Chef express

NorCal Community Media

grandmas cozy kitchen

grandmas
cozy kitchen

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

Publishers
Simon St.John Bailey

Digital Content Manager
Christian G Bailey

Editing
Isabel Toyos

Compilation
Sofia Toyos

Design and lay out
Natalia Canet

ISBN: 9781600812859

All rights reserved. No part of this book may be stored, reproduced or transmitted in any form and by any means without written permission of the Publisher, except in the case of brief quotations embodied in critical articles and reviews.

Publication Date 2022

introduction

What could be better than Grandma's home-cooked meals? Some of our most cherished memories from childhood are the visits to Grandma's house, and the incredibly comforting food she would serve us.

grandmas
cozy kitchen

Whether it’s hot cocoa or just-baked banana bread for breakfast, a hearty vegetable soup for lunch, or tender, slow-baked roast and noodles for dinnertime… Grandma's always know how to make the whole family smile.

The recipes included in this cookbook will make you feel as though Grandma's is right by your side as you cook up the savoriest dishes for your loved ones! From tasty potato croquettes and steamy chicken pies, to satisfying bolognese, stroganoff, and meatballs, every meal featured is guaranteed to bring everyone back to the most unforgettable memories at Grandma's. And because dinner at Grandma's would never go without dessert, you'll also find delicious orange pound cake and apple pastries. Yum!

Any homecook will find delight in cooking Grandma's comfort-food classics, which are shared by cooks like you, handed down through generations and still enjoyed today.

Additionally, you’ll discover easy tips for adding homey flavor to meals. If you enjoy old-fashioned, delicious food, you'll love the recipes in this cookbook!

We hope you enjoy this nostalgic trip back to comfort food… the way only Grandma could make it.

Difficulty scale

■□□ | Easy to do

■■□ | Requires attention

■■■ | Requires experience

vegetable quiche

Cooking time: 1 hour - Preparation time: 30 minutes + 20 minutes refrigeration

ingredients

> 1¼ cups plain flour
> 3 oz/90 g butter, chopped
> 2-3 tablespoons iced water

Vegetable Filling

> 1 green bell pepper
> 1 red bell pepper
> 1 medium potato
> 5¼ oz/150 g broccoli
> 1 medium carrot
> 1 tablespoon oil
> 1 medium onion, finely sliced
> 1¾ oz/50 g butter
> ¼ cup plain flour
> 1 cup milk
> 2 egg yolks
> ½ cup grated cheddar cheese
> ½ cup grated cheddar cheese, extra

method

1. Preheat oven to moderate 355°F/180°C. Sift flour into large bowl; add butter. Using fingertips, rub butter into flour for 2 minutes until mixture is fine and crumbly. Add almost all water; mix to firm dough, adding more water if necessary. Turn onto lightly floured surface, press together until smooth. Roll out and line a deep 9 inch fluted tin. Refrigerate 20 minutes. Cut a sheet of greaseproof paper large enough to cover pastry-lined tin. Spread a layer of dried beans evenly over paper. Bake 10 minutes, remove from oven, discard paper and beans. Return to oven until lightly golden.
2. Chop bell peppers and potato. Cut broccoli into florets. Cut carrots into thin slices.
3. Heat oil in a frying pan, add onion and cook over medium heat 5 minutes, until soft and golden. Add bell peppers and cook, stirring, 5 minutes until soft. Transfer to a large mixing bowl to cool. Steam remaining vegetables for 3 minutes. Drain well, add to bowl and cool.
4. Heat butter in a small pan; add flour. Stir over a low heat 2 minutes or until flour mixture is lightly golden. Add milk gradually to pan, stirring until mixture is smooth. Stir constantly over medium heat until mixture boils and thickens; boil 1 minute more, remove from heat. Add yolks, beat until smooth. Stir in cheese. Pour sauce over cooked vegetables, and stir to thoroughly combine. Pour mixture into pastry shell, sprinkle with extra cheese. Bake for 25 minutes, until top is golden.

Serves 6

mushroom strudel

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

method

1. Heat 1 oz of butter in large pan, add mushrooms and garlic, cook, stirring occasionally, until mushrooms are soft and all liquid evaporated. Melt another ½ oz of butter in pan, stir in flour, cook, stirring, for 1 minute. Gradually stir in milk and cream, stir until mixture boils and thickens. Stir in mushrooms; cool to room temperature.
2. Place one sheet of pastry on counter (cover remaining pastry with greaseproof paper and well wrung-out cloth) brush with some of the remaining melted butter, top with another sheet of pastry, brush with butter, sprinkle with about a tablespoon of the combined breadcrumbs, parmesan cheese and mustard. Repeat buttering and layering until pastry and crumb mixture is used.
3. Place mushroom mixture along the long side of pastry, leaving a 2 inch border. Fold edges of pastry in, roll up. Brush all over with butter. Place on oven tray, bake in moderate oven for about 30 minutes.

