

Treat your loved one FoodNews

Simon Stevenson, head chef
at Café Coast on the Beach
Boulevard, has devised this recipe
just in time for Valentine's Day

Chicken Breast Stuffed with a Chicken Liver Parfait in a White Wine and Rosemary Sauce

- 4 chicken breast fillets

- 4 slices smoked bacon
- Chicken liver parfait
- 30ml/1 fl oz olive oil
- White wine and rosemary sauce

Put the chicken fillets on a chopping board breast side

down. Remove the small fillets. Make a lengthways cut down each breast starting an inch from the top and ending an inch from the bottom – make it an inch deep. Then gently open up the cut to make a deep 'pitta' type pocket. Take the chicken liver parfait and fill each breast pocket. Use the little fillets removed earlier to cover the pockets,



tucking it inside. Lay a slice of bacon, put a filled chicken breast at the end of the bacon and roll up, tucking the ends up. Roll up the other chicken breasts in the same way. Place on a roasting tray and lightly brush with olive oil and season.

Roast in the oven for about 20–25 minutes at 180C/350F/gas mark 4. Top

with the white wine and rosemary sauce and serve.

Chicken Liver Parfait

- 370g/13oz chicken livers
- 5 egg yolks
- 140ml/1/4pt clarified butter
- 280ml/1/2pt double cream
- 1/4 cup of Madeira wine
- 1/4 cup of red wine
- 1 clove of garlic
- 1 sprig of thyme

Reduce the Madeira wine, red wine, garlic and thyme by three-quarters in a saucepan and leave to cool. Blend the chicken livers into a smooth paste. Add the egg yolks, butter and the reduction and blend again to mix well. Add the cream and blend briefly to mix. Place the mixture into parfait moulds/ramekins. Place the moulds into a deep tray filled with water to cover halfway up the moulds and cover the whole tray with silver foil.

Place in an oven pre-heated to 160C/325F/gas mark 3 and cook for 12 to 14 minutes.

White Wine and Rosemary Sauce

- 2 tbspn butter

- 1 large shallot, chopped
- 1 tbspn fresh rosemary, chopped
- 1/4 cup dry white wine
- 1/2 cup brown stock
- 1/2 cup heavy cream

Heat the butter in a medium sized pan over a medium heat. Add the shallot and saute until transparent, about three to four minutes.

Add the rosemary and wine and cook over a high heat until most of the liquid has evaporated, about three to four minutes. Stir in the stock and continue to cook over a high heat until the liquid is reduced by half. Add the heavy cream, and season. Then boil over a medium heat for three minutes.

THE FOOD OF LOVE

Oysters have long been considered an aphrodisiac because of their high zinc content, one of the minerals required for the production of testosterone.

So this Valentine's Day, why not serve your loved one a five-star delight they won't forget – a plate of Isle of Skye Smokehouse oysters.

The Isle of Skye Smokehouse prides itself in producing the finest range of smoked seafood, including its fresh oysters that have a distinct salty flavour. Working closely with local fisherman ensures that the Isle of Skye seafood is some of the finest quality found in the UK.

Oysters can be eaten in a variety of ways, including half shelled, raw, smoked, baked, fried, roasted and grilled, or, for the very adventurous, as an added ingredient in a range of drinks.

For those who are passionate about love and food, the Isle of Skye Smokehouse has compiled several recipes and serving suggestions, ensuring you can wine and dine your loved one with all the style and taste of a meal prepared by a Michelin star chef:

Sweet and Sour Oysters will create a succulent sensation for any luxurious meal. The ingredients include red chilli, root ginger and fresh lemon juice. To finish, garnish with chopped parsley and serve while still warm.

Champagne Oysters are a truly delicious starter for a romantic meal. Cook 12 Isle of Skye Smokehouse oysters in pink champagne or rose sparkling wine. Finish with fresh tarragon to garnish, served with crusty bread.

Angels on Horseback is a classic starter. Grill Isle of Skye

oysters with rashers of streaky bacon, season with salt and black pepper and serve with a mixed leaf salad.

Alternatively, for those wanting the oysters to speak for themselves, simply open the oyster shells with a strong blunt knife and serve straight from the fridge, with the finest chilled Pol Roget champagne and lemon juice or Tabasco sauce on the side.

Isle of Skye's succulent seafood is also available in a variety of hampers and selection boxes.

They range from freshly cooked whole langoustines, smoked Caledonian oysters and oak roast Drumbuie smoked salmon – which make the perfect gift for any occasion. Visit www.skye-seafood.co.uk

SWEET TREAT

Is your Valentine a dedicated chocoholic? Here is a cheap, albeit slightly sticky, way to make them go weak at the knees.

Simply melt a couple of Cadbury Creme Eggs gently



over a low heat (then allow to cool before application) for the ultimate chocolate gooey body paint – or just crack them open and dip your pastry brush straight in.

This cheeky Valentine's treat is the perfect way to end a romantic evening in. Cadbury Creme Eggs are available nationwide, RRP 44p.

