




12 Recipes for Summer



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 **CATER CARE**



Spanish Prawn and Chorizo Skewers with Ajo Blanco

Spanish Prawn and Chorizo Skewers with Ajo Blanco

Serves: 4

Celebrate the quintessential Australian outdoor lifestyle with the sizzling joy of prawns on the grill. Embrace sun-soaked days with this centuries-old traditional Spanish recipe, a flavourful blend of prawns and chorizo with pork, garlic, and smoked paprika. Paired with a refreshing ajo blanco, this dish is a taste of summer perfection, adding a touch of fun to your gatherings with mates. Cheers to good times and great flavours!

Ingredients

2 tsp Sweet Paprika
¼ tsp Smoked Paprika
⅛ tsp Chilli Powder
2 Garlic Cloves - peel and finely chop
1 Lemon - finely zest
80 ml Olive Oil
¼ bunch Curly Parsley - pick sprigs, rinse, drain, and finely chop
¼ tsp Caster Sugar
36 Green Prawn Cutlets - peel, leaving the tail on, and devein
240 gm Chorizo Sausage - evenly cut into 24 x 1cm slices widthways
50 gm Sourdough White Bread - remove and discard crusts, break into bite size pieces
As required - Cold Water
½ Garlic Clove - peel and roughly chop
120 gm Blanched Almonds - roughly chop
90 ml Cold Water
45 ml Sherry Vinegar
40 ml Extra Virgin Olive Oil
To taste - Sea Salt and Freshly Ground Black Pepper
12 x 20 cm Metal Skewers
As Required - Extra Virgin Olive Oil Spray
12 Flat Leaf Parsley Leaves - rinse, drain and roughly tear
As required - Smoked Paprika

Method

1. In a mixing bowl, add the sweet paprika, ¼ tsp smoked paprika, chilli powder, 2 garlic cloves, lemon zest, olive oil, curly parsley, and sugar. Mix to combine. Add the prawns and chorizo and toss until they are evenly coated with the marinade. Cover with cling wrap and refrigerate for 2 hours.
2. In a second mixing bowl, add the bread. Pour over the first quantity of cold water until the bread is fully immersed. Leave for 2 minutes, then remove the bread and squeeze out, discarding any excess water.
3. Place the bread, ½ garlic clove, almonds, and 90 ml cold water into the jug of a food blender and blend to a smooth puree. Then add the vinegar and 40 ml extra virgin olive oil and blend until the ingredients are fully combined. Remove and place the ajo blanco into a mixing bowl. Season to taste, then set it to one side for 30 minutes to allow its flavours to further develop.
4. Remove the prawns and chorizo sausage from the marinade, allowing any excess to drain off.
5. Then, on each metal skewer, alternately thread 3 prawns and 2 pieces of chorizo. Lightly spray the prepared skewers with extra virgin olive oil.
6. On a moderately hot BBQ griddle plate, add the skewers and cook for 1 minute on each side until they are browned and the prawns and chorizo are cooked through. Remove from the heat.

To Serve

Stack the skewers on a serving board or platter, garnish with the flat-leaf parsley. Place the ajo blanco into a serving bowl and lightly dust it with the second quantity of smoked paprika. Serve with the Spanish prawn and chorizo skewers.

Hawaiian Huli
Huli Chicken with
Caramelised Pineapple





Hawaiian Huli Huli Chicken with Caramelised Pineapple

Serves: 4

Embrace Hawaiian flavours with an Aussie twist. Cater Care's Huli Huli chicken with caramelised pineapple is perfect for a laid-back dinner or a leisurely weekend lunch. Created in 1954 by Ernest Morgado, it features a teriyaki-like sauce, grilled to perfection with a touch of history. Turn up the heat, soak in the sun, and savour the delicious blend of cultures in every bite.

