

Recipe 6:

Truffled peaches

Ingredients

1kg peaches

100ml truffle oil

100g brown sugar

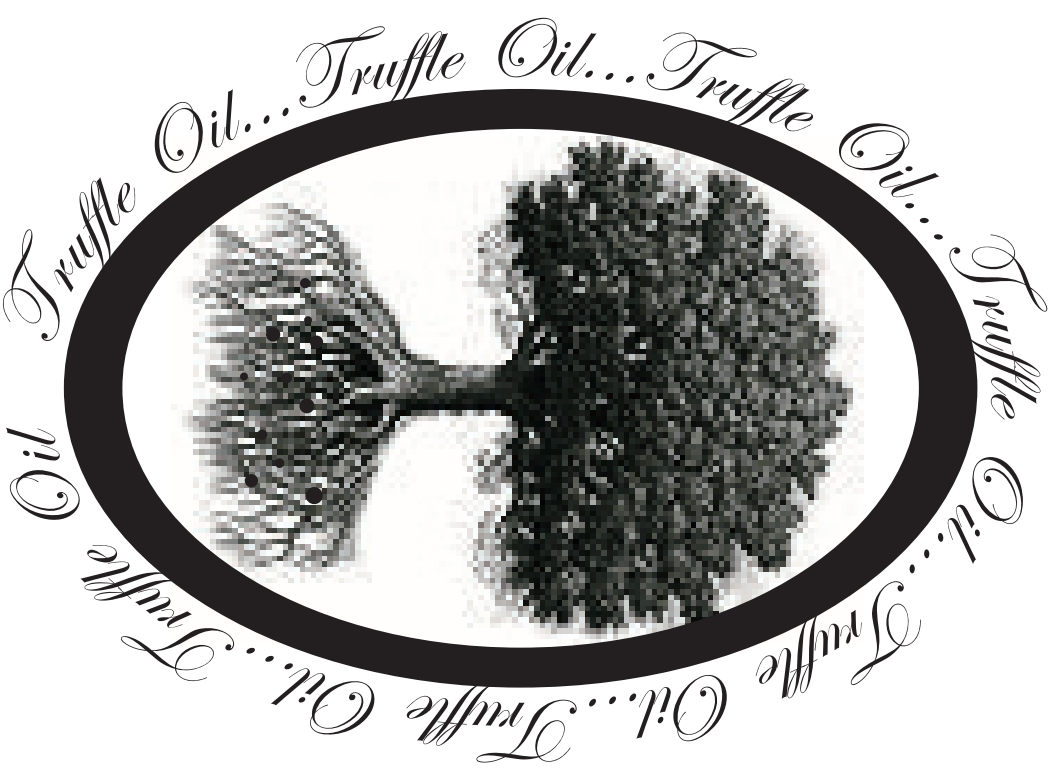
Method

1. Stone the peaches and cut in half and lay on a baking tray. Drizzle with the truffle oil and sprinkle with the sugar.
2. Bake in a preheated oven at 150 C for an hour. Serve with ice-cream.

Recipe From : Caro de Waal May 01, 2009

Cooking with

Truffle Oil



Jackie Cameron

Head chef at Hartford House in Mooi River, told Midlands Life (December 2009 edition) she is over-the-moon at the prospect of South Africa producing its own truffles. In the meantime, she uses truffle oil to delicately flavour her unique creations. The thing to remember, she says, is that truffle oil is normally very overpowering so only small quantities are used. The simpler the better. Jackie suggests using truffle oil with the following food:

- in pea soups to enhance the earthy flavours of the soup
- in risotto with a selection of farm fresh mushrooms
- combined with sweetbreads
- blended in a chicken liver pate or parfait
- paired with most venison dishes and duck

Here is one of Jackie's recipes using Truffle of Africa black truffle oil, and a few more truffle oil recipe treats.

Have fun!

