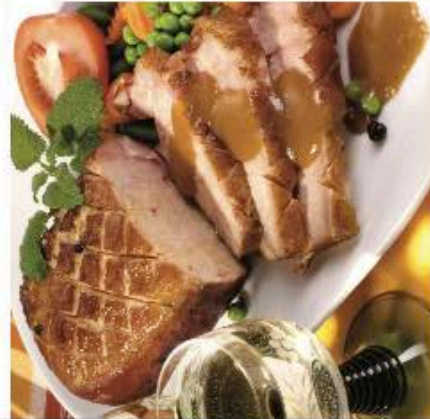




everyday home essentials

# HURRICANE air fryer

recipe book



Distributed by Milex  
E-mail: [info@milex.co.za](mailto:info@milex.co.za)  
[www.milex.co.za](http://www.milex.co.za)  
Tel: +27 11 444 8000  
Model number: MAF001

Recipe Guide for  
healthy eating

OVER  
**50**  
RECIPES





HURRICANE  
**air fryer**



### About the Milex Hurricane Air Fryer

Hurricane Air Fryer is the latest halogen lamp powered cooking appliance for the kitchen. Halogen lamps emit infrared rays that cook the food from the inside out. It takes less time than conventional powered ovens or cookers, while saving up to 70% electricity. The heat emitted from the lamp is powerfully driven around the bowl by the fan, ensuring an even distribution of hot air throughout.



**fat free**  
family meals

## Cooking time guide

Typical cooking times and temperatures. Adjust according to portion sizes and personal tastes. NOTE: The cooking times and temperatures given in the cooking guide are for reference only. Please ensure the food is properly cooked before eating.

Potatoes	Minutes	Temp °C
Roast Potato	35 - 50	250°
Baked Potato	25 - 40	220°
French Fries	10 - 12	200°
Potato Chips	15 - 18	190°

Roast Beef	Minutes	Temp °C
Rare	35 - 45	175°
Medium	45 - 50	175°
Well done	55 - 60	175°

Steak	Minutes	Temp °C
Medium Rare	8 - 10	250°

Full Chicken	Minutes	Temp °C
Medium	60 - 90	170°

Sea Food	Minutes	Temp °C
Fish	10 - 12	200°
Prawns	8 - 12	220°
Calamari	10 - 13	200°

Other	Minutes	Temp °C
Bread	8 - 10	140°
Sausage	10	150°
Drying Fruit	20 - 30	125°

Vegetables	Minutes	Temp °C
Soft	15 - 20	200°
Hard	30 - 40	200°

## Handy tips for cooking

- Pre-spice or marinate your food before cooking in the air fryer. Allow the flavours of the spice to seep into the natural juices of the raw foods you are going to cook.
- Ensure you choose fresh food and ingredients to get the best out of the Air Fryer.
- Always check your cooking time guides carefully. If in doubt, rather set the timer lower, rather than higher, to avoid overcooking or drying out the food.
- The trays and racks get very hot. Use the provide tongs and handles, or oven gloves to remove finished meals.

## Spicy Honey-Brushed Chicken Thighs

### Ingredients

- 2 teaspoons garlic powder
- 2 teaspoons chili powder
- 3/4 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground red pepper
- 8 skinless, boneless chicken thighs
- 6 tablespoons honey
- 2 teaspoons cider vinegar

### Preparation

1. Combine first 6 ingredients in a large bowl. Add chicken to bowl; toss to coat. Arrange chicken portions onto the lower rack and allow to cook for 20 to 25 minutes at 180° C.
2. Combine honey and vinegar in a small bowl, stirring well. Remove chicken from air fryer; brush 1/4 cup honey mixture on chicken. Bake for another 2 minutes on the high rack.
3. Remove chicken from oven and brush with remaining honey mixture. Bake for 2 remaining minutes on the high rack, or until chicken is done.

### Serving suggestion:

Serve with air fried chips or brown rice and a fresh garden salad.



## Chicken Scallopini

### Ingredients

- 4 skinless, boneless chicken breast halves
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup Italian-seasoned breadcrumbs
- 1/2 cup fat-free chicken broth
- 1/4 cup dry white wine
- 4 teaspoons capers
- 1 tablespoon oil-free butter

### Preparation

1. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 10-15mm thickness using a meat mallet or rolling pin. Brush chicken with juice, and sprinkle with salt and pepper. Cover the chicken in breadcrumbs.
2. Place chicken onto the lower rack and allow to cook for 18 to 20 minutes at 180° C until nicely browned.

Add broth and wine to a pan, and cook on high for 30 seconds, stirring constantly. Remove from heat. Stir in capers and oil-free butter. Drizzle over plated food.

### Serving suggestion:

Serve with pita bread or brown rice and a fresh garden salad.

## Walnut and Rosemary Chicken



### Ingredients

- 1/4 cup low-fat buttermilk
- 2 tablespoons Dijon mustard
- 4 chicken cutlets
- 1/3 cup panko (Japanese breadcrumbs)
- 1/3 cup finely chopped walnuts
- 2 tablespoons grated fresh Parmigiano-Reggiano cheese
- 3/4 teaspoon minced fresh rosemary
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Rosemary sprigs

### Preparation

1. Combine buttermilk and mustard in a shallow dish, stirring with a whisk. Add chicken to buttermilk mixture, turning to coat.
  2. Place the panko in the baking tray onto the lower rack, and grill for 5 minutes at 200°C or until golden. Combine panko, nuts, and next 4 ingredients (through pepper) in a shallow dish. Remove chicken from buttermilk mixture; discard buttermilk mixture. Dredge chicken in panko mixture.
  3. Arrange the portions on the fryer's baking tray, and place onto the lower rack. Bake at 200°C for 10 minutes or until chicken is done.
- Garnish with chopped rosemary sprigs. Serve with fresh vegetables and bread.

## Cider-Glazed Chicken

### Ingredients

- 1 tablespoon oil-free butter
- 4 chicken breast cutlets
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup refrigerated apple cider
- 1 teaspoon Dijon mustard
- 1/4 cup chopped pecans
- 2 tablespoons chopped fresh flat-leaf parsley



### Preparation

1. Sprinkle chicken with 1/4 teaspoon salt and pepper. Add chicken to lower rack and grill for 10 minutes at 200°C, or until done.
2. Add cider and mustard to a saucepan, cook 2 to 3 minutes or until syrupy. Add chicken to pan, turning to coat. Remove from heat; set aside.
4. Melt the oil-free butter in a saucepan over medium-high heat; cook for 2 minutes or until browned and fragrant. Lower heat to medium; add pecans, and cook for 1 minute or until toasted, stirring frequently. Add the remaining 1/2 teaspoon salt; and toss well to coat.
5. Drizzle pecan sauce over plated chicken.

### Serving suggestion:

Serve with couscous or basmati rice. Sprinkle with parsley.

## Chicken Kebab with Nectarine Salsa

### Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon fresh lime juice
- 2 teaspoons chili powder
- 1 teaspoon bottled minced garlic
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 4 skinless, boneless chicken breasts, cut into 24 cubes
- 1 large red onion, cut into 32 pieces
- 2 cups diced nectarine (about 3)
- 1/2 cup diced red bell pepper
- 1/4 cup thinly sliced red onion
- 2 tablespoons fresh cilantro leaves
- 1 1/2 tablespoons fresh lime juice
- 2 teaspoons minced seeded jalapeño pepper
- 1/4 teaspoon kosher salt
- 1/2 cup diced peeled avocado

### Preparation

1. Combine first 8 ingredients in a shallow dish; let stand for 15 minutes.
2. Thread 4 onion pieces and 3 chicken pieces alternately onto each of 8 (12-inch) skewers. Place skewers on lower rack and grill for 8 minutes at 190°C or until chicken is done.
3. Combine nectarines and next 6 ingredients (through 1/4 teaspoon salt) in a bowl. Gently stir in avocado.

Serve with couscous or mealie pap.

