

CREMA DI RICOTTA AL CAFFE

INGREDIENTS

2 cups of ricotta cheese
1/4 cup of coffee or espresso
1/3 cup of sugar
1 kiwi, diced

METHOD

Mash the ricotta in a bowl until soft. Add the sugar and the coffee and mix well. Taste and adjust the sugar if necessary. Spoon into dessert bowls and leave in the fridge for 2-3 hours. Decorate with diced kiwi before serving.



Recipe of the Week

WEEK 23

 **Bidvest**
foodservice



Recipe of the Week

Week 24



Summer Swordfish

INGREDIENTS

- 2 cups of all-purpose flour
- 1 teaspoon of seasoned salt
- ½ teaspoon of pepper
- 6 x 150 g swordfish fillets
- 2 tablespoons of butter
- 2 tablespoons of pure olive oil
- ½ cup of fresh coriander leaves, chopped
- ½ cup of grated cucumber, well drained
- 1 stalk of dill, chopped
- 1 garlic clove, crushed
- a heavy grind of black pepper
- a heavy grind of sea salt
- 250 ml greek yoghurt

METHOD

In a large re-sealable plastic bag, combine the flour, half of the seasoned salt and a quarter teaspoon of the pepper and add the fillets. Seal the bag and turn the contents to coat. In a large skillet, heat the butter and the oil. Cook the swordfish over a medium-high heat for 2-3 minutes on each side. Remove and keep warm. Mix the herbs, cucumber, garlic and seasoning into the yoghurt and chill. Serve the swordfish on a fresh garden salad complimented with a herb dressing.



Recipe of the Week

Week 25

Mussel Chowder

ingredients

455 g potatoes
50 ml cold water
¼ cup of olive oil
115 g of bacon
3 tablespoons of garlic,
finely chopped
1 teaspoon of lemon zest
3 tablespoons of shallots,
finely chopped
1 tablespoon of fresh thyme
leaves
3 tablespoons of plain flour
680 g of fresh mussels
2 cups of leeks, chopped
750 ml of white wine
½ cup of double cream
¾ teaspoon of sea salt
¼ teaspoon of freshly
ground pepper
crusty bread to serve

method

Parboil the potatoes, slice them into ½ cm thick slices, place them in a medium saucepan in cold water, and bring to a boil. Reduce the heat to medium and cook until the potatoes just begin to soften, for about 5 minutes. Drain the potatoes and set to one side.

To prepare the chowder: Heat the olive oil in the saucepan over a medium heat, add the bacon, the garlic, the lemon zest, the shallots, the thyme and cook. Stir the ingredients frequently, until the shallots and garlic are softened and the bacon is lightly browned, for about 6 minutes. Gradually add the flour, stirring well. Add the mussels and the wine, and cover. Bring to a low boil over a medium heat. Remove the mussels as they open, using a slotted spoon, and set to one side. Reduce the heat to a medium low heat, and add the potatoes and leeks to the chowder and continue to cook until the potatoes and leeks are tender for about 20 to 25 minutes. Remove from the heat and stir in the double cream, season the chowder with the sea salt and pepper and lightly fold the mussels into the chowder. Serve right away in warmed soup bowls with the crusty bread.



Recipe of the Week

Spinach, Feta and Mayo Muffins

Ingredients

1 cup of cake flour
3/4 cup of whole wheat flour
2 tablespoons of castor sugar
4 1/2 teaspoons of baking powder
2 cups spinach, blanched and chopped
160 g feta cheese, cut into 1 cm cubes
1/2 teaspoon of ground nutmeg
1 egg, lightly beaten
3/4 cup of milk
1/3 cup of butter, melted
mayonnaise

Method

Preheat oven to 200°C. Prepare a 12 hole muffin tin by brushing with oil or use paper cases. Sift flour, nutmeg and baking powder in a bowl and mix in spinach, sugar and feta. In another bowl mix the egg, milk, butter and mayonnaise. Add liquid ingredients to the dry ones and fold lightly with a fork. Do not over mix. Spoon into muffin tins and bake for approximately 25-30 minutes or until just starting to brown and a toothpick comes out clean. Place muffins on a wire rack to cool.



Week 26

 **Bidvest**
foodservice