Ingredients

250 ml Pineapple Juice
100 gm Brown Sugar
125 ml Soy Sauce
125 ml Tomato Sauce
2 tsp Minced Ginger
2 Garlic Cloves - peel and finely chop
1 Green Shallot Stem - finely slice
30 ml Malt Vinegar
60 ml Chicken Stock
To taste - Sea Salt and Freshly Ground Black Pepper
4 x large Chicken Marylands - score the skin side 3 times with a sharp knife
As required - Extra Virgin Olive Oil Spray
As required - Coconut Sugar
½ Pineapple - top and tail, cut into quarters lengthwise, remove core and cut lengthways into 2cm thick slices
As required - Extra Virgin Olive Oil Spray

Method

1. Preheat an oven to a moderate temperature -160°C.
2. In a mixing bowl, add the pineapple juice, brown sugar, soy sauce, tomato sauce, ginger, garlic, shallot, malt vinegar, and chicken stock, mix to combine and season to taste.
3. Add the chicken and toss until it is evenly coated with the marinade, then cover with cling wrap and refrigerate for 8 hours.
4. Remove the chicken from the refrigerator and remove it from the marinade, allowing any excess marinade to drain off.
5. Over a moderate heat, generously spray oil a sauté pan or a flat BBQ plate. Add the chicken and sear it until it is lightly browned on both sides, Then remove it from the heat and place it into a deep sided roasting tray, skin side up. Place the chicken into the oven and roast for 35 minutes, basting the chicken every 10 minutes with the pan juices, or until the chicken is cooked through and golden brown in colour. Remove the chicken from the oven, cover with aluminium foil, and set to one side to rest for 5 minutes.
6. In a mixing bowl, add the coconut sugar and pineapple pieces, toss until the pineapple is lightly coated with the sugar.
7. Over a moderate heat, generously spray oil a sauté pan. Add the pineapple slices and sauté until each one is lightly caramelised on all sides, then remove them from the heat.

To Serve

Place the chicken onto a serving board or platter. Next to the chicken, place the caramelised pineapple pieces and serve immediately.



**Grilled Afghani
Chicken with Salted
Yoghurt and Spiced
Tomato Dipping Sauces**



Grilled Afghani Chicken with Salted Yoghurt and Spiced Tomato Dipping Sauces

Serves: 4

Bring a touch of spice to your outdoor gatherings by paying homage to centuries of culinary tradition with our Grilled Afghani Chicken. Marinated in natural yoghurt and an array of spices, these skewers promise tenderness and flavour perfection. Accompanied by salted yoghurt and spiced tomato sauces, our dish captures the essence of a smoky BBQ feast. Make it a summer sensation with mates, soaking up the sun and savouring the rich heritage of Afghani cuisine.

Ingredients

200 gm Natural Yoghurt
1 Garlic Clove - peel and finely chop
1 tsp of each Ground Coriander, Ground Cumin, Ground Turmeric, and Onion Powder
To taste - Sea Salt and Ground White Pepper
700 gm Chicken Thigh Fillet - cut into 3 cm dice
20 ml Extra Virgin Olive Oil
70 gm Brown Onion - peel and finely dice
1 Long Red Chilli - deseed and finely chop
¼ tsp Dried Oregano Leaves
½ tsp Ground Cumin
½ tsp Smoked Paprika
200 gm Crushed Tomato
125 ml Vegetable Stock (Salt Reduced)
250 ml Water
1 tsp Caster Sugar
100 gm Natural Yoghurt
3 tsp Lemon Juice
½ Garlic Clove - peel and finely chop
8 Wooden Skewers - soak in water and drain well
As required - Extra Virgin Olive Oil Spray

Method

1. In a mixing bowl, add the first quantity of natural yoghurt and garlic, then the coriander, first quantity of cumin, turmeric, and onion powder. Mix to thoroughly combine and season to taste.
2. Add the chicken and toss until evenly coated with the marinade. Cover with cling wrap and refrigerate for 8 hours.
3. Heat the olive oil in a saucepan over moderate heat. Add the onion and sauté, stirring regularly until the onion has softened. Add the chilli, oregano, second quantity of cumin, and smoked paprika and continue to sauté for a further minute.
4. Add the crushed tomato, vegetable stock, and water; mix to thoroughly combine. Bring up to the boil, then reduce the heat and allow to simmer for 10 minutes or until the sauce has reduced and thickened and lightly coats the back of a spoon.
5. Add the sugar and mix to thoroughly combine. Season to taste. Remove from the heat and allow to cool to room temperature.
6. Place the spiced tomato sauce into the jug of a blender and puree to a smooth consistency. Pour into a mixing bowl and set to one side to allow the flavours to further develop.
7. In a mixing bowl, add the second quantity of natural yoghurt, lemon juice, and second quantity of garlic. Mix to thoroughly combine. Season to taste. Set the salted yoghurt to one side to allow the flavours to further develop.
8. Pre-heat a BBQ to a moderate temperature.
9. Remove the chicken from the refrigerator. Remove the chicken from the marinade and remove as much marinade as possible.
10. Evenly thread the chicken onto the 8 wooden skewers and lightly spray all sides of the chicken with oil.
11. Place the chicken onto the BBQ and cook for 2 minutes on each side or until the chicken is cooked through and lightly browned on all sides. Remove from the heat, cover with aluminium foil, and allow to rest in a warm place for 5 minutes.

