

# Stuffed Rolled Chicken Breast

Serves 1



## Ingredients

1 chicken breast

2 strips of bacon, prosciutto or Ham

$\frac{1}{2}$  cup Provolone cheese or any strong hard cheese

$\frac{1}{2}$  onion (chopped and caramelized )

$\frac{1}{2}$  cup mushrooms (chopped and caramelized.)

$\frac{1}{2}$  cup plain flour of choice

Salt and black pepper (to taste)

plastic wrap (for rolling)

3 Brussel sprouts

4 asparagus spears

$\frac{1}{2}$  teaspoon minced garlic

1 teaspoon butter

1 cup strawberries (cut into smaller pieces)

$\frac{1}{2}$  cup mangoes (diced)

1/4 cup honey

1/2 cup balsamic vinegar

1/2 cup apple cider vinegar

salt/pepper to taste

Olive oil

## Method

Place your chicken breast between two layers of plastic wrap or in between a ziploc bag that have had a little water sprinkled over.

Using a meat mallet, (or any thing with a flat surface and some weight to it) make the chicken breast flatter. Take care when beating the meat that the breast does not tear.

When the breast is flat and wide, season with salt and black pepper.

Stuff with all your favorite things. I used bacon, provolone cheese, mushrooms and onions that I caramelized and some chopped basil.

Chop Brussels sprouts and asparagus into small pieces. In a pan over a medium high heat add butter and minced garlic. Stirring allow to brown for 2 minutes then add chopped veggies and cook for 5 minutes. Season with salt and pepper to taste.

Place in a bowl with the cheese, mushrooms and onions and mix to combine. Place the mixture near one end of the flattened chicken breast and roll the roulade into its shape using plastic wrap and tie the ends. Place in a large pot of lightly simmering water and cook for 20 minutes.

## Sauce

Place sugar and 1 cup of water in a pan over a medium heat and

stir until all the sugar has melted. Add the strawberries and mango. Mash them while you stir and simmer for 10 minutes or until you get a jam like substance. Allow to cool.

In a sauce pan over a medium heat add 1 teaspoon oil, half a diced shallot and allow to brown. Add balsamic vinegar and apple cider and allow to reduce by 1/3. Strain in the strawberry-mango jam and stir. Allow to simmer for 5 minutes and reduce heat to low to keep sauce warm. Stir occasionally.

Remove after 20 minutes and place in an ice bath. We want to stop the cooking straight away.

Pre-heat oven to 175 C (350 F)

When the roulade is completely cool mix flour with salt and pepper on a plate. Remove roulade from plastic wrap, coat in flour and place into a pan over a medium heat and lightly coat with olive oil. Cook turning till it is browned all over.



Place the roulade in the pre-heated oven in a low sided tray and bake in the oven for 15 minutes. Remove from the oven and rest for 5 minutes.

Cut into rounds and serve with salad and the sauce.

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## [Whole Baked Pork Fillet with](#)

# Plum Sauce

## Ingredients



## Marinade

1½ cups olive oil

1 cup plum sauce

¼ cup red wine vinegar

Juice of 1 lemon

1-2 tbsp fresh parsley, finely chopped

Fresh ground black pepper, to taste

4 cloves garlic, peeled and minced

1kg (1.1lb) pork fillet (tenderloin)

## Method

Combine all marinade ingredients and reserve 2-3 tbsp.

Place the pork fillet and marinade in a Ziplock bag and let marinate for at least 3-4 hours.

Preheat oven to 175C (350F).

In a proof skillet over medium-high heat add the reserved olive oil and sear each side of tenderloin for 2-3 minutes. Place in the oven and cook for 30-40 minutes or until the meat is cooked. Remove from the skillet, cover with foil and rest 10 minutes.

## Sauce

Pan scrapings from pork tenderloin

1/2 cup of chicken stock (broth)  
2-3 tbsp of pork marinade (thoroughly mixed)  
1-2 tsp butter

Place the skillet back on the stove over medium heat. Add the chicken broth and scrape up all the browned pieces from the bottom of the pan. Add the marinade and let it boil down for 2-3 minutes. Add the butter and remove from heat stirring until butter has melted.

Slice the pork and pour the sauce over it and serve.

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## 20 Minute Shrimp Curry

I have lived in several Asian countries over the years and this dish is a mix of so many of the flavours that I love. I have also cooked this with chunky pieces of crab meat and Monk fish, great result.



I have also made the sauce and let it rest for a few hours before heating it up and cooking the fish.

This recipe may be easily prepared in 20 minutes which is just enough time to cook the rice if you feel like it. You can also have this as it is.

