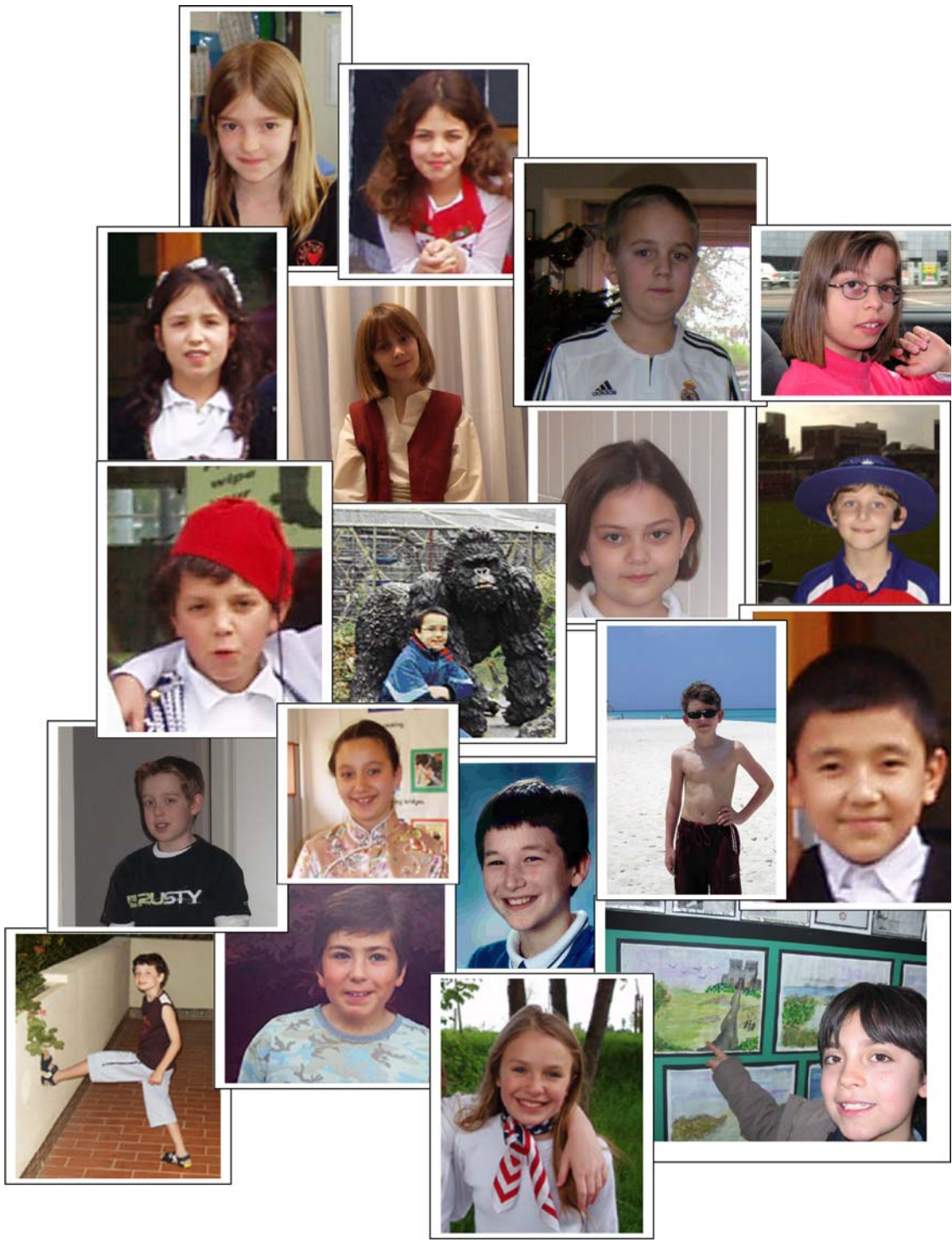


**Y5RH British School Netherlands
2005**



Recipes of Good Taste



Vegetable Chocolate Delight

Student that supplied recipe: Mateo Garcia

Country of origin: INTERNATIONAL

Cooking classification: Main

Ingredients:

100 ml vegetable oil
450 aubergines, cut into cubes
2 red onions, finely chopped
4 garlic cloves, crushed
10 small red chillies, chopped (de-seeded)
2 x 400 g cans chopped tomatoes
1 tsp ground coriander
pinch of ground cumin
pinch of ground cinnamon
1 bay leaf
250 g black beans
salt and freshly ground black pepper
2 tbsp grated dark 70 % cocoa-solids chocolate
grated cheese and/or sour cream, to serve



