



Soups and Starters

Cheese Fondue

Serves 2–4

1 clove garlic
200g (2 cups) grated cheese
20g (2 tablespoons) plain white flour
Large pinch ground nutmeg
Large pinch pepper
180mL (3/4 cup) low-fat milk
French bread

Cut the clove of garlic in half and rub the inside of the fondue pot very well with the cut garlic. Discard the garlic. Combine cheese, flour, nutmeg and pepper in a plastic bag and shake well to mix thoroughly. Heat the milk in the fondue pot till just boiling. Maintain over heat, add the mix from the plastic bag and whisk well with a fork until the cheese dissolves and the mix is bubbling. Place the pot over a fondue candle. Serve with chunks of crusty French bread.

Almond Soup

Serves 4–6

120g (1) leek
160g (4 sticks) celery
125g (2 cups) ground blanched almonds
1L (4 cups) low-fat milk
Cayenne pepper
30g (1/4 cup) toasted flaked almonds
Nutmeg as desired

Finely chop the leek and celery. Place ground almonds, milk, leek and celery in a saucepan and simmer over low heat until vegetables are tender. Puree in blender. Season with cayenne pepper. The soup may be served hot or well chilled. Sprinkle with toasted almonds and nutmeg to serve.

Savoury Melts

Baked Bean Melt

(place on toasted bread, muffins, crumpets or bread rolls and grill)

1/4 cup baked beans
1 slice (30g) cheese (reduced fat and salt variety preferable)

Grill until cheese melts.

Paprika Chicken Melt

(place on toasted bread, muffins, crumpets or bread rolls and grill)

1 slice ham, diced
1/4 cup grated Mozzarella cheese
1/2 small tomato, diced
1/2 teaspoon Parmesan cheese

Combine and grill under cheese melts and is golden brown. Diced capsicum, onion and pineapple may be added.

Desserts

Chocolate Blancmange

Serves 4

40g (1/3 cup) cornflour
500mL (2 cups) low-fat milk
1 teaspoon vanilla essence
40mL 2 tablespoons chocolate syrup
A little grated chocolate for serving

Blend cornflour in a bowl with 1/2 cup of milk. Heat the remaining milk in the pan. When nearly boiling quickly stir in cornflour mixture and continue to stir over heat until mixture boils and thickens; stir over heat for a further 1 minute. Remove from heat and add vanilla essence and chocolate syrup. Pour mixture into 4 individual serving dishes that have been rinsed out with cold water (do not dry). Refrigerate until firm.

Sprinkle with grated chocolate to serve.

Stuffed Peaches

Serves 1

200g (1 large) fresh peach
2 teaspoons smooth ricotta cheese
2 teaspoons low-fat natural yoghurt
1 teaspoon lemon juice
Liquid sweetener to taste
Chopped walnuts for garnish

Peel and halve peach and remove the stone. Place the 2 halves on a serving plate. Combine remaining ingredients and sweeten if needed. Place into the cavity of each peach half. Grill or bake for 5 to 10 minutes. Garnish with chopped walnuts.