



PINK PEPPERCORN SAUCE

60G BUTTER
1 TABLESPOON OIL
4 FILLET STEAKS
125ML WHITE WINE
2 TABLESPOONS BRANDY
125ML BEEF STOCK
2 TABLESPOON PINK PEPPERCORNS IN
BRINE, CHOPPED
125ML CREAM



HEAT OIL AND BUTTER IN PAN, COOK STEAKS TO YOUR

LIKING. REMOVE STEAKS AND COVER, KEEP WARM.

ADD WINE AND BRANDY TO PAN AND SIMMER FOR 4 MINS. ADD STOCK AND SIMMER UNTIL IT IS REDUCED BY HALF.

ADD PEPPERCORNS AND CREAM, COOK TILL IT THICKENS.....MINUTES.

HOW EASY WAS THAT????

THIS SAUCE IS ALSO GREAT WITH ALL OTHER MEATS .

SHALLOT GRAVY FOR 'POSH' BANGERS AND MASH!!

80ML OIL
200G SHALLOTS CHOPPED VERY FINE
1 TABLESPOON FLOUR
125ML RED WINE
375ML BEEF STOCK
1 TABLESPOON DIJON MUSTARD[.....VERY MILD]
HEAT OIL AND COOK SHALLOTS UNTIL SOFT..5MINS.
ADD FLOUR AND COOK FOR 30 SECONDS
ADD WINE AND STOCK, REDUCE HEAT AND SIMMER FOR
10 MINS
STIR IN MUSTARD.
KEEP WARM TILL SAUSAGES AND MASH ARE READY
THIS RECIPE IS ENOUGH FOR 8 SAUSAGES



SATAY CHICKEN STIRFRY

[FOR 4]
1 AND HALF TABLESPOON PEANUT OR OTHER OIL
6 SPRING ONIONS CUT INTO STRIPS
800G CHICKEN FILLETS CUT INTO STRIPS
1 AND HALF TABLESPOONS THAI RED CURRY PASTE
90G CRUNCHY PEANUT BUTTER
270ML COCONUT MILK
2 TEASPOONS BROWN SUGAR
1 AND HALF TABLESPOONS LIME JUICE



HEAT 1 TEASPOON OIL IN WOK

ADD SPRING ONIONS COOK FOR 30 SECS, REMOVE FROM WOK

ADD MORE OIL, COOK CHICKEN IN BATCHES FOR 1 MINUTE,

ADD MORE OIL TO WOK AND COOK THAI PASTE UNTIL FRAGRANT, ADD PEANUT BUTTER, COCONUT MILK, SUGAR AND 250ML WATER. BOIL FOR 3-4 MINS. ADD CHICKEN, ONIONS AND LIME JUICE. SEASON WITH SALT AND PEPPER AND SERVE WITH JASMINE RICE.