Preparation:

- Heat the oil in a pan and fry the aubergines for about four minutes, to colour and soften.
Remove and drain on kitchen paper
- Fry the onions and garlic in the same pan until soft, then add the chillies and cook for five minutes.
- Add the tomatoes, coriander, cumin, cinnamon, bay leaf and aubergines and simmer for five minutes.
- Add the beans, season well and cook for 15 minutes.
- Stir in the chocolate and serve with grated cheese and/or sour cream.

Comments: I didn't put cheese but if you want to, put cheddar or, better, Mexican cheese if you can find it. We put yoghurt instead of soured cream. You can hardly taste the chocolate so don't be afraid to add it. It smells good!

Yield: Serves 6

Assembly time: 30 minutes

This recipe is special because: Has chocolate and is not a dessert

Chicken Dinner

Student that supplied recipe here: Anne Dorst

Country of origin here: France

Cooking classification: Main

Ingredients:

255g/9oz pasta, such as pappardelle or tagliatelle
2 tbsp olive oil
2 skinless chicken breast fillets, cut into small pieces
2 garlic cloves, chopped
150ml/5fl oz single cream
3 tbsp fresh tarragon leaves, roughly chopped
½ chicken cube
salt and freshly ground black pepper



Preparation:

Cook the pasta: cook the pasta in a large pan of boiling water for 8-10 minutes, or according to packet instructions, until just tender.

Fry the chicken: meanwhile heat the oil in a large frying pan, add the chicken and fry over a high heat for 4-5 minutes, stirring often, until golden and cooked. Remove chicken from pan and add 4 tbsp of water or pasta cooking liquid. Scrape the bottom of the frying pan and stir.

Make the sauce: add the garlic, and the cube. Stir till cube has dissolved. Then stir in the cream and tarragon. Heat through over a low heat. Do not boil. Add chicken to the sauce.

Finish the dish: when the pasta is cooked, drain the pasta, then toss it into the creamy chicken. Season generously with salt and pepper.

Yield: Serves 2-3

Assembly time: Less than 30 mins.

Cooking time: 10- 30 mins.

This recipe is special because: My mum got this recipe from a French cooking book, and it was a big hit for my brother in his cooking class at the Senior School. We love the tarragon taste.

Lancashire Hotpot

Recipe from: Thomas Rhys Fillingham

Country of origin: England, Lancashire

Ingredients:

900grams of lamb – cut into chops

4 lambs kidneys, chopped small

350g onions, chopped

900g potatoes cut into 2cm slices

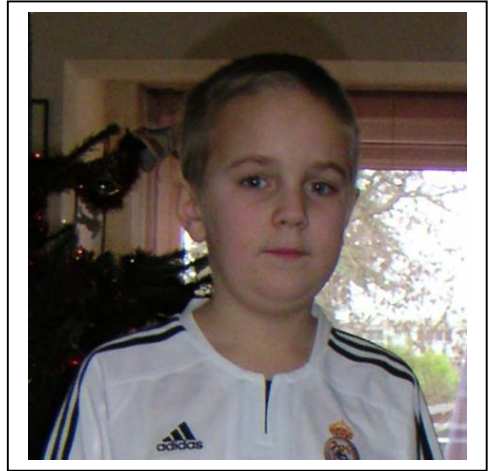
2 sprigs fresh thyme, 1 bay leaf

1 tablespoon flour

570ml hot water mixed with ½ teaspoon

Worcestershire sauce

a little butter, oil and salt and pepper



Preparation:

Preheat oven to gas mark 3 or 170C

Heat the oil in a frying pan and brown the meat pieces and the chopped kidneys. Remove them when brown to a casserole dish.

Next fry the onions (add some butter if needed) for about 10 minutes.

Stir in the flour to soak up juices then gradually add hot water and Worcester sauce. Blend well. Season with salt and pepper and bring up to simmering point, then pour over meat in casserole dish.

Add the bay leaf and thyme then arrange potato slices over the top. Season the potatoes with salt and pepper and a little butter.

Cover and cook in the oven for 1 ½ hours then remove lid and cook for a further 50 minutes.

