

**Cooking with Jane / 05.11.14 / 15.30 / 12 People**

**Dinner**

**Aperitif**

Roasted flat breads with chive chilli dip

**Starter**

Grilled vegetable salad with oregano and balsamic, green olive crostini

**Main Course**

Spiced meatballs in tomato sauce, fresh pasta and roasted vegetables

**Dessert**

Lime yoghurt mousse with honey wafers

## **Aperitif**

### **Roasted flat breads with chive chilli dip**

#### **Sweet chilli sour cream dip**

500 ml sour cream

200 ml magerquark

2 tablespoons sweet chilli sauce

1 tablespoon lemon juice

1 tablespoon lime juice

1 tablespoon chopped chives

6 flat breads

Salt

Pepper

Method

Mix all your ingredients together adding your salt and pepper last

Roast the flat breads in the oven at 180°C for 6 minutes, cool... then dip

## **Starter**

2 Aubergine (sliced)

3 zucchini (sliced)

2 red peppers (sliced)

worster sauce (sprinkled on aubergine & zucchini to season)

pepper mix (sprinkled on aubergine & zucchini to season)

extra virgin oil used to fry off the vegetables

## **Method**

Slice the vegetables and season with the worstersauce, pepper, salt and olive oil. Grill in batches until nicely browned and serve with the philly mix and lemon marinade.

### **Marinade for the cooked vegetables**

5 sprigs fresh thyme (chopped)

1 lemon juiced

Salt

Pepper

## **Method**

Mix all ingredients together and sprinkle over the grilled vegetables

### **Philly cream cheese dipping sauce**

2 packs philly cream cheese

1-2 lemons juiced

Chervil chopped

Salt

pepper

## **Method**

Mix all ingredients together making sure you season well. You can use any other fresh herbs if you like the taste of them better.

## **Main Course**

### **Spiced meatballs in tomato sauce**

#### **The Curry Paste Mix**

1 red onion  
2 spring onion  
fresh coriander  
fresh mint  
1tbls thai red curry paste  
sesame oil a few drops  
3cm piece of ginger  
2 spoons sweet chilli sauce  
1 red chilli  
1tsp cumin

#### **Method**

Make a paste with all of the ingredients above

#### **The Meatball mix**

1kg minced meat  
Paste from above  
1.5 big spoon flour  
1.5 big spoon bread crumbs  
1 egg  
salt  
pepper

#### **Method**

Mix all ingredients together really well. Let rest for ½ and hour. Roll balls placing on a baking tray with a little oil. When the balls are all rolled place in a preheated oven at 180°C for 10 minutes. Remove from the oven and eat!

#### **Tomato Sauce**

8 Tomatoes (chopped)  
2 onions (chopped)  
1 garlic Chopped  
2 sprigs basil  
2 spoons olive oil  
1 tin tomatoes  
Salt  
Pepper

#### **Method**

Fry the onion and garlic off in oil add the tomatoes and half cover with a lid and simmer for 15 minutes until the water releases from the tomatoes. Add the tin of tomatoes and the basil and simmer for at least 45 minutes. Season with salt and pepper and place the ball in to warm through. Serve with fresh pasta.

#### **Pasta Dough**

1kg flour  
10 eggs  
4 tablespoons olive oil  
salt

**Method**

Place your flour on a nice clean bench and make a ring in the middle with your hands. Add your egg to the ring and your oil. With your fingertips combine the eggs and oil and slowly tale the flour from the sides bit by bit until you have a, nice soft dough. Knead with your hands for about 10 minutes. Wrap in plastic and let rest for half and hour.

**Rolling pasta**

Roll your dough out either by hand or through a pasta machine. Take a piece that is good for you to manage and roll it by hand stretching the dough as you go until it is the thickness that you desire.

**Cooking your Pasta**

Bring a large pot of water to the boil. Add salt and a spoonful of olive oil. Add your Pasta in batches making sure you stir gently so they don't stick together or to the bottom of the pot.

### **Lime Yoghurt mousse**

500ml natural yoghurt  
100g sugar  
1.5 limes juice and zest  
300ml full cream  
3 leaves gelatine

#### **Method**

Grate the lime zest into a bowl add the yoghurt and sugar  
Squeeze the limes and add to the yoghurt mix  
Soak the gelatine in cold water to soften it  
Whip the cream into stiff peaks  
Squeeze the water from the gelatine and heat gently until liquid  
Whisk into the yoghurt mass until well combined  
Set aside in the fridge until almost set, fold in the whipped cream, place in glasses and refrigerate until set.

### **Honey Wafers**

150g butter (soft)  
240g sugar  
6 tablespoons honey  
120g flour  
1 teaspoon ground ginger  
2 egg whites

#### **Method**

Cream butter and sugar until pale and light  
Add the honey, flour, ginger and egg whites until you have a smooth paste  
On a baking paper spread small rounds with paste and bake in a pre heated oven until golden brown. As the wafers cool they get hard.