

C.T.V. 5.2.08

Canapés

To make 24 of each

To make canapés easy it is best to prepare all ingredients assemble an hour or so before required. *A good hint is to have a small piping bag filled with thick mayonnaise to use as a sort of glue to prevent layered items falling of.*

Scallops on courgettes with roasted peach

12 scallops

6 slices toast bread

1 firm but ripening peach

1 courgette

A little sprinkle of dukahh to garnish

The canapé bases

Cut twelve round of toast bread with a small round cutter, the cutter should be big enough to make 4 pieces from each slice of bread, they will shrink on cooking

Place on a tray and bake in an oven set at 180°C until very crisp, around 10 minutes

The Peaches

Cut the peach into ½, remove stone and cut each ½ into 6 slices, rub with a little olive oil and roast in oven at 200° for 8 minutes or until a little coloured and cooked, cool and keep aside

The Courgettes

Slice the courgettes into thin rounds, the courgettes should be small enough so that each round will fit easily onto the little toasts, sear these in a pan to cook briefly.

Cut each scallop into ½ and sear in a pan in the same fashion as the courgettes

To assemble, place a round of courgette onto each canapé base, place a scallop onto this and then ½ of a peach segment, sprinkle on a little dukka and garnish with a piece of mint.

Chicken Caesar on crostini

¼ baguette loaf

1 Chicken breast

1 piece streaky bacon (cut into strips and cooked until crisp)

A small piece on parmesan cheese (thin shaving made using a potato peeler)

50ml Caesar dressing (recipe below)

A few cos lettuce leaves

The Caesar Dressing

1 egg yolk

2 tsp lemon juice

2 tsp grated parmesan

1 crushed anchovy

½ clove crushed fresh garlic

100ml lighter style olive oil

Mix together the first 5 ingredients and slow add the oil, this can be done with a stick blender or by hand with a small whisk.

The Crostini

Slice the baguette into thin rounds, brush with a little olive oil and cook at 180° until crisp.

The Chicken breast

Season well and brush with oil, wrap in foil and bake at 140° for 30 minutes, this will result in a moist steamed finish. Cool, cut breast into half lengthwise and then each ½ into 12 pieces

To assemble

Place a piece of cos leaf onto each crostini, a little knife tip of dressing, then the chicken, spoon or pipe over the dressing to coat the chicken, garnish with the shaved parmesan and bacon.

Filo-ettes with mushrooms

Filo-ettes are a reasonably recent addition available to the market and I have seen them in supermarkets for some time now, they really make a tasty canapé easy as the really hard part is ready made. They can be served with hot or cold items.

Only fill these within an hour of serving as they will soften with moisture.

250g firm Potabello mushrooms

(Optional) 1 dsp. dried porcini mushrooms (reconstituted) or 1 tspn porcini powder

1 clove finely chopped garlic

1 shallot bulb finely chopped)

Juice from ¼ of a lemon

10g butter

100ml cream

Salt and pepper to season

Dice the mushrooms and fry in butter with the onion and garlic until a juices have evaporated, add lemon juice then cream, cook until a nice consistency is reached, season and keep aside, fill and warm as required.

Garnish with a fresh herb.