Chef express

NorCal Community Media

summer food & drink

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Published by:
STANDARD INTERNATIONAL PRINT GROUP
www.stndpub.com
eMail.sales@stndpub.com
Tel: +1 (954) 580-6662
©Standard International Print Group

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ISBN: 9781600812880

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Publication Date 2022

introduction

Summer time… It's hot and sultry, yet loved by many. Endless beach time and plenty of sunshine to enjoy the outdoors. At the end of the day though, you are looking forward to something tasty and fresh… At home, when the weather gets hot, we often turn to cooling meals and eat outside, at the backyard. It has become a nice ritual at the end of the day and way to connect with our immediate environment and the season's tastes.

summer food & drink

Get ready for tasty starters, barbecues, speedy stir-fries and more!
It's the absolute best time of the year to cook, and we've included lots of summer recipes to guide you through it. With the freshest veggies and fish at our fingertips, we couldn't think of a better moment to give your oven a rest, and celebrate the season with quick, easy, produce-forward dishes. Whether you're scrolling summer dinner ideas and trying to figure out what to do with fruits and vegetables from your garden or looking for new barbecue ideas for your next party, this book has you covered. From surf and turf ideas to homemade ice creams, these are the summer recipes you need to have in your pocket.

Tips for a healthy summer diet

Maintaining a healthy diet during summer can seem like a challenge, as there are so many "temptations". However, to eat well in summer, you don't need to give up tasty meals, but only to follow some healthy advice:

- Drink at least 2 liters of water per day. It is especially important that children and the elderly are kept well hydrated on hot days. A list of healthy eating tips could never start with anything but water.
- Swap sugary soft drinks for infusions and flavored waters. Choose herbal and fruit infusions such as chamomile and pineapple infusion, or fruit-infused water. To have instant-flavored water, you can even freeze some fruits, cut up in pieces, and use them as "ice" in the water.
- Make your own ice cream with little added sugar. Summertime sure begs for ice cream, and it's better to make your own options at home. In addition to a healthy eating tip, homemade fruit ice creams are also a fun family activity – all kids will love being the chefs.
- Have light and frequent meals. Eat plenty of raw fruit and vegetables in salads, using fruits and vegetables of the season. And while at home, keep pre-cut fruit in the fridge to encourage kids to eat healthier snacks.

Summer dishes should look like a rainbow on your plate, full of colors, vibrant and refreshingly delicious, yet healthy and refreshing. We compiled this amazing list of summer recipes that you can save for busy weeknights or lazy weekends.

Difficulty scale

■□□ | Easy to do

■■□ | Requires attention

■■■ | Requires experience

cantaloupe with prosciutto

Cooking time: 0 minutes - Preparation time: 15 minutes

ingredients

- 1 cantaloupe
- 3 tablespoons freshly squeezed lemon juice
- 5 tablespoons olive oil
- 1 tablespoon fresh chives, chopped
- 1 teaspoon cracked black peppercorns

method

1. Peel cantaloupe, remove seeds and cut into ½ in/1 cm thick wedges. Cut each wedge in half crossways.
2. Wrap each half wedge with a slice of prosciutto, then arrange decoratively on serving plate.
3. To make vinaigrette, mix together lemon juice, olive oil, chives and pepper, pour over cantaloupe.

Serves 6

tip from the chef

The flavor of the cantaloupe will become more intense if you sprinkle it with sugar before wrapping it with the prosciutto.

thai lime spatchcocks

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

method

1. Cut spatchcocks down middle of backs and flatten. Thread a skewer through wings and a skewer through legs of each spatchcock.
2. To make marinade, place lime juice, coriander, coconut milk, chili, honey, and black pepper to taste in a large baking dish. Mix to combine. Place spatchcocks flesh side down in marinade. Cover and refrigerate for 4 hours or overnight.
3. Cook on a hot barbecue or under a hot grill, basting frequently with marinade. Cook 15 minutes each side, or until tender and cooked through.

