

FROM CAN TO PAN – RECIPES EPISODE 9

RECIPE 1: PEAR & PARMESAN SALAD

Ingredients:

Candied Walnuts or Pecans (see recipe below)
Poppy Seed Dressing (see recipe below)
6 tinned pear halves
Rocket
Parmesan Cheese shavings

Preparation:

1. Prepare Candied Walnuts or Pecans; set aside.
2. Prepare Poppy Seed Dressing; set aside.
3. Wash and plate rocket leaves on a plate. Place pear halves on rocket leaves.
4. Lightly spoon prepared Poppy Seed Dressing over each pear. Sprinkle with Parmesan cheese shavings and the candied walnuts.

POPPY SEED DRESSING:

Ingredients:

3 tablespoons extra-virgin olive oil
1 tablespoon freshly-squeezed lemon juice
2 tablespoons toasted poppy seeds

Method:

1. Salt and freshly ground black pepper to taste.
2. In a jar or bowl, mix olive oil, lemon juice, poppy seeds, salt, and pepper together until well blended.
3. Store, covered, in refrigerator. Serve at room temperature.



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CANDIED WALNUTS OR PECANS:

Ingredients:

1/2 cup sugar
1/2 cup freshly-squeezed orange juice
2 cups walnuts
1/2 teaspoon salt
1/2 teaspoon cayenne pepper

Method:

1. In a small saucepan over low heat, add the sugar and the orange juice; stir just until the sugar dissolves. Increase heat and bring mixture to a boil.
2. Boil approximately 15 minutes, stirring, until mixture starts to get thick and crystallize. **NOTE:** There will be a rim of sugar that crystallizes out around the edge of the pan, and the mixture will become quite thick and syrupy and will have a lot of sugar crystals in it. Remove from heat and stir in the walnuts or pecans.
3. Add salt and cayenne pepper. Place the walnuts onto a non-stick baking sheet using two warm wet spoons to prevent sticking.
4. Cool and store in an airtight container.



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RECIPE 2: ASIAN-INSPIRED CABBAGE CUPS WITH PINEAPPLE DRESSING

Ingredients:

For the salad

2 large red cabbage leaves
100g snap peas
1 red pepper, de-seeded, sliced
1 yellow pepper, de-seeded, sliced
½ tin canned pineapple, drained, sliced
2 spring onions, finely sliced
Mixed herbs and lettuce to garnish

For the dressing

2-3 tbsp olive oil
7 tbsp pineapple juice
2 tbsp soy sauce
1 tbsp cider vinegar
pinch freshly ground black pepper

Method:

1. For the salad, toss all of the salad ingredients together in a large salad bowl.
2. Gently spoon salad mixture into 'cabbage cups' on a plate decorated with mixed green herbs and lettuce leaves.
3. For the dressing, whisk all of the dressing ingredients together in a small bowl and drizzle over the salad.



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