

**Menu**

- Bubbly Mandarin Delight Cocktail (Pg 3)
- Grandma's Crepes with Maple Syrup and Ginger Whipped Cream (Pg 4)
- French Toast with Fresh Fruit Compote (Pg 6)
- Eggs Benedict on Toasted English Muffins served with Ham and Bacon (Pg 7)
- Cranberry Spinach Salad (Pg 9)
- English Sausage Bake with Peppers and Onions (Pg 10)
- Chocolate and Coconut Bliss Balls (Pg 11)
- Coffee & Tea

**Shopping List**

For 10 hungry people. Please adjust!

- Almonds, slivered 125g
- Bacon or ham 10 strips
- Bell peppers, green 8
- Bell peppers, red 3
- Bread, thick sliced 10 slices
- Butter 250g pack
- Chicken stock
- Cinnamon, ground (optional)
- Cocoa powder
- Cranberries, dried 150g
- Cream 1 cup
- Crystallised ginger
- Dark chocolate
- Dessicated coconut
- Dried fruits 1.5 cups
- English muffins 5
- Flour 1 cup
- Italian seasoning
- Large eggs Two dozen
- Lemon juice 1/4 cup
- Mandarins 20
- Milk 1 litre
- Nutmeg, ground (optional)
- Nuts and seeds 1.5 cups
- Olive oil

## Cooking and Chatting

- Onions 4
- Paprika
- Parsley
- Pepper
- Poppy seeds
- Rum
- Salt
- Sausage links 1kg
- Sesame seeds, toasted
- Soda water
- Sparkling wine
- Spinach 2-3 bunches
- Sugar
- Sugar
- Sugar syrup
- Vanilla extract
- Vegetable oil
- White pepper, ground
- White vinegar
- White wine
- White wine vinegar
- Worcestershire sauce

### Bubbly Mandarin Delight Cocktail

#### Ingredients

- 3 cups mandarin juice (from about 20 mandarins)
- Chilled sparkling wine
- Soda water
- Sugar syrup

#### Directions

1. Juice Mandarins in juicer or by hand
2. Mix equal parts of mandarin juice and sparkling wine/ or soda water.
3. If you want it a little stronger – or are running low on mandarins – you can use one part juice to two parts bubbly.
4. Add a dash of sugar syrup if you have a sweet tooth!
5. Serve immediately.

### Grandma's Crepes with Maple Syrup and Ginger Whipped Cream

Prep time : 5 min  
Waiting: 45 min-1 hour  
Cook time : 20 min  
Servings: 15 to 20 crepes

#### Ingredients

- 4 large eggs
- 1/2 litre of milk
- Pinch of salt
- 1 cup flour (250 grams)
- 1 tablespoon of vegetable oil
- Dash of rum
- Butter, for coating the pan

#### Directions

1. In a blender, combine all of the ingredients and pulse for 10 seconds.
  2. Place the crepe batter in the refrigerator for 1 hour. This allows the bubbles to subside so the crepes will be less likely to tear during cooking.
  3. Heat a small non-stick pan. Add butter to coat.
  4. Pour a small amount of batter into the centre of the pan and swirl to spread evenly.
  5. Cook for 30 seconds and flip.
  6. Cook for another 10 seconds and remove to the cutting board.
  7. Lay them out flat so they can cool.
  8. Continue until all batter is gone.
  9. Serve with fresh lemon juice and sugar, or maple syrup and ginger cream.
- (After crepes have cooled you can stack them and store in sealable plastic bags in the refrigerator for several days or in the freezer for up to two months)
  - \*Savoury Variation Add 1/4 teaspoon salt and 1/4 cup chopped fresh herbs, spinach or sun-dried tomatoes to the egg mixture.
  - \*Sweet Variation Add 2 1/2 tablespoons sugar, 1 teaspoon vanilla extract and about a tablespoon of your favourite liqueur to the egg mixture.

#### Ginger Cream

Prep time: 5 min  
Serving: 2 cups

### Ingredients:

- 1 cup chilled whipping cream
- 1 1/2 tablespoons sugar
- 1 teaspoon vanilla extract
- 2 tablespoons chopped crystallised ginger

### Directions

1. Beat chilled whipping cream with sugar and vanilla extract in bowl to soft peaks.
2. Stir in chopped crystallised ginger.
3. Keep in fridge until ready to serve.