Serves 4-6

ingredients

- **4½ oz/125 g butter**
- **1.1 lbs/500 g baby mushrooms, sliced**
- **1 clove garlic, crushed**
- **⅓ cup plain flour**
- **½ cup milk**
- **⅓ cup sour cream**
- **6 sheets filo pastry**
- **¼ cup dry breadcrumbs**
- **¼ cup grated parmesan cheese**
- **1 teaspoon dry mustard**

tip from the chef

Serve strudel warm, with a green salad, if desired. Mushrooms help lower blood pressure and decrease the risk of cardiovascular diseases.

three bean salad

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

ingredients

- 1 x 14 oz/400 g cans kidney beans
- 1 x 11 oz/310 g cans butter beans
- 1 x 10 oz/280 g cans broad beans
- ¼ cup chopped parsley
- ⅓ cup fresh lime juice
- ½ cup olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- ⅛ teaspoon ground cayenne pepper
- 1 tablespoon seeded mustard
- ½ cup sweet corn kernels, canned
- sliced chili, for garnish

method

1. Drain beans, rinse well under cold water; drain well. Combine parsley in bowl with lime juice, olive oil, garlic, salt and cayenne pepper; mix in beans and corn. Top with chili.

Serves 4

tip from the chef

Any dried or canned bean of your choice can be used.

potato croquettes

Cooking time: 25 minutes – Preparation time: 5 minutes

method

1. Place potatoes in a saucepan of water and bring to the boil. Reduce heat, cover and simmer for 20-25 minutes or until potatoes are cooked. Drain potatoes and transfer to a bowl.
2. Add breadcrumbs, cottage cheese, egg and black pepper to taste to potatoes and mix to combine. Cover and refrigerate until potato mixture is cold.
3. Divide potato mixture into 12 portions and shape into croquettes. Roll each croquette in flour and place on a plate lined with plastic food wrap.
4. Heat oil in a large saucepan until a cube of bread dropped in browns in 60 seconds. Cook a few croquettes at a time for 4-5 minutes or until golden and heated through. Drain on absorbent kitchen paper and serve immediately.

Serves 4

- **1 lb/500 g potatoes, cut into quarters**
- **3½ oz/100 g wholemeal breadcrumbs**
- **1 onion, chopped**
- **8 oz/250 g cottage cheese**
- **1 egg, lightly beaten**
- **1½ cup/7½/230 g wholemeal flour**
- **vegetable oil for deep-frying**
- **black pepper, to taste**

tip from the chef

Potato Croquettes make an interesting alternative to potatoes when served as an accompaniment to a meal. They are also delicious when served as a light meal served with salad and mango chutney.

fish planks & french fries

■□□ | Cooking time: 20 minutes – Preparation time: 40 minutes

ingredients

> 3 medium potatoes
> 2 cups self-raising flour
> 1 egg, lightly beaten
> 1½ cups water
> 4 medium white fish fillets
> corn flour
> oil for deep-frying

Tartare sauce

> ¾ cup mayonnaise
> ¼ cup cream
> 2 tablespoons chopped gherkins
> 2 tablespoons drained capers, chopped
> 2 tablespoons chopped fresh chives

method

1. Boil, steam or microwave potatoes until just tender; cool, cut into ¼-inch batons. Deep-fry in hot oil until golden and crispy. Remove and drain on absorbent paper.
2. Sift flour into medium bowl, make well in center, gradually stir in egg and water (or blend or process ingredients) until smooth.
3. Dip fish into corn flour, shake away excess corn flour. Dip into batter, deep-fry in hot oil until golden brown and tender. Drain on absorbent paper. Serve with Tartar Sauce and french fries.
4. Tartare Sauce: Combine all ingredients in small bowl.

Serves 4

tip from the chef

We used whiting in this recipe. It is not suitable to freeze or microwave.

seafood fried rice

Cooking time: 55 minutes – Preparation time: 20 minutes

method

1. Add white rice gradually to large saucepan of boiling water, boil rapidly uncovered, for 15 minutes. Drain, rinse under cold water, drain well.
2. Heat oil in wok or skillet over medium high heat. Add prawns; cook for 3 minutes, stirring. Add eggs; stir until scrambled.
3. Add celery, cucumber, and green onions to pan. Stir for 1 minute to cook and mix. Add the rice and cook over high heat. Stir to combine.
4. Add satay sauce, sesame oil, salt, and soy sauce. Stir to combine. Sprinkle of sesame seeds; garnish with lime wedges, if desired.

