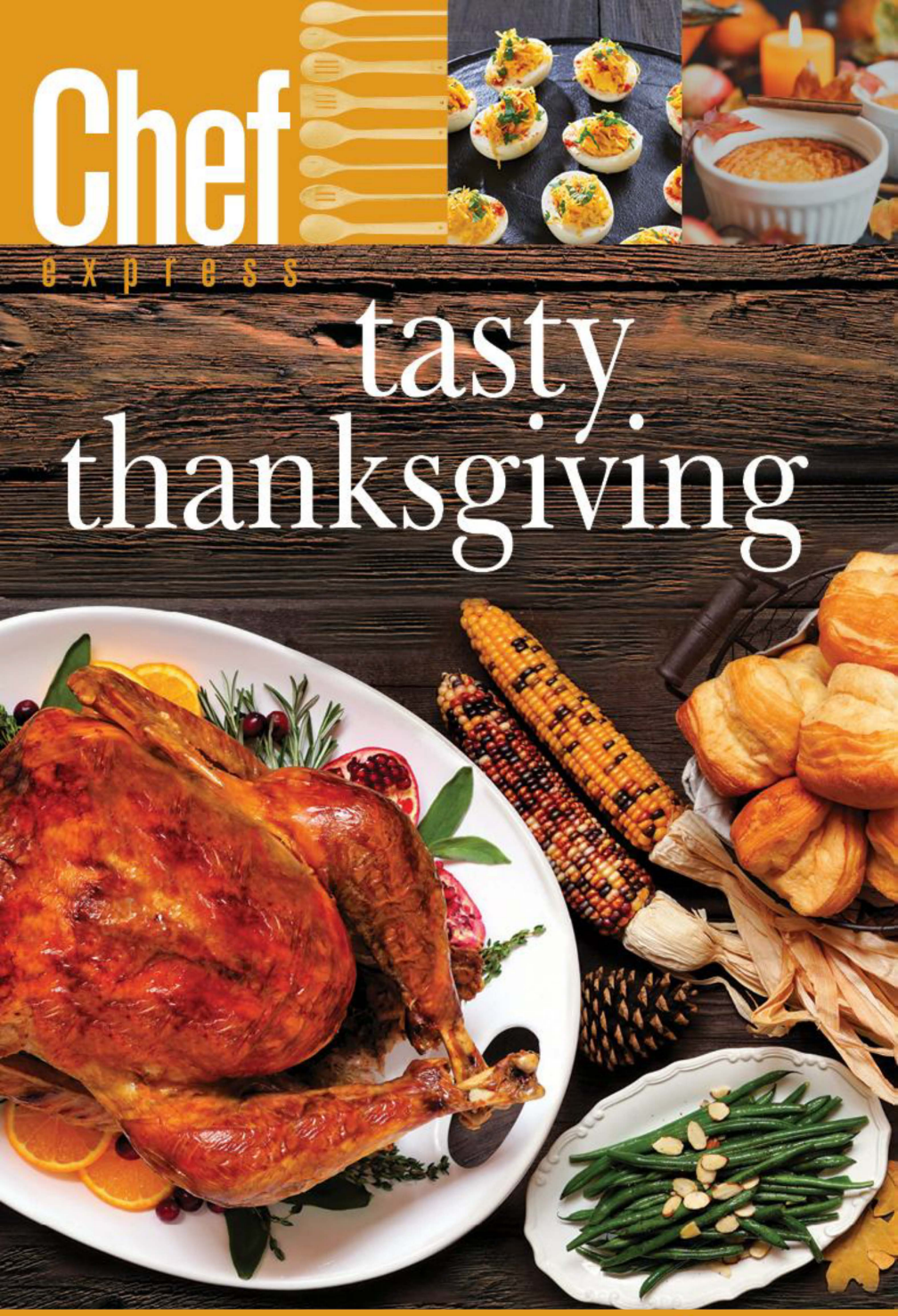
Chef express



tasty thanksgiving

NorCal Community Media

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introduction

When it comes to Thanksgiving dinner, most would agree turkey is the star of the table. About side dishes the mashed potatoes, the sweet potato casserole, the stuffing, and the cranberry sauce are first option…But you may also choose corn pudding and bacon-infused Brussels sprouts, green bean casserole, candied yams and glazed carrots.

tasty thanksgiving

For sure, the most popular Thanksgiving dish is mashed potatoes. Americans have been eating mashed potatoes since the 1700s, and they were originally a Thanksgiving staple because potatoes are easy to grow and it's an affordable dish. Three hundred years later, they're more popular than ever.
Refering to desserts, perhaps the most popular one is the pumpkin pie, an easy favorite. Traditionally, pumpkin, either freshly roasted and pureed or canned, is mixed with a spice blend of nutmeg, cinnamon, ginger, allspice, cloves and mace.

Best way to cook turkey

- **Deep-fried turkey.** A deep-fried turkey means tender, juicy meat that's ready in a fraction of the time. It is crisp, juicy and so much fun to make. Probably the most popular cooking method next to roasting.
- **Roasted turkey.** It's one of the most delicious ways to cook a turkey. As this method is largely hands-off, you can focus on your other dinner dishes while it cooks.
- **Air fryer turkey.** If you don't have the equipment to deep fry a turkey but still want that crispy skin, you can air-fry turkey breast, legs or thighs. This is a great solution.
- **Grilled turkey.** If you didn't have enough chargrilled summer barbecue, try grilling your Thanksgiving turkey.
- **Slow cooked turkey.** Best method for those hosting Thanksgiving for the first time. It's also easy to make.
- **Turkey express.** If you need your turkey ASAP, you can cook turkey breast, legs or thighs in an instant pot. With this method you can get your main dish on the table in an hour or less.