To Serve

Stack the chicken skewers onto a serving board or platter, place the salted yoghurt and spiced tomato dipping sauces into separate serving bowls with serving spoons, and place next to the chicken skewers.



Pulled Caramelised
Pork Bánh Mì



Pulled Caramelised Pork Bánh Mì

Serves: 4

Indulge this summer with our Pulled Caramelised Pork Bánh Mì. This Vietnamese-inspired sandwich is a blend of French colonial influences and vibrant Vietnamese flavours, starring succulent pork belly. Slow-braised to tender perfection in a sauce featuring fish sauce, light soy sauce, coconut water, shallots, lemongrass, and chilli, it's an ideal treat for a casual morning tea or a laid-back, slightly exotic lunch under the sun. Embrace the fusion of cultures and make every bite memorable.

Ingredients

40 ml Water
50 gm Caster Sugar
500 gm Pork Belly (boneless) - cut into a 2 cm dice
30 ml Fish Sauce
30 ml Light Soy Sauce
1 Lt Coconut Water
2 Shallots - use white stem only and lightly bruise
2 stems Lemongrass - lightly bruise
1 Long Red Chilli - remove stem, seeds and membrane and lightly bruise
2 French Baguettes - remove ends, cut into 4 equal pieces, then make a slit in the top and cut $\frac{3}{4}$ of the way down to create an opening
2 Lebanese Cucumbers - top, tail, and finely shave with a peeler
240 gm Carrot - top, tail, peel, and coarsely grate
4 Shallots - use green stem only and finely slice
32 sprigs Coriander - rinse and drain
2 Long Red Chillies - finely slice widthways
60 ml Soy Sauce

Method

1. Over a moderate heat in a saucepan, add the water and caster sugar and mix to thoroughly combine, ensuring the sugar has fully dissolved. Bring it up to a gentle simmer and continue to simmer until the syrup caramelises and turns a light brown colour.
2. Add the pork to the saucepan; mix to thoroughly combine it with the caramel.
3. Add the fish sauce, light soy sauce, and coconut water and mix to thoroughly combine. Bring the braising sauce up to the boil, then add the first quantity of shallots, lemongrass, and first quantity of red chilli. Mix to thoroughly combine. Reduce the heat and allow the sauce to gently simmer for 1 ½ hours, stirring regularly or until the pork is tender and the sauce has reduced and thickened. Remove the saucepan from the heat, remove the pork from the saucepan and any remaining sauce and place it into a bowl, stand to one side and allow the pork pieces to cool to room temperature.
4. Gently open up each cut baguette and evenly distribute the pork between them. Evenly top the pork with cucumber, carrot, and the second quantity of shallots. Top each with coriander sprigs and the desired amount of sliced chilli. Finally, lightly drizzle each with a little soy sauce.

To Serve

Stack the filled baguettes onto a serving board or platter.



**Greek Lamb Souvlaki with
Homemade Baba Ganoush
and Pita Bread Chips**



Greek Lamb Souvlaki with Homemade Baba Ganoush and Pita Bread Chips

Serves: 4

Enjoy a taste of Ancient Greece with our Greek Lamb Souvlaki. Dating back 4,000 years to the Bronze Age, this renowned street food is paired with a twist – homemade Baba Ganoush and Pita Bread Chips. Traditionally served with tzatziki, our version introduces the rich flavours of a classic Levantine eggplant dip. Paired with pita bread, a tradition spanning over four millennia, it's a perfect blend of history and taste. Transport your friends and family to the Mediterranean with this feast best enjoyed outdoors.