Serves 4

ingredients

> 4 small spatchcocks

Marinade

> 3 tablespoons lime juice
> 2 tablespoons chopped fresh coriander
> 1 cup/8 fl oz/250 ml coconut milk
> 1 red chili, chopped
> 2 tablespoons honey
> freshly ground black pepper

tip from the chef

As a side dish serve boiled rice, enriched with chives, green peppers and tomato cubes, all seasoned with olive oil, salt and pepper.

barbecue mushrooms

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

ingredients

- > 6 large mushrooms
- > 2 oz/60 g butter, melted
- > 2 cloves garlic, crushed
- > ½ tablespoon finely chopped fresh chives
- > 1 tablespoon fresh thyme leaves
- > ¾ cup shredded Parmesan cheese
- > chopped oregano, for garnish

method

1. Prepare and heat barbecue. Carefully peel skin from mushroom caps. Remove stalks. Combine butter and garlic in a small bowl.
2. Brush tops of mushrooms with garlic butter, place top-side down on hot barbecue flatplate and cook over the hottest part of the fire 2 minutes or until tops have browned. Turn mushrooms over. Brush upturned bases with garlic butter; cook 2 minutes.
3. Sprinkle bases with combined chives and thyme, then cheese, and cook a further 3 minutes, until cheese begins to melt. Serve immediately, garnished with fresh oregano.

Serves 6

tip from the chef

Mushrooms can also be cooked in a heavy-based frying pan. Lightly grease the pan with butter and cook 2-3 minutes either side. Add fresh herbs and cheese, then place pan under hot preheated grill until cheese has melted. Any type of mushroom can be used in this recipe. Larger mushrooms will take longer to cook. Mushrooms should remain firm and chewy after cooking.

baby barbecued potatoes

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

method

1. Wash potatoes thoroughly under cold water. Cut potatoes in half so that all potatoes are a uniform size for even cooking.
2. Boil, steam or microwave potatoes until just tender (potatoes should remain intact). Drain and lightly dry with paper towels.
3. Place potatoes in large mixing bowl; add oil and rosemary. Toss gently to coat potatoes, stand 1 hour. Prepare and heat barbecue.
4. Place potatoes on hot, lightly greased barbecue flatplate. Cook 15 minutes, turning frequently and brushing with remaining oil and thyme mixture, until golden brown. Place in serving bowl and sprinkle with salt. Garnish with extra rosemary sprigs, if desired.

Serves 6

- **1¾ lb/750 g baby potatoes**
- **2 tablespoons olive oil**
- **4 rosemary sprigs, chopped**
- **2 teaspoons crushed sea salt**

tip from the chef

Potatoes can be cooked and marinated 2 hours in advance. Barbecue just before serving.

barbecued
corn on the cob

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

ingredients

- 3 tablespoons mayonnaise
- 2 tablespoons fresh lime juice
- ¼ teaspoon chili powder
- ¼ teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon cracked black pepper
- 6 large cobs fresh corn
- 1-2 tablespoons olive or vegetable oil
- 2 oz/60 g butter
- salt to taste
- chopped cilantro, for garnish

method

1. Prepare and heat barbecue. In a small bowl, stir together the mayonnaise, lime juice, chili powder and cumin. Season with salt and pepper.
2. Brush the com with oil and cook on the hot lightly greased barbecue grill 5 minutes, each side, until corn is soft and cobs are flecked with brown in places. Using tongs, lift the corn onto the flatplate and moisten each with a square of butter. Sprinkle with salt. Serve at once with mayonnaise mixture, garnished with cilantro.

Serves 6

tip from the chef

Serve with chili mayo, and barbecued sausages.

burger with the works

■■□ | Cooking time: 10-15 minutes - Preparation time: 40 minutes

method

1. Prepare and heat barbecue. Combine ground beef, onion, egg, breadcrumbs, tomato paste, Worcestershire sauce, parsley, salt and pepper in large bowl. Mix with hands until well combined.
2. Divide mixture into 6 portions. Shape each portion into round patties ½ in/1,5 cm thick. Cover and set aside. Slice onions into thin rings. Heat butter on hot barbecue flatplate. Cook onions, turning often until well browned. Move onions towards outer edge of flatplate to keep warm. Brush barbecue grill or flatplate liberally with oil.
3. Cook meat patties 3-4 minutes each side or until browned and cooked through. Move patties to cooler part of barbecue or transfer to plate and keep warm. Place slice of cheese on each patty (the heat of the burger will be enough to partially melt the cheese). Heat a small amount of butter in a large frying pan. Fry eggs and bacon until egg's are cooked through and bacon is golden and crisp. Remove from heat. To assemble burgers: Place toasted bun bases on individual serving plates. Top each with lettuce and tomato. Place cooked meat patty on top, followed by cooked onions, bacon, and egg. Place remaining bun halves on top. Serve with potato chips, if desired.

