

# CALAMARI STUFFED WITH PRAWNS

## INGREDIENTS

8 medium-sized squid tubes, wing off  
8 medium-sized calamari tubes  
1 L water  
500 ml dry white wine  
1 bay leaf  
a pinch of salt  
250 g cooked, peeled and chopped prawns  
1 minced garlic clove  
2 tablespoons of chopped parsley  
2 chopped red chillies  
2 lemons  
100 ml extra virgin olive oil  
salt and pepper  
250 ml cream  
100 ml sweet chilli sauce

## METHOD

For four people, simmer 8 medium-sized calamari tubes in a saucepan. Bring a litre of water, the wine, the bay leaf and a pinch of salt to a simmer. Add the calamari, and simmer for 15 minutes. Remove from the water to drain and cool. In a bowl, mix together the prawns, garlic clove, chopped parsley, red chillies, the juice of the lemons and 100 ml of extra virgin olive oil. Season with salt and pepper and mix well. Stuff the calamari with the mixture. Place the calamari in a baking dish and cover with the cream mixed with the sweet chilli sauce. Bake at 180°C for 20 minutes. Arrange on serving plates and drizzle with the leftover sauce, serve with rice.



*Recipe of the Week*

**WEEK 18**

 **Bidvest**  
foodservice



## Recipe of the Week

# Week 19



# Waffles and Nectarines

## with Vanilla Ice Cream and Chocolate Sauce

### INGREDIENTS

- 4 waffles
- 2 nectarines
- 8 scoops of vanilla ice cream
- ½ cup of chocolate spread
- 1/3 cup of cream
- mint and cherries to garnish

### METHOD

Peel the nectarines and cut them into 8 quarters. Cut the waffles into quarters and place 4 quarters onto a plate. Place the nectarines on the waffles and garnish your plate with cherries and mint or a garnish of your choice.

To make the chocolate sauce, heat the cream over very low heat in a saucepan. Once the cream is hot to the touch, add the chocolate spread and whisk until it dissolves and forms a thick sauce.

Scoop the ice cream onto the plate, pour the sauce over the ice cream and waffles and serve.



# Recipe of the Week

Week 20

## Rustic Savoury Bacon Cake

### ingredients

400 g cake flour  
45 ml olive oil  
45 ml white wine  
115 ml water  
salt and black pepper

### filling:

1 onion, chopped  
250 g shoulder or back  
bacon, chopped  
225 g ricotta cheese  
100 g mozzarella, chopped  
150 g feta cheese, crumbed  
2 eggs  
60 ml basil pesto  
225 g peas  
60 ml almonds, flaked  
(optional)  
olive oil

### method

Preheat the oven to 180°C and grease a 22 cm spring form cake tin lined with baking paper. Mix the flour with a pinch of salt, the olive oil and the wine and just enough water to bind it. Knead to a smooth elastic dough, then roll it out thinly. Line the tin with two-thirds of the rolled out dough, pressing it up the sides. Fry the onion and the bacon in a little olive oil until the bacon is cooked. Remove from the heat. Stir in the ricotta cheese, the mozzarella and the feta cheese. Beat the eggs in a small bowl, remove 5 ml of the egg and set aside. Stir the bulk of the egg into the cheese mixture and add the pesto and the peas and season with the salt and pepper. Mix together. Tip the ingredients into the lined cake tin, smoothing it with a spoon. Slice the remaining one-third of the dough into wide strips and lay them across the filled cake tin in a tight lattice, to cover the filling completely. Press the edges together tightly all the way around. Brush with the reserved egg, sprinkle with the flaked almonds (optional) and bake for 45 minutes. Set aside to cool, unmold and cut into wedges when serving.





# Recipe of the Week

## Brown Sugar and Nutmeg Roasted Parsnip Muffins

with raw almonds and cinnamon brown sugar

### Ingredients

Parsnips:

200 g chunky parsnips  
4 tablespoons of sunflower oil  
3 tablespoons of butter  
3 tablespoons of brown sugar  
1 teaspoon of ground nutmeg  
a pinch of salt & black pepper

160 g sunflower oil  
400 g amasi  
200 g brown sugar  
4 extra large eggs  
1 teaspoon of vanilla essence  
600 g cake flour  
1 tablespoon of baking powder  
2 teaspoons of bicarbonate soda  
2 teaspoons of ground cinnamon  
2 teaspoons of mixed spice  
1 teaspoon of salt  
250 g smooth cream cheese  
raw almonds, chopped  
brown sugar mixed with  
1 teaspoon ground cinnamon

### Method

Cover chunky parsnips with the other ingredients and roast for about 50 minutes at 180°C until soft. When roasted parsnips are cool, chop them finely.

Mix all the dry ingredients together with a whisk for even dispersion; add teaspoons of cream cheese to the flour, making sure the cream cheese is coated with flour. Whisk all the wet ingredients together and stir in the chopped parsnips. Pour the wet ingredients into the dry ingredients and fold gently using a big spoon. Do not over mix. Line a muffin pan with 11-12 muffin cases and spray with non-stick spray. With an ice-cream scoop and hot water, add one scoop of muffin mix into the cases. Sprinkle with chopped raw almonds. Add another scoop of muffin mix on top. Top with raw almonds and sprinkle with a little cinnamon brown sugar. Bake at 170°C for 25 minutes and then turn the tray. Bake a further 8-10 minutes. Using a skewer, test if the muffins are properly baked in the middle - the skewer must come out clean. Turning the tray ensures even-coloured baking. Allow to cool completely before removing the muffins from muffin pans.



## Week 21

 **Bidvest**  
foodservice





## Recipe of the Week

# Week 22



# Warm Vegetable Salad

## INGREDIENTS

500 g hawaiian stir fry  
olive oil  
salt and milled black pepper  
1 pack of mixed Italian salad leaves  
pitted black olives  
shavings of parmesan cheese  
large croutons  
garlicky vinaigrette

## METHOD

Place the hawaiian stir fry in a roaster and drizzle with the olive oil. Season to taste and toss well. Roast at 200°C until cooked and slightly browned. Remove from the oven and allow to cool slightly. Arrange the salad leaves on a platter and spoon the still warm vegetables on top. Sprinkle with the black olives and the parmesan shavings. Tuck in the croutons and serve with a generous helping of garlicky vinaigrette.