Some other tips

- The earlier you shop for your turkey, the better your choices will be. When choosing a frozen turkey, size matters. A typical 14-pound bird serves 16 people. If you want to assure yourself some leftovers, add an extra pound or two.
- How to roast a moist turkey? One of our favorite methods is brining. This process involves soaking the turkey in a water, salt and herb solution overnight to infuse the bird with moisture and flavor.
- Another way to add moisture to a turkey is by stuffing it with aromatics like vegetables, herbs, apples and citrus, rather than stuffing. As the turkey roasts, the aromatics will breakdown and boost the bird's moisture.

Difficulty scale

■□□ | Easy to do

■■□ | Requires attention

■■■ | Requires experience

deviled 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.

Serves 12

tip from the chef

For hard-boiled eggs to come out perfect, they must be at room temperature before cooking. Boil 10 minutes, then leave 7-8 minutes in cold water to peel easily.

tomatoes with basil & cheese filling

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

method

1. Slice about 1 inch from top of each tomato, scoop out pulp carefully with teaspoon. Blend or process tomato pulp with basil until smooth.
2. Combine ricotta and cottage cheese in bowl; mix well, stir in garlic, dressing and extra basil. Spoon cheese mixture into tomatoes; refrigerate several hours before serving; serve topped with tomato pulp mixture.
3. Garnish with thyme, dill and parsley, if desired.

ingredients

- 6 tomatoes
- 2 tablespoons fresh basil leaves
- 8 oz/250 g ricotta cheese
- ½ cup cottage cheese
- 1 clove garlic, crushed
- 2 tablespoons French dressing
- 1 tablespoon chopped fresh basil, extra
- fresh thyme, dill and parsley, for garnish

Serves 6

tip from the chef

Tomatoes are hollowed out, filled with a cheesy stuffing, and baked, to create a truly savory appetizer.

meatballs
with satay sauce

■□□ | Cooking time: 15 minutes - Preparation time: 30 minutes

ingredients

- 1 lb/500 g ground beef
- 1 medium onion, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon beef stock powder
- 1½ cups/4 oz/110 g stale breadcrumbs
- 1 egg, lightly beaten
- ½ teaspoon ground nutmeg
- 2 tablespoons chopped fresh mint
- 2 tablespoons oil
- Chopped parsley, for garnish

Satay Sauce

- ¾ cup/4 oz/110 g unsalted roasted peanuts
- 3 teaspoons sambal oelek
- 1 tablespoon brown sugar
- 1 tablespoon light soy sauce
- ¼ cup/2 fl oz/60 ml water
- ½ cup/4¼ fl oz/125 ml coconut cream
- 1 teaspoon chopped fresh lemon grass

method

1. Combine ground beef, onion, garlic, stock powder, breadcrumbs, egg, nutmeg and mint in bowl. mix well. Roll 2 level teaspoons of mixture into balls. Heat oil in pan, add meatballs, cook until browned and tender; drain on absorbent paper. Serve with satay sauce, garnished with parsley.
2. Satay Sauce: Process peanuts until finely chopped, add to small pan with remaining ingredients, stir over heat, without boiling, until heated through.

Serves 4

tip from the chef

Meatballs and satay sauce can be made 2 days ahead and stored covered, separately, in the refrigerator.

pork & apple wontons

Cooking time: 15 minutes - Preparation time: 40 minutes

method

1. Preheat the oven to 374°F/190°C.
2. Heat oil in a non-stick pan, add the spring onion and cook for 2 minutes or until soft. Add the pork and cook, stirring, for 2-3 minutes then add the apple and cook until all meat is browned. Remove from heat and stir in the currants and sauces. Allow to cool slightly.
3. Lay a wonton wrapper on a clean dry surface with a corner facing you. Place about ½ tablespoon of the mince in the center and brush the edges lightly with egg. Fold the bottom half over the top to make a triangle then bring the side corners together under the dumpling. Moisten with egg and pinch to hold in place. Repeat with remaining wantons. Place on lined oven trays and bake for 10-15 minutes or until golden brown and crisp.

Serves 25

- **12 teaspoons peanut or olive oil**
- **1 spring onion, chopped**
- **7 oz/200 g pork mince**
- **1 granny smith or other tart apple, grated**
- **1 tablespoon currants**
- **1 tablespoon plum sauce**
- **1 tablespoon oyster or hoisin sauce**
- **25 wonton wrappers**
- **1 egg, beaten**

tip from the chef

Serve with soy sauce for dipping. For the leanest mince, chop in a food processor to a coarse mince texture.

tangy cheese scrolls

Cooking time: 20 minutes - Preparation time: 50 minutes

ingredients

- 1 egg, lightly beaten
- 3 cups self-raising flour
- 1 oz/30 g butter, chopped
- 1 cup milk
- ¼ cup /1¾ oz/50 g tomato paste
- 2½ oz/70 g ham, chopped
- 2 tablespoons chopped fresh chives
- 1 tablespoon chopped fresh parsley
- 1 teaspoon dried oregano leaves
- ½ cup/2 oz/60 g grated cheddar cheese
- 1 oz/30 g butter, extra

method

1. Line a baking tray with baking paper and brush with egg wash. Sift flour into a large bowl; rub in butter.
2. Make a well in center and add milk. Use a round-bladed knife in a cutting motion to mix until evenly incorporated and the mixture begins to hold together. Turn dough onto lightly floured surface, knead lightly until smooth. Roll dough out gently and evenly to a rectangle approximately 14x10 inches. Spread with tomato paste, top with ham, herbs and grated cheese. Roll up, cut into 1.2 inch slices, place in prepared tin.
3. Melt extra butter and brush over scrolls bake in a hot oven for about 20 minutes. Cool. Spread with butter, or red pepper jelly, if desired.

