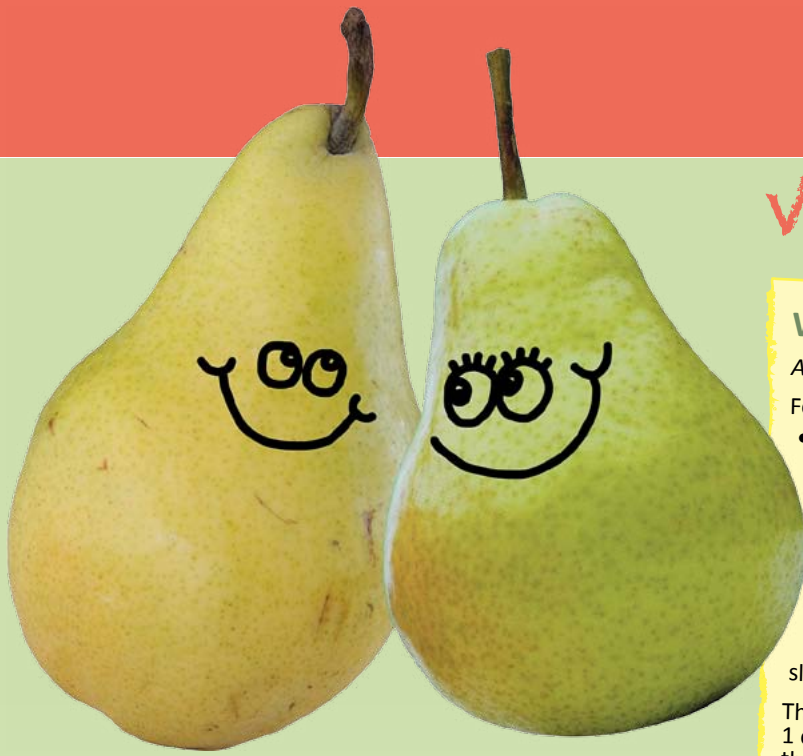




Vegetarian Delights

by Lynda Gee



Warm Pear Chevre and Blue Fans

A simple fresh starter which works well at any time of year.

For 4 people you will need:

- two large firm pears
- 150g goats cheese
- 100g blue Camembert cheese (or similar).

Cut the pears in half long ways and remove any 'woody' core parts and pips. Then, using a fine bladed sharp knife, carefully cut a number of lines from the base to about 1 ½ or 2 cm from the top of the pear. Carefully slip alternate slices of goats and blue cheese between the lines and spread slightly to create a fan.

The easiest way to cook these is individually, in a microwave for 1 or 2 minutes, depending on power rating (ie 600 watts), until the pear is warmed and the cheese melted. Serve with fresh crusty bread.

would like to thank Glyn, Mary and Larissa the vegetarian (lacto) branch of my family who inspired me to create this recipe during their recent stay.



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Filo Spinach and Feta Pie

- 1 pack of Filo or brick pastry leaves
- 600g frozen chopped
- creamed spinach
- 150-200g feta cheese.
- a little very soft butter.

Firstly prepare the spinach as per the instructions but continue cooking and stirring until a little drier than normal.

Place four of the fine pastry leaves in a flan or pie dish. Evenly spoon the spinach onto this and then roughly break or slice the feta cheese over it in a layer. Cover with another four pastry leaves and spread the very soft butter over the top one to glaze the pastry in cooking.

Cook in a 180° oven for 25 to 30 minutes until the pastry is gold and lightly crisped. Serve with tiny boiled new potatoes.

To make a delicious non vegetarian version, poach a salmon fillet of around 160 - 200 grams for around 10 -12 minutes. Drain and leave to cool whilst following the above adding the roughly flaked salmon with the feta cheese. Continue as before.

Simple Tippy Fruit Waffles

- 1 pack of liege waffles (chocolate or natural as you wish)
- seasonal fruit eg cherries or nectarines
- alcohol to make the fruit tippy ! Kirsch is good with cherries, cognac with nectarines, or rum with bananas.)
- 1 aerosol of sweetened cream

Stone and slice the fruit and place in a single layer on top of each waffle, sprinkle over a dessert spoonful of your chosen alcohol, chill for a little while and just before serving cover with a generous swirl of the cream. Also nice to add a sprinkling of sieved cocoa powder, chopped or flaked nuts or caramel sauce.

Quick and easy, and a good reason to keep a pack of waffles in your store cupboard and a can of cream in your fridge - ready for emergencies!



Lynda is better known as 'Ginger's Kitchen' and provides a full at-home catering service.

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