Serves 4

ingredients

- ½ tablespoon vegetable oil
- 1 lb./450 g prawns, peeled and deveined
- 2 eggs, beaten
- ½ cup celery, julienned
- ½ cup cucumber, chopped
- ½ cup green onions, chopped
- 3 cups white rice
- 2 teaspoons satay peanut sauce
- ½ tablespoon sesame oil
- 1 teaspoon salt
- 2 teaspoons soy sauce
- ½ tablespoon sesame seeds, for garnish
- chopped parsley, for garnish
- lime wedges, for garnish

tip from the chef

Recipe can be made up to a day ahead; keep, covered, in refrigerator. This recipe is not suitable to freeze or microwave.

fish
cottage pie

■□□ | Cooking time: 50 minutes – Preparation time: 5 minutes

ingredients

- 3 medium potatoes, chopped
- 2 tablespoons milk
- ½ oz/15 g butter
- 1 medium onion, chopped
- 2 cups frozen green peas, thawed
- ½ cup milk, extra
- ½ large vegetable stock cube, crumbled
- 2 tablespoons plain flour
- ¼ cup water
- 1.3 lbs/600 g white fish fillets, coarsely chopped
- 2 tablespoons grated parmesan cheese

method

1. Boil, steam or microwave potatoes until tender, drain. Add milk, mash until smooth.
2. Melt butter in large frying pan, add onion, stir constantly over heat for about 2 minutes (or microwave on HIGH for about 3 minutes) or until onion is soft. Add vegetables, extra milk, stock cube and flour blended with water. Stir over high heat (or microwave on HIGH for about 4 minutes) until mixture boils and thickens.
3. Add fish, mix lightly, pour into oven proof dish (5 cup capacity), top with mashed potato mixture, sprinkle with cheese. Bake in moderate oven for about 30 minutes or until brown.

Serves 4

tip from the chef

We used cod fillets in this recipe. Pie can be made up to 2 days ahead; keep, covered, in refrigerator. This recipe is not suitable to freeze.

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, with 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.

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.

potato and tomato gratin

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

method

1. Preheat oven to moderate 350°F/180°C. Peel and thinly slice the potatoes. Brush the inside of a shallow baking or pie dish with butter, and arrange the potatoes in a circle so that they overlap.
2. Scatter on the herbs, pepper and salt and pour the cream into the center of the dish. Cover with foil, bake 1 hour (at this point the dish can be removed from the oven, allowed to cool, then refrigerated for later). Increase oven to moderately hot 400°F/210°C and remove from oven.
3. Thinly slice tomatoes. Remove foil and arrange tomatoes over potato. Scatter evenly with combined crumbs and cheese and return to the oven. Bake, uncovered, 15 minutes until top turns golden. Serve immediately.

Serves 8

ingredients

- **8 medium potatoes (3 ¼ lbs/1,5 kg)**
- **1½ oz/45 g butter, melted**
- **½ tablespoon chopped fresh herbs (such as thyme, marjoram, parsley, rosemary and oregano)**
- **½ teaspoon cracked black pepper**
- **½ teaspoon salt**
- **1 ¼ cups cream**
- **2 medium ripe tomatoes**
- **½ tablespoon fresh breadcrumbs**
- **1 cup grated cheddar cheese**

tip from the chef

Potatoes with cream can be cooked ahead then reheated in a microwave or in a low oven. Add tomatoes and topping and bake just before serving. Thinly slice a medium onion. Layer alternately with potato.

slow-cooker
chicken tortilla soup

■□□ | Cooking time: 5 hours 15 minutes – Preparation time: 15 minutes

ingredients

- 1 lb./450 g boneless skinless chicken breasts
- 6 oz./170 g can black beans, rinsed
- 1 cup frozen corn
- 2 bell peppers, chopped
- 1 white onion, chopped
- 1 15-oz. can fire-roasted tomatoes
- ¼ cup freshly chopped cilantro, plus more for garnish
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 teaspoon kosher salt
- 2 cups low-sodium chicken broth
- 1 cup shredded Monterey jack
- 1 tablespoon extra-virgin olive oil
- 3 small corn tortillas, cut into strips
- sliced avocado, for serving
- chopped parsley, for serving
- lime wedges, for serving

method

1. In a large slow cooker, combine chicken, black beans, corn, peppers, onion, fire-roasted tomatoes, cilantro, garlic, cumin, chili powder, salt, and chicken broth.
2. Cover and cook on low until chicken is cooked and falling apart, 5 to 6 hours.
3. Shred chicken with a fork, then top soup with Monterey Jack and cover to let melt, 5 minutes more.
4. Meanwhile, make tortilla crisps: In a large skillet over medium heat, heat oil. Add tortilla strips and cook until crispy and golden, 3 minutes. Transfer to a paper towel-lined plate and season with salt.
5. Serve soup topped with tortilla crisps, avocado, and cilantro.

