serve garnished with remaining coriander.

ingredients

- > 500 g/1 lb mixed colored fettuccine spicy seafood sauce
- > 1 tablespoon olive oil
- > 1 onion, sliced
- > 1 red pepper, diced
- > 1 clove garlic, crushed
- > 1 red chili, seeded and finely chopped
- > ½ teaspoon ground cumin
- > ½ teaspoon ground coriander
- > 450 g/15 oz canned tomatoes, undrained and mashed
- > 3 tablespoons dry white wine
- > 1 tablespoon tomato paste (purée)
- > 125 g/4 oz squid rings
- > 125 g/4 oz mussels, scrubbed and beards removed
- > 500 g/1 lb shrimp, peeled and deveined
- > 4 tablespoons finely chopped fresh coriander

.....
Serves 4

tip from the chef

In this complete dish with a low saturated fat content we obtain a good flavor through the use of spices that allow not to add salt. Accompany with a salad made of your favorite vegetables, or try combining raw spinach, orange segments, thinly sliced mushrooms and shallots.



fillet of fish

with mustard sauce

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

ingredients

- > 4 tablespoons butter
- > 4 zucchini, cut into thin strips
- > 2 red peppers, seeded and cut into thin strips
- > 2 celery sticks, cut into thin strips
- > 8 white fish fillets
- > 1½ cups cream
- > 1 tablespoon whole grain mustard

method

1. Melt butter in a large frying pan over medium heat. Add zucchini, red peppers and celery (a) and sauté for 2 minutes. Remove with a slotted spoon and place in foil in a low oven to keep warm.
2. Add fish fillets to pan (b), cook for 2 minutes on each side or until cooked through. Transfer fillets to a baking dish, cover with foil and keep warm in oven.
3. Add cream to pan, bring to the boil and reduce to ¾ cup. Add mustard (c) and mix well.
4. Divide vegetables between serving plates, place two fish fillets on top of vegetables, top with mustard sauce (d) and serve immediately.

.....
Serves 4



tip from the chef

Two tablespoons of Dijon mustard can be used instead of the whole grain mustard.



fish

with italian sauce



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

method

1. Brush fish cutlets with lemon juice. Place under preheated grill and cook for 4-5 minutes each side. Remove from grill and keep warm.
2. Place shallots, garlic, tomatoes, mushrooms, wine, basil, oregano and pepper to taste in a saucepan. Bring to the boil, reduce heat and simmer gently for 8-10 minutes.
3. Arrange fish cutlets on serving plates. Spoon sauce over and top with Parmesan cheese.

ingredients

- > 4 x 150 g white fish cutlets
- > 2 tablespoons lemon juice
- > 6 shallots, finely chopped
- > 1 clove garlic, crushed
- > 400 g/13½ oz canned tomatoes
- > 200 g/7 oz button mushrooms, sliced
- > ½ cup/125 ml/4 fl oz red wine
- > 2 teaspoons finely chopped fresh basil
- > ½ teaspoon dried oregano
- > freshly ground black pepper
- > 2 tablespoons grated Parmesan cheese

.....
Serves 4

tip from the chef

For a crispy effect, combine equal parts of Parmesan chesse (finely grated) and breadcrumbs. Spread over fish and gratin under oven grill.



green salad

in creamy dressing

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

ingredients

- > 6 rashers bacon, chopped
- > 2 lettuces of your choice, leaves separated and torn into pieces
- > 250 g/8 oz cherry tomatoes, halved
- > 2 carrots, cut into strips
- > 2 sticks celery, cut into strips
- > 125 g/4 oz snow peas

creamy dressing

- > ½ cup/125 g/4 oz mayonnaise
- > ½ cup/125 g/4 oz sour cream
- > 1 tablespoon lemon juice
- > freshly ground black pepper

method

1. Cook bacon in a frying pan over a medium heat for 4-5 minutes or until crisp. Remove bacon from pan and drain on absorbent kitchen paper until cool.
2. Arrange lettuces, tomatoes, carrots, celery, snow peas and bacon on a serving platter or in a large salad bowl.
3. To make dressing, place mayonnaise, sour cream, lemon juice and black pepper to taste in a bowl and mix to combine. Drizzle dressing over salad, cover and chill until required.

