



Recipe of the week!

from our
basket
to your
kitchen
Week 19

COUNTRY COTTAGE PIE

Ingredients

- 1 onion, chopped
- 1 garlic clove, crushed
- 1 tablespoon of oil
- 750 g mince
- 1 green pepper, deseeded and chopped
- 1 can of chopped tomatoes
- 1 tablespoon of corn flour
- salt and pepper to taste

potato topping

- 7 medium potatoes, peeled
- 150 ml boiling water
- 185 ml creamer
- salt and pepper to taste

Method

Heat the oil and fry the onion and garlic, then brown the mince. Add the green pepper, tomatoes and salt and pepper to taste. Cook for 8-10 minutes. Combine the corn flour with a little water to form a smooth paste and stir into the mince mixture. Cook until the sauce thickens slightly. Place the mince mixture in an ovenproof dish and set aside. Boil the potatoes until soft, then mash. Add the creamer to the water, then stir into the mash and add salt and pepper. Place the mash on top of the mince and bake in the oven for about 30 minutes until golden brown.



Recipe of the Week



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Week 20

Fish Cakes

with curried peach & rice salad



Ingredients

300 g fish cakes, cooked
1 x 410 g canned peach slices in
sugar syrup
30 ml sunflower oil
1 medium onion, chopped
5 ml mild curry powder
375 ml cooked white rice
60 ml raisins
30 ml chutney
5 ml lemon juice
salt and cayenne pepper to taste
60 ml fresh coriander (dhania),
chopped
strips of red chilli
lettuce
leaves and lemon wedges

Method

Drain peaches and reserve 30 ml syrup. Chop peaches coarsely. Heat oil in frying pan; sauté onion. Add curry powder, fry for a few seconds; remove from heat. Stir in cooked rice, raisins, chutney, lemon juice, 30 ml reserved peach syrup, salt, cayenne pepper and chopped coriander. Garnish with chilli. Serve on lettuce with fish cakes and lemon wedges.

Cooking Instructions:

Cook directly from frozen. Brush the fish cake lightly with oil and bake on a lightly greased baking tray in a pre-heated oven at 220°C for approximately 20 minutes, turning after 15 minutes. Pan fry in a little preheated oil over moderate heat for 8-9 minutes, turning occasionally. Deep fry at 180°C for 5-6 minutes.



Recipe of the week!

SEAFOOD PLATTER

Ingredients

prawn cutlets, crumbed
tempura squid rings
tempura hake fillets
salt and pepper breaded squid
chunks
2 L of oil
wasabi mayonnaise to serve

Method

Heat the oil in a deep fryer.
Fry the prawn cutlets until
the coatings have gone crispy
and brown. Repeat the same
process with the squid rings,
the hake and the squid chunks.
Display the various seafood
with the sauce on a platter.



Recipe of the week

Trifle



Ingredients

boudoir biscuits, soaked in
brandy sugar syrup
orange segments
orange jelly
200 ml cream, whipped

custard

125 g white sugar
6 egg yolks
40 g flour
500 ml milk
1 vanilla pod

Method

For the custard, cream the egg yolks with the sugar and flour until light and fluffy. Bring the milk with scraped vanilla pod to the boil, then add to the yolks while whisking. Pour mixture through a sieve and return to the heat. Cook on a low heat while stirring until thick and smooth. Allow to cool in the fridge.

To assemble the trifle: Layer the ingredients in your serving dish, start with the soaked boudoir biscuits then custard, orange segments, jelly and then start another layer with the biscuits. Finish the trifle off with a layer of the whipped cream and some more orange segments on top.