



Potluck party recipes

MAIN COURSES

Chilli con carne

500g lean steak mince
1 large onion, finely sliced
Tin of chopped tomatoes
Tomato puree
Chilli powder (to own taste)
Black pepper
Red and yellow peppers finely sliced
Tin of red kidney beans
Cheap red wine
Worcester sauce

Heat a non stick pan and add mince. Keep stirring to avoid meat sticking. Once meat is brown add onion, chilli powder, black pepper and red and yellow peppers then stir. Gradually add large glass of cheap red wine and splash of Worcester sauce. Simmer for 4-5 minutes and then add tin of chopped tomatoes, red kidney beans and tomato puree and stir. Simmer for a further 15 minutes or until heated thoroughly and then serve with either steaming rice or in a hot jacket potato.

Beef stew

500g of braising beef
1 large onion, diced
1 clove garlic, chopped
Tin of stout
Red wine
Mushrooms
Peas
New potatoes - small
Beef stock
Black pepper



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Brown beef in pan then add diced onion and chopped garlic and stir. Add mushrooms followed by half a tin of stout and a large glass of red wine. Add peas, new potatoes and black pepper and simmer for 20 minutes until liquid reduces. Then add beef stock and place into a warm oven on a medium heat for 3-4 hours.

Cauliflower au gratin

1 large cauliflower cut into florets
200g lardons / bacon
1 large onion sliced
1 tbsp oil
6 large potatoes
200ml double cream
Grated cheese
Black pepper

Fry off lardons until crispy. Add sliced onions and cook on a low heat for 12 minutes. Meanwhile peel potatoes and slice thickly then bring to the boil and add cauliflower for the last 7 minutes. Drain and place on large baking tray, drizzle over the lardons and onions, then sprinkle with cheese before pouring over the double cream. Place in hot oven 180 degrees for 30 minutes until piping hot.

Chicken surprise

4 chicken fillets
1 can of chicken soup
Double cream
Chicken stock
Mushrooms
Glove of garlic, crushed
Butter



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Place chicken fillets into oven proof dish, add can of condensed soup, double cream, chicken stock and then place in oven at 180 degrees for 20 minutes. Heat a frying pan and add knob of butter, once melted add mushrooms and cook until dry. Remove chicken from oven and add mushrooms to dish then place chicken back into oven and cook for further 90 minutes. Check chicken is cooked through before serving with rice or salad.

Bacon pasta pesto

200g bacon
250g Tagliatelle fresh pasta
Red pesto
250ml Double cream
Garlic, finely chopped
Mushrooms

Finely chop bacon and fry until crisp, then lay to rest on kitchen towel to absorb excess fat. Boil fresh pasta as per instructions on packet and then strain and return to saucepan. Add 250ml of double cream, 2-4 tablespoons of red pesto, garlic, mushrooms and cooked bacon and stir. Serve with a leafy green salad.

Salmon mousse

¼ pint hot water
1 envelope gelatine
7oz tin red salmon
Juice of ½ lemon
2 tablespoons mayonnaise
2 teaspoons whipped double cream
Salt and pepper to taste

Melt gelatine in the hot water in a liquidizer

Add salmon (making sure you have removed all bones) with lemon juice, salt and pepper & mix until smooth. Turn into a bowl and add mayonnaise and double cream, stir thoroughly. Put into mould or individual ramekins and chill till set



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firm. To serve put some smoked salmon on top with a slice of lemon with melba toast or crackers.

Chicken kebabs

250g cubed chicken
Lime
Coriander
Black pepper
Mushrooms cut into chunks
Green peppers cut into chunks
Red peppers cut into chunks
Sour cream
Parsley, finely chopped
Pita bread

Marinate chicken in freshly squeezed lime juice and chopped coriander in the refrigerator overnight. Then push chicken onto wooden skewers with alternate mushroom, red pepper and green pepper. Place skewers onto griddle and cook until chicken is brown. Make sure chicken is cooked right through before serving in toasted pita bread topped with sour cream and parsley

Steak Diane

Fillet steak
Marie piper potatoes
Rosemary
Olive oil
Brandy
Double cream
Worcester sauce
Garlic
Green beans
Baby carrots
Black pepper



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Marinate steak with brandy, Worchester sauce and black pepper overnight. Prepare potatoes into cubes and place on hot baking tray, drizzle with olive oil and sprinkle with rosemary and garlic then heat in oven at 200 degrees for 25-30 minutes. 10 minutes before the potatoes are ready place green beans and baby carrots in to steamer. Also heat non stick frying pan and add fillet steak, brown both sides and then add a measure of brandy per steak and flambé. Turn down the heat and pour in double cream and simmer for 5 minutes. Dish up and serve.

