

# FAMILY DAYS WITH THE PRECA SISTERS

Roberta and Ramona Preca are all about family. Growing up in their father's kitchen at Tal-Familja in Marsascala, they acquired a taste for the catering industry at an early age and now run their own restaurants – Ramona runs Palazzo Preca and Roberta runs The King's Own Band Club, both in Valletta. The family close their respective restaurants and spend a family day sitting around a table enjoying a meal. They have been sharing some of their recipes with Gourmet Today TV, aired every Friday at 18:15



## Veal ribeye with caramelised onions

*Serves 2*

### Ingredients

- 600g veal ribeye
- 3 tbsp olive oil
- 1 large onion, cut julienne
- Salt and pepper
- 1 tsp brown sugar
- Knob butter
- Dash Worcestershire sauce
- 200ml chicken stock
- Handful parsley

### Method

1. Heat 2 tablespoons of the oil in a large skillet.
2. Sauté the onions for 5 mins and season with salt and pepper.
3. Lower the heat add some stock and the brown sugar and cook for 30 mins, until caramel coloured, stirring occasionally.
4. Add remaining oil to a skillet and heat over medium-high heat until oil is hot.
5. Sear the veal until the outside is well browned, seasoning with salt and pepper as you go.
6. Use a probe to cook to your liking.
7. Place the veal on top of a warm plate and spoon the caramelised onions on top.
8. Garnish with parsley leaves and drizzle some onion juice around the veal.

This recipe first appeared on Gourmet Today TV, aired on TVM on 12 February, 2016.





## Coq au vin

This one-pot meal is the perfect dish whether you are entertaining friends or feeding the family during the week. Delicious, nutritious and very little washing up – what's not to love?

Serves 2

### Ingredients

- 6 bone in chicken thighs
- 150g new potatoes
- 100g smoked bacon
- 100g button mushrooms
- 7 shallots
- 400ml red wine
- 350ml chicken stock
- 1 bay leaf
- 1 fresh sprig rosemary
- 2 fresh sprigs thyme
- 1 tbsp tomato paste
- 1 tbsp cornstarch
- 1 tbsp butter
- Salt and pepper

### Method

1. Finely chop the bacon, trim and halve mushrooms, quarter shallots and roughly dice potatoes.
2. Melt butter in a saucepan and sauté bacon, mushrooms, shallots and potatoes, lightly season with salt and pepper. Then remove from pan and set aside.
3. Salt chicken legs and fry in the same pan. Once the meat has coloured on both sides, add tomato paste, pinch sugar and brown together.
4. Next, deglaze with half of red wine and boil for approx. 5 mins until the alcohol evaporates.
5. Put the cooked vegetables back into the pan.
6. Pour in remaining red wine and chicken stock.
7. Add bay leaf, thyme and rosemary and let simmer for approx. 30 mins with closed lid on medium heat.
8. Thicken the sauce with cornstarch and season to taste.
9. Serve in a deep dish or casserole dish.

This recipe first appeared on *Gourmet Today TV*, aired on 19 February, 2016.



## Chicken breast in honey and mustard with smashed potato

Serves 4

### Ingredients

- 800g chicken breast
- 60g butter
- 20ml olive oil
- 20g garlic, minced
- 100ml brandy flamed
- 15g flour
- 50g mustard seeds
- 50ml honey
- 250ml water
- 75ml cream

### Smashed potato

- 400g potato
- Salt and pepper
- Chopped parsley
- 100ml Benna fresh cream, warmed
- 140ml unsalted butter, melted
- Pinch grated nutmeg (optional)

### Method

1. To make the smashed potato, cook the potato in a saucepan of boiling water for 15 mins or until tender. Drain. Return to pan.
2. Add the warm milk and butter and mash, leaving some small
3. chunks of potato so they are not as smooth as mashed potato.
3. Season with salt, pepper and chopped chives.
4. Meanwhile, heat oil, butter and garlic in a frying pan over medium-high heat.
5. Cook chicken for 7 to 8 mins each side or until cooked through, basting with half the mustard mixture for the last 2 mins of cooking.
6. Add the honey and flambé with brandy.
7. Allow the sauce to reduce and remove from the heat, adding the flour, water and finally the cream.
8. Place the potato on a plate and then the chicken on top, drizzling with any sauce remaining in the pan.

