



# What's Cooking?

## Recipe Collection - 1st Edition

**What's Cooking** is a husband and wife team who have enjoyed cooking together for over 30 years. We are proud to call ourselves "cooks" carrying on a tradition of serving exciting food which we feel is literally the "spice-of-life".

A mutual love of creating dishes ranging from home-style to exotic has resulted in a treasure trove of mouth watering recipes. All of the recipes in this book have been prepared and eaten by us.



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## **- Italian -**

### **Mamma Mia Pasta Casserole**

Mamma's classic fill-em-up pasta dish. With this made-from-scratch sauce, and subtle blend of savoury herbs, it's no wonder everybody loves Mamma!

#### ***Ingredients***

- 500g lean minced pork
- 1 cup passata
- 2 finely diced sticks of celery
- 1 finely diced carrot
- 4 Tbsp tomato paste
- 1 chopped green pepper
- 1 chicken stock cube
- 1 tin chopped tomatoes
- salt & black pepper
- 1 chopped onion
- 1 cup grated cheddar cheese
- sliced black olives
- oregano, parsley & basil
- 3 Tbsp parmesan cheese
- 400g pasta shells
- 2 garlic cloves - chopped or crushed

#### ***Directions***

Fry mince in a little olive oil until all water is absorbed and mince starts to brown. Add onion, green pepper, carrot and celery. Cook 2 minutes – add garlic, oregano and parsley. Stir and cook 2 minutes. Add chicken stock cube, tomato paste, chopped tomatoes and stir well. Add salt and pepper and simmer covered on low heat for 45 mins.

Meanwhile, cook pasta shells in boiling salted water until "al dente". Strain. Tip pasta shells into a casserole dish and mix in the parmesan cheese.

Pour the meat sauce over the pasta shells and mix well. Pour the passata over the pasta mixture. Cover with foil and bake at 180C/350F for 45 mins.

Remove foil and cover pasta with the cheddar cheese and sliced black olives. Sprinkle with basil and continue baking uncovered for a further 15 mins.

Bon Appetite!

# **Pizza Sauce - Homemade *Squisito!***

Sauce for a tasty background to your favorite pizza topping creation. Remember: Thin Crust and minimal toppings are the key to the ultimate pizza experience.

## ***Ingredients***

- 1/2 tsp fennel seed
- 1 Tbsp olive oil
- 6 med chopped tomatoes
- 1 lge onion finely chopped
- 1/2 tsp basil
- 1 tsp oregano
- 2 cloves finely chopped garlic
- 1/2 cup water
- 1/2 cup red wine
- 2 tsps tomato paste

## ***Directions***

In a frying pan heat oil and saute onion, herbs and garlic. Add wine and cook 2 minutes. Add tomatoes, tomato paste and water. Simmer on lowest heat for 45 minutes. Allow to cool.

This recipe yields enough sauce for eight 9 inch pizzas.

Apply the sauce VERY thinly to each pizza crust. It only takes 2 Tbsp (or less) of sauce to do the trick.

Tip: Freeze leftover sauce for when family and friends are begging for more!

# Meatballs Italiano

The world is round... a traditional Italian masterpiece!

## ***Ingredients***

- 1 Tbsp teriyaki sauce
- 1 tsp garlic granules
- 2 cloves thinly sliced garlic
- 1/2 thinly sliced red, green and yellow pepper
- 1 tsp oregano
- 500g lean minced pork
- 1 slice of bread made into breadcrumbs
- 1 tsp fennel seeds
- 1/2 tsp black pepper
- 1/4 cup red wine
- 1 thinly sliced onion
- 1 tin chopped tomatoes
- 3 Tbsp tomato puree
- 1 egg

## ***Directions***

In a large bowl, mix the minced pork, garlic granules, oregano, teriyaki, fennel seeds, black pepper, breadcrumbs, and egg until well combined.

Wet hands and pick up a walnut sized piece of mixture. Shape into a smooth ball rolling the mixture around between the palms of your hands.

Heat 2 Tbsp olive oil in a large frying pan and fry the meatballs, turning them over until evenly browned. You may need to do several batches using more olive oil as necessary.

To make the tomato sauce, heat 1 Tbsp olive oil in a saucepan and fry the onion and garlic cloves until translucent. Add peppers and continue cooking for 2 mins. Add wine and cook 1 min, then add tomatoes and puree.

Transfer meatballs to the sauce and cover and simmer very gently for 45-60 mins

# **Pizza Crust - Thin Authentic Italian**

This authentic Italian pizza crust recipe was developed from our research into the simple stone baked, wood fired oven techniques from Italy.

A "less is more" approach... thin crust and minimal toppings are the key to the ultimate pizza experience.

## ***Ingredients***

- 4 Tbsp olive oil
- 6 cups plain flour
- 2 pkts active dry yeast
- 1/2 tsp salt
- 2 cups warm water

## ***Directions***

In a large mixing bowl combine 2 1/2 cups of the flour, yeast and salt. Add water and oil and mix with wooden spoon. Stir in as much of the remaining flour as you can. On a lightly floured surface, knead in enough remaining flour to make a stiff dough that is smooth and elastic, for about 6 minutes. Cover and let rest 10 mins.

Divide dough into 4 balls. Each ball of dough will make two 9 inch pizzas. You can freeze any unused balls of dough in plastic freezer bags.

Grease 2 pizza pans or baking tins. On a floured board sprinkled with cornmeal, roll out half of dough ball with rolling pin into 9 inch circle or square. Place on prepared pan and repeat with remaining dough.

Bake in pre-heated very hot 475F degree oven for 5 minutes. Turn crust over and cook for a further 5 minutes. Remove from oven.

Spread pizza crust with pizza sauce and toppings of your choice. Bake for 10 to 15 minutes until cooked. Remove from oven and sprinkle with oregano.

Note: Thin crust and minimal toppings are the key to the ultimate pizza experience.

# **Fettuccine in Creamy Ham and Mushroom Sauce**

Just reading about this wonderful blend of cream, smoked ham and mushrooms over pasta is guaranteed to make your tummy rumble... the only cure is to make this classic Italian dish... right now!

This is a quick and easy dish to put together when you want to serve something delicious but are short of time.

## ***Ingredients***

- 5 fl oz double cream
- 1oz freshly grated Parmesan cheese
- 8oz fresh or dried fettuccine or tagliatelle
- freshly grated nutmeg
- 2 slices smoked ham, cut into fine strips
- 4oz mushrooms, finely sliced
- salt and pepper
- 2oz butter

## ***Directions***

Carefully place the pasta in a large pan of boiling salted water. Cook dried pasta 8-12 minutes or fresh pasta 2-3 minutes. Make sure the pasta is "Al Dente" (see tip below)

Meanwhile, melt the butter in a small pan, add mushrooms and saute for 2-3 minutes. Add the ham and nutmeg, salt and pepper to taste. Stir in the cream and simmer for 2 minutes.

Drain the pasta well and stir in the sauce. Sprinkle with the Parmesan cheese and serve immediately.

Tip: Al Dente refers to the desired texture of cooked pasta in Italian cooking. It literally means "to the tooth". When the pasta is cooked Al Dente, there should be a slight resistance in the center when the pasta is chewed.

## **- Soups and Stews -**

### **Ham and Beans**

A long forgotten recipe from back when Mamma used to cook for a large family. It is the ultimate one dish meal.

#### ***Ingredients***

- 2 cloves chopped garlic
- 1 tsp pimenton/smoked paprika
- 1 lge tin chopped tomatoes
- 1 lge chopped onion
- 1 gammon or ham steak (unsmoked)
- 10 slices smoked thin streaky bacon
- 1 500g bag mixed dried beans
- 1 green pepper, chopped
- 2 sticks celery, chopped
- 2 chicken & 1 vegetable stock cubes
- 1 tsp ground cumin

#### ***Directions***

Rinse and sort the beans and cover with water in a large bowl and soak overnight.

The next day, in a large soup pot, fry the bacon in a little oil until lightly browned. Add onion and brown. Add green pepper, celery, spices, stock cubes and tomatoes. Drain and rinse beans and add to the pot. Cover the beans with boiling water and mix. Place lid on and simmer for 1 hour 30 mins.

Meanwhile, dice the gammon steak removing any fat and rind. Fry in butter in a frying pan and add to beans and continue simmering for another 30 mins or until beans are tender.

Great served with hot buttered cornbread.

# **Ratatouille**

From Provence in the South of France comes this honest home style vegetable stew which preserves the integrity of each vegetable. Great any time of year, Ratatouille really excels in late summer when there is an abundance of fresh garden produce.

## ***Ingredients***

- salt & pepper
- 2 cups quartered tomatoes
- 2 1/2 cups zucchini/courgette in 1/2 inch slices
- 2 cups peeled, diced eggplant
- 2 thinly sliced green peppers
- 3 Tbsp olive oil
- 3/4 cup thinly sliced onion
- 2 cloves garlic sliced

## ***Directions***

In a large saucepan, heat 2 of the tablespoons of olive oil and saute onions and garlic until golden. Remove onions and garlic from the pan.

Add the remaining 1 tablespoon of olive oil to the saucepan and layer the green peppers, eggplant, zucchini, onions and tomatoes. Salt and pepper each layer. Sprinkle olive oil over the top.

Simmer, covered, over very low heat for 45 minutes. Uncover and continue to heat for 10 minutes longer to reduce the amount of liquid.

Serve hot or cold.

# French Onion Soup "A La More"

The rich flavour and tantalizing aroma of caramelized onions and melted cheese will have you saying, "Ooh La La"! French Onion Soup is great as a starter or main course.