Ingredients

500 gm Eggplant - pierce the skin of each eggplant 2-3 times with a sharp knife
5 Garlic Cloves - peel and finely chop
65 ml Lemon Juice
80 ml Tahini
1 tsp Ground Cumin
175 ml Olive Oil
¼ tsp Smoked Paprika
To taste - Sea Salt
480 gm Red Onion - top, tail, peel, halve and finely slice
1 tsp Dried Oregano
1 tsp Dried Thyme
1/4 tsp Sweet Paprika
1.2 kg Easy Carve Lamb Leg - remove excess fat and sinew and cut into 3cm dice
8 x 10 inch Metal Skewers
As required - Extra Virgin Olive Oil Spray
2 Pita Bread - cut each into 6 equal strips
As required - Vegetable Oil
As required - Oregano Leaves - rinse and drain

Method

1. Pre-heat an oven to a moderate temperature – 160°C.
2. Place the eggplant onto a baking tray, place into the oven, and bake for 45 minutes or until the eggplant is cooked through and very tender. Remove from the oven and allow to cool to room temperature.
3. Remove and discard the stem and skin from the eggplant. In the bowl of a food processor, add the eggplant flesh, 2 garlic cloves, 30 ml lemon juice, tahini, ½ tsp cumin, 80 ml olive oil, and smoked paprika. Blend to a smooth puree. Season to taste with sea salt. Place the baba ganoush into a clean bowl, cover with cling wrap and refrigerate until required.
4. In a mixing bowl, add the remaining 95 ml olive oil, remaining 35 ml lemon juice, remaining 3 garlic cloves, red onion, oregano, thyme, sweet paprika, and remaining ½ tsp cumin. Mix to combine. Add the lamb and toss until it is evenly coated with the marinade. Cover with cling wrap and refrigerate for 8 hours.
5. Pre-heat a BBQ to moderate/low temperature.
6. Remove the lamb from the marinade, allowing any excess marinade to drain off. Evenly divide and thread the lamb onto the metal skewers. Lightly season with sea salt and lightly spray with extra virgin olive oil spray.
7. Place the lamb onto the BBQ and cook for 3 minutes on each side or until well browned and cooked to the desired degree. Remove from the heat, cover with aluminum foil, and rest in a warm place for 5 minutes.
8. Over a moderate heat, in a saucepan, add and heat the vegetable oil to a depth of ½ cm. Add the pita bread and cook for 15 seconds on each side or until a light golden colour and crisp. Remove from the heat and drain on absorbent paper towel to remove any excess oil.

To Serve

Remove the baba ganoush from the refrigerator 30 minutes before serving it. Place into a serving bowl and allow to warm to room temperature. On a serving board or platter, stack the lamb souvlaki and pita bread chips, garnish with the oregano leaves, and serve with the baba ganoush.



**Tempura Prawn Bao Bun
with Pickled Cucumber
and Sriracha Mayonnaise**



Tempura Prawn Bao Bun with Pickled Cucumber and Sriracha Mayonnaise

Serves: 4

Experience an Aussie-Asian fusion with our Tempura Prawn Bao Bun. Perfect for sharing with family and friends, these easily-steamed Chinese buns encase a delightful blend of flavours. Enjoy freshly cooked tempura prawns seasoned with shichimi togarashi, paired with pickled cucumber, fresh coriander, and a mayo featuring the zest of Thai sriracha sauce. Elevate your outdoor gatherings with these bites that are a tasty nod to a vibrant mix of cultures and the spirit of good company.

Ingredients

120 gm Whole Egg Mayonnaise
40 gm Sriracha Sauce
160 ml Rice Wine Vinegar
80 gm Caster Sugar
220 gm Lebanese Cucumber - top, tail, cut in half widthways and cut into ½ cm thick slices lengthways
50 gm Plain Flour
2 Eggs - crack and beat
50 gm Panko Breadcrumbs
¼ tsp Shichimi Togarashi
To taste - Sea Salt
8 large Green Tiger Prawns remove head, shell, vein and tail
As required - Extra Virgin Olive Oil Spray
8 small Frozen Bao Buns
As required - Olive Oil
8 large Coriander Sprigs - rinse and drain