Vegeterian Main

Student that supplied recipe here: Henry Matthys

Country of origin here: Australia

Cooking classification: Vegetarian Main

Ingredients:

1/3 cup olive oil

2 onions, roughly chopped

3 garlic cloves, finely chopped

2 red peppers, cut into squares

2 zucchini (courgettes) cut into cubes

1 teaspoon chili powder

1 teaspoon ground cumin

2 x 400g cans peeled tomatoes

Salt and ground pepper

440g can red kidney beans

440g can chickpeas(garbanzos), drained

½ cup chopped parsley

½ cup chopped coriander

2 tablespoons fresh lemon juice



Preparation:

Heat the oil in a casserole dish over moderate heat and add onion, garlic and peppers.

Saute for 5 minutes. Add the zucchini and sauté for another 3 minutes. Stir in the chili powder and cumin. Add the tomatoes with their juice, roughly chopped. Season with salt and pepper and stir in the drained kidney beans and chickpeas. Cover and simmer for 15 minutes. Lastly stir in the parsley, coriander and lemon juice.

Serve with bowls of grated cheddar cheese, green shallots and sour cream or yoghurt.

Yield: Serves six

Assembly time: 30mins

Cook: approx 25 mins

This recipe is special because: all our family loves it and it is healthy!

ANZAC Biscuits

Student that supplied recipe here: Henry Matthys

Country of origin here: Australia

Cooking classification: Biscuits

Ingredients: 1 cup rolled oats

1 cup plain flour

1 cup brown sugar

½ cup coconut

125g butter

2 tablespoons golden syrup

1 tablespoon water

½ teaspoon bicarbonate of soda



Preparation:

-Combine oats, sifted flour, sugar and coconut in large bowl. Combine butter, golden syrup and water in small saucepan., stir constantly over medium heat until butter is melted, stir in soda. Stir mixture into dry ingredients.

-Place rounded teaspoons of mixture 5cm apart on lightly greased oven trays, bake in moderately slow oven for about 20 minutes. Use spatula to loosen biscuits on trays, cool on trays.

Yield: Makes 20

Assembly time: 20mins

Bake time: 20 minutes

This recipe is special because: They are very Australian and they are so yummy you can never stop at just one!

Cake

Student that supplied recipe here: Zoë Llewellyn

Country of origin here: United Kingdom

Cooking classification: Cake

Ingredients:

2oz Margarine

5oz Caster sugar

3 eggs

8oz Self raising flour

1 large over ripe banana mashed

2oz chocolate roughly chopped or chips (plain or milk)

½ tsp nutmeg

Pinch of salt



Preparation:

Cream together the margarine and sugar, beat in the eggs and then the banana.

Fold in the remaining ingredients and turn into a greased or lined 2lb loaf tin

Bake in the oven for 1 hour at Mk 4, 180 c , 350 f.

Yield: depends on the size of the pieces you cut!

Assembly time: 20 mins

Bake: 1 hour

This recipe is special because:

It's Zoë's favourite cake and would be in her lunch box everyday, if I could bake often enough!

It's even better spread with a little butter and it's a great way of using up old bananas.

TIRAMISU

Student that supplied recipe here: Barbara Saccoccia

Country of origin here: Italy

Cooking classification: Dessert

Ingredients:

-bitter cocoa powder

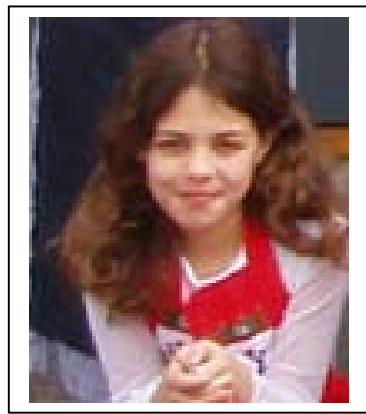
-500g lady fingers "Savoardi"

-500g cream cheese "marscapone"

-5 eggs separated

-5 Tablespoons sugar

-2 (or more) tea cups strong coffee (with some sugar)



Preparation:

While gradually adding sugar, beat eggs yolks until they appear pale in colour, add cream cheese and fold gently until smooth

In a separate bowl, beat 3 egg whites with a wire whisk or electric beater until very stiff and gently fold them into the cream cheese mixture

Cover the bottom of the serving dish with a little bit of cream mixture

Dip the lady fingers quickly into the coffee one at a time and arrange them in the serving dish

Cover the lady fingers with the cream mixture, use all the ingredients to obtain more layers

Sprinkle the top with bitter cocoa powder

REFRIDGERATE at least one hour before serving

Yield: How many the recipe serves here

Assembly time: Approx time to make here

This recipe is special because: it is the only thing my Mum doesn't burn, it is from our family collection, it is our favourite Sunday night meal, we just love it, it is easy and delicious...you see what I mean.

