

Recipe of the Week

Individual Peach Clafoutis

Ingredients

- 10 peach halves
- ½ cup of self raising flour
- ½ cup of castor sugar
- 4 eggs, lightly beaten
- 1 cup of milk
- 1 cup of fresh cream
- 2 teaspoons of vanilla essence

Method

Combine the sifted flour and sugar in a bowl. In a separate bowl, whisk together the eggs, milk, cream and vanilla essence. Add the egg mix to the flour mix and whisk until well combined and smooth. Cut the peach halves into 4 wedges and place the wedges at the bottom of a greased ramekin. Pour the flour mixture over the peaches until just below the brim. Place the ramekins in a baking tray and bake for 15-20 minutes or until the mixture has set and the peaches have risen to the top and the pudding is golden brown. Serve immediately. Can be served with cream or ice cream and dusted with icing sugar.



RECIPE

of the week

Creamy Soup

with chunky parsnip, leek and sweet potato

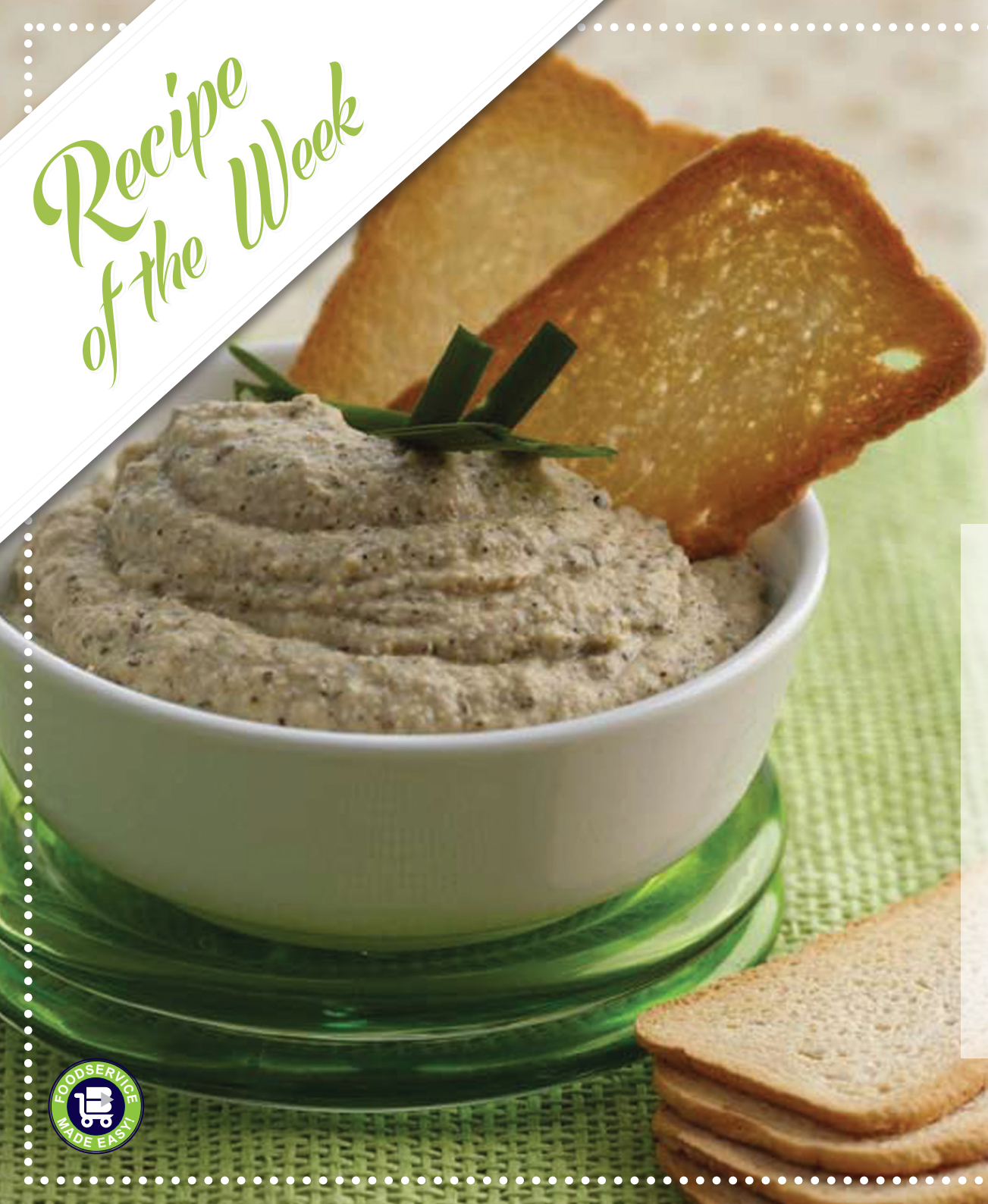
Ingredients Method

4 big garlic cloves, crushed
40 ml olive oil
40 ml butter
300 g leeks, thinly sliced
400 g chunky parsnips
225 g sliced sweet potatoes
10 ml ground cumin
5 ml ground coriander
1.4 L hot vegetable and chicken stock, mixed
100 g extra leeks, thinly sliced
150 ml cream
salt and black pepper to taste
coriander leaves and croutons or crushed bread to garnish