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Serves 10

tip from the chef

For best results, bacon must be cooked just before mixing it with vegetables, so it remains crispy until serving time.





ham salad

with mustard dressing

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

method

1. Separate leaves from lettuce. Cut ham into bite-sized pieces. Cut cheese into cubes. Slice celery and gherkins.
2. Line a salad plate with lettuce leaves. Arrange ham, cheese, celery, gherkins and tomatoes over lettuce.
3. To make dressing combine mayonnaise, yogurt, mustard and dill. Drizzle over salad.

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Serves 6

ingredients

- > 1 mignonette lettuce
- > 500 g/1 lb cooked ham
- > 250 g/½ lb cheese of your choice
- > 4 sticks celery
- > 4 gherkins
- > 250 g/½ lb cherry tomatoes

dressing

- > ½ cup mayonnaise
- > ¼ cup yogurt
- > 2 teaspoons Dijon mustard
- > 2 teaspoons chopped fresh dill

tip from the chef

This recipe is ideal to use up ham leftovers. If you don't have the indicated amount, complete with grilled chicken strips.



asparagus and salmon salad

■ □ □ | Cooking time: 7 minutes - Preparation time: 20 minutes

ingredients

- > 750 g/1½ lb asparagus spears, trimmed
- > lettuce leaves of your choice
- > 500 g/1 lb smoked salmon slices
- > freshly ground black pepper

lemon yogurt sauce

- > 1 cup/200 g/6½ oz natural yogurt
- > 1 tablespoon finely grated lemon rind
- > 1 tablespoon lemon juice
- > 1 tablespoon chopped fresh dill
- > 1 teaspoon ground cumin

method

1. Boil, steam or microwave asparagus until tender. Drain, refresh under cold running water, drain again and chill. Arrange lettuce leaves, asparagus and salmon on serving plates.
2. To make sauce, place yogurt, lemon rind, lemon juice, dill and cumin in a small bowl and mix to combine.
3. Spoon sauce over salad. Sprinkle with black pepper, cover and chill until required.

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Serves 6

tip from the chef

If fresh asparagus is unavailable, green beans or snow peas are good alternatives for this recipe.



mussels

with tamarind



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

method

1. Place mussels, lemon grass, lime leaves, ginger, coriander roots and water in a saucepan, cover and bring to the boil. Reduce heat and simmer for 4-5 minutes or until mussels open. Remove from heat and discard any mussels that have not opened.
2. Strain mussels and reserve 2 tablespoons of the cooking liquid. Remove mussel meat from shells and place back in one half shell, place on a baking tray.
3. To make dressing, place chilies, sugar, lime rind, tamarind concentrate, fish sauce and reserved cooking liquid in a bowl and whisk to combine.
4. Drizzle a little dressing over mussels. Combine breadcrumbs and coriander leaves, sprinkle over mussels and cook under a preheated hot grill for 1-2 minutes or until topping is golden. Serve with remaining dressing.

ingredients

- > 1 kg/2 lb mussels, scrubbed and beards removed
- > 2 stalks fresh lemon grass, bruised, or 1 teaspoon dried lemon grass, soaked
- > 8 kaffir lime leaves, torn into pieces
- > 5 cm/2 in piece fresh ginger, sliced
- > 3 fresh coriander plants, roots and leaves chopped separately
- > ½ cup/125 ml/4 fl oz water
- > ½ cup/30 g/1 oz stale breadcrumbs

tamarind and chili dressing

- > 1-2 small dried red chillies, finely chopped
- > 2 teaspoons sugar
- > 2 teaspoons finely grated lime rind
- > 2 tablespoons tamarind concentrate
- > 1 tablespoon Thai fish sauce (nam pla)

