

# TASTE & TWINE

48

*Elegant Recipes*



PREP TIME



45 MIN



NUTRITION

# Roast Beef

with Yorkshire Pudding,  
Golden Roast Potatoes  
& Seasonal Vegetables



# Roast Beef

with Yorkshire Pudding,  
Golden Roast Potatoes  
& Seasonal Vegetables



## Ingredients

- For the roast beef:
  - 1kg top sirloin or rib roast
  - 1 tbsp Dijon mustard
  - 2 tsp sea salt
  - 1 tsp cracked black pepper
  - 2 tsp fresh rosemary, chopped
  - 2 tsp olive oil
- For the Yorkshire pudding:
  - 100g plain flour
  - 2 eggs
  - 100ml milk
  - Pinch of salt
  - Sunflower oil or beef dripping (for tin)
- For the roast potatoes:
  - 600g Maris Piper or Yukon Gold potatoes
  - 2 tbsp duck fat or olive oil
  - Sea salt, thyme sprigs, 2 garlic cloves (crushed)
- For the vegetables:
  - 1 cup broccoli florets
  - 1 cup baby carrots
  - 1 tbsp butter
  - Pinch of sea salt

## ⌚ Prep & Nutrition

Prep Time	Cook Time		Serves	
25 minutes	1 hr 30 min		4 people	
Calories	Carbs	Protein	Fat	Fibre
720 kcal	38g	50g	40g	5g

Includes one Yorkshire, 150g roast potatoes, and the vegetable portion per serving.

## Instructions

1. Prepare & Roast the Beef:
2. Preheat oven to 220°C (430°F). Rub beef with mustard, rosemary, oil, salt & pepper. Roast for 20 mins, reduce heat to 180°C (350°F), and cook 40-60 mins more for medium-rare. Rest 15 mins.
3. Make Yorkshire Batter:
4. Whisk flour, eggs, milk, and salt. Rest batter for at least 30 mins. Pour into hot oiled muffin tin and bake at 220°C (430°F) for 20-25 mins until puffed and golden.
5. Crisp the Potatoes:
6. Parboil potatoes 10 mins. Drain and shake to rough edges. Roast with duck fat, garlic, and thyme at 200°C (390°F) for 40-50 mins, flipping once.
7. Steam or Sauté Veggies:
8. Steam or sauté broccoli and carrots with butter and sea salt until just tender.
9. Serve:
10. Plate thick slices of roast beef alongside crispy potatoes, a Yorkshire pudding, and glossy vegetables. Drizzle with pan juices or a red wine jus.

## 🍷 Wine Pairing

Bordeaux Blend (Cabernet Sauvignon + Merlot) – earthy, balanced, and structured, perfect with roast beef.

### Alternatives:

- Barolo – complex with herb and cherry notes
- English Sparkling Red – for a unique pairing twist
- Spiced black tea or cranberry juice – for non-alcoholic depth

# Elderflower & Berry Eton Mess



# Elderflower & Berry Eton Mess



## Ingredients

- For the crust:
  - 1¼ cups plain flour
  - ¼ cup ground almonds
  - 1 tbsp sugar
  - 115g cold butter, cubed
  - 2-4 tbsp cold water
- For the filling:
  - 4 ripe plums, thinly sliced
  - 2 tbsp brown sugar
  - 1 tbsp honey
  - ½ tsp cinnamon
  - 1 tsp lemon juice
  - Pinch of salt
- For the topping:
  - 1 egg (for egg wash)
  - 1 tbsp demerara sugar
- Vanilla cream or whipped cream to serve

## ⌚ Prep & Nutrition

Prep Time

15 minutes

Chill Time

15 minutes

Serves

4 people

Calories

300 kcal

Carbs

26g

Protein

3g

Fat

20g

Fibre

3g

A refined twist on the classic Eton Mess, crushed meringue folded into whipped cream, infused with elderflower, and layered with macerated summer berries.

## Instructions

1. Macerate the Berries:
2. Toss berries with elderflower cordial and a sprinkle of icing sugar. Let it sit for 10-15 minutes.
3. Whip the Cream:
4. Whip cream with vanilla and icing sugar until soft peaks form.
5. Assemble:
6. Fold crushed meringue gently into whipped cream. Layer with berries in glasses or bowls.
7. Serve:
8. Top with extra berries and edible flowers or mint.

## 🍷 Wine Pairing

Brachetto d'Acqui – lightly sparkling, floral, and fruity, pairs beautifully with berries and elderflower.