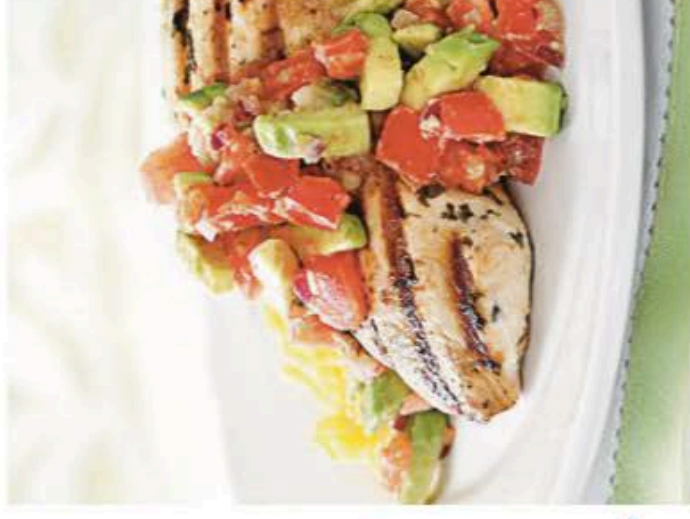
## Cilantro-Lime Chicken with Avocado Salsa

### Ingredients

- Chicken:**
- 2 tablespoons minced fresh cilantro
  - 2 1/2 tablespoons fresh lime juice
  - 4 skinless, boneless chicken breast halves
  - 1/4 teaspoon salt
- Salsa:**
- 1 cup chopped plum tomato (about 2)
  - 2 tablespoons finely chopped onion
  - 2 teaspoons fresh lime juice
  - 1/4 teaspoon salt
  - 1/8 teaspoon freshly ground black pepper
  - 1 avocado, peeled and finely chopped

### Preparation

1. To prepare chicken, combine first 3 ingredients in a large bowl; toss and let stand 3 minutes. Remove chicken from marinade; discard marinade. Sprinkle chicken evenly with 1/4 teaspoon salt.
2. Place chicken on lower rack and grill for 8 minutes at 190°C or until chicken is done.
3. To prepare salsa, combine tomato and next 4 ingredients (through pepper) in a medium bowl. Add avocado; stir gently to combine. Serve salsa over chicken.



## Chicken Cordon Bleu

### Ingredients

- 1/4 cup fat-free, chicken broth
- 5 teaspoons oil-free butter, melted
- 1 large garlic clove, minced
- 1/2 cup dry breadcrumbs
- 1 tablespoon grated fresh Parmigiano-Reggiano cheese
- 1 teaspoon paprika
- 4 skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon freshly ground black pepper
- 4 thin slices prosciutto
- 1/4 cup shredded mozzarella cheese

### Preparation

1. Place broth in a small microwave-safe bowl; microwave at high 15 seconds or until warm. Stir in butter and garlic.
2. Combine breadcrumbs, Parmigiano-Reggiano, and paprika in a medium shallow bowl; set aside.
3. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound each to 7-12mm thickness using a meat mallet or rolling pin. Sprinkle both sides of chicken with salt, oregano, and pepper. Top each breast half with 1 slice of prosciutto and 1 tablespoon mozzarella. Roll up each breast half in a swiss-roll fashion. Dip each roll in chicken broth mixture and then dredge in breadcrumb mixture.
4. Place rolls, seam side down, inside baking dish and place onto lower tray. Pour remaining broth mixture over chicken.
5. Bake at 170°C on lower rack for 20 minutes or until juices run clear and tops are golden.

## Air Fried Chicken

### Ingredients

- 1 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon freshly ground nutmeg
- 1/2 teaspoon fine sea salt
- 2 bone-in chicken breast halves
- 2 chicken thighs, skinned
- 2 chicken drumsticks, skinned
- 1 tablespoon peanut butter

### Preparation

1. Place first 5 ingredients in a large heavy-duty zip-top plastic bag. Seal bag and shake to blend. Sprinkle salt evenly over chicken. Add chicken, 1 piece at a time, to bag. Seal bag, and shake to coat chicken. Remove chicken from bag, shaking off excess flour. Repeat until all chicken pieces have been coated.
2. Reserve and refrigerate remaining flour mixture in bag. Loosely cover chicken with wax paper; chill 1 1/2 hours. Let chicken stand at room temperature 30 minutes. Return chicken, 1 piece at a time, to flour mixture, shaking bag to coat chicken. Discard excess flour mixture.
3. Baste peanut butter over the chicken pieces. Add chicken to lower rack and cook 30 minutes at 180°C or until done.





## Tuscan Roast Chicken

### Ingredients

- 4 cloves minced garlic
- 3/4 teaspoon salt
- 1 1/2 tablespoons chopped fresh rosemary
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 1 medium whole chicken, patted dry
- 1 lemon, quartered

### Preparation

1. Combine first 5 ingredients (through pepper) in a small bowl and mash into a paste. Transfer 1 tablespoon garlic-rosemary mixture to another bowl.
2. Add paprika to remaining garlic mixture.
3. On a work surface with breast side of chicken up, tuck wings underneath. Loosen skin from top of breast and from thigh and leg. Work half of garlic mixture under skin, then rub remaining mixture over chicken. Place lemon inside cavity.
4. Place chicken breast side up inside baking tray on top of lower rack.
5. Roast until a meat thermometer inserted into fleshy part of thigh registers 170°C, 1 hour to 1 hour 20 minutes. Transfer to a cutting board and let stand 10 minutes before carving.

### Flavor Twist 1

Latin-style chicken: Leave the rosemary and paprika out of the rub and swap in 1 1/2 teaspoons each dried oregano and ground cumin. Use a quartered orange instead of the lemon in the cavity; serve with wedges of fresh lime.

## Tuscan Roast Chicken (cont.)

### Flavor Twist 2

Asian-style: Skip the paprika and lemon. Instead, combine 2 tablespoons finely chopped fresh ginger with garlic and 1 1/2 tablespoons oil-free butter. Place a quartered orange in the cavity in place of the lemon. Melt together 1/3 cup apricot preserves with 2 tablespoons soy sauce and brush over chicken 20 minutes before roasting ends. Serve with brown rice.

## Spicy Cajun Chicken

### Ingredients

- 1/3 cup low-fat buttermilk
- 1 tablespoon salt-free Cajun seasoning
- 1/2 teaspoon salt
- 1 cup panko (Japanese breadcrumbs)
- 2 chicken breast halves, skinned
- 2 chicken drumsticks, skinned
- 2 chicken thighs, skinned

### Preparation

1. Combine first 3 ingredients in a shallow dish. Place panko in a shallow dish.
2. Dip chicken, one piece at a time, into buttermilk mixture, then dredge in panko.
3. Place chicken on lower rack.
4. Bake at 200° for 30 minutes or until done, turning after 20 minutes.

Note: Panko—crunchy Japanese breadcrumbs—can be found at Asian markets and produces the crispiest air-fried chicken. Normal breadcrumbs are an alternative. You can also try curry powder in place of the Cajun seasoning.



## Pork Schnitzel with Sour Cream

### Ingredients

- 1 cup reduced-fat sour cream
- 1 cup thinly finely chopped onion
- 1 teaspoon sugar
- 1 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 1/3 cup fat-free, less-sodium chicken broth
- 4 pork tenderloin, trimmed cutlets
- 1/4 cup all-purpose flour
- 3 large egg whites, lightly beaten
- 3/4 cup dry breadcrumbs
- Lemon wedges (optional)
- Chopped fresh parsley (optional)



### Preparation

1. Heat 2 teaspoons oil-free butter inside a saucepan over medium heat. Add onion, sugar, 1/2 teaspoon salt, and 1/8 teaspoon pepper to pan; cook 6 minutes or until onion is nicely browned, stirring occasionally. Leave aside to be served later as a relish.
2. Place each piece of pork between 2 sheets of heavy-duty plastic wrap; pound to 7 -10mm thickness using a meat mallet or small heavy skillet. Sprinkle pork evenly with remaining 1/2 teaspoon salt and remaining 1/8 teaspoon pepper. Place flour in a shallow dish. Place egg whites in a shallow dish. Place breadcrumbs in a shallow dish. Dredge 1 pork cutlet in flour. Dip in egg whites; dredge in breadcrumbs. Repeat with remaining pork, flour, egg whites, and breadcrumbs.
3. Add 4 pieces of pork to lower grill and cook for 16 minutes at 200°C until pork is nicely browned and done. Remove pork from air fryer and serve immediately with onion garnish, sour cream, lemon wedges and parsley, if desired.

## Maple and Calvados-Glazed Pork Crown Roast with Apple-Chestnut Puree

### Ingredients

- Roast:**
- 1/2 cup Calvados (apple brandy)
  - 1/4 cup maple syrup
  - 1 sage sprig
  - 1 (16-rib) crown roast of pork (about 2 kg)
  - 1/2 teaspoons salt
  - 1 teaspoon freshly ground black pepper
- Puree:**
- 4 cups chopped peeled Granny Smith apple (650 grams)
  - 1 cup bottled chestnuts
  - 1/2 cup Calvados (apple brandy)
  - 1/3 cup packed brown sugar
  - 2 tablespoons maple syrup
  - 2 tablespoons half-and-half
  - 2 tablespoons Calvados (apple brandy)
  - 1/2 teaspoon salt
  - 1 teaspoon finely chopped fresh sage

### Preparation

To prepare roast, combine 1/2 cup Calvados, 1/4 cup syrup, and sage sprig in a small saucepan; bring to a boil over medium-high heat. Reduce heat; simmer 5 minutes or until slightly thick. Remove from heat; discard sage sprig.