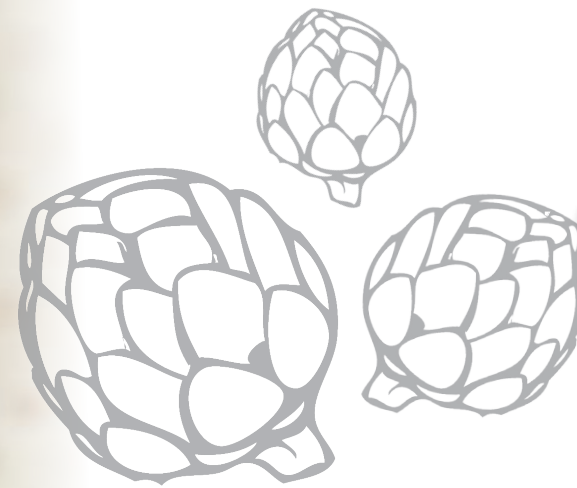
Sauté the garlic and leeks in olive oil and butter mixture until soft. Add chunky parsnips and sliced sweet potato and sauté for another 8 minutes. Add cumin and coriander and sauté for 2 minutes. Add the hot stock, cover and simmer for approximately 60 minutes or until the vegetables are soft. Sauté the extra leeks in a little butter until soft and golden brown. Keep aside. Puree the soup until smooth. Stir in the cream and leeks. Season with salt and freshly ground pepper. If the soup is too thick, adjust the consistency with extra stock and water to your taste. Garnish and serve hot with fresh coriander and croutons or crushed bread.



Recipe of the Week



from our
basket
to your
kitchen
Week 32



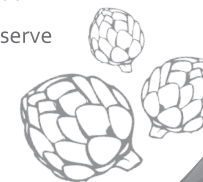
artichoke pâté *with melba toast*

Ingredients

- 2 x 400 g artichoke hearts, drained
- juice of 1 lemon
- 60 ml olive oil
- 60 ml parmesan cheese, freshly grated
- 15 ml fresh origanum, finely chopped
- 60 ml walnuts, toasted
- salt and freshly ground black pepper, to taste
- 60 ml fresh ricotta
- 45 ml fresh chives, snipped
- melba toast, to serve

Method

Place the artichokes, juice and olive oil into a mixing bowl and blend until smooth with a hand blender. Add the parmesan, origanum and walnuts and pulse until combined and season. Spoon the artichoke mixture into a serving bowl and mix in the ricotta until smooth. Sprinkle with the chives and serve with the melba toast.



Recipe
of the Week

from our
basket
to your
kitchen

Week 33

Chicken Burger

with brie, avocado and caramelised pepper
relish and served with sweet potato chips



Ingredients

- 4 fresh Portuguese rolls
- 4 chicken breasts, butterflied
- 20 ml sunflower oil
- 1 avocado, peeled, sliced thinly lengthways
- 16 rocket leaves, washed and dried
- 12 ripe brie cheese slices
- 40 ml mayonnaise
- 800 g sweet potato chips
- caramelised onion and sweet pepper relish**
- 125 ml honey
- 62 ml soy sauce
- 3 garlic cloves, finely crushed
- 20 g fresh mint, finely chopped
- 1 red onion, finely sliced
- 1 yellow pepper, finely sliced
- salt and freshly ground black pepper

Method

In a medium size heavy-based saucepan, add the honey, soy sauce, garlic, onion, yellow pepper and mint. Allow to simmer until the onion and peppers are tender and the mixture becomes thickened. Set aside. Butterfly the chicken fillets. Fry the chicken breasts in heated oil, in a heavy-based frying pan or on a flat grill until the chicken has cooked through. Season with salt and pepper. Meanwhile cook sweet potato chips according to the instructions on the pack. Cut the Portuguese roll open and spread 5 ml of mayonnaise onto the roll. Stack 4 rocket leaves, 1 chicken breast, 3 slices of brie cheese and top with 30 ml of caramelised onion relish. Lastly place the avocado slices on top and season with salt and freshly ground black pepper. Place the burger top over and serve with sweet potato chips.

