

RECIPE OF THE WEEK

Hot Salmon Salad

Ingredients

350 g salmon fillet
225 g thin french beans, tails
trimmed, tops left on
50 g flaked almonds
200 g pack of rocket leaves
1 tablespoon of black
peppercorns

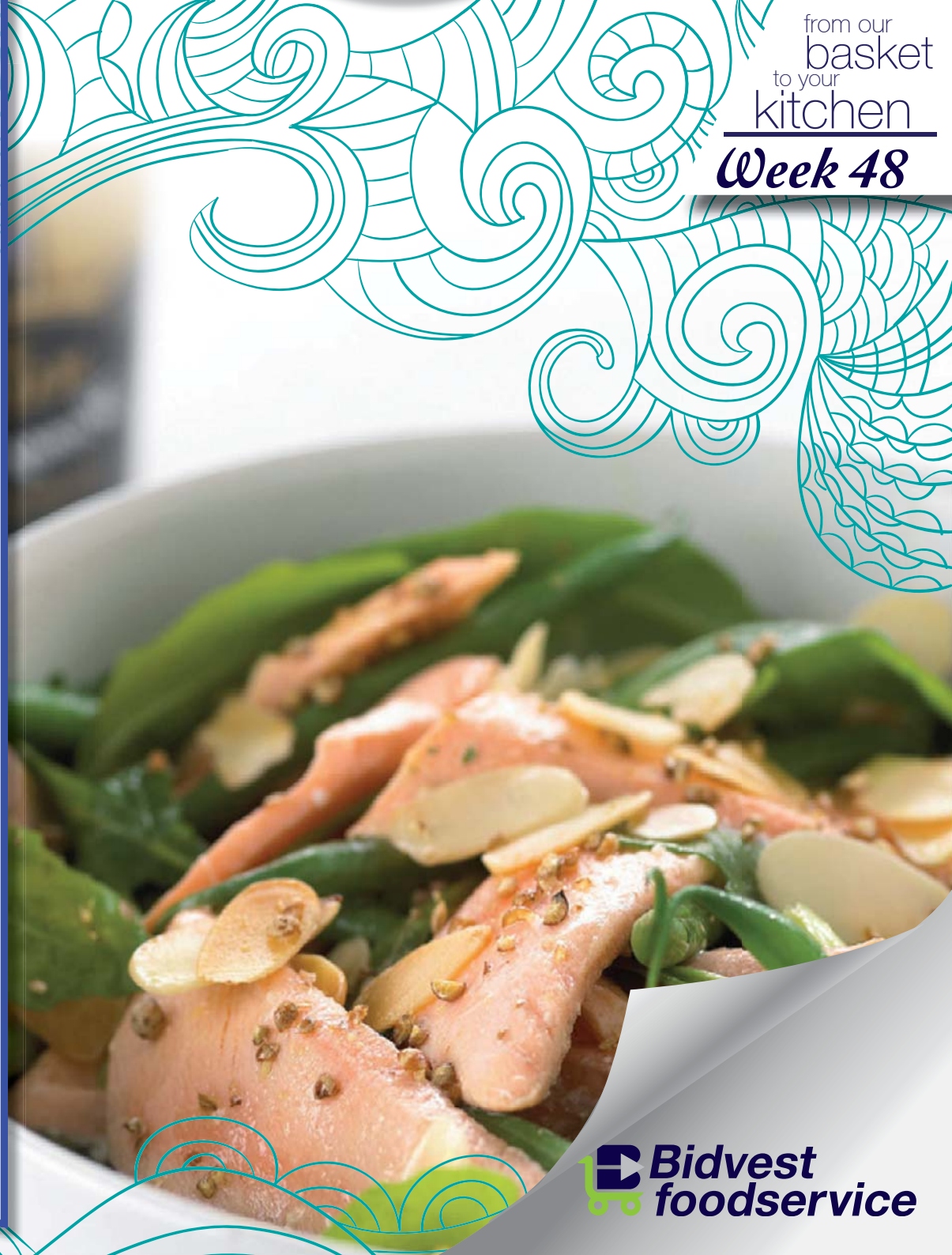
dressing

1 heaped teaspoon of
mustard
1 heaped teaspoon of
honey
½ a lemon, juice and zest
4 tablespoons of olive oil
sea salt & cracked black
pepper to taste

