

angela day Verve

verve feedback

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Phyllo, one of the easiest pastries to work with, is delicious but not usually good for the waistline.

Angela Day has come up with great savoury recipes that use healthy olive oil, instead of layers of butter.



MUSHROOM STRUDEL

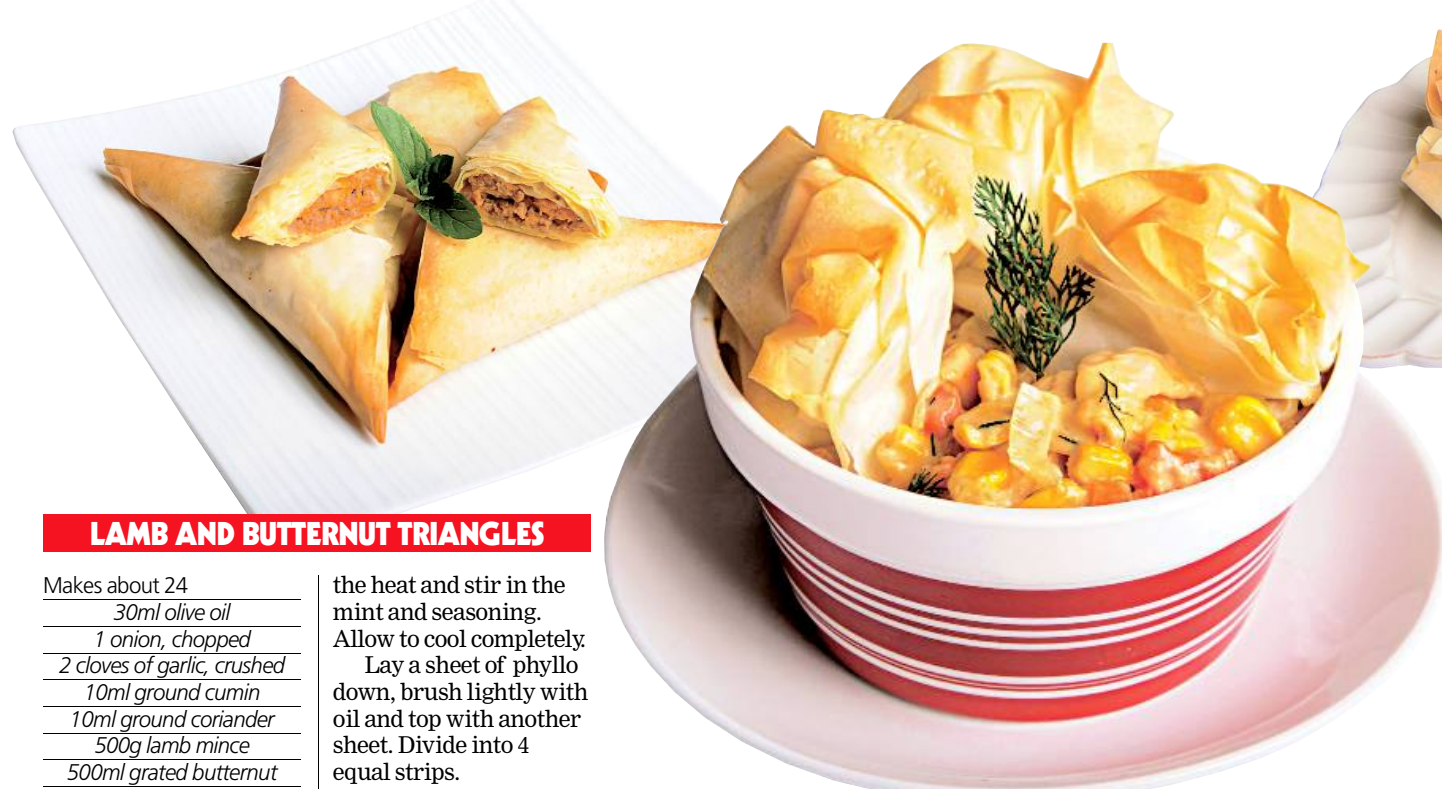
- Makes 2
- 80g butter
 - 2 onions, halved and thinly sliced
 - 200g shitake mushrooms, stems removed and quartered
 - 250g portabellini mushrooms, sliced
 - 500g button mushrooms, quartered
 - 5 cloves of garlic, crushed
 - 30ml sherry
 - 180ml fresh breadcrumbs
 - 125g marinated sundried tomatoes, drained and chopped
 - 40g toasted pine nuts salt and pepper
 - 12 sheets of phyllo pastry olive oil for brushing