Serves 6

tip from the chef

This soup gets even better with time. It lasts in the fridge for up to 5 days in a resealable container. Just heat and serve.

chilled tomato soup

Cooking time: 2 hours and 20 minutes – Preparation time: 2 hours and 20 minutes

method

1. In a small bowl, soak the breadcrumbs and garlic in the vinegar and olive oil for 2 minutes.
2. Place the tomato puree, bell pepper, onion, tomatoes, cucumber, almonds and the soaked breadcrumbs in a blender or food processor, blend until smooth.
3. If the soup is too thick, add a little water and blend again until you reach the desired texture. Season with salt and pepper, to taste. Chill for at least 2 hours before serving and sprinkle with chopped parsley and red chili flakes.

Serves 4

ingredients

- 2 tablespoons stale breadcrumbs
- 2 cloves garlic, crushed
- 1 tablespoon wine vinegar
- 1 tablespoon olive oil
- ½ cup tomato puree
- 1 green bell pepper, seeded and chopped
- 1 onion, peeled and chopped
- 5 ripe tomatoes, seeded and chopped
- 1 cucumber, peeled and chopped
- 2 tablespoons ground almonds
- 1 tablespoon chopped fresh parsley
- red chili flakes, for garnish
- salt and pepper, to taste

tip from the chef

This recipe is great for using up less-than-perfect tomatoes. Simply cut out splits and soft spots before using them. The soup can be topped with diced cucumber and cubed avocado.

crispy chicken marsala

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

ingredients

- 1 cup all-purpose flour
- kosher salt
- freshly ground black pepper
- 4 boneless skinless chicken breasts
- 2 tablespoons butter, divided
- 1 tablespoon extra-virgin olive oil
- 8 oz. baby bella or cremini mushrooms, sliced
- 2 cloves garlic, minced
- ¾ cup marsala wine
- ¾ cup low-sodium chicken broth
- ½ cup heavy cream
- 2 tablespoons freshly chopped parsley
- fresh thyme, for garnish

method

1. In a shallow bowl, season flour with salt and pepper. Dredge chicken in flour.
2. In a large skillet over medium heat, melt 1 tablespoon butter and oil. Add chicken and cook until golden on both sides, about 5 minutes per side. Remove chicken from pan and place on a clean plate.
3. Make marsala sauce: Melt remaining 1 tablespoon butter in skillet and add mushrooms. Cook until mushrooms are golden and liquid has been released, 6 to 8 minutes (if the pan looks dry, add a splash of olive oil). Add garlic and cook until fragrant, then season with salt.
4. Add marsala, chicken broth, heavy cream, and parsley and bring to a simmer.
5. Return chicken to skillet and spoon sauce over breasts. Simmer until chicken is cooked through, about 10 minutes. Garnish with fresh thyme.

Serves 4

tip from the chef

The marsala wine makes this dish slightly sweet and is what gives it that addictive quality.

spicy bolognese
with mushrooms

Cooking time: 45 minutes – Preparation time: 20 minutes

method

1. In a large deep frying pan heat the olive oil over moderate heat. Add the mushrooms, carrot and onion and cook until the onion is golden, about 4 minutes. Add the garlic and cook for a further 1 minute. Season with salt and pepper, to taste.
2. Add the sausage mince, minced beef and prosciutto to the frying pan. Cook over moderate heat, stirring to break up the meat, until the beef and sausage are no longer pink. Drain off any fat and season with nutmeg.
3. Pour in the red wine, tomato paste, tomatoes and half a cup of water. Simmer for 30 minutes stirring occasionally. If the sauce gets too thick, add a little more water.
4. Bring a large saucepan of water to the boil, add the spaghetti, cook until just tender. Drain well; serve spaghetti topped with bolognese sauce. Garnish with Italian parsley, if desired.

