

## ASPARAGUS SPEARS WITH CHEESE AND HAM

**Ingredients** – Serves 4

24 Asparagus spears - try to buy English asparagus as it will be fresher and the flavour is so much better.

4 slices of cheese  
4 slices Parma ham

### Method

1. Blanch the asparagus spears for two minutes in boiling water and then plunge them into cold water to cool.
2. Lay the ham on a baking tray and place a slice of cheese on top of it. Put a bundle of asparagus on the top of each and season well, and then roll them up carefully.
3. Pour a thin stream of olive oil over the lot and leave in the fridge until needed.
4. To cook, pop them under the grill for about 5 mins until they are golden brown and the cheese has melted. Serve hot.

## CHICKEN AND AVOCADO WITH GREEN PEPPERCORNS SERVED WITH TAGLIATELLE

A rich, luxurious sauce this, not for wc watchers

**Ingredients** – Serves 4/6

2 large chicken breasts, boned  
100g/¼ lb button mushrooms, sliced  
4 spring onions, chopped  
1 red pepper, sliced  
1 avocado, cut into cubes  
1 clove garlic  
1 chicken stock cube  
2 egg yolks  
300ml ½ pint double cream  
2 teaspoons crushed green peppercorns  
225g/8 oz green tagliatelle  
2 teaspoons French mustard  
1 teaspoon cornflour salt and black pepper  
3 tablespoons dry vermouth  
Toasted sesame seeds  
Chopped parsley to garnish

### Method

1. Cut the chicken pieces into strips across the grain and leave to marinate for a few hours in the vermouth.
2. Saute the red pepper, crushed garlic spring onions (reserve a few green tops decoration) in a little butter and oil.
3. Add green peppercorns, chicken and vermouth and cook for a few minutes.
4. Add stock cube dissolved in 150ml ¼ pint hot water and simmer for 5 minutes or until chicken loses its pink colour, add mushrooms and avocado.

## TROPICAL CHICKEN SALAD

**Ingredients** – Serves 4

4 chicken breasts, skinless and boneless, cut into strips  
6 tbs desiccated coconut  
4 tsp ground ginger  
3 tsp ground cinnamon  
1 tsp ground nutmeg  
½ tsp ground cloves or freshly-ground whole cloves  
Zest and juice of 2 large lemons  
Salt and freshly-ground black pepper, to taste  
2 large avocados, peeled, stone removed, and sliced

# SUMMER RECIPES FOR RV'ERS

From Jeni's Kitchen

90 g/¾ oz wild rocket  
1 large mango, peeled, stone removed, and diced  
30 ml/2 tbs olive oil  
2-4 tbs runny honey, to taste

### Method

1. Rinse the chicken, pat it dry with kitchen paper, heat the coconut in a non-stick frying-pan and cook for 2 to 3 minutes until lightly toasted. Allow to cool.
2. Place the coconut, spices and lemon zest in a large plastic food bag and mix well. Add the chicken and season it well. Seal the bag and shake until the chicken is coated in the mixture.
3. Cover the avocado in half the lemon juice and place it in a serving bowl with the rocket and mango. Set aside.
4. Heat the oil in a large frying-pan or wok until very hot. Add the spice-coated chicken and cook for 3 to 4 minutes, stirring constantly. Drizzle over honey and cook for another 2 to 3 minutes until the chicken is thoroughly done. Squeeze over any remaining lemon juice.
5. Stir the chicken into the salad ingredients and serve immediately.

**Cook's Note** – This is a fresh and invigorating recipe. You may find that it is already sweet enough without the honey. Accompany this deliciously different dish with new potatoes. You can also use young-leaf spinach instead of rocket if you prefer.

## PORK SPARE RIBS IN A BARBECUE SAUCE

A gloriously tasty and messy dish for a barbecue. This dish can be started in the oven and finished off on the barbecue grill.