Serves 6

ingredients

- **1½ lbs/750 g lean ground beef**
- **1 onion, finely chopped**
- **1 egg**
- **½ cup fresh breadcrumbs**
- **2 tablespoons tomato paste**
- **1 tablespoon Worcesterchire sauce**
- **2 tablespoons chopped fresh parsley**
- **salt and cracked pepper, to taste**
- **3 large onions**
- **1 oz/30 g butter**
- **6 slices cheddar cheese**
- **6 eggs, extra**
- **6 rashers bacon**
- **6 large hamburger buns, lightly toasted**
- **6 leaves lettuce**
- **2 tomatoes, thinly sliced**

barbecued hot dogs

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

ingredients

- > 6 large thick, spicy frankfurters
- > 1 tablespoons oil
- > 6 hot dogs rolls
- > 6 small leaves lettuce

Creamy Slaw

- > 3½ oz/100 g red cabbage
- > 3½ oz/100 g green cabbage
- > 2 spring onions
- > ½ cup whole egg mayonnaise
- > 1 tablespoon German mustard

method

1. Prepare and heat barbecue. Make 4 diagonal cuts in each frankfurters, slicing halfway through. Brush frankfurters with oil, and cook on hot lightly oiled barbecue flatplate 7-10 minutes or until cooked through.
2. Split rolls lengthways through the center top; line with lettuce leaf. Place Creamy Slaw on lettuce, and top with German mustard. Serve immediately.
3. To make Creamy Slaw: Finely shred cabbage; finely chop spring onions. Combine mayonnaise with mustard. Place all ingredients in medium mixing bowl and toss to combine thoroughly.

Serves 6

tip from the chef

Top hot dogs with ketchup, mustard and your favorite sauces.

barbecued spare ribs

■□□ | Cooking time: 30 minutes - Preparation time: 15 minutes + 3 hours marinating

method

1. Trim spare ribs of excess fat and sinew. Cut racks of ribs into pieces, so that each piece has three or four ribs. Combine tomato sauce, sherry, soy sauce, honey, garlic and ginger in a large pan; mix well.
2. Add ribs to mixture. Bring to the boil. Reduce heat and simmer, covered, 15 minutes. Move ribs occasionally to ensure even cooking. Transfer ribs and sauce to shallow non-metal dish; allow to cool. Refrigerate, covered with plastic wrap, several hours or overnight. Prepare and heat barbecue 1 hour before cooking.
3. Place ribs on hot lightly oiled barbecue grill or flatplate. Cook over the hottest part of the fire 15 minutes, turning and brushing with sauce occasionally. Sprinkle ribs with sesame seeds. Serve with barbecued corn on the cob and potato salad, if desired.

Serves 4-6

ingredients

- **2¼ lbs/1 kg pork spareribs**
- **2 cups tomato sauce**
- **½ cup sherry**
- **2 tablespoons soy sauce**
- **2 tablespoons honey**
- **3 cloves garlic, crushed**
- **1 tablespoon grated fresh ginger**
- **sesame seeds, for garnish**

tip from the chef

They can be eaten easily with the fingers if they are separated into individual ribs. Serve ribs with other pre-dinner finger foods next to a dipping sauce, such as barbecue or tomato, and a generous supply of napkins.

buffalo chicken wings

■□□ | Cooking time: 10 minutes - Preparation time: 25 minutes + 3 hours marinating

ingredients

- 8 large chicken wings (2 lbs/900 g)
- 2 teaspoons black pepper
- 2 teaspoons garlic salt
- 2 teaspoons onion powder
- olive oil, for deep frying
- ½ cup tomato sauce
- 2 tablespoons Worcestershire sauce
- ¾ oz g butter, melted
- 2 teaspoons sugar
- tabasco sauce, to taste

Ranch Dressing

- Chopped parsley, for garnish
- ½ cup whole egg mayonnaise
- ½ cup sour cream
- 2 tablespoons lemon juice
- 2 tablespoons chopped chives
- salt and white pepper, to taste

method

1. Wash wings thoroughly and pat dry with paper towels. Cut tips off each wing; discard. Bend each wing back to snap joint and cut through to create two pieces. Combine pepper, garlic salt and onion powder. Using fingers, rub mixture into each piece.
2. Cook chicken pieces in batches 2 minutes; remove with tongs or slotted spoon and drain on paper towels.
3. Transfer chicken to non-metal bowl or shallow dish. Combine sauces, butter, sugar and tabasco and pour over chicken; stir to coat. Refrigerate, covered, several hours or overnight. Prepare and heat barbecue 1 hour before cooking.
4. Place chicken on hot lightly oiled barbecue grill or flatplate. Cook 5 minutes, turning and brushing with marinade, garnish with parsley. Serve with Ranch Dressing. To make Ranch Dressing: Combine mayonnaise, sour cream, juice, chives, salt and pepper in bowl, mix well.