Serves 12

tip from the chef

Scrolls are best eaten on the day they are made. This recipe is not suitable to microwave or freeze.

fillet of beef
with mustard

Cooking time: 40 minutes - Preparation time: 1 hour 5 minutes

method

1. Prepare weber (kettle) barbecue for indirect cooking at moderate heat (normal fire). Trim meat of excess fat and sinew.
2. Tie meat securely with string at regular intervals to retain its shape. Brush beef all over with the brandy; stand 1 hour.
3. To make Mustard Coating: Combine mustard, garlic and pepper in small bowl. Spread evenly over top and sides of fillet. Place meat on large greased sheet of foil. Grasp comers of foil and pinch securely to form a tray (this will hold in the juices). Place lid on barbecue and cook 30-40 minutes for medium rare meat. Stand 10-15 minutes before carving into thick slices. Serve warm with barbecued or grilled vegetables

Serves 6-8

ingredients

- **4½ lbs/2 kg fillet of beef**
- **¼ cup brandy**

Mustard Coating

- **⅓ cup wholegrain mustard**
- **3 cloves garlic, minced**
- **¾ teaspoon black pepper, coarsely ground**

tip from the chef

Beef can be marinated in brandy up to 1 day in advance. Store, covered, in refrigerator. Reserve cooking juices left in foil to make a gravy; stir in a tablespoon of prepared mustard.

duck à l'orange

■□□ | Cooking time: 2 hours - Preparation time: 10 minutes

ingredients

> 2 x 5lb/2 x 2.5 kg ducks
> Rind of 1 orange
> Salt and freshly ground black pepper

Orange sauce

> 4 tablespoons sugar
> 2 fl oz 60 ml/vinegar
> 12 fl oz/ 375 ml/duck stock
> 1 ½ tablespoons corn flour blended with 2 tablespoons port
> rind of 2 oranges, shredded
> 4 fl oz /125 ml port
> 2 tablespoons orange-flavored liqueur
> 1 tablespoon butter

method

1. Preheat oven to 425°F/220°C/Gas 7. Remove excess fat from ducks, place orange rind into cavities and season to taste. Truss and place, breast-side-up, in a baking dish.
2. Bake for 20 minutes or until ducks brown and release some fat. Pour off fat. Reduce oven temperature to 375°F/190°C/Gas 5 and roast for 1 hour or until cooked.
3. To make sauce, stir sugar and vinegar in a saucepan over high heat to make a thick syrup. Remove from heat and gradually stir in stock. Return to heat and bring to the boil. Add corn flour mixture and orange rind and simmer until sauce thickens.
4. Keep ducks warm. Remove fat from baking dish, leaving juices in the bottom. Place dish over moderate heat, stir in port and simmer until reduced by half. Pour juices into orange sauce, bring to simmering and stir in liqueur. Season to taste, add butter and stir until melted.
5. Cut birds into serving portions, arrange on plates and glaze with some of the sauce. Serve remaining sauce separately.

Serves 8

tip from the chef

Accompany with saffron rice served into hollow orange rind halves and sprinkled with toasted slivered almonds.

french stuffed turkey

■□□ | Cooking time: 4 hours - Preparation time: 20 minutes

method

1. To make each stuffing, combine all ingredients and season to taste.
2. Preheat oven to 350°F/180°C/Gas 4. Carefully loosen skin from neck and breast of turkey and loosely fill with forcemeat stuffing. Press outside of breast to mold into shape, secure neck skin to back with skewers and tuck wings under body.
3. Spoon bread stuffing into turkey cavity. Secure opening and tie legs close to body with string. Wipe bird dry, spread with butter and season to taste with salt and black pepper.
4. Place turkey on a rack in a baking dish, add stock, cover dish tightly with foil and roast, basting every 20-25 minutes, for 3½-4 hours or until juices run clear when thigh is pierced with a skewer. Remove foil for the last 30 minutes of cooking to allow turkey to brown. Transfer turkey to a heated platter, cover and stand for 15 minutes before carving.

Serves 8-10

ingredients

- 1 x 12 lb/6 kg turkey
- 2 oz/60 g butter, softened
- salt and freshly ground black pepper
- 16 fl oz /500 ml turkey stock

Forcemeat stuffing

- 12 oz/375 g each lean pork and veal mince
- 3 oz/90 g breadcrumbs
- 1 tablespoon chopped mixed herbs
- 2 onions, chopped
- 2 oz/60 g bacon, chopped
- 1 egg, beaten
- 3 oz/90 g pecans, toasted and chopped
- 1 teaspoon grated lemon rind

Bread stuffing

- 8 spring onions, finely chopped
- 1 oz/30 g butter
- 4 oz/125 g breadcrumbs
- 2 tablespoon snipped fresh chives
- 1 tablespoon chopped mixed herbs
- 1 teaspoon grated lemon rind
- 1 egg, beaten

tip from the chef

The turkey can be brushed with honey some minutes before taking out of the oven.

turkey with apricot seasoning

Cooking time: 160 minutes - Preparation time: 35 minutes

ingredients

> 4 kg/8 lb turkey
> 3 bacon rashers, halved
> 30 g/1 oz butter, melted

Seasoning

> 2 cups fresh breadcrumbs
> ¼ cup chopped dried apricots
> 2 cloves garlic, crushed
> 4 spring onions chopped
> 2 sticks celery, finely chopped
> 2 teaspoons green peppercorns, drained and crushed
> 1 egg, lightly beaten
> 30 g/1 oz butter, melted
> ¼ cup chopped parsley
> 1 teaspoon dried mixed herbs

Sauce

> ¼ cup plain flour
> 2½ cups turkey stock
> 1 tablespoon redcurrant jelly
> 2 tablespoons port
> salt and freshly ground black pepper

method

1. To make seasoning, mix all ingredients, add salt and pepper to taste. Carefully loosen skin over breast of turkey, lay bacon slices under skin. Fill cavity with seasoning. Tie legs together with string, brush with melted butter.
2. Place turkey on a rack in a baking dish, add 1 cup water. Bake in moderate oven for 2 hours or until tender; cover breast and legs with foil after 1 hour to prevent skin burning. Remove turkey from dish, keep warm.
3. To make sauce, drain all but 2 tablespoons of fat from dish, add flour, stir until light brown. Gradually stir in stock, jelly and port, season to taste. Stir until sauce boils and thickens, strain, serve with turkey.

