

Summertime Entertaining

Deliciously Easy Recipes
To Impress Your Family & Friends



INTRODUCTION

We all love to entertain our family and friends, and we hope this new Summer Entertaining cookbook containing twenty-seven recipe cards will inspire you to treat your guests to something new and delicious too.

Each of the recipes has been tested by three different cooks with incredibly tasty results. You can cook each of these recipes with the confidence that you will get mouth-watering results as well.

Each recipe comes with:

- Recipe timings including how long it takes to prepare the ingredients, cooking times along with how many people the recipe will serve. However, all our recipes can easily be doubled or tripled.
- A full list of the ingredients you will need to cook each recipe
- Text instructions explaining how to make the recipe

So, keep reading and fill up on some of these scrumptiously tasty recipes.

ENJOY!

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"Creamy" Wild Rice & Mushroom Soup

Prep time: 20 minutes | Cook time: 3-8 hours | Serves: 4-6



Ingredients:

- 1 c. multi-colour wild rice blend
- 1 small white onion, roughly chopped
- 3 stalks celery, roughly chopped
- 2 large carrots, peeled and chopped
- 3-4 cloves garlic, peeled
- 300 grams fresh mushrooms, divided
- 1 400 gram can cannellini beans, undrained
- 1 whole bay leaf
- 2 t. garlic powder
- 6-8 c. vegetable stock, divided
- Salt and black pepper, to taste
- ½ c. full-fat coconut milk
- ¼ c. fresh parsley, finely chopped

"Creamy" Wild Rice & Mushroom Soup

Tip: For less salt, rinse and drain the beans before pureeing



Directions:

1. Rinse the wild rice under cold running water until water runs clear. Drain and transfer to a 5 or 6-litre slow cooker.
2. Add onion, celery, carrots, and garlic to a food processor and pulse until very finely minced and transfer to slow cooker.
3. Add 2/3 of the mushrooms to food processor and pulse until finely chopped. Thinly slice remaining mushrooms and add to slow cooker, along with the finely chopped mushrooms.
4. Add cannellini beans and a little water to food processor and puree until smooth. Pour into slow cooker with other ingredients. Add bay leaf, garlic powder, and 6 cups of vegetable stock. Season with salt and black pepper, to taste, and stir to thoroughly combine all ingredients.
5. Cover and cook on high for 3-4 hours or low for 6-8. Actual cooking time will vary by individual slow cooker, so check for doneness after 2½ hours (or 5½ hours for low) and adjust cook time accordingly. (The rice should be tender, but not mushy, when finished).
6. When cooking time is complete, remove bay leaf and discard. Add coconut milk, chopped parsley, and additional vegetable stock, if necessary, to achieve the desired consistency.
7. Season with additional salt and black pepper, to taste, and stir to combine. Serve immediately and enjoy!



Chilled Cucumber Soup

Active prep time: 15 minutes | Chill time: 2-3 hours | Serves: 4-6

Ingredients:

½ c. vegetable broth/stock
2 large cucumbers, peeled and cut into chunks
1½ c. Greek yogurt
½ medium avocado, roughly chopped
1 medium shallot, outer layer removed and cut in half
3 T. fresh dill, chopped
2 T. fresh lime juice
2 t. ground cumin
Sea salt and black pepper, to taste
Sprigs of fresh dill and/or sliced cucumber, for garnish

Serving Suggestion: Toss a few cooked and chilled prawns with some ground cumin and chop into small pieces. Sprinkle seasoned shrimp pieces on top of soup and add a sprig of fresh dill before serving.

Directions:

1. Add all ingredients to blender or food processor and blend until smooth. If you prefer a thinner soup, add a little more broth/stock until you reach the desired consistency. Adjust seasonings to taste.
2. Cover and refrigerate for at least 2- 3 hours.
3. To serve, remove from refrigerator and transfer to individual serving bowls and top with sprigs of fresh dill and/or thin slices of cucumber. Enjoy!

ENJOY!

Honey Mustard Chicken Wings

Prep time: 10 minutes Cook time: 50 minutes Serves: 4-6

Ingredients:

3 lbs. chicken wings, trimmed
Sea salt and black pepper, to taste

Honey-Mustard Sauce

2 T. unsalted butter
2 cloves garlic, finely minced
3 T. honey
¼ c. Dijon mustard
1 t. hot sauce (optional)

Chicken wings are such a great choice for casual outdoor gatherings because they are easy to make and are perfect for eating with your fingers.

They are also extremely versatile because they can be tossed with any number of sauces or seasonings. The honey-mustard sauce used in this version is delicious and it pairs beautifully with potato salad or other picnic-worthy side dishes.



Directions:

1. Place top oven rack in the centre position and pre-heat oven to 425° F/ 220° C/Gas Mark 7. Line a large, rimmed baking sheet with parchment paper or a Silpat™ baking mat. Set aside.
2. Add chicken wings to baking sheet in a single layer, not touching or overcrowding. Season wings with salt and black pepper, to taste, before placing in the pre-heated oven. Bake until skin is crispy, approximately 45-50 minutes.
3. Meanwhile, add garlic and butter to a saucepan and heat over medium heat until garlic softens, approximately 1-2 minutes. Reduce heat to low and add honey and Dijon mustard. Stir to combine. Simmer for a few minutes, until honey dissolves completely. Remove from heat and stir in hot sauce, if using. Set aside.
4. Remove the baking sheet from the oven and transfer the wings to a large glass bowl. Pour the honey-mustard mixture on top and toss to combine.
5. Serve immediately or place coated wings on a large, rimmed baking sheet lined with aluminium foil and place under a hot broiler for 1-2 minutes, or until brown and bubbly. Enjoy!

3 Cheese and Bacon Stuffed Mini Sweet Peppers

Prep time: 15 minutes | Cook time: 5 minutes | Makes 30 appetizers

Ingredients:

15 mini sweet peppers in assorted colours
150 grams goat cheese
150 grams ricotta cheese
3 T. fresh thyme leaves, stems removed
4 strips of thick-cut bacon, cooked crispy and crumbled
Sea salt and black pepper, to taste
3 T. freshly grated Parmesan cheese



Need a last-minute appetizer? This versatile and delicious recipe comes together in under 20 minutes but looks and tastes like it took a lot longer.

Tip: The easiest way to prepare the bacon for this recipe is to place it on a large plate lined with paper towels. Cover with additional paper towels and place in the microwave for 2-3 minutes, or just until crispy. Cook time will vary by microwave, so be sure to check after two minutes and adjust accordingly.



Directions:

1. Wash peppers and pat dry. Cut each pepper in half lengthwise, leaving the stem intact. Remove seeds and membranes from each pepper half and discard. Set aside.
2. In a small bowl, combine goat cheese, ricotta cheese, thyme leaves, and bacon. Season with salt and black pepper, to taste, and stir to combine.
3. Place the grill rack in the 2nd highest position and pre-heat your grill to high. Line a large, rimmed baking sheet with aluminium foil and set aside.
4. With a small spoon, fill each pepper half with the cheese and bacon mixture and arrange on the prepared baking sheet. Sprinkle some of the freshly grated Parmesan cheese on top of each pepper half.
5. Place the baking sheet on the top oven rack and grill for approximately 4-5 minutes or just until the cheese begins to brown, and the peppers start to blister. Remove from oven and cool slightly before transferring the peppers to a serving platter. Serve immediately. Enjoy!

