

# DUSKY DECADENCE

## INGREDIENTS

160 ml cream liqueur  
30 ml ginger liqueur  
2 teaspoons hazelnut liqueur  
2 teaspoons orange liqueur  
Pinch cinnamon  
Ice cubes  
Crushed ice  
1 brownie, crushed  
Chocolate shavings or fresh ginger

## METHOD

Add all ingredients in a cocktail shaker or blender. Shake or blend for 30 seconds and pour into a hi-ball or milkshake glass filled with crushed ice as a top layer. Garnish with brownie, chocolate shavings or fresh ginger.



\* These recipes are also available in For the Menu with a Twist Recipe Book



*Recipe of the Week*

**WEEK 31**

 **Bidvest**  
foodservice





Recipe of the Week

Week 32



# Bacon Breakfast Stack

## INGREDIENTS

- 1 cup mushrooms
- 1 pita bread, toasted
- 10 ml sundried tomato pesto
- 20 ml caramelised onion, ready made
- 5 slices shoulder bacon
- 1 egg, poached or fried
- small handful baby rocket or micro greens
- 5 ml basil pesto
- salt and ground pepper to season

## METHOD

Fry the mushrooms in a little butter until they are cooked, season to taste.

Toast the pita and keep warm.

Assemble the stack by spreading the sundried tomato pesto on one side of the pita bread and dot the caramelised onion on top of that. Then arrange the mushrooms and top with the bacon, rocket leaves and egg. Garnish with the basil pesto and other herbs.

Season lightly.



# Recipe of the Week

Week 33

## Creamy Asparagus and Prawn Pasta

### ingredients

1 medium shallot, finely chopped  
45 ml butter  
300 g prawns, cooked, peeled and deveined  
100 g asparagus tips  
zest of 1 lemon  
30 g flat leaf parsley, finely chopped  
250 g crème fraîche  
salt and freshly ground black pepper to taste  
250 g penne pasta or any other pasta of your choice  
parsley, lemon and parmesan for serving

### method

Sauté the shallot in the butter over low heat until softened. Add in the prawns and asparagus and sauté for 2 minutes. Add the lemon zest, parsley and crème fraîche. Season to taste and heat through. Cook pasta according to instructions on packet and mix with sauce. Serve with extra parsley, a drizzle of lemon juice and a sprinkling of parmesan cheese.

Serves 2 as a main dish or 4 as a starter.

### A helpful hand.

Use onions or leeks instead of shallots. Use 300 g mixed seafood instead of the prawns. Use baby marrows instead of asparagus. Use broccoli florets and bacon instead of asparagus and prawns.



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 **Bidvest**  
foodservice



# Recipe of the Week

## Creamy Baked Caramel Sago

### Ingredients

1 L full cream milk  
185 g sago  
2 ml salt  
2 ml nutmeg, ground  
2 ml cinnamon, ground  
50 g brown sugar  
80 g unsalted butter  
10 ml caramel essence  
4 eggs, separated

### Topping

50 g brown sugar  
2 ml cinnamon, ground

### Method

Preheat the oven to 170°C and grease a large ovenproof pudding dish or individual ramekins. Heat the milk to just below boiling point and add the sago, salt, nutmeg and cinnamon. Simmer over very low heat for 10 - 15 minutes, or until the sago is transparent. Add the brown sugar, butter and caramel essence, and stir in well. Remove from heat. Whisk the egg yolks, then add to the sago mixture and mix well. In a perfectly clean bowl whisk the egg whites until stiff and fold into the sago pudding. Bake in the preheated oven for 30 minutes. Mix the topping ingredients together and sprinkle over the top. Return to the oven for an additional 10 - 15 minutes or until set.

Decorate with roasted pear or apple slices.



# Week 34

 **Bidvest**  
foodservice



# Recipe of the Week

Week 35

## Thai Green Curry with Rice

### ingredients

750 g chicken thighs  
1 teaspoon sunflower oil  
1 large onion, finely chopped  
3 tablespoons thai green curry paste  
100 g green beans  
100 g baby marrows, sliced  
2 kaffir lime leaves  
1 stalk lemongrass, fat end bashed  
100 ml water  
1 can coconut milk  
2 bay leaves  
2 ml food seasoning  
2 ml ground black pepper  
1 tablespoon fish sauce  
1 tablespoon lime juice  
1 tablespoon dark brown sugar  
250 g parboiled rice

### method

Heat oil and fry the onions until translucent, add the chicken and fry until cooked. Add the vegetables and fry for a minute or two, then add the curry paste. Add a little coconut milk (just enough to cover the food) and allow the ingredients to simmer for about 5 minutes. Now add the fish sauce, lime juice and brown sugar, and finish off with the rest of the coconut milk. Simmer until heated through. Sprinkle with coriander leaves and serve with the rice which you have cooked according to the package instructions.

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