TOP PRIZE

SPAM Cook of the Year returns for its second year, offering an incredible first prize of a trip to the 2010 SPAMJAM Festival in Waikiki, Hawaii, following the resounding success of the launch of the national competition in 2008. Participants from all over the UK are invited to get their creative culinary caps on and upload their very own SPAM recipe, together with a picture, via www.spam-uk.com, where their recipe will be included in a gallery for all to see.

Once the competition has closed the final three best recipes from each of seven regions will go up for the public vote for a one-week period before the finalists are announced.

The competition is open to anyone living within the UK, and entrants have until April 30 to submit their recipes. The top prize, which will be for two people, also includes a seven-night stay at the Waikiki Marriott Hotel, return flights and £500 spending money. Runners-up will each receive a hamper of SPAM goodies. For further information on the competition and to sign up to the SPAM fan club for regular updates, log on to www.spam-uk.com

SHAKE IT UP

If you are looking for a

delicious cocktail to serve for Valentine's Day but need some inspiration, then Disaronno Amaretto might just have the answer.

The liqueur has launched a new service on www.disaronno.co.uk/valentines to help you find your perfect cocktail match. Just answer a few simple questions and it will pinpoint the ideal cocktail to serve.

Once your cocktail has been identified you can enter in the e-mail address of the person you want to make it for and our cocktail matching service will send it to them. Want to keep it anonymous? No problem. Choose if you want your identity unmasked or keep your intended guessing – it's up to you.

For another Valentine's Day idea why not try out the new Disaronno Amaro Dolce cocktail, a tempting and tantalising delight. Combining the delicious taste of Disaronno with Campari and orange juice, it's the perfect blend to help set the mood.

FRESH FLAVOUR

Funkin's has launched a fresh new flavour to its range of clever cocktail mixers in time for Valentine's Day – The Funkin White Peach Bellini. The Bellini cocktail was invented by Giuseppe Cipriani of the world famous Harry's Bar in Venice.

Funkin White Peach Cocktail Mixer is a simple way to re-create this classic Italian cocktail, paying homage to its birth in the city of love, with one part of Funkin fresh puree topped in a champagne flute with a generous four parts of Prosecco or sparkling wine. Gently stir to lift the flavours

through the drink before raising a toast to your nearest and dearest.

Each 99p pouch contains enough natural fresh fruit puree to mix up to five drinks, leaving your Italian Valentines short of nothing but gondolas and a moonlight serenade.

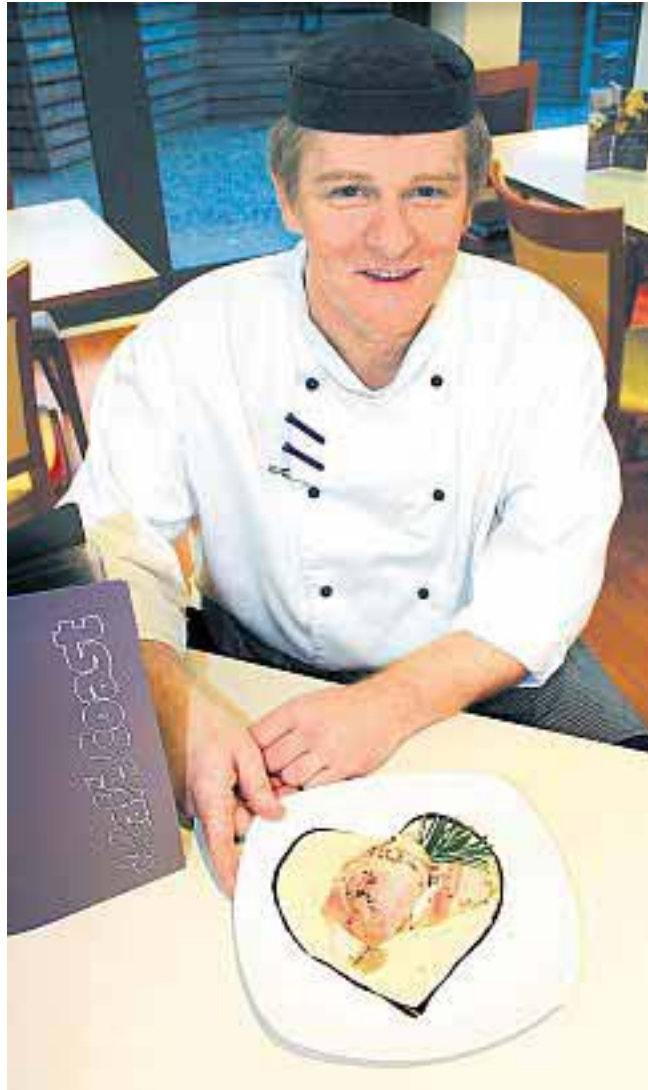
The Funkin Cocktail Mixer range is currently available in Sainsbury's and Asda and online at www.funkin.co.uk priced at 99p for a 120g sachet.





Ref: 21041374





Ref: 21041374

