

## USA – 27<sup>th</sup> January 2021 RECIPES

Happy New Year to you all – I hope it is going to be much better than the last!! Seeing as it will be VALENTINE'S DAY soon let's celebrate it with you loved ones!

**STARTING** WITH BEETROOT, SINCE RED IS THE COLOUR OF love:

Roast a big beetroot, drizzled with olive oil and salt and pepper, wrapped in tin foil – (it's worth roasting a few and keeping them in the fridge for another meal, or slicing up or grating into a sugar/vinegar brine) – at 180C for about an hour or so until tender.

Peel the beetroot when it is cool enough to handle and try to cut it into a heart shape. Then slice the heart-shaped beetroot into four slices. Place on two plates.

Mix two tablespoons of Mayonnaise (I use Hellman's) and two tablespoons of mashed FETA (the Woolworths' soft Danish feta is easiest to mash), and dollop a spoonful in the middle of the two beetroots. Decorate with the microgreens which you have hopefully been growing, or chopped fresh thyme.

### **MAIN COURSE:**

Let's do rare roast fillet. Buy a small piece of fillet steak – I see SPAR in Vincent has suitable pieces enough for two – and marinate it in olive oil and soya sauce (about 2 TBSP of each) for a few hours. Meanwhile boil some baby potatoes

(enough for two) until soft and then cut them in half and drizzle with olive oil and salt and pepper and a bit of paprika. You can bake these in the oven with the beetroot, until nice and crisp and heat up later when ready to serve the main course. Sprinkle with chopped parsley. Steam some green beans (for two) and refresh in cold water to retain the colour. Dress with butter and lemon juice and a sprinkling of garlic salt and heat up at the same time as the potatoes.. Make a tomato salad with chopped baby tomatoes cut in half, chopped basil and spring onions, a dash of red wine vinegar, olive oil and seasoning.

Fry the marinated meat in a heavy-bottomed pan on medium, turning every few minutes and drizzle with any leftover marinade, until nice and brown and crisp on the outside. About 10 minutes. If you press with your finger, the meat should still give a little, instead of being hard and unyielding. Let the meat rest while you heat up the vegetables and then slice it on to the dinner plates sprinkling the slices with salt and pepper, adding a serving of the potatoes and beans. Place the tomato salad on the table in a separate dish.

### **DESSERT:**

I'M SURE EVERYONE KNOWS HOW TO MAKE MERINGUE:

Heat oven to 120C: Whip two egg whites to soft peaks and then slowly drizzle in half a cup of castor sugar beating until the mixture is nice and thick. Add 1 heaped teaspoon Maizena and 1 Tablespoon vinegar. This is a standard recipe for meringues and you have to make sure your bowl is clean

and free of any grease. The eggs must be room temperature and separated without having any yolk in it. You can then double or triple this recipe.

Colour your meringue mixture pink and place in a piping bag or big plastic bag and cut off the tip. ON TO baking paper on an oven tray, pipe the mixture into TWO HEART SHAPES (about 10 X 10cm), filling in the middle and bake for an hour and then switch off the oven and let the meringue cool in the oven.

To assemble, beat half a cup of whipping cream with a tablespoon of castor sugar and a tsp of vanilla and/or a few drops nice liqueur or brandy, until firm but be careful to not turn it into butter in this heat!

Chop up some strawberries and raspberries and fold into the cream. Assemble one layer of the meringue on a pretty plate and spread with half the cream/fruit mixture. Place the second layer of meringue on top and spread with the rest of the cream/fruit. Decorate with mint leaves. The dessert can then be sliced in half for serving.

HAPPY VALENTINE'S DAY TO YOU ALL!

Best wishes from Helena – The Cooking Fairy!