Serves 4

Ingredients

400g (1 lb) shrimp, peeled and deveined

1 tbsp olive or coconut oil  
1 jalapeno pepper, stemmed and seeded, minced  
1 tbsp grated fresh ginger  
1 tablespoon curry powder  
2 garlic cloves, minced  
1 medium onion, chopped  
800g (28oz) can Italian plum (Roma) tomatoes  
1 1/2 cups coconut milk  
1 tsp sea salt  
1 tsp freshly ground black pepper  
1/2 cup fresh coriander/cilantro, coarsely chopped

#### Method

Heat the oil over a medium high heat in a heavy based large skillet or Dutch oven.

Add the onion and sauté until soft but not brown, 2-3 minutes. Now add the garlic, jalapeno, ginger and sauté until fragrant, 1 minute.

Add the curry powder and continue sautéing for about 1 minute. Add tomatoes, coconut milk, salt and pepper and simmer 5 minutes.

Stir in shrimp and cook until they turn pink and are just cooked through. Stir in coriander. Taste to adjust seasoning and serve immediately in bowls with basmati rice or fresh steamed vegetable greens for low carb or paleo.

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## Chicken Tikka

In my life I have been lucky to live and learn the cooking of many different countries. India and Nepal factor in this recipe. What was I doing in Nepal, well that is something for another day.



## Ingredients

### Marinate

Boneless chicken thighs, each cut into three pieces

1 cup thick Yogurt

1 tsp Garam Masala

1 1/2 tsp Red chilli powder

2 tsp Corriander powder –

Salt, to season

1tbsp Ginger-garlic paste

Juice of 1 lime

### For Grilling:

3 -5 tsp Extra virgin olive or coconut oil

### Method

Wash the chicken pieces well in cold water and pat dry well. Then make 1-2 deep cuts on each piece on either sides. In a bowl add the lime juice and salt to the chicken pieces, coat on all sides and leave it aside for 10 minutes.

In the meantime take another bowl add all the spices with the yogurt and mix well, taste when mixed and adjust the salt

seasoning to taste.

Add the chicken pieces to this turning them in the mixture and cover the bowl with a lid or cling film. Refrigerate for 8 hours or more, best to leave it overnight.

The next day take the chicken out of the fridge 30 minutes before cooking.

Pre-heat the oven grill for 225 C (435) F Fan grill.

Line a baking tray with foil and lay the pieces of chicken leave sufficient space between the pieces. To this drizzle some oil on top and coat the oil on all sides of the chicken.

Now set the tray under the grill in the center and let it cook for 20 minutes check and turn the pieces over after 10 minutes. Make sure that it does not burn too much.

Serve hot with onion rings and mint yoghurt sauce. (recipe below)

Mint Yogurt Dipping Sauce/ Chutney

Ingredients

2 medium bunches of fresh mint, cleaned and leaves separated

Fresh coriander leaves – a few strands

4 Green chilli – slit in the center and de-seeded

Salt – to taste

3-4 tbsp thick yogurt

Fresh ginger, 25mm (1 inch) peeled and chopped fine

Oil- 1 tsp

Method

In a skillet/ pan heat oil and once it turns hot add the ginger and stir wait for the raw smell to go, now add the mint leaves and sauté for 2 minutes and then add the coriander leaves. Keep sauteing till the leaves shrink to 1/4 of their original volume.

Add the green chilli and salt, stir and then remove from the heat. Let it cool down well.

Transfer the mix to a food processor, add only 1 tbsp yogurt and blend until fine and smooth, now add the remaining yogurt and blend again.

Serve as a dipping sauce on the side.

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## Homemade Chilli Orange Chocolate Sauce

This sauce has to be one of my all time favourites. It is so easy to make and the better the quality of chocolate that you use the better the resulting taste. It stores well for a couple of weeks in a sealed container in the fridge and it's a sauce that can be made ahead of time and warmed up.



### Ingredients

400g (14oz) of dark 80% cocoa chocolate, chopped in pieces

1/2 cup of full milk

1/2 cup of cream (heavy)

1/4 cup granulated sugar or raw honey

1/2 teaspoon chili powder

1 orange, zested

25g (1oz) butter

1 teaspoon of vanilla extract

### Method

Add the chocolate, sugar, chilli, orange zest, milk and cream to a heavy based saucepan and melt the chocolate over low heat, stirring continually until all the chocolate is melted and combined with the other ingredients.



Add the vanilla and butter, remove from the heat and combine then set the sauce aside to cool. Reheat it briefly before using it.