Creamy mushroom risotto

serves 8

Ingredients:

1 liter + 700ml stock
2 tabs olive oil
1 large onion, peel and finely chopped
4-5 sticks of celery, trimmed and finely chopped
600g risotto rice
250ml dry white wine

100g butter

4 large handfuls of wild fresh mushrooms (try shiitake, girolle, chestnut or oyster – no button mushrooms!), cleaned and sliced

sea salt and freshly ground black pepper

1 tbs thyme leaves
2 cloves of garlic, peeled and finely chopped
1-2 handfuls of freshly grated Parmesan cheese
1 handful of fresh flat leaf parsley, chopped
Juice of 1 lemon (2 tbs)
Extra virgin olive oil

method:

Heat a large frying pan, add a knob of butter to it and when it starts to foam, add the mushrooms with a pinch of salt and pepper. Toss around and cook for a



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minute and then add the thyme and garlic. Give a pan a good shake and cook for a further 2 minutes, or until the mushrooms are tender and season to taste. Leave aside.

Bring the stock to simmer in a saucepan. Put the olive oil and butter in a separate large pan, adding the onion and celery and cook very gently for about 15 minutes, without colouring, until soft. Add the rice (it will sizzle) and turn up the heat. Don't let the rice/ veg catch on the bottom of the pan, stir it continuously.

Quickly pour in the vermouth or wine. You will smell the alcohol immediately; so keep stirring all the time until it has evaporated, leaving the rice with a lovely perfume.

Add the stock to the rice a ladle at a time, stirring and waiting until it has been fully absorbed before adding the next. Turn the heat down to low so the rice doesn't cook too quickly. Continue to add ladlefuls of stock until it has all been absorbed. This should take about 14 to 15 minutes and give you rice that is beginning to soften but still a little al dente. (you will use around 1 litre of stock by this stage.)

Add the mushrooms and 350ml of stock. Stirring all the time, gently bring to the boil and then turn the heat down to a simmer. Cook until all the stock has been absorbed. Add the rest of the stock a ladleful at a time until the rice is cooked. You might not need to use all your stock. Be careful not to overcook the rice - check it through out to make sure it's a pleasure to eat. It should hold its shape but be soft, creamy and oozy and slightly looser than you think you want it.

Turn off the heat, beat in the rest of the butter, Parmesan, parsley and lemon juice, and then check the seasoning and add salt and pepper if needed. Put a lid on the pan and leave the risotto to rest for a minute. Serve in the middle of the table or divide the risotto between individual serving plates. Drizzle with a little extra virgin olive oil and put a block of Parmesan on the table for grating over.



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Potato skins

Large baking potatoes
Cheddar cheese, grated
Bacon, finely chopped
Sour cream
Parsley

Bake potatoes in oven at 200 degrees until outside is crisp and then skewer to check middle is soft. While potatoes are cooking fry bacon until crisp. Once cooked remove from oven and cut potatoes into half and using an ice cream scoop remove most of the potato. In the space where the potato was add a large handful of cheese then sprinkle with bacon and put back in the oven for 20 minutes or until cheese has melted. Remove from oven and serve topped with sour cream and chopped parsley. For extra flavour try adding onion.

Gambas Pil Pil Recipe

100ml (3.5 fl oz / half a cup) of good quality Spanish olive oil
4 garlic cloves very thinly sliced
1 small fresh red chilli seeded and chopped
350g of raw prawns, peeled
2 tablespoons of chopped fresh parsley
Lemon wedges and bread to serve



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Heat the olive oil in each individual earthenware dish (or the frying pan) over a high heat. Add garlic and chilli and cook for 1 to 2 minutes making sure that they do not burn. Then add the sea salt and prawns and cook for a further 2 to 3 minutes at a brisk pace. Stir in the parsley. Serve quickly so that the prawns are still sizzling in the cooking juices and accompany with bread and lemon wedges

Spanish Pork Stew with Potatoes and Chorizo

450 g piece trimmed shoulder of pork
450 g small salad potatoes
110 g Spanish chorizo sausage
1 x 350 g jar roasted peppers in oil, drained but left whole
1 fat clove garlic, peeled and thinly sliced
1 large red onion, peeled and cut into thick slices
6 sprigs of fresh thyme
1 tablespoon olive oil
¼ teaspoon saffron strands
2 tablespoons white wine vinegar
5 fl oz (150 ml) dry white wine
300 g jar of Heinz Tomato Frito
25 g pitted green or black olives, drained and thickly sliced

Salt and freshly milled black pepper

Pre-heat the oven to 140 degrees. What you need to do here is chop the pork into 1 inch (2.5 cm) chunks and pop it straight into the casserole. Then peel the skin off the chorizo and slice it into similar-sized chunks before you toss it in to join the pork. Next, add the drained peppers, the garlic and the onion. After that, add the thyme, a very good seasoning of salt and freshly milled black pepper and the olive oil. Now toss all the ingredients together.