CROSTATATA

Student that supplied recipe here: Name of child Lavinia Calvi

Country of origin here: Italy

Cooking classification: Dessert

Ingredients:

400 g flour

200 g sugar

200 g butter (room temperature)

2 eggs

grated lemon skin

pinch of salt

teaspoon of baking powder

jam



Preparation:

Mix flour and sugar into mixing bowl, add butter, beaten eggs, salt, lemon skin and baking powder.

Knead until you have a soft dough. Put in refrigerator for about 15 minutes.

Leave apart a small quantity of the pastry, roll out the rest and use it to line a 30cm heatproof buttered plate.

Put jam and spread over the pastry to within 1cm of edge.

Arrange thin strips of remaining pastry in criss-cross design over filling, pressing ends well onto pastry edges.

Place plate on baking tray into preheated oven 180* and bake for 25 minutes.

Yield: Serves 10-12

Assembly time: 15 minutes plus fridge time

Bake time: 25 minutes oven

This recipe is special because: my mother used to do it every Sunday.

Divinely decadent dark chocolate and apricot bars

Student that supplied recipe here: Daniel Wardle

Country of origin: England

Cooking classification: Cake/cookie

Ingredients:

200g good quality plain chocolate

75g unsalted butter

1 x 397g can condensed milk

225g digestive biscuits broken into pieces

100g ready-to-eat dried apricots roughly chopped

50g raisins

75g pecans roughly chopped (OPTIONAL)



Preparation:

Break the chocolate into squares and put these in a bowl together with the butter and melt over a saucepan of simmering water. Stir the condensed milk into the chocolate mixture and mix in the rest of the ingredients. Line a 18cm x 28 cm shallow cake tin with silver foil allowing the sides to overhang. Spoon the mixture into the tin, press down well and level out the surface. Set aside in the fridge to set.

Yield: Makes 12 large bars or as many smaller pieces as you wish – we find small pieces are best as it's **very** rich!

Assembly time: 20 minutes.

Chill time: A couple of hours or until set. Once set, lift the cake out of the tin by the overhanging silver foil and cut into bars.

This recipe is special because: I love the taste of apricots with chocolate and it's the special treat we always make for Grandad, because he loves it. I like scraping out the bowl when we've finished making it. Yummy!

Stuffed Mushrooms

Student that supplied recipe here: Jessica Reid

Country of origin here: USA

Cooking classification: Appetizer

Ingredients: (I usually double the recipe below...they go fast!!!)

24 mushrooms (about 2 1/2 pounds),
the stems removed and chopped fine
reserving 1 cup, and the caps left whole
12 ounces sun-dried tomatoes packed in oil, drained,
reserving 4 tablespoons of the oil,
and mince tomatoes

1/3 cup finely chopped shallot

1 teaspoon finely chopped garlic

a pinch of crumbled dried thyme

3 tablespoons heavy cream

freshly grated Parmesan for sprinkling the mushrooms



Preparation:

Brush the mushrooms caps with some of the reserved tomato oil and arrange them, stemmed sides down, on the rack of a broiler pan. Broil the mushrooms caps under a preheated broiler about 6 inches from the heat for 2 minutes, or until they are barely softened, and arrange them, stemmed sides up, in one layer on a baking sheet.

In a large skillet cook the shallot and the garlic in the remaining reserved oil over moderately low heat, stirring occasionally, or until they are softened, stir in the reserved mushroom stems, the tomatoes, the thyme, and salt and pepper to taste, and cook the mixture, stirring occasionally, for 5 to 10 minutes, or until the liquid has evaporated and the mixture is thick. Stir in the cream and salt and pepper to taste, divide the mixture among the mushroom caps, and sprinkle it with the Parmesan.

Bake the stuffed mushrooms in the middle of a preheated 350°F. oven for 12 to 18 minutes, or until the filling is heated through.

Yield: 24 caps

Assembly time: 20 min

Bake time: 18 min

This recipe is special because:

it is a delicious appetizer, easy to make and the recipe is requested often!

