



## FRESH & SIMPLE RECIPES – EPISODE SEVEN

Theme: “Meat free Feast”

**Asparagus Mousse with olive bread**

**Spinach and Ricotta gnocchi with sage butter**

**Plum and Nectarine compote with rose’ wine and nougat**

---

### Asparagus mousse with olive bread

300g asparagus spears  
½ cup cream  
500g cream cheese  
2tsp gelatine powder  
Salt and pepper  
Radicchio leaves, to serve  
Olive bread, to serve



### Preparation

Blanch the asparagus spears in boiling water until tender. Refresh in ice water to retain colour and cool. Place the cream cheese and cream in a food processor, along with the asparagus spears. Process until smooth. Dissolve the gelatine in 3 tablespoons of boiling water. In a bowl, combine the cream cheese mixture and the gelatine. Season with salt and pepper and stir to combine. Pour into a small, greased mould and allow to set in the fridge for 3 hours. Once set, place the base of the dish into a container of hot water and allow to loosen for around 30 seconds. Turn the mousse out onto a serving dish. Surround with radicchio leaves to garnish.

proudly sponsored by

**Consol**

It's good. It's in glass.

### Spinach and ricotta gnocchi with sage butter

300g ricotta cheese  
400g spinach  
Big handful fresh oregano  
½ teaspoon Nutmeg  
Salt and pepper  
3 egg yolks  
65g flour  
50g butter  
A bunch of fresh sage leaves



### Preparation

Blanch the spinach leaves in boiling water briefly until wilted. Strain and squeeze out excess water through a sieve or colander. Allow to cool.

Fry the oregano leaves in the butter 1 minute, then add the spinach and fry for a further minute until well combined. Set aside to cool.

In a large bowl, mix the ricotta, parmesan, salt and pepper, sifted flour, nutmeg and egg yolks. When the spinach is cool, chop roughly on a board or in a food processor and add to the ricotta mixture. Mix well.

Using 2 tablespoons, or with wet hands, shape the mixture into gnocchi and set aside on a floured baking tray. Boil the gnocchi a few at a time until they float to the surface, then remove with a slotted spoon and drain.

Melt the butter in a small saucepan and sauté the sage leaves until aromatic. Do not let the butter brown. Drizzle the butter and sage mixture over the gnocchi just before serving.

### Plum and nectarine compote with rose wine syrup and nougat

1 cup rose' wine  
½ cup sugar  
1 cinnamon stick  
Orange zest  
5 medium plums, cut into wedges  
3 nectarines, cut into wedges  
1-2 bars of nougat, to serve



proudly sponsored by

**Consol**

It's good. It's in glass.



## Preparation

Place sugar into a heavy based pan and allow to melt over a medium heat without stirring. When melted, add the fruit and stir to coat evenly with the caramel. Pour in the wine and add the orange zest and cinnamon stick. Simmer briefly to cook the fruit and reduce the wine syrup.

Make sure the fruit stays slightly firm. Remove to serving bowl and allow to cool. Cut the nougat into large chunks and arrange over the top of the cooled fruit. Garnish with mint leaves.

## Table décor ideas