heat until all the liquid has evaporated. Remove from heat and add the sherry, breadcrumbs, tomatoes and pine nuts. Season well. Allow to cool. Lay a sheet of phyllo pastry on your work surface and brush lightly with olive oil. Top with another five sheets of pastry brushing each layer with oil. Spread half the mushroom mixture down the longest length, leaving a border of about 8cm. Fold the end over the filling, fold in the sides and roll up to enclose the filling. Brush the outside with a little oil and place on a baking tray. Repeat with remaining phyllo and filling. Bake at 180°C for 30 minutes until pastry is golden brown. Remove and serve immediately.

PICTURES: JENNIFER BRUCE

FITTER PHYLLO

SAVOURY DISHES USING OLIVE OIL



LAMB AND BUTTERNUT TRIANGLES

- Makes about 24
- 30ml olive oil
 - 1 onion, chopped
 - 2 cloves of garlic, crushed
 - 10ml ground cumin
 - 10ml ground coriander
 - 500g lamb mince
 - 500ml grated butternut
 - 50ml chopped mint salt and pepper
 - 12 sheets of phyllo pastry olive oil for brushing

Heat the oil and fry the onion until soft. Add the garlic and cook for a minute. Add spices and cook for another minute. Add mince and cook, stirring to break up the lumps, until browned. Add butternut and cook for 5-10 minutes until the mixture is quite dry. Remove from

the heat and stir in the mint and seasoning. Allow to cool completely. Lay a sheet of phyllo down, brush lightly with oil and top with another sheet. Divide into 4 equal strips. Put a spoonful of meat at the base of the strip. Fold over to form a triangle and enclose the filling. Continue to fold the pastry until you reach the top, then trim the end to neaten. Brush lightly with oil and place on a baking tray. Repeat with rest of pastry and filling. Bake at 180°C for 20-30 minutes until pastry is golden brown. Serve warm.

CHICKEN AND CORN PIE

- Serves 4
- 15ml olive oil
 - 1 onion, chopped
 - 1 clove of garlic, crushed
 - 500g chicken breast fillets, diced
 - 1 carrot, diced
 - 15ml flour
 - 180ml milk
 - 10ml Dijon mustard
 - 200g sweetcorn kernels salt and pepper
 - 2 sheets of phyllo pastry olive oil for brushing

Heat the oil and fry the onion and garlic until soft. Add the chicken and stir-fry until cooked. Add the carrot and fry for a minute. Stir in the flour and cook for a minute. Gradually add the milk, stirring until the mixture boils and thickens. Add the mustard, sweetcorn and seasoning.

Remove from heat and divide the mixture among 4 ramekins. Cool completely. Brush each sheet of phyllo with oil and divide in half. Scrunch each piece of pastry up and place on top of the filling. Bake at 180°C for 20-30 minutes until the pastry is golden brown.

