

OLIVE TAPENADE SCROLLS

Makes 12

DOUGH

750ml cake flour
10g instant yeast
10ml salt
60ml olive oil
30ml honey
250-300ml warm water
FILLING
200g black olives, pitted
5ml chopped garlic
125ml basil leaves
2 tinned anchovies
60ml olive oil
salt and pepper
100g pitted green olive

DOUGH: Combine the flour, yeast and salt in a bowl.

Combine the olive oil, honey and warm water and add to the flour to form a dough that is soft but not sticky.

Add more water if necessary.

Knead well until smooth and elastic.

Place the dough in an oiled bowl. Cover and set aside in a warm place to rise until doubled in size.

Turn the dough onto a floured surface and

knead gently.

Roll out into a rectangle about 40x25cm.

Spread with the filling.

Arrange the whole green olives in a line down one of the short edges.

Roll up like a Swiss roll to make a sausage shape.

Cut the dough into 12 slices and carefully pack into an oven pan that has been lined with nonstick baking paper.

Cover loosely and set aside to rise for another 30 minutes.

Bake at 200°C for 20-30 minutes until golden brown.

Remove and drizzle with a little extra olive oil.

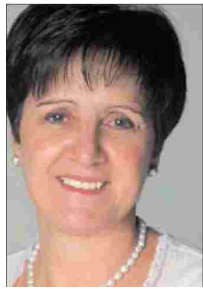
These olive tapenade scrolls are delicious served warm.

FILLING: Put the olives, garlic, basil, anchovies and olive oil in a mini chopper or blender and process to form a paste. Season to taste.



OLÉ FOR OLIVE OIL

Choose healthy olive oil for cooking and baking, advises Angela Day



LIVE oil can replace the fat in almost any recipe. It is more nutritious and flavoursome than vegetable and seed oils, remains stable when heated and has a relatively high smoke point.

Cold pressed, extra virgin olive oil is processed without the use of chemicals and is believed to provide the most health benefits.

Higher in antioxidants and more flavourful, extra virgin oils are best used for dips and dressings while less expensive virgin oils are recommended for baking and frying.

Heating olive oil does not destroy all of its health benefits. Even though components of the oil are broken down at high temperatures, the temperature at which you cook at home is not high enough nor sustained long enough to destroy all the health benefits.

You can include olive oil in your diet by substituting it for other cooking oils and butter, using it in salad dressings and even for baking.

In baking, you can replace 125g of butter with 90ml of olive oil. (But this depends on the mixing method. You couldn't use olive oil if the recipe calls for creaming butter or shortening and sugar.)



Serves 4-6

1 packet of mini chicken breast fillets
100ml olive oil
5ml chopped garlic
salt and pepper
2 brinjals, cut into 3cm chunks
30ml honey
30ml sweet chilli sauce
250g cocktail tomatoes
100g black olives, pitted
125g ready made pesto
60ml chopped basil leaves

Put the chicken in a bowl, add 30ml of the olive oil and garlic, and season well.

Set aside to marinate for 30-40 minutes.

Combine the chopped brinjals in a bowl with 40ml of the olive oil, honey, sweet chilli sauce and seasoning. Mix well.

Place in a roasting tin and roast at 180°C until the brinjals are soft.

Put the tomatoes and olives in a smaller roasting

tin, toss with 30ml of the olive oil and season well. Roast these for 15-20 minutes until the skins just burst.

Remove and combine with the brinjals.

Stir in the chopped basil. Heat a frying pan on a high heat and cook the chicken fillets until done.

Remove from the heat and stir in the pesto.

Spoon the vegetables on to a serving platter and top with cooked chicken.

ROASTED RED PEPPER AND FIG DIP



Serves 6

3 dried figs
2 red peppers
olive oil, for brushing
60g anchovy fillets
in olive oil
2 garlic cloves
60ml blanched almonds
a handful of parsley
5ml fennel seeds
2ml black pepper
juice of 1 lemon
150ml olive oil

5ml orange flower water

Soak the figs in hot water for 15 minutes, then drain.

Quarter and de-seed the peppers, place on a baking tray, brush with olive oil, then grill until blackened.

Place in a plastic bag and rest for 10 minutes.

When the pepper is cool enough to handle, remove the skin and chop.

Place in a food processor together with the figs, anchovy, garlic, almonds, parsley, fennel, pepper and lemon juice.

Purée while adding the olive oil in a steady stream.

Taste for seasoning and add the orange flower water.

Place into a serving bowl, cover and refrigerate until needed.

Serve with pita bread.

OLIVE OIL CITRUS AND ROSEMARY CAKE

4 extra-large eggs, separated
250ml castor sugar
5ml vanilla essence
180ml lemon olive oil
625ml cake flour
10ml baking powder
125ml milk
125ml orange juice
grated rind of 1 orange
50ml chopped fresh rosemary
GLACÉ ICING
375ml icing sugar
orange juice to mix

In the bowl of an electric

mixer, whisk the egg yolks with the castor sugar and vanilla essence until thick and light in colour.

Add the olive oil and whisk until mixed through.

Sift the flour and baking powder and add to the creamed mixture alternately with the milk and orange juice. Mix in the orange rind and chopped rosemary.

In a separate bowl, beat the egg whites until stiff, and then fold into the cake

mixture using a spatula.

Spray a 25cm bundt (tube) pan with non-stick cooking spray and spoon the mixture into the pan.

Bake in a preheated oven at 180°C for 45-50 minutes or until a skewer inserted into the cake comes out clean.

Cool and drizzle with glacé icing. Decorate with orange segments if desired.

ICING: Put the icing sugar in a bowl and add enough orange juice to make a thick icing.

ROASTED BRINJAL, BEAN AND ASPARAGUS SALAD

Serve 6-8

3 brinjals, cut into medium wedges
80ml olive oil
45ml za'atar spice
1 packet of mange tout
1 packet of asparagus, spears
150g fine green beans, trimmed
salt and pepper
DRESSING
45ml sage leaves
45ml fresh oreganum leaves
125ml olive oil
45ml red wine vinegar
10ml chopped garlic
10ml honey
salt and pepper

Place the brinjals on an oven tray, skin down.

Brush each wedge with olive oil and sprinkle with za'atar spice.

Roast at 180°C for



15-20 minutes until soft. Set aside.

Toss the mange tout, asparagus and green beans in olive oil and cook separately on a griddle pan.

Combine with the brinjals wedges. Pour over the dressing and pile onto a serving plate.

DRESSING: combine all the ingredients in a jug and use a stick blender to blend until smooth and emulsified.

Check seasoning and pour over the vegetables. Note: Za'atar spice is a blend of Middle Eastern spices and is available from spice shops and Woolworths.

ENJOY A MIDDLE EASTERN DINNER WITH MORGENSTER OLIVE OIL AND WINES



MORGENSTER is not only well known for its award-winning olive oils but also for its exceptional wines.

Come and enjoy an informative evening where Morgenster will present an olive oil tasting and explain its health benefits.

Angela Day will prepare a Middle Eastern inspired meal with Turkish spinach pizza; chicken tagine with jewelled couscous; roasted vegetables with labneh and zhug; and orange blossom citrus cake. These will all be paired with Morgenster wines.

Places are limited so



book soon.

Where: The Angela Day Kitchen, Lifestyle Garden Centre, Beyers Naude Drive, Randpark Ridge.

Date: Wednesday, May 27

Time: 6.30 for 7pm

Cost: R250 a person

To Book: Call Lesley Hamlyn on 0117911304 or e-mail angeladay@telkomsa.net