## ***Ingredients***

- 3oz butter
- 7 fl oz white wine
- 2 1/2 pts vegetable stock
- 3 garlic cloves, peeled and crushed
- 1 1/2 lbs small onions, peeled and finely chopped
- Salt and black pepper
- 1 bay leaf
- 1 small french stick, cut in 1/2 inch thick slices
- 1 Tbsp flour
- 1Tbsp parsley, chopped
- 2 oz gruyere or cheddar cheese, grated

## ***Directions***

Melt the butter in a large heavy-based saucepan. Add the onions and cook slowly over a low heat, stirring frequently, until soft and golden brown - this should take at least 30 mins. Add the garlic and flour. Cook, stirring for 1 min.

Pour in the wine and let bubble until reduced by half. Add the stock, herbs and seasoning. Bring to a boil and simmer gently for 30 mins.

Remove bay leaf and allow soup to cool slightly. Puree one third in a blender, then return to the soup in the pan. Re-heat, stirring and check seasoning.

Divide between 4-6 ovenproof soup bowls. Float 2 or 3 slices of toasted bread slices on each portion and sprinkle with the cheese. Stand the bowls under the grill until the grated gruyere (or cheddar) cheese is melted and golden brown.

# **Potato, Leek and Parsnip Soup**

A soup that will warm you through the cold days of Winter.

## ***Ingredients***

- salt and freshly ground black pepper
- 8 oz parsnips, sliced
- 1 onion, sliced
- 2 oz butter
- 12 oz leeks, sliced
- 8 oz potatoes, sliced
- 1 1/4 pts vegetable stock
- 1/2 pt milk
- chopped herbs, to serve

## ***Directions***

Melt the butter in a large pan, add the vegetables and cook gently for 5 mins.

Add stock and seasoning, cover and simmer for 30 mins, or until vegetables are tender. Cool slightly, then puree in a blender, until smooth.

Return to cleaned saucepan, add milk and re-heat gently. Serve garnished with herbs.

# Corn and Red Chilli Chowder

The combination of creamed corn and milk is the perfect foil for the heat of the chillies.

## ***Ingredients***

- 4 Tbsp fresh parsley, chopped
- 1 tsp cumin
- 1 tsp ground coriander
- 2 garlic cloves, chopped
- Can creamed sweetcorn
- 2 red peppers, halved and seeded
- 2 tomatoes
- 1 onion, chopped
- 3 red chillies, seeded and chopped
- 1 Tbsp olive oil
- 1 pt milk
- 12 fl oz vegetable stock
- 3 corn cobs, kernels only
- 1 lb potatoes, diced
- 4 Tbsp double cream

## ***Directions***

Puree the tomatoes and onion in a blender until smooth. Add the creamed sweetcorn and puree again. Set aside. Pre-heat the grill to high.

Put the peppers, skin side up, on a grill rack and brush with some oil. Grill for 8-10 mins, until skins are black and blistered. Place peppers in a bowl and cover with cling film, then leave to cool. Peel and dice peppers, then set aside.

Heat the oil in a large saucepan and add chopped chillies and garlic. Cook, stirring for 2-3 mins, until softened. Add cumin and coriander and cook further minute. Stir in sweetcorn puree and cook 8 mins.

Pour in the milk and stock, then stir in corn kernels, potatoes, peppers and seasoning. Cook for 20 mins until vegetables are tender.

Pour into deep bowls, add the cream, then scatter chopped parsley on top.

# Brussel and Bacon Soup

A Brussel is not just for Christmas! Serve this easy to cook, great value and nutritious vegetable everyday of the year.

## ***Ingredients***

- 1 3/4 pts vegetable or chicken stock
- 8 oz potatoes, diced
- 1 lb Brussel sprouts, halved
- 3 sticks celery, sliced
- 1 onion, chopped
- 1 oz butter
- 3 slices smoked bacon, diced
- 1/2 pt milk
- 4 Tbsp double cream
- salt and black pepper

## ***Directions***

Melt the butter in a large saucepan, add the onion and bacon and saute for 4-5 mins. Stir in the celery, sprouts and potatoes. Cook for 5 mins.

Add the stock, bring to the boil, cover and simmer for 30 mins, or until vegetables are tender. Puree and return to cleaned pan.

Stir in the milk and season. Bring to boil, stirring frequently. Add extra stock, to thin, if necessary. Stir in cream and serve.

# Bean and Sun-Dried Tomato Soup

This lovely soup will remind you of a robust Italian minestrone even though it only takes a few minutes to prepare.

## ***Ingredients***

- Parmesan cheese to serve
- salt & pepper
- 2 celery sticks, finely sliced
- 3 Tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely sliced
- 2 x 14oz cans butter beans
- 4 Tbsp sun-dried tomato paste
- 1 1/2 pts vegetable stock
- 1 Tbsp chopped parsley
- 1 tsp oregano

## ***Directions***

Heat the oil in a saucepan. Add the onion and saute for 3 minutes until softened. Add the celery and garlic and cook for 2 mins.

Drain and rinse the butter beans and add to the saucepan along with the sun-dried tomato paste, stock, herbs and salt and pepper to taste. Bring to a boil, then reduce heat, cover and simmer gently for 15 minutes.

Serve sprinkled with Parmesan cheese accompanied with crusty bread.

# Broccoli and Cheese Soup

A warm and satisfying soup that is perfect for winter lunches and suppers.

## ***Ingredients***

- 4 oz grated mature cheddar cheese
- 1 tsp Worcestershire sauce
- 1 onion, chopped
- 1 Tbsp lemon juice
- 2 oz butter
- 2lb broccoli
- 1 lge potato, peeled and chopped
- 2 1/2 pts vegetable stock
- 4 fl oz single cream
- salt & pepper

## ***Directions***

Remove the tough stems and leaves from the broccoli. Cut off the stalks, peel and cut into 1 inch pieces. Break the florets into very small pieces and set aside.

Melt the butter in a large saucepan. Add the onion and broccoli stalks and cook, covered, for 5 minutes over a moderate heat. Stir often.

Add the reserved broccoli florets, potato and stock to the pan. Bring to a boil and cook, partially covered for 25 minutes, or until all the vegetables are soft.

Using a blender or food processor, puree the mixture in batches until smooth, transferring each batch to a clean saucepan. Add the cream, lemon juice and Worcestershire sauce to the pan. Simmer for 3-5 minutes, but do not allow to boil or the soup will curdle.

Just before serving, stir in the grated cheese.

## **- Indian -**

### **Onion Bhajias**

The popular deep fried onion delight from the Indian Sub-Continent.

#### ***Ingredients***

- 1 tsp baking powder
- 1 tsp turmeric
- 1 tsp coriander seed
- 1 med grated carrot
- 2 cups gram (chick pea/garbanzo bean) flour
- 1 lge chopped onion
- 1 med grated potato
- 1/2 tsp each salt and black pepper
- 1 cup water
- Vegetable oil for frying
- 1 tsp cumin seed

#### ***Directions***

In a mortar and pestle, crush the cumin and coriander seeds and then place in a large bowl with all the other ingredients, except the water and oil. Mix well with wooden spoon, then add enough water to mix to a thick batter.

Heat an inch depth of oil in a wok or frying pan and carefully drop in tablespoons of the mixture. Leave enough space to turn the bhajias and cook until browned on both sides. Drain on kitchen paper and serve hot.

# Tarka Dhal

A traditional vegetable accompaniment to any Indian meal. A combination of red lentils and split peas (pulses) which compliment hot curries. Served over rice Tarka Dhal is even great as a main course for those with vegetarian leanings.

## ***Ingredients***

- 1 Tbsp curry powder
- 1/2 tsp turmeric
- 4 oz yellow split peas (soaked overnight)
- 1/2 tsp salt
- 3 oz red lentils
- 3/4 pt water
- 2 Tbsp oil
- 1 tsp chopped garlic
- 1 tsp black mustard seeds
- 1 small thinly sliced onion
- 1 tsp chopped fresh ginger

## ***Directions***

Wash the lentils and peas. Bring water to the boil, add turmeric, salt, curry powder, ginger, garlic and pulses (lentils and peas).

Cover and simmer for 15-20 minutes until the pulses are soft. Mash the mixture to form a thick sauce.

Just before serving, heat oil add the onions and fry until golden brown. Add the mustard seeds and pour the hot mixture over the dhal and serve immediately

# Vindaloo (Hot Spicy Pork)

Vindaloo curries come from Goa in western India. They are always fiery hot. The locally grown red chillies, which are mixed with vinegar, give the vindaloo curry its characteristic hot-sour taste. Traditional vindaloos are made from pork, an influence by the Portuguese to western India. If you see vindaloo on an Indian restaurant menu it will usually be made with chicken, lamb or beef. No matter what meat you prefer... this is a "Vin-Vin" situation!

## ***Ingredients***

- 10 black peppercorns
- 1 inch piece of fresh root ginger, peeled and chopped
- 4 Tbsp ghee or vegetable oil
- 1 large onion, skinned and finely sliced
- 2 tsp each of coriander and cumin seeds
- seeds of 6 green cardamoms
- 2 tsp paprika
- 1 tsp salt
- 2 tsp mustard seeds
- 1 inch stick cinnamon
- 6-8 whole dried chillies
- 2 lb lean pork shoulder, trimmed of excess fat and cut into 1 inch cubes
- 6 Tbsp wine vinegar
- 3 whole cloves
- 2 Tbsp tomato puree
- 10 garlic cloves skinned

## ***Directions***

Heat half of the oil or ghee in a large pan or flameproof casserole dish. Add the onion and fry over moderate heat until just turning brown.

Remove the onion from the casserole with a slotted spoon and place in a blender or food processor.

Add the chillies to the machine with the spices, garlic, salt, vinegar, tomato puree and 4 Tbsp water. Work until completely smooth.

Cut the pork into 1 inch cubes and trim off any fat. Heat the remaining ghee in the pan, add cubes of pork and fry over moderate heat until browned on all sides. Add the onion and spice mixture and cook for a few minutes over high heat, stirring all the time.

Turn down the heat to very low, cover and cook very gently for one and a half hours or until the meat is tender and the sauce considerably reduced. If the sauce reduces too much before the meat is cooked, add a little extra water. Serve hot with rice.

