



Recipe Book

Royal Highland Show

Food
Standards
Scotland

Inbhe
Bìdh Alba

Chive blinis with Scottish smoked salmon

Serves 4

Ingredients

For the blinis
100g self-raising flour
½ teaspoon baking powder
50g fine Scottish oatmeal
2 teaspoons virgin olive oil
1 medium free-range egg
150ml semi-skimmed milk
2 tablespoons chives, very finely chopped
Pinch (0.25g) salt
Pinch (0.5g) freshly ground black pepper
½ teaspoon virgin olive oil for oiling pan

For the topping
100g Quark (virtually fat-free soft cheese)
100g thinly sliced Scottish smoked salmon, cut into strips
Pinch (0.5g) freshly ground black pepper
Juice of ½ lemon

Food Safety Fact

Don't be tempted to eat foods such as smoked salmon after the "use by" date on the label, even if it looks and smells fine. A "use by" date is put on food that "goes off" quickly and tells you how long food will stay safe. Always follow the storage instructions.

This dish is high in salt because of the smoked fish. Although oily fish like salmon is usually a healthy choice, you should try not to have smoked foods which are high in salt too often.

Method

Place the flour, oatmeal, baking powder, salt and pepper into a mixing bowl.

Make a well in the centre and add the egg, olive oil and milk. Using an electric hand mixer, whisk to form a smooth batter. Fold in the chives.

Heat a non-stick frying pan until nice and hot. Pour in a few drops of oil and carefully wipe over with kitchen paper.

Drop teaspoons of batter onto the hot pan and leave to cook for a couple of minutes or until bubbles form on the surface. Turn and allow to cook for a further minute on the other side. Remove from the pan and place on a cooling rack – cover with a clean tea towel. Continue to make further blinis until all the batter is used up.

Once cold, place the blinis onto a serving plate. This recipe provides for approximately 30 blinis, only 12 of which you would use to serve 4. Allow 3 per person and any spare can be placed in a plastic bag and frozen.

Spread each blini with a little Quark soft cheese. Fold a strip of smoked salmon on top, then finish with a light grinding of black pepper and a squeeze of lemon juice. Serve immediately.

1 serving 62g (3 blinis) typically contains				
Energy	Fat	Saturates	Sugars	Salt
581kJ 139kcal	MEDIUM 4.4g	LOW 0.8g	LOW 1.9g	HIGH 1.41g
7%	6%	4%	2%	24%
Of an adults reference intake				
Typical values per 100g : Energy 937kJ / 224kcal				





Chicken marinated with orange, honey and cumin

Serves 4

Ingredients

600g/4 medium skinless chicken breasts
150ml fresh orange juice
1 teaspoon clear honey
2 teaspoons virgin olive oil
½ teaspoon ground cumin
Pinch (0.25g) salt
Pinch (0.5g) freshly ground black pepper

Method

Place the chicken breasts between 2 pieces of cling film and flatten with a rolling pin or meat mallet. Remove the cling film and place the chicken in a large dish.

Whisk together the orange juice, olive oil, honey, cumin, salt and pepper.

Pour over the chicken, turning the pieces to ensure an even coating. Cover the dish with cling film and place in the fridge to marinate for at least a couple of hours, but ideally overnight.

When ready to cook, heat a large griddle pan (or alternatively cook on the barbecue). Place the chicken pieces onto the hot pan and cook for 3-4 minutes either side or until all the way cooked through.

Meanwhile, pour the remaining marinade liquid into a small saucepan and bring to the boil. Reduce slightly until just starting to thicken.

Serve the chicken pieces with the hot marinade trickled over.

Serve with tabbouleh and rocket and tomato salad (recipes overleaf).

Food Safety Fact

You don't need to wash raw chicken before you cook it. Although most raw meat will have some germs on it, washing won't get rid of them. In fact, washing is more likely to spread germs around the kitchen. Little splashes of water can contaminate you, your worktops and anything else in the way. Thorough cooking is the only way to get rid of these nasty germs. Check that the chicken is cooked properly by cutting into it and making sure there is no pink in the middle and the juices run clear. Always wash your hands thoroughly after touching raw meat and before you touch anything else.

1 serving (446g) typically contains				
Energy	Fat	Saturates	Sugars	Salt
2814kJ 673kcal	LOW 10.7g	LOW 1.3g	LOW 9.4g	LOW 0.89g
34%	15%	7%	10%	15%
Of an adults reference intake				
Typical values per 100g : Energy 631kJ / 151kcal				



SUMMER AL FRESCO



Tabbouleh

Serves 4

Ingredients

200g bulgar wheat • 2 teaspoons virgin olive oil • juice of 1 lemon • 1 bunch (75g) spring onions, trimmed and finely sliced • 1 can (240g) of chickpeas, rinsed and drained • handful fresh mint leaves, chopped • pinch (0.25g) salt • pinch (0.5g) freshly ground black pepper

Method

Cook the bulgar wheat according to pack instructions. Drain and place in a large mixing bowl.