Serves 6

ingredients

- ¼ cup olive oil
- 6½ oz/200 g white mushrooms, sliced
- 1 carrot, peeled and finely chopped
- salt and pepper, to taste
- 1 onion, peeled and finely chopped
- 1 clove garlic, crushed
- 5 sweet spicy Italian sausages, casings removed
- 11 oz/315 g lean minced beef
- 5 oz/155 g prosciutto, finely chopped
- ¼ teaspoon ground nutmeg
- ¾ cup dry red wine
- ½ cup tomato paste
- 1 cup canned Italian peeled tomatoes, chopped
- 1 lb/500 g dry spaghetti

tip from the chef

A true Italian classic, with a flavor that's hard to beat. Lamb mince may be used instead of beef.

crab cakes

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

ingredients

- > ⅓ cup mayonnaise
- > 1 large egg, beaten
- > 2 tablespoons Dijon mustard
- > 2 teaspoons Worcestershire sauce
- > ½ teaspoon hot sauce
- > kosher salt
- > freshly ground black pepper
- > 1 lb jumbo lump crabmeat, picked over for shells
- > ¾ cup panko bread crumbs
- > 2 tablespoons freshly chopped parsley
- > canola oil, for frying
- > lemon wedges, for serving
- > tartar sauce, for serving

method

1. In a small bowl, whisk together mayo, egg, Dijon mustard, Worcestershire, and hot sauce, and season with salt and pepper.
2. In a medium bowl, stir together crabmeat, panko, and parsley. Fold in mayo mixture, then form into 8 patties.
3. In a large skillet over medium-high heat, coat pan with oil and heat until shimmering. Add crab cakes and cook, in batches, until golden and crispy, 3 to 5 minutes per side.
4. Serve with lemon and tartar sauce, if desired.

Serves 8

tip from the chef

Although you could probably bake these crab cakes, we really recommend searing them in a hot skillet with neutral oil. That crunchy golden crust is half of what makes crab cakes so amazing.

beef stroganoff

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

method

1. Heat olive oil in a non-stick frying pan, then add onion, and cook over a medium heat until completely softened, around 15 mins, adding a little splash of water if it starts to stick.
2. Crush in the garlic clove and cook for 2-3 minutes more, then add butter.
3. Once the butter is foaming a little, add mushrooms and cook for around 5 mins until completely softened.
4. Season everything well, then place onto a plate. Put plain flour into a bowl with a big pinch of salt and pepper, then toss sliced fillet steak in the seasoned flour.
5. Add the steak pieces to the pan, splashing in a little oil if the pan looks dry, and fry for 3-4 mins, until well colored.
6. Put the onions and mushrooms back into the pan. Whisk crème fraîche, English mustard and beef stock together, then stir into the pan.
7. Cook over a medium heat for around 5 mins. Scatter with some chopped parsley, and serve with pappardelle or rice.

Serves 4

ingredients

- **1 tablespoon olive oil**
- **1 onion, sliced**
- **1 clove of garlic**
- **1 tablespoon butter**
- **9 oz mushrooms, sliced**
- **1 tablespoon plain flour**
- **1 lb fillet steak, sliced**
- **5 oz/150 g crème fraîche**
- **1 teaspoon English mustard**
- **3½ fl. oz beef stock**
- **½ small pack of parsley, chopped**

tip from the chef

Drizzle with a little heavy cream before serving, if desired. The best wine pairing for this classic rich dish is an oaked Merlot.

swedish meatballs

Cooking time: 40 minutes – Preparation time: 15 minutes

ingredients

- 2 tablespoons olive oil, divided
- 1 onion, diced
- 1 lb ground beef
- 1 lb ground pork
- ½ cup panko bread crumbs
- 2 large egg yolks
- ¼ teaspoon ground allspice
- ¼ teaspoon ground nutmeg
- kosher salt and freshly ground black pepper, to taste

Gravy

- ¼ cup unsalted butter
- ⅓ cup all-purpose flour
- 4 cups beef broth
- ¾ cup sour cream
- kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

method

1. Heat 1 tablespoon olive oil in a large skillet over medium heat. Add onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes.
2. In a large bowl, combine ground beef, ground pork, Panko, egg yolks, allspice, nutmeg and cooked onion; season with salt and pepper, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1½-inch meatballs, forming about 24 meatballs.
3. Add remaining 1 tablespoon olive oil to the skillet. Add meatballs, in batches, and cook until all sides are browned, about 4-5 minutes. Transfer to a paper towel-lined plate.
4. To make the gravy, melt butter in the skillet. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in beef broth and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in sour cream; season with salt and pepper, to taste.
5. Stir in meatballs and cook, stirring occasionally, until heated through and thickened, about 8-10 minutes.
6. Serve immediately, garnished with parsley, if desired.