Method

Gently poach the salmon in
lightly salted water. At the same time,
cook the beans in lightly salted boiling
water until tender. Drain and reserve with
the salmon, keeping both warm. Lightly
toast the flaked almonds in a dry non-
stick pan. Peel the skin from the salmon,
carefully flake the flesh into large pieces
and place in a bowl with the rocket leaves
and cooked french beans. Add the coarse
black peppercorns. Mix the dressing
ingredients together and pour over the
salad. Toss lightly. Transfer to serving
bowls or plates. Scatter with the toasted
almonds and cracked black pepper.

from our
basket
to your
kitchen
Week 48





from our
basket
to your
kitchen
Week 49

Pita Pockets

with Sweet and Sour Chicken Mayonnaise

Ingredients Method

600 g chicken, cooked and shredded

200 ml tangy mayonnaise

30 ml sweet chilli sauce

50 ml pineapple juice

20 ml white sugar

30 ml lemon juice

50 ml pineapple, finely chopped

rocket for pitas

salt and pepper for seasoning

Combine the shredded chicken and mayonnaise. Mix well and season. In a pan bring the sweet chilli, pineapple juice, sugar, lemon juice and pineapple to the boil and boil until thickened. Allow to cool and then fold into the chicken mayonnaise. Mix well. Cut the pita pockets open and fill with the rocket leaves and the chicken mayonnaise.



Bidvest
foodservice

Recipe of the Week

Nougat Cake

from our
basket
to your
kitchen
Week 50

Ingredients

180 g margarine
200 ml castor sugar
45 ml runny honey
5 ml almond essence
4 large whole eggs
2 egg yolks (reserve the 2 whites for the topping)
625 ml cake flour
pinch of salt
15 ml baking powder
190 ml milk
75 g mixed glace cherries, roughly chopped

nougat topping

2 reserved egg whites
pinch of salt
30 ml hot water
10 ml runny honey
1 ml almond essence
60 ml castor sugar
50 g flaked or slivered almonds, lightly toasted

Method

Preheat the oven to 160°C. Grease a ring-form cake pan. Beat the margarine, castor sugar and honey together until fluffy. Beat in the essence, whole eggs and yolks. Gently blend in the cherries tossed in the flour first, along with the salt, baking powder and milk, to achieve a firm dropping consistency. Pour the batter into the prepared cake pan, and bake in a preheated oven for 45-50 minutes. While the cake is baking, prepare the topping. Using a hand or electric whisk, beat together the egg whites, salt, hot water, honey and essence in a bowl fitting snugly into a pot with enough simmering water in it, to touch the bowl base. When the egg whites are just beginning to change from foam to soft peak stage, gradually beat in the sugar in small amounts at a time, over the hot water, until a glossy stiff meringue forms. Remove from the stove and add most of the toasted almonds. Spread onto the cooled cake and sprinkle the reserved almonds on top. If you are not serving the cake soon, it may be best to store the topping separately until required.



Ingredients

- 3 large egg yolks
- 420 g tin of pitted black cherries, drained
- 400 ml milk
- 250 ml mascarpone
- 45 ml castor sugar

Method

Mix the egg yolks and cherries together and set aside. Place the milk and mascarpone in a saucepan and bring to the boil, whisking continuously. Remove the milk mixture from the heat and whisk in the egg mixture until well combined. Return the saucepan to the heat and cook on medium heat until the mixture is thick enough to coat the back of a wooden spoon. Pour the mixture into ramekins and refrigerate for about 2 hours until set. To serve, sprinkle the sugar over the top and caramelise with a blowtorch.

RECIPE

★ *of the Week*

BLACK CHERRY AND MASCARPONE BRÛLÉE



Caramelised Onion Tarts

with butternut, feta and rocket



from our
basket
to your
kitchen
Week 52

Ingredients

caramelised onion

80 ml butter

6 onions, sliced

tarts

1 egg

15 ml water

400 g cheese and herb
puff pastry

olive oil

topping

300 g roasted butternut cubes

100 g feta cheese

rocket leaves

salt and ground black pepper
to taste

Method

Heat the butter in a large saucepan.

Slice the onions thickly and sauté until soft and caramelised. Season to taste.

Thaw the pastry completely at room temperature. Roll out the puff pastry on a lightly floured surface. Cut into 6 x 10 cm x 8 cm rectangles. Preheat the oven to 180°C. Make a light 1 cm indent with the back of a butter knife, 1 cm from the edge of the pastry.

Scatter the caramelised onions over the inside of the pastries. Drizzle olive oil over the top. Combine the egg and the water and brush the rim of each tart.

Bake for 20 minutes until golden brown.

For the topping: Mix the butternut cubes with the feta. Serve with rocket leaves on top. Season with salt and ground black pepper.