Serves 4

tip from the chef

Wings can be prepared up to 2 days in advance.

garlic king prawns

■□□ | Cooking time: 5 minutes - Preparation time: 10 minutes + 3 hours marinating

method

1. Remove heads from prawns. Peel and devein prawns, leaving tails intact (reserve the heads and shell for fish stock, if you like). Make a cut in the prawn body, slicing threequarters of the way through the flesh from head to tail. To make Marinade: Combine juice, oil, garlic, ginger, thyme and rosemary in jug; mix well.
2. Place prawns in bowl; pour on marinade and mix well. Cover and refrigerate several hours or overnight. Prepare and light barbecue 1 hour before cooking.
3. Cook prawns on hot, lightly greased flatplate 3-5 minutes or until pink in color and cooked through. Brush frequently with marinade while cooking. Serve immediately.

Serves 4

ingredients

- **1.5 lb/700 g clean prawns**
- **2 tablespoons lemon juice**
- **2 tablespoons sesame oil**
- **2 cloves garlic, crushed**
- **2 teaspoons grated fresh ginger**
- **5 sprigs thyme**
- **5 sprigs rosemary**

tip from the chef

These shrimp are delicious by themselves or as an addition to any recipe that calls for shrimp, like pasta, bruschetta or wraps.

tuna steaks
with bacon

Cooking time: 30 minutes - Preparation time: 30 minutes

ingredients

- 4 slices smoked bacon
- 1 lb tuna steak cut into 4 pieces
- salt and freshly ground pepper
- 1 tablespoons extra virgin olive oil

method

1. Lay the bacon strips on a cutting board and place a piece of tuna in the center of each; season with salt and pepper. Fold the bacon around the tuna and secure with toothpicks.
2. In a large nonstick skillet, heat 1 tablespoon of the olive oil until shimmering. Add the tuna and cook over moderately high heat, turning once, until the bacon is crisp and the tuna is still pink inside, about 6 minutes.

Serves 4

tip from the chef

Bacon adds a smoky flavor to the fish, while also keeping it moist. Serve over a green salad, if desired.

seared scallops
with bacon

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

method

1. Preheat oven to 425°F. Line a baking sheet with parchment paper. Set aside.
2. Pat scallops dry with a paper towel. Wrap each scallop in a half slice of bacon, and thread 2 wrapped scallops onto each skewer.
3. Drizzle olive oil over wrapped scallops and season with salt and pepper, to taste.
4. Arrange scallops in a single layer on prepared baking sheet. Bake for 15 minutes, or until scallop is tender and opaque and bacon is slightly crispy. Take off skewers and serve inmediately.

Serves 4

ingredients

- **16 scallops**
- **8 slices bacon, cut in half crosswise**
- **8 skewers**
- **extra virgin olive oil, for drizzling**
- **freshly ground black pepper, to taste**
- **kosher salt, to taste**

tip from the chef

The rich flavors in this recipe are balanced by a fruity, slightly acidic Gewürztraminer white wine.

lamb cutlets

Cooking time: 6-8 minutes - Preparation time: 15 minutes + 20 minutes marinating

ingredients

- 12 lamb cutlets
- 2 tablespoons fresh chopped rosemary
- ¼ cup olive oil
- 1½ teaspoons cracked black pepper
- 1 bunch fresh rosemary, extra
- 2 heads of garlic

method

1. Prepare and heat barbecue. Trim cutlets of excess fat and sinew. Place cutlets in shallow, non-metal dish and brush with half of the oil.
2. Scatter half the chopped Rosemary and pepper on meat; set aside for 20 minutes. Turn meat over and brush with remaining oil, scatter over remaining rosemary and pepper. Tie the extra bunch of rosemary to the handle of a wooden spoon.
3. Slice off tops of the heads of garlic. Sprinkle garlic with salt and pepper. Place cut side down on a large piece of aluminum foil, and place on grill.
4. Arrange cutlets on hot lightly greased grill. Cook 2-3 minutes each side. As cutlets cook, bat frequently with the rosemary spoon. This will release flavorsome oils into the cutlets. When cutlets are almost done, remove rosemary from the spoon and drop it on the fire where it will flare up briefly and infuse rosemary smoke into the cutlets. Serve with barbecued lemon slices, if desired.

