

Tomatoes Stuffed A La Nicoise

Ingredients

Fatty pork mince
Veal mince
Finely chopped parsley
Finely chopped shallots
Finely chopped garlic
Egg
Vine tomatoes - deseeded and de-topped

Method

In a large bowl mix together the pork mince and the veal mince
Add the finely chopped parsley, shallots and garlic
To this mixture add the egg and mix well
Stuff the deseeded and de-topped vine tomatoes with the mixture
Top with garlic butter
Roast in the oven for 20 minutes

Potato And Tuna Salad

Ingredients

Salad potatoes
Tuna
(Blanched) Fine beans
Mayonnaise
Parsley
Anchovies
Hard boiled eggs

Method

Boil the salad potatoes until cooked
Remove from heat and drain
Allow to cool

Once cool into a large bowl add to the salad potatoes all the ingredients apart from the anchovies and eggs

Hard boil the eggs

Remove from heat drain

Peel the boiled eggs and cut into halves

Serve the potato salad with the ½ boiled eggs and anchovies

Mediterranean Fish Soup

Ingredients

Olive oil
Chopped tomatoes
Tomato puree
White wine
Mire poix:
Chopped carrots, celery, fennel, onion and garlic
Any oily fish such as Gurnard or Red Snapper chopped into chunks
Live langoustine
Fish stock

Method

In a large pan add generous amounts of olive oil and allow to warm

Into the pan add the mire poix and sweat until see through

Add the fish chunks and live langoustine

Finally add the white wine, chopped tomatoes and tomato puree along with the fish stock

Cover pan and allow the mixture to cook for at least 1 hour

Once cooked remove from the heat and blitz the mixture to produce a smooth soup

Season to taste and serve warm with chunks of warm buttered bread

Chicken Stuffed The Moroccan way

Ingredients

2 chickens - de-boned
Bread crumbs
Dried fruit:
Prunes
Figs
Apricots
Walnuts
Egg
Double cream
Finely chopped parsley
Finely chopped shallots
Finely chopped garlic
Apple juice

Method - Stuffing

Add together the dried fruit and walnuts
Mix into this, 2 cups of apple juice
Add 4 handfuls of breadcrumbs and mix well
Continue by adding egg and double cream
Mix thoroughly
Finally add the finely chopped shallots, garlic and parsley

Stuff the de-boned chickens with the above stuffing
Once stuffed secure the chicken by tying it with string

Roast in the oven for 30-35 minutes
Remove from oven and allow to rest
Serve with apple puree and crystallized garlic

Italian Risotto With Wild Mushrooms

Ingredients

Finely chopped shallots
Finely chopped garlic
White wine
Butter
Risotto rice
Wild mushrooms
Olive oil

Method

In a large pan add a generous amount of olive oil and allow the finely chopped garlic and shallots to sweat until see through

Add the risotto rice

Cover the ingredients with the remaining oil and add ½ a bottle of white wine

Over the heat allow the mixture to 'cook out'

In another pan sweat the wild mushrooms in some olive oil

Add the butter to the mushrooms

Finish the risotto by adding small amounts of water to the pan and allowing this to cook through

Add the wild mushrooms

Allow to cook out

Season to taste and serve with a little double cream

Chicken Tagine With Couscous

Ingredients

Diced chicken
Bay leaf
Cinnamon sticks
Honey
Ground cumin
Cumin seeds
Ground coriander
Olive oil
Chicken stock
Dry sherry
Diced garlic
Diced shallots Fresh coriander

Method

Add the olive oil into a large roasting pot
Colour the chicken all over in the oil
Add the diced garlic and shallots and allow to sweat down
Add the cinnamon sticks, cumin seeds and ground cumin
Allow to cook out for 10 minutes
Add the dry sherry, honey, bay leaf and cover with the chicken stock
Bring to the boil
Cover the pot and roast in the oven for 30-35 minutes
@ 200 degrees Celsius
Serve with fresh coriander

Gazpacho

Ingredients

Red and green peppers - deseeded and cubed
Cubed onions
Cubed celery
Chopped cucumber
Tomatoes - de-skinned and deseeded
Tomato juice
Ice cubes
Fresh mint
Fresh basil

Method

Mix all the ingredients together in a large bowl then blitz through a blender
Serve cold, adding a shot of vodka if required!!!

Bream Baked In Salt

Ingredients

Bream
Flour
Salt

Method

In a large tray make a layer of salt
Place the Bream onto the layer of salt

Make a flour and salt mixture using 1 part flour to 4 parts salt

Cover the Bream with the flour and salt mixture and bake in the oven until a crust forms
Remove from oven and allow to rest before serving

Andalucian Paella

Ingredients

Small bits of chicken and rabbit on the bone
Olive oil
Prawns
Mussels
Red and green pepper - deseeded and cubed
Garlic
Cubed onions
Paella rice
Turmeric
Saffron
Chicken stock
Bay leaves
Fresh thyme
Tomatoes- deseeded

Method

In a large paella pan heat up the olive oil
Once warmed add the chicken and rabbit and allow to colour
Add the cubed onions and the deseeded and cubed red and green peppers
Allow the ingredients to colour
Add the paella rice and cover with olive oil and stir well
Add the turmeric for colour
Once most of the oil is covering the rice add the chicken stock, bay leaves, fresh thyme
and saffron and allow to cook out for 30 minutes
(If the mixture starts to go dry add more stock or water until cooked)
Finally add the washed fresh mussels and prawns
Mix well and serve