# Ma Di Dhal (Creamy Spiced Beans)

This full-bodied vegetarian recipe from the Punjab is traditionally served by Sikhs as hospitality to travelers.

## *Ingredients*

- 4 fl oz single cream
- 3 oz butter
- 1 tsp cayenne pepper
- 3 Tbsp vegetable oil
- 2 oz dried red kidney beans
- 2 tsp cayenne pepper
- 2 tsp garam massala
- 1 onion, cut into very fine half rings
- 7 oz finely chopped tomatoes
- 7 oz dried black beans
- 2 tsp salt
- 4 tsp crushed garlic
- 4 tsp peeled and finely grated fresh ginger root

## *Directions*

Wash the two types of beans, drain, then cover with water and leave to soak overnight. Drain. Combine beans with 5 pints water in a large pan and bring to boil. Cover, turn heat to low and simmer for 3 to 4 hours or until the beans are quite tender.

Using a potato masher, lightly mash about half of the beans until they form a very coarse puree - half of the beans should remain whole. Add ginger, garlic, tomatoes, 2 tsp cayenne pepper, salt, butter, and cook very gently for 30 minutes, stirring occasionally. Add single cream and garam massala, stir well and cook for further 8 minutes.

In a small pan heat the oil, add onion and stir fry. When the onion is a rich, reddish brown, add the 1 tsp cayenne pepper. Pour over the beans and serve.

# Pilau Rice

Basmati rice is called the "Queen of Rice" because of the subtle taste and aroma it adds to Indian recipes. Pilau Rice is a basmati rice speciality which is proudly presented to guests on festive occasions such as weddings or the birth of a child.

The aromatic flavor of this royal recipe turns any meal into a celebration.

## ***Ingredients***

- 2 cups water
- 1 tsp cinnamon
- 1 tsp caraway seeds
- 1 tsp cumin seeds
- 2 cloves
- 1 tsp fenugreek seeds
- 4 cardamom pods, husks removed
- 1 Tbsp oil
- 2 tsp butter
- 1 cup basmati rice
- 1 tsp turmeric
- 1 bay leaf

## ***Directions***

Heat the oil and butter in a saucepan. Add the spices and gently fry for 2 minutes on low heat.

Add rice and again gently fry for 2 minutes on low heat stirring to prevent sticking.

Add the water, bring to boil, then turn down heat to lowest level and slow cook for 20 minutes. Do not lift lid during cooking.

# Chicken Shashlick - Tandoori Kebab

Kebab style cubes of boneless chicken marinated in yogurt and mild spices, served with onions, and green peppers.

Chicken Shashlick is an Indian Tandoori dish which is grilled on skewers over charcoal, a griddle, or in the oven.

## ***Ingredients***

- 1 inch ginger root, grated
- 1 Tbsp garam massala
- 1 Tbsp cumin powder
- 1 pint natural yogurt
- 3 tsp turmeric powder
- 1 tsp chilli powder
- 4 boneless, skinless chicken breasts
- 1 lge onion cut in 1 inch squares
- 8 cloves garlic, crushed
- Juice and rind of 1 lemon
- 1 lemon for garnish
- 2 green peppers cut in 1 inch squares
- 1 tsp coriander powder

## ***Directions***

Mix the spices, lemon juice, ginger and garlic to form a paste with a little water. Stir well into the yogurt to make a marinade.

Cut the chicken breasts into 1 inch cubes and place in a bowl. Pour over the marinade and stir well, thoroughly coating the chicken. Cover and marinate in the refrigerator for 1 hour or overnight.

Par boil the onion and pepper squares by plunging them into boiling water for 1 minute. This prevents the vegetables from burning before the chicken is done.

Thread chicken pieces onto skewers with an alternate piece of onion or green pepper between each piece of chicken.

Grill on a BBQ grill or griddle. For cooking in a conventional oven preheat the oven to highest heat for 20 minutes. Place on a wire rack in the oven and cook until done.

Serve with wedges of lemon.

# **Garam Masala**

The essential blended spice ingredient in many Indian recipes. Besides the fun and satisfaction of making Garam Masala yourself, there is the added benefit of filling your kitchen with a wonderful aroma straight from North India.

## ***Ingredients***

- 1 tsp coriander seeds
- 2 inch cinnamon stick
- 1/3 tsp nutmeg
- 1 tsp black peppercorns
- 1 tsp whole cloves
- 1 Tbsp cumin seeds
- 1 Tbsp cardamom seeds

## ***Directions***

Toast the spices in a heavy dry skillet over medium-high heat, stirring occasionally until they turn several shades darker and give off a sweet smoky aroma, about 10 minutes.

Remove the cardamom pod skins, then place the mixture in a mortar or coffee grinder. Grind as finely as possible.

Note: This aromatic blend of spices is usually used at the end of cooking or fried in the beginning of cooking to add a subtle flavor to a dish. Garam Masala should be added in small quantities, or it could overpower the dish.

# Cucumber Onion and Apple Raita

This crunchy accompaniment to hot spicy Indian and South Asian recipes will not only cool the palate, it will transform a meal into a feast.

## ***Ingredients***

- 1 apple diced
- 8 oz plain yoghurt
- 1 cucumber peeled and diced
- 1 onion chopped
- 1 Tbsp chopped fresh mint
- 2 Tbsp chopped walnuts

## ***Directions***

Just combine the ingredients and let marinate for 20 minutes before serving.

## **- Entrees -**

### **Magnificent Meatloaf**

The classic "school night" tummy filler gets the full treatment in this spectacular recipe... "school nights" will never be the same again!

#### ***Ingredients***

- 1 Tbsp teriyaki sauce
- 500g lean minced pork or beef
- chopped or dried parsley
- smoked paprika (or regular paprika)
- 2 slices of bread made into breadcrumbs
- 2 Tbsp passata
- 1 egg
- crushed chillies
- 1/2 finely diced green pepper
- 1 small finely diced onion
- Sprinklings of garlic powder, oregano, black pepper

#### ***Directions***

Combine all ingredients in a large bowl and mix well. Spoon mixture into a greased 2lb loaf tin.

Bake in pre-heated 200C/400F oven for 1hr 30min.

Remove from oven and allow to set for 10 mins.

Loosen meatloaf around edges of tin and turn out onto an ovenproof plate.

Slice 2 tomatoes and arrange overlapping on top of meatloaf.

Sprinkle with dried basil and return to oven for 10 more mins.

Serve with mashed potatoes, gravy and green beans.

# Sausages Braised in Red Wine

The ultimate way to serve bangers and mash!

## ***Ingredients***

- 6 oz button mushrooms
- 1Tbsp teriyaki sauce
- 1 cup red wine
- 1 bay leaf
- 6 slices chopped smoked streaky bacon
- 2 cloves sliced garlic
- 1 onion thinly sliced
- 1 lb Pork & Leek sausages
- olive oil
- 1 heaped tsp flour
- 1 chicken/veg stock cube
- 2 tsp tomato puree

## ***Directions***

In a lidded frying pan, heat a little olive oil and fry the sausages until evenly browned all over. Remove to a plate while you lightly brown the bacon and onion. Sprinkle in the flour to soak up the juices, then gradually add the wine, teriyaki and tomato puree.

Return the sausages to the pan with the garlic, stock cube, bay leaf and black pepper. Cover with the lid and when simmering point is reached, turn down the heat to very low and simmer gently for 45 mins.

Stir in the mushrooms and continue cooking for a further 20 mins without the lid.

Serve with plenty of creamy mashed potatoes.

# Ham and Asparagus Roll-ups

A versatile one dish or buffet meal – just serve with a salad and crusty bread.

## ***Ingredients***

- Paprika for sprinkling
- 1/3 cup grated cheddar cheese
- 1oz flour
- 1 cup milk
- 1oz butter
- 1 tin asparagus spears
- 1 cup grated swiss cheese
- 1 cup long grain rice
- 8 slices smoked ham
- 1/2 tsp turmeric

## ***Directions***

Put rice and turmeric in a saucepan and pour in 2 cups of water. Bring to the boil and then simmer on very low heat for 20 mins. Do not lift lid during cooking time!

Meanwhile, make cheese sauce by melting the butter in a saucepan. Stir in the flour and cook for 1 min. Add milk slowly and cook stirring until thickened. Add cheese and stir until melted. Set aside.

Drain asparagus and put on a plate. Line up the ham slices on a large surface and divide the asparagus spears between each ham slice. Position spears so they extend over each side of the ham slice. Sprinkle swiss cheese equally over the asparagus and roll each ham slice up tightly.

Put cooked rice in a casserole dish and place ham rolls on top. Pour over the cheese sauce, sealing the ham slices well, and sprinkle with paprika. Cover with foil and bake in pre-heated 180C/350F oven for 40 mins. Remove foil and continue baking for 15 mins or until completely heated through.

# Rissoles Royale

A meat and potato dish with a spicy heartwarming flavor which is great for "school nights".

## ***Ingredients***

- 8 oz lean minced pork or beef
- 6 oz mashed potatoes
- 1 tsp cumin seeds
- 1 medium diced onion
- 4 Tbsp sunflower oil
- 2 Tbsp olive oil
- 3 Tbsp flour

## ***Directions***

Fry meat in 1 tablespoon of the olive oil until browned and cooked. Place in a large mixing bowl with the potatoes. Mix well.

Add the other 1 tablespoon of olive oil to frying pan and saute the onion until browned, adding the cumin seeds for the last minute of cooking. Transfer the onions and cumin seeds to the potato and meat mixture and mix well. Season with salt and black pepper.

Put the flour on a plate, and with floured hands, pick up enough mixture to make a patty approx. 1 inch high by 3 inches in diameter. Dust with flour and fry in the sunflower oil until well browned and crisp on one side and then turn over and brown the other side. Depending on the size of the frying pan, you may need to fry several batches, so keep warm in heated oven while cooking the rest.