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Serves 6

tip from the chef

For extra taste, add some grated Parmesan cheese to breadcrumbs.



noodles

with bok choy sauce

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

ingredients

> 250 g/8 oz quick-cooking noodles

bok choy sauce

- > 1 tablespoon vegetable oil
- > 2 bunches/500 g/1 lb baby bok choy, leaves separated and trimmed
- > 1/3 cup/90 ml/3 fl oz soy sauce
- > 2 tablespoons sesame oil
- > 2 tablespoons kechap manis
- > 2 tablespoons sweet chili sauce
- > 2 tablespoons pickled ginger
- > 315 g/10 oz tofu, cut into 1 cm/1/2 in cubes
- > 150 g/5 oz bean sprouts

method

1. Cook noodles in boiling water in a large saucepan, following packet directions. Drain, set aside and keep warm.
2. To make sauce, heat oil in a wok or frying pan over a high heat, add bok choy and stir-fry for 2-3 minutes. Add soy sauce, sesame oil, kechap manis, chili sauce and ginger. Bring to a simmer and cook for 1 minute.
3. Add tofu and bean sprouts and stir-fry for 2-3 minutes or until heated through. Add noodles to pan and toss to combine. Serve immediately.

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Serves 4

tip from the chef

These noodles, a classic of Japanese cuisine, can also be combined with bean sprouts, sliced mushrooms, shredded carrots, chives and grated ginger.





fettuccine

pesto

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

method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make pesto, place Parmesan cheese, garlic, pine nuts and basil in a food processor or blender and process to finely chop. With machine running, gradually add oil and continue processing to form a smooth paste. To serve, spoon pesto over hot pasta and toss to combine.

ingredients

> 500 g/1 lb fettuccine

basil pesto

- > 100 g/3½ oz fresh Parmesan cheese, chopped
- > 2 cloves garlic, crushed
- > 60 g/2 oz pine nuts
- > 1 large bunch basil, leaves removed and stems discarded
- > ¼ cup/60 ml/2 fl oz olive oil

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Serves 4

tip from the chef

Basil is one of the herbs that characterizes Italian cooking. This pesto can be made when basil is plentiful, then frozen and used as required. Treat yourself to this dish in mid-winter to remind you of balmy summer days.



tuna in piquant tomato sauce

■ □ □ | Cooking time: 35 minutes - Preparation time: 20 minutes

ingredients

- > 1 tablespoon olive oil
- > 4 fresh tuna cutlets
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 440 g/14 oz canned Italian peeled tomatoes, undrained and mashed
- > 125 ml/4 fl oz tomato juice
- > 2 tablespoons capers, chopped
- > 4 anchovy fillets, chopped
- > ½ teaspoon dried oregano
- > freshly ground black pepper

method

1. Heat oil in a frying pan and cook tuna for 2-3 minutes each side. Transfer to an ovenproof dish and reserve juices.
2. To make sauce, cook onion and garlic in pan for 4-5 minutes or until tender. Add reserved pan juices, tomatoes, tomato juice, capers, anchovies and oregano. Season to taste with black pepper. Bring to the boil and pour over tuna. Cover and bake at 180°C/350°F/Gas 4 for 20-30 minutes, or until tuna flakes when tested.

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Serves 4



tip from the chef

Tuna has an intensely flavored flesh that is high in fat. This sauce combines well with its taste and consistency.





penne

with spicy sauce

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

method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain and keep warm.
2. To make sauce, heat oil in a frying pan over a medium heat, add onions and garlic and cook, stirring, for 5 minutes or until onions soften slightly.
3. Add cumin and chili powder and cook, stirring, for 2 minutes. Add tomatoes and black pepper to taste, bring to simmering and simmer for 6-8 minutes or until sauce thickens and tomatoes are cooked. Stir in parsley.
4. Spoon sauce over pasta and toss to combine.

