



## **Main Meals**

### **Fish Cakes**

Serves 6

315g redfish fillets  
315g mashed potato  
20g (1 tablespoon) polyunsaturated salt-free margarine  
2 \* 60g eggs  
3 teaspoons plain white flour  
1/4 teaspoon cayenne pepper  
6 teaspoons fresh parsley, chopped  
125g (1 cup) fine dry breadcrumbs  
60mL (1/4 cup) polyunsaturated oil

Cook, skin and flake the fish. In a large mixing bowl combine fish, potato, margarine, 1 egg, flour, cayenne pepper and parsley. Mix well with a wooden spoon. Place in refrigerator to chill for 1 hour. With floured hands, shape mixture into about 6 balls. On a lightly floured board, flatten to patties. Beat the remaining egg, then dip patties into beaten egg and roll in breadcrumbs. In a large frypan, heat oil over high heat and add fish cakes. Fry for 5 to 8 minutes, turning frequently until golden brown. Serve with bread and vegetables.

### **Veal Scallopini**

Serves 8

225g mushrooms, sliced  
70g (3 1/2 tablespoons) polyunsaturated salt-free margarine  
30mL (1 1/2 tablespoons) lemon juice  
480g veal, cut into thin slices  
Pepper  
50g (2 tablespoons) brown sugar  
Plain white flour for seasoning  
180mL (3/4 cup) dry white wine  
1 tablespoon parsley, chopped

Saute mushrooms in 2 tablespoons of margarine until just tender. Sprinkle with lemon juice and set aside. Cut veal into 2.5cm strips. Sprinkle with pepper and brown sugar. Dip veal strips in flour. Melt remainder of margarine in a frypan. Add wine and cook rapidly for a few minutes. Add mushrooms, heat thoroughly. Sprinkle with parsley and serve on a bed of rice.

## **Peppered Calamari**

Serves 5

500g calamari rings  
1 tablespoon cracked pepper  
20mL (1 tablespoon) polyunsaturated oil

### **Marinade**

250mL (1 cup) port or red wine  
125mL (1 cup) olive oil  
80g (1 small) onion, sliced roughly  
4 cloves garlic, crushed  
3 bay leaves

In a bowl combine all marinade ingredients. Mix well. Place calamari rings in the marinade and allow to stand overnight. Drain calamari and sprinkle with black pepper. Brush a barbeque plate with oil and cook calamari on hot plate for 30 seconds. Alternatively, the calamari may be cooked in a frypan. Serve with crusty bread.

## **Vegetables**

### **Scalloped Potatoes**

Serves 10

270g (3 medium) potatoes  
120g (1 medium) onion  
180 mL (2/3 cup) cream  
35g (1/3 cup) dry breadcrumbs  
2 teaspoons paprika  
1/4 teaspoon pepper

Peel, wash and slice potatoes. Soak for 2 hours in water and discard water. Steam the potato slices for 5 minutes. Slice onion thinly. Arrange potatoes and onions in alternate layers in a baking dish. Pour cream over. Mix paprika with breadcrumbs and pepper and sprinkle over top. Bake in a moderate oven (180°C) for 1 hour.

### **Caramelized Carrots**

Serves 4

320g (4 medium) carrots  
20g (1 tablespoon) brown sugar  
30g (1 1/2 tablespoons) salt-free polyunsaturated margarine

Peel, wash and thickly slice carrots. Soak in water for 2 hours and discard water. Cook carrots in a small amount of fresh water until water has reduced to about 3mm in the bottom of the saucepan. Add sugar and margarine. Toss carrots until the sugar is dissolved.

## **Desserts**

## **Strawberry Meringue Flan**

Serves 8

4 egg whites  
220g (1 cup) castor sugar

### Filling

500g (2 punnets) strawberries  
250mL (1 cup) cream  
40g (2 tablespoons) castor sugar  
Vanilla essence

Oil a large pavlova tray and line with greaseproof paper or aluminium foil. Beat egg whites in a small bowl with electric mixer until they form soft peaks. Continue to beat, adding a little sugar at a time, until all the sugar has been added. Spread  $\frac{3}{4}$  of the mixture into a circle with a spatula on the pavlova tray and then pipe the remaining mixture around the edge of the circle to build up the sides. Bake at 120°C on the lowest shelf of the oven until the meringue is completely dried out (approximately 2 hours). When meringue is crisp, remove from the oven and allow to cool.

Wash the strawberries and remove stalks. Whip the cream, castor sugar and a few drops of vanilla essence together. Spread the inside of the flan with the cream and then place strawberries on the top.

## **Cakes & Biscuits**

### **Spice Bread**

Serves 12

300 mL (1  $\frac{1}{4}$  cups) boiling water  
180g (3.4 cup) honey  
200g (1 cup) rum  
1 teaspoon cinnamon  
1 teaspoon ginger (optional)  
480g (3 cups) self-raising white flour, sifted  
2 teaspoons bicarbonate of soda  
2 tablespoons candied peel, chopped  
 $\frac{1}{2}$  teaspoon orange rind, finely grated

Stir together the water, honey, sugar, rum, cinnamon and ginger. Mix well then stir in the flour and bicarbonate of soda. Mix well to make a smooth batter, then add peel and rind. Place in a greased loaf tin and bake in a hot oven (220°C) for about 10 minutes. Reduce the heat to moderate (180°C) and bake for further 1 hour or until when tested a skewer comes out clean.