



FRESH & SIMPLE RECIPES – EPISODE FIVE

Theme: “Italian el Fresco”

Pea, mint and artichoke bruschette with pecorino

Veal Saltimbocca

Hasselback potatoes with garlic & bay leaves

Vanilla pana cotta with strawberry coulis

Pea, mint and artichoke bruschette with pecorino

6 slices sourdough/ ciabatta, cut on the bias
1 clove garlic, halved
Olive oil for drizzling
100g fresh or frozen petit pois
1 jar prepared artichokes in olive oil, drained
50g grated pecorino cheese
Handful of fresh mint leaves, washed
4 tbsp extra virgin olive oil
Salt and pepper

Preparation (topping)

Boil the peas until tender. Refresh in iced water to retain colour and cool. Place in a food processor with the olive oil, pecorino and mint leaves. Pulse briefly until a coarse paste is achieved. Stir in the juice of half a lemon and season with salt and pepper. Check for seasoning.



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Bruschette

Drizzle the bread on both sides with olive oil and toast on a hot, dry griddle pan until crisp and slightly charred. While still hot rub the toasts with the cut garlic clove.

Spoon the topping onto the toasts. Slice the artichokes into long slivers and place on top of the pea puree. Garnish with mint leaves, pecorino shavings and a drizzle of olive oil.

Veal saltimbocca

6 veal chops, pounded to about 1cm thickness

12 sage leaves

6 very thin slices of lemon

6 slices prosciutto

1 ½ cups white wine

50g butter

Flour for coating

Chopped parsley, to serve



Preparation

Place 1 slice of lemon and 2 sage leaves on each veal chop and place the prosciutto on top. Press to seal in place or secure with a toothpick. Dust the chops in seasoned flour and set aside. Heat some olive oil in a pan until smoking hot and sear the chops on the prosciutto side until lightly browned. Do this very quickly as they should still be raw inside at this point. Do the chops in batches if necessary, and set aside. Deglaze the pan with the white wine and add the butter, scraping the bottom of the pan to release the cooked-on flour and thicken the sauce. Season the sauce and simmer until the alcohol has evaporated, adding the juice of 1 lemon to the sauce. Turn off the heat and return the veal to the hot pan-juices, turning to coat. Place a lid on the pan and let stand for 5 minutes until the chops are just cooked through. Overcooking results in tough chops. Transfer to serving plate and garnish with fresh chopped parsley.

Hasselback roast potatoes with garlic and bay leaves

6 large potatoes, washed but not peeled

Handful of fresh bay leaves

6 large cloves garlic, sliced

100g butter

¼ cup olive oil

1 cup white wine



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Preparation

On a chopping board, place 2 wooden spoons horizontally and place each potato in between them to slice. Slice at 1/2cm intervals. The wooden spoons will ensure that the knife doesn't go all the way through the potatoes and the bases remain intact. Insert bay leaves and garlic slices here and there in between the slices of the potatoes and place into a roasting pan. Top each potato with a slice of butter and a drizzle of olive oil. Sprinkle liberally with salt and black pepper, and pour the wine into the base of the dish. Bake in a preheated oven at 220 degrees for 45-60 minutes, basting with the wine-butter juice every now and again, until the slices of potato are beginning to become crisp and the bases are tender. Garnish with fresh herbs.

Vanilla Panna Cotta with strawberry Coulis

- 1 ½ cups cream
- 1 ½ cups milk
- 1 vanilla bean or 1tsp vanilla extract
- ½ cup caster sugar
- 2 ½ tsp gelatin powder



Preparation

Mix the cream and milk in a saucepan, adding the scraped vanilla pod and its seeds. Bring to the boil over medium heat, stirring occasionally. Remove from heat and set aside.

Dissolve the gelatin in 2tbsp boiling water and add to cream mixture. Divide the mixture into 6 ramekins or small cups and refrigerate until set, at least 3 hours.

Strawberry Coulis

- 2 cups washed and hulled strawberries
- 1 cup sugar

Preparation

Place the strawberries and sugar into a food processor and process until smooth. Spoon over the top of the panna cotta.

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Table décor ideas

