

Recipe of the Week

PASTA A LA DIKILANA

Ingredients

- 500 g uncooked macaroni
- 30 ml butter or margarine
- 2 onions, chopped
- 1 green pepper, cut into thin strips
- 2 garlic cloves, crushed
- 500 g fresh chicken livers
- 410 g can tomato and onion mix
- 2-3 ml cayenne pepper
- 1 fresh chilli, deseeded and chopped
- 1 tomato, chopped
- 125 ml maas

Method

Cook the pasta according to the instructions on the packet. Heat the butter in a heavy-based saucepan. Add the onion, green pepper and garlic and sauté until the onion is translucent. Add the chicken livers and spices and fry until the livers are just cooked. Add the tomato and onion mix and maas then heat through. Season to taste. Serve the chicken livers with the macaroni.

salt and freshly ground black pepper to taste



from our
basket
to your
kitchen
Week 14





Recipe of the Week

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to your
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Week 15

Chunky three cheese vegetable lasagne

Ingredients

- 12 dry spinach lasagne sheets
- 15 ml olive oil
- 1 red onion, thinly sliced
- 2 red salad peppers, seeded and cut into strips
- 3 baby marrows, thinly sliced
- 250 g broccoli florets
- 200 g butternut, cut into 10 mm fingers
- 500 ml ready-made napoletana sauce
- salt and freshly ground black pepper to taste
- 250 ml cheddar, grated
- 250 ml edam, grated
- 25 ml mozzarella, grated

béchamel sauce (white sauce)

- 50 ml choice butter
- 50 ml cake flour
- 450 ml full cream fresh milk
- 5 ml salt
- 5 ml freshly ground black pepper
- 50 ml fresh cream



extra fresh herbs for garnish
green salad to serve

Method

Heat the oil in a heavy-based saucepan. Add the onion and sauté until the onion is translucent. Add the vegetables and fry for 5 minutes. Add the napoletana sauce and simmer for 5 minutes. Season to taste. Mix the three cheeses together and set aside.

For the white sauce: Melt the butter in a small heavy-based saucepan. Remove from the heat and stir in the flour to make a smooth paste. Gradually add the milk and seasoning. Return to the heat and simmer, stirring continuously, until the sauce starts to thicken, then stir in the cream. Set aside. Spoon a layer of white sauce in the bottom of a lightly greased ovenproof dish. Place a layer of pasta sheets over the sauce. Spoon a layer of the vegetable sauce mix over and spread evenly. Follow with a layer of cheese and then a layer of white sauce. Continue layering the pasta, vegetable sauce, white sauce and cheese, ending with a layer of cheese. Bake in a preheated oven at 180°C for 25-30 minutes or until the pasta is cooked. Allow to rest for 10 minutes before serving. Sprinkle with the extra herbs and serve with a green salad of choice. For a meat variation: Add 4 chicken breast fillets and/or 4 rashers of chopped rindless bacon, cooked and cut into bite size pieces.



RECIPE OF THE WEEK

Raspberry & White Chocolate Tart

Ingredients

crust

250 g digestive biscuits, crushed

125 g butter, melted

filling

200 g bar of white chocolate,
broken into pieces

12 cream cheese portions

100 g mascarpone cheese

150 ml cream, whipped

250 g raspberries

Method

For the crust, mix the biscuits and butter together, until well combined. Push the mixture into the base and sides of a 23 cm round, 4 cm deep, loose bottomed fluted flan tin, or 6 individual tartlet cases, to form a shell.

Chill until required.

To prepare the filling: Place the white chocolate and cream cheese in a bowl, set over a pan of barely simmering water and stir until it melts into a smooth sauce. Leave to cool slightly, then, using an electric or balloon whisk, blend in the remaining mascarpone until smooth. Stir in the cream and mix until thoroughly combined. Spoon into the pastry cases and chill for 2-3 hours until softly set. Remove the tart from the tin and arrange the raspberries over the tart.