Super Juicy Burger with Blue Cheese & Avocado

Prep time: 15 minutes | Cook time: 8-10 minutes | 8 Burgers



There are two things you need for super juicy, flavourful burgers: Fat and seasonings. For the best tasting burgers, choose mincemeat with a higher fat content. For example, I like to use good quality organic mincemeat with 15% fat .

Mincemeat doesn't have much flavour, so it is important to add additional seasoning to it. For this recipe, I've used a combination of sweet Italian pork sausage, salt, black pepper, Worcestershire sauce, onion, garlic, and fresh rosemary are used to pack a lot of flavour into each bite. As an added bonus, the Worcestershire sauce and onion increase the juiciness of the burger without adding extra fat.

However, you can add any type of fresh sausage meat you want.

Tip: This recipe doesn't specifically call for bacon, but it would be a wonderful addition to the blue cheese and avocado.

Ingredients:

1 kg regular minced beef
500 grams ground sweet Italian pork sausage (no casings)
3 T. Worcestershire sauce
¼ c. white onion, very finely minced
4 cloves garlic, very finely minced
3 T. fresh rosemary, stems removed and leaves finely minced
Sea salt and black pepper, to taste
Blue cheese or Stilton, crumbled
8 beefburger rolls, lightly toasted*
2 T. unsalted butter, melted



*To toast the burger rolls, brush the inside surface of each roll with the melted butter and place over indirect heat while the burgers are cooking.

Toppings: Leaf lettuce Tomato, sliced Avocado, sliced

Directions:

1. Spray your BBQ grill plate with non-stick cooking spray. Pre-heat grill to high.
2. Add mincemeat, sausage, Worcestershire sauce, onion, garlic, and rosemary to a large glass bowl. Season with salt and black pepper, to taste, and combine thoroughly. Make sure both types of meat and all seasonings are completely incorporated throughout the mixture.
3. Divide meat mixture into 8 equal parts and shape each part into 18mm/¾-inch thick patties. Place patties on a lined tray and use your thumb to create an indent in the middle to keep them from puffing up while cooking.
4. Place patties over direct, high heat on your grill and cook for 8-10 minutes.

Tip: Actual cooking time will depend on desired level of doneness, so check after 4-5 minutes and adjust final cook time accordingly. (the safe internal temperature for minced beef and pork is 72° C/160° F. Use an instant read thermometer to confirm.

5. Flip and move burgers to indirect heat 2-3 minutes before they are done. Top with blue cheese and close lid to allow cheese to melt completely.
6. Transfer the burgers to a platter and serve immediately on toasted burger buns and topped with lettuce, tomato, and avocado slices. Enjoy!

The Juiciest & Tastiest Burger You Will Ever BBQ

Grilled Bone-In Pork Chops

Prep time: 30 minutes | Cook time: 7-8 minutes | Serves: 4

Ingredients:

2 T. sea salt
6-8 large fresh basil leaves, torn into pieces
2 sprigs fresh rosemary, leaves only, crushed
2 T. fresh thyme leaves, crushed
3 large cloves garlic, roughly chopped
1 T. black Hawaiian salt, available online
Non-stick cooking spray
4 bone-in pork chops, approximately 25mm thick





Barbequing pork is an entirely different experience than barbequing red meat. While steaks can be charred on the outside and a delicious shade of pink or red inside, pork needs to be cooked uniformly throughout. Use a medium direct heat to achieve these results.

Tip: Remove chops from refrigerator 30 minutes before barbequing for the best results.

Directions:

1. Combine sea salt, basil, rosemary, thyme, smashed garlic, and Hawaiian black salt in a medium bowl and stir to combine. Set aside.
2. Scrub BBQ grates with a wire brush and coat lightly with oil or non-stick cooking spray. Pre-heat barbecue or grill to medium.
3. Rub herb mixture over all sides of pork chops until coated. Place on the pre-heated BBQ and cook for 7-8 minutes, turning once halfway through. Keep the BBQ lid closed while cooking.

Note: If your chops are thinner or thicker than 25mm thick, adjust cook time accordingly.

4. Remove chops from BBQ and brush off any remaining large chunks of the herb rub. Cover loosely and rest for 5 minutes before serving. Enjoy!

BBQ Marinated Chicken Breasts

Prep time: 10 minutes (+ time to marinate) | Cook time: 10-12 minutes | Serves: 4



Need a quick and versatile grilled chicken recipe that consistently delivers great flavour? This healthy and delicious version fits the bill!

The best part about this recipe is the flavours go with just about anything you want to pair with it, including BBQ garden vegetables, leafy green salads, or more substantial sides, such as potato or pasta salad. To save time, double or triple this recipe for quick lunches or dinners throughout the week.

Tip: For best results, crush the fresh herbs with your fingers to release their oils before adding to the marinade.

Ingredients:

- 2 T. extra virgin olive oil
- ½ c. apple cider vinegar
- 2 T. fresh lime juice
- 2 t. organic lime zest
- 2 T. fresh oregano leaves
- 2 sprigs fresh rosemary leaves
- 3 large garlic cloves, crushed and peeled
- 1 t. sea salt
- ½ t. black pepper
- 4 200 grams. boneless, skinless chicken breasts

Marinated BBQ Chicken Breasts



Directions:

1. To prepare the marinade, add the olive oil, vinegar, lime juice and zest, oregano, rosemary, garlic, salt, and black pepper to a large bowl and whisk to combine.
2. Add chicken breasts to a large sealable freezer bag and pour marinade mixture over top. Seal bag and turn to coat breasts thoroughly. Place the bag in the refrigerator to marinate for at least 1 hour to overnight. Turn the bag a couple times to evenly distribute the marinade during this time.
3. Remove chicken from the refrigerator and discard excess marinade. Barbecue or grill the breasts over medium direct heat, turning once, for 10-12 minutes total. Remove from heat and rest for 5 minutes before serving with your choice of sides. Enjoy!

Succulently Juicy & Flavoursome

Foil Packet Citrus White Fish

Prep time: 10 minutes | Cook time: 10-15 minutes* | Serves: 4

* Add 2-3 minutes to cook time if starting with frozen fillets.



If you haven't tried foil packet cooking, you are in for a pleasant surprise. Preparation only takes a few minutes and clean-up is a breeze. You can use this method indoors year-round or toss the packets onto your grill to enjoy a light and healthy meal during the warmer months.

This technique can be used with any type of fish, lean protein, and veggie combination.

Any type of firm, white fish, such as cod, haddock or halibut, can be used for this particular recipe.



Directions:

1. If preparing indoors, place top oven rack in the centre position and pre-heat oven to 400° F/ 400° C/Gas mark 6. Tear off 4 sheets of aluminium foil into sections large enough to fold over fillets, with another couple of inches on each side to seal.
2. Place one fillet slightly off centre on each sheet and add 3 lemon slices and 2 lime slices on top of each. Sprinkle one-quarter of the coriander/cilantro and jalapeno pepper over each fillet, and top with one tablespoon butter. Season with salt and black pepper, to taste.
3. Fold the aluminium foil in half over the ingredients. Fold the 3 open sides, one at a time, over several times to seal the packet completely. Seal the packet tight enough to hold in the steam but allow enough room for the air to expand.
4. Place the foil packets in the pre-heated oven for 15 minutes, or place on hot grill over medium, direct heat and cook for approximately 8-10 minutes.
5. Remove from oven (or BBQ!) and carefully open the foil packets to avoid the hot steam. Discard the lemon and lime slices. Transfer fillets to individual serving plates, if desired, or leave inside foil packets and top with some spicy peach salsa (next recipe) serve before serving.. Enjoy!

