

# Summer

## Starter: Courgette & caramelised red onion tart:

### Ingredients:

- plain flour, for dusting
- 375g block puff pastry
- 1 egg , beaten
- 50g butter
- 3 large red onions , thinly sliced
- 2 tbsp balsamic vinegar
- 1 large courgette , cut into long ribbons with a vegetable peeler
- 100g goat's cheese
- mixed green salad , to serve

### Method:

1. Heat oven to 200C/180C fan/gas 6. On a lightly floured surface, roll the pastry out to slightly smaller than an A4 rectangle. Slide onto a baking tray, brush with the beaten egg and cook for 20 mins or until golden.
2. Meanwhile, melt the butter in a frying pan over a medium heat. Once foaming, add the onions with a pinch of salt. Cook, stirring regularly, for 10 mins until soft. Pour in the balsamic and cook for a further 6-8 mins until sticky and caramelised.
3. Spoon over the pastry, then top with the courgette ribbons and blobs of goat's cheese. Return to the oven for 15 mins until the cheese is bubbling. Serve with salad.

## Main: Summer Skewers

### Tikka Marinade:

- 150g yoghurt
- 2 tsp Tikka powder
- 1 tsp ground ginger

- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp red chilli powder, plus extra if required
- ¼ tsp turmeric
- 2 limes, juice only
- 2 tbsp tomato purée
- ½ tsp garam masala powder
- 50ml oil
- salt and white pepper, to taste

#### **Cauliflower rice:**

- 1 whole cauliflower
- 2 tsp garam masala
- 1 tsp of Tikka powder
- 1 tsp cumin
- 1 tsp coriander (ground or dried)

#### **Method:**

1. Put all Marinade ingredients into a blender and blend until it resembles a paste.
2. Marinade the vegetables in the marinade for half an hour.
3. Heat your grill to a medium heat and line the grill tray with foil. Thread the vegetables onto the soaked wooden or metal skewers, alternating your chosen ingredients and grill for 10-15, turning halfway through, until cooked through but still slightly crunchy.
4. To make the cauliflower rice grate or put the cauliflower in a food processor until it resembles rice or a crumb texture.
5. Add cauliflower to a frying pan with spices and cook for 5-10 minutes till cooked through.

## **Dessert: Mini No-bake Strawberry cheesecake**

#### **Ingredients:**

- 125g digestive biscuit
- 50g (More if needed) Butter, melted
- 300g cream cheese
- 50g icing sugar
- 150ml double cream

#### **Optional:**

- 1 tsp vanilla essence

**To serve:**

- Strawberry jam
- Strawberries, halved

**Method:**

1. Line a cupcake tray with cupcake or muffin cases or butter the edges of a silicon muffin tray.
2. Put the digestive biscuits into a blender or place in a sealable bag and hit with a rolling pin until they have turned into crumbs.
3. Melt the butter in the microwave and add it to the breadcrumbs. If more butter is needed repeat the process until the mixture can be compacted and hold its shape.
4. Press the mixture into the bottom of the tray/ cases. You want to aim for about 2cm of crumb mixture in each cheesecake but you can add more if you prefer more biscuit.
5. In a separate bowl, place the cream cheese and icing sugar (vanilla if using) and whisk until the mixture is completely combined. Then add the double cream and mix. If the mixture is slightly runny add a dash more icing sugar. You are looking for a consistency just slightly looser than whipped cream.
6. Add the cream mixture to the biscuit base, making sure to even out the tops.
7. If you have time let the cheesecakes set in the fridge overnight or for a quicker result place them in the freezer, covered, for about 2 hours or until they are set.
8. For best results remove from the fridge/freezer half hour before you intend to eat them.
9. Finally, add jam on the top and half a strawberry.