Serves 8

tip from the chef

As a side dish, glaze some baby onions and carrots.

smoked turkey

Cooking time: 3¼ hours - Preparation time: 10 minutes

method

1. Soak smoking chips in brandy in a non-reactive metal dish for one hour.
2. To make stuffing, melt butter in a frying pan over a medium heat, add leek and spring onions and cook, stirring, for 3 minutes. Add bacon and cook for 5 minutes longer. Add breadcrumbs, pecans and sage and cook, stirring, for 5 minutes or until breadcrumbs are crisp. Remove from heat, add rice and mix to combine.
3. Preheat covered barbecue to a medium heat. Place dish, with smoking chips in, on barbecue grill, cover barbecue with lid and heat for 5-10 minutes or until liquid is hot.
4. Spoon stuffing into body cavity of turkey. Secure openings with metal or bamboo skewers. Tuck wings under body and tie legs together. Thread turkey onto the rotisserie spit and tie it up with string, previously soaked. Combine stock and oil and brush over turkey.
5. Place rotisserie spit over barbecue, cover barbecue with lid and smoke, basting turkey frequently and adding brandy to dish if necessary, for 2½-3 hours or until turkey is cooked.

ingredients

- 1 cup/4 oz/125 g smoking chips
- ½ cup/4 fl/125 ml oz brandy
- 6 lb/3 kg turkey, neck and giblets removed, trimmed of excess fat
- ½ cup/4 fl oz/125 ml chicken stock
- 2 tablespoons vegetable oil
- sage and rice stuffing
- 2 oz/60 g butter
- 1 leek, thinly sliced
- 4 spring onions, chopped
- 3 strips bacon, chopped
- 1 cup/2 oz/60 g breadcrumbs, made from stale bread
- 2 oz/60 g pecans, chopped
- 2 tablespoons chopped fresh sage or 1 teaspoon dried sage
- 1½ cups /9 oz/280 g rice, cooked

Serves 6-8

tip from the chef

This tender delicacy is perfect for Thanksgiving! Allow the turkey to rest for about 15 minutes before slicing and serving.

crown roast of lamb

Cooking time: 1 hour - Preparation time: 45 minutes

ingredients

- 1 crown roast (minimum 12 cutlets)
- 2 medium brown onions, peeled and chopped
- 1 green or cooking apple, peeled and chopped
- ¼ oz/20 g butter
- 2 cups/4 oz/about 120 g fresh breadcrumbs
- 2 tablespoons chopped fresh sage
- 1 tablespoon chopped fresh parsley
- ¼ cup/2 fl oz/60 ml unsweetened apple juice
- 2 eggs, separated

method

1. Preheat oven to 410°F/210°C/Gas. Cook onion and apple in butter until soft. Remove from heat and stir in breadcrumbs and herbs. Whisk apple juice and egg yolks together. Stir into breadcrumb mixture.
2. Place egg whites in a small, dry mixing bowl. Using hand mixer, beat egg whites until soft peaks form. Fold lightly into stuffing mixture.
3. Place crown roast in a baking dish. Place a sheet of lightly greased foil in the base of the roast to hold stuffing cavity. Roast meat for 45 minutes, or until cooked to the degree you like. To serve, cut between cutlets to separate.

Serves 6

tip from the chef

Ask your butcher to shape the crown roast and tie it with string. Wrap foil around the cutlet bones to prevent them from burning.

pork & sage
filled ravioli

Cooking time: 1 hour - Preparation time: 5 minutes

method

1. To make filling, place ricotta cheese, bacon, pork, parsley, sage and Parmesan cheese in a bowl. Mix to combine and season to taste with nutmeg and black pepper. Cover and set aside while making dough.
2. To make dough, place all ingredients in a food processor and process for about 30 seconds. If the mixture is wet to the touch, mix in flour by the tablespoon until the dough feels soft but not sticky; if the mixture is too dry to work with, blend in water by the tablespoon until the dough just forms a ball. Knead and roll out dough to ⅛ in thick.
3. Cut the dough into long, 1½ in/4 cm wide strips. Place small heaps of filling every 1½ in/4 cm on half the strips. Brush the remaining strips with egg and press them over the ones with filling (leaving the brushed side downwards). Press around each heap to seal. Cut out even squares with a special wheel.
4. Boil ravioli, drain and serve with butter, grated Parmesan cheese and sage leaves.

