

CHILLI CARAMEL CHICKEN WINGS

Ingredients Method

| | |
|---|---|
| 350 ml water | In an electric skillet or a large skillet |
| ½ cup of brown treacle sugar | over medium heat, mix together all |
| ½ cup of soy sauce | the ingredients barring the wings and |
| 2 tablespoons of peanut butter | mix until the sugar has dissolved and |
| ½ cup of sweet chilli sauce | the sauce is smooth. Fry the wings |
| 100 ml balsamic vinegar | in a little oil until they have achieved |
| 1 teaspoon garlic, minced | a golden brown colour. Pat off the |
| 1 teaspoon ginger, minced | excess oil and place the wings into |
| 1 teaspoon chilli, minced | the sauce, cover, and simmer for |
| 20 large chicken wings, tips removed and wings cut in half at the joint | 15 minutes. Uncover and simmer |
| 1 teaspoon sesame seeds, or to taste | until the wings are tender and the |
| | sauce has thickened, about 15 more |
| | minutes, spooning sauce over wings |
| | occasionally. Sprinkle with sesame |
| | seeds and serve hot. |

Recipe
of the
Week

from our
basket
to your
kitchen
Week 43



 **Bidvest**
foodservice

Recipe of the Week

from our
basket
to your
kitchen

Week 44

Oven Baked Chicken Fillets

Ingredients

- 1 kg chicken fillets
- ½ kg shoulder bacon
- 1 wedge of brie cheese, cut into batons
- 175 ml cake flour
- ½ teaspoon of salt (fillet marinade contains salt)
- ¼ teaspoon of ground black pepper
- 1 teaspoon of fresh rosemary leaves
- 500 ml fresh cream
- parsley, freshly chopped or rosemary twigs
- basmati rice to serve
- vegetables to serve

Method

Thaw the chicken fillets and butterfly. Roll batons of cheese in the butterflied fillets and wrap the rolled fillets in a strip of bacon. Secure if needed with a toothpick. Combine the flour, the salt, the pepper and the fresh rosemary. Roll the chicken breast fillets in the flour and rosemary mixture. Place the fillets in a lightly buttered oven dish. Pour the cream over the chicken. Bake at 180°C for 1 hour. Garnish with parsley or rosemary and serve with the basmati rice and vegetables.



Recipe of the Week

from our
basket
to your
kitchen
Week 45

Summer Dessert

Ingredients Method

2 cups of creamer
3 cups of boiling water
1 packet of jelly powder
fresh fruit to decorate
custard or ice cream to serve

Combine the creamer and 2 cups of boiling water. Stir until smooth. Chill. Mix the jelly powder with a cup of boiling water and allow to cool to room temperature, but not to set. Beat the chilled creamer until thick and creamy. Add the cooled jelly and beat until smooth. Pour the mixture into a dessert bowl and refrigerate (preferably overnight). Decorate with fruit if desired. Serve with custard or ice cream.



RECIPE OF THE WEEK

Crispy Strips

with Smoked Cheese Melt on a Croissant

Ingredients

- 1 butter croissant
- 3 to 4 crispy chicken strips, deep fried
- 2 tablespoons of smoked cheese, grated
- 1 tablespoon of mayonnaise
- 1 tablespoon of spring onion, finely chopped
- ground black pepper

Method

Cut the croissant in half and lightly toast. Combine the cheese and the mayonnaise together. Deep fry the crispy chicken strips. Place the crispy strips on the toasted croissant. Top with the cheese and the mayonnaise mixture. Place under the grill for 2 to 3 minutes until the cheese melts. Sprinkle with the chopped spring onion and the ground black pepper. Serve warm.

Chef's tips and recommendations:
Flavour the cheese and mayonnaise mix with chopped coriander or chopped chives. Serve the croissant with a side salad, coleslaw or a Greek salad.

Recipe of the Week

from our
basket
to your
kitchen
Week 47

Herb Corn Fritters

Ingredients

420 g can corn kernels
1 cup self raising flour
½ teaspoon chilli powder
(optional)
2 eggs
1 cup corn flakes
2 teaspoon mixed fresh herbs,
chopped
salt and freshly ground black
pepper
vegetable oil, for frying

Method

Combine all ingredients except the vegetable oil in a large bowl. Heat a large heavy base pan until quite hot and add 1 tablespoon of oil. Spoon tablespoons of mixture into the pan and press down with spatula. Cook for 1-2 minutes then flip over and continue cooking for another 1-2 minutes or until fritters are crisp and brown. Remove from pan and place onto paper towel. Season with extra salt if desired. Serve immediately.

