

Cucumber Tomato and Roasted Radish Salad

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Ingredients:

1 cup fresh radish (large ones halved)
1 red onion (thick sliced)
Greens from radish (sliced thin)
2 cups tomato (diced)
2 cups cucumber (sliced)
¼ cup EV olive oil
2 tablespoons apple cider vinegar
2 tablespoons honey
Sea salt and fresh ground pepper

About this recipe:

A different way to enjoy a radish...grilling mellows the spicyness and makes them most enjoyable to bite into! Mixing them whole in this salad, they join up with tomatoes and cucumber to make a fresh and tasty salad. The radish greens are also used and accent nicely.



Photo taken by: Gregg Eligh

Variations:

- Serve with a goat cheese crostini for a very nice combination.

Method:

1. Grill the radishes and onion slices on a preheated BBQ. Caramelize nicely on all sides. Add to a mixing bowl.
2. Add the radish greens, tomato and cucumber and then the olive oil, vinegar and honey. Stir well to incorporate all of the ingredients.
3. Season to taste with salt and pepper.

Indian Spiced Terra Nossa Lamb Chilli

Servings: 6

Preparation Time: 30 minutes

Cooking Time: 25 minutes

Ingredients:

⅓ cup coconut or grape seed oil
 3 medium yellow onions
 1 – 798 ml can of peeled whole tomatoes (no salt)
 2 teaspoons sea salt
 2 teaspoons turmeric
 1 tablespoon cumin
 ½ teaspoon cayenne pepper
 1 cup coconut milk
 1 ½ cups cooked black beans (canned or cooked)
 2 cups cooked firm fleshed potatoes (diced)
 500g Terra Nossa ground lamb or other ground
 1 bunch of kale (stem removed and sliced thin)
 ½ cup organic cane sugar

About this recipe:

One of my favourite recipes ever is a curry recipe from Vij's cookbook. As a result I have adapted my own chilli recipe that is inspired by this delicious curry and it receives rave reviews wherever I offer it up. Make this chilli and you will make some very happy people too!



Photo taken by: Gregg Eligh

Variations:

- Use any cooked beans you like or a combination in place of the black beans.

Method:

1. Puree the onions in a food processor until they are as smooth as possible.
2. Preheat a large pot on medium high heat. Add the oil and then the onions and sauté, stirring regularly, until the onions are browned. This will take around 15 minutes and will need more stirring and a constant eye towards the end.
3. While the onions are browning, add the can of tomatoes to the food processor and pulse to chop them up.
4. Once chopped, you can measure out the spices and add them to the tomatoes. This way everything will be ready once the onions are browned.
5. Once the onions are nicely browned, add the tomatoes and spices then reduce heat to medium. Cover with a lid and cook for 5 minutes.
6. Add the coconut milk, black beans and potatoes and bring back to a simmer.
7. Once simmering, add the raw ground meat. Make sure to stir everything so that the meat gets broken up well. Make sure that there are no large chunks of meat.
8. Gently simmer the chilli for 8 – 10 minutes, stirring regularly so that the meat gets cooked completely.
9. Add the kale to the pot, give it a stir and then you are ready to serve one amazing chilli! Enjoy.

UPCOMING EVENTS WITH CHEF MICHAEL

Fresh and Healthy Appy Dinner Party

Wednesday, June 18th from 6:00pm – 9:00pm

On the menu...

- Buffalo Mozzarella on Chili Hazelnut Croustinis
- Mediterranean Stuffed Zucchini
- Baked Rosemary Eggplant and Goat Cheese Rolls
- Spicy Tofu and Marinated Cucumber Salad Rolls
- Steak Salad Cups with Avocado Salsa and Chorizo Mayo
- Coconut Chia Pudding with Chocolate and Strawberries



***Lunch Lesson* Tapas and Paella**

Wednesday, June 25th from 12:00pm – 1:00pm

On the menu...

- Manchego Cheese and Serrano Ham Crepe Roll
- Chicken, Chorizo Paella



Fresh and Healthy Mexican

Thursday, June 26th from 6:00pm – 9:00pm

On the menu...

- Sangria Smoothie
- Roasted Gaspacho with cucumber basil yogurt
- Chipotle Black Bean Soup with baked tortilla chips
- Braised Beef and Blackened Halibut Tacos with homemade tortillas
- Avocado Chocolate Pudding



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- Private cooking lessons in your home
- Special Event catering
- Lunch and learn functions at your office
- Speaking engagements at conferences or fairs etc.

Contact me at the email address below or call (250) 889-9779 if you would like to talk further regarding your special event. Like my facebook page if you want to be in the loop with all of my new recipes, cooking tips and events. Thank you for coming out ☺

Contact : islandchefmw@gmail.com & facebook.com/chefmw