**This recipe will appear on Gourmet Today TV, aired on TVM on 8 April, 2016.**

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## Profiteroles in Baileys chocolate cream

### Ingredients

#### Choux pastry

- 90g butter
- 2 tsp sugar
- Pinch salt
- 90g flour
- 2-3 eggs, lightly beaten
- ½ tsp pure vanilla extract
- Benna fresh milk, for glaze
- 1 cup water

#### Crème patissiere

- 4 egg yolks
- 60g caster sugar
- 25g plain flour
- 2 tsp cornflour
- 280ml Benna fresh milk

#### Baileys chocolate sauce

- 70g chocolate chips
- 20ml Benna fresh cream
- 1 shot Baileys Irish Cream

### Method

1. Preheat the oven to 220°C. Combine butter 1 cup of water and bring to the boil over high heat.
2. Add flour and beat vigorously with a wooden spoon to incorporate

3. and continue beating until mixture leaves the sides of the pan (approx. 1 min).
3. Remove from heat and set aside for 10 mins to cool.
4. Add the eggs to paste, one at a time, beating vigorously to combine after each addition before adding the next.
5. To make profiteroles, spoon mixture into a piping bag fitted with a small plain nozzle.
6. Pipe into 2cm-diameter mounds onto a baking paper-lined oven tray.
7. Bake for 15 mins, then reduce heat to 180°C.
8. Prick pastries with a skewer or tip of a small knife and bake until golden and dry (approx. 5 mins).
9. Allow pastries to cool to room temperature on a wire rack.
10. To make the crème patissiere beat the egg yolks and sugar for a few minutes until pale and slightly thickened.
11. Whisk in the flours.
12. Heat the milk in a saucepan until starting to boil.

13. Whisk the milk into the egg mix.
14. Put the whole lot back into the pan, stirring all the time until thick and boiling.
15. Take the pan off the heat - cover with cling-film to prevent a skin from forming.
16. To make the Baileys sauce, melt the chocolate bain Marie, add the cream and stir in the liqueur.
17. Remove from heat and set aside for 5 minutes to cool.
18. When the profiteroles and the crème patissiere are cold, place the cream in a piping bag and fill each profiterole with cream.
19. Dip the rim of 6 glasses into the melted chocolate sauce and allow the chocolate to drip down the sides and set aside to allow the chocolate to set.
20. When ready to serve place a tablespoon of the sauce at the bottom of the glass, fill with 3 or 4 profiteroles and pour over more chocolate sauce.

**This recipe will appear on Gourmet Today TV, aired on TVM on 8 April, 2016.**





## Crème brûlée with forest fruits

This French classic comes with a berry surprise at the bottom of the ramekin. Ramona Preca makes the perfect make-ahead dessert.

*Serves 7-8*

### Ingredients

- 200g frozen mixed berries
- 2 tbsp sugar
- Custard**
- 600ml Benna fresh cream
- 90g sugar
- 8 egg yolks
- 1 vanilla bean, split and scraped
- 1 lemon, zest only
- 1 orange, zest only
- Caramel**
- 4 tbsp brown sugar
- 2 tbsp white sugar

### Method

1. Preheat oven to 150°C.
2. Heat the berries in a pan with the sugar until the juice starts to run.
3. Place a tablespoon into 6 ramekin and place in the freezer for approx. 1 hour.
4. In the meantime make the custard by beating the egg yolks, orange, lemon zest, sugar and vanilla in a mixing bowl until thick and creamy.
5. Pour cream into a saucepan and stir over low heat until it almost comes to boil.
6. Remove the cream from heat immediately. Stir cream into the egg yolk mixture; beat until combined.
7. Pour the liquid into the ramekins.
8. Place the ramekins into a large cake pan or roasting pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins.
9. Bake just until the crème brûlée is set, but still wobbly in the centre (approx. 40-45 mins.)
10. Remove the ramekins from the roasting pan and refrigerate for at least 2 hours.
11. In a small bowl combine remaining 2 tbsp white sugar and brown sugar. Sift this mixture evenly over custard.
12. Place dish under broiler until sugar melts, about 2 mins or use a blowtorch. Watch carefully so as not to burn.

**This recipe first appeared on Gourmet Today TV, aired on 12 February, 2015.**