Serves 4-5

ingredients

> **Pork and sage filling**
> **10 oz/315 g ricotta cheese, drained**
> **2 oz/60 g lean bacon, finely chopped**
> **5 oz/155 g lean cooked pork, finely diced**
> **1 teaspoon finely chopped fresh parsley**
> **½ teaspoon finely chopped fresh sage**
> **1 teaspoon grated fresh Parmesan cheese**
> **grated nutmeg**
> **freshly ground black pepper**

Homemade dough

> **3 cups /12 oz/360 g plain flour**
> **2 eggs**
> **1 teaspoon salt**
> **2 tablespoons safflower oil**

tip from the chef

A unique taste combination that your guests will love. Veal can be substituted for pork.

pumpkin soufflée

■□□ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients

- > 1 tablespoon butter
- > 2 tablespoons flour
- > 1½ cups skim milk
- > 4 eggs, separated
- > 1¾ cups canned pumpkin
- > freshly ground black pepper

method

1. Melt butter in a saucepan. Stir in flour and cook for 1 minute. Gradually mix in milk. Cook until sauce boils and thickens. Remove pan from heat.
2. Beat egg yolks into white sauce and mix in canned pumpkin. Season with black pepper to taste.
3. Beat egg whites until stiff peaks form and fold into pumpkin mixture.
4. Divide mixture between four 1½ cups capacity individual soufflée dishes. Bake in a preheated oven at 400ºF/200ºC/Gas 6 for 20-25 minutes, or until soufflés are puffed and golden. Serve immediately.

Serves 4

tip from the chef

If you choose this easy dish for a vegetarian dinner party, remember that a platter of crisp raw vegetables is a good way to start off the meal.

steak & shrimp

surf & turf

Cooking time: 50 minutes - Preparation time: 20 minutes

method

1. Have the ingredients for the shrimp scampi chopped and ready. Drain the shrimp on a paper towel, then place on a plate and season with salt and pepper.
2. Filet Mignon: Remove the steaks from the refrigerator 20-30 minutes before cooking. Rub the exterior surface with about 1 teaspoon of oil, then season with salt and pepper.
3. Place a heavy bottomed skillet over medium heat. When hot, add the remaining 2 teaspoons of oil and swirl the pan to coat the surface. Add the steaks and don't move for 4 minutes. Flip cooking for another 4 minutes. Remove the steaks to a plate. Pour the wine into the skillet and turn the heat to high. Boil wine until it is reduced by ¾, about 10 minutes. Turn off the heat. Stir in butter and set aside.
4. Shrimp Scampi: Place a non-stick skillet over medium heat. When hot, add the olive oil and tilt to coat the bottom of the pan. Add the shrimp when the oil shimmers. Cook the shrimp until opaque, 2 minutes. Turn the shrimp over and cook another 2 minutes. Remove shrimp to a plate, turn the heat down to medium-low and add the butter and garlic. Cook for 1 minute. Add the wine and lemon juice, cooking until the alcohol smell in the wine burns off. Stir in the parsley, remove from the heat and add the shrimp back to the pan, covering lightly with foil.
5. Assembly: Divide the steak and shrimp between two plates. Pour a little sauce into each plate. Garnish with chopped parsley.

Serves 2

ingredients

Filet Mignon

- **2 x 4 oz filet mignon**
- **1 tablespoon olive oil**
- **1 cup red wine**
- **1 tablespoon butter**
- **garlic bread slices, for serving**
- **chopped parsley, for garnish**
- **salt and pepper, to taste**

Shrimp Scampi

- **6 medium shrimp, remove shell**
- **salt and pepper, to taste**
- **2 teaspoons olive oil**
- **1 teaspoon garlic, minced**
- **2 tablespoons butter**
- **1 tablespoon white wine**
- **1 teaspoon lemon juice**
- **1 tablespoon parsley, minced**

creamed spinach salmon

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

ingredients

- olive oil, as needed
- 4 x 6 oz salmon fillets
- kosher salt
- freshly ground black pepper
- ½ (8 oz) block cream cheese, softened
- ½ cup shredded mozzarella
- ½ cup frozen spinach, defrosted
- ¼ teaspoon garlic powder
- pinch of red pepper flakes
- 2 tablespoons extra virgin olive oil
- 2 tablespoons butter
- juice of ½ lemon

method

1. Preheat oven to 450°F. Drizzle a baking dish with a little olive oil. Season salmon all over with salt and pepper. In a large bowl, mix together cream cheese, mozzarella, spinach, garlic powder, and red pepper flakes.
2. Using a paring knife, slice a slit in each salmon to create a pocket. Stuff pockets with cream cheese mixture.
3. Place salmon fillets, skin-side down on the baking dish. Brush with additional olive oil. Bake for 15 to 17 minutes, or until skin is crispy. Serve warm.

Serves 4

tip from the chef

The perfect recipe to serve when you want to impress, but are short on time! Serve alongside mashed potatoes, sauteed green beans or asparagus, if desired.

bolognese lasagna

Cooking time: 1 hour, 45 minutes - Preparation time: 30 minutes

method

1. Heat the olive oil in a large soup pot over medium heat. When the oil shimmers, add the onion and season with salt and pepper. Cook 5 minutes or until the onion is fragrant and beginning to caramelize. Add the bell pepper, garlic, sausage, and beef, brown all over, breaking up the meat as you go, about 10 minutes.
2. Add the tomatoes, tomato paste, oregano, bay leaves, milk, and 1 cup of water. Season with salt and pepper. Stir to combine. Cook over medium for 30 minutes, until the sauce has thickened slightly. Or cook, covered, for up to 3 hours over low heat, stirring occasionally. Remove the bay leaves and discard. If your sauce seems thick, add ½ cup additional water to thin.
3. Preheat the oven to 375°F. Grease a 9x13 inch pan. Spread ¼ of the Bolognese sauce onto the bottom of the dish. Top with 3-4 lasagna sheets. Spread with ½ the ricotta cheese, another ¼ of the Bolognese sauce, and half of the provolone. Place another 3-4 lasagna noodles on top. Then top with the remaining ricotta cheese, another ¼ of the Bolognese sauce, and the remaining provolone. Add the remaining lasagna noodles and pour the remaining Bolognese sauce over top. Top with mozzarella and parmesan cheese. Bake uncovered for 45 minutes or until the top has bubbled up and browned a bit.