**Ingredients** – Serves 4

12 pork spare ribs  
1 tablespoon oil  
1 small onion, finely chopped  
3 tablespoons wine vinegar  
1 tablespoon soy sauce  
1 tablespoon soft brown sugar  
1 tablespoon tomato purée  
1 tablespoon tomato ketchup  
1 teaspoon made mustard  
1 tablespoon Worcestershire sauce

### Method

1. Preheat oven to 400°F/200°C/Gas Mark 6
2. Put the spare ribs in a preheated oven in a shallow roasting tin. Roast for 30 minutes.
3. In the meantime, heat the oil in a small saucepan and gently fry the chopped onion until it softens. Add all the other ingredients to the pan and bring to the boil, stirring continuously.
4. Remove from the heat. Pour off any fat from the spare ribs and pour over the barbecue sauce, coating the meat well.
5. Reduce the oven temperature to 375°F/190°C/Gas Mark 5 and cook for a further 1-1½ hours, basting the meat frequently with the sauce. This last stage can, if wanted, be done on the barbecue.
6. To be eaten with fingers only, so plenty of paper napkins should be provided!

## GREEK FETA SALAD

Crunchy and eye-catching this salad is a substantial one and, with the addition of crusty bread and a bottle of cold, dry white wine, an easy summer lunch!

### Ingredients

1 crisp lettuce  
Half a cucumber, sliced or cubed



## SUMMER FOOD

### BAKED CORN

#### Ingredients

- 308gms (11oz) tin sweet corn or 5 cobs fresh corn
- 2 eggs
- 14gms (0.5oz) margarine
- 1/8 level teaspoon chilli powder
- 1 clove garlic, crushed or chopped
- 1 level teaspoon flour
- 112gms (4oz) cheese

#### Method

1. Scrape kernels from uncooked corn, or open tins.
2. Beat eggs and combine with corn in a bowl.
3. Heat margarine, add chilli powder, chopped or crushed garlic and flour. Cook for one minute.
4. Combine with corn and egg mixture.
5. Pour half of the mixture into a well-oiled 0.85 litre (1.5 pint) casserole.
6. Cover with some thin slices of cheese.
7. Pour in rest of corn mixture.
8. Cover with the rest of the cheese.
9. Cook for three quarters of an hour in a very moderate oven 350°F, Mark 3.

### MAIZE TORTILLAS

#### Ingredients

- 224gms (8oz) maize flour
- Salt
- Water

#### Method

1. Mix the ingredients to a soft dough and pat into round shapes about 0.3cm (1/4" to 1/8") and 15cm (5") across.
2. Cook on a griddle with a little margarine.
3. Wrap in a clean cloth when cooked to keep warm and retain moisture.
4. Use immediately.

### EGG AND TOMATO SAMBAL

#### Ingredients - 2 servings

- 3 tomatoes
- 2 eggs
- 1 small onion
- Chilli, chopped
- Salt
- Pepper

- 4 tomatoes, cut into segments
- 1 green pepper, chopped
- 1 small onion, thinly sliced
- 100 -175g/4-6 oz Greek Feta cheese, cubed
- 50g/2 oz black olives
- Chopped parsley
- 150ml/¼ pint French dressing

#### Method

1. Tear the lettuce into bite-sized pieces and, in a salad bowl, mix with the cucumber, tomato and pepper.
2. Arrange onion rings on top, then the cheese and olives.
3. Just before serving, pour over dressing and sprinkle liberally with parsley.

### SAVOURY RICE

#### Ingredients

- 225/8 oz easy-cook rice
- ½ teaspoon saffron
- Small bunch spinach
- 50g/2 oz pinenuts

#### Method

1. Cook rice with saffron in boiling salted water for about 12 minutes, until tender but firm, drain.
2. Meanwhile, cook spinach, drain and chop finely.
3. In a warm serving dish rake the spinach and pinenuts through the rice with a fork, and serve while still hot with kebabs of your choice laid on top.

### FRUIT KEBABS

#### Ingredients - Serves 4

- 4 peaches/apricots
- Small punnet strawberries
- 3-4 kiwi fruit, sliced
- 3-4 slices fresh pineapple, segmented
- Lemon juice
- Honey
- Mint leaves (optional)

#### Method

1. Thread pieces of fruit onto skewers, interspersed with fresh mint leaves. Sprinkle with lemon juice and brush with honey.
2. Barbecue for about 8 minutes.

#### Method

1. Lightly fry onions.
2. Add sliced tomatoes and a chilli.
3. Break in the eggs and mix well. Add seasoning.
4. Cook for three minutes.

