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**Mild curried pumpkin, potato and carrot soup**

**(very very yummy!!)**

Quite a thin soup – ideal entree. Serves 4.

**Ingredients:**  
1T oil  
200g chopped onion  
470g chopped pumpkin  
200g chopped carrots  
300g chopped potato (or kumara)  
2t NAS curry powder  
4 cups NAS chicken stock  
375ml can Carnation light and creamy evaporated milk

**Method:**  
Heat oil in a large pan. Add vegetables and cook 2 minutes. Stir in curry powder. Add stock; bring to the boil and simmer covered for 20 minutes until soft.   
Purée mix until smooth. Add evaporated milk and reheat without boiling. If desired, serve garnished with chopped parsley or coriander.

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**Slow cooker Beef Cheeks in red wine** Serves 6

(Note: I can’t remember the origin of this recipe, but it is a spectacular Dinner Party favourite)

**Ingredients: NAS = No added salt**

¼ cup Plain Flour

1.2kg beef cheeks

2T olive oil

2 medium brown onions. Cut into wedges

6 cloves garlic, halved

2 medium carrots, coarsely chopped

1 cup Shiraz red wine

2 cups NAS beef stock

2T brown sugar

2T NAS tomato paste

2 bay leaves

3 sprigs fresh thyme

40g NAS butter

6 shiitake mushrooms, halved

6 medium brown mushrooms, halved

12 small button mushrooms

Pepper

**Method:**

1. Season flour with pepper. Place flour in a large snap lock bag. Add half the beef. Seal. Shake to coat. Remove from bag, shaking off excess flour. Transfer to plate. Repeat with remainder.
2. Heat oil in a large frying pan over medium high heat. Cook beef in batches, for 3 minutes each side or until browned. Transfer to a plate.
3. Add onion, garlic and carrots to pan. Cook, stirring, for 3 minutes or until golden. Place half the onion mixture in the bowl of a large slow cooker. Top with beef and remaining onion mixture.
4. Add wine, stock, sugar, paste and herbs to frying pan. Bring to the boil then pour over beef in slow cooker (or heavy based pan on the stove/or in the oven on low).
5. Add butter to pan, then mushrooms. Cook, stirring, for 3 minutes or until browned. Add to beef.
6. Cover with lid. Turn slow cooker on low. Cook for 8 hours or until beef is tender. (Alternately, turn slow cooker on high and cook for 4 hours.) Sprinkle with fresh thyme and serve with potato or kumara mash, steamed asparagus and green beans.

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**Lemon or Lime Tart**

(Sunday life, Sun Herald, October 2003)

**Ingredients:**

Icing sugar to serve

**Pastry:**

225g (1 ½ cups) plain flour

2T icing sugar

170g chilled butter, cubed

1T cold water

**Filling:**

3 x 60g eggs

¾ cup (165g) caster sugar

¾ cup (180ml) pouring cream

150ml fresh lemon/lime juice

**Method:**

1. Place flour, icing sugar and butter in the bowl of a food processor and process until it resembles coarse crumbs (30-60 seconds). Add water and use the pulse button until the pastry starts to come together. Turn onto a lightly floured surface and bring together with your hands. Shape into a disc, wrap in plastic wrap and refrigerate for 20 minutes.
2. Roll out the pastry on a lightly floured surface with a lightly floured rolling pin into a circle about 3mm thick. Carefully drape the pastry over the rolling pin and gently ease it into an ungreased 23cm tart tin with removable base, pressing it into the side with your thumbs.
3. Roll the rolling pin over the top of the tart to trim off any excess pastry. Prick the base about 10 times with a fork then place in the freezer for 1 hour or until frozen through (freezing the pastry means you don’t have to ‘blind bake’ it using dried beans or rice, as the pastry is so shocked from being frozen that the side won’t shrink, or the bottom bubble when baking). Preheat oven to 200C.
4. Place the tart tin on a baking tray and bake for 15 minutes or until golden. Meanwhile, use a fork to whisk together the eggs, sugar, cream and lemon juice until well combined. Strain into a jug. Pour filling into the hot pastry case, reduce oven temperature to 160C and bake for 25 minutes or until just set in the centre. Cool in tin. Serve dusted with icing sugar with fresh berries and double cream. Serves 8.