

*Although these are not all typically Christmas recipes, many of them are really good to prepare during the cold winter season. Just don't think about the calories 😊*

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*Languages Centre.*

# **Roast beef in herb and onion crust**

## **Ingredients:**

1,5 kg of really lean roast beef which you have rubbed all over with olive oil and seasoned with salt and pepper.

1 large onion, as finely chopped as you can get it.

A bunch of rosemary with the leaves picked off and hacked as small as you can get them.

A large bunch of thyme with the leaves all picked off and hacked as finely as you can get them.

A large bunch of parsley, finely chopped

3 cloves of garlic, finely chopped

2 tablespoons of olive oil

## **What you do:**

Put the oiled, seasoned meat into a roasting tray and put it into a pre-heated oven at gas mark 6 for 20 minutes. After 20 minutes turn the heat down to gas mark 2 and leave the beef to roast for 1 hour more.

In the meantime, combine the herbs, garlic and onion in a bowl.

Heat the oil in a large frying pan, then fry the herbs, garlic and onion for 5 minutes.

When the meat is cooked, use a spoon to rub the herb mix all over the surface of the beef. When it all looks smooth, put the roast into the oven for another 10 minutes.

Take the meat out of the oven, cover it with tinfoil and leave it to stand for 20 minutes before carving.



## **Kashmiri style butter chicken.**

### **Ingredients:**

100g butter

3 large onions cut into thin rings; separate the rings

1 10cm piece of ginger, peeled and finely chopped

5 cloves of garlic, peeled and finely chopped.

1,5 kg of chicken breasts, each one cut into 2 or 3 pieces, depending on size

Salt and pepper

1 litre of natural yoghurt

10 cardamom pods, one 5 cm cinnamon stick and 10 black peppercorns

### **What you do:**

Melt the butter, add the peppercorns, cinnamon and cardamom pods and fry for 30 seconds. Then add the onions and fry them until soft. Then add the ginger and garlic, fry for 2 minutes and then add the chicken breasts and stir fry them (this can take a while).

Add 1 teaspoon of hot chili powder, sprinkle on 1 tablespoon of paprika powder and mix well.

When the chicken has cooked through, stir in 1 litre of natural yoghurt. Serve with Indian style rice and salad.



# **Polenta fritters**

## **Ingredients:**

500 ml milk in a saucepan with 30g of butter

Salt

Nutmeg

40g grated parmesan cheese

150g polenta

2 egg yolks

Oil for frying

## **What you do:**

Bring the milk and butter to the boil. As soon as it starts to bubble reduce the heat and stir in the polenta, a little at a time. Stir for one minute until it thickens up nicely. Then stir in the parmesan cheese until it melts and finally mix in the 2 egg yolks.

Spoon the mix into a baking tray which has been lined with greaseproof paper and use a spoon to smooth it out evenly all over the base of the tin. Leave it cool for 30 minutes.

Remove the polenta from the tray, cut it into triangles or rectangles, as you wish, and fry in olive oil for a few minutes on each side until golden brown and crispy. Serve with any meat dish.



## **Indian style courgettes with coriander and peas,**

### **Ingredients:**

1 kg frozen peas (boiled)

3 courgettes in slices.

A 5 cm piece of ginger, peeled and chopped finely.

2 large onions cut in rings

3 cloves of garlic, peeled and sliced thinly

3 red chillies, de-seeded and finely chopped

Bunch of coriander, finely chopped

Oil for cooking

Salt and pepper

### **What you do:**

Heat the oil in a large frying pan or wok. Fry the onions until they go soft and yellow. Then add the garlic and fry for a further 2 minutes.

Add the chillies and fry for another minute, then add the courgettes, peas and coriander. Stir well and put a lid on the pan and let the vegetables cook in the steam for about 6 minutes. The courgettes should soften, but they should still have a bit of bite to them.

Add salt and pepper and serve immediately.



# **Steak and onions in garlic butter and whiskey cream**

## **Ingredients:**

2 very lean beef steaks, each about 4 cm thick

125g butter

6 crushed cloves of garlic

1 finely chopped onion

20 ml of whiskey

200ml cream

Salt and pepper.

## **What you do:**

Start by mixing the butter in a bowl with the garlic, a little salt and a good twist of freshly milled black pepper. Mash well with a fork until all the ingredients are well combined.

Take your 2 steaks, smear lots of the garlic butter over each side of the steaks

In a small pan, fry the onions in a little butter until they are soft and golden.

In a larger pan, put the steaks in and turn up the heat. Fry them on each side for 3 minutes (rare) 4 minutes (medium) or 5 minutes (well done).

Now put the whiskey in a small metal pan with a long handle and light it. Pour this over the steaks (and be careful, as the flames can rise quite high when you flambée the meat).

Let the flames start to die down and then add the cream and the onions. Bring to boiling point, remove from the heat and serve immediately with garden peas and Irish style mashed potatoes.



# **Cantonese Rice.**

## **Ingredients:**

1 kg rice cooked in advance. It is best if the rice is still warm and it should not be too sticky.

8 eggs, beaten

Oil for frying

300g of cooked ham cubes

600g of frozen peas which have been brought to the boil, then drained

8 spring onions cut into thin rings (use as much of the green part as you can)

1 level teaspoon of curcuma

3 large sausages fried and then left go cold and cut into thin slices

## **What you do:**

Heat the oil in your wok, add the egg and stir fry it. As it starts to cook and become more solid, use a wooden spoon to break it up into small pieces. When cooked, remove it from the wok and put it in a bowl. Add more oil to the wok and fry the ham cubes for 1 minute.

Add the rice, mix in well, add the peas, mash the egg into small pieces again and add it back to the pan and stir everything in well. Then add the sausages and stir in well (you can also use pieces of fried chicken breast, if you prefer).

Dissolve the curcuma in 3 tablespoons of hot water and pour it over. Stir the rice around until it goes a nice yellow colour. Then add the spring onions, mix well and serve with spicy Asian sauce.



