

### Finger Food

#### Honey Soy Chicken Wings

Preparation time: 15 minutes + 2 hrs refrigeration  
Total cooking time: 40 minutes

Makes 12

- 2 cloves garlic
- 12 chicken wings
- 2 tablespoon soy sauce
- 2 tablespoon hoi sin sauce
- 1/4 cup (60ml) tomato sauce
- 1/4 cup (90g) honey
- 1 tablespoon cider vinegar
- 2 tablespoon sesame seeds
- 1/2 teaspoon Chinese five-spice powder
- 1 tablespoon sesame oil

1. Clean chicken wings and pat dry with paper towels. Tuck wing tips to underside. Combine soy sauce, hoi sin sauce, tomato sauce, honey, vinegar, garlic, sesame seeds, five spice and oil in a big bowl.
2. Add chicken. Mix well to coat. Keep cold, covered for at least 2 hours, turning the wings occasionally.
3. Preheat the oven to moderate 180C. Drain chicken and throw away the marinade. Put wings on a rack in a baking dish. Bake for 35-40 minutes. Serve warm or at room temperature.

TIP: Prepare in advance. Marinate the wings for up to 8 hours before required.

*Tip: Have a variety of non-alcoholic drinks available to your guests, including water, soft drinks, juice and mocktails.*

#### Spinach Triangles

Preparation time: 45 minutes  
Total cooking time: 20-25 minutes

Makes 36

- 2 teaspoons oil
- 1 small onion, finely chopped
- 6 large spinach leaves
- 1/2 cup (60g) grated cheddar cheese
- 140g feta cheese, crumbled
- 1 egg, lightly beaten
- 4 sheets, frozen puff pastry, thawed
- 1 egg, lightly beaten, extra

1. Preheat oven to hot 210C. Brush 2 oven trays with melted butter or oil. Heat the oil in a large heavy-based pan. Add the onion and cook over medium heat for 3 minutes until soft. Transfer the onion to a large bowl. Wash spinach leaves; tear them into pieces. Place in the pan, cover, and cook for 30 seconds or until soft. Do this in 2 batches, shaking the pan often and lifting the leaves with tongs to prevent them sticking to the base. Set aside to cool.
2. Take handfuls of the softened leaves and squeeze tightly to drain out as much moisture as possible. Chop and then add to the bowl with onion. Add the cheeses and mix well. Add egg to the mixture; combine well.
3. Cut each pastry sheet into nice pieces. Divide spinach mixture evenly among the pieces, brush edges with egg. Fold pieces over to form triangles. Brush with beaten egg, place on prepared trays. Bake for 15-20 minutes or until golden brown.

TIP: Prepare ahead. Make the triangles no earlier than 4 hours in advance. Place in a single layer on a tray and keep covered with plastic wrap in the refrigerator.

## Crunchy Spiced potato wedges

Preparation time: 15 minutes

Total cooking time: 45 minutes

Serves 4

700 grams potatoes

1 tablespoon olive oil

Mixed spices

1. Preheat oven to 200C
2. Cut potatoes into 2cm wedges and place in a baking dish
3. Pour olive oil and spice over the potatoes
4. Bake for 45 minutes or until crunchy

### Do it the easy way...

Find a party food supply shop in your area and choose from

- Spring rolls
- Samosas
- Meatballs
- Mini pies
- Mini sausage rolls
- Ricotta and cheese fillos
- Mini quiches
- Mini pizzas
- And many more

Speak to the shop assistant who may help you determine the right amount of food for the

## Spiced lamb kebabs with yoghurt

Preparation time: 15 minutes

Total cooking time: 15 minutes

Serves 4

To make skewers:

2 teaspoons ground coriander

2 teaspoons ground cumin

2 teaspoons ground paprika

500g lamb back strap, trimmed of any visible fat and cut into cubes

8-10 wooden skewers (place in cold water for 30 minutes)

To make yoghurt dipping sauce:

400g low fat natural yoghurt

1 small Lebanese cucumber, finely chopped

1 teaspoon crushed garlic

2 tablespoons of freshly chopped coriander

1. Combine coriander, cumin and paprika in a bowl and toss in lamb cubes until coated. Thread 3-4 cubes onto wooden skewers
2. Combine yoghurt, cucumber, garlic and chopped fresh coriander to make the yoghurt sauce
3. Grill or BBQ skewers until lamb has browned and is still pink in the centre

Tip: Ensure that food is readily available for your guests throughout the function.

# Dips



## Guacamole

Preparation time: 15 minutes

Makes 1.5 cups

2 ripe avocados, halved stones removed, peeled  
60 ml fresh lime juice  
1 small fresh chilli, deseeded finely chopped  
1 ripe tomatoes, diced  
1 red onion, diced  
2 clove garlic, crushed  
Salt and ground black pepper to taste

1. place avocado flesh in a medium bowl and use a fork to mash until almost smooth..
2. Add tomatoes, onion and garlic, chilli and lime juice and use a spoon to mix well.
3. Taste and season with salt and pepper.
4. Serve with fresh vegetables.

## Basil and Feta Cheese dip

Preparation time: 15 minutes

Serves 4

500g of feta cheese crumbled  
1 cup of loosely packed basil leaves  
1/4 cup of chopped chives  
2 cloves garlic (finely minced)  
Olive oil  
Fresh ground black pepper (to taste)

1. Process basil and chives in food processor until fine.
2. Add feta and garlic until well mixed.
3. Add enough olive oil to make spreadable
4. Season to taste.

## Tzatziki

Preparation time: 15 minutes

Serves 4

1 Lebanese cucumber, seeded, finely diced  
1 tablespoon chopped fresh parsley  
1 cup Greek-style yoghurt  
1 clove garlic, crushed  
1/4 teaspoon castor sugar  
Salt and pepper to taste

1. Combine all ingredients in a bowl, season with salt and pepper to taste, mix well.

## Baba ghannouj

Preparation time: 15 minutes

Serves 4

1 large eggplant  
1 clove garlic  
1/4-1/2 cup of lemon juice (depending on taste)  
3 tablespoons of tahini  
1 teaspoon salt  
3 teaspoons olive oil

1. Preheat oven to 375C and bake eggplant for 30 minutes, or until outside is crisp and inside is soft.
2. Allow to cool for 20 minutes.
3. Cut open the eggplant and scoop out the flesh into a colander and allow to drain for 10 minutes.
4. Place eggplant flesh in a medium bowl, add remaining ingredients and mash together, or use a food processor.
5. Place in serving bowl and top with olive oil and lemon juice.

*Tip: Make arrangements to get your guests home, or have them sleep over*

