



Italian Flavours

by Lynda Gee



ITALIAN CHICKEN CASSEROLE

Ingredients

- 4 Large chicken thighs
- 4 - 6 medium to large tomatoes
- 180g (approx.) of thick tomato puree
- 2 medium onions
- 200g approx. of mixed red, yellow and green peppers
- 1 fennel bulb
- chicken stock cube
- 25cl red wine
- soup spoon of mixed Italian style herbs (oregano, basil, garlic, black pepper)
- olive oil.

Heat a shallow layer of olive oil in a deep ovenproof dish and lightly brown the chicken portions turning once or twice.

Meanwhile cut each tomato into 4 or 6 pieces, slice the onions quite thickly and the peppers finely, chop the fennel. Layer the vegetables over the chicken pour over the red wine and return to the oven whilst preparing the sauce.

Mix the chicken stock cube with 50cl of boiling water and the tomato puree and herbs, blending well. Pour the sauce over the chicken and vegetables and cover the dish. (If you feel that

a little more liquid is required at this stage or during cooking then add an extra glass of red wine - tastier than extra water!)

Cook in a pre-heated moderate oven, 180°C, for 1 to 1½ hours or until the chicken is tender and cooked through.

Best served with buttered pasta tubes, shells or twirls.

FETA & CHERRY TOMATOES

A simple, light and refreshing starter for the warmer months.

Ingredients (for 4 people)

- 250g cherry tomatoes
- 250g Feta cheese
- Olive Oil
- white wine vinegar
- Fresh chives or basil, finely chopped

Cut the tomatoes in halves and dice the feta cheese.

Divide between four small salad bowls and dribble over the olive oil and a then a good white wine vinegar. About a soup spoon of each is a good guideline.

Season to personal taste with freshly ground black pepper and the chopped chives or basil.

Delicious with fresh crusty baguette to mop up the oil and vinegar.



EASY TIRAMISU

For 4 individual servings.

Ingredients

- 4 double chocolate cookies
- 1 cup of strong black coffee
- sachet of chocolate mousse mix plus ½ litre of milk
- 150 - 200 gram tub of mascarpone cheese
- 20cl double cream
- dessert spoon icing sugar
- 4 coffee spoons amaretto liquer
- grated or flaked chocolate.

Make up the chocolate mousse sachet mix usually the milk - usually ½ litre. Prepare a cup of strong black coffee. Whisk the mascarpone, double cream and icing sugar together.

Place a chocolate cookie in the base of each dessert dish and spoon over each, 1 of the spoon fulls of amareto, divide enough of the coffee between them, to moisten well but not drown the cookie.

Divide the chocolate mousse between the four and, when it has cooled and set a little, put the cream mix on top of this. Chill and just before serving finish each with a sprinkling of flaked chocolate.



Lynda is better known as 'Ginger's Kitchen' and provides a full at-home catering service. (See advert on P.24)

Tel: 06 23 00 72 04 ~ Email: gingers.kitchen@orange.fr