Scrumptiously Easy & Healthy Too

Foil Packet White Fish with Oven-Roasted Tomatoes

Prep time: 5 minutes (+ 10 minutes for oven-roasted tomatoes)
Cook time: 10 minutes (+ 2 hours for oven-roasted tomatoes) | Serves: 4



Foil packet cooking is the perfect cooking technique for hot days when you don't feel like being in the kitchen. You can make the packets and toss them on the BBQ or grill to enjoy a light and healthy meal without a lot of fuss. Even better, clean-up is as easy as tossing the packets into the rubbish when you are done.

This method isn't limited to warm weather, of course. You can prepare delicious foil packet meals in your oven year-round. This recipe uses "white fish" fillets, so it's perfect for halibut, cod, haddock, hake, or whatever type of firm, white fish is available in your area. This technique can be used with other types of fish, lean protein, and veggie combinations, as well

Note: This recipe calls for oven-roasted tomatoes. Oven drying is a great way to use up excess tomatoes from your garden or your local market. In addition, the process of drying them concentrates their flavour by removing excess moisture. The result is a sweet, delicious burst of flavour in each bite.



Oven-Roasted Tomato Directions: (Use however many excess tomatoes you have available).

1. Place top oven rack in the centre position and pre-heat oven on the slow cook / lowest setting. Line a large, rimmed baking sheet with parchment paper or a baking mat™ and set aside.
2. Slice tomatoes into 50mm/2" thick slices and place on the prepared baking sheet. Drizzle some extra virgin olive oil over the slices and sprinkle with salt and black pepper, to taste. I like to top with fresh thyme leaves; however, you can use dried herbs such as Italian seasoning. Place in the pre-heated oven for approximately 2 hours or until the tomatoes are nicely browned around the edges.
3. Remove from oven and use immediately or store in an airtight container covered with olive oil. Store unused tomatoes in the refrigerator for 1-2 weeks.

NOTE: You can use fresh or preserved lemons to make this recipe. Preserved lemons are recommended because they add a lot more flavour. You can either buy a bottle of preserved lemons or make your own.

A word of caution, however, if you use preserved lemons, don't add additional salt to the fillets without tasting.

* Add a couple minutes to cook time if starting with frozen fillets.

You Will Love The Tomatoes



Ingredients:

- 4 150 grams white fish fillets
- 4 oven-dried tomato slices (instructions above)
- 4 fresh or preserved lemon slices, cut in half
- 2 T. fresh thyme
- 4 T. unsalted butter
- Sea salt and black pepper, to taste

Directions:

1. To prepare indoors, place top oven rack in the centre position and pre-heat oven to 400° F/200° C/Gas mark 6. Tear off 4 sheets of aluminium foil into sections large enough to fold over fillets, with another couple of inches on each side to seal.
2. Place one fillet slightly off centre on each sheet of foil. Top each fillet with an oven-dried tomato slice, two fresh or preserved halved lemon slices, as shown, one-half tablespoon fresh thyme leaves, and one tablespoon unsalted butter. If desired, lightly season with salt and black pepper, to taste.
3. To seal packet, fold aluminium foil in half over the fillets. Fold the 3 open sides, one at a time, over several times to seal the packet completely. The goal is to seal the packet tight enough to hold in the steam, but still allow enough room for the air to expand.
4. Place the foil packets in the pre-heated oven for 10 minutes, or place on hot BBQ over medium, direct heat for 8-10 minutes.
5. Remove from oven (or BBQ) and cool slightly before carefully opening the foil packets. (Use caution, the escaping steam will be very hot). Discard the lemon slices and serve immediately with your choice of sides. Enjoy!

Simply Scrummy & Healthy Too

Mediterranean Pasta Salad

Tip: Prepare the lemon vinaigrette in advance to give the flavours a chance to fully develop. Prep time: 15 minutes | Cook time: 12-15 minutes | Serves: 4-6

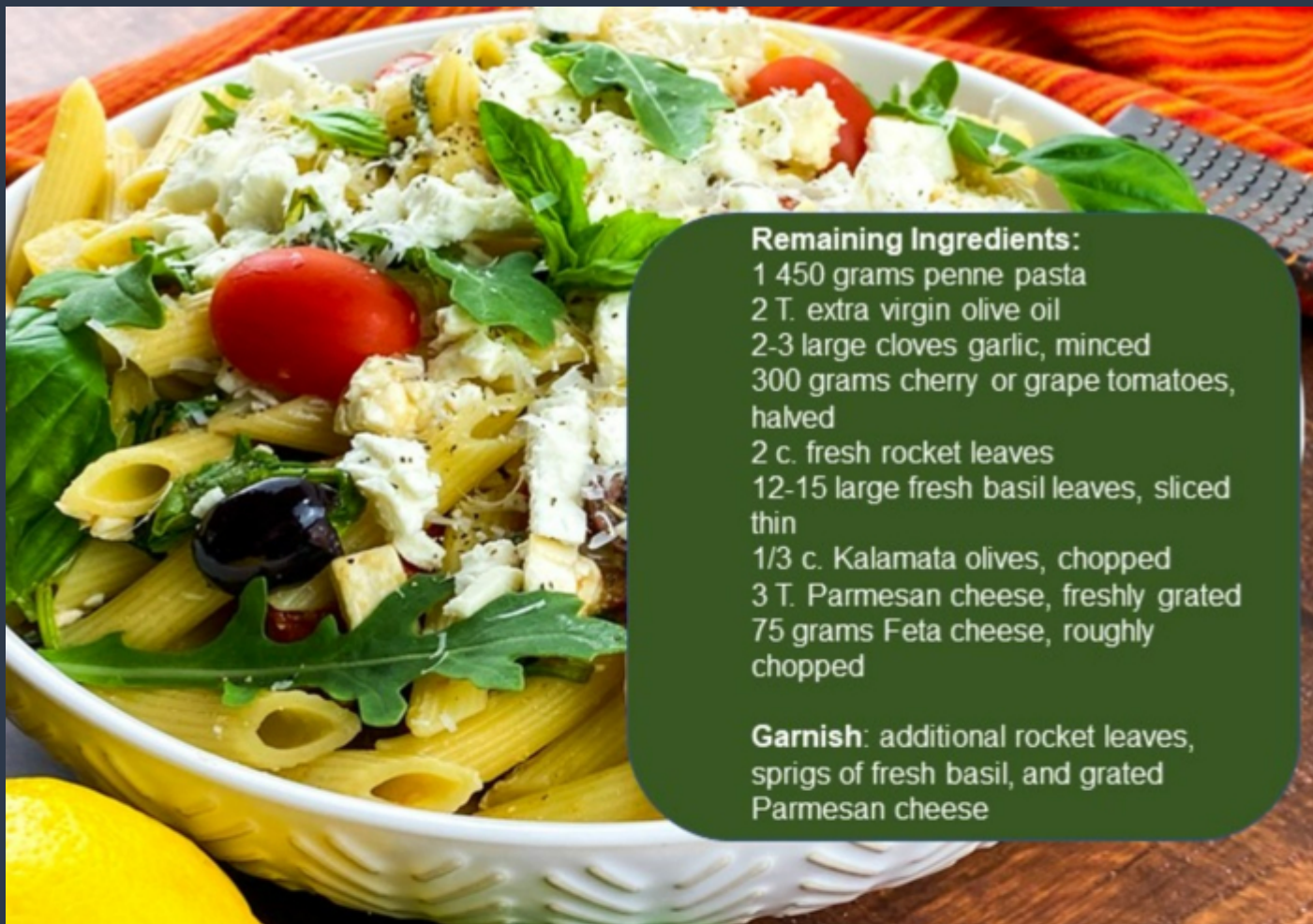


Lemon Vinaigrette Ingredients:

½ c. extra virgin olive oil
2 T. white balsamic vinegar
2 T. fresh lemon juice
1 t. fresh lemon zest, preferably organic
1 large clove garlic, finely minced
1 T. Dijon mustard
1-2 T. honey, preferably local
Sea salt and black pepper, to taste

This salad packs a lot of interesting flavours into each bite. From the peppery taste of fresh rocket leaves to the salty appeal of Kalamata olives and Feta cheese, there is nothing bland or boring about this dish.

