

Recipe of the Week

Baked Bar-One Crème Brûlée

Ingredients Method

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|---------------------|--|
| 1 L double cream | Place the cream in a large saucepan along with the pod seeds of the vanilla and the Bar-One |
| 20 ml Bar-One sauce | sauce. Bring the cream up to a boil. |
| 225 g castor sugar | Cream together the egg yolks and the sugar. It is |
| 12 egg yolks | important that you do not whisk these together |
| 2 vanilla pods | rapidly as then you will form a foam on top of the brûlée. When the cream boils, pour it on to the egg yolks and whisk gently, making sure all the egg is incorporated into the cream. |
| | Strain into an oven dish and bake at 120°C, for 30 minutes. Keep checking every 5 minutes after 20 minutes as all ovens vary. |
| | When set leave to cool. Finish with caramelised sugar. |



from our
basket
to your
kitchen
Week 34



Thai Salmon Fish Cakes

with Crispy Sweet Potato

Ingredients

fish cakes

418 g can of red or pink salmon,
drained and bones removed
1 red chilli, seeded and chopped
½ a red pepper, finely cubed
32 g fresh white breadcrumbs
15 ml fish sauce
3 ml soy sauce
5 ml lemon or lime rind (optional)
1 egg, beaten
freshly ground black pepper to
taste
flour for coating
25 ml sunflower oil for frying
lemon wedges, herb salad
and sweet chilli sauce to serve

sweet potato chips

800 g cut sweet potato chips
salt and freshly ground black
pepper

Method

To prepare the fish cakes, add all of the ingredients, except for the flour and oil into a food processor and pulse until mixed. Add more breadcrumbs if the mixture is a little soft. With lightly floured hands, shape into 50 ml fish cakes, dust with flour and place on a baking tray.

Place in the freezer until needed.

Meanwhile cook cut sweet potato chips according to the instructions on the pack.

Fry the fish cakes in heated oil for 2-3 minutes or until crispy and golden brown.

Serve with lemon wedges, herb salad and sweet chilli dipping sauce.

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Week 36

Baked Tomato and Mozzarella Tarts

Ingredients Method

- 2 rolls of ready-made puff pastry
- 5-6 beefsteak tomatoes, sliced
- 300 g mozzarella, cut into thin slices
- salt and black pepper to taste
- 1 cup of basil pesto
- crunchy salad to serve

Preheat the oven to 200°C. Lay out the puff pastry and cut into rectangular pieces as wide as the tomato slices. Arrange the tomato and mozzarella slices alternately on the pastry and season with the salt and black pepper. Bake in the oven for 12-15 minutes until the pastry is golden in colour. Serve warm with the pesto spooned over. Serve with a crunchy salad.



Chicken Breyani

Ingredients

- 2 kg chicken portions
- 6 hard boiled eggs, peeled
- 6 potatoes, quartered
- butter or oil for frying
- 5 cinnamon sticks
- 8 cardamom pods
- 4 onions, thinly sliced and fried to a golden brown and set aside
- 2 cups of lentils
- 1 cup of ghee or melted butter, mixed with ½ a cup of oil
- 700 g basmati rice
- ¾ cup of warm water
- ½ teaspoon of saffron

marinade

- 1 green or red chilli with seeds, finely chopped
- ¼ cup of coarsely chopped, fresh coriander leaves
- 1 teaspoon of turmeric
- sprinkling of salt
- 2 teaspoons of fresh ginger, crushed
- 2 teaspoons of fresh garlic, crushed
- 300 ml buttermilk

Method

Mix the chicken and all of the marinade ingredients in a large bowl and leave to marinate overnight in the refrigerator. Fry the potato pieces in a little oil or butter until they start browning and are virtually done.

To prepare the rice:

Rinse the rice, then parboil until soft but firm, rinse again. Place the rice in a dish, sprinkle with salt and pour over ½ a cup of the melted butter or ghee.

To prepare the lentils:

Wash them and boil them in unsalted water for about 20 minutes until they start to go soft.

To prepare the saffron:

Mix water and saffron and put aside. Take a large ovenproof dish and pour the remaining ghee in the bottom. Add the cinnamon sticks and the cardamom pods. Spread 1/3 of the rice across the bottom of the dish. Sprinkle one third of the cooked lentils over the rice. Add the chicken and marinade. Spread one third of the rice over the chicken.

Then add all the onion, then the potatoes. Top with the remaining lentils. Arrange the eggs on top and cover with the remaining rice.

Pour over the saffron water. Cover the dish very well and place in a preheated oven at 180°C for 90-120 minutes.



Recipe of the Week

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Week 38

Ingredients Method

1 kg of beef short rib meat

1 onion, chopped

1 garlic clove

1 carrot

oil

sauce

15 g demi glace sauce powder

200 ml lukewarm water

mash flakes

1 packet of mash flakes

600 ml water

4 g salt

240 ml milk

Preheat the oven to 180°C. Heat the oil in a pan and brown the meat on all sides.

To prepare the demi glace sauce:

Place the sauce powder in a pot and then add the lukewarm water and whisk to break the lumps. Bring this mixture to the boil and simmer for 3-4 minutes, stirring occasionally. Place the beef short rib meat into a casserole dish with the chopped onion, garlic and carrot and enough demi glace sauce to cover three quarters of the meat. Cover with a tight fitting lid or foil and braise in the oven until tender.

For the mash flakes:

Boil the water with the salt. Switch the power off and add the milk. Do not exceed a temperature of 80-85°C. Briskly stir in the contents of the packet with an egg beater. Stir again briefly after 2-3 minutes. Serve with the braised beef and demi glace sauce.

Braised Beef Short Rib

with Demi Glace Sauce and Mash