Other Options:

- Moscato
- Sparkling rosé
- Non-alcoholic: elderflower tonic or hibiscus-berry soda

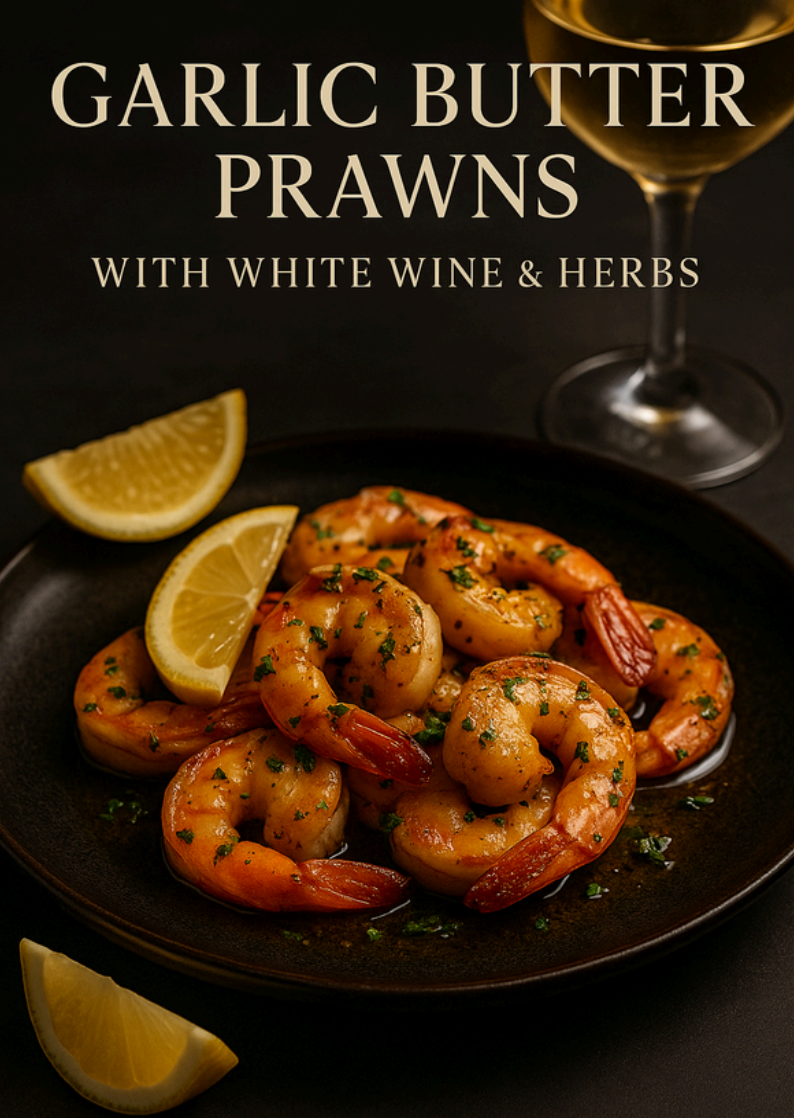


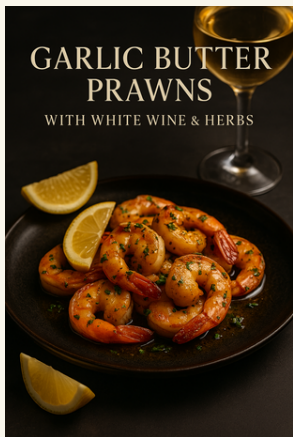
# THE AUTUMN HARVEST BOARD



# GARLIC BUTTER PRAWNS

WITH WHITE WINE & HERBS





# GARLIC BUTTER PRAWNS

WITH WHITE WINE & HERBS

## ⌚ Prep & Nutrition

Prep Time	Cook Time	Serves
10 minutes	10 minutes	2 people

Calories	Carbs	Protein	Fat	Fibre
410 kcal	5g	36g	28g	1g

Nutritional info based on 1 serving, including lemon herb butter but excluding optional sides.

## Instructions

1. Prep the Prawns:
2. Rinse and pat the prawns dry—season with salt and pepper.
3. Sauté Garlic:
4. Heat olive oil and 1 tbsp butter in a skillet over medium heat. Add garlic and chili flakes. Cook 30–60 seconds until fragrant.
5. Cook Prawns:
6. Add prawns to the pan. Sear 1–2 minutes per side until pink and just opaque.
7. Deglaze with Wine:
8. Pour in white wine and lemon juice. Simmer for 1 minute.
9. Finish:
10. Stir in remaining butter and parsley. Serve hot with lemon wedges.

## Ingredients

- 300g large prawns (peeled, deveined, tails on)
- 2 tbsp unsalted butter
- 1 tbsp olive oil
- 3 cloves garlic, finely minced
- 50ml dry white wine
- Juice of ½ lemon
- 1 tbsp chopped fresh parsley
- Pinch of chili flakes (optional)
- Salt and freshly ground black pepper, to taste
- Lemon wedges for garnish

### 🍷 Wine Pairing

Vermentino – light, dry, and citrusy, balancing the garlic Butter and lemon.