Yet, its strong flavours aren't overwhelming because they are tempered by the satisfying addition of penne pasta. This robust salad can be served as a satisfying main course or as a hearty side dish for grilled chicken or sautéed fish.

**Remaining Ingredients:**

1 450 grams penne pasta
2 T. extra virgin olive oil
2-3 large cloves garlic, minced
300 grams cherry or grape tomatoes, halved
2 c. fresh rocket leaves
12-15 large fresh basil leaves, sliced thin
1/3 c. Kalamata olives, chopped
3 T. Parmesan cheese, freshly grated
75 grams Feta cheese, roughly chopped

Garnish: additional rocket leaves, sprigs of fresh basil, and grated Parmesan cheese

Directions:

1. Prepare the pasta according to package directions until just al dente. Drain, rinse, and set aside.
2. While the pasta is cooking, prepare the vinaigrette by combining all ingredients in a glass jar with a tight-fitting lid. Cover and shake vigorously until emulsified. Set aside. (Or prepare in advance and store in the refrigerator until ready to use).
3. Add olive oil and garlic to a saucepan set over medium heat. Sauté for approximately 1-2 minutes, or just until the garlic develops some colour.
4. Add the tomatoes and cook, stirring occasionally, for 2-3 minutes or just until the tomatoes are warmed through. Remove from heat and stir in the fresh rocket leaves. Set aside.
5. In a large mixing bowl, combine the warm tomato and rocket mixture with the fresh basil and Kalamata olives. Add the warm cooked penne pasta and both types of cheese. Season with salt and black pepper, to taste, and drizzle with 3 tablespoons of the lemon vinaigrette. Toss to combine.
6. Transfer the pasta salad to a large serving bowl and garnish with some fresh rocket, sprigs of basil, and freshly grated Parmesan cheese. Serve immediately with the remaining vinaigrette on the side.

Enjoy!

Orzo Pasta Salad with Tomatoes and Capers

Prep time: 10 minutes | Cook time: 15 minutes (includes time to cook orzo)

Serves: 4



This quick and easy chilled pasta salad is a great way to keep cool on a hot day. This delicious side dish tastes even better after the flavours have a chance to mingle, so make it a day or two in advance to take to your next picnic or casual gathering.



Ingredients:

2 T. extra virgin olive oil
3 cloves garlic, finely minced
1 large (or 2 medium) tomato, seeded and chopped
1½ c. orzo pasta, cooked according to package directions
2 T. capers
1 T. caper liquid
1 T. fresh lemon juice
1 T. fresh thyme leaves
1 T. fresh parsley, chopped
Sea salt and black pepper, to taste

Tip: The capers and liquid add saltiness to this dish. Taste before adding additional salt.

Directions:

1. Add olive oil and minced garlic to a frying pan set over medium heat. Sauté for 1-2 minutes, or just until the garlic starts to develop some colour.
2. Add tomatoes and cook for an additional 2-3 minutes, or just until tomatoes become soft. Remove from heat and set aside.
3. In a large bowl, combine the cooked orzo, capers and liquid, lemon juice, thyme, and parsley with the warm tomato and garlic mixture. Season with salt and black pepper, to taste, and stir to combine.

Cover and refrigerate for at least one hour or overnight. Stir and serve chilled with grilled chicken breasts or your favourite entrée of choice.

Enjoy!

Classic Caesar Salad with Homemade Dressing

Prep time: 20 minutes | Cook time: 10 minutes | Serves 4



Dressing Ingredients:

- ½ c. mayonnaise
- ½ c. Greek yogurt
- ½ T. fresh lemon juice
- 1-2 large cloves garlic, minced
- 1 t. Dijon mustard
- 1 t. Worcestershire sauce
- 1 t. anchovy paste
- Sea salt and black pepper, to taste
- ¼ c. Parmesan cheese, freshly grated
- ¼ c. extra virgin olive oil

Crouton Ingredients:

- 1 T. unsalted butter
- 4 slices French or Italian bread, cubed
- ½ t. garlic powder
- Sea salt and black pepper, to taste

Salad Ingredients:

- 1 large head Romain lettuce, cleaned, chopped, and dried
- ½ c. shaved Parmesan cheese

Classic Caesar Salad with Homemade Dressing



Directions:

1. Prepare the dressing by combining the mayonnaise, Greek yogurt, lemon juice, garlic, Dijon mustard, Worcestershire sauce, and anchovy paste in a medium-sized bowl. Season with salt and black pepper, to taste, and whisk to combine.
2. Add grated Parmesan cheese and stir to combine. Slowly drizzle the olive oil into the dressing and whisk until thoroughly incorporated into the mixture. Taste and season with additional salt and black pepper, if desired. Cover and set aside.
3. Melt butter in a large skillet over medium-low heat. Spread the melted butter with a pastry brush to evenly coat the bottom and sides of the skillet.
4. Add the bread cubes to the skillet and lightly season with the garlic powder, salt, and pepper. Toast the bread, stirring frequently, until lightly browned on all sides, approximately 6-8 minutes. Remove from heat and set aside.
5. When ready to serve, assemble the salad by adding the chopped Romaine lettuce to a large mixing bowl. Add the toasted croutons and shaved Parmesan and drizzle with 1/3 cup of dressing. Gently toss to combine.
6. Serve immediately on chilled salad plates with remaining salad dressing on the side. Enjoy!

The Tastiest Salad You Will Ever Make

Mixed Green Salad with Warm Goat Cheese Croutons

Prep time: 15 minutes (+ 30 minutes to chill) | Cook time: 5 minutes | Serves: 4



In this recipe, the warm goat cheese croutons are the main focal point.

They are substantial enough on their own to pair perfectly with a basic bed of mixed greens topped with a light drizzle of good olive oil and aged balsamic vinegar

They provide just enough warmth and crunch to elevate this otherwise everyday combination to a special treat.