## **Belgian style beef in beer.**

### **Ingredients:**

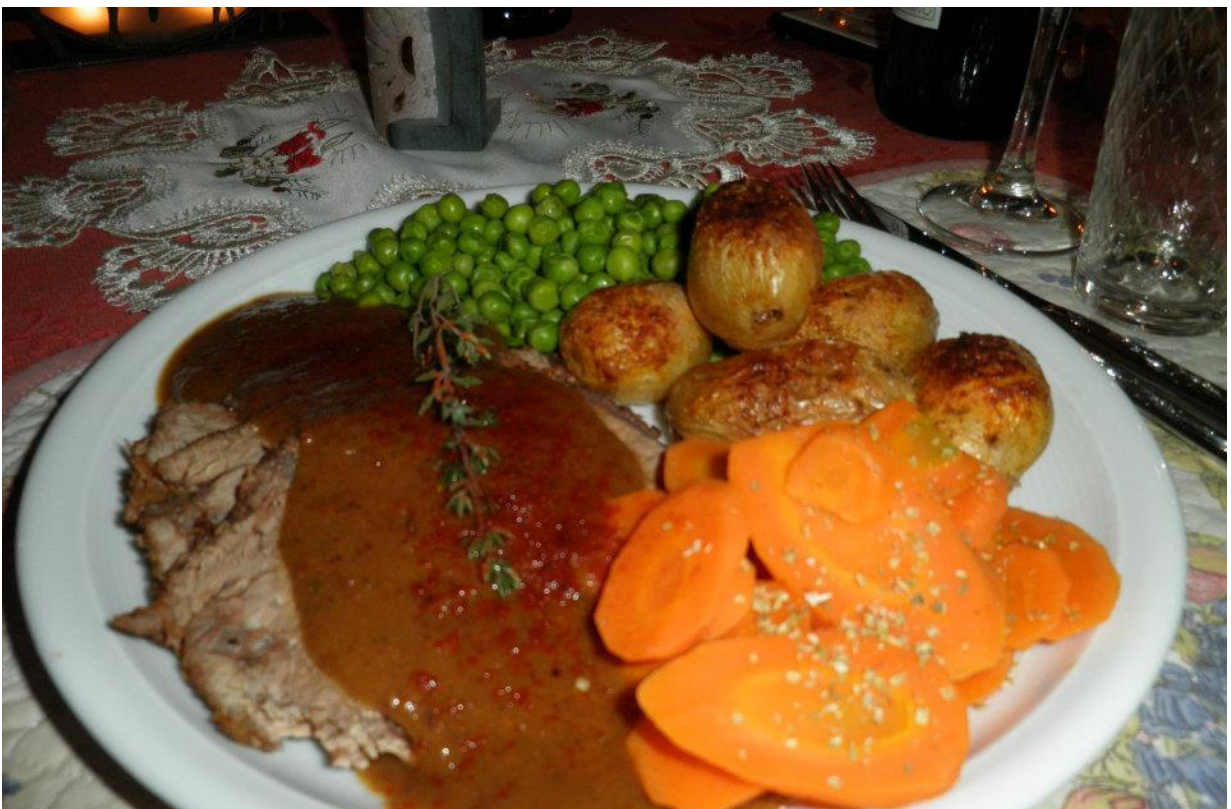
1,7kg piece of very lean roasting beef  
4 large onions, roughly chopped  
3 tablespoons clarified butter  
Salt and pepper  
500ml dark beer  
3 slices of dark rye bread  
3 heaped tablespoons of redcurrant jelly  
2 tablespoons of medium hot mustard

### **What to do:**

Heat the clarified butter in a large casserole dish until it is really hot. Sprinkle salt and pepper all over the beef. Then brown the meat on all sides (it does not need to cook through, it just needs to go a nutty brown colour all over). Remove the meat and fry the onions in the pan juices until they are soft.

Add the beer, bring it to almost boiling point and stir in the redcurrant jelly, mustard and some salt and pepper. Bring to the boil, put the meat back in the pot and add the slices of rye bread (you can break them up and push them down into the sauce). Add the thyme, push down the 4 bay leaves, bring back to boiling point, cook for two minutes and then put a lid on the pan and let it simmer on the lowest heat setting for 2 hours.

After 2 hours, remove the bay leaves, put the meat on a plate covered with tin foil for 15 minutes and use a blender to liquidise the onions in the sauce until it is not too thick and not too thin. Carve the meat into thin slices and serve with some of the sauce over it.



# **Shepherds Pie**

## **Ingredients:**

3 tbsps olive oil

6 medium to large firm boiled potatoes from the day before

6 medium carrots cut in very thin slices

3 crushed cloves garlic

600g minced beef

3 tsps dried mixed herbs

1 large tin tomatoes

4 heaped tbsps (or 2 large tins) of tomato concentrate

1 large bunch spring onions, washed and cut into 1cm pieces (use as much of the green part as you can)

50ml sherry (or 75ml dry red wine, if you want a richer taste)

4-6 tablespoons Worcester sauce

Salt and freshly ground black pepper

## **What to do**

Heat the olive oil over low to medium heat and add the minced beef. Stir until it is all broken up and well browned. Add a generous seasoning of salt and pepper and the mixed herbs. Stir in the spring onions and garlic, add the Worcester sauce and cook for another 3 minutes. Now add the carrots and stir them in well. Cook for a further 2 minutes, then add the tinned tomatoes, crushing them with a fork into the pan. Add the sherry and bring it up to simmering point, stirring all the time. Then turn the heat up high and let the sauce bubble for about 3 to 5 minutes so that it reduced slightly. Now add the tomato concentrate and mix it in well. Cook for about 10 minutes uncovered. Now transfer all the ingredients into an oven dish. The mixture should come up to about 2/3 of the way up the dish. Spread it out evenly using the back of a spoon. Leave it to rest for about an hour. Now take your potatoes from the night before and peel and slice them as thinly as you can. Arrange these on top of the meat, sprinkle a little more herbs over if you like and season with a little more salt and pepper. Then put the dish in a pre-heated oven (Gas 3, 180°C) for 1 hour. Serve with green beans in garlic butter.



## **Oven roasted leg of lamb with chillis and ginger.**

### **Ingredients:**

1 red chilli, 1 green chilli, de-seeded and chopped very finely.