Serves 8

ingredients

- **2 tablespoons extra virgin olive oil**
- **1 medium yellow onion, chopped**
- **1 red bell pepper, chopped**
- **2 cloves garlic, minced or grated**
- **¾ pound ground spicy Italian sausage**
- **½ pound lean ground beef**
- **kosher salt and black pepper**
- **1 x 28 oz can chopped tomatoes**
- **¼ cup tomato paste**
- **2 teaspoons dried oregano**
- **1 bay leaf**
- **1 cup whole milk**
- **2 cups shredded provolone cheese**
- **2 cups whole milk ricotta cheese**
- **6 ounces fresh mozzarella, torn**
- **1 box no-boil lasagna noodles**
- **grated parmesan and fresh basil, for serving**

spicy pumpkin soup

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

ingredients

- > 3 lb/1.5 kg pumpkin flesh, chopped
- > 6 cups/1.5 liters/2½ pt chicken stock
- > 1 teaspoon ground cumin
- > 1 teaspoon chili powder
- > 1½ cups/375 ml/12 fl oz cream
- > 4 tablespoons snipped fresh chives
- > ¼ cup/60 ml/2 fl oz brandy
- > 1 teaspoon grated nutmeg
- > freshly ground black pepper

method

1. Place pumpkin and stock in a large saucepan, bring to simmering over a medium heat and cook for 20 minutes or until pumpkin is tender. Remove pan from heat and set aside to cool slightly.
2. Place pumpkin and stock in batches in a food processor or blender and process until smooth.
3. Return mixture to a clean pan. Stir in cumin, chili powder and cream and bring to simmering over a medium heat, stirring occasionally. Simmer for 3-5 minutes. Stir in chives, brandy and nutmeg and season to taste with black pepper. Serve with warm herb damper, if desired.

Serves 10

tip from the chef

This soup can be made the day before and reheated when required. You may prefer to make this recipe using carrots instead of pumpkin. Simply replace the pumpkin with the same quantity of prepared carrots.

pumpkin gnocchi

Cooking time: 20 minutes - Preparation time: 20 minutes

method

1. To make gnocchi, melt butter in a saucepan over a medium heat, add onion and garlic and cook for 4-5 minutes. Transfer mixture to a bowl, add pumpkin, cheeses, flour, nutmeg, egg yolk and black pepper to taste and mix to combine.
2. Form small spoonfuls of mixture into egg shapes. Toss in flour, shake off excess and refrigerate until firm. Cook gnocchi in boiling water in a large saucepan until they rise to the surface. Using a slotted spoon, remove from pan and keep warm.
3. To make sauce, heat oil in a saucepan over a medium heat, add zucchini and spring onions and cook for 4-5 minutes or until soft. Set aside to cool. Transfer to a food processor or blender and process until smooth. Place mixture in a clean saucepan, stir in cream and black pepper to taste and cook over a low heat until almost boiling.
4. Spoon sauce into serving dish, top with gnocchi, pour over melted butter, sprinkle with Parmesan cheese and dust with nutmeg.

Serves 6

ingredients

- 2 oz /60 g butter, melted
- 2 oz /60 g grated Parmesan cheese
- ground nutmeg

Pumpkin gnocchi

- 1 oz /30 g butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1¼ lb /625 g pumpkin, finely grated
- 8 oz /250 g ricotta cheese, drained
- 2 oz /60 g grated Parmesan cheese
- 2 tablespoons flour
- ¼ teaspoon ground nutmeg
- 1 egg yolk, lightly beaten
- freshly ground black pepper

Zucchini sauce

- 2 tablespoons olive oil
- 3 large zucchini, sliced
- 5 spring onions, chopped
- 6 fl oz / ¾ cup/185 ml double cream

tip from the chef

Thursday is gnocchi day in Rome when good cooks use their old potatoes to make gnocchi. This one made with pumpkin is a variation of the traditional Roman gnocchi.

potato gratin

■□□ | Preparation time: 10 minutes - Cooking time: 45 minutes

ingredients

- 2 lb/1 kg potatoes, thinly sliced
- 2 large onions, thinly sliced
- 2 tablespoons snipped fresh chives
- Freshly ground black pepper
- 1¼ cup / 8 oz/ /250 g low fat natural yogurt
- 1 cup/8 fl oz cream (heavy)/250 ml
- 2 oz/60 g grated Parmesan cheese

method

1. Layer potatoes, onions, chives and black pepper to taste in six lightly greased individual ovenproof dishes.
2. Place yogurt and cream in a bowl and mix to combine. Carefully pour yogurt mixture over potatoes and sprinkle with Parmesan cheese. Bake at 350ºF/180ºC/Gas 4 for 45 minutes or until potatoes are tender and top is golden.

Serves 6

tip from the chef

Instead of the cream yogurt sauce, make a bechamel with 2 tablespoons butter, 2 tablespoons flour and 13 fl oz/400 ml milk.

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.

Serves 8

ingredients

- 8 oz/250 g small new potatoes, cooked
- 4 oz/125 g green beans, cooked
- 8 oz/250 g asparagus spears, cooked
- 2 oz/60 g 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

- 4 oz/125 g 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/2 fl oz/60 ml red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon Dijon mustard

tip from the chef

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.

herbs rolls

■□□ | Cooking time: 35 minutes - Preparation time: 40 minutes

ingredients

- > 3 oz/90 g butter
- > 8 spring onions, finely chopped
- > 10 oz/ 315 g flour
- > 4 oz/125 g self-raising flour
- > 3 teaspoons baking powder
- > ½ teaspoon bicarbonate of soda
- > 4 teaspoons sugar
- > 1 tablespoon finely chopped fresh parsley
- > 1 tablespoon finely chopped fresh basil
- > 4 fl oz/125 ml buttermilk or milk
- > 3 eggs, lightly beaten
- > 1 egg, beaten with ½ teaspoon olive oil

method

1. Melt butter in a frying pan and cook spring onions over a medium heat for 2-3 minutes or until onions are soft. Remove from heat and set aside.
2. Sift together flour and self-raising flour, baking powder and bicarbonate of soda into a large mixing bowl. Stir in sugar, parsley and basil. Combine milk, eggs and onion mixture and mix into flour mixture to form a firm dough.
3. Turn onto a floured surface and knead lightly until smooth. Divide dough into twelve portions and roll each into a ball, then place on greased and floured baking trays. Brush each roll with egg and oil mixture and bake at 350ºF/180ºC/Gas 4 for 30-35 minutes or until cooked through.