### Dairy Free Version

If people do not want to use milk and cream they can replace them with 1 cup of coconut milk that has warmed up to a gentle simmer, let cool slightly and added once the chocolate has melted. Add and combine without the butter.

Any leftover sauce keeps well refrigerated for many weeks in a sealed container.

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# Honey Mustard Pork or Lamb Sausages

Sausages are a great go to when you want a quick and satisfying meal. Pork or lamb sausages are great with a honey mustard glaze. This recipe is easy to do and the glaze imparts a wonderful layer of taste.



Serves 4

## Ingredients

8 good quality pork or lamb sausages

1 tsp wholegrain or Dijon mustard

2 tbsp honey

Note – increase the quantities of the glaze if you want more sauce that can be warmed up and served on the side following cooking.

Heat the oven to 200 C (400 F). Mix the mustard and honey together in a small bowl.

Place the sausages in a roasting tray. Rub the glaze all over the sausages and place the tray in the oven.

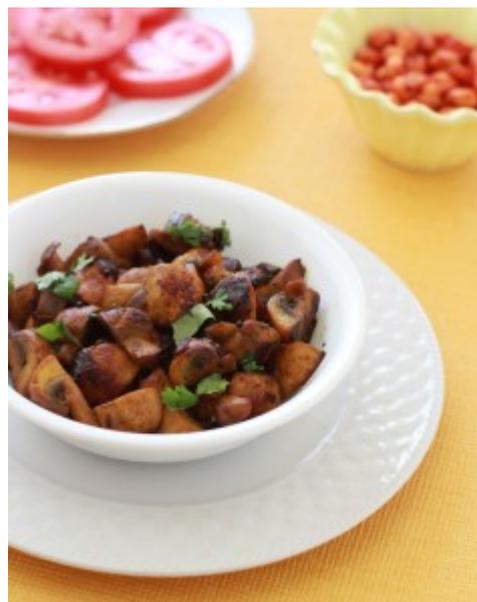
Cook for about half an hour until brown and cooked through. Be sure not to over cook the sausages and never prick them otherwise you will lose lots of sweet flavour and they can become dry.

Serve with your choice of sides. This goes very well with sweet potato wedges and some sour cream on the wedges.

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## Mushrooms in Garlic and Plum Sauce

This dish is a wonderful starter and can be served with tooth picks or as a side. There is a bit of heat, sweetness and acid from the vinegar and lemon zest to balance it all out.



Side or starter

Ingredients

30 medium sized white button mushrooms

1 tbsp olive or coconut oil

4 garlic cloves, finely minced

3 tbsp plum sauce

1/2 tsp red chili flakes

2 tsp honey

1 tsp cider or white vinegar

1 tsp lemon zest

salt & pepper to season

finely chopped parsley to garnish

#### Method

Heat oil in a frying pan. Add in garlic and sauté till lightly golden brown. Add in mushrooms and coat well with the oil.

Let the mushroom cook till the liquid released from the mushrooms evaporates.

Add plum sauce, lemon zest, chili flakes, honey, vinegar, salt & pepper.

Sauté for about 4 to 5 minutes till the sauce thickens up and mushrooms are coated evenly.

Serve hot and garnish with chopped parsley.

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## Red Wine Jus

1 cup dry red wine, whatever your drinking



1 cup chicken or beef stock (broth)

2 cloves of garlic,

1 sprig of fresh rosemary

Grab a small saucepan and put it over a low heat. Smash 2 garlic cloves with the flat side of your knife and drop them into the saucepan.

Pour in the wine and submerge the rosemary sprig. If your rosemary too long to fit in the saucepan cut it in half with some scissors.

Let the red wine simmer with the herbs over a medium heat until the volume has reduced by half. This should take about 20 minutes depending on how hot your stove is. Give it a swirl around the pan every 10 minutes to combine.

Once reduced, pour in the stock along with a some fresh ground black pepper.

Again, let the sauce reduce by half over a medium heat (let it simmer, but not boil) for about another 20 mins.

