

All Day Breakfast Salad

1 bunch curly endive, washed
2 punnets cress, snipped
8 tablespoons extra virgin olive oil
3 tablespoons white wine vinegar
1 teaspoon english mustard
sea salt
black pepper, freshly ground
Olive oil
4 rashers bacon, sliced into strips
3 slices stale bread, torn up
100 grams sausage, sliced
2 large eggs
1 bunch chives, chopped

Cut the endive into bite sized pieces, wash in cold water and spin dry. Mix in a bowl with the snipped cress and place to one side.

For dressing: Whisk extra virgin olive oil, vinegar and mustard together and season lightly with salt and pepper. Bring a small saucepan of water to a simmer, ready to poach the eggs.

Heat a splash of oil in a large non-stick frying pan and fry the bacon and sausage for a couple of minutes. Add the bread chunks and fry until everything is crispy, then remove from heat.

Poach eggs in simmering water for about 2 minutes. Add hot bacon, sausage and bread into the salad, mix quickly with enough dressing to coat everything and divide onto plates. Lift out eggs, put on plates with salad and gently break the yolk. Drizzle with a little extra oil, sprinkle with chives and serve.

Source: Cook - Jamie Oliver | (Servings: 2)

Apricot Slice

150 g butter
1 pkt marie biscuits,
crushed
½ tin sweetened
condensed milk
3 tblsp brown sugar
200 g dried apricots
chopped coarsely
Coconut for topping.

Melt butter, condensed milk and brown sugar. Crush biscuits, chop apricots and mix into cooled butter mixture. Press into a lined 'swiss roll' tray and sprinkle with coconut. Refrigerate until set. Turn out to cut.

Source: Jacqui | (Servings: --)

Bacon and Rosemary Risotto

3 rashers of streaky or middle bacon with rind removed (could substitute chorizo or other sausage if no bacon)

2 tablespoons oil

1 onion, chopped

2 cloves garlic

2 cups Arborio rice

3 small rosemary sprigs

750ml hot chicken stock

¼ cup cream (or evaporated milk) or some grated cheese

Heat oil in a medium saucepan, sauté the onion till starting to soften, then add the garlic.

Set the stock in a saucepan on the stove to stay hot.

Chop the bacon and add to the pan, continue cooking until bacon is lightly cooked. Add rice to the pan, reduce heat and stir continuously until rice is coated with pan oils and ceases sizzling. Toss in the rosemary sprigs and add a cup of stock. Stir frequently till stock is absorbed. Add more stock and continue in this manner until risotto is creamy and soft - use more or less stock as required.

Stir in cream and season to taste.

I like to serve this topped with a handful of rocket leaves and some shaved parmesan as a light main course.

Try topping with roasted tomatoes and parmesan cheese or good well flavoured sausages, cooked, sliced on the diagonal and piled on top with chopped parsley.

Risotto is excellent as a side dish and moulds nicely into timbales. Lightly oil a small cup or pottle, pack the risotto in firmly and turn out onto the plate.

Left over risotto can be shaped into risotto cakes; just dip in flour, egg and breadcrumbs and pan fry. Serve with salad and a relish or chutney as a meal or starter.

Freeze small quantities of left over cream in ice cube trays for when you only need a tablespoon for enriching a sauce or soup.

Source: Saving Dinner | (Servings: 4)

Chicken Curry and Mango Salad

1 lb chicken fillets or breasts
1 tablespoon curry powder
1 tablespoon lemon juice
Vegetable oil
2 mangos
2-3 chili peppers
1 bunch spring onions
2 tablespoons lemon juice
¼ cup (1/2 dl) vegetable oil
Salt and freshly ground pepper

Brush the lemon juice over the chicken breasts, sprinkle with curry powder and fry about 3 minutes on each side.

Cut the mango from the pit, peel and cut into thin slices. Wash, trim and cut the chili peppers in half, removing most, if not all, of the seeds. Trim, wash and cut spring onions into thin slices. Mix the chili peppers, spring onions and mango slices. Whisk the lemon juice, oil, salt and pepper and pour over the mango salad. Add the chicken pieces and serve with naan bread or wraps.

Chicken and mango go well together. The mango is even tastier with this chicken curry.

Source: EclecticCooking.com | (Servings: 4)

Couscous, herb, prosciutto meatloaf

1.5 cups cooked
couscous
500 g pork mince
500 g beef mince
1 cup chopped
oregano leaves (we
used half)
1 cup chopped basil
leaves (we used half)
6 green onions
salt and pepper
16 slices prosciutto

Preheat oven to 180. Place the couscous, pork and beef mince, oregano, basil, green onions, salt and pepper in a bowl and mix well to combine. Line a lightly greased 8 x 26 cm loaf tin with the prosciutto. Press the couscous mixture into the tin and smooth the top. Fold over the prosciutto to enclose the meatloaf. Bake for 45 minutes or until cooked through. Carefully turn out onto a serving tray and slice to serve. Serve with mustard and tomato sauce if desired.

Source: Donna Hay | (Servings: --)

Cowboy Casserole

1 large onion, chopped
1 large green bell pepper, seeded, deribbed and chopped
2 cloves garlic, pressed
1 can 10-oz. enchilada sauce
1 can 8-oz. tomato sauce
1 can 6.5-oz. sliced black olives, drained
2 tablespoons chili powder
Salt and pepper to taste
1 teaspoon oregano
½ teaspoon cumin
2 cups water
1 cup cornmeal mix
1 cup low fat Cheddar cheese, shredded
500 grams minced beef

In a large skillet, cook ground beef together with onions, bell pepper and garlic. Drain off fat and place in slow cooker.

In a mixing bowl, combine enchilada sauce, tomato sauce, olives, chili powder, salt, pepper, oregano and cumin. Pour over ground beef.

Cover and cook on low heat setting for about 8 hours.

30 minutes before you are ready to serve, bring water to a boil. Add cornmeal mix and return to a boil. Lower heat to a simmer and continue to stir for another minute or so.

Drop cornmeal batter by the spoonful into the slow cooker. Raise slow cooker heat setting to high; cover and cook for another 15 to 20 minutes, or until corn dumplings are done.

Sprinkle with cheese and serve.

Source: Saving Dinner | (Servings: 6)