Serves 4

tip from the chef

This dish is ideal for a barbecue picnic. Marinate and pack in a sealed container with Rosemary sprigs. Add sprigs to the fire as described above.

smoked
chicken fillets

Cooking time: 25 minutes - Preparation time: 5 minutes

method

1. Prepare weber (kettle) barbecue for indirect cooking at moderate heat (normal fire). Trim chicken of excess fat and sinew.
2. Brush chicken with oil and sprinkle over the seasoned pepper, curry and paprika.
3. Spoon a pile of smoking chips (about 25) over the coals in each charcoal rail.
4. Cover barbecue and cook chicken 15 minutes. Test with a sharp knife. If juices do not run clear cook another 5-10 minutes until cooked as desired. Garnish with rosemary. Serve with chili noodles, if liked.

Serves 4

ingredients

- 2¼ lbs/1 kg 4 chicken breast fillets
- 1 tablespoon olive oil
- seasoned pepper, to taste
- 2 teaspoons curry powder
- 2 teaspoons smoked paprika
- hickory or mesquite chips, for smoking
- rosemary sprigs, for garnish

tip from the chef

Chicken is best smoked just before serving.

fish kebabs

■□□ | Cooking time: 10 minutes - Preparation time: 20 minutes + 3 hours marinating

ingredients

- > 1¾ lb/750 g salmon fillets
- > 8 oz/225 g cherry tomatoes
- > ½ large bell pepper
- > ½ large yellow bell pepper
- > 2 tablespoons pineapple juice
- > 3 teaspoons soy sauce
- > 6 teaspoons soft brown sugar
- > 2 tablespoons white vinegar
- > 2 tablespoons orange juice
- > salt, to taste
- > 12 skewers

method

1. Soak wooden skewers in water for several hours. Cut fish into 1 in cubes. Cut bell peppers into 1 in/2,5 cm pieces. Thread bell peppers, fish and cherry tomatoes alternately onto skewers.
2. Place kebabs in shallow non-metal dish. Combine soy sauce, reserved pineapple juice, sugar, vinegar, orange juice and salt in small bowl; mix well. Pour marinade over kebabs. Cover; refrigerate several hours. Prepare and heat barbecue 1 hour before cooking.
3. Barbecue kebabs on hot lightly greased flatplate, brushing frequently with marinade, 2-3 minutes each side or until just cooked through. Serve immediately with cooked noodles and a dressed green salad, if desired.

12 skewers

tip from the chef

Kebabs are best cooked just before serving. Do not marinate longer than 3 hours. Any vegetable can be substituted for bell peppers; try zucchini, eggplant, mushrooms or onion.

steak in red wine

Cooking time: 5-10 minutes - Preparation time: 10 minutes + 3 hours marinating

method

1. Cut steaks into large, even-sized serving pieces. Trim meat of excess fat and sinew.
2. Combine wine, salt, oregano leaves and pepper in a jug. Place steak in a large, shallow non-metal dish. Cover and refrigerate several hours or overnight. Prepare and heat barbecue 1 hour before cooking.
3. Cook steak on hot lightly greased barbecue grill or flatplate 3-4 minutes each side or until cooked as desired, brushing with wine mixture frequently. Serve garnished with rosemary, potato salad and corn on the cob, if desired.