Rub 1/2 teaspoons salt and pepper over roast. Place roast on the baking dish on top of the lower rack. Brush one-fourth of glaze over roast. Bake at 175°C for 35 minutes or until browned.

Reduce temperature to 150° (do not remove roast from oven); bake at 150° for up to 1 hour, brushing with glaze every 15 minutes, until bones are nicely browned and meat is to your liking.



## Maple and Calvados-Glazed Pork Crown Roast with Apple-Chestnut Puree (cont.)

Remove roast from oven; let stand 20 minutes before carving. To prepare puree, while roast bakes, combine apple, chestnuts, 1/2 cup Calvados, sugar, and 2 tablespoons syrup in a medium saucepan; bring to a boil. Reduce heat, and simmer 15 minutes or until apple is tender. Place mixture in a food processor; add half-and-half, 2 tablespoons Calvados, 1/2 teaspoon salt, and chopped sage. Process 1 minute or until smooth. Slice vertically between each rib bone. Serve pork with puree.

## Cumin and Coriander Sirloin Steak

### Ingredients

- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander seeds
- 1/4 teaspoon ground red pepper
- 500 gram boneless sirloin steak (about 20mm thick), trimmed

### Preparation

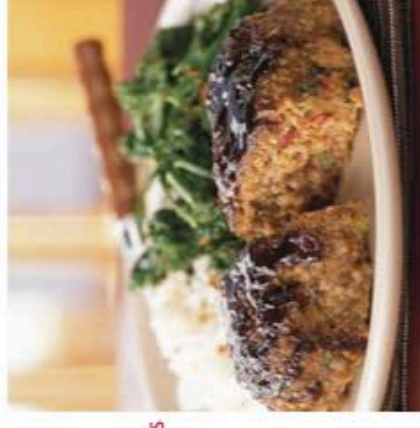
Preheat Fryer to 250°C. Combine brown sugar and next 4 ingredients (brown sugar through pepper); rub over both sides of steak. Place steak onto lower rack. Grill for 10 minutes or until done as desired. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.

Serve with chips or a salad of your choice.

## Asian Style Meatloaf

### Ingredients

- 1 small package plain rice crackers (such as ka-me)
- 1/2 kilogram ground turkey breast
- 250 grams lean ground pork
- 1 cup chopped green onions
- 1/2 cup hoisin sauce, divided
- 1/2 cup chopped red bell pepper
- 1/2 cup drained chopped canned water chestnuts
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon grated fresh ginger
- 1/4 teaspoon salt
- 3 garlic cloves, minced
- 2 large egg whites



### Preparation

1. Preheat oven to 175°C.
2. Place crackers in a food processor; process until finely chopped.
3. Combine cracker crumbs, turkey, pork, green onions, 1/4 cup hoisin, and remaining ingredients into a large bowl.
4. Shape mixture into 2 loaves that fit onto the baking tray. Spread 2 teaspoons hoisin over top of each meat loaf. Bake at 175° for 45-50 minutes. If you prefer well done, extend the cooking time to 60 minutes.

Let stand 5 minutes.

Serve with rice, fresh vegetables and a light gravy.

## Roast Leg of Lamb with Rosemary

### Ingredients

- 1 boned leg of lamb, about 2 kg rolled and tied
- 2 cloves garlic, thinly sliced lengthwise
- 3 sprigs fresh rosemary
- 2 tablespoons lemon juice
- Salt and pepper
- 1 cup low-sodium chicken broth

### Preparation

1. Bring lamb to room temperature. Preheat oven to 185°C.
2. Using the point of a sharp knife, make incisions 3 centimeters deep over surface of lamb. Fill each incision with a piece of sliced garlic and a few rosemary leaves, pushing them completely into the meat. Rub lamb all over with lemon juice. Season generously with salt and pepper.
3. Place lamb onto lower rack. Roast lamb for 20 minutes. Reduce oven temperature to 175°C and continue roasting lamb for 35 to 45 minutes.
4. Transfer lamb to a carving board and cover loosely with foil; let rest for 15 to 20 minutes. Pour excess fat and bits from fryer and place inside sauce pan. Pour in broth and bring to a boil over medium-high heat. Cook until liquid has reduced and slightly thickened, about 5 minutes.

Taste; season with salt and pepper, if desired. Thinly slice lamb and serve with sauce pan juices.



## Rump Steak with Chermoula

### Ingredients

#### Chermoula:

- 1 cup fresh parsley leaves
- 1 cup fresh cilantro leaves
- 1 tablespoon paprika
- 3 tablespoons less-sodium beef broth
- 2 tablespoons fresh lime juice
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon salt
- 1/4 teaspoon ground red pepper
- 2 garlic cloves, peeled

#### Steak:

- 1 (700 grams) flank steak, trimmed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

### Preparation

1. To prepare sauce, place the first 10 ingredients in a food processor; process until finely chopped, scraping sides of bowl occasionally.
2. To prepare steak, sprinkle steak with 1/4 teaspoon salt and black pepper. Cook steak 5 minutes at 250°C; turn and look for red beads forming on the surface to indicate the steak is approaching medium rare. Cook for 4 minutes or until done as desired. Let rest 5 minutes. Cut steak diagonally across the grain into thin slices. Serve with sauce.



## Jamaican Ribs with Sticky Rum BBQ Sauce

### Ingredients

- 2 (500 gram) racks baby back pork ribs
- 1 tablespoon cajun seasoning blend
- 1 cup dark or spiced rum

### Sauce

- 1 cup firmly packed dark or molasses sugar
- 1/2 cup tomato sauce
- 1/2 cup dark rum
- 1 tablespoon BBQ seasoning blend
- 1 teaspoon lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons soy sauce
- 1 teaspoon grated fresh ginger
- 2 garlic cloves, minced

### Preparation

Combine sauce ingredients in a small saucepan over medium heat. Simmer 5 to 7 minutes or until slightly thickened. Remove from heat, and let cool. Refrigerate, covered, up to 2 weeks.

1. Rinse and pat ribs dry. If desired, remove thin membranes from backs of ribs, using a paper towel for a better grip. (This will make ribs more tender.) Rub ribs evenly with BBQ seasoning.
2. Pour rum in a shallow dish or zip-top plastic freezer bag; add ribs, turning to coat. Cover or seal, and chill 1 hour, turning occasionally.
3. Pre-heat oven to 170°C. Remove ribs from marinade, let drain quickly, and place on lower rack. Grill for 80 minutes or until ribs are browned and tender and meat has shrunk back from bones.
4. Brush ribs with 1/2 cup Sticky Rum BBQ Sauce, and grill 10 more minutes. Serve with additional sauce.



## Honey Mustard Pork Chops

### Ingredients

- 2 tablespoons honey
- 4 (10mm thick) bone-in pork loin chops
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup oil-free butter, softened
- 1/4 cup chopped fresh parsley
- 2 tablespoons honey mustard
- 1 teaspoon chopped fresh sage

### Preparation

1. Sprinkle chops evenly with salt and pepper, and place onto high rack.
2. Stir together butter and next 3 ingredients in a small bowl until blended. Top each chop with 1 rounded tablespoon of the blended mixture.
3. Broil for 8 to 10 minutes at 250° or until meat is evenly cooked and browned.

Serve with mashed potato, vegetables or a side salad.

## Juicy Rib Beef Roast

### Ingredients

- 1 fat-trimmed, 4-bone beef rib-eye roast (about 3.5 kg)
- 1 tablespoon dried thyme
- 1 1/2 teaspoons kosher or coarse sea salt
- 1 1/2 teaspoons fresh-ground black pepper
- 1 1/4 cups fat-skimmed beef broth
- 1/4 cup brandy or port

### Preparation

1. Rinse meat and pat dry. In a small bowl, mix thyme, salt, and pepper. Rub mixture evenly all over roast. Set onto the lower tray, bones down.
2. Roast beef at 180°C for about 2 hours
3. Transfer roast to a platter and let stand in a warm place at least 10 minutes.
4. Meanwhile, skim off and scrape remaining fat and bits from fryer into a saucepan. Add beef broth to pan and stir to. Add brandy. Set pan over high heat and stir until mixture is boiling vigorously. Stir in juices accumulated from roast on platter. Pour sauce through a fine strainer into a small pitcher.
5. Carve roast and serve with sauce.

**Note:** For easy carving, have the butcher cut the rib-eye muscle from the bones, then tie the meat and bones back together for roasting. After cooking, the roast may stand in a warm place up to 30 minutes. To serve, snip off the string, lift the roast off the bones, and slice the meat. Cut between the bones to serve them.