Sensation Salad

Student that supplied recipe here: Jessica Reid

Country of origin here: USA -typically Cajun

Cooking classification: Salad

Ingredients:

- 6 ounces Romano cheese
- 1/3 cup crumbled bleu cheese
- 3/4 cup lemon juice
- 1/4 cup white vinegar
- 2 1/4 teaspoons salt
- 1/2 cup olive oil
- 1 1/2 cups Wesson oil
- 1 teaspoon finely chopped garlic



Preparation:

- Grind Romano cheese in food processor until fine (or grate fine)
- Add bleu cheese and mix well
- Place cheese mixture into an airtight container and keep refrigerated.
- Mix remainder of ingredients in a large bowl and whisk well until thoroughly blended.
- Pour dressing into 1-quart container. Refrigerate both containers.
- To serve, prepare greens, using any combination of these: Iceberg lettuce, Spinach, Watercress, Endive, Romaine, or Escarole.

Mix greens with the oil and vinegar dressing. Toss some of the cheese mixture into the dressed greens and serve.

*I also added some chopped fresh parsley and celery for color and crunch!

Assembly time: 20 min

This recipe is special because: it is mostly found in the Southern US (Cajun cooking) and is mouthwateringly delicious!!!

Sweet corn and tomato salad with cilantro

Student that supplied recipe here: Jessica Reid

Country of origin here: USA picnic food!!!

Cooking classification: Salad

Ingredients:

10 ears fresh corn, husked

(or 10 oz frozen or 2 cans of whole corn kernels)

2 pounds plum tomatoes, cut into 1/2-inch cubes

3/4 cup finely chopped red onion

1/2 cup chopped fresh cilantro

1/4 cup extra-virgin olive oil

1 tablespoon red wine vinegar



For ears of corn: cook corn in large pot with boiling salted water until just tender, about 5 minutes. Drain; cool to room temperature. Cut corn kernels from cobs. Transfer corn to large bowl.

For frozen/canned corn: I cook corn as per directions, drain and cool to room temperature. No need to cut from cob- transfer to large bowl

Add remaining ingredients; toss to blend. Season salad to taste with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature, tossing occasionally.)

Assembly time: 20 min

This recipe is special because: this is a great salad to tuck in a picnic basket and enjoy.

Lemon Syrup Cake

Student that supplied recipe: Jonathan Boero

Country of origin: England

Cooking classification: Dessert

Ingredients:

6oz (175g) Self Raising flour

1 level tsp baking powder

Pinch of salt

4oz (100g) soft margarine

4oz (100g) castor sugar

Finely grated rind of 1 lemon

2 large eggs

2 tbsp milk

Lemon Syrup

Juice of 1 lemon

4oz (100g) icing sugar



Preparation:

Mix together the margarine and the castor sugar.

Add the eggs a little at a time and beat in.

Sift the flour and the baking powder and fold into the mixture.

Add the pinch of salt, the grated rind of lemon and the milk and mix until creamy.

Put the mixture into an 11 x 7 inch tin and cook in the center of the oven.

When the cake has cooled, mix the icing sugar and lemon juice and spread onto the cake

Yield: This will serve between 8 – 10

Assembly time: 20 minutes

Cook: Cook in the center of the oven for 40 – 45 mins - 350F (180C) Gas 4

This recipe is special because: Mum got the recipe from my Nan who also makes it and it is really delicious.

Tiramisu

Student that supplied recipe: Luca Lopriore

Country of origin: Italy

Cooking classification: Dessert

Ingredients:

3 eggs, separated

coffee (5 small cups)

200 gram sugar

cocoa powder (unsweetened)

250 gram mascarpone

brandy (one tablespoon)

400 gram (~ 2 packs) Lady Fingers



Preparation:

Whip egg whites with a pinch of salt until stiff. Beat yolks with sugar until creamy.

Add Mascarpone. Mix well. Add the egg whites. Mix well. Add a table spoon of brandy (optional!).

Dip the Lady Fingers briefly in the coffee (do not soak), then place in a single layer at the bottom of an oven dish (20x30cm.). Pour ~ half of the egg mix on top, then a second layer of Lady Fingers and then the remaining half of egg mix.

Refrigerate for a couple of hours and dust the top with cocoa powder just before serving.

Yield: 6/8 persons

Assembly time: 30 min.

