

Christmas Bean Salad

Create a beautiful Christmas buffet with vibrant green and red produce. A great side salad for a Christmas lunch or dinner, or a substantial feed for vegetarians or vegans.

Ingredients

1 kg green beans (either plain or snake)
1 punnet cherry tomatoes
Handful raw or roasted macadamia nuts or pine nuts
Handful of torn fresh basil

Dressing

1/4 cup olive oil
2 tbsp white wine vinegar
1 clove crushed garlic
1/4 tsp salt
Pinch pepper
1/2 teaspoon mustard

Method

1. Blanch your beans in boiling hot water until tender. Remove and run under cold water.
2. Let drain well. Cut tomatoes into halves.
3. Lay out beans on a platter, scatter with tomatoes, nuts and basil and slowly drizzle over the well combined dressing.

Christmas Cheese Log

Ingredients

- 250 g Philadelphia cream cheese
- 2 spring onions chopped
- 1 garlic clove crushed
- 1 tbs sweet chilli sauce
- 1 tbs lemon juice
- 1/4 teaspoon Salt
- 2 tbs parsley finely chopped
- 3 tbs pistachios finely chopped

Method

In a bowl, mix cheese, spring onions, garlic, sweet chilli sauce and lemon juice until well combined.

Tip mixture out onto a sheet of cling wrap, shape the mixture into a log, then wrap and refrigerate for about an hour, until the mixture is firm.

Unwrap the cheese log and roll in combined salt, parsley and nuts.

Serve with crackers.

Cypriot grain salad with Freekah and Pomegranate

Ingredients

1 cup of Freekah or cracked wheat, soaked overnight
1/2 cup Puy lentils or small black/french lentils soaked overnight
1/2 red onion finely diced
1/2 bunch of finely chopped parsley (approx 1 cup)
1/2 bunch of finely chopped coriander
2 tablespoons of toasted pumpkin seeds
2 tablespoons toasted pine nuts
2 tablespoons toasted slivered almonds
2 tablespoons baby capers
1/2 cup currants
1/2 large pomegranate
Juice of 1 lemon
3 tablespoons of extra virgin olive oil
salt to taste
1 cup thick greek yoghurt
1 teaspoon of toasted cumin seeds
1 heaped tablespoon of honey

Method

1. Blanch freekah approx. 10 minutes in boiling water and strain.
2. Boil Puy lentils for approx. 5-10 minutes, strain and let cool.
3. In a small dry fry pan toast the nuts by placing them on a medium heat and tossing them around for about 3-5 minutes. Put them aside and in the same pan toast the cumin seeds in the same way.
4. In a large bowl place the coriander, parsley, red onion, freekah, Puy lentils, toasted nuts and seed, capers, currants, lemon juice and olive oil.
5. On top of this bowl mix well and season with salt to taste.
6. In a small bowl, mix yoghurt, honey and cumin until well combined. It should be a thick but runny texture.
7. Place mixed salad ingredients onto a serving dish and top with cumin yoghurt.
8. I like to make it the shape of a volcano and pour the yoghurt dressing on top of the centre to drizzle down sides |

Smoked Salmon and Mango blinis

Ingredients

- 1 cup self-raising flour
- 1/2 tsp bicarbonate of soda
- 1 pinch salt
- 1 egg lightly beaten
- 35 g butter melted
- 1 cup milk
- 1 cup sour cream, to decorate
- 1 packet smoked salmon cut into strips
- 1 mango chopped
- 1 bunch fresh dill, to garnish
- Thinly Sliced lemons, to serve

Method

1. In a large bowl, sift self-raising flour with bi-carb soda and a pinch of salt. Add one lightly beaten egg, melted butter and milk, whisking until smooth.
2. Heat a little oil in a non-stick frying pan. Cook teaspoonfuls of mixture in batches, about the size of small pikelets. Cook until golden and set.
3. Allow to cool, then top blinis with sour cream, chopped mango, strips of smoked salmon and dill sprigs.
4. Option to serve with thinly sliced lemon.

Thai Chicken Balls

Ingredients

- 500 g chicken mince
- 1/4 cup oyster sauce
- 2 garlic cloves crushed
- 2 spring onions finely chopped
- 1/2 tspn finely chopped lemongrass
- 1 tbs self-raising flour
- 1 tbs fish sauce
- 1/2 cup coriander leaves finely chopped
- 150 ml coconut milk

Method

Mix all ingredients and roll into balls 3-4 cm thick.

Fry or bake depending on what lightness you desire. If you bake them, just spray them a little with some oil first and bake at 190 degrees celsius for about 15 minutes or until golden brown.

Serve with sweet chilli sauce or soy sauce. Enjoy!

Yiayia Dimitria's Meatballs

Ingredients

250gm minced pork
150gm minced beef
1 onion finely chopped
1-2 finely minced garlic cloves
1 potato very finely grated
1 egg
1.5 tbs full cream milk
1 tsp finely chopped parsley
1 tsp finely chopped mint
1/2 tsp dropped oregano
Small pinch of cinnamon
S&P

A drizzle of olive oil, dependent on how much fat the meat has. Feel free to use more if it is extra lean.

Method

1. Combine all ingredients in a bowl and mix well. Roll into 4 -5 cm balls and fry or bake until golden brown.
2. Enjoy on their own or with yoghurt and garlic. A sprinkle of chilli. Enjoy in a roll with salad.
3. You can also drop these in some tasty passata on the stove or in the oven and then enjoy with pasta and/or crusty bread.