



FRESH & SIMPLE RECIPES – EPISODE NINE

Theme: “Simply Med”

Eggplant, capsicum and bocconcini terrine
Phyllo Pizza with Feta, olives and cherry tomatoes
Berry and Meringue ice cream cake

Eggplant, capsicum and bocconcini terrine

1.4kg eggplant (about 2 large)
Olive oil
1kg capsicum (about 4 large)
200g bocconcini, thinly sliced
1 cup basil leaves
Balsamic vinegar and pesto, to serve

Preparation

Cut eggplant lengthways into 3mm slices. Layer eggplant in a colander over a bowl and sprinkle each layer with salt. Leave to stand for 30 minutes. Rinse well and dry with absorbent paper. Brush the eggplant slices with olive oil and grill until tender, then cool.

Hold capsicum over a gas flame, turning occasionally until blackened. Place into a plastic bag and allow to steam until cool. Remove the charred skin, stem and seeds. Cut into wide strips. Brush a loaf tin with olive oil, and place a layer of eggplant slices over the bottom and up the sides of the tin. Layer over this one quarter of the capsicum, basil and bocconcini slices and another layer of eggplant. Continue to layer until all ingredients are used, finishing with a layer of eggplant. Cover the terrine tightly with plastic wrap and weight the surface with cans of food. Refrigerate for several hours or overnight.

Turn out onto a plate and serve drizzled with balsamic vinegar and a spoonful of pesto on the side.



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Phyllo Pizza with Feta, olives and cherry tomatoes

5-6 sheets phyllo pastry
1 punnet cherry tomatoes
A handful of kalamata olives
1 tub feta cheese, drained
A handful of rocket leaves
Butter, for brushing



Preparation

Preheat oven to 200°C. Butter lightly the bottom of a baking sheet and layer the phyllo pastry onto it, brushing with melted butter between every sheet of pastry. Bake for about 10 minutes, or until golden brown.

remove the pips from the olives and tear them in half., and slice the cherry tomatoes into quarters. Scatter the cooled pastry base with the olives, cherry tomatoes and rocket leaves. Crumble the feta over the top. Season with salt and pepper. Serve with a drizzle of olive oil



Berry and Meringue ice cream cake

600 ml fresh cream
50 g light brown sugar
5 ml vanilla extract
12 small meringues
400g frozen berries
200g fresh berries to decorate
Icing sugar to dust

Preparation

Whip the cream until at a soft-peak stage, then stir in the sugar and vanilla. Crush the meringues roughly and mash the frozen berries. Fold into the cream mixture. Line a bowl or cake tin with cling film and spoon in the mixture. Freeze until set, at least 4 hours. Transfer to the refrigerator 30 minutes before serving. Turn out and decorate with fresh berries dusted with icing sugar.

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Table décor ideas:

