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# Recipes

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**#SISTERMAGFOOD**

# N°40



# GREEN GAZPACHO SOUP

CONTRIBUTOR | CATHERINE FRAWLEY

## INGREDIENTS

100g	Frozen Peas
100g	Spinach Leaves
50g	Watercress, plus extra to garnish
1	large cucumber
	large handful fresh basil
	large handful fresh Mint
200g	Natural Yoghurt
½ tsp	pink pepper corns, plus extra to garnish
2 tbsp	extra virgin olive oil, plus extra to drizzle
	Salt flakes to taste

## PREPARATION

1. Cook the peas according to the packet instructions. Allow to cool.
2. Add all the ingredients (except the extra watercress, pink peppercorns and oil to be used for the garnish) to a food processor or blender. Blend until everything is combined and the texture is smooth.
3. Transfer to large bowl place in the fridge for at least 2 hours or overnight.
4. Serve chilled and garnish with watercress, pink peppercorns and a drizzle of extra virgin olive oil



# SALMON EN CROUTE

CONTRIBUTOR | CATHERINE FRAWLEY

## INGREDIENTS

200g	fresh baby spinach
	zest of one lemon
½ tsp	freshly grated nutmeg
150g	soft cream cheese
1 pack	ready rolled puff pastry
4	boneless, skinless salmon fillets
1	egg, beaten
	Salt & Pepper to taste

## PREPARATION

1. Steam the spinach for 1-2 minutes, roughly chop and squeeze to remove any excess water.
2. Add the spinach to a bowl, along with the lemon zest, nutmeg and cream cheese, season to taste.
3. Pre-heat the oven to 200C, line a baking sheet with greaseproof paper
4. Unroll the pastry onto the baking sheet. Along the centre add the salmon and spoon the spinach mixture on top. Fold one side of the pastry over the salmon and the other side brush the edge with the beaten egg. Fold that over to encase the salmon.
5. Turn the parcel over, trim any excess pastry at the top and bottom, add a few slits for air holes. You can decorate the top of the parcel with any excess pastry should you wish, then brush all the pastry with the remaining beaten egg.
6. Place in the oven for 20 mins, remove when the pastry is golden brown. Slice and serve.



# WALDORF SALAD

CONTRIBUTOR | CATHERINE FRAWLEY

## INGREDIENTS

1 apple, cored and thinly sliced

1 celery stick, thinly chopped

100g red grapes, halved

50g walnut halves

70g pack of rocket leaves

100g mixed salad leaves

Salt & Pepper to taste

## FOR THE DRESSING

2 tbsp mayonnaise

2 tbsp natural yoghurt

1 tsp lemon juice

black pepper to taste

## PREPARATION

1. In individual plates or a serving platter add a layer of rocket and salad leaves
2. Scatter over the sliced apple, celery, grapes and walnut halves
3. Add salt and pepper to taste
4. For the dressing add all the ingredients to a bowl, mix thoroughly, transfer to a serving jug and serve along side your salad

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# CHERRY JUBILEE

CONTRIBUTOR | CATHERINE FRAWLEY

## INGREDIENTS

30g	butter, unsalted
30g	light brown sugar
400g	fresh cherries, destoned or frozen allowed to thaw (keep the juices)
½ tsp	lemon zest
2 tbsp	brandy or whiskey
	Vanilla ice cream
	Crushed hazelnuts to serve (optional)

## PREPARATION

1. In a large saucepan melt the butter over a medium heat, add the sugar, stir until dissolved.
2. Add the cherries, stir to coat and cook for 10 minutes. Remove from the heat to add the brandy/whiskey. Return to the heat, continue to stir occasionally for another 5 minutes or until the juices thicken. Stir in the lemon zest and remove from the heat
3. Add two scoops of vanilla ice cream to four bowls, spoon over the cherries and sauce whilst still warm. Sprinkle with crushed hazelnuts (optional) and serve.

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