



## Raspberry Pavlova/Meringue Bites.

### Meringue Ingredients.

3 egg whites	good pinch of salt	
1 C caster sugar	¼ t vanilla essence	colouring or flavouring as desired

### Filling Ingredients

300mls cream	1-2 T Creamy Custard mix
Raspberry mixture (see below) or Lemon Curd	

If the meringue mixture doesn't beat thick enough, try adding a little more sugar.

### **French Meringue.**

This method is the simplest meringue method, but the meringue mixture will collapse if left for a short while and so is the least reliable for piping and is not safe to use to frost cakes.

1. Separate the egg whites into a clean, dry, metal or china bowl.
2. Beat the egg whites and salt, slowly at first, until soft, white peaks form.
3. Gradually add sugar, beating well after each addition. Keep beating until you can't feel any sugar and the mixture is stiff and glossy.
4. Add any flavourings you like.

### **Mini Meringues**

1. Fold a piping bag with or without a star nozzle almost inside out.
2. Dollop in some splodges of gel colour paste, unfold.
3. Scoop the meringue mixture into the bag. Pipe rosettes onto baking mat lined tray.
4. Bake in a low oven 30mins to 1hr. Turn off oven, leave door closed for at least 1 Hr.
5. Can even leave overnight. If not crisp/dry enough, re-bake just before using.
6. Whip the cream and Creamy Custard mix until very stiff, fold/swirl through some of the raspberry mixture and/or lemon curd.
7. Sandwich 2 meringues with a dollop of swirled cream. Serve within an hour or so of filling.

### **Raspberry Mixture.**

#### Ingredients

100gms raspberries (frozen is fine)	¼ C caster sugar	1 T citrus juice
2 Gold gelatine leaves		

1. Sprinkle the sugar on the raspberries, add the juice, leave to macerate/defrost.
2. Warm the softened berries and drain off about ¼-½ C of the juice, into a cup.
3. Place the gelatine leaves in a tray of cold water for about 1 min.
4. Heat the drained juice until boiling, lift the gelatine leaves out of the cold water, squeeze out excess water, drop the leaves into the hot liquid, stir.
5. Stir the gelatine and juice into the raspberries and sugar.

## Devils on Horseback

### Ingredients

Dates or Prunes (pitted)                      Strips of rindless streaky bacon

1. Cut strips of bacon in two.
2. Wrap a strip of bacon around the prunes/dates, spike with a toothpick.
3. Place on a baking tray lined with a baking mat.
4. Grill or oven bake until golden. Serve hot on squares of buttered toast, as nibbles.

## Chicken Nuggets (Gougons)

Delicious as finger food at parties, or any quick meal.

### Ingredients

2 or 3 chicken fillets (thigh or breast or tenderloins)                      ¼ C buttermilk (¼ C milk 1 t vinegar)  
1 C Panko/Breadcrumbs                      1-2 t Cajun spice                      1 t salt  
1 t brown sugar

Optional – add onion powder, garlic powder, chilli powder, grated parmesan & paprika etc  
or try our Herb and Garlic mix or Garlic and Chillies Herb Mix.

1. Slice fresh chicken into bite sized pieces, sprinkle with a little salt and pepper.
2. Place chicken pieces in a Ziploc bag with the buttermilk for 2-4 hours or overnight.
3. Lift chicken out of the marinade, drain off any excess.
4. Place crumbs, sugar, salt and spice in a plastic bag, add chicken and shake to coat.
5. Shallow fry, deep fry, or spray/drizzle with a little oil and oven bake, until cooked through and golden.
6. Serve with sweet chilli sauce or salsa and sour cream or Garlic Aioli.

## Cajun Potato Wedges

### Dry Ingredients

2-3 t Cajun Spice                      3 T plain flour                      ½ t salt

### Ingredients

3-4 Sebago Potatoes (or other potatoes good for frying or baking)                      1 egg

1. Place Cajun flavouring, salt and flour in a freezer bag and shake.
2. Scrub the dirt off the potatoes, no need to peel.
3. Slice potatoes into wedges (an apple wedger is great). Dip the wedges in beaten egg.
4. Drain and drop the potato wedges into the freezer bag with the seasoned flour and shake well to coat.
5. To oven bake, pour a small amount of oil in a baking dish, heat in the oven and when hot add the wedges. Bake for 30-40 mins, turning the wedges occasionally, until golden and crunchy.
6. Or deep fry in batches until golden and crunchy.
7. Serve hot with fresh tomato salsa and sour cream or Garlic Aioli. Naughty but delicious.



## Make Your Own Panko Crumbs

Panko crumbs are so special, but we know the secret to making your own at home.

### Ingredients

4-6 slices seriously ordinary white bread!!!!!!

1. Cut the crusts off the bread and cut the slices into 4 squares.
2. Put the bread into a food processor and blitz until **coarsely** crumbed.
3. Spread the crumbs on a baking tray.
4. Put into a low (**100-130°**) oven for about 15-20 mins, stirring a couple of times.
5. When the crumbs are quite dry but not coloured, remove from the oven.
6. When cold, store in airtight container, use as per panko crumb recipes.

## Super Easy Aioli.

### Ingredients

1 whole egg

½ t salt

1-2 T lemon/lime juice

200-250mls neutral oil (sunflower, rice bran, canola)

### To turn it into Aioli

Blend in 1-2 t Dijon Mustard and 1-3 t Crushed Garlic

1. Use a narrow clean glass jar (with lid), that the head of the blender just fits into.
2. Break the egg (or yolk and water) into the container. Add in the salt, juice and oil.
3. Push the stick blender to the bottom of the container.
4. Whizz for 20 secs with the blender sitting on the bottom of the container.
5. Slowly tilt and lift the blender, until all the mixture is thick and emulsified.
6. Add garlic, mustard etc and blend in.
7. Remove blender and pop on the lid and refrigerate before serving.
8. Mayo will keep for a few days in the fridge. Delicious as chip dip, in potato salad, on asparagus etc.

## Chocolate Dipped Fruits or Sweets.

1. Melt a small quantity of choc buttons in a bowl in a microwave oven. Stir until smooth.
2. Dip dry fresh or glacé fruit, into the chocolate and place onto silicone paper to set.
3. When set, you can dip partly into a second colour chocolate, to give a layered effect.
4. Look great set on sticks standing in a glass bowl filled with coloured balls/lollies.

## Toffee-Dipped Strawberries or Grapes.

1. Melt a small quantity of Fondant icing with 2 t water in a saucepan.
2. Bring to the boil and boil until a light golden colour.
3. Carefully dip dry, fresh fruit, or glacé fruit into the toffee, and place onto silicone baking paper to set. Serve with coffee, or as sweets.