

Beef Wellington:

Ingredients:

1 beef fillet (around 1kg)

Olive oil

Salt and pepper

2 tablespoons English mustard

500g chestnut mushrooms

1 large onion, finely chopped

2 cloves garlic, minced

100g pâté

6 slices of prosciutto

500g puff pastry

1 egg, beaten

Steps:

Preheat your oven to 220°C/430°F.

Season the beef fillet with salt, pepper, and lightly coat with olive oil.

Heat a pan over high heat and sear the fillet on all sides until browned. Let it cool, then brush all over with the mustard.

Meanwhile, chop the mushrooms finely and sauté with the chopped onion and garlic until all the liquid has evaporated. Allow to cool.

Spread out the prosciutto on a sheet of cling film, slightly overlapping. Spread a thin layer of pâté over it, then cover with the mushroom mixture.

Place the cooled beef fillet in the middle and roll up in the prosciutto using the cling film to pull it tight. Chill for 15 minutes.

Roll out the puff pastry on a floured surface to fit the beef. Unwrap the fillet from the cling film and place in the middle of the pastry. Fold over the pastry and seal all the edges.

Brush the pastry with the beaten egg.

Place the Wellington on a baking sheet and bake for 20 minutes, then lower the heat to 200°C/390°F and bake for another 15 minutes.

Let it rest for 10 minutes before slicing.

Enjoy!

Lasagna

Ingredients:

9 lasagna noodles

1 tablespoon olive oil

1 large onion, chopped

2 cloves garlic, minced

500g ground beef

800g canned crushed tomatoes

2 teaspoons dried basil leaves

1 teaspoon salt

500g ricotta cheese

1 egg

1/2 teaspoon salt

1/4 teaspoon ground black pepper

2 tablespoons chopped fresh parsley

500g shredded mozzarella cheese

75g grated Parmesan cheese

Steps:

Cook lasagna noodles as per package instructions. Drain and rinse with cool water, then set aside.

Heat olive oil in a large frying pan over medium heat. Cook onion and garlic until soft and translucent. Add ground beef and cook until browned.

Stir in crushed tomatoes, basil, and 1 teaspoon salt. Simmer for 15 minutes, stirring occasionally.

In a bowl, combine ricotta, egg, 1/2 teaspoon salt, pepper, and parsley.

Preheat your oven to 175°C/350°F.

In a 9x13-inch baking dish, layer 1/3 of the meat sauce, 1/3 of the noodles, 1/3 of the ricotta mixture, 1/3 of the mozzarella, and 1/3 of the Parmesan. Repeat these layers two more times.

Cover the dish with aluminum foil and bake for 25 minutes.

Remove the foil and bake for another 25 minutes, or until the lasagna is bubbly and the cheese is golden.

Let it rest for 15 minutes before serving.

Coq au Vin

Ingredients:

6 chicken thighs

Salt and pepper

2 tablespoons olive oil

100g lardons or thick cut bacon, chopped

1 large onion, chopped

2 cloves garlic, minced

250g button mushrooms

2 tablespoons flour

500ml red wine

500ml chicken stock

2 sprigs fresh thyme

2 sprigs fresh rosemary

1 bay leaf

Steps:

Season chicken thighs with salt and pepper.

Heat olive oil in a large Dutch oven or heavy pot over medium-high heat. Add chicken, skin-side down, and cook until browned on both sides. Remove chicken and set aside.

Add the lardons to the pot and cook until crispy. Remove and set aside with the chicken.

In the same pot, add the onion and cook until softened. Add garlic and mushrooms, cooking until mushrooms are browned.

Stir in the flour, then gradually stir in the wine and chicken stock. Bring to a boil.

Return the chicken and lardons to the pot. Add thyme, rosemary, and bay leaf. Reduce heat, cover and simmer for about 1 hour, until the chicken is cooked through.

Remove the herb sprigs and bay leaf before serving.

Enjoy!

Ready for the next recipe?

Paella

Ingredients:

2 tablespoons olive oil
1 onion, chopped
4 cloves garlic, minced
1 red bell pepper, chopped
1 green bell pepper, chopped
1 teaspoon paprika
1 pinch saffron threads
2 cups short-grain rice
4 cups chicken broth
1 can diced tomatoes
1 cup green peas
8 chicken drumsticks
250g shrimp, peeled and deveined
200g mussels, cleaned and debearded
1 lemon, cut into wedges
Salt and pepper to taste

Steps:

Heat olive oil in a paella pan or large skillet over medium heat. Add the onion, garlic, and bell peppers. Cook until the onion is translucent.

Stir in paprika, saffron threads, and rice. Cook for a couple of minutes to toast the rice, stirring constantly.

Pour in the chicken broth and diced tomatoes. Season with salt and pepper.

Arrange the chicken drumsticks, shrimp, and mussels on top of the rice. Cover and simmer for about 25 minutes until the rice is cooked, and the chicken is done.

Stir in the peas during the last few minutes of cooking.

Before serving, squeeze some lemon juice over the paella and garnish with lemon wedges.

Enjoy!

Roast Chicken with Vegetables

Ingredients:

1 whole chicken (about 1.5 kg)

Salt and pepper

1 lemon, halved

Few sprigs fresh rosemary

Few sprigs fresh thyme

2 tablespoons olive oil

500g mixed vegetables (such as carrots, potatoes, and Brussels sprouts), chopped

4 cloves garlic, minced

Steps:

Preheat your oven to 200°C/400°F.

Season the chicken inside and out with salt and pepper. Stuff the cavity with the lemon halves, rosemary, and thyme.

Arrange the vegetables in a large roasting pan and toss with the garlic, olive oil, salt, and pepper.