Next, using a pestle and mortar, crush the saffron to a powder and add the wine vinegar. Add this to the casserole, followed by the white wine, Tomato Frito, olives and the potatoes. Give everything another stir, put a lid on the casserole and bring up to simmering point on top of the stove, then transfer the casserole to the oven for 1½ hours.



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Avocado Ritz recipe

3 ripe avocado's
300g of shrimps
Seafood sauce
Juice of 1 small lemon
Salt
Cayenne pepper
Iceberg Lettuce Leaves
Chopped parsley

Cut the avocado's in half and remove the stones. Dip the edges in lemon juice. Season with salt and Cayenne pepper. Place avocado's on a bed of lettuce leaves. Fill with shrimps and spoon seafood sauce on the top of each one. Garnish with parsley and serve immediately.

Bobotie recipe

1 kg minced lamb
125ml milk
1 thick slice of white bread, crust removed and soaked in milk
2 roughly chopped onions butter
Salt
1 tablespoon of curry powder (mix the hot and the Cape Malay versions for a good flavour)
1 chilli, finely chopped (optional and only if you like your food quite hot)
½ cup vinegar
1 tablespoon of lemon juice
1 teaspoon of brown sugar
1 tablespoon of chutney
8 - 10 crushed almonds (optional)
3 eggs
1 clove of garlic, crushed and finely chopped
6 bay leaves
1 orange, sliced in wheels
1 lemon, sliced in wheels
Oil for cooking



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Instructions on how to make it

Heat the oil in frying pan and add the garlic, onion and curry powder. Cook over medium heat for three minutes, then add the mince meat. Fry until the meat is almost done, then using your hands, squeeze the milk from the bread. Discard the milk and add the bread, vinegar, lemon juice, sugar and chutney to the mince. Fry for a minute or so and then remove from heat.

Take a pie dish and place three bay leaves, two wheels of orange and two wheels of lemon at the bottom. Now scoop the mince mixture into the dish. Decorate the sides of the dish with the rest of the lemon and orange wheels, wedging them between the mince and the sides of the dish so that only a third protrudes. If you are using almonds, push them into the mince. Beat the eggs and 125ml milk, and pour over the meat. Put three bay leaves on top of dish. Place the dish uncovered in the oven and cook for about 30 minutes at 160 degrees.

Serve with a plain green salad or chopped tomato and onion, sprinkled with a little vinegar. Serve piping hot with yellow rice.

PUDDINGS

Tiramisu

Sponge fingers

Dark chocolate, frozen

Brandy or Tia Maria

Fresh Coffee, strong, sweet and allowed to cool

Vanilla essence

Double cream

Mascarpone cheese

Add brandy to coffee along with a couple of drops of vanilla essence and stir. Decide on whether you want to make individual tiramisu's or one big one and lay your dish/dishes on a flat surface. Dip the sponge fingers into the coffee mixture one at a time. Make sure the sponge is coated, but do not leave them in otherwise they will disintegrate. Lay the fingers flat at the bottom of the dish until the bottom is completely covered. Then add double cream and mascarpone cheese in equal quantities to a large mixing bowl. Stir in some of the remaining



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coffee mixture a spoonful at a time. The cream mixture should be quite firm once it has been whisked. Spoon cream mixture out on top of the sponge fingers and smooth over with a spatula. Grate dark chocolate over the top of the cream mixture until the surface is completely covered. Then cover with cling film and place in the fridge to cool.

Eton Mess

Meringue

Strawberries – really ripe

Thick double cream or clotted cream

Single cream

Use a rolling pin to bash the meringue into bite sized pieces and add to a mixing bowl. Dice strawberries into bite sized pieces and add to mixing bowl. Spoon on the cream and mix together until meringue and strawberries are coated, then spoon into glass dishes and pour on single cream just before serving.

Raspberry crunch

150 g Raspberries

Gin

Sugar

2 large bars of white chocolate

White chocolate Maltesers – large bag

Rich tea biscuits

Put raspberries in a freezer bag and pour in a double measure of gin plus 3-4 tablespoons of sugar. Seal bag and leave in fridge overnight. In the morning shake the bag and add another measure of gin and check sweetness to taste adding more sugar if required. Place back into fridge. After raspberries have been in fridge for 24 hours start melting white chocolate in a heat proof dish, either in the microwave on a low heat, or over simmering water. Once chocolate is completely melted remove from heat. Take 4 rich tea biscuits and place in thick plastic bag and bash with a rolling pin until pieces are smaller than the size of the Maltesers. Take a large baking tray (that will fit into your fridge) and remove the raspberries from the fridge and drain off any excess fluid. Scatter



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the raspberries over the baking tray, then scatter the biscuits and the maltesers across the baking tray before finally pouring over the melted white chocolate. Place in fridge to set. Once chocolate has set, break into pieces and serve with liquor of your choice.