ingredients

- > 375 g/12 oz penne
- > spicy tomato sauce
- > 1 tablespoon olive oil
- > 2 onions, chopped
- > 1 clove garlic, crushed
- > 1 teaspoon ground cumin
- > ½ teaspoon chili powder
- > 1 kg/2 lb ripe tomatoes, peeled and chopped
- > freshly ground black pepper
- > 2 tablespoons chopped fresh parsley

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Serves 4

tip from the chef

Use Italian tomatoes when in season for the best flavor and a smoother consistency.



perfect

steaks with diane sauce

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

ingredients

- > 1 tablespoon vegetable oil
- > 15 g/½ oz butter
- > 4 fillet or sirloin steaks
- diane sauce
- > 15 g/½ oz butter
- > 3 spring onions, chopped
- > 3 cloves garlic, crushed
- > ¾ cup/185 ml/6 fl oz cream
- > 2 tablespoons Worcestershire sauce
- > 1 tablespoon brandy

method

1. Heat oil and butter together in a large frying pan over a high heat until sizzling. Add steaks and cook for 3-5 minutes each side or until cooked to your liking. Remove from pan and keep warm.
2. To make sauce, melt butter in frying pan over a medium heat. Cook spring onions and garlic, stirring, for 2 minutes. Stir in cream, Worcestershire sauce and brandy and bring to the boil. Reduce heat and simmer, stirring, for 5 minutes or until sauce reduces and thickens slightly. Serve with steaks.

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Serves 4

tip from the chef

When testing if a steak is cooked, press it with a pair of blunt tongs – do not cut the meat, as this causes the juices to escape. Rare steaks will feel springy, medium slightly springy and well-done will feel firm. As a guide a 2.5 cm/1 in thick steak cooked to rare takes about 3 minutes each side, a medium steak 4 minutes and a well-done steak 5 minutes.



prawn

and melon salad



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

method

1. Peel prawns, leaving tail intact, remove back vein. Cut apples into slices, toss in lime juice. Peel rockmelon, cut into cubes. Seed green pepper, cut into cubes. Slice celery.
2. To make dressing, place mayonnaise, tomato sauce, Dijon mustard and Worcestershire sauce in a small bowl, stir to mix well.
3. Combine prawns, apples, rockmelon, green pepper and celery in a serving bowl, pour over dressing. Garnish with extra prawns, if desired.

ingredients

- >1 kg/2 lb cooked large prawns
- >2 red apples
- >2 tablespoons lime juice
- >1 small rockmelon
- >1 green pepper
- >3 stalks celery

island dressing

- >½ cup mayonnaise
- >¼ cup tomato sauce
- >1 teaspoon Dijon mustard
- >1 teaspoon Worcestershire sauce

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Serves 8

tip from the chef

This salad is also exquisite if avocado is used instead of apple.



gnocchi with gorgonzola sauce

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

ingredients

> 500 g/1 lb potato
gnocchi

gorgonzola sauce

> 200 g/6 ½ oz
gorgonzola or blue cheese,
crumbled
> ¾ cup/185 ml/6 fl oz
milk
> 60 g/2 oz butter
> 60 g/2 oz walnuts,
toasted and chopped
> 200 ml/6 ½ fl oz
cream (double)
> freshly ground black
pepper

method

1. Cook gnocchi in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, place gorgonzola or blue cheese, milk and butter in a saucepan and cook over a low heat, stirring, for 4-5 minutes or until cheese melts. Stir in walnuts, cream and black pepper to taste, bring to simmering and simmer for 5 minutes or until sauce reduces and thickens. Spoon sauce over hot gnocchi and toss to combine.