Serves 6

chicken corn pies

Cooking time: 20 minutes – Preparation time: 50 minutes

method

1. Cut shortcrust pastry into 6 squares. Line 6 individual pie dishes ½ cup/4¼ fl oz/125 ml with pastry; trim edges, place on oven tray.
2. To prebake pastry, cut off a large square of parchment paper or aluminum foil and use it to line the pastry. Snug the lining right up against the edges and sides of the pie, and fill with dried beans or rice. Bake in moderately hot oven 10 minutes. Remove paper and beans, bake further 10 minutes or until lightly browned; cool.
3. Spoon filling into pastry cases. Cut puff pastry into 6 squares, cover pies with puff pastry; trim edges, pinch edges together. Brush pies with egg yolk, sprinkle with seeds. Bake in moderately hot oven about 20 minutes or until browned and hot.
4. **Filling:** Heat oil in pan, add leek and bacon cook, stirring, until leek is soft. Stir in remaining ingredients, bring to boil; cool.

Serves 6

ingredients

- 1½ sheets ready-rolled shortcrust pastry
- 1½ sheets ready-rolled puff pastry
- 1 egg yolk
- 2 teaspoons sesame seeds

Filling

- 1 tablespoon oil
- 1 medium leek, sliced
- 2 bacon rashers, chopped
- 2 cups/10½ oz/300 g chopped cooked chicken
- 15½ oz/440 g can creamed corn
- ½ cup/4¼ fl oz/125 ml heavy cream
- 2 teaspoonss seeded mustard
- ¼ cup chopped fresh chives

tip from the chef

Serve with green peas, if desired.

cheese
and onion pies

Cooking time: 30 minutes – Preparation time: 60 minutes

ingredients

- 1 tablespoon oil
- 1 medium onion, sliced
- 4 sheets fillo pastry
- 1½ oz/40 g butter, melted

Filling

- 2 tablespoons oil
- 2 medium onions, sliced
- ½ cup/2 oz/60 g grated Swiss cheese
- ½ cup/2 oz/60 g grated smoked cheese
- ½ cup/2 oz/60 g grated cheddar cheese
- 3 eggs, lightly beaten
- ¾ cup/6 fl oz/180 ml heavy cream
- 1 tablespoon plain flour

method

1. Lightly grease 2 x 5 inch pie dishes. Heat oil in pan, add onion, cook, stirring, until soft; drain on absorbent paper.
2. Brush 1 sheet of pastry with butter, fold in half to form a square. Brush with butter, cut into quarters. Line a prepared pie dish with pastry squares at different angles. Repeat with remaining pastry, butter and tins.
3. Spoon filling into pastry cases, top with onion mixture. Bake in moderate oven about 30 minutes or until filling is set and top lightly browned.
4. Filling: Heat oil in pan, add onions, cook, stirring, until soft and lightly browned; drain on absorbent paper, cool. Combine onions and cheeses in bowl, stir in combined eggs, cream and flour; mix well.

Serves 4

tip from the chef

Garnish with fresh basil leaves, if desired.

baked
meat pie pouches

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

method

1. Grease a 12-hole muffin pan. Using a 4¼ inch pastry cutter, cut out 5 inch shortcrust pastry rounds, then use to line holes. Fill with meat filling.
2. Using a 3 inch cutter, cut out 12 puff pastry rounds. Brush edges with water and place over pies, pressing edges to seal. Crimp edges with a fork, then brush pastry with egg. Bake for 30 minutes or until golden.
3. Serve with extra tomato sauce, if desired.
4. **Filling:** Heat oil in pan, add onions, cook, stirring, until onions are soft. Add mince, cumin, garlic and ginger, cook, stirring until mince is changed in color. Stir in remaining ingredients; mix well.

Serves 12

ingredients

- 3 sheets frozen shortcrust pastry, thawed
- 2 sheets frozen puff pastry, thawed
- 1 egg, lightly beaten

Filling

- 1 tablespoon oil
- 2 medium onions, finely chopped
- 18 oz/500 g minced beef
- ½ teaspoon ground cumin
- 1 clove garlic, crushed
- 1 teaspoon grated fresh ginger
- ¼ cup/1¼ oz/35 g unsalted roasted peanuts, chopped
- ½ cup/2 oz/60 g black olives, chopped
- 1 tablespoon lemon juice
- 1 teaspoon beef stock powder
- 2 tablespoons tomato sauce

tip from the chef

This family favorite pairs wonderfully with rich, spicy red wines such as Shiraz or Malbec.

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 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.