Serve on thinly sliced bread rounds with broccoli, glazed carrots and lots of gravy.

# Moroccan Chicken

You will think you have been transported by Magic Carpet to North Africa when you taste this delicacy right out of the Arabian Nights.

## ***Ingredients***

- 3 Tbsp butter
- 1 tsp each ground cumin and cumin seeds
- 4 skinned chicken legs
- 2 Tbsp each fresh parsley and coriander
- 1 clove garlic
- 4 skinned chicken thighs
- 1 lge onion cut in wedges
- 1/2 tsp salt
- 1 tsp smoked paprika or 2 tsps paprika
- 1 lemon

## ***Directions***

Process the onion, garlic, herbs, salt and spices in a food processor until finely chopped. Add butter and mix to a smooth paste. Thoroughly rub the paste over each chicken piece. Cover and refrigerate at least 3 hours or longer.

Pre-heat oven to 200-400F and put chicken in a roasting tin. Cut lemon into 8ths and tuck around chicken, squeezing 3 or 4 lemon pieces lightly over chicken.

Roast in oven for 1hr 30 mins. Cover with foil if it starts to brown too quickly.

# **Chicken Spiedini Rebecca**

The subtle statement made by this wonderful lemon flavored chicken main dish will be the hit of any dinner party. The blushes on the face of the cook will be entirely due to the compliments flowing from the adoring guests.

## ***Ingredients***

- 2 tsp grated lemon peel
- 1.5 lb boneless/skinless chicken breast
- 2/3 cup dry bread crumbs
- 2 cloves garlic, minced
- 1/3 cup parmesan cheese
- 2 Tbsp each butter and olive oil
- chopped fresh parsley and basil

## ***Directions***

Place parchment paper over chicken breasts and pound until 1/8 inch thin.

Combine bread crumbs and cheese.

In a shallow dish, combine olive oil and melted butter, parsley, basil, lemon peel and garlic.

Dip chicken into oil/butter mixture and then coat with crumb mixture. Tightly roll up.

Cut into 1 inch thick pieces: thread onto metal skewers. Bake at 400 F for 15 mins: then broil about 5 mins.

# Chicken and Ham Bake

The tastiest "leak proof parcel" to ever arrive on your plate "just in time"!

## ***Ingredients***

- 4 Tbsp stock
- 1 tsp tarragon
- 1 courgette sliced thinly lengthwise
- 3 spring onions chopped
- 1 oz grated cheese
- 2 slices smoked ham
- 2 tsp olive oil
- 2 chicken breasts
- 1/2 yellow pepper thinly sliced
- 1/2 red pepper thinly sliced
- Salt and black pepper

## ***Directions***

Cut horizontally almost through the chicken breasts and sprinkle the insides with tarragon. Lay the ham inside the chicken, sprinkle cheese over the ham and fold back the top half of the chicken.

Heat olive oil in a pan and add pepper strips and spring onion. Stir fry 5 minutes. Add courgette and stir fry for 2 more minutes.

Cut 2 pieces of cooking foil in 8 inch squares. Divide the stir fried vegetables between the 2 foil squares. Place the chicken on top and spoon over the stock. Season with salt and pepper and fold the foil securely over the mixture creating a leak proof parcel.

Bake in pre-heated oven at 190C/375F for 40 mins.

## **- Salads -**

### **Sour Cream Potato Salad**

Remember when a picnic was an exciting extravaganza of dishes prepared from scratch by mothers, grandmothers and girlfriends (future wives)?

#### ***Ingredients***

- 1/4 cup chopped green pepper
- 1/4 cup mayonnaise
- 8 oz sour cream
- 1 cup chopped celery
- 4 med potatoes cooked, peeled and cubed
- 1/4 cup chopped onion
- salt and black pepper
- 1 crushed garlic clove

#### ***Directions***

In a large bowl mix together the celery, green pepper, onion, garlic, seasonings and cooled cooked potatoes.

In a separate bowl combine the sour cream and mayonnaise and mix well.

Gently stir the sour cream mixture into the potatoes and mix well.

Cover and chill for 3 hours before serving.

# Crunchy Coleslaw

"Crunchy" because it is fresh! This deceptively simple coleslaw recipe will have them lining up for more.

## ***Ingredients***

- 1 finely chopped green pepper
- 1 med white cabbage, shredded or chopped
- 1 lge finely chopped carrot
- 1 med finely chopped onion
- 1 Tbsp vinegar
- 1/2 tsp garlic powder
- 1 tsp dill weed
- 3 or 4 Tbsp mayonnaise
- 2 Tbsp olive oil

## ***Directions***

Mix cabbage, carrot, onion and green pepper in large bowl.

Sprinkle garlic, dill weed, vinegar and olive oil over cabbage and mix.

Add mayonnaise and mix well.

Cover and refrigerate for 1 hour before serving.

# Chicken, Bacon and Avocado Salad

Tried and tested on Mediterranean shores, this recipe is ideal for romantic al fresco dining.

## ***Ingredients***

- Black pepper
- 3 cloves garlic
- 1 green pepper sliced
- 2 med potatoes
- 12 black and green olives
- 4 slices bacon
- 1 avocado sliced
- 1 hard boiled egg
- 2 boneless chicken breasts
- 1 small onion sliced in rings
- 1 Tbsp olive oil
- 2 tomatoes cut in wedges
- lettuce leaves
- 1 tsp balsamic vinegar
- Juice of 1/2 lemon

## ***Directions***

Peel and dice the potatoes and cook in boiling salted water for 2 minutes. Drain well and cool.

Fry the bacon until crisp, remove to drain on kitchen paper.

Add the potatoes to the pan (add oil if necessary) and fry until crisp and brown. Remove and drain on kitchen paper.

Slice chicken breasts in thin strips, cutting across the grain. Add the chicken strips to the pan with 2 of the sliced garlic cloves and saute until done.

To assemble the salad, take one serving plate for each person and cover with lettuce leaves for the base layer.

Arrange the tomato and avocado over the lettuce. Add onion, olives, egg, green pepper and chicken, being as creative as you like. Sprinkle the potatoes and crumbled bacon pieces over the salad.

Finally, make the dressing by mixing the olive oil, vinegar, lemon juice, black pepper and crushed garlic clove together. Stir well and spoon over the salad.

Insiders tip: use [Cactus Tom's "Secret" Salad Dressing](#)

# Cactus Toms "Secret" Salad Dressing

This deceptively simple salad dressing recipe has been a closely guarded secret known only to a few insiders. We are pleased to finally reveal what has been called by some a "Love Potion"... use it wisely.

Note: The quantities listed for this recipe are based on salad for two. If you are serving more people just use more olive oil, the rest of the ingredients will hold their own just fine.

## ***Ingredients***

- 1 lg crushed garlic clove
- 1/2 lime
- 1 tsp balsamic vinegar (or your favorite vinegar)
- 1/2 tsp powdered English mustard
- 1/2 tsp oregano
- coarse ground black pepper (to taste)
- 3 Tbsp olive oil

## ***Directions***

Slice, then crush the large clove of garlic to a paste with the flat side of a chefs knife. (Tip - a little salt on your cutting board provides a rough texture, which helps reduce the garlic to paste) Put the garlic paste into a small glass container.

Squeeze the juice from the half section of lime. Then, using your chefs knife, scrape the zest off the lime peel and add to the garlic.

Add black pepper, oregano and the mustard powder. (Note: English mustard is normally very hot but the small amount we are using will not be hot... it just adds flavor)

Pour in vinegar and olive oil and stir gently. We recommend letting the dressing sit and rest for about 20 minutes before drizzling over your salad.

Warning: Once you have tried this simple salad dressing recipe you will not want to go back to store bought concoctions.

# **Panzanella (Roasted Peppers and Tomatoes)**

This flavoursome Italian salad of roasted peppers and tomatoes can be served as a starter, a main course or an accompaniment to fish or grilled meat.

## ***Ingredients***

- 3 Tbsp wine vinegar
- 6 Tbsp olive oil
- 12 oz ripe tomatoes, skinned
- 3 red peppers, cored, deseeded and quartered
- 2 cloves garlic, crushed
- 4 oz stale ciabatta bread
- salt & pepper
- small handful of basil leaves, torn
- 2 oz pitted black olives

## ***Directions***

Place the peppers, skin side up, on a grill rack and grill for 10 minutes, or until the skins are blackened. Allow to cool slightly, then place peppers in a plastic bag or a lidded plastic container for 10 minutes.

Meanwhile, quarter the tomatoes and scoop out the pulp, placing it in a sieve over a bowl to catch the juices. Set the tomato quarters aside. Press the pulp in the sieve to extract all the juice.

Beat the oil, vinegar, garlic, salt and pepper into the tomato juice.

Peel the skins from the peppers and discard. Roughly slice the peppers and place in a bowl with the tomato quarters. Break the bread into small chunks and add to the bowl along with the olives and basil.

Add the salad dressing and toss the ingredients before serving.

## **- Southern USA -**

### **Alabama Fried Okra**

This down home recipe is the ultimate in stick-to-your-ribs delicious! Often underrated, okra is a versatile vegetable which can be used to thicken soups and stews. Deep fried, it has an unbeatable exotic flavor.

#### ***Ingredients***

- 3/4 cup water
- 2 lbs okra
- 1 cup cornmeal
- salt & pepper to taste
- cayenne pepper (to taste)
- 1 cup flour
- 1 cup oil (for frying)
- 1 lge beaten egg

#### ***Directions***

Top and tail the okra and slice into whatever size chunks you like. (Tip: diagonal cut for a classy look, or leave whole for finger food)

Mix the flour, cornmeal, salt, pepper and cayenne in a flat dish to dredge. Make the drench by combining egg, water and salt in a small bowl. Put small batches of okra in dredge and then in the drench. Fry in hot oil until golden brown, drain, then season with salt and pepper.

Serve for breakfast, lunch and/or dinner!

