

Sauces & Dressings

5 Minute Guacamole

Serves: 6 at quantity listed

Steps:

1. Place all the ingredients in a large bowl, mash and mix together
 - 3 avocados: peeled and stone removed
 - 1 red onion
 - 1 handful of cherry tomatoes: chopped
 - 1 tsp garlic powder
 - 1 handful of jalapenos: chopped
 - Juice of 1 lime
 - 2 tbsp Greek yogurt
 - 1 handful fresh coriander
 - Season with Gros Sel Guerande salt & freshly ground black pepper
 - ½ tsp of cayenne pepper: optional to taste

5 Minute Homemade Pesto

Serves: 2 at quantity listed

Steps:

1. Heat a non-stick saucepan on a medium heat and dry fry the pine nuts for 3-5 minutes, shake regularly to stop them burning and once golden, set aside.
2. Place all the pesto ingredients in a food processor and blend into a thick, creamy consistency. Add more olive oil if required. Blend just enough so the pine nuts are still a little intact to add crunch to the pesto.
 - 2 tbsp olive oil
 - 2 x large handfuls of fresh basil
 - 1 clove garlic: peeled
 - 2 tbsp parmesan: finely grated
 - 1 handful pine nuts
 - Season with Gros Sel Guerande salt & freshly ground black pepper
 - 1-2 tsp of lemon juice

5 Minute Béarnaise

Serves: 6 at quantity listed

Steps:

1. Preheat the oven to 180c.
2. Combine the lemon juice, egg yolks, shallot, garlic powder, salt and pepper in a measuring cup or bowl and blend with a hand blender.
3. Place the butter in a heatproof measuring jug (ideally with a spout) and place it in the oven until the butter is completely melted and piping hot.
4. Keep the hand blender running while you pour in the melted butter mixture, pump the blender up and down and from side to side, ensuring you blend all ingredients. Keep pouring until you have the desired creamy texture.
5. Add the tarragon and blend together one last time.
 - 1 tbsp lemon juice

- 2 egg yolks
- 1 tbsp finely chopped shallot
- 1 tsp garlic powder
- 1-2 tsp of Gros Sel Guerande salt
- Freshly ground black pepper: to taste
- 170g unsalted butter
- 2 tbsp of fresh or dried tarragon

All taken from: Fitter Food: A Second Helping by Keris Marsden & Matt Whitmore

5 Minute Salsa

Serves: 4 at quantity listed

Steps:

1. Combine the tomatoes, red onion, garlic, white wine vinegar, lime juice and coriander in a bowl.
2. Stir and then refrigerate until ready to be served.

- 4-6 medium tomatoes: peeled and chopped
- ½ red onion, very finely chopped
- 1 small garlic clove: chopped
- Small splash white wine vinegar
- ½ lime: juice only
- ½ bunch coriander: roughly chopped

5 Minute Blue Cheese Dressing

Serves: Adjust quantities to suit your individual appetite, this is rich

Steps:

1. Add a small amount of double cream to a saucepan and gently start warming.
2. Crumble any blue cheese into the cream and continue to warm gently and turning over with a wooden spoon until smooth.

- Double cream
- Blue cheese

5 Minute French Salad Dressing

Serves: 8 at quantity listed

Steps:

1. In a small bowl, mix together the first four ingredients then whisk in olive oil.

- 1 tbsp sherry vinegar
- ¼ teaspoon Dijon mustard
- 2 garlic cloves: finely chopped or pressed
- ¼ teaspoon Gros Sel Guerande salt
- ¾ cup macadamia oil