You can make this ahead of time and reheat. Leaving it on a lower heat for longer will give you a much more concentrated

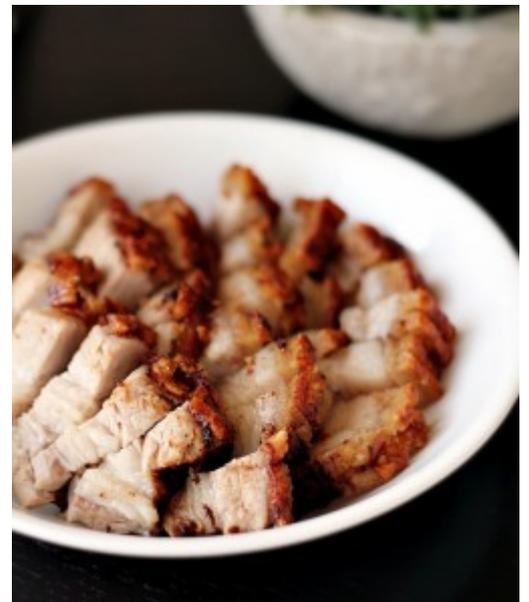
sauce.

Strain through a fine sieve, or just spoon out of the saucepan over the meat

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## Crispy Pork Belly with Red Wine Jus

I love to make this dish when I have friends coming over for a relaxed meal.



### Ingredients

1 kg (2.2 lb) pork belly, deboned

Sea salt

Olive or coconut oil

### Marinade

2 tsp five-spice powder

1 tsp salt

1/4 tsp fresh ground pepper

## Method

Boil some water in a pot large enough to hold the pork belly with 2-3 teaspoons salt, and place the pork in the boiling water, making sure it is totally submerged.

Boil uncovered for 30 minutes. Remove and drain on a wire rack. Pat dry with a paper towel and leave for about 20 minutes to dry out.

Score the skin vertically with a knife, about 1/2 cm apart. Make sure it cuts through to the fat, as this will allow the fat to render.

Rub about 1/2 tbsp of salt over the meat and skin. Combine marinade in a bowl and rub all over the meat (but not the skin). Place in the fridge uncovered for 4 hours or overnight.

Preheat oven to 180 C (350 F). Rub a little salt and oil over the skin. Place on a wire rack skin side up, and pour about 1-2 cups of water into the roasting pan so that it steams the meat in the oven.

Place the pan in the middle rack in the oven and roast for 1 hour. Increase temperature to 220C ( 425 F) and roast for another half hour or until skin starts to brown and sizzle. Turn on the grill/broiler on high to crisp up the skin, which should begin to bubble, crackle and pop! When it starts to char, and the skin is evenly crisped all over, remove from oven and let it rest for about 10-15 minutes before slicing/chopping into pieces. Best to use a chopper to do this, if not, a regular chef's knife is fine too.

Serve with seasonal fresh vegetables of your choice and creamy mashed sweet potato. I also love to serve this with a light red wine jus.

## For the Red Wine Jus



1 cup dry red wine, whatever your drinking

1 cup chicken or beef stock (broth)

2 cloves of garlic,

1 sprig of fresh rosemary

Grab a small saucepan and put it over a low heat. Smash 2 garlic cloves with the flat side of your knife and drop them into the saucepan.

Pour in the wine and submerge the rosemary sprig. If your rosemary too long to fit in the saucepan cut it in half with some scissors.

Let the red wine simmer with the herbs over a medium heat until the volume has reduced by half. This should take about 20 minutes depending on how hot your stove is. Give it a swirl around the pan every 10 minutes to combine.

Once reduced, pour in the stock along with a some fresh ground black pepper.

Again, let the sauce reduce by half over a medium heat (let it simmer, but not boil) for about another 20 mins.

You can make this ahead of time and reheat. Leaving it on a lower heat for longer will give you a much more concentrated sauce.

Strain through a fine sieve, or just spoon out of the saucepan over the meat

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## Jimmys Moroccan Barbecue Sauce

### Ingredients



- 1 tablespoon extra virgin olive oil or coconut oil
- 1 cup fresh onion, minced or grated fine
- 2 small shallots, minced or 4 spring onions diced fine
- 1/2 teaspoon sea salt
- 4 cloves minced garlic
- 1 teaspoon each of ground fennel, cumin, turmeric, cardamom and clove, combined
- 1 tablespoon Harissa paste or 1/4 teaspoon ground chilli flakes
- 150g (6 ounce) tomato paste

1 1/4 cups chicken stock

2 tablespoons apple cider vinegar or 3 tablespoons lime juice

1 tablespoon raw honey

#### Method

Heat oil in a 1 medium sized saucepan over medium heat. Add the onions and stir until tender, about 5 minutes. Add sea salt, garlic, and shallots, and stir for 1-2 minutes. Add remaining ingredients and stir until all ingredients are well combined.

Bring to simmer, reduce the heat to low and cook with the lid ajar, stirring periodically until mixture reduces and thickens, 20-30 minutes.

Pour sauce into a wide-mouth glass jar, cover and refrigerate. Use within 2 weeks or you can freeze in cubes for later use.