

Online Lesson - Christmas Canapes

Equipment Required

Sharp Knife	Scales
Chopping board	Tablespoon
Baking tray	Teaspoon
3 x Medium Bowl	Microplane or grater
Small bowl	Electric whisk (hand whisk would be fine)
Frying pan	
Peeler	

Serves 4

Ingredients

200g (7 oz) Chorizo sausage
100g (3.5oz) Smoked Salmon
1 cucumber
300g (10.5oz) Butternut Squash
1 Lemon
1 Jar roasted peppers
1 large bunch fresh basil
1 small bunch Parsley
100g (3.5oz) Flour
1 Egg (separated)
150ml (1/2 cup plus 1 tbsp) Milk
1 part-baked baguette
2 tbsp Apple cider vinegar
1 tsp caster sugar
25g (1.5tbsp) vegetable oil (I'll use rapeseed) plus some for frying
80ml (1/3 cup) olive oil
4 tbsp extra virgin olive oil
3 tbsp pine nuts (or sunflower seeds for nut free)
3 cloves garlic
½ tsp ground cumin
½ tsp ground fennel seeds
¾ cup parmesan freshly grated (or 4 tbsp nutritional yeast for dairy free)
Sea salt and pepper

Recipe – Smoked Salmon Blinis with Pickled Cucumber

100g (3.5oz) Flour
1 Egg (separated)
150ml (1/2 cup plus 1 tbsp) Milk
25g (1.5tbsp) vegetable oil (I'll use rapeseed) plus some for frying
Salt and pepper

100g (3.5oz) Smoked Salmon

1 cucumber
2 tbsp Apple cider vinegar
1 tsp caster sugar
1 tsp sea salt

Pickled Cucumber:

1. Use a peeler to peel long thin ribbons of the cucumber, stopping when you get to the seeds.
2. Combine the marinade ingredients and stir until the sugar and salt have dissolved. Toss the cucumber in the marinade in a non-metal bowl.
3. Leave to marinade for at least 20mins.

Blinis:

1. Sieve the flour into a bowl and season well with salt and pepper. Make a well in the centre and add the egg yolk and milk. Whisk together slowly incorporating the flour, once combined add in the oil.
2. Whisk the egg whites in a small glass bowl until starting to stiffen. Mix 1/3 of the egg whites into the mixture. Then slowly fold the rest in two batches with a metal spoon.
3. Lightly grease a frying pan and put over a medium heat. Cook 1 tbsp amounts for 2-3 mins on each side. Set aside and keep warm.
4. Serve topped with the salmon and pickled cucumber.

Recipe – Butternut and Chorizo Skewers

300g (10.5oz) Butternut Squash

200g (7oz) Chorizo sausage

1 small bunch Parsley

Marinade:

2 tbsp olive oil

2 pinches sea salt

Black pepper

½ tsp ground cumin

½ tsp ground fennel seeds

1. Preheat the oven to 200C.
2. Cut the butternut into 16 neat cubes and place on a baking tray. Mix the marinade together and coat the cubes. Make sure the butternut is in a single layer on the tray
3. Cook for 20mins or until the edges are crisp and the centre soft.
4. While the butternut cooks, slice the chorizo and heat in a frying pan for a couple of minutes on each side.
5. To serve skewer through a parsley leaf, then the butternut and then chorizo.

Recipe – Pesto topped crostini

Crostini:

- 1 part-baked baguette
- 50ml (3tbsp) olive oil
- 1 Jar roasted peppers (sliced)

Pesto:

- 1 large bunch fresh basil (large stems removed)
- 3 tbsp pine nuts (or sunflower seeds for nut free)
- 3 cloves garlic
- ¾ cup parmesan freshly grated (or 4 tbsp nutritional yeast for dairy free)
- 4 tbsp extra virgin olive oil
- 1 Lemon (juice only)
- Sea salt

1. Slice the baguette into 1/2cm slices on the angle.
2. Heat the oven to 180C and brush each side of the bread with olive oil. Bake for 8-10mins until crisp.
3. While the crostini toast, make the pesto.
4. Start with the garlic on a chopping board, we are going to peel each clove then roughly chop it before adding the basil leaves and chopping together. Scooping everything into a pile and then keep chopping until you have a fine garlicky, basily mince.
5. Then add the pine nuts and keep gently chopping until everything is finely chopped up. Grate the parmesan over the top and chop together.
6. Transfer the mix to a bowl and cover with the olive oil. We are going to leave the pesto to rest and just before serving, taste, season and add some lemon juice.
7. Taste your pesto and add some salt, pepper and a squeeze of lemon juice as needed to season.
8. Top each slice of bread with pesto and a slither of red pepper.
9. The pesto will keep well in the fridge for a week.