While still warm, stir through all the other ingredients. Cover with cling film and chill until needed.

Bulgar wheat is a starchy food; a really important part of a healthy balanced diet. Choosing bulgar wheat makes a change from starchy foods like potatoes, pasta, bread or rice!

Rocket and tomato salad

Serves 4

Ingredients

1 bag (70g) fresh wild rocket • 300g cherry tomatoes, quartered • ½ red onion, very finely sliced • juice of ½ orange • pinch (0.5g) freshly ground black pepper

Method

Place the rocket leaves, tomatoes and sliced red onion in a large salad bowl and toss together.

Just before serving, squeeze over the orange juice and add a light sprinkling of freshly ground black pepper.

Food Safety Fact
Unless packaging around vegetables says "ready-to-eat", you must wash them before using in the salad.

NB. Nutritional analysis of these two recipes is included in the chicken recipe on the previous page.



Fruit yakitori with raspberry and lime lemon sauce

Serves 4

Ingredients

- 150g strawberries (hulled)
- 150g apple (cored)
- 150g peaches (destoned)
- 100g raspberries
- Zest and juice of 2 lemons
- Zest and juice of 2 limes
- 50ml water
- Skewers (metal or wood)

Method

If using wooden skewers, soak them in water for 2 hours beforehand. In a pot add the water, raspberries, lemon and lime juice and zest. Mix with a wooden spoon or fork and bring to a simmer. Cook for 10 minutes until a syrup has formed. Chop the apple and peaches roughly into chunks. Thread the skewers with the apple, peaches and strawberries. Place under a heated grill, on a griddle pan or on the barbecue. (If using a barbecue, use a section that has not been used to cook meat.) Cook until the fruit is slightly charred.

Serve fruit with raspberry sauce either poured over or it can be used as a dip.

This recipe is a good choice because it contains plenty of fruit and no added sugar.

TASTE OF ASIA



1 serving (160g) typically contains				
Energy	Fat	Saturates	Sugars	Salt
201kJ 48kcal	LOW 0.2g	LOW 0g	MEDIUM 10.4g	LOW 0.02g
2.4%	<1%	<1%	12%	<1%
Of an adults reference intake				
Typical values per 100g : Energy 126kJ / 30kcal				

ALLERGEN ADVICE

Some people are allergic or intolerant (e.g. gluten or lactose intolerance) to certain foods. Eating even small amounts of these foods can make them ill and may even be life threatening. If you are preparing food for someone with a food allergy/intolerance :

- it is important to check the recipe carefully to make sure it does not contain the allergen that needs to be avoided. Look out for 'hidden' ingredients in a recipe, for example sesame seeds in tahini paste, gluten in stock cubes, milk in fromage frais and lupin seed and flour in some types of bread;
- to prevent accidentally including an allergenic food, avoid using the same knife or chopping board and keep the allergenic food away from other ingredients.

All pre-packed foods sold in the UK have to show clearly on the label if it contains any of the following ingredients that are known to cause allergies: peanuts, nuts, milk, soya, mustard, lupin, eggs, fish, shellfish, cereals such as wheat, rye, barley (gluten), sesame seeds, celery, or sulphites (over a certain level).

More information is available at:

www.food.gov.uk/multimedia/pdfs/publication/buyingfoodallergy1109.pdf

NUTRITION ADVICE

Making healthier choices :

If you're trying to decide which product to choose, check to see if there's a nutrition label on the front of the pack. This will help you to quickly assess how your choices stack up. You will often find a mixture of red, amber and green colour coding for the nutrients. So when you're choosing between similar products, try to go for more greens and ambers and fewer reds if you want to make a healthier choice.

Front of pack nutrition labels :

- Most of the big supermarkets and many food manufacturers display nutritional information on the front of pre-packed food.
- Front of pack nutrition labels provide information on the number of grams of fat, saturated fat, sugars and salt and the amount of energy (in kJ and kcal) in a serving or portion of a recipe.
- The labels also include information about reference intakes (expressed as a percentage) which are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet.
- The colour coding tells you at a glance if the food has high (red), medium (amber) or low (green) amounts of fat, saturated fat, sugars and salt.
- The more greens on the label, the healthier the choice.
- Amber means neither high nor low, so you can eat foods with all or mostly ambers on the label most of the time.
- Reds on the label means the food is high in that nutrient and these are the foods we should cut down on. Try to eat these foods less often and in small amounts.

EATING WELL

Food Standards Scotland

For safe food and healthy eating

Base your meals on starchy foods

Eat lots of fruit and veg - at least 5 portions a day

Fish is good for you - eat 2 portions a week

Cut down on fat and sugar

Try to eat less salt: no more than 6g a day for adults

Drink plenty of water

Eat breakfast

And remember to enjoy your food!

Food Standards Scotland

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