Cook/bake/chill time: 2 hours at 4°C. Better if prepared the day before.

This recipe is special because: It tastes really nice and it's my favorite dessert.

It's a traditional Italian recipe & sometimes my mum makes it. (It may well be a traditional Italian food but every time we go to Italy we don't even see it!).

Spaghetti with tomatoes Greek olives and feta

Student that supplied recipe: Nic

Country of origin here: Greece

Cooking classification: main

Spaghetti with Tomatoes, Greek Olives and Feta

Ingredients:

1 1/2 pounds ripe tomatoes, peeled and seeded
24 black olives, preferably Kalamatra pitted and chopped
2 tablespoons capers, rinsed and chopped
2 gloves garlic, finely minced
1/4 teaspoon hot red pepper flakes
1/4 cup extra virgin olive oil
2 teaspoons white wine vinegar
salt
1 pound dried spaghetti
approximately 40 small fresh basil leaves
6 ounces Greek feta cheese



Preparation:

Slice tomato halves very thinly. If tomatoes are large, cut the halves in half before slicing so slices aren't too long. In a large bowl, combine tomatoes, olives, capers, garlic, hot red pepper flakes, olive oil, wine vinegar and a pinch of salt. Stir gently to blend. Cook pasta in a large pot of boiling salted water until al dente. Just before pasta is ready, tear basil leaves into small pieces, add tomato mixture and stir. Drain pasta and add to bowl. Toss well. Grate the feta directly into the bowl and toss again so that feta melts and forms a creamy sauce.

Serve immediately on warm dishes.

Yield: Serves 4.

This recipe is special because: This is our favorite summer night dinner when we like something simple, refreshing and delicious.

Dessert-Mocha Rum Cake

Student that supplied recipe here: Peter Sharpe

Country of origin here: America

Cooking classification: dessert

Ingredients:

1 ½ C (340 gms) unsalted butter
12 oz (gms) chocolate chips or puur chocolate pieces
2 ¼ C (450 gms) caster sugar
2 C (500 ml) strong coffee
1/3 C (80 ml) dark rum (can substitute Bailey's Irish Crème)
2 teaspoons vanilla extract
3 eggs
3 C (375 gms) flour
1 ½ teaspoons baking soda
¾ teaspoon salt

Preparation:

Melt butter and chocolate over simmering water. Remove from heat and stir in sugar, coffee and rum. Mix in sifted dry ingredients ½ cup at a time. Beat in eggs and vanilla. (Batter will be very runny.) Pour into greased and floured bundt pan and bake at 300°F (150°C) for 1 hour 50 minutes until center tests done with a toothpick. Cool completely before removing from pan. Serve with whipped cream. Note: this is better if made the day before.

Yield: 10 large slices

Assembly time: 20 minutes

Cook/bake/chill time: 1 hour 50 minutes baking, 3 hours cooling

This recipe is special because: This is a family favorite because it is always moist, it goes a long way, it's easy to make, it can be made ahead and stores for several days and we haven't met anyone yet who didn't like it.



Samosas (Deep fried pasties)

Student that supplied recipe: Josephine Mariam Steeghs

Country of origin here: Bangladesh

Cooking classification: Hors D'Oeuvres,

Ingredients:

Pastry:

100g self-raising flour

½ teaspoon salt

7.5g butter

60ml water

Filling:

3 medium potatoes, boiled

1 teaspoon fresh garlic,
pulped

2 tablespoons lemon juice

2 small green chillies, finely
chopped (optional)

½ teaspoon white cumin



Samosas, which are a sort of Indian sub-continent Cornish pasty, make excellent snack. They are best made fresh but may be frozen and re-heated. The filling can be of either vegetable or meat. For a meat filling, (minced lamb or beef with peas) can be used. Below please find a vegetable filling recipe. Serve samosas with yoghurt/mint sauce or curry tomato ketchup

Preparation:

Sift the flour and salt in a bowl. Add the butter, cut into small pieces, and rub into the flour until the mixture resembles breadcrumbs. Pour in the water, mix with a fork, pat the dough into a ball and knead with the back of the hand for 5 minutes or until the dough is smooth. Add a little flour if the dough is sticky. Cover and leave aside.

For the filling, mash the boiled potatoes gently and add all the spices including the lemon juice and green chili. Break small balls off the dough and roll out very thinly into a circle. Cut in half, dampen the edges and shape into cones. Fill the cones with a little of the filling, dampen the top and bottom edges of the cones and pinch together to seal. Set aside.