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Serves 6

tip from the chef

Potato gnocchi are available from specialty pasta shops. This sauce is also great with shell pasta, penne, macaroni, tortellini or farfalle.





roast beef eye fillet with soy sauce

■ □ □ | Cooking time: 55 minutes - Preparation time: 15 minutes

method

1. Heat oil and butter in a large frying pan. Add soy sauce, honey and red wine vinegar. Add fillet and cook over a high heat to sear until brown on all sides.
2. Transfer fillet to an ovenproof dish and bake in a moderate oven for 30-40 minutes or until just cooked.
3. Add juices from dish to the frying pan. Add $\frac{1}{4}$ cup water and heat over moderate heat until mixture boils.
4. Reduce heat and simmer until mixture thickens, stir in sesame seeds and pour sauce over the sliced meat. Serve with fresh vegetables.

ingredients

- > 2 tablespoons oil
- > 1 tablespoon butter
- > 3 tablespoons soy sauce
- > 2 tablespoons honey
- > 3 tablespoons red wine vinegar
- > 1.5 kg/3 lb beef eye fillet
- > 3 teaspoons sesame seeds

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Serves 8

tip from the chef

In order for the sesame to have a more intense flavor, roast it slightly in an un-oiled pan before adding it to the preparation.



salad with blue cheese dressing

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

ingredients

- > 125 g/4 oz blue cheese
- > ½ cup thickened cream
- > 1 tablespoon mayonnaise
- > 2 tablespoons milk
- > 1 curly endive, torn into pieces
- > 1 red onion, peeled and sliced
- > 1 bunch watercress
- > 3 tomatoes, sliced

method

1. In a processor or blender, process cheese, cream, mayonnaise and milk until smooth, chill.
2. Arrange lettuce, onion rings, watercress and tomato slices in serving bowl, dress with chilled blue cheese dressing.

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Serves 4



tip from the chef

It is an ideal option for a Summer day, and looks sensational if served with focaccia toasts.





salad

with hot dressing

■ □ □ | Cooking time: 0 minutes - Preparation time: 25 minutes

method

1. Place sweet corn, red kidney and green beans, red and green peppers, tomatoes and avocados in a salad bowl and toss to combine.
2. To make dressing, place onion, chillies, garlic, coriander, cumin, vinegar and oil in a bowl and whisk to combine.
3. Drizzle dressing over salad and toss to combine. Cover and refrigerate for 1 hour before serving.

ingredients

- > 375 g/12 oz canned sweet corn kernels, drained
- > 375 g/12 oz canned red kidney beans, rinsed and drained
- > 90 g/3 oz green beans, blanched and cut into 5 cm/2 in pieces
- > 1 large red pepper, diced
- > 1 large green pepper, diced
- > 3 tomatoes, chopped
- > 2 avocados, chopped

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Serves 6

chili and herb dressing

- > 1 red onion, chopped
- > 3 small fresh green chillies, finely chopped
- > 2 cloves garlic, crushed
- > 3 tablespoons chopped fresh coriander
- > 2 teaspoons ground cumin
- > 1/3 cup/90 ml/3 fl oz balsamic vinegar
- > 1/4 cup/60 ml/2 fl oz olive oil

tip from the chef

To blanch green beans, bring a large saucepan of water to the boil, add beans and cook until they are bright green. Remove immediately and refresh under cold running water. For a delicious light meal serve this salad on fried tortillas or wrapped in pitta bread.



salmon

with mustard sauce

■ □ □ | Cooking time: 6 minutes – Preparation time: 10 minutes

ingredients

- > 1 small cucumber
- > ½ cup/125 ml/4 fl oz water
- > ¼ cup/60 ml/2 fl oz white wine
- > 1 teaspoon finely grated lime rind
- > 1 fresh dill sprig
- > 150 g/5 oz salmon cutlet
- > mustard sauce
- > 30 g/1 oz mayonnaise
- > ½ tablespoon wholegrain mustard
- > 1 tablespoon lemon juice

method

1. Using a vegetable peeler, cut cucumber into long strips and set aside.
2. Place water, wine, lime rind and dill in a frying pan and bring to the boil over a medium heat. Reduce heat to simmering, add salmon and cook for 5-6 minutes or until fish flakes when tested with a fork.
3. To make sauce, place mayonnaise, mustard and lemon juice in a bowl and mix to combine.
4. To serve, line serving plate with a bed of cucumber strips, top with salmon cutlet and sauce.

