



FRESH & SIMPLE RECIPES – EPISODE EIGHT

Theme: “Dressed to Kill”

Greek Goddess, Gorgeous Geisha

American Pie, Sassy South African, Indian Princess

Beer bread rolls

Prosecco & strawberry fizz

Greek Goddess

Feta cheese
Calamata olives
Fresh and dried oreganum
A few slices of red onion
Rosemary sprigs
Olive oil
Red wine vinegar
Salt and pepper

Gorgeous Geisha

Brown button mushrooms (sliced)
Limes (sliced)
Sesame oil (a few drops)
Black & White sesame seeds (a sprinkle)
Ginger (finely sliced)
Olive Oil
Soya Sauce



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American Pie

Blue cheese
Green apple, finely sliced
Bacon bits, fried till crisp
Mayonnaise
Mustard
Walnuts
Olive oil
Salt and pepper

Sassy South African

Orange (finely sliced with peel on)
Orange Juice
Biltong slices
Wholegrain mustard
Olive Oil
Fresh Parsley (chopped)
Salt & whole pink peppercorns
Lemon Juice

Indian princess

Whole star anise
Whole cardamom pods
Cinnamon sticks
Fresh red chilli
Curry leaves
Olive oil
White wine vinegar
Salt and black pepper



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To assemble the dressings

Make each dressing in single portions, either in a jar with a screw-cap (for shaking), or in a small glass vessel with a muddling stick (for crushing). The ratio of oil to acid (vinegar, lemon juice etc.) should be 1 part acid to 3 parts oil.

Serve the dressings with a selection of salad leaves and your favourite salad toppings. Some good ideas are:

Rocket, watercress, baby spinach, red radicchio, mixed baby lettuce leaves etc.

Pistachio nuts, slivered almonds, fruit such as pear, figs and apple slices, pine nuts, croutons etc.

Meats such as sliced smoked salmon or grilled chicken strips.

Beer bread rolls

Ingredients

500g self-raising flour

2 teaspoons salt

1 x 330ml bottle of beer

Preparation

Preheat oven to 180°C. Mix all ingredients well in a large bowl and mix with hands, until combined into a quite soft and sticky dough. Add a little water if the mixture is too dry. With floured hands, divide the mixture into pieces about the size of a large egg. Roll in between the hands to smooth and place onto a baking sheet lightly sprinkled with flour. Bake in the oven until risen and golden, about 25 minutes. Serve with the salads and dressings.



Prosecco and Strawberry Fizz

1 bottle prosecco or other dry white sparkling wine

3 tablespoons brandy

1 punnet strawberries, washed

25-50ml strawberry liqueur

Preparation

In a food processor, blend the brandy and strawberries until finely pureed. Mix with the chilled prosecco and stir. Serve immediately.

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Table décor ideas:

Finishing your Salad Bar...

The concept here is for your guests to assemble their own gourmet salads, so put out plenty of mixed greens, tomatoes and other *interesting* accompaniments such as sundried tomatoes and nuts (pistachios, almonds – as you prefer) You can also serve grilled chicken breasts, smoked salmon or even grilled tuna on your Salad Bar



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