Serves 4

ingredients

- **1½ lbs/750 g rump steak**
- **1 cup good red wine**
- **2 teaspoons garlic salt**
- **1 tablespoon dried oregano leaves**
- **Cracked black pepper, to taste**

tip from the chef

Choose a basting brush with pure bristles. Nylon bristles can melt in the heat and introduce an unpleasant flavor to cooked foods. Substitute 2 tablespoons of fresh oregano for dried oregano, if desired.

tangy orange tart

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

ingredients

> ½ cup orange marmalade
> 3 tablespoons grated orange peel
> 1½ tablespoon grated lemon peel
> ¾ cup sugar
> ⅔ cup fresh lime juice
> ⅔ cup fresh orange juice
> 6 egg yolks
> 4 eggs
> ½ lb/250 g butter, cut into pieces
> 2 oranges, peeled and sliced into rings

Pastry

> 1½ cups plain flour
> 1 tablespoon castor sugar
> 4 oz/125 g butter, cut into small cubes
> 3 tablespoons orange juice

method

1. To make the pastry: In a food processor, combine flour, sugar and butter until mixture resembles breadcrumbs. Add the orange juice, more or less as needed to form a dough.
2. Place dough in a bowl, cover and chill for 30 minutes. Roll out dough to fit a 9 inch flan dish. Line with foil and fill with pastry weights.
3. Bake blind in moderately hot oven, remove pastry weights and cook a further 10 minutes.
4. Brush the inside of the cooked pastry case with half of the marmalade, reserve other half for glazing.
5. To make the curd: Combine orange and lemon peel with sugar in a processor, transfer mixture to a heat-proof dish over a saucepan of simmering water. Whisk in lime juice, orange juice, egg yolks and eggs. Whisk over medium heat until mixture begins to thicken, do not boil. Whisk in pieces of butter and continue to whisk until mixture thickens to a curd, about 2 minutes.
6. Pour mixture into a bowl, cover with plastic wrap and refrigerate until cool. Pour curd mixture into pie case and arrange orange slices on top.
7. Melt remaining marmalade in a small saucepan over low heat and brush the top of the pie.

Serves 8

honey vanilla ice cream

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

method

1. Mix egg yolks with honey and vanilla in a double saucepan over simmering water. Add milk and whisk for about 8 minutes until mixture thickens slightly. Pour mixture into ice-cream maker and freeze according to instructions.
2. If no ice-cream maker is available, freeze mixture for 1 hour, remove from freezer, beat with electric mixer, return to freezer. Repeat this process every hour for 3 hours. Freeze until ready to serve.
3. Decorate with honey if desired.

Serves 4

ingredients

- **5 egg yolks**
- **2 tablespoons honey**
- **1 teaspoon vanilla essence**
- **2 cups skim milk**
- **2 tablespoons honey**

tip from the chef

In order for the ice-cream to acquire a very creamy texture, mix it for a few seconds before serving.

yogurt orange
ice cream

Cooking time: 0 minutes - Preparation time: several hours

ingredients

- 4 tablespoons clear honey
- 12 fl oz/375 ml orange flavored low fat yogurt
- 1 tablespoon gelatin
- 2 fl oz/60 ml hot water
- 1 teaspoon vanilla essence
- 2 teaspoons finely grated orange rind
- 2 tablespoons freshly squeezed orange juice
- 2 egg whites

method

1. Combine the honey and yogurt in a large bowl; mix well. Dissolve gelatin in the water. Cool slightly, then stir into yogurt mixture.
2. Line a loaf tin with cling film. Spoon yogurt mixture into the tin, cover and freeze for 3 hours.
3. Beat the frozen mixture in a large bowl until doubled in bulk. Beat in the vanilla, orange rind and juice.
4. Whisk the egg whites to soft peaks in a separate, grease-free bowl. Fold into the yogurt ice, return the mixture to the loaf tin, cover and freeze until solid. Soften slightly before serving with fresh fruit.

Serves 6-8

tip from the chef

A deliciously surprising ice cream can be made if saffron tea is used instead of orange juice.

ice cream sandwiches

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

method

1. Spread bottom of one biscuit with ice cream.
2. Top with second biscuit.
3. Place on a freezerproof dish. Freeze until ice cream is hard.

Makes 1

ingredients

- 2 biscuits
- 1 spoonful soft ice cream

tip from the chef

Try these cosmic combos. Chocolate chip biscuits with chocolate ice cream. Chocolate chip biscuits with vanilla ice cream. Gingernuts with vanilla ice cream. Best of all is your favorite biscuit teamed with your favorite ice cream.

chocolate brandy ice cream

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

ingredients

- 1¼ pt/750 ml double cream
- 8 fl oz/250 ml milk
- 5 oz/155 g dark chocolate, grated
- 2 teaspoons instant coffee powder
- 5 egg yolks
- 6 oz/185 g caster sugar
- 2 tablespoons brandy

method

1. Combine the cream, milk, chocolate and coffee in a large saucepan over moderate heat. Stir until the chocolate melts, do not allow mixture to boil.
2. Meanwhile, using an electric mixer, beat egg yolks with sugar until pale and thick. Continue to beat while adding hot mocha cream. Return mixture to a clean pan and stir constantly over moderate heat until mixture thickens slightly. Stir in brandy. Set aside until cool.
3. Pour mixture into an ice cream maker and chill according to instructions. Alternatively, freeze in ice trays. When semi-frozen, beat mixture to break up any large ice crystals. Repeat the process twice more, then freeze in a suitable container until solid.

