

Episode 3: - “family-style feast”

STARTER

Sweet melon and haloumi salad with fragrant strawberries, spring onion and fennel drizzled with granadilla pulp and olive oil

Ingredients

150g haloumi cheese
1 sweet melon
1 packet mixed lettuce
1 cup chopped strawberries
3 spring onions
1 fennel bulb
2-3 granadillas
olive oil
balsamic vinegar
salt, cracked black pepper

Method

Place a pan over a medium- high heat and add 1/4 cup canola oil. Thinly slice 150g haloumi cheese, dust lightly with flour and quickly fry in the hot oil for 30 seconds on each side until golden brown.

Remove using a slotted spoon and drain on kitchen towel.

Slice the sweet melon and strawberries into thin slices. On a platter, place the mixed lettuce and top with the melon, strawberries, fennel, spring onions and haloumi cheese. Drizzle the granadilla pulp over the salad and sprinkle with salt, pepper and olive oil, and serve immediately.

MAIN COURSE

Roast crown of lamb with fresh rosemary served with Greek roast potatoes

Ingredients

1 crown of lamb with approximately 12-16 bones on the rack
6 whole peeled garlic cloves
salt, cracked black pepper
150g salted butter
fresh rosemary sprigs
olive oil

12 baby potatoes

Method

Ask your butcher to prepare of premium crown of lamb for you, ensuring that the cutlet bones have been French trimmed, which will ensure that they are clean and neat.

Preheat the oven to 190'C.

Sprinkle a generous amount of salt and pepper all over the lamb crown and crush the garlic, rubbing it all over the lamb and placing it into a deep roasting dish.

Put the fresh rosemary and dollops of butter all over the meat and drizzle some olive oil over the lamb. Place the potatoes all around the bottom of the pan and season with salt, pepper and fresh rosemary.

Place the lamb into the oven for about 45 minutes, brushing the meat with its own pan juices with a pastry brush every 15 minutes. make sure to also turn the potatoes so that they cook evenly.

Roast for about 45-50 minutes until the meat is golden brown and tender and the potatoes are soft and perfectly roasted.

DESSERT

Baklava fans drizzled with honey and cinnamon, served with vanilla ice cream

Ingredients

20 sheets phyllo pastry
250g melted unsalted butter
1 Tablespoon of ground cinnamon
180g pecan nuts, crushed
100g castor sugar
100g honey

Method

Preheat the oven to 200'C

Open the phyllo pastry onto a smooth, dry surface covering the sheets with a damp cloth to keep them moist as the pastry dries out quickly and becomes unmanageable.

Cut the pastry into squares about 20 x 20cm long and brush them with the melted butter.

Drizzle cinnamon and castor mixture onto the pastry, as well as some crushed nuts, and then gently fan the pastry towards 1 side making the shape of a small fan.

Place the fans onto a flat baking sheet and bake them in a hot oven 200°C for approx 15-20 minutes or until golden brown. Set aside.

When the fans are cold, drizzle honey and ground cinnamon over them.

To serve, place the baklava on a plate and add a ball of gorgeous store bought vanilla ice cream and drizzle some more sticky honey over the ice cream for delicious effect.