Makes 12

tip from the chef

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

beef
& green beans

Cooking time: 5 minutes – Preparation time: 10 minutes

method

1. Place meat in a dish. Mix soy and ginger and stir through meat to coat.
2. Heat the oil in a wok or a heavy based frying pan, swirling gently to coat base and side. Add the beef, green beans, potato, onion and bell pepper, and stir-fry over a high heat for 2 minutes, or until the meat changes color.
3. Dissolve the corn flour in a little of the stock. Add to the wok with the remaining stock, extra soy and the sesame oil.
4. Stir until sauce boils and thickens. Serve with steamed rice, sprinkled with sesame seeds.

Serves 4

ingredients

- 14 oz/400 g sirloin steak, finely sliced
- 2 tablespoons soy sauce
- ½ teaspoon grated ginger
- 2 tablespoons peanut oil
- 7 oz/200 g green beans
- 1 small potato, boiled and cubed
- 1 small red bell pepper, sliced
- 1 small onion, sliced
- 1½ teaspoons corn flour
- ½ cup beef stock
- 1 teaspoon soy sauce, extra
- ¼ teaspoon sesame oil
- sesame seeds, for garnish

tip from the chef

If time allows, place meat in the freezer for 30 minutes before slicing. This will firm it and make slicing it finely much easier.

pork
hock risotto

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

ingredients

- 3 tablespoons butter
- 4 medium pork hocks, cut into bite-size pieces
- 16 fl. oz/470 ml water
- 2 sprigs oregano
- 2 bay leaves
- 1 teaspoon whole black peppercorns
- 1 carrot, chopped
- salt
- 12 oz/375 glong grain rice
- 12 fl. oz/375 g chicken stock
- 1 onion, chopped
- 1 teaspoon ground turmeric
- 1 yellow bell pepper
- 1 green bell pepper
- 2 tomatoes, peeled, seeded and chopped
- chopped fresh herbs, such as parsley, chives and coriander

method

1. Heat butter in large saucepan. Add hocks and cook over high heat until browned all over. Stir in water, oregano and bay leaves and peppercorns. Bring to a boil, reduce heat and simmer, covered, for 1 hour.
2. Remove meat from the hocks and transfer with liquid to a deep casserole dish. Stir in rice, stock, onion and turmeric cover and cook at 350°F/180°C for 50 minutes. Remove oregano and bay leaves and discard.
3. Add carrot, bell peppers and tomato to casserole and cook, uncovered, for 10 minutes or until almost all liquid is absorbed and rice is tender. Stand for 5 minutes and sprinkle with fresh herbs before serving.

Serves 8

tip from the chef

Earthy and comforting, this substantial risotto makes an ideal midwinter meal.

berry and apple pastries

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

method

1. Preheat the oven to 430°F/220°C. Toss the fruit with the ground nuts and liqueur. In a separate bowl, combine the cocoa and sugar.
2. Lay a sheet of filo pastry on a clean dry surface and dust lightly with the cocoa mixture. Top with another sheet and dust again. Repeat with another 2 sheets leaving the top sheet undusted. Cut the pastry stack into 4 crosswise.
3. Divide fruit mixture between pastries, laying it down one short side and leaving 1 inch at each end. Roll up, tucking in the ends. Repeat process with remaining pastry and fruit. Place on a paper-lined baking tray and bake for 8-10 minutes or until golden brown.
4. Combine the custard and fruit puree.
5. Serve pastries sprinkled with confectioners' sugar on flat plates with the custard spooned around the outside.

8 pieces

ingredients

- **3 cups fresh diced apples and mixed berries - try strawberries, raspberries, blueberries**
- **2 tablespoons ground roasted hazelnuts**
- **1 tablespoon liqueur of choice or orange blossom water**
- **2 tablespoons cocoa**
- **2 tablespoons caster sugar**
- **8 sheets filo pastry**
- **confectioners' sugar, for sprinkling**

Fruit Custard

- **½ cup low-fat custard**
- **¼ cup fruit puree - try mango or raspberry**

Tip from the Chef

Try sprinkling this with a little mixed icing sugar and cocoa just before serving.