Method

1. In a mixing bowl, add the mayonnaise and sriracha sauce. Mix to combine, then set to one side to allow its flavours to develop.
2. In a mixing bowl, add the vinegar and sugar, mix until combined and the sugar has dissolved.
3. Add the cucumber slices, ensuring they are fully immersed in the pickling liquid. Allow to stand for 30 seconds, then remove from the liquid, drain well, and set to one side.
4. In a mixing bowl, add the plain flour. In a second mixing bowl, add the beaten eggs. In a third mixing bowl, add the breadcrumbs and shichimi togarashi, mix to combine, then season to taste.
5. Place the prawns into the bowl with the flour, toss until the prawns are lightly coated, then remove, shaking off any excess. Next, place the prawns into the egg mixture, toss until the prawns are lightly coated, then remove the prawns allowing any excess to drain off. Finally, place the prawns into the breadcrumbs, toss until they are lightly coated, then remove shaking off any excess and set them to one side.
6. Over a moderate heat, bring a saucepan half filled with water up to a gentle simmer, then place a steamer on top and lightly spray oil. Add the bao buns, in appropriate batches (do not overcrowd) and steam for 10 minutes or until the buns are soft, then carefully remove the steamer basket from the heat and the buns from the basket.
7. Over a low/moderate heat, in a saucepan, add oil to a depth of 4 cm. Once hot, in batches carefully add the prawns and cook for 1 minute or until the crumb coating is a light golden brown in colour and the prawns are cooked through. Remove them from the heat and place onto absorbent paper to soak up any excess oil.

To Serve

Gently open each bao bun, spread one side of each with sriracha mayonnaise, top with 1 prawn, then top each prawn with 2 slices of pickled cucumber and a sprig of coriander, then gently close each bun.



Roasted Merquen Dry
Rubbed Atlantic Salmon
Fillet Topped With Chilean
Pebre Salsa



Roasted Merquen Dry Rubbed Atlantic Salmon Fillet Topped With Chilean Pebre Salsa

Serves: 4

Summer is for vibrance, which is exactly what you'll get with these Chilean flavours in our Roasted Merquén Dry Rubbed Atlantic Salmon Fillet, adorned with Pebre Salsa. Merquén, a traditional Mapuche dry rub, adds a rich spice to the salmon. Indulge in Pebre salsa, a Chilean household favourite, perfect on bread or alongside BBQ'd meat and fish. Make your outdoor dining memorable with this nod to tradition – a feast for everyone.

Ingredients

320 gm Salad Tomato - using a sharp knife, lightly cross each tomato

40 leaves Coriander - rinse, drain, and roughly chop

40 gm Mild Jalapeño - finely chop

2 Garlic Cloves - peel and finely chop

4 stems Shallots - use white stem only and finely slice

10 ml Red Wine Vinegar

20 ml Extra Virgin Olive Oil

To taste - Sea Salt and Ground Black Pepper

¼ tsp Mild Ground Chilli Powder

1 tsp Ground Coriander

1 tsp Smoked Paprika

½ tsp Dried Oregano Leaves

½ tsp Sea Salt

4 x 180 gm Atlantic Salmon Fillets (Centre Cut, Skin On, and Pin Boned)

As Required - Extra Virgin Olive Oil Spray

Method

1. Pre-heat an oven to a moderate temperature - 160°C.
2. Over a moderate heat, bring a saucepan half-filled with water to the boil, add the tomatoes, and continue to boil for 20 seconds. Remove the tomatoes from the saucepan and place into ice cold water for 5 minutes, then remove and drain well. Peel the loosened skin from the tomatoes. Discard the skin and reserve the tomatoes.
3. Cut the tomatoes into quarters lengthways, remove the seeds from each quarter, then cut the tomato quarters into a 1 cm dice.
4. In a mixing bowl, add the tomato, coriander leaves, jalapeños, garlic, shallots, red wine vinegar, and olive oil. Mix to thoroughly combine and season to taste. Set the Chilean pebre salsa to one side for 30 minutes to allow its flavours to further develop.
5. In a mixing bowl, add the chilli powder, ground coriander, smoked paprika, oregano leaves, and sea salt. Mix to thoroughly combine, then set the merken spice to one side.
6. On a clean work surface, lay out the salmon fillets, flesh side up, evenly sprinkle each fillet with the merken spice, then gently rub the spice into each fillets flesh.
7. Over a moderate heat, lightly spray the sauté pan with oil. Add the salmon and sear for 1 minute on each side or until it is lightly browned on both sides. Remove the salmon from the heat and place it skin-side down in a single layer on a roasting tray that has been sprayed with oil. Place the tray into the oven and roast for 8 minutes or until it is cooked to the desired degree. Remove the tray from the oven, cover with aluminium foil and allow to rest for 5 minutes.

To Serve

Place a salmon fillet onto the centre of each serving plate and top each generously with pebre salsa.