### Alternative Options:

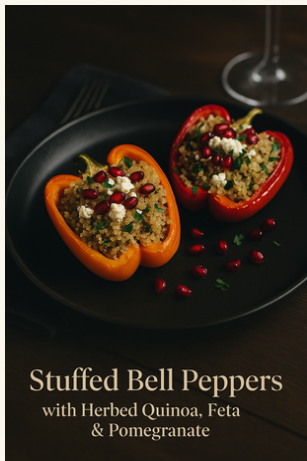
- Pinot Grigio – clean and crisp with mild acidity
- Champagne or Brut Prosecco – great with rich seafood
- Sparkling elderflower water, for a refined non-alcoholic pairing





# Stuffed Bell Peppers

with Herbed Quinoa, Feta  
& Pomegranate



## Stuffed Bell Peppers

with Herbed Quinoa, Feta  
& Pomegranate

## Ingredients

- 2 large bell peppers (red or yellow)
- 100g quinoa (dry)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/2 red onion, finely chopped
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 cup chopped parsley
- 1/4 cup chopped mint
- 60g crumbled feta
- 2 tbsp pomegranate seeds
- Salt & pepper to taste
- Optional: pine nuts or toasted almonds for garnish

### ⌚ Prep & Nutrition

Prep Time	Cook Time	Serves
15 minutes	25 minutes	2 people

Calories	Carbs	Protein	Fat	Fibre
480 kcal	42g	16g	28g	7g

Per serving, including quinoa filling and feta topping.

## Instructions

1. Prep the Peppers:
2. Slice peppers in half lengthwise and remove seeds. Lightly oil, place on a baking tray, and roast at 200°C (390°F) for 15 minutes.
3. Cook the Quinoa:
4. Rinse quinoa and cook per package instructions. Fluff and set aside.
5. Build the Filling:
6. Sauté onion and garlic in olive oil. Add cooked quinoa, cumin, paprika, parsley, mint, salt & pepper. Stir to combine.
7. Stuff and Bake:
8. Remove peppers from oven. Fill generously with quinoa mix. Sprinkle with feta and return to oven for 10 minutes.
9. Garnish:
10. Top with pomegranate seeds and optional toasted nuts. Serve warm with lemon wedges.

### 🍷 Wine Pairing

Dry Rosé – fresh and fruity, it balances the saltiness of the feta and brightens the herbs.

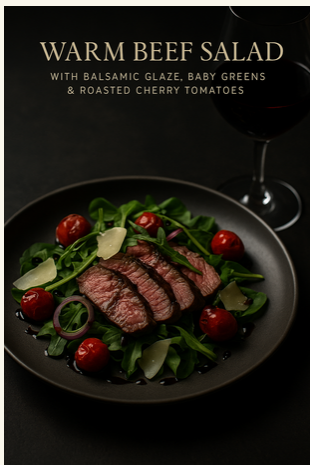
Alternatives:

- Sauvignon Blanc
- Light-bodied Pinot Noir (served slightly chilled)
- Sparkling cucumber lemonade (non-alcoholic)

# WARM BEEF SALAD

WITH BALSAMIC GLAZE, BABY GREENS  
& ROASTED CHERRY TOMATOES





## WARM BEEF SALAD

WITH BALSAMIC GLAZE, BABY GREENS  
& ROASTED CHERRY TOMATOES

### ⌚ Prep & Nutrition

Prep Time	Cook Time	Serves
15 minutes	15 minutes	2 people

Calories	Carbs	Protein	Fat	Fibre
450 kcal	12g	34g	28g	3g
Nutrition includes dressing and roasted vegetables.				

## Instructions

1. Roast Tomatoes:
2. Preheat oven to 200°C (390°F). Toss cherry tomatoes with a drizzle of olive oil and roast for 10-12 minutes until blistered.
3. Make Balsamic Glaze:
4. Simmer balsamic vinegar and honey in a small saucepan over medium heat until reduced by half and syrupy. Set aside.
5. Cook the Steak:
6. Season steak with salt and pepper. Sear in hot skillet with olive oil and butter, 2-3 mins per side for medium-rare. Rest for 5 minutes, then slice thinly across the grain.
7. Assemble the Salad:
8. Toss baby greens, red onion, and roasted tomatoes with a touch of olive oil. Plate on individual dishes or a large platter.
9. Finish with Elegance:
10. Lay warm beef slices over the greens. Drizzle with balsamic glaze. Top with Parmesan shavings and optional nuts.

## Ingredients

- 250g sirloin or rump steak
- Salt & pepper
- 1 tbsp olive oil
- 1 tsp butter
- 2 cups mixed baby greens (rocket, spinach, lamb's lettuce)
- 1 cup cherry tomatoes
- 1/2 red onion, finely sliced
- 1/4 cup shaved Parmesan
- Optional: toasted pine nuts or walnuts
- For the balsamic glaze:
- 100ml balsamic vinegar
- 1 tsp honey
- Pinch of salt

### 🍷 Wine Pairing

Pinot Noir – light enough for salad, rich enough for steak. Earthy and juicy, with low tannins.

Alternatives:

- Chianti – bright acidity balances the greens and glaze
- Rosé – dry and crisp, especially for summer dining
- Cold hibiscus or cranberry iced tea – vibrant and refreshing