



## FRESH & SIMPLE RECIPES – EPISODE TWO

Theme: “Ooh-la-la French”

**Prawn and asparagus Puff-pastry tartlets  
with dill mayonnaise**

**Hearty Nicoise Salad with seared tuna**

**Mille feuilles filled with fresh berries  
and Crème patissiere**

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### **Prawn and asparagus Puff-pastry tartlets with dill mayonnaise**

Makes 6

#### Ingredients

18 medium sized raw prawns  
300g thin asparagus spears, cut into 3cm lengths  
1 roll all-butter puff pastry (defrosted but still cold)  
Small bunch parsley  
1 clove garlic, crushed  
Small knob of butter for frying  
¼ cup white wine  
6 tbsp best quality French-style mayonnaise  
Juice of 1 lemon  
1 packet of dill leaves, finely chopped



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## Preparation

### For the pastry-cups

Use a big cup or small bowl to stamp out 6 rounds of pastry about 10cm in diameter. Using a sharp small knife score a smaller circle onto each round, leaving a border of about 1cm and cutting about half way through the pastry. Place onto a greased baking sheet and bake at 200°C until puffed and golden, about 10 minutes. When they come out of the oven, use a spoon to press into the inner circle, which will depress and create a cup-shape.

### For the prawns and asparagus

Melt the knob of butter with a little olive oil in the pan until very hot. Add the asparagus and stir-fry for 1 minute. Add the garlic, prawns and parsley and stir fry for 2 minutes more. Spash in the white wine and remove from heat immediately. The prawns should be just pink. Set aside and keep warm.

### For the dill mayonnaise

In a small bowl mix the mayonnaise, lemon juice and chopped dill and season with salt and pepper.

## Assembly

Arrange the pastries on the serving dish and spoon 1 tablespoon of the dill mayonnaise into each, spreading it to the edges of the pastry. Divide the prawn and asparagus filling between the pastries and serve hot.

## **Hearty Nicoise Salad with seared tuna**

### Ingredients (per salad)

3 new potatoes (boiled until just tender)  
100g string beans (blanched till tender)  
100-150g tuna steak  
4-5 cherry tomatoes (halved)  
5 anchovy fillets (drained and rinsed)  
¼ cup calamata olives  
2 tbsp capers (rinsed)  
Handful fresh baby salad leaves  
(rocket, baby spinach, mache, basil, baby gem etc)  
1 soft-boiled egg



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## Vinaigrette

¼ cup extra virgin olive oil  
Juice of 1 lemon  
1 tsp Dijon mustard

*\* Chef's tip: Make this in a sealable glass jar so that any left over's are easily kept in the fridge. Glass also won't retain any smell from the vinegar or mustard when you re-use the container.*

## Preparation

Assemble the Salad in a "composed fashion, keeping the individual ingredients separate around/on the bed of baby leaves. Oil, salt and pepper the tuna fillet, and sear for 1 minute on all sides until slightly charred. Allow to cool and slice thinly, fanning the slices out on top of the salad. Drizzle generously with the vinaigrette and serve.

## Mille feuilles

### Pastry

400g phyllo pastry (9 sheets)  
Melted butter

### Crème patissiere

5ml vanilla extract  
1l full cream milk  
80g cornflour  
160g caster sugar  
5 egg yolks



### Topping and Filling

500ml whipping cream  
Seasonal fresh fruit (mango, kiwis, Strawberries, mixed berries, etc)  
Pinch of lavender buds, to garnish

### Preparation

#### For the Crème patissiere

Heat milk and vanilla in a saucepan until very hot, but do not boil. Whisk egg yolks and sugar until light in colour, then whisk in the sifted cornflour until smooth. Add the hot milk bit by bit, whisking all the time until incorporated. Return to pan and whisk constantly over medium heat until thickened. Set aside to cool.

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### For the pastry

Lightly butter a baking sheet. Lay one sheet of phyllo on tray and butter lightly all over. Repeat twice more (3 buttered sheets). Bake in a 180 degree oven until crisp and light gold in colour. Remove and set aside on a cooling rack. Repeat twice more to give you 3 stacks of 3 crisp phyllo sheets.

### Assembly

Place 1 stack of phyllo on serving dish and , starting in the centre, spread half the crème patissiere carefully over the surface, as close to the edges as possible. Place half of the fresh fruit over the crème patissiere.

Repeat with second phyllo stack, and the remaining crème patissiere and fruit.

Top with final phyllo stack. Whip the cream and spread over the top of the mille feuille, creating soft valleys and peaks in the cream as you do. Sprinkle with the lavender buds and serve.

### Table décor ideas



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