Place the chicken on top of the vegetables.

Roast for about 1 hour and 30 minutes, or until the chicken is cooked through and the vegetables are tender. (A thermometer inserted into the thickest part of the thigh should read 165°F/74°C.)

Let the chicken rest for about 10 minutes before carving.

Enjoy!

Ready for the next recipe?

Rack of Lamb

Ingredients:

1 rack of lamb (about 7-8 ribs)

2 cloves garlic, minced

2 tablespoons fresh rosemary, chopped

1 tablespoon olive oil

Salt and pepper

2 tablespoons Dijon mustard

Steps:

Preheat your oven to 200°C/400°F.

In a small bowl, mix together the garlic, rosemary, olive oil, salt, and pepper.

Season the rack of lamb with the garlic-rosemary mixture, making sure to rub it in thoroughly.

Heat an oven-proof skillet over high heat. Sear the rack of lamb on all sides until browned.

Brush the rack with the Dijon mustard, then transfer the skillet to the preheated oven.

Roast for about 20-25 minutes for medium-rare, or until it reaches your desired level of doneness. (A thermometer inserted into the thickest part of the meat should read 145°F/63°C for medium-rare.)

Let the lamb rest for about 10 minutes before carving into individual ribs.

Enjoy!

Shrimp Scampi

Ingredients:

500g large shrimp, peeled and deveined

Salt and pepper

2 tablespoons olive oil

4 cloves garlic, minced

1/2 cup white wine or chicken broth

Juice of 1 lemon

60g unsalted butter

2 tablespoons fresh parsley, chopped

Grated Parmesan cheese (optional)

Steps:

Season the shrimp with salt and pepper.

Heat the olive oil in a large skillet over medium-high heat. Add the shrimp and cook until pink, about 2 minutes per side. Remove the shrimp and set aside.

In the same skillet, add the minced garlic and cook until fragrant.

Pour in the white wine or chicken broth, and lemon juice. Bring to a simmer.

Reduce the heat to low and stir in the butter until melted.

Return the shrimp to the skillet and sprinkle with chopped parsley. Toss to coat in the sauce.

Serve the shrimp scampi with crusty bread, pasta, or rice. Sprinkle with Parmesan cheese if desired.

Enjoy!

Eggplant Parmesan

Ingredients:

2 large eggplants, sliced into 1/2-inch thick rounds

Salt

2 cups breadcrumbs

1 cup grated Parmesan cheese

1 teaspoon dried oregano

1 teaspoon garlic powder

2 eggs, beaten

700g marinara sauce

2 cups shredded mozzarella cheese

Fresh basil leaves for garnish

Steps:

Sprinkle the eggplant slices with salt and let them sit in a colander for about 30 minutes to draw out the moisture. Rinse and pat dry.

Preheat your oven to 200°C/400°F. Line two baking sheets with parchment paper.

In a shallow dish, mix together the breadcrumbs, Parmesan cheese, oregano, and garlic powder.

Dip each eggplant slice in the beaten eggs, then dredge in the breadcrumb mixture. Place the coated slices on the prepared baking sheets.

Bake for 20 minutes, flipping halfway through, until golden and crispy.

In a baking dish, spread a thin layer of marinara sauce. Layer half of the baked eggplant slices, half of the remaining sauce, and half of the mozzarella. Repeat with the remaining ingredients.

Bake for 20-25 minutes, or until the cheese is melted and bubbly.

Let the eggplant parmesan rest for about 10 minutes before serving. Garnish with fresh basil leaves.

Enjoy!

Pork Tenderloin with a Honey Mustard Glaze

Ingredients:

500g pork tenderloin

Salt and pepper

2 tablespoons olive oil

1/4 cup honey

2 tablespoons Dijon mustard

1 tablespoon apple cider vinegar

1 tablespoon minced garlic

1 teaspoon fresh rosemary, chopped

Steps:

Preheat your oven to 200°C/400°F.

Season the pork tenderloin with salt and pepper.

Heat the olive oil in a large oven-safe skillet over medium-high heat. Sear the pork on all sides until browned. Remove from the skillet and set aside.

In the same skillet, lower the heat to medium. Add the honey, Dijon mustard, apple cider vinegar, minced garlic, and rosemary. Stir well and cook for about 1-2 minutes.

Return the pork to the skillet, turning to coat it in the glaze.

Transfer the skillet to the preheated oven and roast for about 15-20 minutes, or until the pork is cooked through. (A thermometer inserted into the thickest part of the meat should read 145°F/63°C.)

Let the pork rest for a few minutes before slicing.

Enjoy!

Vegetable Stir Fry with Tofu

Ingredients:

- 1 block firm tofu, drained and cut into cubes
- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 bell pepper, sliced
- 1 carrot, sliced
- 1 zucchini, sliced
- 200g snap peas
- 2 green onions, sliced
- 1/4 cup soy sauce
- 1 tablespoon cornstarch mixed with 1 tablespoon cold water
- Steamed rice or noodles for serving

Steps:

Heat 1 tablespoon of the oil in a large skillet or wok over medium-high heat. Add the tofu cubes and cook until golden brown on all sides. Remove from the skillet and set aside.

In the same skillet, add the remaining oil, garlic, and ginger. Cook for about 1 minute until fragrant.

Add the bell pepper, carrot, zucchini, and snap peas. Stir fry for about 5-7 minutes, or until the vegetables are tender-crisp.

Return the tofu to the skillet. Add the soy sauce and cornstarch mixture. Stir well to combine and cook for another 2 minutes, or until the sauce has thickened.

Sprinkle the stir fry with sliced green onions before serving.

Serve the vegetable stir fry with tofu over steamed rice or noodles.

Enjoy!