A 50g piece of ginger, peeled and finely chopped

7 pressed cloves of garlic

4 tablespoons of liquid honey

Salt and pepper

1,8 kg leg of lamb with all the surface fat trimmed off

500ml lamb stock or fond

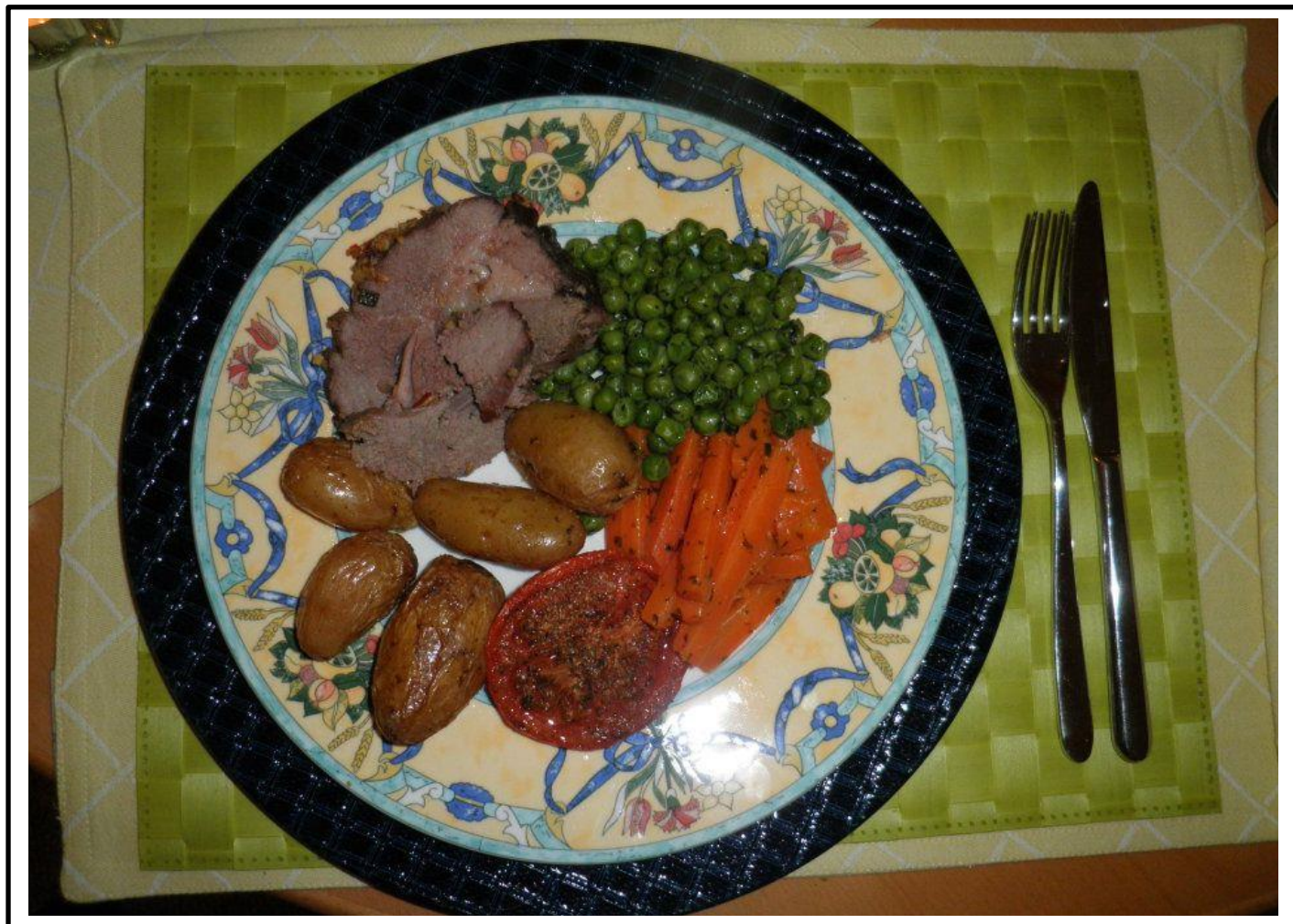
### **What you do:**

In a bowl, mix the chillis, ginger, honey and garlic and a pinch of salt. Stir well for 1 minute to mix everything well.

Put the lamb into a large roasting dish and season all over with salt and pepper. Boil the tock/fond and pour it over the lamb. Put the roasting dish into an oven pre-heated to gas 3 (170°C) for 30 minutes. Then remove the dish, spread on 2 tablespoons of the chilli, ginger and honey with the back of a spoon and return to oven for 1 hour. Baste the meat twice during this time.

After an hour, remove the dish from the oven, spread on the rest of the chilli mixture and return the dish for another 30 minutes to the oven. Again, baste twice during this time. Then remove the dish from the oven and leave it to stand with the lid on for 30 minutes before cutting it in thin slices and serving with buttered carrots, peas in herb butter, a Provençale style roast tomato and some oven roasted potatoes.





## **Pear salad with blue cheese and orange yoghurt sauce**

### **Ingredients:**

green salad leaves

4 ripe pears

100g blue cheese (Roquefort, for example)

200ml natural yoghurt

the juice of 2 oranges

salt and freshly ground black pepper

grated rind of 1 orange

### **What you do:**

1. Arrange the salad leaves on the individual serving plates.
2. Squeeze the 2 oranges and put the juice into a large bowl.
3. Peel the pears, cut them lengthways down the centre and remove the middle bit. Now cut the pears into thin slices and put them in the orange juice. Mix them in well
4. Put some of the pears and orange juice on each plate of salad.
5. Now crumble the blue cheese and mix it with the yoghurt. Pour this over the plates of salad. Add a light seasoning of salt and pepper.
6. Finally, sprinkle the grated rind of the orange over each plate. Put the plates into the fridge for about 30 minutes and serve cold.



## **Watermelon and Feta salad with orange and mint vinaigrette.**

### **Ingredients:**

400g green salad leaves (rucola or lambs tongue salad)

500g ripe watermelon, cut into 2cm cubes

150g feta cheese cut into 1cm cubes

salt and freshly ground black pepper

juice of 1½ oranges

3 tablespoons olive oil

2 teaspoons balsamic vinegar

10 finely chopped mint leaves

40g pine nuts (optional)

### **What you do:**

Arrange the salad leaves on 4 plates. Distribute the cubes of watermelon over the salad leaves, then sprinkle over the cubes of feta cheese. Drizzle a little olive oil over each plate of salad, then do the same with the orange juice. Shake on a little salt and black pepper and then sprinkle the finely chopped mint over the plates. Then sprinkle the balsamic over. Finally sprinkle over the pine nuts (if you like, you can toast these first by putting them into a dry small frying pan and putting them over low heat, shaking the pan constantly to ensure they do not burn. This only takes about 1 minute).