Ingredients:

Goat Cheese Croutons:

200 grams. goat cheese log, room temperature. I personally like the Somerset goats' cheese from Sainsburys

2 large egg whites, lightly beaten

½ c. Panko breadcrumbs

½ c. vegetable or coconut oil

Salad Ingredients:

4 c. mixed salad greens
3 T. quality extra virgin olive oil
2 T. aged balsamic vinegar
Sea salt and black pepper, to taste

Optional: 4 whole fresh strawberries, for garnish



Directions:

1. To prepare the croutons, divide goat cheese into four 50gram portions. Lightly pound each piece of goat cheese between 2 sheets of wax paper with a meat mallet or rolling pin until they are about 12mm/½" thick. Place goat cheese rounds in the freezer for about 30 minutes or until firm.
2. Create a "breeding station" by adding whisked egg white to a shallow dish, and the Panko breadcrumbs to another.
3. Remove the goat cheese rounds from the freezer and dip, one at a time, into the egg whites until coated on both sides before pressing into the Panko breadcrumbs. (Press firmly to ensure each goat cheese round is thoroughly coated with breadcrumbs on both sides). Transfer the coated goat cheese rounds back to the wax paper and set aside.
4. In a small frying pan, heat the oil over medium-high heat until it starts to shimmer. Carefully add each coated goat cheese round, one at a time, to the skillet with a slotted spatula and cook until the first side becomes golden brown, approximately 30 seconds to one minute. Flip and repeat until the other side is equally browned. Remove from frying pan and transfer to a plate.

Tip: Don't allow croutons to stay in the hot oil too long or the goat cheese will become too melted to hold its shape.

5. Divide salad greens among four serving dishes or bowls and drizzle with the olive oil and aged balsamic vinegar. Season with salt and black pepper, to taste. Top each salad with a warm goat cheese crouton right before serving. Enjoy!

Optional Strawberry Garnish: With the hulls intact, slice each whole strawberry into several equal-sized segments, starting from the bottom and carefully working toward the green part. (Don't cut all the way through the strawberry). Gently spread the individual segments into a fan shape, as shown, and place on top of each goat cheese crouton right before serving.

"Grilled" Romaine and Warm Chicken Salad

Prep time: 10 minutes | Active cook time: 9 minutes (+ time to reach pressure)
Natural release: 10 minutes | Serves: 4

Salad Ingredients:

1 c. water
500 grams. boneless, skinless chicken breasts
1 t. garlic powder
Sea salt and black pepper, to taste
2 large heads Romaine lettuce, rinsed patted dry, and cut in half lengthwise
3 T. extra virgin olive oil
4 strips thick-cut bacon, cooked crispy and crumbled
100 grams Feta cheese, crumbled
1 c. red cabbage, thinly sliced
½ c. pecans, roughly chopped
¼ c. fresh parsley, roughly chopped

Balsamic Vinaigrette Ingredients:

½ c. extra virgin olive oil
¼ c. balsamic vinegar
1 t. Dijon mustard
1 clove garlic, finely minced
2 t. honey
Sea salt and black pepper, to taste

"Grilled" Romaine & Warm Chicken Salad

The moist, juicy chicken breasts for this recipe are prepared in an Instant Pot®. The rest of the preparation can be completed while the chicken is cooking for a super quick and easy meal. Warm rotisserie chicken can also be used for even faster preparation.



Directions:

1. Pour the water into the Instant Pot® container and place the metal trivet that comes with the unit inside.
2. Generously season the chicken breasts with garlic powder and season with salt and black pepper, to taste. Place chicken breasts on top of the trivet and lock the lid into place. Set the pressure valve to "Sealing" and select the "Manual" button on the highest setting. Adjust cook time to 9 minutes.
3. Prepare the balsamic vinaigrette by vigorously whisking the ingredients together in a medium bowl until thoroughly combined and emulsified. Set aside.
4. Place the top oven rack in the second-highest position and set the broiler to "High." Line a large rimmed baking sheet with aluminium foil and set aside.
5. Cut the Romaine heads in half lengthwise (through the core) and place on the prepared baking sheet. Do not overcrowd.
6. Brush the exposed surface of the lettuce with the olive oil and sprinkle with salt and black pepper, to taste. Place under the pre-heated grill for a couple minutes, or until the lettuce is nicely browned on the edges. (Keep a close eye on it because the lettuce will burn quickly if left unattended). Remove from oven and set aside.
7. When cook time on the Instant Pot® is finished, allow pressure to release naturally for 10 minutes, and then do a quick release for any remaining pressure. Turn the unit off and remove lid. Transfer chicken to a non-permeable cutting board and rest for 5 minutes before cutting into cubes.
8. Transfer the "grilled" Romaine to individual serving plates and top each with an equal amount of the chicken, bacon, Feta cheese, red cabbage, and chopped pecans.
9. Drizzle each salad with some vinaigrette and garnish with chopped fresh parsley, if desired. Serve immediately with remaining dressing on the side. Enjoy!

A Tasty Salad That You & Your Friends Will Love

Creamy Red Potato Salad with Fresh Herbs

Prep time: 20 minutes | Cook time: 3-5 minutes | Serves: 6-8



Directions:

1. To prepare the marinade, add the olive oil, vinegar, lime juice and zest, oregano, rosemary, garlic, salt, and black pepper to a large bowl and whisk to combine.
2. Add chicken breasts to a large sealable freezer bag and pour marinade mixture over top. Seal bag and turn to coat breasts thoroughly. Place the bag in the refrigerator to marinate for at least 1 hour to overnight. Turn the bag a couple times to evenly distribute the marinade during this time.
3. Remove chicken from the refrigerator and discard excess marinade. BBQ/Grill the breasts over medium direct heat, turning once, for 10-12 minutes total. Remove from heat and rest for 5 minutes before serving with your choice of sides. Enjoy!

Ingredients:

2 T. extra virgin olive oil
½ c. apple cider vinegar
2 T. fresh lime juice
2 t. organic lime zest
2 T. fresh oregano leaves
2 sprigs fresh rosemary leaves
3 large garlic cloves, crushed and peeled
1 t. sea salt
½ t. black pepper
4 200 grams. boneless, skinless chicken breasts

A Deliciously Tasty Potato Salad For BBQ's & Picnics

BBQ Summer Vegetable Medley with a Delicious Herb Butter

Prep time: 15 minutes | Cook time 10-14 minutes | Serves 4-6



Compound Butter Ingredients:

¼ c. unsalted butter, room temperature
2 t. fresh thyme leaves, stems removed
Pinch of sea salt

Remaining Ingredients:

Olive oil or non-stick cooking spray for grill
3 T. extra virgin olive oil
1 medium red onion, cut into 12mm/½-inch thick half rounds
3 red bell pepper, core removed and cut into 4 equal-sized flat pieces
3 small courgettes, cut in half lengthwise
3 small yellow squash, cut in half lengthwise
1 T. black Lava Hawaiian salt, available online

Grilled Summer Vegetable Medley with a Delicious Herb Butter



Directions:

1. Add butter, thyme, and salt to a small bowl. Combine thoroughly with a fork and transfer to a sheet of wax paper. Shape into a log and roll in the wax paper before placing in the refrigerator to firm up.
2. Lightly coating with oil or non-stick cooking spray your BBQ grill plate and pre-heat to medium.
3. Brush both sides of the vegetables with the extra virgin olive oil. Place the onion and bell pepper on the pre-heated grill and cook for 5-6 minutes before turning
4. Continue grilling the onion and pepper for another 2-3 minutes before adding the courgette/zucchini and yellow squash. Grill the vegetables for another 4-5 minutes, or just until crisp tender. (Turn the courgette/zucchini and yellow squash once after 2-3 minutes)
5. Remove from heat and serve immediately with the grilled bone-in pork chops. Add a knob of the compound herb butter to the vegetables and pork chops for an extra bit of flavour and a nice presentation. Enjoy!

Oven Roasted Parmesan Green Beans

Prep time: 15 minutes | Cook time: 15-20 minutes | Serves: 4



This elegant side dish elevates basic green beans to a whole new level. This dish is great for entertaining because it looks and tastes like you spent a lot more time on it than you did.

