



FRESH & SIMPLE RECIPES – EPISODE ELEVEN

Theme: “Turkey with a Twist”

Turkey burgers with avocado, choriço and rocket

Grilled lamb chops with mint sauce

Berry Pavlova stack

Turkey burgers with avocado, choriço and rocket

500g ground turkey
1 onion
½ cup fresh white breadcrumbs
¼ cup fresh chopped parsley
1 egg, lightly beaten
1 clove garlic, peeled and crushed
Salt and black pepper
4 fresh white bread rolls
Mixed lettuce leaves
Choriço Sausage, sliced
1 avocado, sliced
Rocket leaves
Mayonnaise
Cranberry jelly



Preparation

Fry the onion over a medium heat with some olive oil until soft and browned. Add garlic and fry for 1 minute. In a bowl, mix fried onions with other ingredients and combine well. Form into 4 patties and grill on a skillet pan with olive oil, turning once, until charred and cooked all the way through, about 3 minutes on each side. Grill the choriço slices until hot.

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Open the bread rolls and layer lettuce leaves rocket, avocado, turkey burger patty and grilled chorizo slices. Add a tablespoon each of mayonnaise and cranberry jelly and serve.



Grilled lamb chops with mint sauce

8 lamb rib chops
Olive oil
Salt and pepper
2 cups mint leaves
4 tablespoons sugar
¼ cup boiling water
1/2 cup red wine vinegar

Preparation

Finely chop the mint leaves. In a bowl combine the mint and sugar and pour the hot water over. Mix until sugar has dissolved. Add the vinegar and stir. Allow the sauce to stand for 15 minutes to allow the flavours to develop.

Drizzle the lamb chops generously with olive oil and season with salt and pepper. On a griddle pan over high heat, grill the chops until caramelized charred, turning once (about 4 minutes on each side). Serve with the mint sauce.

Berry Pavlova stack

8 egg whites
2 ½ cups caster sugar
2 teaspoons vinegar
2 teaspoons vanilla essence
1 tablespoon cornflour
2-3 punnets fresh berries, cherries,
pomegranate rubies etc.
250ml fresh cream
½ cup sugar



Preparation

Preheat oven to 180°C. Beat egg whites till stiff. Gradually add caster sugar while beating. Beat on high speed for ten minutes. In a small bowl mix cornflour, vanilla essence and vinegar with one tablespoon of egg mixture. Add to remaining egg mixture. Beat on high speed for four minutes. Place mixture in 3 parts on a tray and spread out to make 3 rectangles of the same size. It may be necessary to do more than 1

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batch. Turn oven down to 120°C. Place tray in oven. Bake for one hour. Remove from oven and allow to cool., or leave in overnight. Whip the cream until thick but still slightly runny, then add the sugar and whip until soft peaks appear. Sandwich the fresh fruit and sweetened cream in between each layer of meringue. Top the stack with fresh cherries and berries and dust with icing sugar.

Table decor ideas



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