Swiss Style Pine
Nut Pastry Sautéed
Onion Tart



Swiss Style Pine Nut Pastry Sautéed Onion Tart

Serves: 6-8

Delight your guests with a Swiss-style Pine Nut Pastry Sautéed Onion Tart – a homemade culinary masterpiece for family or friends. This tart showcases the versatility of pine nuts by using them outside of their typical pesto production roles to add a unique flavour to the pastry. Harvested from select pine trees, these seeds require patience, taking 15 to 25 years to yield the coveted pine nuts. Live life outdoors and celebrate nature's timeline in every savoury bite.

Ingredients

30 ml Extra Virgin Olive Oil
900 gm Brown Onions - top, tail, peel, halve, and finely slice
4 sprigs Thyme - pick leaves, rinse, drain and finely chop
40 gm Pine Nuts - finely chop
125 gm Plain Flour
50 gm Unsalted Butter
To taste - Sea Salt and Ground Black Pepper
1 Small Egg - crack and beat
As required - Cold Water
As required - Extra Virgin Olive Oil Spray
As required - Baking Paper
150ml Sour Cream
3 Eggs - crack and beat
60 gm Swiss Cheese - finely grate
As required - Cayenne Pepper

Method

1. Place a saucepan over a very low heat, add the oil, then add the onion and sauté, stirring regularly for 25 minutes or until the onion is very soft and just starting to caramelise or colour. Add the thyme and continue to sauté for a further minute, then remove the sauté pan from the heat and allow the onions to cool to room temperature.
2. Preheat an oven to a moderate temperature - 160°C.
3. Add the pine nuts, plain flour, and butter to the bowl of a mixer, mix to combine, then season to taste. Add the first quantity of egg and mix to combine. Gradually add the cold water and mix until the ingredients come together to form a dough. Remove the dough from the mixer bowl, wrap in cling wrap, and place in a refrigerator for 30 minutes to allow the dough to firm up.
4. Lightly flour a work surface and roll the dough out to an even 3 mm thickness.
5. Lightly spray-oil a 24 cm diameter by 2 ½ cm high fluted tart tray. Lay the pastry in the tart tray, gently pushing the pastry into the corners, and fold any excess over the rim. Place in a refrigerator for 10 minutes to firm up.
6. Once firm, line the base and sides of the pastry with a single sheet of baking paper and fill with baking beans (uncooked rice can be used). Place the tart tray onto a shallow baking tray and put into the oven to blind bake for 10 minutes. Remove the tart tray from the oven, carefully remove the baking paper and baking beans, and return the tray to the oven. Continue to bake for a further 10 minutes or until the pastry has dried out and is a light golden brown in colour, then remove from the oven.
7. Evenly spread the onion mixture over the base of the tart.
8. Place the sour cream, second quantity of egg, and Swiss cheese into a mixing bowl. Whisk to combine the ingredients and season to taste.
9. Evenly pour the sour cream mixture over the onions, gently tap the tart tray to remove any air bubbles. Lightly and evenly dust the tart with Cayenne pepper. Place into the oven and bake for 40 minutes or until the egg mixture has just set and the tart is a light golden brown. Carefully remove the tart from the oven, set to one side, and allow it to cool to room temperature.

To Serve

Remove the tart from the tart tray and cut into the required number of pieces. Place onto a serving board or platter. While this tart is served at room temperature, it is also delicious served warm.

**Salad of Grilled Halloumi
Cheese, Freekeh and
Roasted Red Capsicum with
Lemon and Honey Dressing**





Salad of Grilled Halloumi Cheese, Freekeh and Roasted Red Capsicum with Lemon and Honey Dressing

Serves: 4

Cater Care loves this Grilled Halloumi, Freekeh, and Roasted Red Capsicum Salad – a culinary rendezvous of robust flavours. Our star ingredient, Freekeh, isn't just the newest superfood; it's an ancient grain dating back to Biblical times. Hailing from the Middle East, it undergoes a unique roasting process, imparting a distinctive earthy and smoky taste. Packed with more protein, vitamins, and minerals than most grains, this superfood is a fibre powerhouse (four times more than brown rice), low in starch and fat, and a source of beneficial prebiotics. Boost your outdoor dining with this nutritious blend.

