



Fried Chicken Tacos

Time: 30 minutes

Makes: 16 tacos

INGREDIENT:

4 chicken breasts, cut into 4 long strips
Vegetable oil, for frying
400ml buttermilk
16 x La Banderita street tacos
1/4 iceberg lettuce, shredded
(or any other local lettuce)
Coriander, to garnish
150g Cheddar cheese, coarsely grated
Sauce
Juice 1/2 lime
3/4 whole- egg mayonnaise
1 tbs tomato sauce
6 drops of tobasco (or to taste)
Spiced flour mix
1 cup plain flour
1 tsp garlic powder
1 tsp onion powder
1/4 tsp Chinese five spice
A good pinch of salt

METHOD:

For the sauce combine all the ingredients together.

For the spiced flour mixture, combine all the ingredients together

Heat vegetable oil in a wok or medium pot until it reaches 180C. Dip the chicken pieces into the buttermilk and then into the spiced flour mix, pressing the flour into the chicken so it looks shaggy. Shake excess off.

Fry the chicken until golden brown and crisp. Drain fried chicken on a tray lined with a rack.

Heat a pan over a medium heat. Warm tortillas on each side for a minute in a large flat pan and then keep warm in a clean tea towel until ready to serve.

To serve, drizzle sauce on to each tortilla. Top with lettuce, cheese and chicken.

Eggs Benedict

Time: 30 minutes

Serves: 4

INGREDIENT:

8 super fresh local eggs
2 tbs. white vinegar
4 English muffins, cut in half then toasted
6-8 slices of ham off the bone
2 large handfuls of baby spinach and other fresh leafy greens from the market
Hollandaise Sauce
1 tbs. lemon juice + zest of 1/2 a lemon
2 egg yolks
200g butter that has been clarified
Pinch cayenne pepper
Salt and white pepper

METHOD:

To make the hollandaise sauce, put the eggs and lemon juice in a large glass bowl. Place this over a pot of gently simmering water. Whisk vigorously until the mixture becomes thick, pale and creamy. Remove the bowl from the heat now and slowly trickle the clarified butter into the yolk mixture, whisking continuously. Occasionally place the bowl back over the simmering water. The mixture should now be thick and glossy. If the sauce is too thick add 1 tablespoon of water. Season the sauce well with salt, pepper, cayenne and the zest of 1/2 a lemon. Keep in a warm place.

In a large saucepan or pan bring water and the vinegar to the boil, then, turn down to a simmer. Gently crack eggs in a glass, one at a time and slip into the water. Poach for 3 minutes or until just set, then with a slotted spoon remove from the water and drain on paper towel. Season the eggs with salt.

To assemble, place ham and watercress or spinach on the toasted muffins then top with the poached eggs. Spoon over the hollandaise sauce and serve immediately.

Spaghetti with Zucchini Crema

Time: 30 minutes

Serves: 4

INGREDIENT:

500g spaghetti
2-3 small zucchini (about 400g), cut into 1/2 cm rounds
1 clove garlic, bruised
1 small handful of basil
1 small handful of mint
20g pinenuts
20g good quality Parmesan, freshly grated plus extra to serve
80ml extra virgin olive oil
Salt and pepper

METHOD:

Bring a large pot of salter water to the boil.

Heat 2 tablespoon of oil in a large pan or sauté pan over a medium-high heat. Add the whole garlic clove and zucchini. Coat zucchini in the oil and cook for 3-4 minutes to sweat off, with little colour. Add 2 cups of water and cook for 12-15 until tender and the water has evaporated.

Place the zucchini in a blender or the jug of a stick blender and half of the garlic, the herbs, pinenuts, parmesan and salt and pepper. Blend until smooth and silky. Add the remaining olive oil and blend again.

Cook pasta until al dente. Drain and place (reserving a cup of cooking water) back in to the pot. Add the zucchini crema and toss with a splash of the cooking water until pasta is completely coated in sauce. Serve with extra parmesan and freshly cracked pepper.