# **Jambalaya ala Justin Wilson**

Cajun Jambalaya magic personally demonstrated to us by none other than the master of Cajun cooking Justin Wilson\_himself.

## ***Ingredients***

- 2 cups dry white wine
- water
- olive oil to saute onion
- 1 tsp minced garlic
- 1/4 cup chopped parsley
- Louisiana hot sauce
- salt to taste
- 2 cups chopped green bell pepper
- 3 cups long grain rice
- 2 pounds smoked sausage or andouille, sliced thick
- 2 x 8oz cans tomato sauce
- 3 cups chopped onion

## ***Directions***

Saute onions and bell pepper in olive oil and cook until onions are clear.

Add garlic, parsley, tomato sauce and wine. Then add rice.

Add smoked sausage and enough water to cover about 1 inch above ingredients.

Cook on medium heat until most of the juice is gone.

Then cover and simmer 1 hour.

This makes a red jambalaya.

# Down Home Cornbread

A food staple of generations. Cornbread is the quintessential bread of the southern United States.

## ***Ingredients***

- bacon grease (optional)
- 1 tsp baking powder
- 1/2 tsp salt
- 1 egg
- 1 cup cornmeal or polenta
- 1/4 cup olive oil
- 2 cups buttermilk
- 1 cup self raising flour

## ***Directions***

Mix dry ingredients in a large bowl. Add egg, oil and buttermilk and mix until just combined. Don't overmix.

Grease a 9x11 tin and pour in cornbread batter. Bake in pre-heated 240C/475F degree oven for 20-30 mins until browned and a knife inserted in centre comes out clean.

Tip: For an authentic down-home taste use bacon grease (aka drippings) to grease the baking tin.

This cornbread recipe is the key to our famous Thanksgiving Cornbread Dressing.

## **- Appetizers -**

### **Avocado Canapes**

Warning: This popular party pleaser will be declared an endangered species because these Avocado Canapes will become very rare three minutes after they are discovered on the buffet table!

#### ***Ingredients***

- Salt & black pepper
- 24 slices cocktail pumpernickel rounds
- 1 Tbsp lemon juice
- 8 thin slices bacon
- 1/3 cup chopped spring onion
- 1 lge ripe avocado
- 1 Tbsp chopped coriander

#### ***Directions***

In a bowl combine avocado, spring onion, coriander and lemon juice. Mash coarsely with fork and season with salt and pepper.

Fry bacon until crisp. Drain on kitchen paper and slice into 3 even pieces.

Spread avocado mixture onto pumpernickel rounds and top each with a piece of bacon.

# **Watercress and Onion Cheese Balls**

Try this formal attire for dressing up the humble cocktail onion.

## ***Ingredients***

- 1/2 cup finely chopped watercress
- 6 oz cream cheese
- 24 pickled cocktail onions, drained

## ***Directions***

Divide cream cheese into 24 portions. Shape each piece into a ball.

Make a hole in the centre, insert a cocktail onion. Reshape ball to enclose onion.

Roll each ball in chopped watercress. Refrigerate until serving time.

Tip - Chopped parsley can be substituted for the watercress or try some of each.

# **Stuffed Celery Sticks**

The elegant way to serve celery sticks.

## ***Ingredients***

- 2 oz chopped walnuts
- 4 oz cream cheese
- 1 oz crumbled blue cheese
- 12 sticks of celery
- 3 Tbsp sour cream

## ***Directions***

Cut celery into 4 inch pieces and reserve the leaves.

Place blue cheese, cream cheese and sour cream in a bowl. Blend until smooth, then fold in the walnuts.

Fill celery sticks with cheese mixture and chill. Garnish each piece of celery stick with a celery leaf and an additional piece of walnut if desired.

# Chive Cheese Balls

This artful combination of exotic ingredients will do a disappearing act as soon as they are un-veiled before your guests.

## ***Ingredients***

- 1 Tbsp curry powder
- 1 Tbsp sour cream
- 6oz softened cream cheese
- 1 cup chopped chives

## ***Directions***

Beat cream cheese with sour cream and curry powder. Refrigerate until firm.

Shape mixture into 24 balls and roll in chives. Refrigerate until serving time.

# **Salami Puffs**

This baked salami and cheese taste treat will warm up any party.

## ***Ingredients***

- 8 slices salami
- 6 oz puff pastry
- 1/4 cup grated cheese
- egg to glaze

## ***Directions***

Roll out pastry to 1/8 inch thick. Using a 4 inch cutter, cut 8 circles. Lay a slice of salami in middle of each pastry circle. Sprinkle a little cheese on the salami.

In a bowl, beat the egg and brush around pastry edges. Fold circle in half and press edges firmly to seal.

Brush each puff with egg. Bake in pre-heated 200C/400F for 15 minutes until well risen and brown.

# Curried Eggs

Great for any buffet table, at anytime of year. The chickens will be working overtime once your guests taste this recipe.

## ***Ingredients***

- sliced black olives and parsley sprigs for garnish
- 1 tsp hot curry powder
- 6 eggs
- 1 Tbsp mayonnaise
- salt and pepper
- 1/2 tsp garam masala
- a little milk

## ***Directions***

Boil the eggs for 7 minutes. Drain and run under cold water. Allow to cool.

Shell the eggs and cut in half lengthways. Remove the yolks and place in a small bowl. Mash well with a fork and add the mayonnaise and milk to form a smooth mixture. Add the spices and season with a sprinkling of salt and pepper. Mix well.

Either spoon the yolk mixture back into the egg cavities or put the mixture in an icing bag and pipe it in.

Place a sliced olive and parsley sprig on each egg for a garnish.

Serve in a specially designed egg dish or scatter chopped lettuce leaves on a flat plate and place the eggs on top. This not only looks attractive but it stops the eggs slipping about.

## **- Vegetable Dishes -**

### **Cauliflower Casserole**

A wholesome zesty way to enjoy the healthy benefits of the mighty cauliflower!

#### ***Ingredients***

- 1 cup grated cheddar cheese
- 1 cup sour cream
- cayenne pepper (to taste)
- 1 med cauliflower

#### ***Directions***

Separate cauliflower into florets and cook in boiling salted water until tender. Drain.

Mix sour cream and half of the cheese together in a bowl. Place half of the cauliflower in a casserole dish and pour half of sour cream mixture on top.

Repeat with remaining cauliflower and sour cream mixture. Top with remaining 1/2 cup grated cheese and sprinkle with cayenne pepper.

Bake in pre-heated 175C/325F oven for 20 minutes.

Tip: This is also a great recipe to prepare and serve in individual casserole dishes.

# **Cheese and Potato Pie with Garlic**

A simple but very flavourful family meal.

## ***Ingredients***

- 1 finely diced garlic clove
- 1.5 lbs potatoes
- 6oz grated mature cheddar
- A little milk
- Large pat of butter

## ***Directions***

Peel and cut potatoes into smallish chunks. Boil in salted water until soft. Drain and mash in a bowl with butter and milk. Add cheese and garlic and mix well. Transfer to a casserole dish and bake in hot oven 220C/425F for 15 mins, then place under grill for a few minutes to brown the top.

Serve with kidney beans and Ratatouille.

# Roasted Charbroiled Peppers

This recipe requires a large dash of "bravado". The payback is in the smokey flavor the roasted peppers give to any dish.

## ***Ingredients***

- Sweet Peppers: Red - Yellow - Green

## ***Directions***

Set the electric plate or gas burner of your stove to high.

Place washed and quartered peppers of any colour directly on the burner.

Keep turning the pepper quarters with tongs, and flattening them with a metal spatula, until blackened on all sides.

Remove to a plate to cool slightly, then place in a sealable container.

After 10 mins remove lid and rub skins off the peppers.

Use to top garlic bread, top a pizza or make a roasted pepper salad of your choice.

# Red Hot Cabbage

The humble cabbage is raised to new heights with this simple but unforgettable vegetable treat.

## ***Ingredients***

- 1/4 cup butter
- 1 med cabbage, chopped
- 1 cup water
- salt
- Red pepper flakes/crushed dried chillies

## ***Directions***

Place half the chopped cabbage in a saucepan and sprinkle with red pepper flakes and salt to taste.

Add remainder of cabbage and additional pepper flakes and salt to taste.

Add water and dot with butter.

Bring to boil and reduce heat to simmer for 20 minutes.

# Thanksgiving Cornbread Dressing

The ultimate accessory for a well dressed Thanksgiving turkey. "Stuffing" is what your guests will be doing when they taste this "gobblelicious" traditional holiday recipe!

## ***Ingredients***

- sprinkling of paprika
- 1 medium finely chopped onion
- 4 stalks of finely chopped celery
- 1 1/2 tsp sage
- 1 1/2 cups chicken stock
- 1 recipe of cornbread
- 1 tsp garlic powder
- salt & black pepper
- 2 Tbsp melted butter

## ***Directions***

This show stopping cornbread dressing is based on our delicious Down Home Cornbread recipe.

In a large bowl, crumble the cornbread into fine crumbs. Sprinkle the garlic, sage, salt and pepper over cornbread.

Mix in the onion and celery and stir well. Pour melted butter over the mixture and mix. Pour in enough chicken stock to bind the mixture together. You may not need all the 1 1/2 cups.

Fill the cavity of the turkey loosely with the mixture (do not overfill) and then cook the turkey according to the recommended cooking time for the size of your turkey.

Put the remaining dressing in a buttered casserole dish and sprinkle with paprika. Bake in a pre-heated 200C/400F oven for 40 minutes.

# Glazed Carrots - 24 Carrot Gold

A light glazing of brown sugar and butter transform ordinary boiled carrots into something sumptuous...  
24 carrot gold!

## ***Ingredients***

- 4 carrots
- Dill weed
- 1 Tbsp brown sugar or honey
- 2 Tbsp butter

## ***Directions***

Peel carrots and cut in half. Cut each half into 4 or 6 sticks, depending on the size of the carrot.