Roasting the green beans assures they will be crisp tender and full of robust flavour. As a bonus, the high-quality extra virgin olive oil and freshly grated Parmesan cheese greatly enhances the natural appeal of this classic side.

Tip: The green beans will become mushy if roasted too long. Test for doneness after 10 minutes and adjust final cook time accordingly.

Oven Roasted Parmesan Green Beans

Ingredients:

500 grams fresh green beans, washed,
trimmed and patted dry
3 large cloves garlic, finely minced
2 T. extra virgin olive oil
Sea salt and black pepper, to taste

To Serve:

1 T. high-quality extra virgin olive oil
3 T. freshly grated Parmesan cheese



Directions:

1. Preheat oven to 220° C/425° F/Gas Mark 7 and line a large, rimmed baking sheet with parchment paper or a baking mat. Set aside.
2. In a large bowl, toss the green beans, garlic, and olive oil together until coated. Spread the seasoned green beans on the prepared baking sheet into a single layer without crowding. Season with salt and black pepper, to taste.
3. Place the baking sheet in the pre-heated oven for 15-20 minutes or just until the beans are crisp tender, turning once halfway through.
4. Remove from the oven and transfer beans to a serving platter or bowl. Drizzle with extra virgin olive oil and sprinkle with grated Parmesan cheese right before serving. Enjoy!

Delicious with BBQ Chicken

Spicy Peach Salsa

Prep time: 20 minutes (+ 30 minutes to overnight for flavours to develop)

Cook time: n/a Serves: 4-6



This spicy peach salsa is absolutely gorgeous! The combination of colours creates a beautiful presentation, while the delicious blend of sweet and spicy flavours makes it a wonderful addition to simply prepared fish, chicken, or pork dishes.

This one is a keeper, for sure!

Tip: Soak the red onion in a cup of water for 10-15 minutes before using to reduce its strong flavour and odour.

For best results, make this salsa the night before serving so the flavours have a chance to blend. This will also soften the peaches and onion to a nice consistency.

**Ingredients:**

6 fresh peaches, pits removed and cut into small pieces
3 T. fresh lime juice
1 medium shallot, minced
3 T. red onion, cut into small, thin slices
1-2 t. jalapeno peppers, seeds and veins removed, and very finely minced
3 T. fresh coriander leaves, finely chopped
Sea salt and black pepper, to taste

Directions:

Combine all ingredients* in a large glass or other non-reactive bowl. Season with salt and black pepper, to taste, and stir to combine.

*Tip: Start with a very small amount of jalapeno pepper and taste before adding more.

Cover with plastic wrap and store in the refrigerator overnight or on the counter at room temperature for at least 30 minutes. Serve with foil packet citrusy white fish or other minimally seasoned fish, chicken, or pork recipes. This can also be served in place of regular salsa with tortilla chips.

Enjoy!

No Churn Vanilla Bean Ice Cream

Prep time 10 minutes | Chill time 4 hours | Yields 4 cups

Ingredients:

1 vanilla bean
2 c. double/heavy cream
1 410 gram can of sweetened
condensed milk

Optional, to serve:

Whipped cream, maraschino
cherries, chopped nuts, or favourite
choice of toppings



Directions:

1. Cut the vanilla bean in half lengthwise and carefully scrape out the seeds with a sharp knife. Set aside.
2. In a large mixing bowl, beat the double/heavy cream at high speed until stiff peaks form. Add the sweetened condensed milk and vanilla bean seeds and stir to combine.
3. Pour mixture into a bread pan or freezer-safe container. Cover and freeze for 4 hours or overnight.
4. To serve, remove from freezer and let soften for a few minutes before transferring to individual serving bowls. Enjoy!

A deliciously easy and creamy vanilla ice cream recipe that's certain to become a family favourite.

The Easy Way To Make Real Vanilla Ice Cream

No Churn Chocolate Toffee Ice Cream

Prep time: 20 minutes (+ 4 hours – overnight to freeze) | Cook time: 5 minutes

Serves: 4-6



Chocolate Syrup Ingredients:

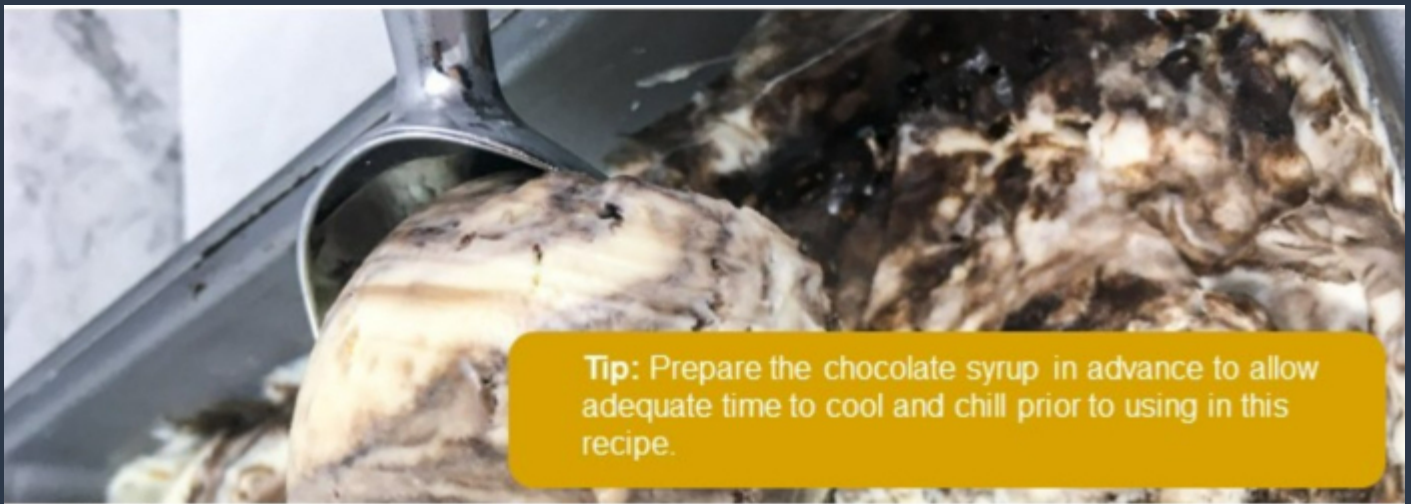
½ c. water
½ c. white sugar
1/3 c. unsweetened dark cocoa powder
1 t. real vanilla extract
1/8 t. salt

Garnish: Additional Toffee Bits and chocolate syrup

Ingredients:

2 c. double/heavy cream
1 410 gram. can sweetened condensed milk
1 t. real vanilla extract
1/3 c. chocolate syrup, chilled, divided (recipe before)
2/3 c. English Toffee Bits*

*Can be ordered online or substituted with crushed Old English toffee



Directions:

1. To prepare the chocolate syrup, combine the water, sugar, cocoa powder, vanilla extract, and salt in a small saucepan/skillet set over medium heat. Whisk vigorously until the sugar is dissolved and the cocoa powder is thoroughly incorporated into the mixture, approximately 2-3 minutes. Remove from heat and cool completely. Cover and store in the refrigerator in an airtight container until ready to use.
2. Pour heavy whipping cream into a large mixing bowl and beat on high until light and fluffy. Use a spatula while mixing to scrape the sides of the bowl to ensure all of the heavy cream is whipped. Set aside.
3. Pour sweetened condensed milk and vanilla extract into a large bowl and stir to combine. Lighten the condensed milk by gently folding a small amount of the whipped cream into the bowl. Do not overmix. Add the rest of the whipped cream and fold into the mixture until thoroughly combined.
4. Pour half the whipped cream mixture into a 9"x5" loaf pan and spread into an even layer. Drizzle half the chocolate syrup and spread 1/3 cup of the toffee bits evenly across the top.
5. Spoon the remaining whipped cream mixture on top and spread until smooth. Repeat process described in Step 4 with the remaining chocolate syrup and toffee.
6. Insert a butter knife into the mixture at one end of the loaf pan and pull it back and forth across the length of the pan to incorporate the chocolate and toffee throughout. Cover with some plastic wrap and gently press across the top to remove any air bubbles. Place in the freezer for a minimum of four hours, or preferably, overnight.
7. Remove from freezer 10-15 minutes before serving to soften. To serve, scoop into individual bowls and top with additional chocolate sauce and toffee bits, if desired. Enjoy!