Serves 12

tip from the chef

As an alternative to home-made ice cream, you can serve a quick chocolate chip ice cream. Whip 8 fl oz/250 ml double cream with 3 tablespoons Kalhua until soft peaks form; fold mixture into 3½ pt/2 liters good quality vanilla ice cream, softened. Spoon into a freezerproof container and freeze until semifrozen. Beat mixture to break up any large ice crystals. Stir in 7 oz/250 g chocolate chips and 4 oz/125 g almonds, chopped. Freeze until solid.

grilled pineapple
with ice cream

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

method

1. Peel and cut pineapple into slices approximately 0.2 inch thick. Heat a grill pan over high heat. Brown pineapple slices in batches, on both sides. So that the fruit takes color quickly without deteriorating its texture, take care that the temperature of the iron is always kept at the maximum.
2. Serve pineapple warm with a scoop of ice cream.

Serves 4

ingredients

- **1 clean pineapple**
- **pineapple ice cream, to accompany**

tip from the chef

This delicious dessert is super nutritious and light. Pineapple aids in digestion, making it a good option to end a succulent menu.

lemon chiffon pie

Total time: 2 minutes - Preparation time: 20 minutes

ingredients

- 250 g/8 oz golden oatmeal biscuits
- 2½ oz/75 g butter, melted
- 4 eggs, separated
- grated rind of 1 lemon
- ½ cup caster sugar
- ½ cup freshly squeezed lemon juice
- 2 teaspoons gelatin
- ½ cup white wine
- ½ cup caster sugar, extra
- lemon slices

method

1. Blend or process biscuits until they resemble fine crumbs. Mix with butter and press into a 8 ¼ in/22 cm springform pan, pressing crumbs as far up the sides as possible.
2. Beat egg yolks with sugar and lemon rind until light and fluffy. Heat lemon juice over high heat until boiling, slowly pour into egg mixture in a thin steady stream while motor is operating. Dissolve gelatin in wine in a double saucepan over simmering water; stir into egg mixture.
3. Beat egg whites until stiff, gradually add extra sugar and beat for a further 3 minutes. Fold into egg/lemon mixture and pour into biscuit case.
4. Refrigerate to set. Decorate with lemon slices.

Serves 6

tip from the chef

When grating lemon, only the yellow rind should be included, as the white pith would add a bitter taste to the dessert.

fresh cherry
gin & tonic

■■□ | Preparation time: 5 minutes

method

1. Remove the stones from the cherries then put them in a bowl or mixing glass and muddle them lightly. Separate a bit of cherry juice and mix with it with sugar in a wide, shallow bowl. Dip your cocktail glass rim into the mixture. Add lots of ice to to your glass along with the muddled cherries, gin, tonic and a few good squeezes of juice from the lime (adjust according to how tart you like your G&T).
2. Stir gently for a minute or two, until the juice from the cherries has mingled well with the gin/tonic mixture and the drink is chilled. Add a cherry on a stick or a slice of lime to garnish and mint leaves, and serve.

Serves 6

ingredients

- handful of ripe sweet cherries
- 1¾ ounces gin
- 4¼ ounces tonic tonic (or to taste)
- fresh lime
- sugar, as needed
- fresh mint leaves, for garnish

Tip from the Chef

Tinned Morello cherries are a delicious alternative to fresh cherries.

fresh bellini cocktail

■□□ | Preparation time: 5 minutes

ingredients

- **4 medium ripe peaches (1½ pounds), plus a few peach slices for garnish if desired**
- **1 bottle Prosecco, chilled**

method

1. First, make peach purée: Peel your peaches, slice them in half, and remove the pits. Place the halved peaches in a blender or food processor, and blend until the purée is completely smooth. Peach purée is best served chilled, so place it in the refrigerator for at least 30 minutes to cool.
2. When you're ready to serve, pour 2 ounces (¼ cup) chilled peach purée into a Champagne flute. Pour in some chilled Prosecco, being careful not to overflow the glass. Gently stir with a spoon to combine.
3. Top off the drink with another splash of Prosecco and garnish with a peach slice, if desired. Serve at once!