Recipe

of the Week

Ingredients

250 g sweet potato,
peeled and diced

250 g yellow pumpkin,
peeled and diced

60 ml low fat fresh milk

15 ml choice butter

salt and freshly ground
black pepper

2 ml fresh chopped thyme

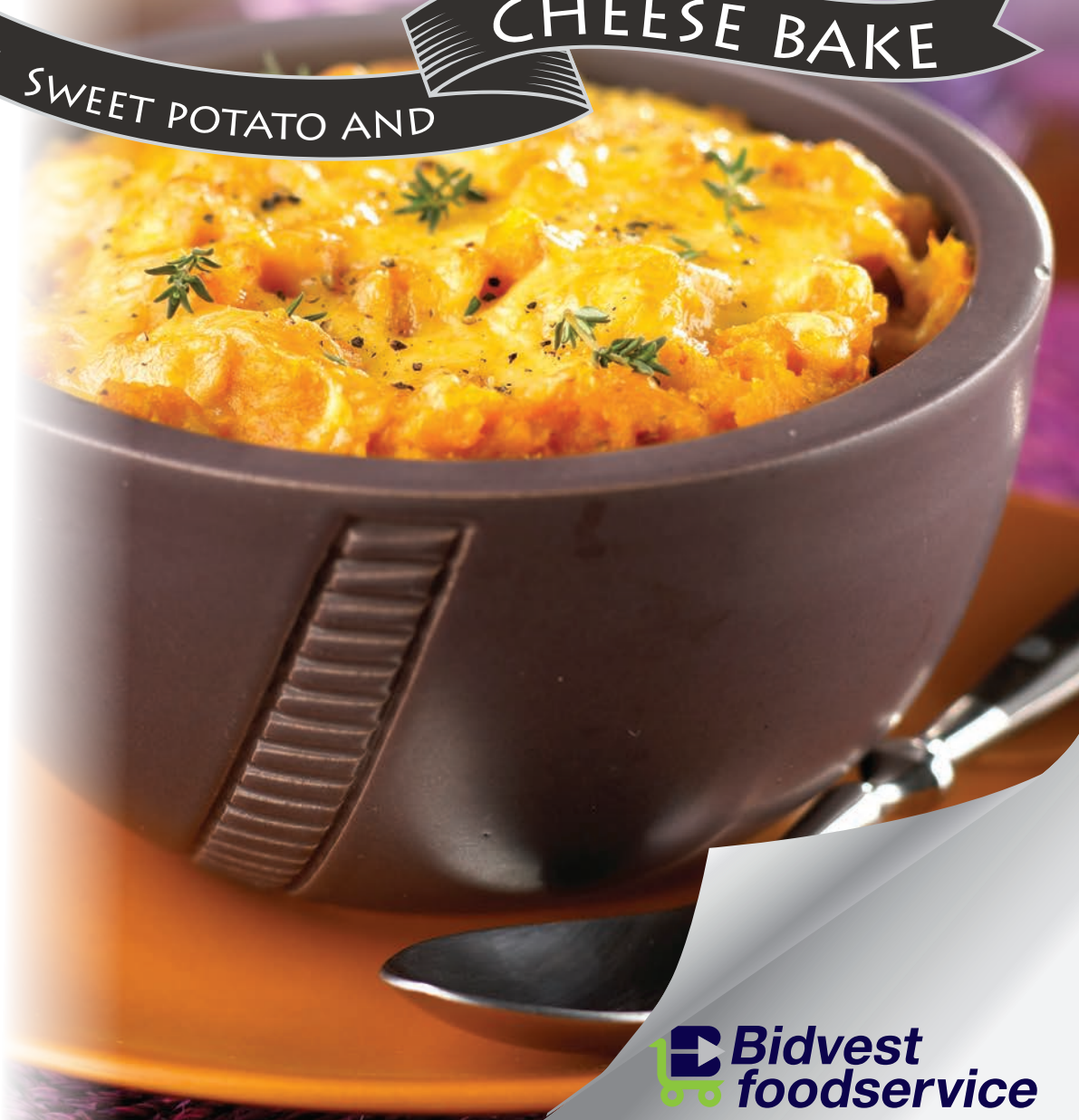
100 g cheddar, grated

green salad and grilled
ostrich medallions to serve

Method

Roast the pumpkin and sweet potatoes together in a preheated oven at 200°C until the pumpkin and sweet potatoes are soft enough for mashing. Transfer to a mixing bowl and mash with the milk and butter. Add the seasoning and herbs and mix with half of the cheese. Spoon into a greased ovenproof dish and sprinkle with the remaining cheese. Bake in a preheated oven at 180°C for 20-25 minutes or until the cheese is golden in colour. Serve warm with a green salad of your choice and grilled ostrich medallions.

CHEESE BAKE SWEET POTATO AND



RECIPE OF THE WEEK

from our
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Week 18

Meringue Roulade

with mango and passion fruit

Ingredients

meringue

- canola oil spray
- 6 free range egg whites
- 1 cup of castor sugar
- 1 teaspoon of corn flour
- 1 teaspoon of natural vanilla extract

custard

- 200 ml mango purée
- ¼ cup of castor sugar
- ½ a vanilla bean, split lengthways
- ½ tablespoon of corn flour
- ½ tablespoon of flour
- 2 free range eggs
- 150 ml pouring cream, whipped

garnish

- 1 mango, diced
- 4 passion fruits, pulp only

Method

To prepare the meringue, preheat the oven to 160°C. Line a 30 cm square baking tray with baking paper. Spray with canola oil. Place the egg whites in the clean bowl of an electric mixer and whisk to soft peaks. At a low speed, gradually add the sugar, corn flour and vanilla. Mix on a high speed until the meringue is thick and glossy. Spread the meringue evenly over the baking paper, taking it right to the edge. Bake for 15 minutes or until it is a slight golden colour. Don't open the oven door while cooking. Sprinkle the extra sugar over a fresh sheet of paper on a flat surface. Turn out the cooked meringue onto the sugar dusted paper. Gently peel the backing paper away and cool at room temperature. To prepare the custard, place the mango purée, sugar and vanilla bean in a saucepan and bring to a gentle simmer. Mix the corn flour, flour and egg yolks together and then add a ladle of hot mango juice to the mixture. Mix well and add back to the pan of hot mango juice, mix well again and cook over medium heat until the liquid starts bubbling. Once the custard is thick, remove from the heat and transfer to a bowl. Discard the vanilla bean, cover and chill for 30 minutes. When ready to assemble, loosen the custard with a whisk and gently add the whipped cream to lighten. Spread the custard evenly over the meringue with a spatula. Gently roll the meringue up to create a loose roulade. Set on a platter and chill until ready to serve. Just before serving, garnish the roulade with the mango and passion fruit pulp.