orange pound cake

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

ingredients

- > 2/3 cup/5 ¼ oz/150 g butter, softened
- > 2/3 cup/4¼ oz/120 g white sugar
- > 3 eggs
- > zest of 1 orange
- > ½ cup orange juice
- > 2 cups/9 oz/250 g all-purpose flour
- > 2 teaspoon baking powder
- > 1/8 tsp salt
- > 2 cups icing sugar
- > grated rind of ½ orange
- > 1 teaspoon orange juice
- > 2-3 tablespoons well-shaken buttermilk

method

1. Preheat oven to 355°F/180°C. Lightly oil and flour two 9x5 inch loaf pans.
2. In a medium bowl, whisk together flour, baking powder and salt. Set aside.
3. In the bowl of a stand mixer fitted with the paddle attachment, beat butter with sugar for 2 minutes. Add eggs, one at a time, beating well between each addition. Turn off mixer; add orange zest and orange juice, and stir to combine.
4. Add flour, baking powder, and salt. Beat until well combined. Pour batter into prepared loaf pans. Bake for 45-60 minutes, or until a skewer inserted in the center comes out clean. Allow to cool completely on wire rack.
5. To make icing, beat together the icing sugar, orange juice and enough buttermilk to make a spreadable consistency. Spread on the cakes when cool.

8 slices

tip from the chef

Allow icing to set at room temperature before slicing. Loaf will keep well at room temperature, with the cut-end wrapped, for 3-4 days.

apple bread pudding

■□□ | Cooking time: 45 minutes – Preparation time: 30 minutes

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 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

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**
- **pinch of salt**
- **caramel popcorn, for garnish**
- **condensed milk, for garnish**

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.

banana fritters
with caramel sauce

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

ingredients

> 4 large firm bananas, cut in half then split lengthwise
> 2 tablespoons lime juice
> oil for cooking

Batter

> 4 oz/125 g self-rising flour, sifted
> 1 egg, lightly beaten
> 4 fl oz/125 ml milk
> 2 tablespoons caster sugar
> 1 egg white

Caramel Sauce

> 4 oz/125 g sugar
> 4 fl oz/125 g water
> 4 fl oz/125 g heavy cream
> 2 teaspoons whisky (optional)

method

1. To make batter, place flour in a mixing bowl and make a well in the center. Combine egg, milk and caster sugar and mix into flour mixture to make a batter of a smooth consistency. Set aside to stand for 10 minutes.
2. To make sauce, place sugar and water in a saucepan and cook over a low heat, stirring constantly, until sugar dissolves. Bring to the boil, then reduce heat and simmer, without stirring, for 5 minutes or until mixture is golden.
3. Remove pan from heat and carefully stir in cream and whisky, if using. Return pan to a low heat and cook, stirring carefully, until combined. Remove pan from heat and set aside to cool.
4. Beat egg white until soft peaks form, then fold into batter.
5. Heat oil in a large saucepan. Brush bananas with lime juice and dip in batter to coat. Drain off excess batter and cook bananas in hot oil for 2-3 minutes or until golden. Drain on absorbent kitchen paper. Serve immediately with sauce.

Serves 4

tip from the chef

If desired, dust fritters with icing sugar and cinnamon. Chocolate sauce can be substituted for Caramel Sauce.

banana trifle

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

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

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**
- **11⅛ oz/400 g can sweetened condensed milk**
- **5 large bananas, sliced**
- **10 oz/300 g vanilla wafers**

Tip from the Chef

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

banana bread

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

ingredients

- 1¾ cups self-rising flour
- ½ cup raw sugar
- 2 teaspoons grated orange rind
- ½ teaspoon ground cinnamon
- 2 medium ripe bananas, mashed
- 1 egg, lightly beaten
- ½ cup orange juice
- ½ cup vegetable oil

method

1. Grease a 9x5 inch loaf pan. Sift flour and cinnamon into a large bowl. Add sugar, orange rind and bananas. Stir in egg, orange juice and oil.
2. Pour into prepared pan. Bake in moderate oven for about 45 minutes.
3. Stand 5 minutes before turning out onto wire rack to cool. Serve with butter, if desired.

Makes 10

tip from the chef

Bread is at its best when freshly made or it can be frozen for 2 months. This recipe is not suitable to microwave.

index

Introduction 3
Vegetable quiche 6
Mushroom strudel 8
Three bean salad 10
Potato croquettes 12
Fish planks & French fries 14
Seafood Fried Rice 16
Fish cottage pie 18
Steak in red wine 20
Lamb cutlets 22
Potato and tomato gratin 24
Slow cooker chicken tortilla soup 26
Chilled tomato soup 28
Crispy chicken marsala 30
Spicy Bolognese with mushrooms 32
Crab cakes 34
Beef stroganoff 36
Swedish meatballs 38
Chicken corn pies 40
Cheese and onion pies 42
Baked meat pie pouches 44
Tangy cheese scrolls 46
Beef & green beans 48
Pork hock risotto 50
Berry and apple pastries 52
Orange pound cake 54
Apple bread pudding 56
Banana fritters with caramel sauce 58
Banana trifle 60
Banana bread 62