Serves 12

tip from the chef

Spring onions and herbs have been added to this soda bread recipe. The dough is then formed into rolls to make the quickest herb flavored rolls ever.

spicy pumpkin pie

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

method

1. To make pastry, process flour and baking powder with butter, until mixture resembles coarse breadcrumbs. Add sugar, egg yolk and enough water to mix to a firm dough. Turn onto a floured surface and knead lightly until smooth. Wrap in plastic food wrap and refrigerate for 30 minutes.
2. To make filling, place all ingredients in a mixing bowl and beat until smooth and well combined.
3. Roll pastry out and line a greased pie plate 9 in/23 cm. Spoon filling into pie plate. Bake at 400°F/200°C/Gas 6 for 20 minutes, then reduce heat to 350°F/160°C/Gas 3, and bake for 25-30 minutes longer or until filling is set and pastry golden. Serve hot, warm or cold with whipped cream.

Serves 8

ingredients

- **1 cup/4 oz/125 g/ flour**
- **½ teaspoon baking powder**
- **3½ oz/100 g butter, cut into pieces**
- **1½ tablespoons caster sugar**
- **1 egg yolk**
- **½-1 tablespoon water**

Spicy pumpkin filling

- **8 oz/280 g/8 oz pumpkin, cooked and pureed**
- **2 eggs, lightly beaten**
- **½ cup//4 oz/125 g sour cream**
- **½ cup/4 fl oz/125 ml double cream**
- **¼ cup/3 oz/90 g golden syrup**
- **½ teaspoon ground nutmeg**
- **½ teaspoon ground mixed spice**
- **½ teaspoon ground cinnamon**

tip from the chef

This pie is perfect for Thanksgiving. If you wish to give a different presentation, let it cool down, cover with meringue and golden the top under the grill.

nut truffles

Cooking time: 15 minutes - Preparation time: 0 minutes

ingredients

Hazelnut truffles

> 6½ oz/200 g white chocolate, broken into pieces
> 1½ oz/45 g butter, chopped
> ¼ cup /2 fl oz/60 ml double cream
> 1 tablespoon hazelnut flavored liqueur
> 4 oz/125 g hazelnuts, toasted, skins removed
> 2 oz/60 g desiccated coconut

Almond truffles

> 6 oz/185 g milk chocolate, broken into pieces
> 3 oz/ 90 g butter, chopped
> ½ cup/4 fl oz/125 ml double cream
> ¼ cup/2 fl oz/ 60 ml light golden syrup
> 1 tablespoon brandy
> 2½ oz/75 g chopped dried figs
> 1½ oz/45 g slivered almonds, toasted
> 2 oz/60 g flaked almonds, toasted

method

1. To make hazelnut truffles, place chocolate, butter, cream and liqueur in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until mixture is smooth. Cool slightly. Stir until thick and pliable.
2. Roll tablespoons of mixture into balls. Press a hazelnut into the center of each ball and roll to enclose nut. Roll balls in coconut and refrigerate for 1 hour or until firm.
3. To make almond truffles, place chocolate, butter, cream, golden syrup and brandy in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until mixture is smooth. Remove bowl from pan. Add figs and slivered almonds to chocolate mixture and mix well to combine. Chill mixture for 1 hour or until pliable.
4. Take tablespoons of mixture and roll into balls, then roll in flaked almonds. Place on nonstick baking paper and chill until required.

Serves 40

tip from the chef

You may also wish to toast the coconut used for rolling the hazelnut truffles. If preferred, soft dried prunes or dates may be used in place of the figs.

chocolate marble cheese cake

Cooking time: 75 minutes - Preparation time: 15 minutes

method

1. Mix together biscuit crumbs and butter until combined, press mixture over base and sides of an 8¾ in/22 cm springform pan; chill.
2. To make filling, blend or process cream cheese with caster sugar, flour, essence and eggs until smooth. Divide mixture into two bowls, quickly mixing the melted chocolate and cocoa into one of the bowls. Pour the plain mixture into the biscuit crust. Pour chocolate mixture onto plain batter and gently swirl mixture together with a spatula to create a marble pattern.
3. Bake cheesecake in moderate oven for 1¼ hour; set aside to cool to room temperature. Chill cheesecake and decorate with piped cream just prior to serving, if desired.

Serves 8

ingredients

- ½ lb /250 g packet Golden oatmeal biscuits, crushed
- 3½ oz/100 g butter, melted
- 1 lb/500 g/ cream cheese, softened
- 1½ cups caster sugar
- ¼ cup plain flour
- 1½ tablespoon vanilla essence
- 5 eggs
- 3½ oz/100 g milk chocolate, melted
- 4 tablespoons cocoa
- 1½ cups double cream, whipped (optional)

tip from the chef

It is irresistible if served with raspberry sauce or lemon curd.

banana trifle

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

ingredients

- 16 oz/450 g whipping cream
- ¼ cup powdered sugar
- 2 teaspoons vanilla extract
- 4½ oz/140 g box instant vanilla

Pudding mix

- 1½ cups milk
- 11⅓ oz/400 g can sweetened condensed milk
- 5 large bananas, sliced
- 10 oz/300 g vanilla wafers

method

1. In the bowl of a stand mixer, whisk whipping cream, sugar, and vanilla until stiff peaks form. Set aside.
2. In a large bowl, whisk pudding mix, milk and condensed milk until smooth. Let sit for 3 minutes. Fold in whipped cream until smooth.
3. To assemble trifle, in a large trifle bowl, lay ⅓ of vanilla wafers across the bottom of the bowl. Top with ⅓ of banana slices. Cover with ⅓ of pudding mixture. Continue with 2 more layers. Garnish with banana slices, whipped cream and wafers, if desired. Refrigerate trifle for at least 3 hours before serving.