Serves 1

tip from the chef

You can make the purée in advance, and store it in the fridge until you're ready to serve. Wait to add Prosecco until you're ready to serve so your drinks are nice and bubbly.

roasted pineapple & gin tonic

■□□ | Preparation time: 5 minutes

method

1. Grill, griddle or BBQ one pineapple wheel for 5 minutes before turning it over. Continue grilling until it is lightly browned, smoky and caramelized. Thinly chop grilled pineapple wheel and muddle it into your cocktail shaker. Add ice, gin and juice. Cut remaining pineapple wheel into wedges to use as garnish.
2. Shake for two minutes. Strain into a glass with ice. Top up with tonic water (prosecco is also delicious as an alternative to tonic here) and garnish with the remaining pineapple wedges, lime wedges, or a mint leaf.

Serves 6

ingredients

- **2 pineapple wheels, tinned or fresh**
- **1¾ ounces gin**
- **2⅓ ounces pineapple juice**
- **tonic water, to top up**
- **1 lime, optional**
- **mint leaves, for garnish**

Tip from the Chef

You can add a squeeze of lime if the drink is a little sweet for you. Tinned pineapple chunks are probably too wet to grill, but you could use them in the recipe without grilling!

honey & apricot ice cream

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

ingredients

- 8 oz/250 g dried apricots
- 3 cloves
- ½ teaspoon grated nutmeg
- 4 oz/125 g brown sugar
- 2 oz/60 ml honey
- 10 fl oz/315 ml cups water
- 26 fl oz/800 ml unflavored yogurt
- 8 fl oz/250 ml sour cream

method

1. Combine apricots, cloves, nutmeg, sugar, honey and water in a saucepan. Cook over a low heat until sugar dissolves. Bring to a boil, reduce heat and simmer, uncovered, for 10 minutes or until apricots soften. Drain apricots, strain liquid, and reserve.
2. Place apricots and reserved liquid in a food processor or blender and puree. Stir in yogurt and sour cream. Spoon into a freezerproof container and freeze.

Serves 6

tip from the chef

The perfect dinner party dessert, refreshing and easy to make. Homemade ice cream is best if used within a couple of days of making. Remove ice cream from the freezer and place in the fridge for about 30 minutes before serving. This allows the flavor to develop and makes it easier to serve.

strawberry mojito

■□□ | Preparation time: 5 minutes

method

1. Muddle the strawberries, limes and sugar in a large jug. Bruise the mint leaves and add to the jug with a pinch of black pepper. Add lots of ice and stir in the rum and sparkling water.
2. Garnish with mint leaves and halved strawberries.

Serves 6

ingredients

- **9-10 strawberries**
- **2 limes, chopped**
- **2 tablespoons granulated sugar**
- **2 mint sprigs, leaves picked**
- **ice, to taste**
- **black pepper, a pinch**
- **12 ounces white rum**
- **20¼ ounces sparkling water**

Tip from Chef

Mix up a refreshing strawberry mojito to sip in the summer sun. This easy, fruity cocktail is perfect for barbecue season or a relaxed party with friends.

red carpet martini

■□□ | Preparation time: 5 minutes

ingredients

- 1⅓ ounces vodka
- 1 ounce Cointreau
- 2 ounces pomegranate juice
- ½ ounce freshly squeezed lime juice, or1/4 ounce fresh lime juice and ¼ ounce fresh lemon juice
- slice or wedge of lime, for garnish
- sugar, as needed
- pomegranate seeds, for garnish

method

1. Chill martini glasses quickly by filling them with ice water and letting them sit for a minute. Place sugar in a shallow bowl. Dip your glass rim into the mixture.
2. Fill a martini shaker with ice. Add all ingredients. Shake well.
3. Pour through a cocktail strainer into a chilled martini glass. Garnish with a slice or wedge of lime and pomegranate seeds.

Serves 1

tip from the chef

Red Carpet Martini is elegant, colorful, delicious and easy to prepare, calling for only 4 main ingredients.

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