In a saucepan, bring the carrots to a boil in salted water. Turn heat to low and simmer for 5-10 minutes or until the carrots are just barely tender. Drain.

Return carrots to the pan with the butter and sugar or honey. Saute gently, stirring occasionally, until carrots are well coated, glazed and lightly browned - about 10 minutes.

Serve sprinkled with dill weed.

For a variation, the carrots can be sliced in 1/2 inch rings.

## **- Mexican -**

### **Refried Beans (Frijoles Refritos)**

A Mexican side dish that is perfect with any Southwestern entree. A must for lovers of Mexican wind instruments!

#### ***Ingredients***

- 12 halved pitted black olives
- 1 Tbsp olive oil or bacon drippings
- 1 small diced onion
- 1 tin kidney beans
- Grated cheddar cheese

#### ***Directions***

Heat oven to 180C/350F.

Drain half the water from the tin of kidney beans and place in a small oven proof dish.

Mash roughly with a potato masher or a fork and heat in oven for 15 mins.

Meanwhile, heat olive oil (or bacon drippings) in small saucepan and fry onions until well browned.

Remove beans from oven and carefully pour onions into the beans and mix well.

Return to oven and cook a further 10 mins, then remove and sprinkle with enough grated cheese to cover the beans entirely.

Place olives on top of the cheese and bake for 5 mins more or until cheese has melted and lightly browned.

# Salsa Tranquello

We tried them all... from "five alarm" to "restaurant brand" recipes. Our laid back, easy to make salsa beats them all. The epitome of "less is more"!

## ***Ingredients***

- salt to taste
- 1 chopped jalapeno pepper
- 1/2 cup chopped cilantro
- 1 small chopped onion
- 4 med chopped tomatoes
- 2 cloves finely chopped garlic
- juice of a lime

## ***Directions***

Thoroughly mix all ingredients in a bowl. Cover with plastic wrap and refrigerate for an hour before serving.

Great as a dip with tortilla chips or as a condiment with Tacos or any Mexican dish.

# Guacamole Fantastica

This is a "less is more" recipe for a classic southern latitude treat. The subtle flavor of the avocado leaps out to take charge of this palette pleaser.

## ***Ingredients***

- 1 large chopped tomato
- 1 Tbsp finely chopped coriander
- 1 med finely chopped onion
- 1 clove crushed garlic
- 2 ripe avocados
- 6 shakes hot sauce
- juice of a lime

## ***Directions***

In a medium bowl mash the avocado with a fork.

Add remaining ingredients and mash some more until well blended.

# Layered Nacho Dip

When it comes to "South of the Border" party appetisers, this is a guaranteed "Lottery Winner"!

## ***Ingredients***

- 6 oz avocado dip
- 1 can refried beans
- 1/2 pkt taco seasoning mix
- 2 lge chopped tomatoes
- 4 1/2oz jar sliced black olives
- 8 oz sour cream
- 1 small chopped onion
- 4 oz chopped green chilies
- 1 1/2 cups grated cheese

## ***Directions***

Layer the ingredients in the following order in a 9 x 13 casserole dish.

Mix the beans and taco seasoning together and place in casserole dish. This is the first layer.

Smooth the avocado dip over the bean mixture, then the sour cream on top of avocado.

Sprinkle the olives over next layer and then the tomatoes, followed by the onions and chilies.

Finally top with grated cheese and refrigerate for 12 to 24 hours before serving.

# Cactus Toms Chilli Con Carne

Chilli "Cook Off" competition secrets are revealed in this flavourful recipe. The secret is: "Not too hot... let the flavor do the talking!"

## ***Ingredients***

- 1 tsp hot chilli powder
- 1 chopped green pepper
- 2 chopped onions
- 4 Tbsp sunflower oil
- 2 cans red kidney beans, drained
- 2 cans chopped tomatoes
- 2 1/2 lb braising steak
- 1 rounded Tbsp smoked paprika
- 3 garlic cloves, crushed
- 1 Tbsp cumin seeds
- 1 pt beef stock
- chopped fresh coriander

## ***Directions***

Cut meat into 1/2 inch cubes. Season with salt and pepper.

Heat half the oil in a large heavy based saucepan or lidded frying pan.

Fry half the meat for about 10 minutes, until well browned.

Drain with slotted spoon and set aside while repeating with the remaining meat.

Add onions and peppers to the pan along with the chilli, paprika and cumin.

Fry for 10 minutes.

Return meat to pan with the garlic, tomatoes and stock.

Bring to boil, reduce heat, cover and simmer on lowest setting for 1 hour 30 mins.

Add kidney beans and continue cooking for 30 more minutes.

Sprinkle with coriander and serve with sour cream or creme fraiche.

Warning: The aroma of this classic "Tex Mex" stew will cause an international incident when word gets out that you are cooking this Chilli "Cook Off" show stopper!

## **- BBQ Grill -**

### **Bacon Wrapped Burgers**

There is nothing like a homemade bacon-wrapped burger... the Fillet Mignon of burgers!

#### ***Ingredients***

- 1 tsp black pepper
- 8 slices smoked thin streaky bacon
- 1 tsp fennel seeds
- 2 Tbsp teriyaki sauce
- 500g lean minced pork (or beef)
- 1 tsp garlic granules

#### ***Directions***

Mix all ingredients, except bacon, in a mixing bowl. Divide mixture into 8 equal amounts and mold into a flat burger shape. Stretch each piece of bacon and wrap around each burger, pressing well to seal.

The burgers can be grilled on a barbecue or cooked indoors on a griddle. They also freeze well wrapped (un-cooked) in a single layer.

# Cactus Toms Smoked Spare Ribs

The down-home BBQ super food by which all others are measured.

## ***Ingredients***

- 5 Kilos charcoal briquettes (not lump wood)
- garlic powder
- coarse ground black pepper
- chilli powder
- favorite BBQ sauce (on the side)
- 6 to 8 racks of pork spare ribs
- water (for drip pan)
- aromatic wood chips (optional)

## ***Directions***

**Preparing the Ribs:** Because of the time and effort invested in this method of barbecuing, we normally cook 6 to 8 full slabs of pork ribs. 1 rack should serve two people, but they taste so good it is best to allow for extra demand.

Remove (or ask your butcher to remove) the membrane from the back of the racks.

Liberally sprinkle ground black pepper, garlic powder and chilli powder (to taste) on front and back of each rack.

This is a dry (not cooked in sauce) method of smoking the ribs. Simmer and serve your favourite barbecue sauce as a condiment on the side.

**Grill set-up:** This BBQ grill set-up refers to a Meco or similar closeable hood style grill:  
Note: There is only one rule to BBQ - Fire Control!

Our method of preparing the barbecue grill for indirect cooking requires a BBQ grill with a lid, adjustable vents and enough surface area to allow the meat to be positioned mainly over a drip pan, and, as the method implies not sitting directly over the hot coals. Larger cuts of meat, for instance large roasting joints may hang slightly over the coals as the meat will shrink during cooking. A key to this method is to start with plenty of charcoal and keep coals at a slow burn by using the top and side vents.

I remove the fire tray and line the bottom of the grill with foil, placing the charcoal directly on the foil 2-3 coals deep on the left and right sides of the drip pan. This does two things - It keeps the charcoal away from the meat, and air flow is reduced which helps to slow down the burn rate of the charcoal.

Note: Grill preparation takes about an hour, but that is part of the fun!

*continued on next page...*

## **Cactus Toms Smoked Spare Ribs - Continued**

**Cooking:** When the coals are ready (white ash on the edges) close the top and side vents down to approx. half position (or less), stack the ribs (one on top of the other) over the drip pan and close the lid. Water soaked aromatic wood chips can be added, if you wish.

Plan to slow cook the meat for 5 to 6 hours and normally add some more coals after about 3 hours. (If you need to add coals sooner they are probably too hot) Keep in mind that it can take up to 30 minutes for heat adjustments to take affect.

Turn and shuffle the racks of ribs every half hour keeping an eye on how the coals are holding out. Shuffling the racks allows them to baste their neighbors.

It will take some time before the ribs start to look like they are really cooking, but eventually the magic will happen, and they will take on a mouth watering aroma and appearance. (my mouth is watering as I write)

Cook until tender enough to pull the ribs apart easily with your finger tips. We have found that ribs smoked this way can remain on the grill for up to 8 hours as long as the fire is kept at a slow burn.

# **Tandoori Chicken - Indian BBQ**

Traditionally, Tandoori recipes are cooked in a charcoal fired clay oven called a Tandoor. Because of the fierce heat, it enables the meat to cook quickly, forming a light crust on the outside but leaving the inside moist and succulent.

We have achieved great success cooking this dish in a closeable hood barbecue grill. A conventional gas or electric oven at the highest temperature setting can also be used, but the meat will not have the distinctive flavor that the charcoal provides.

## ***Ingredients***

- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 Tbsp cumin powder
- 1 tsp chilli powder
- 1 pint natural yogurt
- 1 lemon for garnish
- Juice and rind of 1 lemon
- 1 inch ginger root, grated
- 1 Tbsp garam massala
- 4 pieces chicken on the bone, skinned
- 8 cloves garlic, crushed

## ***Directions***

Mix the spices, lemon juice, garlic and ginger into a paste with a little water. Stir well into the yogurt to make a tandoori marinade.

Score the flesh of the chicken in several places and place in a bowl. Pour over the marinade, thoroughly covering each piece of chicken. Cover and refrigerate for 2 hours if you are hungry (we always are for Tandoori) or overnight.

Grill in a closeable hood charcoal fired barbecue grill. For cooking in a conventional oven preheat the oven to highest heat for 20 minutes. Place on a wire rack in the oven and cook until done.

To check that the chicken is cooked, pierce the thickest piece with a skewer. If the juices run clear then the chicken is done.

Serve with wedges of lemon.

