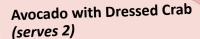


s we all know February can be mid winter or early spring but, whichever, Valentine's Day is always at heart. So I'm going to suggest a light and so the second seco spring out, whichever, valentine's Day is always at heart. So I'm going to suggest a light and easy valentine meal which leaves you free to enjoy the company of your loved one and not locked in the kitchen!

Firstly to create the mood: 'Rose Petal' - a refreshing, light cocktail:

Pour 1 - 2 cm of rose syrup into a champagne flute and then fill with a chilled demi-sec sparkling wine. Enjoy!



1 large or 2 small ripe, but still firm avocados 1 small tin of crab meat (miettes de crabe)

1 dessert spoon mayonnaise

1 dessert spoon double cream

freshly ground black pepper 1 small fresh lemon

Firstly drain the crab meat well and then, in a bowl, mix this with the mayonnaise, black pepper and a squeeze of lemon juice. Leave to chill in the fridge.

Split the avocados in half, length ways and remove the stones. Using a dessert spoon loosen the flesh from the skin but leave in place.

Fill each half with a generous helping of the filling and top with a twist of lemon.

Serve quickly to stop the avocados becoming discoloured.

Chicken and Pineapple 'Cordon Bleus'. (serves 2)

2 chicken breast fillets of 150 - 180 grams each 1 slice of boiled or roast ham (jambon de Paris)

3 tinned pineapple rings

3 tablespoons of the pineapple juice

25 grams unsalted butter freshly ground black pepper

Preheat your oven to 200°C.

With a sharp knife, either open the chicken fillets butterfly fashion or, cut a deep pocket into each one. Cut two pieces from the ham, about the same shape and size as the fillets, and cut one of the pineapple rings in half.

Place a small piece of butter inside each fillet, then the part slice of ham followed by the half pineapple ring with a grinding of black pepper and close over.

Put the two filets side by side in an oven-proof dish, small enough to hold them close together and closed over their filling. Spread or dot the top of each one with the remaining butter, place the other 2 pineapple rings on top, spoon over the juice, cover with foil and bake in the preheated oven for

These are delicious served with sweet corn and broccoli, any vegetable of your own choice, rice or pasta.



For Your Valentine

by Lynda Gee

Sweetheart Fondue (serves 2)

200 grams of cooking chocolate - try a mixture of plain for intensity, milk for subtlety and white for frivolity! Approx 20 cl. double cream

1 small chopped banana

1 or 2 peeled and segmented clementines, strawberries if available, marshmallows

Melt the chocolate in a fondue pan (or in a bowl bain marie style) add a teaspoon of hot water to prevent the chocolate becoming too thick or sticky, add the cream over the heat, stirring all the time until fully blended. For the alcohollovers amongst us, add a splash of your preferred tipple brandy, rum or orange liqueur all complement the taste!

Keep the chocolate mix warm over the fondue burner or a 'night light' warmer and using fondue or dessert forks, dip in your choice of fruit and or marshmallow - and be



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

(See advert on P.21)

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