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tuck into transfer day

NO MATTER HOW YOU DRESS IT UP, TRANSFER DAY IS THE DAY FROM HELL FOR CHALET HOSTS, AND ANYTHING YOU CAN DO TO MAKE YOUR LIFE EASIER IS A GODSEND. THE IDEAL MENU WOULD GO SOMETHING LIKE THIS

STARTER

carrot and coriander soup

INGREDIENTS

(Serves 6)
 7oz/175g leeks
 salt and pepper
 18oz/450g carrots, peeled
 150ml natural yoghurt or soured cream
 2oz/50g butter
 2 tsp ground coriander
 1 tsp plain flour
 1 litre vegetable stock

To Garnish

Coriander leaves
 Croutons

METHOD

Slice the leeks and carrots. Heat the butter in a large saucepan. Add the vegetables, cover the pan and cook gently for 5-10 minutes or until the vegetables begin to soften but not colour.

Stir in the coriander and flour and cook for 1 minute. Add the stock and bring to the boil, stirring. Season, reduce the heat, cover and simmer for 20 minutes or until the ingredients are quite tender.

Leave the soup to cool slightly, then purée in a blender or food processor until smooth.

Return the soup to the pan and stir in the yoghurt. Check seasoning and reheat gently; do not boil. Serve garnished with coriander leaves and croutons.

MAIN COURSE

chicken breasts with sun-dried tomatoes, tarragon and paprika

(gluten free)

INGREDIENTS

(Serves 6)
 6 skinless chicken breast fillets
 2oz/50g butter
 8 tbsp lemon juice
 12-14 sun-dried tomatoes soaked in oil
 2 heaped tsp paprika
 300 ml/½ pint double cream
 1 large clove of garlic
 salt and pepper
 1 tbsp fresh tarragon

METHOD

Slice the chicken thinly and place in a bowl with the lemon juice, paprika, garlic and tarragon. Coat the chicken with the mixture and marinate in the fridge for 30 minutes.

Melt the butter in a frying pan add the chicken and fry for 8-10 minutes. Slice each sun-dried tomato into three to four pieces and add to the chicken. Stir in the double cream and bring to the boil, stirring for 2-3 minutes.

Season to taste with salt and freshly ground black pepper. Serve immediately. Good accompaniments to this would be new potatoes with green vegetables.

PUDDING

crème brûlée

INGREDIENTS

(Serves 6)
 4 egg yolks
 1tbsp caster sugar
 2 x 284 ml (10 fl oz) cartons double cream
 Few drops of vanilla essence
To Finish
 50g (2 oz) caster sugar

METHOD

Beat the egg yolks and sugar together. Warm the cream very slowly in a heavy-based saucepan. Carefully stir in the egg mixture. Continue cooking gently, stirring constantly, until thickened enough to coat the back of a spoon. Add the vanilla essence.

Strain into six ramekin dishes and place in a roasting pan, containing one inch of water. Place in a preheated cool oven at 140°C/gas 1 for 30-40 minutes, until the pudding is set. Remove the dishes from the pan and cool, then place in the refrigerator.

To finish: sprinkle evenly with sugar. Place under a preheated hot grill until the sugar has caramelised, or caramelise with a blowtorch. Cool and chill in the fridge for two hours before serving.

For more recipes like these, check out the new Natives Chalet Cook Book, available from our site for £12.99.