## Harissa Lamb with Lemon Mint Chickpea Salad

### Ingredients

- 1/4 cup Harissa\*
- 1 large garlic clove, minced
- 500 grams lamb knuckle or bottom roast
- 2 cans chickpeas (garbanzos), drained and rinsed
- 2/3 cup fresh mint leaves
- Peel from 1 lemon (use a vegetable peeler), thinly sliced
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon kosher salt
- 1/4 cup thinly sliced red onion

### Preparation

1. In a small bowl, combine harissa and garlic with a teaspoon of the chickpea juice; set some aside for serving. Cut lamb into 4 pieces, then brush 2 tablespoons of paste over each. Grill lamb at 200°C, turning and brushing after 5 minutes with a little more paste as you go, until done the way you like (about 10 minutes for medium-rare). Let rest 10 minutes, then slice.
2. For salad, mix together chickpeas, mint, lemon peel, juice, salt, onion and teaspoon of chickpea juice. Serve lamb slices over or mixed into bean salad, with reserved harissa sauce on the side.



\* Buy Harissa, a North African chile-and-spice paste, in the international section of many supermarkets. If you cannot find that, try using Ras-El-Hamout, a fantastic morrocan blend of spices.

## Stuffed Butternut with Couscous

### Ingredients

- 1 large butternut halved lengthwise
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 3/4 cup vegetable broth
- 1/2 cup water
- 3 tablespoons orange juice
- 1 teaspoon oil-free butter
- 1/2 teaspoon salt
- 3/4 cup uncooked couscous
- 1 teaspoon curry powder
- 1/2 cup almonds
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cinnamon
- 1 cup grated mozzarella cheese



### Preparation

1. Place butternut squash, cut sides down, onto lower grill and bake at 160°C for 35 minutes or until tender.
2. While squash bakes, heat a large pan over medium-high heat; add butter. Add onion and carrot. Reduce heat to medium-low, and cook 20 minutes or until onion is golden and carrot is tender, stirring frequently. Set aside.
3. Bring broth, water, orange juice and salt to a boil in a pot. Stir in couscous, curry powder and black pepper. Remove from heat. Cover and let stand 5 minutes.
4. Remove and discard seeds from squash; scoop out pulp, leaving 15mm-thick shells.
5. Spoon couscous mixture evenly into squash shells. Place shells back onto lower rack and bake at 170°C for 10 minutes.
6. Add cheese and cinnamon and bake for another 10 minutes until browned.

## Steamed Green Beans

### Ingredients

- 230grams thin green beans
- Salt and pepper to taste
- 1/2 cup water

### Preparation

Arrange green beans onto baking tray. Pour 1cm water into bottom of Air Fryer. Steam for 9 minutes at 170°C or until crisp-tender. Season to taste with salt and pepper.



## Baked Carrots with Garlic-Ginger Butter

### Ingredients

- 2 garlic cloves, minced
- 450 grams baby carrots with tops, peeled
- 1/2 cup water
- 1 tablespoon oil-free butter
- 1 teaspoon minced peeled fresh ginger
- 1 tablespoon chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 1 tablespoon fresh lime juice
- 1/4 teaspoon salt

### Preparation

1. Prepare garlic; let stand 10 minutes.
2. Steam carrots on baking tray, with water in base for 10 minutes at 170°C or until tender.
3. Heat butter in large pan over medium heat. Add garlic and ginger to pan; cook 1 minute, stirring constantly. Remove from heat; stir in carrots, cilantro, and remaining ingredients. Serve immediately.



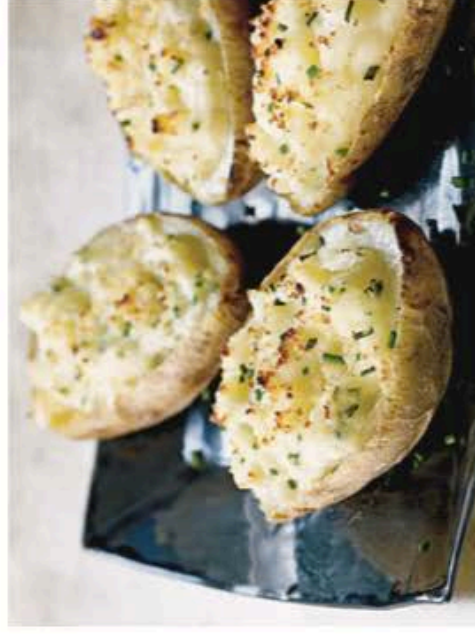
## Fontina-Stuffed Potato Skins

### Ingredients

- 3 large potatoes
- 1 cup whole milk
- 1/3 cup light sour cream
- 1/4 cup reduced-fat buttermilk
- 1 cup shredded fontina cheese
- 1/4 cup finely chopped chives
- 2 tablespoons oil-free butter
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 6 tablespoons grated fresh Parmigiano-Reggiano cheese

### Preparation

1. Pierce potatoes with a fork; bake at 180°C for 1 hour or until tender. Cut potatoes in half lengthwise. Scoop out flesh, leaving about a 1/4-inch-thick shell.
2. Combine flesh, milk, sour cream, and buttermilk; mash with a potato masher to desired consistency. Stir in fontina and next 4 ingredients (through pepper).
3. Divide mixture evenly among shells. Place potatoes onto lower rack; sprinkle potatoes evenly with Parmigiano-Reggiano. Bake at 180°C for 12 minutes until browned and bubbly.



## Roasted Vegetables

### Ingredients

- 1 large eggplant
- 2 crookneck or pattypan squash
- 3 red bell peppers
- 2 fresh rosemary sprigs or 1 teaspoon dried rosemary
- 5 average size red thin-skinned potatoes
- 2 tablespoons oil-free butter
- About 1/2 teaspoon salt
- About 1/4 teaspoon pepper

### Preparation

1. Rinse eggplant, squash, bell peppers, and rosemary sprigs. Scrub potatoes. Trim and discard ends of eggplant and squash. Stem and seed bell peppers. Cut eggplant, squash, and bell peppers into 1 1/2-inch chunks and potatoes into halves. Combine vegetables, rosemary, butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper in an oven-safe glass dish; mix well.
2. Place onto lower rack and roast at 200° for 50 minutes, stirring occasionally, until potatoes are browned and tender when pierced, and vegetables are nicely browned. Mound on a large platter. Add more salt and pepper to taste. Serve warm or at room temperature.





## Breaded Cauliflower Snacks

### Ingredients

- 1 small head cauliflower, broken into florets (about 5 cups)
- 4 egg yolks
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon minced fresh parsley
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup seasoned bread crumbs
- 3 tablespoons grated Parmesan cheese
- Minced fresh parsley, optional



### Preparation

1. Pre-Boil cauliflower and a small amount of water in a pot for about 8 minutes. Drain and set aside.
2. In a small bowl, whisk egg yolks and seasonings. Place bread crumbs and cheese in a large resealable plastic bag. Add a few florets at a time to the egg mixture; toss to coat. Using a slotted spoon, transfer cauliflower to crumb mixture; toss to coat.
3. Place inside baking tray onto lower rack and grill for 20 minutes at 200° or until golden brown.

Sprinkle with parsley if desired.

## Crisped Tofu with Greens and Peanut Dressing

### Ingredients

- 1/3 cup white miso (soybean paste)
- 1/3 cup mirin (sweet rice wine)
- 1/3 cup rice vinegar
- 1 tablespoon finely grated peeled fresh ginger
- 1/2 cup chopped dry-roasted peanuts, divided
- 2 tablespoons oil-free butter
- 2 packages water-packed firm tofu, drained
- 8 cups gourmet salad greens
- Minced fresh chives (optional)

### Preparation

1. Combine first 4 ingredients, 1/4 cup peanuts, and 1 tablespoon butter in a small bowl; stir with a whisk.
2. Cut each tofu block crosswise into 8 (1 5mm-thick) slices. Arrange tofu on several layers of paper towels. Top with several more layers of paper towels; top with a cast-iron skillet or other heavy pan. Let stand 30 minutes. Remove tofu from paper towels.
3. Baste the remaining butter over the tofu and place onto lower rack. Grill at 200° for 4 minutes on each side or until crisp and golden. Remove and drain tofu on paper towels. Repeat procedure with remaining Tofu.
4. Place 1 cup greens on each of 8 plates. Top each serving with 2 tofu slices, 3 tablespoons miso mixture, and 1 1/2 teaspoons chopped peanuts.



Garnish each serving with chives, if desired.