TIPS FOR HANDLING PHYLLO PASTRY

Fresh phyllo pastry will last for two weeks in the fridge and three months in the freezer. If frozen, thaw overnight in the fridge in its packaging. Prepare all ingredients for your recipe before opening the pastry packet. Remove the number of sheets required for the recipe and re-roll remaining pastry and seal in a plastic bag. Once opened and unrolled, always keep the pastry covered with a damp cloth to prevent drying out. This happens very quickly and will make the pastry brittle and dry and very difficult to work with. Phyllo tears easily so handle it gently. But if it tears, patch it by brushing with butter or oil and placing it where required. To cut, use a sharp knife so as not to tear the sheets. If making a large pie in a tray, cut through all the layers of pastry before baking so that the baked product will be easier to cut and serve. Phyllo pastry triangles can be prepared and frozen until required. Bake straight from the freezer. Make sure any fillings used are cold. Hot fillings will make the pastry disintegrate.

- Makes 12
- 4 sheets of phyllo pastry olive oil for brushing
 - 250g spinach, cooked and chopped
 - 1 bunch of spring onions, white part only, chopped
 - 300g ricotta cheese
 - 2 cloves of garlic, crushed
 - 125ml grated Parmesan cheese
 - 2 eggs
 - 30ml chopped dill
 - grated rind of 1 lemon
 - pinch of grated nutmeg

SPINACH AND RICOTTA TARTLETS

Lay a sheet of phyllo pastry on your work surface. Brush lightly with oil and fold it in half. Divide it into three equal strips. Cut each strip into three equal squares. You now have 6 squares. Stack two lots of squares on top of each other, with one square at a slight angle. Press this

into a muffin cup. Repeat with the rest of the pastry until you have lined 12 muffin cups. Put the rest of the ingredients into a processor and process until blended. Place a generous spoonful into each phyllo cup and bake at 180°C for 20-30 minutes until filling is set and pastry is golden brown. Serve immediately.

new products



DV ARTISAN CHOCOLATES

Chocolate-lovers may be familiar with Willie Harcourt-Cooze of Willie's Wonky Chocolate Factory fame and his mission to make gourmet chocolate from bean to bar. Now South Africa also has a bean-to-bar chocolate maker: The De Villiers family of Hermanus produces 70 percent cacao bars which are definitely for the chocolate connoisseur. The hand-crafted chocolates are made from the finest quality cacao beans, sourced from Trinidad,

Venezuela, Madagascar and São Tomé. Each bar has distinctive flavour notes and you can decide on your favourite. They will be available at the new Pick n Pay in Hurlingham from October, with a 50g slab selling at R40.

LECOL FLAVOURED LEMON JUICE

Lecol lemon juice has always been a great standby to have in the fridge for when you need to add a splash of lemon juice to a recipe. Now it's now available in three new flavours that are subtle and

won't overpower a dish - Garlic and Herb, Peri Peri and a Twist of Butter. They make perking up the flavour of prawns, chicken or salad dressing a cinch and sell for R9.98 a bottle. Available from supermarkets.

CECILIA'S WORLD DRIED FRUIT

This range includes fruit and fruit and nut snack packs, fruit bars and soft-eating dried fruit packs. Most of the



fruits are locally grown on the Koelfontein farm and every product has a quirky name and story to go along with it. The Puzzle of the Peach, the Fall of the Nectarine and the Almond and Cherry Rendezvous are just a few. See www.ceciliaworld.co.za for more info. Packs of fruit and nuts sell for R15, fruit bars are R5 and 80g fruit packs cost R18. They are available from health food stores and delis.

INA PAARMAN LIQUID STOCK

This range of liquid stock concentrates will make life simpler in the kitchen. So easy to use - just add a sachet to 250ml boiling water or squeeze the sachet directly



into your stew or soup. Available in chicken, beef and fish, they contain no artificial colourings and are gluten-free and low fat. Available at all supermarkets, they sell for about R30 per box of eight sachets.

NESTLÉ HONEY CHEERIOS

Nestlé Cheerios is a popular cereal and now there is a new honey variety, which consumers view as a healthier sweetener than sugar. Each serving has 12.5mg of wholegrains (corn, oats, rice and wheat). Nestlé Honey Cheerios are available in stores nationwide in two sizes: a 375g pack at R24.95 and a 520g pack at R33.95.



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