## **- Desserts -**

### **Cranberry Ice Cream**

I scream, you scream, we all scream for this Ice Cream! This delicious Cranberry Ice Cream has been known to fetch record breaking high prices at fund raising auctions!

#### ***Ingredients***

- 1 cup sugar or honey
- 2 cups half & half, or single cream
- 1/2 lb fresh cranberries
- 2 cups whipping cream
- 1 cup peach brandy
- 1/4 cup lemon juice

#### ***Directions***

In a heavy saucepan, combine cranberries with sugar or honey. Cook covered for 15 minutes or until cranberry hulls separate from pulp. Put mixture through a sieve or strainer. Cool.

Add remaining ingredients to mixture and mix thoroughly.

Process in an ice cream maker and freeze.

Makes 1 1/2 quarts of the most delicious ice cream.

# **Tiramisu**

The "La Dolce Vite" compliment to any Italian affair!

## ***Ingredients***

- 1 or 2 Tbsp cocoa powder
- 1 tsp vanilla essence
- 1 Tbsp castor sugar
- 4 Trifle Sponges
- 3 Tbsp water or 1 Tbsp water and 2 Tbsp tia maria
- 3 Tbsp liquid coffee
- 8oz creme fraiche
- 2 oz double cream

## ***Directions***

Slice trifle sponges in half lengthways.

Mix together coffee, water and tia maria.

Lay half of the sponges in serving dish or individual dishes and spoon half the liquid over sponges.

Mix creme fraiche with cream, sugar and vanilla.

Beat until slightly thickened.

Spread half the cream mixture over the sponges.

Repeat with second layer.

Refrigerate overnight.

Before serving, dust with cocoa powder.

# Coconut Custard Squares with Mango & Lime

The perfect climax to any exotic meal. This citrus, coconut and mango sweet treat is your passport to "latitudes which are good for you".

## ***Ingredients***

- 1 ripe mango
- pinch of salt
- 400 ml (14 fl oz) coconut milk
- 175 grams ( 6 oz) soft light brown sugar
- 6 eggs
- 1 lime

## ***Directions***

Pre heat the oven to 150 C (300 F) Gas Mark 2

Beat together the eggs, coconut milk, sugar and salt in a bowl.

Place the bowl over a pan of gently simmering water and stir for 10-15 minutes until the mix begins to thicken.

Pour into a 1.2 litre (2 pint) buttered ovenproof dish and bake for 1 hour 30 mins or until just set.

Remove from oven and cool.

Cut a few shreds of lime zest for decoration and squeeze the juice. Peel, stone and thinly slice the mango and sprinkle with the lime juice.

Cut the custard into squares, scatter with strips of lime zest and serve with the mango.

# Banoffi Pie

The enticing name "Banoffi Pie" (sometimes spelled "Banoffee") is derived from "banana" and "toffee"... its the ultimate banana, gingernut and cream delight!

## *Ingredients*

- 1 oz grated chocolate
- 1/4 pt double or whipping cream
- 2 oz butter
- 405g can sweetened condensed milk
- 7 oz crushed gingernut biscuits
- 2 Tbsp lemon juice
- 3 bananas
- 6 oz butter
- 6 oz caster sugar

## *Directions*

Melt the 2 oz butter in a pan on a low heat and stir in the biscuits. Mix well and press into the base and sides of an 8 inch flan dish.

Heat the 6 oz butter and sugar together until melted. Add the milk and heat to simmering point, stirring all the time. Simmer on low heat, stirring, for 5 minutes or until golden.

Pour the mixture over the biscuit base. Cool, then allow to set in the fridge.

Just before serving, slice the bananas, then coat with the lemon juice and arrange on top of the pie. Whisk the cream until thick and spread over the bananas. Sprinkle the chocolate over the top.

# Apple Brown Betty

In this wonderful old-fashioned desert, apples with brown sugar, lemon and cinnamon are baked to a soft puree under a crunchy topping.

## ***Ingredients***

- 6 oz fresh white breadcrumbs
- 4 oz butter
- 1 1/2 lbs apples
- 4 oz light muscovado sugar
- 1/2 tsp ground cinnamon
- grated zest and juice of a lemon

## ***Directions***

Preheat oven to 180C or 350F. Lightly grease a 2 pint deep baking dish.

Melt the butter in a saucepan over low heat. Remove from the heat, add the breadcrumbs and stir until well coated with butter.

In a separate bowl, combine sugar, cinnamon and lemon zest. Peel, quarter, core and thinly slice the apples. Toss them in the lemon juice.

Sprinkle one-third of the buttered crumbs over the base of the baking dish. Cover with half the apple slices in a layer and sprinkle over half the sugar mixture. Add a second third of the buttered crumbs, then the rest of the apple and the remainder of the sugar mixture. Finally, cover with the remaining buttered crumbs. Drizzle over any lemon juice left from the bowl of apple slices and sprinkle with 3 tablespoons of cold water.

Cover the pudding with foil. Place in the oven and bake for 30 minutes. Remove the foil and return to oven for 30 more minutes, until the apples are soft and the topping is golden and crisp.

Serve hot with cream.

# Blueberry Yogurt Pudding

Yogurt and Blueberries create the foundation for this ultra rich (and healthy) dessert sensation.

## ***Ingredients***

- 1 1/2 tsp baking powder
- 6 oz plain flour
- 2 beaten eggs
- 1/4 pt natural yogurt
- 6 oz caster sugar
- 4 1/2 oz melted butter
- 5 oz fresh blueberries

## ***Directions***

Pre-heat oven to 180C/350F. Mix together the yogurt, sugar, melted butter and eggs.

Sift the flour and baking powder together in a bowl. Pour in the yogurt mixture and mix well. Carefully stir in the blueberries. Pour the mixture into a 7 inch greased round cake tin.

Bake for 50 minutes, or until risen and just firm.

Serve warm with cream or a scoop of ice cream.

# Grilled Berry Meringue

Raspberries, Blueberries, Strawberries and Sherry... your berries will be grilled to the max!

This is an interpretive variation of the legendary "Summer Pudding" recipe. Once tasted, there will be no going back!

## ***Ingredients***

- 3 oz caster sugar
- 4 trifle sponges
- 2 Tbsp sherry
- 6 oz frozen summer fruits (raspberries, blueberries, strawberries etc)
- 1/2 pt double cream, whipped
- 2 egg whites
- 4 Tbsp apple juice

## ***Directions***

Place the frozen fruit in a bowl, spoon the apple juice and sherry over it and leave to defrost. Arrange the trifle sponges in the base of a 2 pint souffle dish and add the defrosted fruit and all the juice. Spread the whipped cream over the fruit.

Whisk the egg whites until stiff. Add half the sugar and whisk again until stiff and shiny. Fold in the remaining sugar.

Heat the grill to high. Spread the meringue over the cream, roughing it up into peaks. Grill for a very few minutes until browned on top. Keep watching as it only takes a very short time.

# Raspberry Mascarpone Trifle

Any canned or fresh soft fruit may be used in this "Upper Crust" version of the traditional English trifle.

## ***Ingredients***

- 3 oz amaretti biscuits, crushed
- 8 oz mascarpone
- 8 Tbsp sherry, brandy or fruit juice
- 1/2 pt double cream, whipped
- 7 fl oz ready-made custard
- 4 trifle sponges
- 7 oz fresh or canned raspberries

## ***Directions***

Place the trifle sponges in the bottom of 4 individual glasses and sprinkle over the raspberries. Pour over the sherry, brandy or fruit juice and leave to soak for 30 minutes.

Whisk the custard and mascarpone together and spoon on top of the soaked trifle sponges and fruit. Spoon the double cream over the custard mixture.

Sprinkle the crushed biscuits over the cream and serve.

# Mincemeat, Cranberry and Mandarin Tart

The Christmas flavours of cranberry and mandarin combine well with the richness of mincemeat. The tart will easily serve 8.

## ***Ingredients***

- 1 beaten egg
- 12oz mincemeat
- Finely grated zest of 1 orange
- 3oz toasted hazelnuts, finely ground
- 6oz butter
- 3oz caster sugar
- 9oz flour
- 12oz fresh or frozen cranberries
- 2 mandarin oranges, peeled and chopped
- 3 Tbsp redcurrant jelly

## ***Directions***

Preheat the oven to 190C/375F.

To make the pastry, rub butter into flour until it resembles fine crumbs. Add sugar, hazelnuts, zest and egg. Form to a soft dough, then press into a greased deep 11 inch flan tin. Chill for 30 min.

Line pastry case with greaseproof paper and cover with ceramic or dried baking beans and bake blind for 15 min.

Remove paper and beans. Spread mincemeat in pastry case and cook a further 10 min until pastry is crisp. Place cranberries, oranges and jelly in a pan and bring to a boil, stirring. Boil until the cranberries pop and become tender, then simmer to thicken. Spread over mincemeat.

Lightly sieve icing/confectioners sugar over the top. Serve warm with cream or ice cream.

# **Celebration Christmas Cake**

A delicious gift, our Celebration Christmas Cake is a pure delight to receive.

Baking a Christmas Cake can be a daunting task but our simple to follow recipe will take out the worry and leave only the joy of serving one of the finest cakes you have ever tasted. You will be amazed with the moistness of our Celebration Christmas Cake and how a knife glides through as you slice it.

The aroma will transport you back in time to your grandmothers kitchen.

## ***Ingredients***

- Grated rind of 1 lemon
- 8 oz soft margarine
- 1 tsp mixed spice
- 4 oz glace cherries, rinsed, dried and quartered
- 24 oz mixed dried fruit
- 8 oz plain flour
- 3 Tbsp brandy or apple juice
- 8 oz dark brown sugar
- 4 eggs

## ***Directions***

The night before making the cake, place the dried fruit and cherries in a bowl and pour over the brandy or apple juice. Mix well and cover and leave overnight.

Pre-heat the oven to 140C/275F. Grease and line an 8 in deep round cake tin with greased greaseproof paper.