Ingredients

600 gm Red Capsicum -rinse and drain.
60 ml Olive Oil
250 gm Spanish Onion - peel and finely dice
210 gm Freekeh - cook as per manufacturer's instructions, and drain well
¼ Lemon - finely zest
90 gm Shelled Pistachio Nuts - roughly chop
40 Coriander Leaves - rinse, drain, and roughly tear
40 flat Leaf Parsley Leaves - rinse, drain, and roughly tear
1 ½ bunches Chives - rinse, drain, and finely slice
To taste - Sea Salt and Freshly Ground Black Pepper
10 ml Olive Oil
160 gm Halloumi Cheese - cut in slices 1 cm thick by 2 cm wide by 8 cm long
160 ml Extra Virgin Olive Oil
80 ml Lemon Juice
50 gm Honey - warm room temperature

Method

1. Pre-heat a BBQ to a moderate heat.
2. Add the red capsicums and 30 ml of olive oil to a mixing bowl, then toss until the capsicums are fully coated with the oil.
3. Place the capsicum onto the BBQ and cook until the skin blisters and blackens, then carefully remove them from the heat and allow to cool to room temperature. Once cooled, peel the blackened skin off each capsicum, cut in half, remove the stem, seeds, and membrane, and cut the capsicum flesh into a ½ cm dice and set to one side.
4. Heat a sauté pan over a moderate heat, add 30 ml of olive oil and the Spanish onions, and sauté, stirring regularly until the onion has softened and is lightly browned. Remove from the heat and set to one side to cool to room temperature.
5. In a mixing bowl, add the freekeh, capsicum, Spanish onion, lemon zest, pistachio nuts, coriander, parsley, and chives. Gently mix until all of the ingredients have been thoroughly combined. Season to taste, then set to one side.
6. Heat a sauté pan with the third batch of oil over a moderate heat. Add the halloumi slices and sauté until they are lightly browned on both sides, then remove them from the heat. Allow to cool to room temperature.
7. In a mixing bowl, add the extra virgin olive oil, lemon juice, and honey, and whisk until the ingredients are thoroughly combined. Immediately add ⅔ of the dressing to the salad and mix it through.

To Serve

Place the salad into a serving bowl, top with the halloumi cheese slices, and serve with the remaining lemon and honey dressing.



Contemporary Caprese
Salad with Roast Garlic
and Balsamic Vinegar
Emulsion Dressing



Contemporary Caprese Salad with Roast Garlic and Balsamic Vinegar Emulsion Dressing

Serves: 4

Celebrate the warmer weather with our Contemporary Caprese Salad. For our modern spin on this classic salad, we replace fresh tomatoes with roasted ones, accentuated by a roasted garlic and balsamic vinegar emulsion dressing. This salad, symbolising the Italian flag's colours, pays homage to Italy's finest produce. Believed to originate in the early 20th century on the island of Capri, it was initially crafted for royalty and politicians, making it a timeless culinary tribute. This substantial salad can be happily enjoyed as a main course, all while embracing the culinary essence of Italy.

Ingredients

12 Roma Tomatoes - cut in half and cut out core
20 ml Olive Oil
10 gm Caster Sugar
To taste - Sea Salt and Ground Black Pepper
Garlic Puree - from 1 Garlic Bulb (see method)
50 ml Olive Oil
30 ml Balsamic Vinegar
15 ml Lemon Juice
10 gm Caster Sugar
To taste - Tabasco Sauce
To taste - Sea Salt and Ground Black Pepper
1 Baby Cos Lettuce - remove outer leaves and separate smaller inner leaves
120 gm Buffalo Mozzarella Cheese - drain and roughly tear
16 Basil Leaves - roughly tear
80 gm Black Kalamata Olives - drain, discard stone, and roughly tear
To taste - Sea Salt and Ground Black Pepper

Method

1. Preheat an oven to a moderate/low temperature 140°C.
2. Prick the garlic bulb 4 times with a fork, roast in a moderately heated oven for 50-60 minutes, or until the bulb has softened, then remove, cool, and slice ½ cm off the garlic bulb's base, squeeze out the garlic puree, and set to one side until required.
3. Place the tomato halves cut side up onto a roasting tray. Lightly drizzle each one with the first quantity of olive oil, then lightly sprinkle with the first quantity of caster sugar and season to taste with sea salt and black pepper. Place the tray into the oven and cook for 1 ½ hours or until the tomatoes have reduced in size by half and are lightly caramelised. Remove the tray from the oven, set to one side, and allow the tomatoes to cool to room temperature.
4. Place the garlic puree into a mixing bowl and mash with the back of a fork to a smooth paste. Place the garlic mash into a food processor. Add the second quantity of olive oil, balsamic vinegar, lemon juice, and the second quantity of caster sugar and blend until the ingredients have emulsified. Place the dressing in a clean mixing bowl and season to taste with Tabasco sauce, sea salt, and black pepper and set to one side to allow the dressing flavours to develop.