Fill a deep-frying pan one-third full with oil and heat until a small cube of stale bread turns golden in a few seconds when dropped into the oil. Carefully lower the samosas into the oil a few at a time and fry for 2-3 minutes or until golden brown. Remove from the oil and drain on kitchen towels.

Yield: 10-12

Assembly time: 1hr.

Cook/bake/chill time: Deep frying

This recipe is special because: We love it and its not very often my mother prepares it for us.

Buttered Chicken

Student that supplied recipe here: Josephine Mariam Steeghs

Country of origin here: Bangladesh

Cooking classification: Main dish,

A simple and mouth-watering dish with a lovely thick sauce, this makes an impressive centerpiece for a dinner party.

Ingredients:

2 teaspoons garam masala (mixture of spices-black cumin seeds, peppercorns, cloves, cinnamon and black cardamom). Readymade garam masala powder is available at any Toko shops in Den Haag.

2 teaspoons ground coriander

1 teaspoon chili powder or a pinch!

1 teaspoon black cumin seeds

1 teaspoon fresh garlic pulped

1 teaspoon salt

3 whole green cardomoms

3 whole black peppercorns

2 medium onions

100g unsalted butter

1 tablespoon oil

150ml natural yoghurt

2 tablespoons tomato puree

1.5kg chicken, skinned and cut into 8 pieces

150 water

2 whole bay leaves

150ml single cream

Garnish: Coriander leaves, 2 green chilies



Preparation:

Prepare all the spices. Finely chop the onions. Heat the butter with 1 tablespoon oil.

Fry the onions until golden brown. Lower the heat.

In a separate bowl blend together all the spices (except the bay leaves), the yoghurt, tomato puree and chicken pieces., Add this to the onions and stir vigorously making semi circular movements for 5-7 minutes. Add the water and the bay leaves and simmer for 30 minutes stirring occasionally. Add the cream and cook for a further 10-15 minutes.

Garnish with fresh coriander leaves and shopped green chilies.

Yield: 4-6

Assembly time: 1hr

This recipe is special because: My mother makes them on special occasions and its very delicious!

Pulao Rice

Student that supplied recipe here: Josephine Mariam Steeghs

Country of origin here: Bangladesh

Cooking classification: Side dish,

Pulao Rice is just a very simple, one grade higher than the normal boiled white rice and its goes well the Buttered chicken and other curries.

Ingredients:

200g basmati rice

2 tablespoons clarified butter (ghee)

3 green cardamoms

2 cloves

1 cinnamon stick

3 peppercorns

½ teaspoon salt

½ teaspoon saffron

400ml water



Granish

Coriander leaves

Fried onions (available at supermarkets)

Preparation:

Wash the rice twice and leave aside. Heat the ghee in a saucepan. Add the cardamoms, cloves, cinnamon stick and peppercorns and fry for about 1 minute. Add the rice and stir fry for a further 2 minutes. Add the salt, saffron and water and lower the heat. Cover and simmer over a low heat until the water has evaporated. Sprinkle some fresh coriander leaves and some fried onions.

Yield: 2-4

Assembly time: 15min.

Cook/bake/chill time: cook

This recipe is special because: My mother makes them on special occasions and its very delicious!

Potato Omlette (Tortilla)

Student that supplied recipe: Anna Cackett

Country of origin: Gibraltar or Spain

Cooking classification: a side dish or appetiser

Ingredients :

4 large potatoes

4 large eggs

a dash of milk

salt and pepper.

Preparation:

- Peel, wash and dice potatoes (1cm cubes) - season with sea salt.

- Add 2 tbl of olive oil and 2 tbl of sunflower oil to a large frying pan and heat up. Fry the potatoes in batches until soft and golden in colour. Drain excess oil.

- In a large bowl beat the 4 eggs and add a dash of milk - season with salt and pepper.

- Add fried potatoes and mix well.