No-Churn Salted Caramel & Pecan Ice Cream

Prep time: 20 minutes (+ 4 hours – overnight to freeze) | Cook time: 10 minutes

Serves: 4-6



This recipe is easy to do, and the results are fantastic...

If you love ice cream and a bit of salt in your snacks, you'll want to give this one a try!

Ice cream Ingredients:

1 410 gram can sweetened condensed milk
2 cups cold double cream
1 t. vanilla extract [optional]

Salted Caramel Sauce Ingredients :

1 cup white sugar
2 T. water
½ cup double cream
4 T. unsalted butter
1 t. fleur de sel salt, available online alternatively use Maldon sea salt flakes

Other:

110 grams chopped pecans



Directions:

To prepare the salted caramel sauce, add double cream to a small saucepan and set the heat to low. The goal is to slightly warm the cream because you don't want to add a cold dairy product to hot liquid.

Over medium-high heat, add the sugar and water to a heavy-bottomed saucepan and stir to combine. Stop stirring and bring to a boil.

Continue boiling until the mixture turns a deep amber colour, then slowly whisk in the warmed cream until thoroughly incorporated. Remove from heat and add salt and butter. Stir until butter is totally incorporated into the mixture. Transfer to a serving dish or storage container and allow to cool while you prepare the ice cream.

For the ice cream, pour the sweetened condensed milk into a bowl and add the vanilla extract, if using.

Whip the double cream in a large bowl with a hand mixer or immersion blender until stiff peaks form.

Add one scoop of the whipped cream to the bowl of condensed milk and mix it in. Then gently fold the rest of the whipped cream into the now lightened condensed milk. Thoroughly incorporate the whipped cream into the mixture, but do not overwork it to the point it loses its airiness.

Pour half of the whipped cream/condensed milk mixture into an 210mm/8" loaf pan. Drizzle the cooled salted caramel sauce over the milk mixture and spread the chopped pecans evenly over the entire surface. Top with remaining whipped cream/condensed milk.

Use a butter knife to incorporate the caramel sauce and pecans throughout the ice cream by pressing it down into the mixture and making sweeping "cuts" back and forth across the entire length of the pan.

Cover with wax paper and press down to remove any air pockets. Place in freezer for a minimum of 6 hours, but preferably overnight. Will last up to 2 weeks in the freezer. Store any remaining salted caramel sauce in an airtight container for up to one week.

If You Like Salted Caramel You Will Love This Ice Cream Recipe

Grilled Angel Food Cake with Maple Whipped Cream

Prep time: 15 minutes | Cook time: 4-6 minutes | Serves: 8



Once you've tried grilled angel food cake, there is a good chance you'll never want it any other way. With a crisp, golden-brown crust reminiscent of toasted marshmallows and that tender melt-in-your-mouth interior you've come to expect from angel food cake, this is sure to become one of your favourite go-to dessert recipes.

Note: Due to its round shape, angel food cake is normally cut into wedges before serving. However, the pieces will not brown evenly under the grill if cut like this. Instead, carefully cut the angel food cake into uniform 50 mm wide slices, working from one side to the other. Once sliced, trim the pieces so they are all approximately the same size.

This recipe can be made with your favourite homemade angel food cake recipe or with the store-bought variety. However, if you buy a pre-made cake, look for one that is not packaged inside a disposable baking pan. The exterior of cakes sold like this tend to be very sticky, which makes them more difficult to slice. Look for one that is packaged with just plastic wrap around it for protection, instead. Alternatively, you could also use a cake mix, I like Betty Crocker's one when I'm in a hurry.



Ingredients:

500 ml double cream
1-2 T. real maple syrup
1 t. real vanilla extract
1 angel food cake, homemade
or purchased, sliced as
described above
5 T. unsalted butter, melted
320 grams fresh strawberries,
washed, hulled, and sliced
150 grams fresh blueberries,
washed

Directions:

1. In a large glass bowl, blend 500 ml double cream with a hand or immersion blender until it doubles in size and changes texture. Drizzle maple syrup and vanilla extract into the bowl and continue blending until the mixture is light and fluffy. Cover and store in the refrigerator until ready to use.
2. Place your grill rack on the second highest setting and turn the grill on "High." Line a large, rimmed baking sheet with aluminium foil and set aside.
3. Place the angel food cake slices on the prepared baking sheet and brush with the melted butter. Turn over each piece and repeat on the other side.
4. Place baking sheet under the grill until the angel food cake turns golden brown, approximately 2-3 minutes.

Tip: You may need to rotate the baking sheet to get uniform results. Keep a very close eye on the cake during this time because it can burn very quickly.

Once toasted, remove the baking sheet from oven and turn over each slice. Place back under the grill and toast the remaining side until golden brown. approximately 2-3 minutes.

Remove from oven and cool slightly before arranging the toasted slices on individual serving plates. Top with some maple whipped cream and fresh berries and serve immediately. Enjoy!

Warm Black Cherry Crisp

Prep time: 20 minutes | Cook time: 30 minutes | Serves: 4-6



This recipe is refined sugar free. However, if you like a bit of sugar on the following direction page for this recipe, I've included a photo of the sugar version served with my no-churn vanilla ice cream.

Tip: Frozen cherries are much easier to use than fresh for this recipe. Place frozen cherries in a small strainer set over a large bowl to collect the liquid while thawing.

Reserve the liquid to use in smoothies, cocktails, or non-alcoholic beverages. For example, you can combine some of the cherry juice with soda and some crushed mint for a refreshing spritzer.

Ingredients:

4½ c. frozen black cherries, thawed and chopped
¼ c. honey, preferably local
½ t. ground cinnamon
½ t. ground allspice
¼ t. ground cloves
1 T. fresh thyme leaves

Topping Ingredients:

1 c. old-fashioned rolled oats
½ c. almond flour
½ c. pecans, chopped
1/3 c. honey, preferably local
3 T. unsalted butter, melted
1/8 t. table salt



Optional, to Serve:

Greek yogurt, homemade whipped cream, or sugar-free ice cream.
Fresh thyme sprigs, for garnish

Directions:

1. Place top oven rack in the center position and pre-heat oven to 350°F/180°C/Gas mark 4
2. Combine thawed chopped cherries, honey, cinnamon, allspice, cloves, and thyme leaves in a bowl. Toss to combine and set aside.
3. Combine the topping ingredients in a separate bowl and stir until oats are thoroughly coated and all ingredients are well combined. Set aside.
1. Lightly grease the four 9-oz. oval cast iron baking dishes (or the 25cm cast iron dish with coconut oil.
2. Divide the cherry mixture equally among the cast iron mini-servers and spread into an even layer. Divide the topping between the 4 mini-servers, as well, and spread into a thin layer on top.
3. Place into pre-heated oven and bake for 30 minutes, or until the top is nicely browned and the cherry mixture is nice and bubbly.