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Serves 1



tip from the chef

Elegant enough for entertaining, yet easy to cook. For a special occasion increase quantities according to the number of guests. Finish the meal with a selection of seasonal fresh fruit or a cheese board.



guacamole

with corn chips



■ □ □ | Cooking time: 1/2 minute – Preparation time: 25 minutes

method

1. Cut avocados in half, remove stone (a) and skin (b). Mash roughly with a fork.
2. Plunge tomatoes into boiling water for 30 seconds, remove. Peel off skin, cut into quarters, remove and discard seeds. Cut tomatoes into small dice (c).
3. Combine avocado, tomato, onion, chili, coriander and lemon juice (d). Serve with corn chips for dipping.

ingredients

- > 3 avocados
- > 2 small tomatoes
- > 1 small onion, very finely chopped
- > 3 red chillies, chopped
- > 2 tablespoons fresh coriander, chopped
- > 2 tablespoons lemon juice
- > 2 x 200 g/6½ oz packets corn chips

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Serves 8

tip from the chef

The famous Mexican specialty is also delicious served as a side dish for grilled meats.



mixed salad

with anchovy dressing

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

ingredients

- > 1 radicchio
- > 1 butter lettuce
- > 1 cup alfalfa sprouts
- > 155 g/5 oz feta cheese, crumbled
- > 1 orange, cut into thin wedges
- > 8 sprigs parsley
- > 1 tablespoon olive oil
- > 1 teaspoon cracked black peppercorns
- > 2 tablespoons freshly squeezed orange juice
- > 3 anchovy fillets, mashed

method

1. Wash radicchio and lettuce leaves and tear into pieces.
2. Arrange radicchio and lettuce with alfalfa, feta cheese, orange wedges and parsley, decoratively on a salad plate.
3. Pour over combined oil, pepper, orange juice and mashed anchovy fillets.

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Serves 4



tip from the chef

This salad looks very good if it is presented inside a basket made from hollowed out home-made bread.





tuscan

vegetable terrine

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

method

1. Line a terrine dish with plastic food wrap, leaving enough wrap overhanging the sides to cover top of terrine. Set aside.
2. To make terrine, cut pumpkin into 1 cm/½ in thick slices. Place on a baking tray. Lightly brush with olive oil. Bake at a 180°C/350°F/Gas 4 for 20-30 minutes or until cooked, but still firm. Cool.
3. Cut tomatoes in half lengthwise. Remove seeds and press gently to flatten. Cut cheese into 6 mm/¼ in thick slices.
4. Layer the ingredients in the terrine in the following order: tomatoes, basil, cheese, tomatoes, basil, cheese, pumpkin, basil, tomatoes, cheese, basil, tomatoes and finally cheese; place tomatoes skin side down and season with pepper. Cover terrine with the overhanging plastic wrap. Weigh down. Refrigerate overnight.
5. To make dressing, place mustard, vinegar and oil in a screwtop jar. Shake well.
6. Using the plastic wrap, carefully lift terrine. Cut into thick slices. Line serving plates with rocket leaves. Place a slice on top. Drizzle with dressing.

ingredients

- > 1 bunch/180 g/6 oz rocket
- vegetable terrine
- > 300 g/10 oz pumpkin, peeled
- > 16 Italian tomatoes
- > 400 g/13½ oz low fat bocconcini cheese, well drained
- > 1 bunch/50 g/1½ oz fresh basil
- > freshly ground black pepper

mustard and balsamic dressing

- > 1 teaspoon wholegrain mustard
- > 2 tablespoons balsamic vinegar
- > 2 tablespoons olive oil

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Serves 8-10



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sauces.& dressings

