

# St. Valentine



## *Romantic Dinner for Two*

*Pink JC le Roux sparkling wine*

*Pastry harts with roasted beetroot, water cress and feta  
Drizzled with Chocolate balsamic reduction*

*Chicken breast stuffed with coats cheese and herbs  
Simmered in a creamy mushroom sauce  
Mushy mint peas  
Baby potatoes in a garlic herb butter*

*Pinot Noir*

*Rose pedal and lemon sillybub*

*Espresso with short bread harts*



## Pastry harts with roasted beetroot, water cress and feta drizzled with chocolate balsamic reduction

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Readymade puff pastry  
1-2 cooked beets  
Hand full of watercress  
½ circle of your favourite feta cheese  
Chocolate balsamic reduction

Unroll the puff pastry. Using a hart shaped cookie cutter, cut 2 harts from the pastry and place on a greased baking sheet. Bake in a preheated oven until the harts are puffed out and a nice, light brown. Leave to cool. Slice the cooked beet in thin slices, place in an oven dish, drizzle with olive oil and a few drops of honey. Grill under a hot element for only a few minutes, season and leave to cool.

Slice or carefully break the pastry harts open and place the bottom halves on the serving plates. Arrange the watercress on the pastry hart's, then the beetroot slices and finely the crumbled feta cheese over. Place the other part of the hart on top and drizzle the plate with the balsamic reduction.



## Chicken breast stuffed with goat's cheese and herbs simmered in a creamy mushroom sauce

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.....the recipe can easily be halved for two portions.....

### Ingredients:

4		c/breast, with skin
100	g	goat's cheese
30	ml	chopped herbs of your choice **
5	ml	crushed garlic
25	ml	oil
10	ml	butter
4		smoked streaky bacon rashers
250	g	Portebilini mushrooms, quartered
3		spring onions, sliced
1		celery, sliced
25	ml	flour
250	ml	white wine
½		chicken stock cube, crumbled
50	ml	cream
		Salt en pepper

## Method:

1. Mix the cheese, herbs and crushed garlic together, divide in 4 and gently place under the skin of each chicken breast. Lightly season with salt and pepper and fry in the heated oil and butter until golden brown. Remove the breast and set aside.
2. Fry the diced mushrooms in the same pan, adding more oil if necessary. When cooked add the spring onions and celery and stir for 2 minutes. Add the flour and stir through.
3. Pour in the warmed white wine and crumble the chicken stock over. Mix well, then place the chicken back into the pan and simmer for 15–20 minutes until the chicken is cooked through but still soft.
4. Place the cooked chicken in the serving dish and let it rest while finishing the sauce.
5. Add the cream to the sauce, season if necessary and pour over the chicken.
6. Garnish with freshly chopped herb.

\*\* Marjoram or oregano makes the chicken an interesting surprise

### SERVING SUGGESTION:

Serve with wild and brown rice, or only a big green salad

### Mushy peas:

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250 g frozen peas

150 – 200 ml water or vegetable stock

Dollop of butter

2 chopped chives/spring onions

Fresh mint leaves

Salt and pepper

Boil the peas in the water/stock until soft, but still bright green, strain but keep the liquid. In a food processor, blitz the peas, butter, onions and mint leaves as fine as you prefer. Add some of the boiling liquid should the peas be too dry. Season to taste.

### Baby potatoes:

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Steam or boil baby potatoes. Melt some butter, season with garlic and parsley as drizzle over the baby potatoes, season to taste.

## Rose pedal and lemon syllabub

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### Ingredients:

		Grated zest and juice of 1 lemon, reserving some zest for decoration
75	g	castor sugar
2	tbl	Rose water
300	ml	double cream

### Method:

1. Place the zest and juice, sugar and rose water in a mixing bowl, cover and chill until ready to use.
2. Whisk the cream into the orange mixture to soft peaks. Spoon into glasses and chill for at least 20 minutes. Decorate with fresh red rose pedal.

## Short bread harts

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125 g soft butter  
60 ml icing sugar  
275 ml cake flour  
25 ml mezina (corn flour)  
Pinch of salt  
15 ml rose water (optional)  
Strawberry or blueberry jam

Place all the ingredients in a food processor and mix until combined and a ball of dough are formed. Dust a glass pastry plate with flour and roll the dough out to about ½ cm thick. Place the plate in the fridge to slightly set. This will make the handling of the biscuits easier. Use a smallish hart shaped cookie cutter and cut the dough into harts, place on a greased baking sheet. With a smaller hart cookie cutter, cut the inside of half the harts out.

Bake in a preheated oven at 160°C for 15-18 minutes until slightly browned. Place on a cooling rack to cool. Sandwich the biscuits together by spreading blue berry or strawberry jam on the solid hart biscuit, then placing the biscuit with a 'hart-hole' on top. Leave to set then serve