Tip: If using a 25cm dish cover loosely with aluminum foil after 30 minutes and bake for another 10-15 minutes.

Remove from oven and set aside to cool for 5-10 minutes before serving plain or topped with some Greek yogurt, whipped cream, and/or sugar-free ice cream. Garnish with a couple sprigs of fresh thyme, if desired. Enjoy!!

Ingredients:

½ c. blueberries
1 c. strawberries, sliced
1 large orange, sliced*
1 medium ripe peach, sliced
2 c. unsweetened grape juice
1 c. freshly squeezed orange juice
2 cinnamon sticks, optional
2 c. sparkling water or club soda
Ice, to serve

*Reserve one orange slice and cut into wedges for garnish

Berry Peach Sangria

A photograph of a glass carafe and two glasses of Berry Peach Sangria. The carafe is filled with a deep red liquid and has the title 'Berry Peach Sangria' printed on it. Two glasses in the foreground are also filled with the sangria, garnished with orange slices and blueberries. In the foreground, there are fresh ingredients: a whole peach, two strawberries, blueberries, and two cinnamon sticks on a wooden surface. The background is a rustic, textured wall.

Thirst-Quenching

Berry Peach Sangria

Prep time: 10 minutes | Chilling time: At least 4 hours | Serves: 4-6

This refreshing non-alcoholic summer drink is inherently sweet thanks to the rich combination of fresh fruits and juices.

The addition of sparkling water right before serving helps balance the sweetness.

For an adults-only version of this drink, swap out the unsweetened grape juice with an equal amount of dry red wine.



Directions:

1. Add the fruit to a large pitcher and gently muddle with a large wooden spoon to release the juices.
2. Add the grape juice, orange juice, and cinnamon sticks. Place the pitcher in the refrigerator to chill for at least 4 hours.
3. To serve, fill individual serving glasses with ice and add sparkling water until half full. Top off with the chilled sangria and fruit and give a quick stir to combine. Garnish each glass with an orange wedge before serving. Enjoy!

Non-Alcoholic or Alcoholic The Choice is Yours

Sparkling Blackberry Cocktail

Prep time: 10 minutes | Cook time: 5 minutes | Serves 4-6

Ingredients:

8-10 large fresh or frozen blackberries
3 T. fresh basil, torn
¼ c. honey, preferably local
¼ c. water
4 oz. Elderflower liqueur (optional)
1 750 ml bottle Prosecco, chilled

Garnish: (optional)

Fresh blackberries
Sprigs of fresh basil



Directions:

1. Add the blackberries, basil, honey, and water to a small saucepan set over medium heat. Simmer, stirring occasionally, until mixture is heated through and starts to thicken, approximately 4-5 minutes. Gently press on blackberries while heating to release juices.
2. Remove from heat and strain mixture through a fine mesh strainer to remove solids. Reserve remaining liquid and set aside to cool.
3. If using, divide the Elderflower liqueur among four champagne flutes, along with a drizzle of the blackberry simple syrup. Finish by topping off each glass with some chilled Prosecco.
4. Garnish each glass with 2-3 fresh blackberries and a sprig of fresh basil, if desired, before serving. Enjoy!

Very Refreshing

Pink Grapefruit Martini

Prep time: 10 minutes | Cook time: n/a | Serves: 4

Additional equipment:

Cocktail shaker with lid

Ingredients:

Ice to fill shaker

1½ c. fresh pink grapefruit juice

¼ c. fresh lime juice

6 oz. vodka

2 oz. orange liquor, such as
Cointreau or triple sec

1 large lime, cut into slices



Directions:

1. Fill cocktail shaker with ice and add all other ingredients. Cover and shake vigorously to blend.
2. Remove lid and strain into martini glasses. Garnish with slices of lime and serve immediately.

Enjoy!

Watermelon Mint Lemonade

Prep time: 15 minutes | Cook time: 7-8 minutes | Serves: 4-6



This watermelon mint lemonade is super easy to make and is so refreshing on a hot summer day. This is one of those recipes you'll want to tinker around with to find the right flavour combination for your tastes. For example, the amount of water you need to add will vary depending on how juicy the watermelon is and how strong you want the flavour to be.

Directions for a mint-infused simple syrup are included. The watermelon adds a lot of sweetness; however, you may not wish to sweeten it further. It really depends on how sweet or tart you want the results to be.

If you are serving this recipe outside on a warm day, make extra so you can freeze some into ice cubes or an ice ring (if serving in a punch bowl). Using ice cubes made of the beverage you are serving rather than plain water will prevent watered-down drinks as the day or evening progresses.

Very Refreshing



Mint Simple Syrup Ingredients:

½ c. granulated sugar
½ c. water
¼ c. tightly packed fresh mint leaves, stems removed and crushed

Remaining Ingredients:

6 c. fresh watermelon, cut into chunks
¾ c. fresh lemon juice (6-8 medium lemons)
½ c. cold water, (plus more, if needed)
½ c. fresh mint leaves, tightly packed with stems removed
Ice, to serve
fresh mint sprigs and lemon slices, for garnish.

Directions:

1. To prepare the simple syrup, add the sugar, water and crushed mint to a small saucepan and heat over medium heat. Stir until the sugar dissolves completely, approximately 2-3 minutes. Reduce heat to low and simmer for 5 minutes. Remove from heat and strain to remove mint leaves. Set aside to cool.
2. Add watermelon chunks, fresh lemon juice, and cold water to a blender and blend until smooth. Pour through a strainer to remove any larger particles. Taste and sweeten with the cooled mint-infused simple syrup, as desired.
3. Bruise one-half cup fresh mint leaves with fingers to release oils and add to a large glass pitcher or jar. Top with the watermelon mixture and stir to combine. To serve, pour over ice and garnish with a sprig of fresh mint and a slice of lemon. Enjoy!

For an adults-only variation, add some citrus-flavoured vodka before serving.

Ice Cream Soda with Homemade Chocolate Syrup

Prep time: 15 minutes | Cook time: 3 minutes | Serves: 2



Chocolate Syrup Ingredients:

½ c. water
½ c. white sugar
1/3 c. unsweetened dark cocoa powder
1 t. real vanilla extract
1/8 t. salt

Garnish: Whipped cream
Mini-chocolate chips
Maraschino cherries

Garnish

Whipped cream
Mini-chocolate chips
Maraschino cherries

Soda Ingredients:

1 c. soda
3 c. vanilla ice cream



Directions:

1. To prepare the chocolate syrup, combine the water, sugar, cocoa powder, vanilla extract, and salt in a small saucepan set over medium heat. Whisk vigorously until the sugar is dissolved and the cocoa powder is thoroughly incorporated into the mixture, approximately 2-3 minutes. Remove from heat.
2. Add a large spoonful of chocolate syrup to each serving glass and top with enough soda to fill each glass halfway. Divide the ice cream between the glasses and top with additional chocolate syrup.
3. To serve, top each ice cream soda with a generous amount of whipped cream, mini-chocolate chips, and a maraschino cherry. Enjoy!

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