# **Potato Rösti**

## **Ingredients:**

1,5 kg potatoes, peeled, washed, boiled until cooked but not too soft and left to cool.

8 tablespoons olive oil.

Mild paprika powder, salt, pepper and a small bunch of finely snipped chives

## **What to do:**

Grate the potatoes into a bowl and add salt, pepper, a teaspoon of paprika powder and the chives.

Heat 4 tablespoons of oil in a frying pan. When it is hot (though not too hot), press the potato mix down into the pan to form a compact “pancake” about 3 to 4 cm thick. Leave it fry on low to medium heat for about 10 minutes. Then place a large plate on top and turn the potato pancake out onto it. Add 4 more spoons of oil to the pan, heat it, then slide the potato pancake back into the pan so that the other side can fry for about 10 minutes. When ready, it should be a nice golden brown colour. Serve in wedges with any meat dish, or serve hot with grated cheese on top which melts all over the top.



## **Artichokes with Aioli sauce.**

### **Ingredients:**

1 large artichoke per person with the woody part of the stem cut off.

1 egg yolk, 4 crushed cloves of garlic, 1 teaspoon of mustard 6 to 8 tablespoons of olive oil.

Salt and pepper

### **What to do:**

Put the artichokes into a large saucepan, cover with water and bring the pot to the boil. Put a lid half on the pot and leave to simmer for about an hour.

While the artichokes are simmering, make the aioli sauce. To do this, you put the egg yolk into a bowl and whisk it. Then add the olive oil a few drops at a time and whisk. The secret is to not stop whisking. Keep adding oil in small quantities, whisking all the time until it has blended well and then add more oil, whisk, more oil, whisk, etc. until all of the oil has been used up and you have a thick, creamy paste which clings to the whisk in one lump.

Add the mustard, some salt and pepper and whisk it in well. Then add the crushed garlic and whisk it in well. The aioli sauce is now ready.

When the artichokes are ready, serve them on individual plates. Take the leaves one at a time, dip the white fleshy base of each leaf into the aioli sauce and eat the base of the leaf. Keep eating it like this fleshy parts of each leaf have been eaten. For the heart, use a knife to remove the hairy centre and eat the flesh right down to the stalk with some aioli sauce on it.



## **Mauritian style glazed roast pork.**

### **Ingredients:**

2 large onions, finely chopped

50g butter

4 garlic cloves, peeled.

2 heaped tablespoons of grain mustard

1 heaped teaspoon of cumin powder.

1 level teaspoon of freshly ground black pepper

1,5kg very lean roasting pork

1 level teaspoon of freshly milled black peppercorns

Olive oil

250ml dry white wine

4 tablespoons light soya sauce

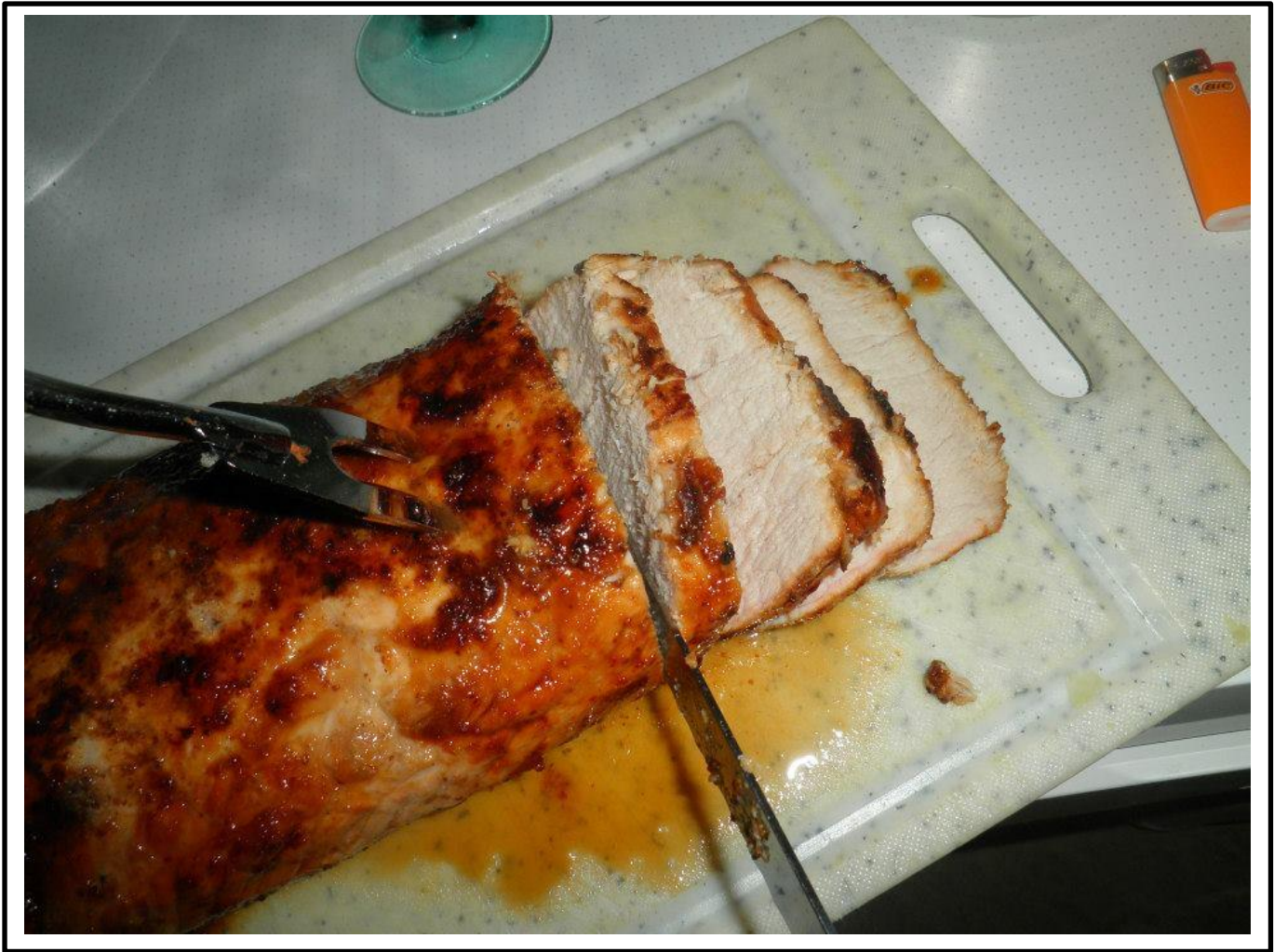
4 tablespoons liquid honey.