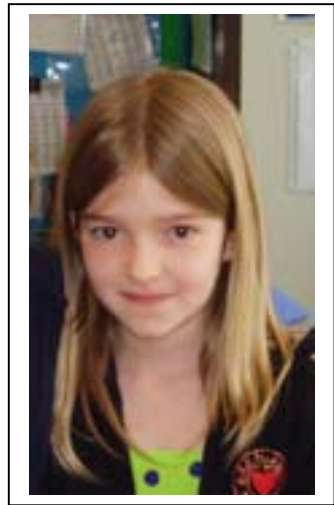
-Heat a small amount of oil in an omlette pan –about 17 or 18 cms - Add egg and potato mixture. Keep the heat low. After about 5 to 8 mins the bottom of the omlette should be a golden colour. You have to turn the omlette now by either placing a plate over the frying pan and turning it over and frying the top. An alternative it to place the pan under a pre heated grill, after step 5, until golden in colour.

This can be served with crusty bread and salad , as a light lunch or as an appetiser with olives and Serrano ham!

Serves: 2 people as a light lunch or 4 people as an appetiser. It should be cut in wedges.

Cooktime: About 45 mins including preparation time.

This recipe is special because: It is from our family collection.



Red Pesto Pasta

Student that supplied recipe: Francesca Magro
Country of origin here: Italy but widely prepared in Malta
Cooking classification: Pasta dish –
can be served as starter or Main

Ingredients: **Red** Pesto Pasta

For the Sauce

1/2 cup of sun-dried tomatoes, drained & chopped
3 cups of fresh basil
3 garlic cloves
1/2 cup of fresh Romano cheese, grated
1/2 cup of pine nuts
1/2 cup of olive oil
1/2 teaspoon of salt
1/4 teaspoon of freshly ground pepper

Preparation:

In blender or food processor, blend tomatoes, basil and garlic; add cheese, pine nuts and 1/4 cup oil, and mix. Add the remaining 1/4 cup oil, salt and pepper. Makes about 1 1/2 cups.

Pour over hot pasta.

Yield: serves 4

Assembly time: no time at all!!!

Cook/bake/chill time: pasta – according to packet

This recipe is special because: My mum loves doing this because it is not complicated and my sister and me love it. It's done in no time at all and we are allowed to help!!!



Lavender Ice Cream

Supplied by: Oliver

Country of origin: England (Lake District)

Cooking classification: Dessert

(or hors d'oeuvres and main course if you have a sweet tooth)

Ingredients:

250 ml Jersey or double cream

250 ml milk

50 g sugar

4-5 whole lavender flowers

2-3 lavender flowerheads finely chopped

2 eggs

Preparation:

Place the sugar in a screw-top jar or tupperware, add the whole lavender flowers, seal and leave overnight to infuse the flavour. After infusing discard the lavender

In a small, heavy saucepan, combine cream, milk, sugar, and chopped lavender. Place over medium-high heat and bring mixture just to a boil. Remove from heat. Set aside for 15 minutes to allow the lavender flavour to infuse the cream mixture.

You can strain out the chopped lavender if you like, or leave in for added flavour.

Whisk the eggs in a small bowl. Gradually whisk a ladleful of the cream mixture into the eggs, then pour the eggs back into the cream mixture, whisking.

Cook over medium heat, stirring gently, for about 8 to 10 minutes or until the mixture thickens enough to coat the back of a wooden spoon. Do not boil. Transfer this mixture to a bowl, cover, and refrigerate until cold.

Transfer to a suitable container and freeze. After a few hours stir the partially frozen mixture to improve its texture, return to freezer.

You can also make this recipe with rose petals instead of lavender.



Smoked Haddock with Crème Fraiche, Chive and Butter sauce (A Delia special!)

Ingredients:

800g undyed smoked haddock
4 rounded table spoons crème fraiche
2 heaped tablespoons snipped fresh chives
20g butter, diced
300ml whole milk
freshly milled black pepper

Preparation:

Place fish in a large frying pan and add a little black pepper (but no salt).

Then pour the milk in (it won't cover the fish, but that doesn't matter),bring it up to simmering point and simmer gently, uncovered, for 8-12 minutes. You will be able to see quite clearly when they are cooked, as the whole thing will become pale and opaque.

Carefully remove the fish, increase the heat and add the crème fraiche. Continue to simmer,uncovered, for 2-3 minutes, until the sauce reduces and thickens slightly, then whisk in the butter and return the fish to the sauce briefly.

Scatter in the chives, let it bubble for about 30 seconds and it's ready to serve. Simple! Even for Michaels mum!

Serving: To serve 4 people

This recipe is special because: This is one of Michaels favorite weekend brunch dishes when his big sister is out because she doesn't like fish and also because it only takes 12 minutes and his mother can't cook!

