

Steak with Peppercorn Sauce

INGREDIENTS

- 2 steaks (porterhouse, rib eye or scotch fillet)
- Sea salt
- Freshly ground pepper
- 3 shallots, finely chopped
- 1 jar or tin green peppercorns, liquid removed
- 2 garlic cloves, crushed
- Olive oil
- Knob of unsalted butter
- ½ cup beef stock
- 4 tbsp brandy
- ¼ cup cream
- Parsley, chopped

INSTRUCTIONS

1. Trim and season the steak well on both sides.
2. Heat a thin layer of oil in a heavy-bottomed pan and seal the steak on both sides. Remove.
3. Add a good knob of butter to the pan and melt before adding the shallots and garlic. Cook until tender.
4. Add the stock, brandy, cream, peppercorns and 1 tbsp parsley. Cook until thick-ish.
5. Return the steak to the pan, turn down the heat and gently cook until the sauce is reduced slightly and the steak is cooked to your personal taste.
6. When ready, place the steak on a plate and pour the sauce over the top. Sprinkle with more parsley.
7. Serve with home cooked chips and a simple green salad.

Roast Chicken with Garden Potatoes

INGREDIENTS

- 1 large chicken, preferably organic
- 1 lemon
- 2 cloves garlic, peeled and halved
- 1 bunch of fresh thyme, leaves picked
And finely chopped
- Salt, to taste
- Freshly ground black pepper, to taste
- 2 tbsp softened butter
- 4 large potatoes, cubed or wedges as preferred
- 2 sprigs of rosemary, bruised
- Olive oil

INSTRUCTIONS

1. Preheat the oven and your pan to 200°C.
2. Wash your chicken inside and out and pat dry with kitchen paper.
3. Using your fingers, part the breast skin from the breast meat. It's important to try to push your hand gently down the breast, being careful not to rip the skin.
4. Mix butter, thyme, salt and pepper in a bowl. Using your hands place the butter mixture under the skin and massage into the crevices.
5. Using a fork, stab the lemon a few times and place in the carcass. Place the chicken in the oven and roast for approx 20 minutes.
6. While the chicken is roasting, parboil the potatoes for 10 minutes.
7. Remove the chicken from the oven and place the potatoes, rosemary and garlic in the pan. Cook for a further 40 minutes.
8. Leave the chicken and potatoes to stand for 10 minutes.
9. Place a wooden board on the table and serve straight from the pan with gravy and some greens.

Chicken Cacciatore

INGREDIENTS

- 1.5kg chicken pieces (thigh and drumstick)
- salt and pepper, to season
- 2 tbsp olive oil
- 1 onion
- 1 clove of garlic
- ½ cup dry white wine
- 1½ tbsp vinegar
- 1 chicken stock cube
- ½ cup of water
- 1 tsp basil
- 1 tsp sugar
- 400g can peeled tomatoes
- 3 anchovy fillets
- ¼ cup milk
- 60g black olives
- 1 tbsp chopped parsley

INSTRUCTIONS

1. Cut the chicken into serving-size pieces and sprinkle with salt and pepper
2. Heat oil in a pan, add chicken and brown on all sides. Put the chicken in an ovenproof dish.
3. Pour off most pan juices, leaving roughly 1 tbsp of them in the pan. Add finely chopped onion and crushed garlic to the pan, cook until onion is translucent.
4. Add vinegar and wine and boil until reduced by half the quantity.
5. Add crumbled stock cube and water, stir over high heat for 2 minutes. Push tomatoes and liquid through a sieve, add to the pan with basil and sugar, cook off for 1 minute.
6. Pour tomato mixture over chicken pieces. Cover then cook in a moderate oven for 1 hour.
7. Soak anchovy fillets in milk for 5 minutes, drain on absorbent paper. Arrange chicken pieces on a serving dish and keep warm.
8. Pour pan juices into a saucepan and bring to the boil for 1 minute. Chop the anchovy fillets finely and add to the pan.
9. Cut black olives in half, remove stones and add to the saucepan with chopped parsley, cook for 1 minute.
10. Pour sauce over chicken pieces then serve with a side of your choice of pasta.