

Prosciutto-wrapped asparagus

A simple but crowd-pleasing nibble to start off an evening. These can be prepared a day in advance, although they take no time to make.

Makes 4-6 portions
Prep time 10 minutes
Carb count 0.8 g (per wrapped spear)

EQUIPMENT
Chopping board, knife, pot of boiling water, bowl of cold water

INGREDIENTS
12 spears asparagus
60 g (12 small slices) prosciutto

METHOD
Trim the ends of the asparagus as long or short as you like – just ensure that you have removed the woody base if you leave them long. Blanch the asparagus in the boiling water for 2–3 minutes, depending on the thickness of the stems. Cool the asparagus in the cold water, then wrap the bases in the prosciutto.



Cheese & crackers

A cheese board is a great way to wind down a meal or to continue an evening. The recipe for these crackers is very versatile and I am really happy with their texture and shortness. It makes 12 crackers, depending on how big you cut them. Don't be scared to re-roll the cuttings, as without the gluten they won't become tough with re-rolling.

Prep time 25 minutes
Cooking time 30 minutes
Carb count 2.4 g (2 crackers, 1 tsp jam, cheese wedge, 8–10 nuts)

EQUIPMENT
Food processor, cling wrap, rolling pin, cookie cutter, baking tray lined with non-stick baking paper, chopping board, knife, frying pan, mixing bowl

INGREDIENTS
Almond crackers
30 g (2 tbsp) butter, cold from the fridge
175 g (¾ cup) ground almonds
½ tsp salt
5 g (1 tsp) chopped fresh rosemary
1 egg

Onion jam
15 ml (1 tbsp) olive oil
2 onions, finely sliced
75 ml (5 tbsp) red wine
1 star anise
½ stick cinnamon
salt and pepper to taste

Cheese & nuts
30 g (small piece) cheddar
30 g (small piece) blue cheese
30 g (small piece) soft brie-style cheese
10 g (4–5) toasted almonds (see page 100 for instructions)
10 g (8–10) toasted pistachios (see page 100 for instructions)

METHOD
In the food processor, blend all the ingredients for the crackers except the egg. When the mixture resembles crumbs, add the egg and stop blending as it begins to clump. Spread some cling wrap out on your work surface and then scoop the contents of the food processor onto the cling wrap. Spread a second sheet of cling wrap over the mixture so that the cracker mixture is sandwiched between the two layers of wrap. You can use the cling wrap roll as a rolling pin (or use an actual rolling pin). Roll the cracker mixture until it is thin, like a cracker, approximately ¼ cm thick. Keeping it wrapped, carefully transfer the sheet of cracker mix to the fridge to rest for 30 minutes.

Preheat oven to 160°C. When the mix has rested, cut the crackers out using a cookie cutter or knife. Transfer the raw crackers to the lined baking tray and cook until golden, about 8–10 minutes.

Meanwhile, to make the jam, heat the olive oil in the frying pan and cook the onions on a moderate heat until beginning to colour. Add the wine, spices and seasoning, and cook covered with a lid on a low heat for 15 minutes until the onions are very soft. Remove the lid and continue to cook until the liquid has evaporated and the onions are thick and rich. Remove the onions from the heat and transfer to a bowl to cool.

Arrange the cheese and nuts on a serving plate, making sure you remove the cheese from the fridge 1 hour prior to eating to allow it to reach optimal eating temperature. Serve the onion jam and the crackers alongside the cheese and nuts.