In a large bowl beat the margarine and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Fold in the flour and mixed spice. Add fruit and lemon zest. Mix well.

Spoon mixture into tin and smooth evenly with back of spoon. Cover top of cake loosely with a double layer of greaseproof paper but cut a small 1 inch circle in the middle to let air escape.

Bake on the lowest oven shelf for about 4-4 1/2 hrs. Check after 4 hrs by inserted a skewer into centre of cake. If the skewer comes out clean, the cake is done. If still sticky cook for the other 15 mins.

This rich fruit cake can be eaten as it is or if you prefer it can be covered with almond paste and iced with royal or fondant icing.

# Chocolate and Pear Sponge Cake

A quickly prepared dessert using an all in one method of cake making. For the chocoholics out there try our serving suggestion of melted chocolate drizzled on top.

## ***Ingredients***

- 6 oz soft brown sugar
- 2 pears, peeled, cored and sliced
- 3 eggs, beaten
- 6 oz self raising flour
- 2 Tbsp cocoa powder
- 1 Tbsp milk
- 6 oz soft margarine

## ***Directions***

Grease an 8 inch loose-bottomed cake tin.

Place all the ingredients except the pears, in a large bowl, and using an electric mixer, beat the mixture just enough to combine to a smooth mixture. Spoon the mixture into the prepared tin and level the surface with the back of a spoon.

Arrange the pear slices on top of the cake mixture in a radiating pattern.

Bake in a pre-heated 180C/350F oven for about 1 hour until the cake is firm to the touch. Leave to cool in the tin, then transfer out on to a wire rack until cold before serving.

Serve with cream or with melted chocolate drizzled over the top.

## **- Spanish -**

### **Tortilla Espanol (Spanish Omelette)**

Probably the most widely eaten dish in Spain is the tortilla, or omelette, of which there are countless variations. Its origins are thought to lie in Madrid, although it is now a national dish and available almost anywhere you go. This recipe is a typical vegetable-based tortilla, but various cooked meats and peppers can be included.

#### ***Ingredients***

- Salt and pepper
- 3 Tbsp olive oil
- 5 eggs, well beaten
- 1 lb potatoes
- 1 onion

#### ***Directions***

Peel and cut the potatoes into thin slices. Chop the onion. Fry these together in the oil on a low heat, without browning, until tender. Beat the eggs in a large bowl. Gently mix in the potatoes and leave to rest for 15 minutes. Heat more oil if necessary (to avoid sticking) in the pan and add the mixture. Cook on a low heat until brown on the underside and the eggs are almost set.

Now turn the tortilla over to cook the other side. The easiest way to do this is to place a plate on top of the tortilla and turn the frying pan upside down, then slide the tortilla back into the pan and cook the other side.

Serve hot as a meal or cold, cut in slices, as a tapa.

# Patatas Bravas (Fierce Potatoes)

When topped with a spicy tomato and chilli sauce, crispy potato cubes become Patatas Bravas - literally Fierce Potatoes. Patatas Bravas is often served in Spain, as a tapas dish.

## ***Ingredients***

- 1/2 tsp pimenton or paprika
- 4 med. tomatoes, chopped
- 1 small red chilli, finely chopped
- 1 clove garlic, finely chopped
- 500g potatoes, cut in 1 inch cubes
- 1 tsp coarse sea salt
- 2 Tbsp olive oil

## ***Directions***

Bring a pan of salted water to the boil, add the cubed potatoes, bring back to boil, then reduce heat and simmer gently for 5 minutes. Drain and leave to dry out in colander.

Heat 1 tbsp olive oil in a large frying pan over a medium heat. Add the potato cubes and fry until golden and crisp - about 15 minutes.

To make the sauce, heat the remaining 1 tbsp olive oil in a small frying pan over medium heat. Add the garlic and chilli and fry for 1 minute. Add the tomatoes and paprika and cook for 5 minutes until tomatoes are softened. Season to taste, then remove from heat.

Sprinkle the sea salt over the potatoes and transfer to a warm serving dish. Top with the sauce and gently mix.

# Paprika Pork

Strips of pork, cooked until meltingly tender, are delicious bound in a creamy sherry sauce.

## ***Ingredients***

- 2 Tbsp creme fraiche or sour cream
- 4 Tbsp sherry
- 500g pork fillet, cut in thin strips
- 1 Tbsp olive oil
- 1 onion, finely sliced
- 1 tsp paprika
- Salt and pepper
- 1 Tbsp chopped parsley

## ***Directions***

Heat the olive oil in a frying pan over a medium heat, add the onion and fry gently until soft, then stir in the paprika.

Increase the heat slightly then add the pork and fry quickly until browned evenly all over. Reduce the heat then pour the sherry into the pan and simmer gently for 5-10 minutes until reduced slightly. Stir in the creme fraiche, season to taste with salt and black pepper and heat through.

Transfer to a warm serving dish and sprinkle over the chopped parsley and serve hot.

Be sure to serve with lots of bread to mop up the juices.

# **Setas Con Ajo Y Perejil (Mushrooms, Garlic & Parsley)**

The taste of Spain is evoked by this classic tapas recipe. Make sure your passport is valid for travel to the land of exotic flavours!

## ***Ingredients***

- 2 Tbsp white wine
- salt and black pepper
- 2 cloves garlic, finely chopped
- 1 lb fresh mushrooms, cut into bite sized pieces
- Juice of 1/2 lemon
- 1 Tbsp olive oil
- 3 Tbsp chopped parsley
- 1 oz butter

## ***Directions***

Heat the butter and olive oil in a large frying pan. Add the mushrooms and fry gently for about 5 minutes or until lightly browned. Add the garlic, lemon juice and 2 tbsp of the parsley. Season well with salt and freshly ground black pepper. Cook, stirring for 2-3 more minutes. Finally add the white wine, stir and cook for 2 minutes.

Serve immediately, garnished with remaining 1 tbsp of chopped parsley.

# **Chorizo in White Wine**

Spanish Chorizo is a highly seasoned, smoked pork sausage flavored with paprika and garlic and is widely used in Spanish cooking. Here is a famous tapas recipe using Chorizo to its greatest advantage.

## ***Ingredients***

- 1 cup white wine
- 1 good quality chorizo sausage, cubed in 1/2 inch pieces
- 1 Tbsp olive oil

## ***Directions***

Heat the olive oil in a medium pan and lightly fry the chorizo for 10 minutes, without browning.

Add the white wine, cover and simmer 30 minutes.

Tip: The colourful sauce makes a wonderful dip for crusty bread!

# Marinated Olives

This classic tapas dish is like stepping out into the Spanish sunshine. Deceptively easy to make, this dish of marinated olives is best shared with family and friends in an al fresco setting.

## ***Ingredients***

- garlic powder (or crushed fresh garlic)
- 1 Tbsp olive oil
- oregano and basil
- 1/2 jar black olives
- 1/2 jar green olives

## ***Directions***

Drain the olives and place in a small serving dish. Pour over the olive oil and sprinkle generously with the garlic powder, oregano and basil.

Mix well, cover and refrigerate for an hour before serving.

## **Alioli (Garlic Mayonnaise)**

This full flavored Spanish recipe could not be simpler. You can make your own mayonnaise if you wish, but we have found that a good quality store bought mayonnaise works just as well.

### ***Ingredients***

- 2 crushed garlic cloves
- 4 Tbsp Hellmans mayonnaise

### ***Directions***

Mix both ingredients well in a small serving dish. Cover with plastic wrap and refrigerate for at least 1 hour before serving.

Serve with ciabatta or french bread. It is also great as a substitute for tomato ketchup with chips or french fries.

# Liquid Measures · Cooking Conversion Chart

<b>USA</b>	<b>Fluid Oz</b>	<b>Millilitres</b>
1 teaspoon	1/6	5
2 teaspoons	1/4	10
1 tablespoon	1/2	15
2 tablespoons	1	30
1/4 cup	2	56
1/3 cup	2&2/3	80
1/2 cup	4	110
2/3 cup	5	140
3/4 cup	6	170
1 cup/1/2 pint	8	225
1&1/4 cups	10	280
1&1/2 cups	12	420
2 cups/1 pint	16	450
2&1/2 cups	20	560
3 cups/1 1/2 pints	24	675
3 1/2 cups	27	750
3 3/4 cups	30	840
4 cups/2 pints	32	900
4 1/2 cups	36	1000/1 litre
5 cups	40	1120
6 cups/3 pints	48	1350
7 cups	56	1600
8 cups	64	1800
9 cups	72	2000/2 litres
10 cups/5 pints	80	2250

# Solid Measures · Cooking Conversion Chart

<b>USA</b>	<b>Metric Equivalent</b>
1 oz	25 grams
1 1/2 oz	40
2 oz	50
3 oz	60
3 1/2 oz	100
4 oz/1/4lb	110
5 oz	150
6 oz	175
7 oz	200
8 oz/1/2lb	225
9 oz	250
10 oz	275
12 oz/3/4lb	350
16 oz/1lb	450
1 1/4lb	575
1 1/2lb	675
1 3/4lb	800
2lb	900
2 1/4lb	1000/1 kilo
3lb	1kg 350g
4lb	1kg 800g
4 1/2lb	2 kilos
5lb	2kg 250g
6lb	2kg 750g

# Oven Temperature - Cooking Conversion Chart

<b>Fahrenheit</b>	<b>Celsius</b>	<b>Gas Mark</b>	<b>Heat of Oven</b>
225°	110°	1/4	Very cool
250	120	1/2	Very cool
275	140	1	Cool
300	150	2	Cool
325	160	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

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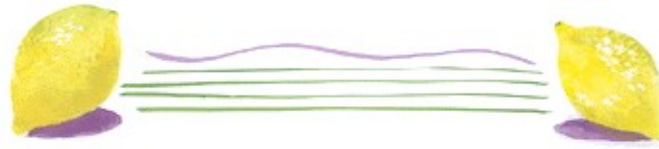
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