### STICKY LEMON CHICKEN

#### Ingredients

- 4 chicken breasts, skin on, preferably part-boned.
- Grated zest and juice of 1 large lemon
- 1tbsp clear honey
- 1tbsp olive oil
- 2 garlic cloves, chopped
- 1tsp dried oregano
- New potatoes and green salad to serve.

#### Method

1. Preheat the oven to fan 170°C/conventional 190°C/gas 5.
2. Put the chicken breasts, skin-side up, in one layer in a shallow ovenproof dish or tin..
3. Put all the remaining ingredients in a bowl and warm through in the microwave or a small pan for 1 minute, then stir to mix everything together and pour over the chicken.
4. Slide the dish into the oven and roast for 30 minutes, basting every 10 minutes or so. The juices will gradually thicken and give the chicken a shiny coating at the end.
5. Leave to stand for 5 minutes before serving with buttered new potatoes and a green salad.

### BAKED BANANAS

#### Ingredients - 4 servings

- 4 medium semi-ripe bananas
- Butter
- Brown sugar or honey
- Lemon or lime juice
- Sour cream (optional)

#### Method

1. Peel and place the bananas in a buttered baking dish.
2. Put dabs of butter on the bananas.
3. Sprinkle them liberally with brown sugar and lemon or lime juice.
4. Bake for 40 minutes at 250°F, Gas Mark 4, turning the bananas once when they are half done.
5. Serve with sour cream and honey if you like.

## SUMMER COCKTAILS

### PLANTER'S PUNCH

(For Thirsty Gardeners)

#### Ingredients

- 3oz Cuban rum
- 1oz lime juice
- 1 tsp sugar
- Orange juice

#### Method

Shake rum, lime juice, and sugar with cracked ice, pour over cracked ice, fill with orange juice, and stir.

### VENICE

(Very Da Vinci)

#### Ingredients

- 2oz brandy
- 1 egg
- 1 tsp sugar syrup
- 1 tsp lemon juice



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1oz Dry Gin

**Method**

Mix with large lump of ice, fill with chilled club soda, and garnish with sprig of mint.

### THE MAHARAJAH'S BURRA PEG

**Ingredients**

2 jiggers chilled Cognac  
Lump of Sugar  
Angostura Bitters  
Champagne  
Lime Peel

**Method**

Into a chilled 16 oz glass, pour 2 jiggers of chilled Cognac. Drop in a lump of sugar saturated with Angostura Bitters. Fill with ice-cold Champagne sec. Garnish with spiral of green lime peel.

### PIMMS AND CHEESE STRAWS

**Ingredients**

100g self-raising flour  
Pinch of salt  
Pinch of mustard  
50g margarine  
75g hard cheese, grated  
1 egg, beaten  
Pimm's No.1  
Lemonade  
Cointreau  
Brandy etc.

**Method**

**CHEESE STRAWS**

1. Sieve the flour, salt and mustard, rub in margarine.

2. Mix in cheese and add sufficient egg to make a stiff dough.

3. Roll out very thinly and cut in strips. Place on a greased baking tray.

4. Bake in a moderate oven, 180°C, 350°F, Gas Mark 4 for 10-15 minutes.

PIMMS - per glass

Put 1 measure (150ml) of Pimm's No.1 into a tall tumbler with crushed ice. Add 3 measures (150ml) of lemonade, ginger ale or tonic, Cointreau, Brandy, etc. Add slice of lemon, orange, apple, cucumber and a sprig of mint. Drink with cheese straws.

### ZABAGLIONE

**Ingredients**

6 egg yolks  
6 tsp sugar  
8oz Marsala, Madeira, or Sherry

**Method**

Beat the heck out of the eggs and sugar, stir in the wine, cook in double boiler, stirring constantly until thick. Spoon into small goblets or dessert glasses, eat with spoon.

### PINK LADY

(Pink is the 'in' colour at present)

**Ingredients**

2 jiggers of Gin  
1 tsp lemon juice  
1 tsp Grenadine  
1 egg white

**Method**

Shake with lots of cracked ice and strain. Fill with club soda.

**Method**

Shake with cracked ice and strain. Add cracked ice and fill with ginger ale. Garnish with sprig of mint and Marashino cherry.

### SEA BREEZE

**Ingredients**

Juice ½ lemon  
2 dashes Grenadine  
1oz Apricot Brandy