### **What to do:**

Start by putting the onions, butter, garlic, mustard, cumin and black pepper into a blender and work it until you have a smooth but thick paste. Put the meat into a roasting dish, with the point of a knife make many incisions deep into the meat and then spread the onion marinade all over the meat. Put it in the fridge for 2 hours, then remove it from the fridge and scrape off the marinade, leaving it in the roasting dish.

In a frying pan, heat 4 tablespoons of olive oil until quite hot, then brown the pork all over until it goes a nice nutty brown colour. It does not need to cook through; just brown it evenly. When you have done this, put it back in the roasting dish, spread the marinade all over it again and then pour 250ml of dry white wine into the dish so that it is all around the meat. Put the meat into a preheated oven (gas mark 5) for 90 minutes. Baste the meat with the juices every 20 minutes.

About 3 minutes before the meat has been in the oven for 90 minutes, get a large frying pan, and put 4 tablespoons of light soya sauce and 4 tablespoons of liquid honey in it. Heat until it boils, but be careful, as you need to remove the pan from the heat the very minute it starts to bubble. Otherwise, it will evaporate off really quickly. Take the meat from the oven, scrape off the marinade and then put the pan with the soya back on at low heat and put the meat into the pan and fry it gently for 30 seconds on all sides so that it takes the glaze and goes a lovely red-brown colour. Turn off the heat, remove the meat from the pan and put it on a cutting board, where you let it stand for about 10 minutes before cutting it into thin slices. Serve with some of the marinade and some onion chutney.



## **Onion chutney.**

### **Ingredients:**

6 large onions, chopped.

A large frying pan with 4 tablespoons of olive oil and 30g of butter in it.

5 crushed cloves of garlic

1 heaped tablespoon of mild chili powder

1 ½ tablespoons of Worcester sauce

8 spoons of tomato ketchup

Salt and pepper.

### **What you do:**

Turn the heat on under the pan until the butter has melted and the oil is quite hot.

Add the onions, stir them around for 2 minutes to get them nicely coated with the oil and butter, then turn the heat to low and let the onions sweat for 10 minutes. Then stir in the garlic, chili powder, Worcester sauce, ketchup and some salt and pepper. Mix everything well and cook for about 3 minutes, stirring all the time. The chutney is now ready to eat, though you can also put it into sterilized glass jars and it will keep for up to a year in storage. It can be eaten hot or cold.



## **Tafelspitz (a variation).**

### **Ingredients:**

3 large carrots, peeled and cut into 1cm slices.

A small head of celery peeled and cut into cubes.

200g parsley root, peeled, cut into cubes

5 cloves of garlic, peeled and cut lengthways in half

4 large onions, peeled and cut into quarters

Enough olive oil to cover the base of a large roasting pot

2 kg of very lean roast beef, sprinkled all over with salt and freshly milled pepper

Salt, pepper

12 piment seeds

1 star aniseed

3 tablespoons of tomato concentrate

250g of dried fruits

300 ml of hot water

500ml dry red wine

2 bay leaves

3 tablespoons cornflour or potato starch dissolved in some water.

### **What you do:**

Start by heating the oil in the roasting pot until it is sizzling hot. Add the beef and let it go a nutty brown colour. Turn it all the time. It doesn't need to cook through, it just needs to colour to seal in the juices. Then remove it from the pan, add the parsley root, celery, carrots onions, garlic, bay leaves and a little salt. Fry for about 10 minutes, turning regularly so that the vegetables soften a little.

Add the tomato concentrate, stir it in well, then pour in the wine, bring to the boil and stir for 3 minutes to make sure that the tomato concentrate fully dissolves in it. Add the piment seeds, the aniseed and cover the pot. Put it in an oven you have preheated to gas mark 1 for one hour. After an hour, take it out, add the hot water and return the pot to the oven for another 2 hours at gas mark 1.

Take the pot out of the oven, remove the meat and wrap it in tinfoil. Then put a very big bowl under a strainer. Pour the vegetables and the sauce into the strainer a little at a time and shake the strainer over the pot so that as much of the sauce as possible ends up in the bowl. Don't throw away the vegetables, put them in a dish and in the next recipe I will show you how to make a soup from there. When you have all of the sauce, put it back in the cooking pot and bring it to a fast boil for 2 minutes. Add in the dried fruits, fast boil for another 2 to 3 minutes and give the cornflour and water a stir with a fork and pour it in. Stir for one minute, then add half a teaspoon of salt and some freshly ground black pepper. Carve the meat in thin slices and serve with some of the sauce poured over. Some people like to serve this dish with a little horseradish sauce on the side.



## **Tafelspitz vegetable soup.**

### **Ingredients:**

The vegetables you strained out of the Tafelspitz ingredients.

Some hot water (the quantity depends on how thick you like your soup).

Some sour cream and snipped chives to serve.

### **What you do:**

Add some water to the vegetables in a large pot and then use a hand mixer to blend everything into a soup. If you feel it is too thick, add more water.

Serve with a couple of slices of toast and with the sour cream on top, sprinkled with chives.



# **Crunchy roast pork in beer and cumin sauce.**

## **Ingredients:**

1,7 kg of roasting pork with the thick fat layer still on it

2 onions, finely chopped.

1 kg of vegetables for making soup (a few stalks of celery, some carrots, parsley, a bit of turnip, a leek, whatever you have)

Salt and pepper

1 tablespoon of cumin seeds

1 litre of beer (not dark)

## **What you do:**

Run the pork under the cold tap to wash it, then dry it completely on a clean tea towel. Then take a sharp knife and make slits across the fat layer at 1cm intervals. Cut right down into the fat layer. Place the meat (fat side down) in a roasting dish and add enough water just to fully submerge the fat layer in water. Add salt and pepper all over the meaty sides of the joint of pork- Leave it sit in the water for 3 hours.