Oranges in wine

- 5 oranges
- 1 glass of red wine
- 2 cloves
- 1 stick of cinnamon
- 1 cup of whipped cream
- 2 tbsp sugar

Peel 4 of the oranges and cut into thin round slices. Squeeze half an orange and then set aside. Place the peel from half an orange, the cloves, the cinnamon stick, juice from half the orange and the sugar in a pan and heat slowly. Remove the orange peel, cloves and cinnamon stick from the liquid and add the wine then continue heating for a few minutes. Place the orange slices in a serving dish and pour the liquid over the oranges then refrigerate before serving.

Cinnamon ice cream

- 250ml milk
- 1 cinnamon stick
- 1 large piece of lemon peel
- 300g sugar
- 8 egg yolks
- Pinch of salt
- 1 tbsp ground cinnamon
- 500ml cream

Put the milk, cinnamon stick, lemon peel and sugar in a pan. Bring everything to the boil slowly then lower the heat and cook for a further 15 minutes. Beat the



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egg yolks with the pinch of salt until they become thick then place in a glass bowl over a pan of boiling water and cook until they thicken a bit more. Then whisk the milk (remove the cinnamon stick and lemon peel first) with the egg yolks and continue cooking in the glass bowl over the pan of boiling water until the mixture becomes thick enough to stick to a spoon. Remove from the heat and continue whisking until the mixture cools down then mix in the cream and place in the freezer once it's cool enough - remove from the freezer when it has just frozen and beat in a blender and return to the freezer

Traditional Melktert recipe

Pastry

62.5ml margarine
62.5ml sugar
250ml self raising flour
Pinch salt
25ml iced water

Filling

500ml milk
1 stick cinnamon
25ml butter
50ml sugar
2 Eggs
50 ml Cake Flour

To make the pastry cream the margarine and the sugar together then work in the flour and salt. Add the water and work to a soft dough. Wrap up and chill until required.

To make the filling scald the milk in a double boiler with the cinnamon stick. Combine the sugar and flour and stir in the hot milk slowly. Return to the heat and cook for 15 minutes with the lid off then remove from heat and stir in the butter. When cool, add the eggs, one at a time, beating well after each addition. Line a 22cm tart plate with the pastry and pour the filling mixture in. Bake at



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200 degrees for 20 minutes. Before serving sprinkle the top with powdered cinnamon and castor sugar.

Baileys Chocolate Cheesecake

100g digestive biscuits
50g roasted and chopped hazelnuts
15g dark soft brown sugar
60g melted unsalted butter
450g Belgian Chocolate
50g caster sugar
350g full fat soft cheese
450 ml double cream lightly whipped
40mls Baileys

Process the biscuits, hazelnuts, brown sugar and melted butter to make a biscuit base. Press onto the base of an 8" spring release tin. Melt chocolate in a bowl over a pan of simmering water. Beat sugar and cheese together until smooth and then fold in the whipped cream, fold this mixture into the melted chocolate and stir in the Baileys.

Spoon into tin and level the surface. Refrigerate for two hours until firm. To serve – put some white chocolate in the fridge and when very cold grate over the top of the cheesecake.

Mrs Knight's Faultless Fruitcake

1lb of mixed dried fruit
½ lb of Stork Margarine (in yellow foil wrapper not in the tub)
1 cup of water
1 cup of soft brown sugar
2 eggs
1 tsp of bicarbonate of soda
Cherries or nuts taste



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In a saucepan melt the margarine gently, add dried fruit and brown sugar. Mix well and then add the water and bicarbonate of soda. Bring slowly to the boil stirring occasionally and then turn off the heat and allow to cool for 15 minutes.

Pre Heat oven to 150 c gas mark 2 and grease and line 8 inch cake tin.

Add flour and eggs to the fruit mixture and stir well until blended. Pour mixture into tin and put in the centre of the oven for 1 ½ - 2 hours. Test by putting a skewer in the centre and if it comes out clean it is done. Turn out onto a rack and allow to cool.

Best tested in the company of friends and a cup of tea

If you would like to add to our list of recipes please e-mail estherwakeman@sfh.org.uk and let us know if you would like to be credited for your recipe.