Serves 10

tip from the chef

Trifle can be made up to a day ahead and stored in the refrigerator until ready to serve.

fruit & cream jelly

■□□ | Cooking time: 15 minutes - Preparation time: 15 minutes + refrigeration

method

1. Place apricots, grapes, strawberries and cherries in a bowl and toss to combine.
2. Place gelatin mixture, wine, apple juice and melon liqueur or additional apple juice in a bowl and mix to combine. Pour one quarter of the wine mixture into a lightly oiled mould and top with one-quarter of the fruit. Place in refrigerator to set. Repeat with remaining liquid and fruit.
3. Put sugar, vanilla, cream and milk into a pan and heat gently, whisking occasionally, until mixture just begins to boil. Take off heat and leave to infuse for 15 minutes. Put gelatin sheets in bowl and cover with cold water. Leave to soak for 5 minutes. Lift the soaked gelatin, discard water, add to cream mixture, and stir to dissolve. Lift out vanilla pod and leave cream mixture until completely cool. Pour the cream mixture over the set fruit jelly and refrigerate to set completely.
4. When jelly is set, unmould and serve garnished with extra fruit if desired.

Serves 6

ingredients

- **4 apricots, stoned and halved**
- **6½ oz/200 g red grapes**
- **8 oz/250 g strawberries, hulled and halved**
- **8 oz/250 g fresh or canned cherries, stoned**
- **2 oz/60 g gelatin dissolved in 4 fl oz/125 ml hot water, cooled**
- **16 fl oz/500 ml sweet white wine**
- **16 fl oz/50 ml apple juice**
- **3 fl oz/90 ml melon liqueur or additional apple juice**
- **3½ oz/100 g sugar**
- **1 vanilla pod, split lengthways**
- **10 fl oz/300 ml double cream**
- **20¼ fl oz/600 ml milk**
- **8 gelatin sheets**

Tip from the Chef

Almost any fresh fruit can be used to make this dessert. You should avoid pineapple, papaya, and kiwifruit as they contain an enzyme which prevents the jelly from setting.

apple bread pudding

Cooking time: 45 minutes - Preparation time: 30 minutes

ingredients

- 2 tablespoons butter
- 1 tablespoon brown sugar
- ¾ teaspoon cinnamon
- 4 green apples, peeled and sliced
- 5 eggs
- 2¼ cup whole milk
- ⅓ cup brown sugar
- 1 teaspoon vanilla
- 2 tablespoons spiced rum
- 1 loaf Hawaiian bread, cubed
- 2 tablespoons butter, melted
- 2 tablespoons sugar
- ⅓ cup butter
- ¼ cup heavy cream
- ½ cup brown sugar
- caramel popcorn, for garnish
- condensed milk, for garnish

method

1. Preheat oven to 350°F/180ºC. Grease a 9x13 inch baking pan and set aside.
2. Heat butter in a skillet over medium heat. Add 1 tablespoon brown sugar, cinnamon and apples. Cook until apples are tender.
3. In a bowl, whisk together eggs, milk, brown sugar, vanilla and rum. Add apples and ¾ of cubed bread, stirring to coat. Arrange mixture in prepared baking pan. Let rest for 20 minutes.
4. Arrange remaining bread over top. Drizzle butter over top and sprinkle with sugar. Bake for 45 minutes or until golden.
5. Serving suggestion: Serve this dessert hot or, drizzled with a little condensed milk, topped with a scoop of vanilla ice cream and garnished with popcorn.

Serves 4

tip from the chef

The condensed milk served with this pudding is a delicious alternative to cream. You might like to try it as an accompaniment to other desserts.

campari & soda

■□□ | Cooking time: 0 minute - Preparation time: 1 minutes

method

1. Combine Campari and soda in serving glasses.
2. Top with ice, garnish with orange peel.

Serves 2

ingredients

- 1/2 4 fl oz/120 ml cup Campari
- 8 fl oz/240 ml cup soda water
- orange peel for garnish

tip from the chef

A drink for the abstemious: mint tea. In a saucepan combine 13 Earl Grey tea bags, ¼ cup tightly packed fresh mint leaves and 4 cups water. Bring to a boil, remove from heat, cover. Steep 30 minutes. Discard bags. Add 4 cups orange juice and ½ cup lemon juice, mix well. Add sugar to taste. Chill about 2 hours. Serve in tall glasses over ice cubes. Garnish with mint.

tequila mary

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

ingredients

- > 2 cups tomato juice
- > ⅓ cup lemon juice
- > 2 spring onions, chopped
- > 1 teaspoon sugar
- > few drops Tabasco sauce
- > 4 fl oz/120 ml cup tequila

method

1. Combine tomato juice, lemon juice, spring onions, sugar and tabasco in a bowl, blend until smooth.
2. Divide tequila between serving glasses, add tomato mixture, stir well.

Serves 4

tip from the chef

Although vodka is the spirit of choice for a classic Bloody Mary cocktail, the Bloody Mary also calls for tequila or mezcal. Tequila isn't just for margaritas.

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