In the biggest oven casserole pot you can find, put 3 heaped tablespoons of butter and melt this. Dry off the pork and colour the meat all over in the butter EXCEPT on the fat side!! When the meat is brown all over, add the onions, fry until soft and then add the soup vegetable pieces, fry them for about 5 minutes so that they too soften a bit and then add the cumin seeds, stir for 30 seconds. Pour the beer over the fat side of the pork (which should be facing up) and bring the beef to boiling point. Put a lid on the pot and put it into an oven preheated to gas mark 6 for 90 minutes. Every 20 minutes, pour some beer over the fat layer of the pork.

After 90 minutes, reduce the heat to gas mark 4 and leave the pot to cook for another hour. Take it out of the oven, remove the meat to a clean chopping board and allow it to stand for 15 minutes. While the meat rests, take a hand mixer and blend all the vegetables and beer in the pot until you have a smooth sauce. Slice the beef thinly and serve with some of the sauce poured over it. Serve with potato rösti (cheese on top of it is optional).



# **Asparagus Soup.**

## **Ingredients:**

1 kg of white asparagus stalks, peeled and with the 2 cm at the bottom cut off.

The finely chopped zest and the juice of one lemon

1 egg yolk mixed with 100ml cream and 3 teaspoons of potato starch

1½ tablespoons of brown sugar.

Salt, pepper and some freshly grated nutmeg.

Some snipped chives, 2 slices of toast cut diagonally in half, some red peppercorns, 2 basil leaves and a little mild curry powder to garnish.

## **What you do:**

Put the peels from the asparagus into a saucepan. Also put in the chunks you cut off the asparagus stalks, add enough water to the pan to cover them and bring to the boil. Turn heat down low, and with a lid half on, let the pan simmer for about 30 minutes. After 30 minutes, strain the contents of the pot into a sieve, making sure to place the sieve on another saucepan to catch the liquid. Discard the skins and end bits at this stage and put the pan with the water you strained off back on the hob and bring it to simmering point.

Cut 4 peeled asparagus stalks (save the rest to make a main course later – see next recipe!) into 2cm long pieces and put them in the pot. Leave them simmer for 15 minutes, then add the lemon zest, some pepper, the brown sugar, the lemon juice and mix well. Then stir in the egg and cream mix, stir well as the pot returns to simmering point and the soup should start to thicken. Then add some freshly grated nutmeg and stir well. At this point it is good to taste the soup to see if you need to adjust the seasoning.

Serve the soup in bowls with two triangles of toast on the side and sprinkle the surface of each bowl of soup with some chives, some red peppercorns which you crush between your fingers, a basil leaf and a light dusting of curry powder.



## **Asparagus in lemon butter with potatoes and ham.**

### **Ingredients:**

1 kg of asparagus, peeled and with the bottom 2 cm of each stalk removed.

The juice of 1 lemon

Salt, pepper

60g butter

2 sheets of tinfoil (about 50cm in length)

### **What you do:**

Divide the asparagus in half (setting aside 4 stalks for asparagus soup – see previous recipe).

Place half of the asparagus stalks on each sheet of tinfoil, put 30g of butter on top, add some salt, a little pepper and fold up the sides and edges of the tinfoil. Then pour half of the lemon juice over each portion of asparagus and grind a very small amount of black pepper on top. Then fold up the tinfoil, sealing the portions into little “packages”. The tinfoil should not touch the top of the asparagus, and the packages should be really well sealed.

Place the packages in an oven dish and put the dish into an oven preheated to gas mark 5 for 45 minutes. Then take them out, carefully open the packages (mind your fingers, as the steam it gives off will be piping hot!) and using two spoons, transfer the contents of each package onto two serving plates. Then pour over the butter and lemon. Serve with boiled potatoes and some slices of cooked ham and also some Serrano ham.



## **Summer mozzarella salad with strawberry vinaigrette.**

### **Ingredients:**

500g strawberries with the stalks removed and cut in half. Place half of these in a bowl, the other half in a high bowl for liquidizing.

5 tablespoons of olive oil, 4 tablespoons of lemon juice

Salt, pepper

300g of mozzarella in mini balls (or one large mozzarella cut in 2cm chunks)

1½ tablespoons of green peppercorns from a jar, crushed roughly in a mortar and pestle.

2 to 3 teaspoons of powder sugar

Fresh salad leaves and 12 leaves of fresh basil

### **What you do:**

To the strawberries in the high bowl, add some salt, pepper, 4 tablespoons of lemon juice and 4 tablespoons of olive oil. Keep back 2 tablespoons of oil for later.

Liquidize the contents of the high bowl to make the vinaigrette. It will turn a lovely pinkish colour. Add the powder sugar and mix well.

Get a large tray to serve the salad on. Put the salad leaves on the plate, drizzle over the vinaigrette, add the mozzarella chunks, then add the remaining strawberries, sprinkle over the crushed green peppercorns and add the basil leaves. To finish, drizzle over the remaining 2 tablespoons of olive oil.



# **Pork medallions in bacon with creamy green peppercorn and sherry sauce.**

## **Ingredients:**

2 pork fillets, each 500g and each cut into 3 cm medallions.

Thin slices of bacon

400ml cream mixed with 70ml of water.

50ml of dry sherry

3 teaspoons of cornflour

4 teaspoons of green peppercorns, rinsed in a sieve.

3 shallots, very finely chopped.

Olive oil for frying

50g of butter

Salt and pepper.

## **What you do:**

Wrap each pork medallion in a strip of bacon. Add a little salt and pepper all over. Heat the olive oil in a large frying pan on medium heat and when it is hot enough, add half of the medallions, fry them on all sides until cooked through and transfer them to an oven dish which you cover with a sheet of tinfoil to keep them warm. Then fry the rest of the medallions and add them also to the oven dish and cover with tinfoil again. If you need to, you can keep the medallions warm by putting them in the oven at the lowest heat setting.

Now add the butter to the meat juices in the pan. Melt the butter, fry the shallots for about 3 minutes (until they soften) and pour in the cream and water. Keep stirring until it reaches simmering point, add the sherry, stir for 1 minute, add the peppercorns, let the sauce simmer gently for 3 minutes and then add some salt, pepper and stir in the cornflour until the sauce starts to thicken. Serve the medallions with a few spoons of the sauce drizzled over them.



## **Raspberry Vinaigrette.**

### **Ingredients:**

250g fresh raspberries

Salt, pepper and 6 tablespoons olive oil

Juice of one lemon

2 to 3 teaspoons of powder sugar.

