



Creamy Tagliatelle with Local Summer Greens

A great dish made using homemade pasta, early summer green vegetables packed with goodness and simple science applied to the making of a quick tasty sauce.

Ingredients

Home Made Pasta

10ozs plain flour
2 eggs – large
1 tbsp olive oil
A little water if necessary

Sauce

25g/1oz olive oil or polyunsaturated fat
1 lemon – juice only
½ tsp mustard
½ tsp curry powder
125g/4oz yogurt or fromage frais or Mascarpone cheese
125ml/¼ pt milk (low fat)
Black pepper

Method

Home Made Pasta

Place eggs, oil and flour in a food processor.
Process until the mixture forms a soft ball.
Turn out onto a table and knead until dough is smoother and elastic.
Roll dough through pasta machine to make the required shapes
Cook in barley salted water and 1 dsp olive oil for 2-3 mins. then drain and serve with the sauce.

Sauce

Heat the oil in a pan, add the lemon juice, mustard and curry powder. Stir in the yogurt or mascarpone cheese and milk. If using yogurt be careful the sauce does not overheat or the sauce will thin out. Cook for 1 minute then add the drained cooked pasta, steamed green vegetables and if liked a little cooked chicken, tuna or chorizo sausage.
Serve hot garnished with herbs.



Healthier Fast Food

Mixed Grain Pizza with Seasonal Vegetables, Irish Bacon, Low Fat Cheese, Pesto

A fast tasty pizza cooked to perfection. Healthy, full of fibre, low in salt and tasty topping of local seasonal ingredients.

Ingredients

The base

150g/5oz Neills soda bread mix flour
50g/2oz Mixed grain &
2 tbsp olive oil (mono-saturated)
1 dsp chopped herbs e.g. parsley, basil or ½ tsp
dried herbs
250ml/½ pt (approx) milk or buttermilk

Topping

1 dsp olive oil
1 dsp sun dried tomato paste
110g/4oz baby tomato slices
110g/4oz local Northern Ireland ham or thinly sliced
bacon
110g/4oz reduced fat cheese e.g. mozzarella
2 dsp pesto

Method

To Make the Base

Combine the sieved flour mix in a bowl with the mixed grain.
Add the 2 tbsp olive oil
Add the herbs, fresh or dried. If using fresh herbs chop finely before adding.
Use the milk or buttermilk to mix to a soft dough and activate the raising agent.
Turn onto a floured board/surface dusted with flour.
Knead lightly then roll out to 1 cm/½" thickness approximately 20cm/8" diameter.

To Assemble the Pizza

Sprinkle top with olive oil, spread with tomato paste or freshly chopped tomatoes.
Top with bacon, tomatoes, cheese and bake in oven at 200°C/Gas No. 6 for 15 mins. Five minutes before the end of cooking time, sprinkle with a little pesto, return to the oven and allow to crisp slightly.

Remove from oven, cut into wedges and serve either hot or cold.



Father's Day Family Style Healthy Burger on the Barbecue Served with Great Relish

A new take on a real family style dish which can be made with a few healthier additions. This burger can be served with or without relish.

Ingredients

Steak Burger

8oz prime farm quality assured beef
1 red onion – finely chopped
1 egg yolk
1 dsp freshly chopped herbs
½ tsp paprika pepper
½ tsp mild mustard
1 small pepper - finely chopped

Relish

2-3 tomatoes – finely chopped
1 small red onion – finely chopped
4-5 leaves basil – chopped
1 dsp red pesto

Method

To Make Burgers

Mix together in a large bowl the minced steak, onion, egg yolk, herbs, paprika pepper, mustard and pepper. Blend well together then shape into either individual burgers or one large mound and cook on the barbecue grill.
Allow 6-8 mins. approximately on each side to ensure even cooking.
Serve in a warm bap or roll with or without a little relish.

To make Relish

Place all ingredients together in a blender and whiz together until smooth. Serve with burger

This relish will store in the refrigerator for up to 48 hours.



Jenny's Hot Baked Ice-Cream Alaska Style

Have you ever tried baking with cream in the oven and eating it cold. Here's a stunning dessert that anyone can make. Baked with seasonal berries, light fatless sponge and crunchy meringues around the outside.

Ingredients

Light Egg Sponge

3 free range medium fresh eggs
75g/3oz caster sugar
75g/3oz plain flour.

Filling

225g/8oz vanilla ice-cream
225g/8oz seasonal local fruits and berries e.g.
strawberries, blueberries, raspberries, cherries.

Meringues

3 egg whites (free range or organic)
175g/6oz caster sugar
Vanilla essence (few drops)

Method

Stage 1 – Prepare the Sponge

Beat together the three eggs with caster sugar until light and fluffy and form figure of 8 shape with dough.
Sieve the flour into the mixture, mix well then transfer to a lightly greased 6"/15cm tin.
Bake in oven at 190°C/Gas No. 5 for 15-16mins. until risen, golden and firm to the touch.
Turn out onto cooling tray and leave to cool.

Stage 2 – Prepare the Fruits

Wash well, remove stalks, cut into half (if large), mix together in a bowl.
Use a little fruit to make a puree by sieving gently into a small bowl.

Stage 3 – Make the Meringues

Separate the yolks from the egg whites carefully. Place the whites in a bowl that is clean, cool, dry and totally fat free. Whisk egg whites with 2-3 dsp of caster sugar until light and fluffy. Carefully fold in the remainder of the sugar and beat until the meringue is stiff.

Stage 4 - Assemble the Pudding

Place the layer of sponge on a flat baking sheet. Top with half the prepared fruit and a little of the fruit puree.
Remove the very chilled ice-cream from the freezer compartment and very quickly cover the sponge and fruit with ice-cream.
Top the entire pudding with meringue ensuring the meringue totally encloses and seals the fruit, ice-cream and sponge.
Dust lightly with a little caster sugar, decorate with cherries and bake in oven 200°C/Gas No. 6 for 4-5 mins. until golden brown and crispy. Serve hot.