Recipe 5: Truffled pasta

Ingredients

- 1 packet spaghetti
- 2 tablespoons butter
- 40 ml truffle oil
- 1 cup grated gruyere cheese
- 1 tsp paprika
- salt and pepper to taste

Method

1. Cook spaghetti
 2. Melt butter and mix with truffle oil
 3. Stir butter, mix oil into spaghetti
 4. Sprinkle paprika, salt and pepper, cheese over the top
 5. Serve hot, with green salad
- Serves 4

Recipe 2:

Creamy cauliflower soup with a drizzle of truffle oil

Ingredients

15 ml butter	500 g cauliflower
3 leeks, cleaned and chopped	2 garlic cloves, crushed
1 litre chicken stock, salt and	125 ml cream
freshly ground black pepper	truffle oil, to drizzle

Method

1. Heat the butter in a large saucepan and cook the cauliflower, leeks and garlic until tender.
2. Pour stock over and simmer until the cauliflower is soft.
3. Blend with a hand-held blender.
4. Reheat, season and stir the cream through.
5. Ladle into bowls and drizzle with truffle oil.

Recipe From : FAIRLADY April 01, 2005

Recipe 3:

Mini pancetta and avo salads

Ingredients

200 g pancetta, cubed large bunch rocket
1 avocado pear, peeled, stoned and cut into wedges
Parmesan, grated, to serve
60 ml truffle oil
salt and freshly ground black pepper, to taste

Method

1. Fry pancetta in a hot pan.
2. Divide rocket between four small bowls, pop in avo wedges, and top with hot pancetta and Parmesan.
3. Drizzle with truffle oil and season.

Recipe From : FAIRLADY December 01, 2003

Recipe 4:

Wild mushroom and truffle risotto

Ingredients

2 cup alborio rice	1 large onion
4 tablespoons butter	11 chicken stock
200g porcini mushrooms	200g portabellini mushrooms
200g morel mushrooms	1 tablespoon of thyme leaves
4 cloves garlic, grated	100ml truffle oil
250 ml good white wine	100g good parmesan cheese

Method

Chop the onion finely and sauté in the truffle oil until soft. Add the garlic and cook for a further 2 to 3 minutes. Add the rice and stir until it starts to go opaque. Add the wine and let the alcohol burn off for a few minutes. Start to add the stock, 1 ladle at a time, every 5 minutes or so. The rice will slowly absorb the stock and start to go a more creamy consistency. Do not let the rice stick to the bottom and do not stir too much, or it will become sticky. In a separate pan, add the butter and sauté the mushrooms with the thyme, and add to the rice half way through cooking. This will take about 40 minutes and by the end the rice should have a slight bite to it and not be mushy. Season to taste and add the parmesan cheese. Serve with a light drizzle of truffle oil.

Recipe From : Caro de Waal May 01, 2009

Recipe 1:

Jackie's, Smoked Salmon, Fresh Lemon and Truffle Oil infused Potato Gnocchi Crème with Baby Corn, Cherry Tomatoes, Mushrooms and Fresh Asparagus

Ingredients

4 pieces Smoked Salmon	3 Baby Corn
6 Asparagus Spears	5 Cherry Tomatoes, halved
6 Button Mushrooms	55 ml Butter
25 ml Truffle Oil	10 ml Lemon Juice
40 ready-made Potato Gnocchi	250 ml Cream
4 Garlic cloves, chopped	45 ml Lemon Juice
Salt and Pepper	2 Lemon Wedges
Optional Extra: 2 t Caviar	

Method

1. Take two pieces of smoked salmon and make a rosette or smoked salmon rose. Repeat this and set aside.
2. Blanch and refresh asparagus and baby corn. Set aside.
3. Heat a pan, add butter and 5ml truffle oil. Pan sear corn, asparagus, cherry tomatoes and brown mushrooms. When glazed, remove from the pan.
4. Continue the cooking of the button mushrooms with 10 ml of freshly squeezed lemon juice. Remove everything from the pan and place into a warm oven.
4. Place the gnocchi into a pot filled with boiling water. Allow to cook until they rise to the top. Remove. Heat a pan with 35 ml butter and 20 ml truffle oil. Pan sear hot gnocchi until dumpling is caramelised from the butter. Add the garlic and 45 ml lemon juice and allow to reduce. Then add the cream and allow to reduce until the desired consistency is reached.
- Season well.
5. Serve creamy potato gnocchi in a bowl and top with truffle-flavoured vegetables. Serve with a smoked salmon rosette, lemon wedge, optional caviar and a fresh grind of black pepper.