### **What you do:**

Put the strawberries in a large missing bowl, add a pinch of salt, a few twists of freshly milled black pepper and the juice of the lemon.

Using a hand mixer, blend all the ingredients until you have a very smooth and creamy dark pink paste. Then stir in the powder sugar, and put the bowl into the fridge to chill for at least an hour. This is best with a simple green salad of crispy iceberg leaves with some different coloured cocktail tomatoes cut in half.



# **Normandy pork in cider.**

## **Ingredients:**

1,5 kg of stewing pork cut into 2 to 3cm cubes

3 sweet apples and 3 sour apples, cored, unpeeled, each cut into 2cm rings

2 large onions, peeled, halved and cut into thin semi-circles

5 cloves of garlic, crushed.

Salt, pepper, red peppercorns, basil leaves or freshly chopped parsley to decorate

Fresh cream

1 bottle of dry cider

50g of butter

## **What you do:**

Melt the butter in the pan and fry the pork cubes in batches all over until they brown. They don't have to be cooked through. When each batch has been browned, put them into a large ovenproof casserole dish.

Add a little more butter if necessary, then fry the onions until soft, add the garlic and stir for 2 minutes. Then add these to the meat in the casserole dish.

Fry the apple rings for a minute on each side until they colour a bit and add them to the casserole. Add some salt and pepper to taste, then add the whole bottle of cider, bring the casserole to the boil and put a lid on it. Put it into a preheated oven at gas mark 5 for 45 minutes, then turn the heat down to gas mark 1 and leave it for 30 more minutes. Remove from oven, let the casserole dish stand for 10 minutes before removing the lid, then serve, spooning 3 tablespoons of fresh cream over each portion and crushing some red peppercorns between your fingers over the meat. Garnish with basil or parsley.



## **Goat's cheese salad with toasted pine nuts.**

### **Ingredients:**

2 thick slices of baguette bread per portion

Olive oil, pepper and a small handful of pine nuts

Iceberg lettuce mixed with finely chopped parsley and some freshly snipped chives.

Different coloured cocktail tomatoes cut in half to garnish and 1 basil leaf per serving

4 rounds of goat's cheese.

A few red peppercorns

### **What you do:**

Put the slices of bread into a metal oven dish and pour enough olive oil over them so that they are completely coated in the oil. Turn them over and make sure that the other side is also coated. Then put a little pepper on each slice of bread.

Preheat the oven to gas mark 4 and put the dish in there for 10 minutes. After 10 minutes, remove the dish from the oven, turn the heat down to gas mark 1, put a round of goat's cheese on each slice of baguette, add some pepper to each round of cheese and put the dish back in the oven for another 10 minutes.

In a dry frying pan, toast the pine nuts until they go golden brown and as soon as this happens, remove them from the pan and put them into a small bowl to cool. Do not let them rest in the pan, as they will continue to brown and pine nuts burn very quickly – you really have to keep an eye on them while toasting them!

On serving plates, put some salad leaves, and 2 of the bread slices with cheese. Use the cocktail tomatoes and basil leaves to garnish, and finally take some red peppercorns, crush them between your fingers and sprinkle them over the cheese. Put some salad dressing over the lettuce. Eat while hot.



## **Courgette and tomato gratin.**

### **Ingredients:**

Olive oil, salt, pepper

4 cloves of garlic sliced very finely

4 medium courgettes sliced in 1cm rounds, 4 large tomatoes sliced

200g freshly grated Parmesan cheese.

400g mozzarella cheese cut in slices

A handful of fresh basil leaves, finely chopped

### **What you do:**

Fry the courgette slices in batches in the olive oil until they are golden brown and transfer them to a large oven dish. Place a layer of tomato slices on top, then a layer of mozzarella slices. Then place another layer of courgettes, tomatoes and mozzarella on top. Fry the garlic and sprinkle it over the top of the vegetables in the dish. Add a little salt and pepper to taste, sprinkle the Parmesan all over the top and sprinkle on the chopped basil. Put the dish into an oven preheated to gas mark 5 for 40 to 45 minutes until it is golden brown on top.



# **Pork, sage and onion hamburgers.**

## **Ingredients:**

1 kg of minced pork

1 onion finely chopped (keep back a few semi-circles of the onion to garnish the burgers)

One egg, salt, pepper, a generous tablespoonful of dried sage and some fresh breadcrumbs.

Oil for frying

To garnish, some tomato slices, ketchup, relish, 2 different kinds of melting cheese, some thinly sliced cornichons, some crunchy slices of iceberg lettuce.

Hamburger buns (cut in half and toasted).

## **What you do:**

In a large mixing bowl, put the chopped onion, minced pork, egg, salt, pepper and sage. Use your hands to mix well. If the final mixture looks runny add a tablespoon or two of breadcrumbs and mix again. Roll into 4 even sized balls and use your hands to flatten these into 4 fairly thick burgers.

Put some oil in the frying pan and heat it. Put the burgers in the pan and fry them on each side on low heat for 15 to 20 minutes. Then put them into an oven dish and keep them warm at gas mark 1 while you prepare the buns.

On the base of each burger bun, add some ketchup, cornichon slices, a slice of tomato and a slice of mild melting cheese, then put one crunchy slice of the iceberg lettuce. On the lid of each bun put some hamburger relish and a slice of a more flavoured melting cheese. Put one hamburger on the base of each burger, put a few of the semi-circle onion pieces on that and put the top part on the burger. Serve with a side salad of crunchy iceberg lettuce and vinaigrette. These are best eaten with a knife and fork as they are pretty big and can be messy if you eat them with your hands.



## **Harz cheese on dark bread with goose fat.**

### **Ingredients:**

A selection of Harz cheeses.

Salt, pepper, some fresh leaves of lambs tongue lettuce and a handful of flat parsley leaves.

1 red onion chopped very finely, 6 sweet gherkins cut lengthways in thin slices

One tomato cut into 8 wedges, some radishes, some cocktail tomatoes

4 slices of dark bread (toasted)

1 pot of goosefat ("Gänseschmalz")

### **What you do:**

Put the small onions in a chopped bowl and place this bowl in the centre of a serving dish. Around it add some lamb's tongue lettuce and arrange the tomato wedges, some radishes and some different coloured cocktail tomatoes (see illustration).