To Serve

On a serving platter, arrange the baby cos leaves, top with the roast tomatoes, torn mozzarella cheese, basil leaves, and olives, then lightly drizzle with a little of the dressing. Place remaining dressing in a jug and season the salad to taste with sea salt and black pepper.



**Homemade Lemonade
and Raspberry
Ice Blocks**



Homemade Lemonade and Raspberry Ice Blocks

Serves: 4

Beat the summer heat with our Homemade Lemonade and Raspberry Ice Blocks – a refreshing delight for the whole family. Perfect for cooling down on scorching days, these treats are sure to be a hit! Crafting homemade ice blocks is not only a breeze but also a fun activity, especially with the little ones. Our retro recipe combines the goodness of old-fashioned lemonade with the sweetness of fresh raspberries, offering a casual dessert or a revitalising cool-down treat on those sizzling summer afternoons. Grab a reusable ice block mould and let the chilling begin!

Ingredients

200 ml Cold Water
200 gm Caster Sugar
190 ml Lemon Juice
560 ml Soda Water
To taste - Caster Sugar
18 Fresh Raspberries

Method

1. Over a moderate heat in a saucepan, add the cold water and the first quantity of caster sugar, then bring it up to a gentle simmer while stirring continuously to ensure the sugar has dissolved.
2. Remove the saucepan from the heat, stand to one side, and allow the sugar syrup to cool to room temperature in the saucepan.
3. Once the sugar syrup has cooled to room temperature, add the lemon juice and soda water and mix to combine. Then taste the homemade lemonade, and if desired, add and mix in a little more caster sugar, ensuring it has fully dissolved.
4. Into each ice block mould, carefully place 3 raspberries.
5. Fill each ice block mould with lemonade, then attach each mould's base. Place ice block mould standing up into a freezer for 8 hours or until completely frozen.

To Serve

Remove the ice block moulds from the freezer. Allow to stand for 1 minute, then gently remove each ice block from its mould and serve immediately.



**Pimm's Jelly with
Poached Strawberries**



Pimm's Jelly with Poached Strawberries

Serves: 4

Discover Cater Care's Taste of Summer with our Pimm's Jelly featuring Poached Strawberries – a refreshing treat for outdoor adventures and picnics with friends. First distilled in 1823 by James Pimm for London oyster pairings, Pimm's No. 1 has become a global sensation, often mixed with lemonade and adorned with cucumber, strawberries, and mint. Explore a twist with our adults-only Pimm's Jelly, perfectly paired with poached strawberries. Add a touch of sophistication to your sun-soaked gatherings with this timeless and tantalising treat.

Ingredients

110 ml Pimm's No.1 Cup
270 ml lemonade
20 gm caster sugar
2 ½ silver strength gelatin sheets - cover in cold water and soak until soft. Remove and squeeze out any excess moisture
250 ml water
½ cup caster sugar
½ vanilla pod - lightly crush
12 medium sized strawberries

Method

1. Place the Pimm's, lemonade, and the 20 gm of caster sugar into a saucepan over a moderate heat and bring the mixture up to a gentle simmer. Stir regularly to ensure the sugar has fully dissolved, then remove the saucepan from the heat.
2. Add the gelatine to the mixture and whisk until the gelatine has fully dissolved.
3. Divide the mixture equally between 4 x 125 ml dariole moulds and place them into a refrigerator for 4 hours or until the jellies have set firmly.
4. Place the water, ½ cup of caster sugar, and vanilla pod into a saucepan over a moderate heat and bring this stock syrup up to a gentle simmer whilst stirring regularly to ensure the sugar has fully dissolved.
5. Add the strawberries to the stock syrup for 30 seconds, then remove. Place in a bowl and set to one side to cool to room temperature. Allow the stock syrup to continue to gently simmer for 5 minutes or until it has reduced in volume and thickened to a syrupy consistency.
6. Remove the stock syrup from the heat and set to one side to cool to room temperature.

To Serve

Half an hour before serving, remove the jellies from the refrigerator to warm up a little, then just before serving, turn each jelly out onto the centre of a serving plate. Top each with a strawberry and place two more strawberries to the side. Finally, drizzle a little of the poaching syrup over each jelly and strawberries.



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