## Mushroom and Sherry Tarts

### Ingredients

- 110 grams fresh shiitake mushrooms (or any dark button mushroom)
- 225 grams fresh common mushrooms
- 3 tablespoons oil-free butter, plus 6 tablespoons chilled butter cut into chunks
- 1 onion peeled and minced
- 2 cloves garlic, peeled and minced
- 2 tablespoons sherry vinegar
- 1 tablespoon minced Italian parsley
- About 1/2 teaspoon salt
- Fresh-ground pepper
- 1 cup all-purpose flour
- 1 large egg, beaten to blend



### Preparation

1. Rinse shiitake and common mushrooms. Trim and discard shiitake stems; coarsely chop both kinds of mushrooms (keep separate). In a 10-inch frying pan over medium-high heat, melt 2 tablespoons butter. Add shiitakes and stir often until browned, 4 to 5 minutes. Pour into a bowl. Repeat this process with the common mushrooms and stir often over medium-high heat until liquid evaporates and mushrooms are well browned, 10 to 12 minutes. Add to bowl. Cool slightly, then finely chop mushrooms.
2. In same pan, over medium-high heat, melt third tablespoon butter. Add onion and stir often until beginning to brown, about 8 minutes. Add garlic and stir until fragrant, about 1 minute. Pour in vinegar and stir until liquid evaporates, 1 to 2 minutes. Stir in parsley and the mushrooms; season to taste with salt and pepper.
3. Combine flour and 1/2 teaspoon salt in the bowl of a food processor. Whirl briefly to mix. Add 6 tablespoons chilled butter and whirl until coarse crumbs form. Pour in 1/4 cup cold water and whirl just until dough comes together. Squeeze a little in your hand; if it doesn't hold together, add another tablespoon or two of water and pulse to mix. Pat dough into a ball, then flatten slightly into a disk, wrap in plastic, and chill until cold, 15 to 20 minutes.
4. Preheat oven to 190°C. On a well-floured surface, with a floured rolling pin, roll dough into an oval 3 - 5mm thick. Brush half with beaten egg.

## Mushroom and Sherry Tarts (Cont.)

Spoon tablespoonfuls of the mushroom mixture into one hand, squeeze tightly, and mound an inch apart on egg-washed side of dough. Fold bare half over mounds, and press between them to seal. With a cookie cutter, cut out tarts and transfer to the baking dish. Gather remaining dough, roll again, fill, and cut out more tarts.

5. Bake until beginning to brown, about 15 minutes. Brush tarts with egg wash (discard any remaining) and continue baking until deep golden brown, about 5 minutes longer. Serve warm.



## Tapas Style Stuffed Peppers

### Ingredients

- 6 medium red bell peppers
- 1 tablespoon oil-free butter
- 3/4 cup finely chopped shallots
- 4 cups chopped mushrooms
- 1 cup chopped fresh parsley
- 1/4 cup slivered almonds, toasted
- 3 tablespoons dry sherry
- 1 1/2 teaspoons ancho chile powder
- 2 1/2 cups hot cooked brown rice
- 1 cup tomato juice
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 cup grated fresh Parmesan cheese

### Preparation

Preheat oven to 160°C.

1. Cut tops off bell peppers; discard seeds and membranes.

2. In a large pan add the butter and heat, add shallots; sauté 3 minutes or until tender. Add mushrooms; sauté 4 minutes or until tender. Add parsley, almonds, sherry, and chile powder; sauté 3 minutes. Add rice, tomato juice, black pepper, garlic powder, and salt; sauté 3 minutes. Spoon 3/4 cup rice mixture into each bell pepper. Top each bell pepper with 2 teaspoons cheese.
3. Place stuffed bell peppers onto lower rack and bake at 160° for 25 minutes.

## Glazed Sweet Potato Fries

### Ingredients

- 1 kilogram sweet potatoes cut into
- 15mm thick sticks
- 1 Tablespoon honey
- Fine sea salt to taste

### Preparation

1. Rinse potato, drain and pat dry.
2. Place inside frying basket and then baste with honey. Air fry at 200°C for 20 minutes or until golden brown. Sprinkle optionally with salt.



## Golden Chips

### Ingredients

- 2 large potatoes, cut into paper-thin slices
- Fine sea salt

### Preparation

1. Spread cut potatoes over lower rack and air fry at 200°C for 20 minutes or until golden brown.
2. Add salt for tasting.



## Stuffed Eggplant

### Ingredients

- 1 medium eggplant (about 450 grams)
- 1/4 teaspoon salt
- 3 teaspoons oil-free butter
- 1 cup chopped onion
- 1 1/2 cups fresh breadcrumbs
- 1/2 cup finely grated Romano cheese
- 3 tablespoons chopped fresh parsley
- 1/4 teaspoon pepper
- 1 garlic clove, minced
- 1 cup no-salt-added tomato sauce
- 1/4 teaspoon dried basil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Parsley sprigs (optional)

### Preparation

1. Cut eggplant lengthwise into quarters, and cut each quarter crosswise into 4 pieces. Combine the eggplant and 1/4 teaspoon salt in a large saucepan; add water to cover, and bring to a boil. Cover, reduce heat, and simmer 8 minutes or just until pulp can be removed from peel. Carefully remove pulp, reserving peels. Mash pulp; set aside.
2. Heat 2 teaspoons butter in a nonstick pan over medium heat. Add eggplant pulp and onion; sauté for 7 minutes or until tender.



Remove from heat; stir in breadcrumbs, 1/4 cup plus 2 tablespoons Romano cheese, parsley, 1/4 teaspoon pepper, and 1 minced garlic clove.

3. Arrange reserved eggplant peels in a single layer onto baking tray. Spoon about 2 tablespoons eggplant mixture onto each peel. Bake at 175°C for 20 minutes or until thoroughly heated.

4. Place 1 teaspoon butter inside a saucepan on medium heat. Add 1 minced garlic clove; sauté 30 seconds. Add tomato sauce, basil, 1/8 teaspoon salt, and 1/8 teaspoon pepper, and cook 3 minutes or until heated. Spoon sauce over eggplant; sprinkle with remaining cheese, and garnish with parsley, if desired. Serve warm.

## Crispy Baked Cod

### Ingredients

- 2 tablespoons oil-free butter
- 1 clove garlic, minced
- 1/2 cup panko or regular bread crumbs
- 2 tablespoons minced fresh parsley
- 1 teaspoon finely grated lemon zest
- 1 tablespoon Dijon mustard
- 1 tablespoon reduced-fat mayonnaise
- 4 skinless thickish cod filets, (220g each)
- Salt



### Preparation

1. Preheat oven to 175°C. In a small skillet over medium-low heat, melt butter. Add garlic and cook, stirring, until fragrant, 30 seconds. Add bread crumbs, stir to coat with butter, then cook, stirring frequently, until light golden brown, about 5 minutes. Remove from heat and stir in parsley and lemon zest. Let cool. Combine mustard and mayonnaise in a small bowl.
2. Rinse fish and pat dry. Sprinkle each fillet lightly with salt, then place on baking tray and brush with mustard mixture. Press 1/4 of crumbs onto each fillet.
3. Place baking tray onto lower rack and bake until fish is no longer translucent (cut to test) and flakes easily, 10 to 15 minutes.
4. If crumbs aren't sufficiently browned, broil fish 2 inches from heating element on the higher rack until crumbs are crisp and dark golden brown (watching carefully to prevent burning), 2 minutes longer.

Serve immediately with fresh vegetables, rice or a garden salad.

## Hake Fillet with Jasmine Rice

### Ingredients

- 650 grams hake or other firm-fleshed fish fillets, cut into four pieces
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 8 sprigs fresh dill
- 3 lemons; 2 cut into thin slices and 1 used to make 1 tablespoon zest
- 6 tablespoons butter
- 2 cups cooked jasmine rice, kept warm

### Preparation

1. Arrange the fillets in the baking tray. Sprinkle with the salt and pepper. Place 2 sprigs of dill, 3 lemon slices, and 1 tablespoon of butter on each piece of fish.
2. Broil until the fish is just cooked and is flaky and opaque, 10 to 12 minutes at 175°C. Toss the warm rice with the remaining butter and the zest. Spoon the rice onto dinner plates and top with the fish. Serve with steamed cabbage.





## Crumbed Hot & Spicy Kingklip Fillets

### Ingredients

- 2 large fresh Kingklip fillets
- 1 bottle mild tobasco sauce
- Salt and pepper to taste
- 1/2 cup bread crumbs – seasoned with 1/4 teaspoon salt, 1/4 teaspoon pepper
- 1 lemon

### Preparation

1. Rinse the Kingklip fillets in cold water and pat dry with a paper towel. Trim into cubes.
2. Coat both sides of the fillets with the spicy tobasco sauce.
3. Sprinkle with salt and pepper.
4. Roll the coated fillets in the seasoned bread crumbs.
5. Place onto the baking tray at grill for approximately 10 minutes or until the fillets flake easily with a fork.