On another serving plate, place a selection of Harz cheeses in the centre and surround them with the sliced gherkins, some radishes, the parsley leaves and some cocktail tomatoes for colour.

Bring everything to the table, including the toast and the goose fat.

To eat, you take a slice of toast, smear it with the goose fat, sprinkle on some red onion pieces, put a few strips of the gherkins on top, add salt and pepper, then cut whichever of the Harz cheeses you want into fine strips and place them on top. Add a little more salt and pepper and use the parsley, lamb's tongue lettuce leaves, radishes and tomatoes to garnish the plate.





# **Pork fillet in creamy green peppercorn sauce**

## **Ingredients:**

3 pork fillets, (each weighing 600g), run under cold tap water, then patted dry with a clean tea towel

18 fresh sage leaves, 3 long branches of rosemary and 6 large sprigs of fresh thyme

Salt and pepper

50g pork fat for frying (or 40g clarified butter)

100g jar of green peppercorns (60g net weight after the liquid has been strained off), rinsed.

200ml cream

4 shallots (finely chopped)

Juice of 1 lemon

8 tablespoons of brandy

1 heaped teaspoonful of corn starch mixed with half a glass of cold tap water

500ml good quality beef stock

Cooking string

Crushed red peppercorns and finely chopped fresh parsley to decorate

## **What you do:**

Start by melting the pork fat in the largest flameproof cooking pot you have. While the fat is melting, get a large oven tray and line it with tin foil.

Put the three pork fillets on a clean chopping board and add a branch of rosemary along the length of each one, pressing down with your hands to keep it in place (as much as this is possible)

Now add six large sage leaves along the length of each pork fillet. Press these down into the meat and then add the thyme branches along the fillets.

Now use some cooking string to bind up each pork fillet, tying the string around each one to keep the herbs in place as much as possible. Preheat your oven at this point to gas mark 4 (180°C).

When the fat is quite hot, place one pork fillet (herbs side down) into the cooking pot and fry all over until the surface of the meat has gone a nutty brown colour all over. It does not need to cook through at this point. Once the pork has browned, transfer it to the oven dish and then brown the next one. It is best to brown them one at a time. When all three are in the oven dish, make sure there is a gap of about 3cm between them. Put into the oven for 20 minutes and on taking them out of the oven, allow them to rest in the tray for 15 to 20 minutes.

While the pork is in the oven, make the sauce. In the same fat in which you browned the pork (you might need to reheat it at this point), add the shallots and fry them until they soften. Then stir in the peppercorns and the brandy. Add the beef stock, pour in the cream and bring everything to boiling point, turn the heat down to a bare simmer and allow to simmer uncovered for 20 minutes. After this, add the corn starch which has been mixed with the water, bring the pan to the boil and stir for one

minute until the sauce thickens slightly. Then add a little salt and pepper to taste, the lemon juice and any meat juices which might be in the roasting tin containing the meat. Stir well. The sauce is now ready to serve.

Using kitchen scissors, cut away all of the string from each of the pork fillets, cut each fillet into 3 to 4 cm medallions and serve some of these on individual plates, slightly overlapping. Spoon on some of the sauce over the meat, sprinkle on some freshly chopped parsley and crushed red peppercorns to decorate and serve immediately.



## **Tarty blackberry and lime salad dressing**

### **Ingredients:**

125g fresh blackberries

Salt and pepper

6 tablespoons good quality olive oil

Juice of 1 lime

Powder sugar

Honey (optional)

### **What to do:**

Get a high mixing bowl and put the blackberries, olive oil and lime juice into it. Add a little salt and pepper. Use your food mixer to liquidize the ingredients until you have a thick salad sauce. Add 2 to 3 teaspoons of powder sugar and mix in well using a fork. If it is too tarty for your taste, add a little honey to cut the sharpness and make it sweeter. Serve spooned over a crispy iceberg salad.



## **Rump steak with onion jam**

### **Ingredients:**

4 rump steaks, each weighing about 200g

Salt and pepper

4 tablespoons of olive oil

### **What you do:**

Put the steaks on a clean chopping board and leave them at room temperature for 30 minutes. Get a sharp knife and make incisions along the fat layer of each steak at intervals of 1cm. Leave to rest for a further 10 minutes. Preheat the oven to gas mark 4 (180°C)

Add salt and pepper to each side of the steaks.

In a large frying pan, add 3 tablespoons of olive oil and heat it on medium heat. When the oil is hot enough, put two steaks into the oil (they should sizzle when they come into contact with the hot oil) and leave them fry for 1 minute. Turn them over and fry on the other side for one minute. At this stage the steaks do not need to be cooked through, just browned on each side.

Transfer the steaks to an oven dish, then prepare the other two steaks in the same way. When all four steaks are browned and in the oven dish, put the dish in the oven. For rare steaks, leave in the oven for 7 minutes, for medium, leave them in for 10 minutes and for well done, leave them in for 14 to 16 minutes.

Serve the steaks on individual serving dishes and spread some onion jam (the recipe for this is also in this book) over it. Serve immediately.



# **Pommes Lyonnaises**

## **Ingredients:**

1,5kg potatoes (not floury) peeled.

5 cloves garlic (crushed)

3 onions cut in thin rings

5 tablespoons olive oil

125g butter

Salt and pepper

Large bunch of parsley, finely chopped

Red peppercorns (crushed) to decorate

## **What you do:**

Put the potatoes into enough water to cover them in a large saucepan, add a little salt and bring them to the boil. Boil gently for 10 to 12 minutes until they are half cooked. Drain off the water and let the potatoes go cold.

In a large flameproof AND ovenproof round casserole dish, add the olive oil and heat it. When the oil is hot, add the onions and leave them sweat for 12 minutes until they are soft and golden. Then add the garlic, fry for a couple of minutes and transfer the onions and garlic to a bowl to cool. At this point, preheat your oven to gas mark 6 (200°C).

When the potatoes are cold, cut them into 2cm slices. In the same casserole dish, add the butter and melt it. Remove from heat and put a layer of potatoes in the base of the pan. Add half the onions and use a spoon to smooth them over the layer of potatoes. Add a little salt and pepper, then do another layer of potatoes, the rest of the onions, salt, pepper and finish with a layer of potatoes. Put in oven for 20 minutes, then serve with parsley and crushed red peppercorns sprinkled on for extra colour.