### French Toast with Fresh Fruit Compote

Prep Time: 5 min

Cook Time: 15 min

Servings: 10

#### Ingredients:

- 10 thick slices bread
- 4 eggs
- 1-1/3 cups milk
- 1/2 teaspoon ground cinnamon (optional)
- 1/2 teaspoon ground nutmeg (optional)
- 2 teaspoons vanilla extract (optional)
- salt to taste

#### Directions:

1. Beat or whisk together egg, milk, salt, desired spices and vanilla.
2. Heat a lightly oiled frypan or griddle over medium-high flame.
3. Dunk each slice of bread in egg mixture, soaking both sides.
4. Place in pan, and cook on both sides until golden.
5. Serve hot with Fresh Fruit Compote

### Eggs Benedict on Toasted English Muffins served with Ham and Bacon

Prep Time: 25 min

Cook Time: 5 Minutes

Servings: 10

#### Ingredients:

- 5 egg yolks
- 1/4 cup and 1 teaspoon lemon juice
- 1-1/4 pinches ground white pepper
- 1/8 teaspoon Worcestershire sauce
- 1 tablespoon and 3/4 teaspoon water
- 1-1/4 cups butter, melted
- 1/4 teaspoon salt
- 10 eggs
- 1-1/4 teaspoons white vinegar
- 10 strips bacon or Ham
- 5 English muffins, split
- 2 tablespoons and 1-1/2 teaspoons butter
- Parsley for garnish

#### Directions:

##### Hollandaise Sauce

1. Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer.
2. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water.
3. Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly.
4. If hollandaise begins to get too thick, add a teaspoon or two of hot water.
5. Continue whisking until all butter is incorporated.
6. Whisk in salt, then remove from heat.
7. Place a lid on pan to keep sauce warm.

##### Poached Eggs:

1. Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar.
2. Carefully break eggs into simmering water, and allow to cook for 2 1/2 to 3 minutes. Yolks should still be soft in centre.
3. Remove eggs from water with a slotted spoon and set on a warm plate.

### Cooking and Chatting

4. While eggs are poaching, brown the bacon in a frypan over medium-high heat and toast the English muffins.
5. Spread toasted muffins with butter and top each one with a slice of bacon or ham , followed by a poached egg.
6. Place muffin on plate and drizzle with hollandaise sauce.
7. Sprinkle with chopped parsley and serve immediately.

### Cranberry Spinach Salad

Prep Time: 10 min

Cook Time: 10 min

Servings: 10

#### Ingredients:

- 20 g butter
- 125 g slivered almonds
- 2-3 bunches of spinach, rinsed and torn into bite-size pieces
- 150 g dried cranberries
- 20 g toasted sesame seeds
- 10 g poppy seeds
- 125 g white sugar
- 1/2 medium onion- minced
- pinch of paprika
- 150 ml white wine vinegar
- 150 ml vegetable oil

#### Directions:

1. In a medium saucepan, melt butter over medium heat.
2. Cook and stir almonds in butter until lightly toasted.
3. Remove from heat, and let cool.
4. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil.
5. Toss with spinach just before serving.
6. In a large bowl, combine the spinach with the toasted almonds and cranberries.

### English Sausage Bake with Peppers and Onions

Prep Time: 20 min

Cook Time: 45 min

Servings: 10

#### Ingredients

- 10 ml olive oil
- 1 kg sausage links, cut into 2-inch pieces
- 75 ml olive oil
- 8 green bell peppers, seeded and cut into wedges
- 3 large red bell peppers, seeded and cut into wedges
- 3 large onions, cut into wedges
- 150 ml white wine
- 150 ml chicken stock
- 2 g Italian seasoning
- salt and pepper to taste

#### Directions

1. Preheat oven to 200 degrees C.
2. Heat 2 teaspoons olive oil in a large skillet over medium heat, and cook and stir the sausage until browned. Transfer the cooked sausage to a large baking dish.
3. Cook and stir the green and red peppers and onions in the hot skillet until they are beginning to soften, about 5 minutes.
4. Add the vegetables to the baking dish.
5. Pour wine and chicken stock over the vegetables and sausage, and sprinkle with Italian seasoning, salt, and pepper. Gently stir the sausage and vegetables together.
6. Bake in the preheated oven until hot and bubbling, 20 to 25 minutes.
7. Serve hot.

### Chocolate and Coconut Bliss Balls

Prep time: 20 min

Servings: 30 - 40 balls

#### Ingredients

- 1 ½ cups of nuts and seeds  
(any nuts or seeds work well -sunflower seeds, sesame seeds, peanuts , almonds, walnuts, cashews etc)
- 1 ½ cups of dried fruits  
(any dried fruits but especially moist fruits such as dates, prunes or raisins - cranberries, blueberries and mango work well too)
- 1 tablespoon of cacao or cocoa powder
- Carob nibs or dark chocolate - chopped finely or processed in blender
- ½ teaspoon of vanilla extract
- Pinch of salt
- 2 tablespoons of water or coconut oil ( or as needed)
- Dessicated coconut to roll the balls in.

#### Directions

1. Place the nuts and salt in the food processor and process until finely ground remove and but a large bowl.
2. Chop the dried fruits into small pieces and place in the food processor/ Process until the mixture becomes sticky and add to nut mixture
3. Add the cacao powder and chopped chocolate and mix with hands until the mixture is well blended adding coconut oil and/ or a little water as needed.
4. When the mixture reaches a firm but moist consistency mould into round balls ( golf ball size) and roll in the coconut.
5. Place on a tray and put in the freezer until firm - about 10 mins.
6. Can be stored in the fridge or freezer for up to a month.

#### **Quantity Reference**

1 teaspoon ≈ 5ml

1 tablespoon ≈ 15ml

1 cup ≈ 250ml