

SPICY BACON PASTA

WITH TOMATO BEER SAUCE

INGREDIENTS

250 g streaky or shoulder bacon, chopped
45 ml olive oil
60 ml capers
6 sundried tomatoes in olive oil, chopped
4 garlic cloves, peeled and crushed
2 ml chilli powder
4 gherkins, chopped
2 red onions, finely chopped
2 x 400 g tin tomatoes
350 ml beer
12 olives, pitted and chopped
450 g spaghetti or penne pasta
30 ml Italian parsley, chopped
salt and pepper to taste
parmesan cheese to serve

METHOD

Fry the bacon in olive oil for 5 to 8 minutes until cooked and starting to crisp up. Remove the bacon from the pan, and set aside. Add the capers, the sundried tomatoes, the garlic, the chilli powder, the gherkins and the onion to the bacon oil. Cook for 10 minutes until browned. Add the tomatoes and beer and bring to the boil. Cook on a medium heat for about 50 minutes, until the sauce thickens. Puree the sauce and return to the pan over low heat. Stir in the bacon and the olives, and season with the salt and pepper. Cook the pasta in salted boiling water until al dente. Toss the pasta with the sauce, garnish with the parsley and a drizzle of olive oil. Serve with the grated Parmesan cheese.



Recipe of the Week

WEEK 5

 **Bidvest**
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Recipe of the Week

Week 6



Smoked Cheese Quiche

INGREDIENTS

26 cm baked short pie crust in the tin

500 ml cooked country veg

1 large onion, coarsely chopped and lightly browned

150 g smoked mozzarella, cut into quarters

250 g cherry tomatoes

sprinkling of sugar

salt and freshly milled black pepper

dried origanum to taste

125 ml grated gruyere or mature cheddar cheese

250 ml pouring cream

4 large eggs

whole small fresh herb leaves (basil, origanum, Italian parsley)

METHOD

Place the baked short pie crust onto a baking sheet to prevent any spillage. Arrange the country veg, onion and smoked mozzarella in the bottom of the pie crust. Cut a small deep cross in the ends of the tomatoes and sprinkle with a little sugar. Tuck them into the vegetables, the ends facing uppermost. Season to taste and sprinkle with the dried origanum. Sprinkle with the grated cheese. Whisk the pouring cream and the eggs together and pour over the vegetable and cheese mixture. Bake in the oven, preheated to 190°C, for 25-35 minutes or until the filling is set and golden. Unmold the quiche onto a serving platter, tuck in the fresh herb leaves, slice and serve warm.



Recipe of the Week

Week 7

French Almond Frangipane Croissant

ingredients

12 croissants

frangipane
150 g sugar, granulated
100 g almond meal, ground
one egg, white only
2 tablespoons of sugar
syrup
2 tablespoons of water
vanilla extract, optional

topping
50 g almond flakes
icing sugar

method

This recipe makes 12 almond filled croissants. Using baked and cooled croissants, either fresh or up to one day old, Weigh out the frangipane ingredients into a mixing bowl and beat gently until the mixture is a smooth paste. Cut the croissants length-ways to make a pocket. Generously spoon the mixture into the croissant and reclose. Lightly wet the surface of each croissant with water and sprinkle with almond flakes. The croissant can be eaten like this, or for maximum freshness, reheat in an oven at 180°C for 5 minutes until the almonds are lightly toasted. Finish off with a generous dusting of icing sugar.

Extra Information:
A traditional French almond frangipane croissant is prepared in Parisian bakeries. Traditionally, French bakers use yesterday's unsold croissants to make almond croissants, but a modern twist would be to use fresh croissants for the best tasting product.



Recipe of the Week

Cajun Vegetable Baguette

Ingredients

300 g roasting
vegetables
10 ml olive oil
5 ml veggie seasoning
50 ml mayonnaise
2 ml cajun seasoning
15 ml sweet chilli sauce
2 baguettes
60 g crumbled feta

Method

Mix vegetables with olive oil and veggie seasoning. Bake at 180°C for 3 minutes. Mix cajun seasoning and sweet chilli sauce with mayonnaise. Heat baguettes. Layer baguettes with roasted vegetables, feta and mayonnaise mix.



Week 8

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ORANGE POLENTA CAKE

INGREDIENTS

250 g unsalted butter
250 g castor sugar
4 large eggs
200 g polenta
250 g cake flour
2 teaspoons baking powder
2 oranges, zest of
10 ml orange concentrate
¼ teaspoon of salt

orange glaze
200 ml orange juice made up
from orange concentrate
200 g castor sugar

METHOD

Heat the oven to 160°C. Line the base and sides of a round 23 cm cake tin with baking parchment. Cream the butter and the sugar together until light and fluffy. Add the eggs, one at a time, and mix thoroughly. Once the mixture is combined, add all of the dry ingredients, the zest and the juice of the oranges to the mix. Transfer the mixture to the tin, spread evenly, then cook for about 45 minutes or until a skewer inserted into the centre of the cake comes out clean.

Remove from the oven and turn out onto a wire rack to cool. To prepare the glaze: Put the juice and sugar in a medium saucepan and bring to the boil. Let it simmer for 5 minutes, then remove from the heat and allow to cool. Drizzle the orange glaze over the top of the cooled cake.



Recipe of the Week

WEEK 9

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