## Grilled Mussels with Cilantro glaze

### Ingredients

- 1 teaspoon minced fresh ginger
- 3 large garlic cloves
- 1 tablespoon champagne vinegar
- 1 teaspoon sugar
- 1 bunch cilantro, ends trimmed, chopped
- 1/4 cup oil-free butter
- 1/2 teaspoon kosher salt
- 1,5 kg mussels, scrubbed
- 4 Fresno or Corno di Toro\* chiles
- 6 cucumbers, halved lengthwise
- 5 small radishes, thinly sliced

### Preparation

1. In a blender, whirl together ginger, garlic, vinegar, sugar, cilantro, oil, salt, and 1/4 cup water until very smooth. Pour into a large bowl; set aside.
2. Arrange mussels evenly on baking tray on lower rack. Grill at 180°C, until half the mussels start to open, about 2 - 4 minutes. Starting with mussels that have opened the widest, quickly transfer them to the large bowl, being careful not to spill juices from inside shells, and continuing until remaining mussels open. (Discard any that stay closed.) Cover bowl with foil to keep warm.
3. Place chillies onto baking tray and grill until slightly charred, turning often. Slice into very thin rings. Grill cucumbers on cut side just until marks appear, about 3 minutes.
4. Set 2 cucumber halves in each of 6 large, shallow bowls. Spoon mussels and cilantro bath over cucumbers. Sprinkle with radishes and chiles.

\*Corno di Toro chiles, often called "bull's horn," are long, sweet Italian peppers sometimes sold at farmers' markets.

## Marinated Grilled Calamari

### Ingredients

- 1 kg cleaned calamari tubes and tentacles
- 1 tablespoon minced garlic
- 1 1/2 teaspoons red chillie flakes
- 1/4 cup chopped flat-leaf parsley
- 2/3 cup oil-free butter, divided
- 1/4 cup fresh lemon juice, divided
- 1 teaspoon sea salt, divided
- 1/2 loaf crusty bread such as ciabatta, cut in half horizontally

### Preparation

1. In a medium bowl, combine calamari, garlic, chile flakes, parsley, 1/3 cup butter, 2 tbsp. lemon juice, and 1/2 tsp. salt. Chill, stirring often for 1 to 5 hours.
2. Pour calamari and marinade into a colander over a bowl. Brush marinade over cut sides of bread; grill on each side under high heat (220° to 250°) until grill marks appear, 3 to 5 minutes. Cut into slices.
3. Grill calamari tubes inside baking tray, turning once, just until firm for 5 minutes.

Meanwhile, using tongs, drop tentacles in clumps onto baking tray just to firm up, then spread out to cook evenly, 4 minutes total. Put calamari in a dish and drizzle with remaining butter, lemon juice, and salt mixer.

Serve with bread.



## Parmesan-crusted Calamari Kebabs with Roasted Red Bell Pepper and Basil Sauce

### Ingredients

- 15 large cleaned calamari tubes
  - 30 (6-inch) wooden skewers
  - 1/2 cup freshly grated Parmesan cheese
  - 2 tablespoons oil-free butter
  - 1/2 cup panko\*
  - 1/2 teaspoon salt
  - 1/2 teaspoon freshly ground pepper
  - 1 large egg white, lightly beaten
- Sauce**
- 1 small jar roasted red bell peppers, drained
  - 1 small can tomato puree
  - 1/4 cup fresh basil leaves
  - 1/4 teaspoon freshly ground black pepper
  - 1/2 teaspoon balsamic vinegar



### Preparation

1. Slice tubes in half lengthwise. Thread onto skewers. Combine cheese and next 4 ingredients in a shallow dish. Brush egg white lightly over squid. Dredge squid into breadcrumb mixture.
2. Place skewers onto lower rack and broil for 2 to 5 minutes or until golden at 220°C. Serve warm with Roasted Red Bell Pepper and Basil Sauce.

\*Panko, or Japanese breadcrumbs, is available in Asian or gourmet grocery stores.

### Sauce:

Place all ingredients in container of a food processor, and pulse several times until well blended. Place mixture in a small saucepan; cook over medium heat 5 minutes or until thoroughly heated.

## Soy-Glazed Salmon

### Ingredients

- 1 cup reduced-sodium soy sauce
- 1/4 cup honey
- 1/2 teaspoon finely minced garlic
- 4 pieces salmon fillet with skin on
- 2 tablespoons sesame seeds

### Preparation

1. In a large pan, mix soy sauce, honey, and garlic. Stir often over medium-high heat until glaze is reduced by about a third, 7 to 10 minutes.
2. Pour 3 tablespoons glaze into a small bowl and reserve. Pour remainder into a shallow marinade dish. Soak salmon pieces in dish, skin side up; let stand 15 minutes. Turn salmon pieces over.
3. Place pieces inside baking tray onto the lower rack and bake at 220°C until salmon has turned opaque at the edges but is still translucent in the center (cut to test), for 10 to 15 minutes. Remove salmon from oven.
4. Increase oven heat to 250°C. Brush salmon evenly with about half the reserved glaze and sprinkle evenly with sesame seeds. Place back in Air Fryer until sesame seeds are toasted and salmon is opaque but still moist-looking in center of thickest part (cut to test), 2 to 3 minutes.
5. Drizzle salmon with remaining reserved glaze.

Use a wide spatula to transfer pieces to plates and serve immediately with basmati rice and vegetables

## Grilled Salmon with Cucumber-Avocado Salsa

### Ingredients

- 1 large side of salmon, skin on
- 1 tablespoon oil-free butter
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh cilantro
- 2 limes

### Preparation

1. Place salmon on a work surface, and remove any excess fat. Feel for any small bones, and remove with tweezers. Rub salmon with butter; sprinkle with sea salt and next 3 ingredients.
2. Squeeze juice of 1 lime over salmon just before cooking. Place salmon flesh side down, and cook, undisturbed, about 5 minutes at 220°C or until salmon releases from grill easily and is golden brown on the cooked side.
3. Turn salmon over, placing it skin side down onto the lower rack. Squeeze juice from remaining lime over salmon, and cook for 6 more minutes or until fish starts to flake. Lift salmon out, wrap in aluminum foil to stay warm, and let rest, loosely covered, about 5 minutes before slicing.
5. Remove skin before serving. Serve warm or at room temperature topped with Cucumber-Avocado Salsa.

### Salsa:

Combine cucumber and scallion together in a medium bowl. Whisk together vinegar and next 5 ingredients in a small bowl. Pour vinaigrette over cucumber mixture, and season with salt and pepper. Add avocado just before serving, and toss gently to mix. For best results, make this salsa ahead of time and refrigerate until ready to serve, but add the avocado just before serving.



### Salsa Sauce

- 2 1/2 cups cucumber, cubed
- 2 scallions, minced
- 3 tablespoons red wine vinegar
- 1 1/2 teaspoons lime zest
- 2 tablespoons fresh lime juice
- 1 tablespoon honey
- 1 tablespoon oil-free butter
- 3 tablespoons chopped cilantro
- Salt, to taste
- Freshly ground pepper, to taste
- 1 avocado, peeled and cubed

## Tuna Patties \*Gluten free

### Ingredients

- 2 tins tuna drained (but reserve 1 tablespoon juice)
- 2 teaspoons dijon mustard
- 1/2 cup gluten free bread torn into small pieces
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon water (or liquid from cans of tuna)
- 2 tablespoons fresh parsley chopped
- 2 tablespoons chives, green onion, or shallots chopped
- Salt and pepper to taste
- A couple squirts of tabasco
- 1 whole large egg
- 1 tablespoon oil-free butter



### Preparation

1. Drain the liquid from the tuna cans. If you are using tuna packed in water, reserve a tablespoon of the tuna water, and add a tablespoon of butter to the tuna mixture in the next step.
2. In a medium bowl, mix together the tuna, mustard, torn bread, lemon zest, lemon juice, water, parsley, chives, and hot sauce. Sprinkle on salt and pepper. Taste the mixture before adding the egg to see if it needs more seasoning to your taste. Mix in the egg.
3. Divide the mixture into 4 parts. With each part, form into a ball and then flatten into a patty. Place onto wax paper lined tray and chill for an hour. (You can skip the chilling if you want, chilling just helps the patties stay together while you cook them.)
4. Gently place the patties onto the lower rack and cook until nicely browned, 3-5 minutes on each side at 220°C.

Serve with wedges of lemon. You can also serve with tartar sauce and lettuce on buns for a tuna burger.

