



## FRESH & SIMPLE RECIPES – EPISODE ONE

Theme: “Baby Shower”

Salmon Platter

Courgette & Spinach frittata

Lemon, Almond & Ricotta cake

Honey Pancake Stack

### Salmon Platter

- 600g best quality smoked salmon, sliced
- 1 tub good calamata olives
- 1 cup crème fraiche or sour cream
- 1 small bunch chives, chopped
- 3 panini breads, sliced diagonally
- 6 limes, cut into chunks
- 1 bunch thyme, for garnish
- 1 tub black caviar



### Preparation

Mix crème fraiche and chives in a bowl and season with salt and pepper. Toast the slices of bread until just crisp. On a large platter, arrange the salmon in waves and curls over ½ the serving dish. Decant the olives, caviar, thyme bunch and crème fraiche mixture into an assortment of small dishes and arrange alongside the salmon. Scatter the lime chunks over the salmon and make a stack of toasted crostini to serve.

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### **Courgette and spinach frittata**

8 eggs  
1 bunch baby spinach leaves  
6 courgettes, sliced diagonally  
A small handful of parmesan cheese  
olive oil and a knob of butter, for frying



### **Preparation**

Beat the eggs in a bowl with a generous amount of salt and pepper. Heat the olive oil and butter in a METAL HANDLED frying pan. When melted, add the courgettes and sautee until just soft. Add the spinach leaves and stir until wilted and bright green. Spread the vegetables evenly over the base of the pan and pour the eggs over them. Turn the heat of the stove to low and cook for about 3 minutes, occasionally pulling the sides of the frittata upwards and allowing the raw egg on top to run down to the bottom of the pan, until a reasonably thin layer of raw egg remains on top. Sprinkle over the parmesan and place under a hot grill until the top is set and the cheese melted. Allow to cool slightly and turn out of the pan onto an upturned plate, then flip right-side-up again onto the serving dish or board. Slice into wedges and serve.

### **Lemon, Almond and Ricotta Cake**

250g blanched almonds  
65g cake flour  
Finely grated zest of 7 lemons  
Juice of 3 lemons  
225g unsalted butter, softened  
250g caster sugar  
6 eggs, separated  
300g fresh ricotta cheese



### **Preparation**

Preheat the oven to 160 degrees. Butter a 25cm round cake tin and line with greaseproof paper.

Coarsely chop the almonds in a food processor. Combine with the flour and lemon zest. Beat the butter and sugar together until pale and light. Add the egg yolks one by one, then add the almond mixture.

Put the ricotta in a bowl and beat lightly with a fork. Add the lemon juice. In another bowl, beat the egg whites until they form soft peaks. Fold the egg whites into the almond mixture, and finally stir in the ricotta. Spoon the mixture into the prepared tin and bake for 1 hour to 1 ½ hours, until set. Test by inserting a metal skewer, which should come out clean. Remove from the tin while still warm and cool on a cake rack.

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## Honey Pancake stack (makes about 30 crepes)

4 cups flour  
5 cups milk  
8 eggs  
Pinch of salt  
8 ripe figs  
Cinnamon  
Honey

### Preparation

Sift flour and salt into a large mixing bowl. Beat the eggs into the milk, then beat into the flour until smooth. Fry crepes in a non-stick pan until you have enough to make a good stack. Layer the crepes onto the serving dish, drizzling with honey and dusting with cinnamon in between each layer. Finish off the top layer with the sliced figs and a final drizzle of honey.



## Theme and table layout ideas



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