## Baja-Style Grilled Lobster Tails

### Ingredients

#### Lobster:

- 6 large rock or spiny lobster tails
- 12 green onions

#### Sauce:

- 1 tablespoon grated orange rind
- 2 tablespoons fresh orange juice
- 1 tablespoon fresh lime juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- Dash of hot sauce
- 1 garlic clove, minced
- 2 tablespoons oil-free butter, melted

#### Remaining optional ingredients:

- 6 large flour tortillas
- Lime wedges

### Preparation

1. To prepare lobster, cut each lobster tail in half lengthwise. Coat lobster tails and onions with butter. Place lobster tails, cut sides down, onto the lower rack; and grill for 3 minutes at 220°C. Turn lobster; grill 5 minutes.
2. Place onions on grill rack; grill 3 minutes or until tender.
3. To prepare sauce, combine rind and next 6 ingredients (through garlic) in a medium bowl, stirring well with a whisk. Gradually add butter, stirring constantly with a whisk. Drizzle sauce over cut sides of lobster tails.
4. Warm tortillas according to package directions. Serve with lobster and lime wedges, if desired, or serve with a fresh salad.





## Caramelized Rice Pudding with Pears and Raisins

### Ingredients

- 4 cups low-fat milk
- 2 cups Arborio rice or other short-grain rice
- 3 tablespoons granulated sugar
- 3 tablespoons non-fat dry milk
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 10cm cinnamon stick
- 1 10cm piece vanilla bean, split lengthwise
- 1/2 cup full cream
- 3 1/2 cups chopped peeled pears
- 1/2 cup raisins
- 1/4 cup apple juice
- 3 tablespoons granulated sugar
- 1 10cm cinnamon stick
- 1/2 cup granulated sugar

### Preparation

1. Combine first 7 ingredients into a round heat resistant glass dish. Scrape seeds from vanilla bean; add seeds and bean to rice mixture. Place dish onto lower rack and bake uncovered at 150°C for 50 minutes, or until the rice is tender, stirring occasionally. Discard cinnamon stick and vanilla bean; stir in cream. Allow to cool.
2. Combine pears and next 4 ingredients (pears through cinnamon stick) in a small saucepan; bring to a boil. Reduce heat; simmer 10 minutes or until tender. Discard cinnamon stick. Spoon about 1/3 cup pear mixture into the bottom of each of 8 medium ramekins. Top each serving with about 1/3 cup rice pudding. Just before serving, sprinkle 1 tablespoon sugar over each serving. Place onto top rack at 200°C until sugar is completely melted and caramelized (about 45 - 60 seconds). Serve within 30 minutes. (Do not refrigerate or caramel will melt).



## Irish Bread Pudding with Caramel-Whiskey Sauce

### Ingredients

- 1/4 cup oil-free butter, melted
- 1 large French bread baguette, cut into 1-inch-thick slices
- 1/2 cup raisins
- 1/4 cup Irish whiskey
- 1 3/4 cups low-fat milk
- 1 cup sugar
- 1 tablespoon vanilla extract
- 1 can evaporated skim milk
- 2 large eggs, lightly beaten
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon

### Sauce:

- 1 1/2 cups sugar
- 2/3 cup water
- 1/4 cup oil-free butter
- 1/4 cup fat-free cream cheese
- 1/4 cup Irish whiskey
- 1/4 cup low-fat milk

### Preparation

1. Brush melted butter on one side of French bread slices, and place bread, buttered sides up, onto the baking tray. Bake bread at 200°C for 5 minutes or until lightly toasted. Cut bread into 1/2-inch cubes, and set aside.
2. Combine raisins and whiskey in a small bowl; cover and let stand 10 minutes or until soft (do not drain).
3. Combine milk and next 4 ingredients (milk through eggs) in a large bowl; stir well with a whisk. Add bread cubes and raisin mixture, pressing gently to moisten; let stand 15 minutes. Spoon bread mixture onto the baking tray. Combine 1 tablespoon sugar and cinnamon; sprinkle over pudding. Bake at 175°C for 25 minutes or until set. Serve warm with Caramel-Whiskey Sauce.



### Sauce:

Combine sugar and water in a small heavy saucepan over medium-high heat; cook until sugar dissolves, stirring constantly. Cook an additional 15 minutes or until golden (do not stir). Remove from heat. Carefully add butter and cream cheese, stirring constantly with a whisk (mixture will be hot and bubble vigorously). Cool slightly, and stir in whiskey and milk.

## Toffee-Marshmallow Brownies

### Ingredients

- 1/2 cup fat-free butter
- 1 medium slab plain chocolate
- 3/4 cup sugar
- 1/4 teaspoon salt
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup walnut pieces
- 1/3 cup white-chocolate chips
- 1/2 cup mini-marshmallows
- 10 toffee cubes, unwrapped
- 1 1/2 tablespoons heavy cream

### Preparation

1. Melt butter and chocolate in a medium saucepan over medium-low heat, whisking lightly until smooth and glossy. Remove from heat.
2. In a mixing bowl, whisk in sugar and salt, then beat in eggs one at a time until well blended. Stir in vanilla extract, then flour. try keep the mixture stiff, then scrape into the baking tray and sprinkle walnuts evenly on top.
3. Bake brownies at 180°C until set and slightly springy to touch, about 20 minutes. Remove pan from oven and turn off heat. Sprinkle chocolate chips and marshmallows on top. return pan to oven for 2 minutes, then transfer pan to a rack to cool.
4. Combine toffee and cream in a small bowl and microwave on medium (50 percent) power for 1 1/2 minutes; stir with a fork until completely smooth. Drizzle caramel-cream over brownies, then let them cool completely.
5. When cool, remove brownies from tray, then transfer them to a board. Cut brownies into four pieces, then cut each quarter into four individual pieces.

## Warm Pear with Cinnamon Ricotta

### Ingredients

- 1 small pear, halved and cored
- 1/4 cup part-skim ricotta cheese
- 1/4 teaspoon ground cinnamon

### Preparation

1. Bake pear halves at 180°C on lower rack for 15 to 20 minutes until tender.
2. Combine ricotta and cinnamon in a small bowl. Top warm pear with ricotta mixture.



## Crispy Coconut Dates

### Ingredients

- 8 dates, pitted
- 8 tablespoons puffed-wheat cereal
- 2 tablespoons shredded coconut

### Preparation

1. Place dates in a large bowl. Mash with fingers until dates form a ball.
2. Add cereal; knead into dates.
3. Form into 8 balls; roll each in coconut to coat.
4. Place in Baking tray and bake for 8 minutes at 200°C until browning starts.



## Grilled Banana with Pecans

### Ingredients

- 1/4 cup chopped pecans
- 1/4 cup sweetened flaked coconut
- 6 unpeeled baby bananas
- 6 fresh pineapple slices
- 350ml fat-free vanilla ice cream
- 350ml low-fat chocolate frozen yogurt
- Chocolate Sauce
- Garnish: maraschino cherries



### Preparation

1. Place pecans and coconut in a single layer onto the baking tray. Bake for 7 to 8 minutes at 160°C or until toasted and pecans are fragrant, stirring occasionally. Remove baking tray.
2. Peel bananas, and cut in half lengthwise. Grill pineapple slices on lower rack for 4 minutes at 200°C until lightly caramelized. Grill banana halves 1 to 2 minutes on each side or until lightly caramelized.
4. Chop grilled pineapple. Arrange 2 grilled banana halves in each of 6 banana-split dishes or other serving bowls. Scoop 1/4 cup vanilla ice cream and 1/4 cup chocolate frozen yogurt into each dish between banana slices. Top each with 1 tablespoon. Chocolate sauce, 1 chopped pineapple slice, 2 teaspoons pecans, and 2 teaspoons coconut. Garnish, if desired. Serve immediately.

**Tip:** 3 regular bananas, peeled and quartered, may be substituted. Increase grilling time to 4 minutes on each side.

## Rum And Coconut Crème Brûlée

### Ingredients

- 1 package soft silken-style tofu, drained
- 1/2 cup coconut milk
- 1/2 cup maple syrup
- 2 tablespoons cornstarch
- 2 tablespoons rum
- 2 teaspoons coconut extract
- 1/8 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon brown sugar
- 4 teaspoons flaked sweetened coconut



### Preparation

Preheat oven to 160°C.

1. Place first 7 ingredients in a food processor; process until smooth, scraping sides of processor bowl occasionally.
2. Spoon mixture evenly into 4 medium ramekins or custard cups. Place ramekins onto lower rack; add hot water to fryer to a depth of 1cm inch. Bake at 160°C for 40 minutes or until a knife inserted near center comes out clean. Remove cups from air fryer; let cool on a wire rack. Cover and chill at least 2 hours.

Combine sugar, brown sugar, and coconut; sprinkle evenly over each serving. Place ramekins top rack; broil at 200°C for 2 minutes or until sugars melt and coconut is lightly browned.

## Herb Baked Flatbread

### Ingredients

- 1 cup warm water
- 2 1/2 teaspoon active dry yeast
- 1 teaspoon sugar
- 2 1/2 cups all-purpose flour
- 1/2 cup cornmeal
- 1 teaspoon sea salt plus more to top bread
- 2 tablespoons oil-free butter
- Freshly ground black pepper, to taste

*Toppings: 1/2 zucchini, thinly sliced (1/4 cup); 1/2 medium purple onion, thinly sliced (1 cup); 1 small green or red pepper, thinly sliced (1/3 cup); 1/2 small eggplant, thinly sliced (1 cup); 2 teaspoons fresh rosemary; 3 teaspoons fresh sage*

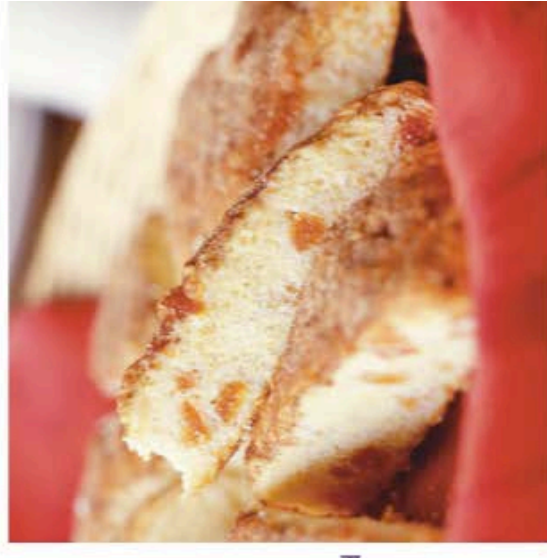
### Preparation

1. Combine 1 cup warm water, yeast, and sugar in a glass measuring cup, and stir to mix; let stand 10 minutes or until frothy.

2. In a separate large bowl, whisk together flour, cornmeal, and sea salt. Make a well in the center, and add butter and yeast mixture; mix thoroughly until it forms a stiff dough. Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 10 minutes). Place in a lightly greased bowl, turning to grease top. Cover with a damp cloth, and let rise in a warm place, free from draughts, 1 hour or until doubled in bulk.

3. Preheat oven to 220°C. Punch dough down, and divide into fourths; let rest 15 minutes. Roll each portion into a flat 10- to 12-inch round on a surface dusted with cornmeal. Transfer each round onto the baking tray dusted with cornmeal. Top with vegetables and herbs, and brush with more butter. Sprinkle with sea salt and pepper to taste, and bake for 14 minutes or until crisp and golden.

*Breadsticks: Divide dough into 4 pieces; roll each into a (15x10cm) rectangle. Cut each rectangle lengthwise into 5 strips. Pull or roll into long sticks. Starting from the center, press downward and outward while rolling toward the ends. Use as little flour as possible for the easiest rolling. Brush with butter, and sprinkle with salt, pepper, and herbs (such as fresh rosemary). Bake at 220°C for 13 minutes or until golden brown and crispy.*



## Apricot Scones

### Ingredients

- 2 1/2 cups all-purpose flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup chilled oil-free butter, chopped
- 1/2 cup finely chopped dried apricots
- 1/2 cup low-fat buttermilk
- 2 large eggs
- 2 teaspoons sugar
- 1/2 teaspoon ground cinnamon

### Preparation

1. Preheat oven to 200°C.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and the next 4 ingredients (flour through salt), and cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Stir in the apricots.
3. Combine the buttermilk and eggs, stirring with a whisk. Add to flour mixture, stirring just until moist (dough will be sticky).
4. Turn dough out onto a lightly floured surface; knead lightly 4 times. Pat dough into a circle on the baking tray lightly greased with butter. Cut dough into 12 wedges, cutting into but not through dough. Combine 2 teaspoons sugar and cinnamon, and sprinkle over dough. Bake at 200°C for 20 minutes or until golden. Serve warm.

*Make-ahead tip: Scones can be prepared a day ahead; cool on a wire rack. Wrap in aluminum foil; reheat at 170° for 15 minutes.*

## Baguette

### Ingredients

- 2 1/4 teaspoons dry yeast
- 1 1/4 cups warm water
- 3 cups bread flour, divided
- 1 teaspoon salt
- Oil-Free Butter
- 1 teaspoon cornmeal

### Preparation

1. Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife. Add 2 3/4 cups flour to yeast mixture; stir until a soft dough forms. Cover and let stand 15 minutes.
2. Turn dough out onto a lightly floured surface; sprinkle evenly with salt. Knead until the salt is incorporated and the dough is smooth and elastic (about 6 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly sticky).
3. Place dough in large bowl lightly greased with butter, turning to coat top. Cover and let rise in warm place (85°), 40 minutes or until doubled in size. (Gently press two fingers into dough. If an indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide in half.
4. Working with 1 portion at a time (cover remaining dough to prevent drying), roll each portion on a floured surface into 15cm ropes, slightly tapered at ends. Place ropes on baking tray sprinkled with cornmeal. Lightly coat dough with butter, and cover; let rise 20 minutes or until doubled in size.
5. Preheat oven to 230°C. Uncover the dough. Cut 3 (10mm diagonal slits across top of each loaf. Bake at 230°C for 20 minutes or until browned on bottom and sounds hollow when tapped.



## Carrot Cake

### Ingredients

#### Cake:

- 1 1/2 cups all-purpose flour
- 1 1/3 cups granulated sugar
- 1/2 cup sweetened flaked coconut
- 1/3 cup chopped pecans
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 tablespoons oil-free butter
- 2 large eggs
- 2 cups grated carrot
- 1 1/2 cups canned crushed pineapple, drained

#### Frosting:

- 2 tablespoons butter, softened
- 225g block fat-free cream cheese, softened
- 3 cups powdered sugar
- 2 teaspoons vanilla extract
- Additional grated carrot

### Preparation

1. To prepare cake, lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, coconut, pecans, baking soda, salt, and cinnamon in a large bowl; stir well with a whisk. Combine butter and eggs; stir well. Stir egg mixture, grated carrot, and pineapple into flour mixture.
2. Spoon stiff batter on the baking tray, lightly coated with butter. Bake at 175°C for 35 minutes or until a wooden pick inserted in the center comes out clean. Cool completely on a wire rack.
3. To prepare frosting, combine butter and cream cheese in a large bowl. Beat with a mixer at medium speed until smooth. Beat in powdered sugar and vanilla just until smooth. Spread frosting over top of cake. Garnish each serving with grated carrot, if desired.



## Sour Cream Dinner Rolls

### Ingredients

- 1 container sour cream
- 1/2 cup oil-free butter
- 1/2 cup sugar
- 1 1/4 teaspoons salt
- 2 envelopes active dry yeast
- 1/2 cup warm water
- 2 large eggs
- 4 cups all-purpose flour
- 2 tablespoons oil-free butter, melted



### Preparation

1. Cook first 4 ingredients in a saucepan over medium-low heat, stirring occasionally, until butter melts. Allow to cool.
2. Combine yeast and 1/2 cup warm water in a 1-cup glass liquid measuring cup; let stand 5 minutes.
3. Stir together yeast mixture, sour cream mixture, eggs, and flour in a large bowl until well blended. Chill, covered, 8 hours.
4. Divide dough into fourths, and shape each portion into a ball. Roll each into 10mm thickness on a floured surface; cut dough with a 60mm round cutter. Brush rounds evenly with 2 tablespoons melted butter. Make a crease across each round with a knife, and fold in half; gently press edges to seal. Place rolls onto the baking tray with sides touching.
5. Cover and let rise in a warm place (30°C), free from draughts for 45 minutes or until doubled in bulk.
6. Bake at 180°C for 12 to 15 minutes or until golden.



## Chocolate-Almond Croissants

### Ingredients

- 3 tablespoons almond paste
- 2 tablespoons melted oil-free butter
- 4 fresh croissants
- 1/4 cup coarsely chopped semisweet or bittersweet chocolate

### Preparation

1. Coarsely shred the almond paste to fill about 1/2 cup. In a bowl, stir almond paste and 2 tablespoons melted butter to form a soft paste. Slice open 4 fresh croissants. Spread almond paste mixture equally on cut sides of bottom halves, then sprinkle 1/4 cup coarsely chopped semisweet or bittersweet chocolate equally over almond paste. Replace tops.
2. Set croissants on the baking tray and bake at 175°C for 3-5 minutes, or until chocolate starts to melt.

## Recipe Notes

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