



Fresh and Furious *Event Recipes*

A Celebration of your **COLOURS**

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ASIAN PESTO

by: *Stella Cañete*

INGREDIENTS

1/4 cup Sunflower Nuts	1 cup Sweet Basil
1/4 cup Garlic Chives	3/4 cup Extra Virgin Olive Oil
1 cup Holy Basil	1 tsp White Wine Vinegar
1 cup Thai Basil	Salt & Pepper to taste

PROCEDURE

1) For raw Sunflower Nuts, toast in pan with 1tsp of Oil over low heat until golden brown & fragrant. Set aside to cool. For pre-roasted Sunflower Nuts, strain to remove excess salt. Set aside.

2) For the Pumpkin Nuts, do the same procedure as the Sunflower Nuts and set aside.

3) Wash, dry & rough chop Garlic Chives. Set aside.

5) Wash Basil while still attached to stems. Shake off excess water. Air dry. Pick leaves. Spin dry if leaves are still wet.

6) Put the Garlic Chives and some of the EVOO in the blender & pulse using speed #5 for 60-seconds.

7) Add a 1/3 of the Basil Leaves and some EVOO at a time. Pulse until well blended using speed #5 for 15-seconds. Repeat process for the next third of the Basil Leaves.

8) For the last third of the Basil Leaves, add in the White Wine Vinegar, Salt & Pepper. Pulse until well blended using speed #5 for 15-seconds.

9) Add Sunflower Nuts and all the remaining EVOO and pulse just to mix, using speed #1 for 10-seconds.

10) Toss Pesto sauce and Parmesan Cheese with cooked Pasta. Use 2tbsp of the sauce & 1tbsp of parmesan for 1 serving. The recipe yield is enough for 8 servings of Pasta.

11) Top with additional grated Parmesan Cheese and Pumpkin Nuts. Garnish with Basil sprig.



CLASSIC HUMMUS

by: Stella Cañete

INGREDIENTS

INFUSED OIL

3 cloves **GARLIC**
Rind Strips of 1/2 **Lemon**
3 tbsp **EV Olive Oil**

TAHINI

50 grams **Sesame Seeds**
4 tbsp **Sesame Oil**

HUMMUS

1/3 cup **Tahini**
Juice of 1/2 **Lemon**
6 cloves **Garlic, peeled & roughly chopped**
1 small can or 2/3 cup **Garbanzos, drained**

Ice Water

1 tbsp **Cumin Powder**
Salt & Pepper to taste

PROCEDURE

For INFUSED OIL

- 1) Smash & peel garlic cloves.
- 2) Peel rind of half a lemon & slice into thin strips.
- 3) In a small sauce pan combine EV olive oil, garlic & rind strips. Simmer over very low heat until garlic turns light brown, about 3 minutes.
- 4) Set aside & cool.

For TAHINI

- 1) Toast sesame seed until pale brown. Cool completely.
- 2) Throw in sesame seed & sesame oil in blender. Pulse at speed #5 for 30-seconds. Scrape the sides of the jug. Repeat 3 more times until it turns into a smooth paste.

For the HUMMUS

- 1) Pour tahini and lemon juice in blender. Pulse using speed #4 for 15-seconds, until well blended.
- 2) Add in garlic. Pulse using speed #4 for 15-seconds, until smooth & well blended.
- 3) Add in garbanzos, cumin, salt and pepper. Pulse at speed #4 for 30-seconds or until desired consistency is achieved.
- 5) Add in ice water, a tablespoon at a time, until desired fluffiness is achieved.
- 6) Transfer to a serving dish. Drizzle with infused oil. Sprinkle with paprika and cayenne. Garnish with freshly chopped parsley.
- 7) Serve with warm pita bread and assorted pickles.



KALE PROTEIN SMOOTHIE

by: Kakki Teodoro

INGREDIENTS

1 cup or 70 grams **kale**
1 **banana (Frozen & Overripe)**
1 tbsp **peanut butter (Unsweetened)**
1 tbsp **local honey**
1 tbsp **lemon juice**

1 cup or 230 ml **unsweetened milk**
a pinch of **sea salt**
water or ice optional
(if you want a more watery,
less creamy consistency)

PROCEDURE

Blend all the ingredients in our Breville blender until smooth.

Add a bit of ice or water to adjust the consistency (optional) and a pinch of salt to balance the taste.

Enjoy!

Prep Time: **5 minutes. Serves 2!**



YOGURT AND FRUIT SHAKE



INGREDIENTS

- 1 **mango**, diced
- 1 cup **diced papaya**
- 2 sliced **bananas**
- 1 cup **strawberry or blueberry Dairy Farm yoghurt**
- 1/2 cup **ice**

PROCEDURE

Put everything in the blender and purée until smooth.

If shake is too thick, add water as needed

Makes 2-3 servings

ROASTED TOMATO PASTA *by: Lisa Romero De Guia*



INGREDIENTS

- 1 kilo **tomatoes**, quartered
- Dried Oregano**, basil, rosemary, thyme
- 2 chopped **heads of garlic**
- Salt and pepper** to taste
- Extra virgin **olive oil**
- 1 tbsp **brown sugar** to remove bitterness, if necessary

PROCEDURE

- 1) Spread the tomatoes on a baking sheet. Douse liberally with EVOO.
- 2) Sprinkle the tomatoes with the dried herbs, salt and pepper to taste.
- 3) Bake for 20 minutes.
- 4) Purée in the blender in small batches. Make sure to keep the lid closed!
- 5) Serve hot with freshly cooked pasta and Parmesan cheese.

FROZEN MARGARITA *by: Myke Soon*



INGREDIENTS

30 ML **Cointreau**
60ML **Blanco Tequila**
30ML **Fresh Lime Juice**
5 ML **Simple Syrup**
7 **Ice Cubes**

PROCEDURE

Put everything in the blender and purée until smooth.

If shake is too thick, add water as needed

Prep Time: **5 minutes.**

HAPPY HOUR PLATTER *by: Marlon Rivera*



INGREDIENTS

Sweet potatoes, cassava, potatoes, cauliflower, fishballs, bell peppers

GENERAL INSTRUCTIONS

- t Wash and pat dry all your vegetables. Cut into bite sized pieces.
- 2) Brush the pieces with oil and season well.
- 3) Brush the air fryer basket with some oil.
- 4) Air fry the vegetables in batches at 400 F for 15 minutes.
- 5) Serve with dipping sauces.

SPECIFIC INSTRUCTIONS

- 1) Sweet potatoes work well with spicy seasoning, here we used a mix of paprika and cayenne.
- 2) Chickpeas work well with cummin. Canned chickpeas need to be drained and rinsed since they are already salted.
- 3) For a classic take use Italian seasoning on potatoes, dip in jalapeno cheese dip. Or boil the potatoes first in salt and vinegar before putting them in the air fryer.
- 4) Fishballs need to pat dry before seasoning. Don't crowd the basket because they will double in size. An alternative to the traditional fishball dip is a store bought barbecue sauce.

DIRTY UBE LATTE

by: Margo Flores



INGREDIENTS

UBE PUREE

2 cups **Ube halaya**
1 cup **coconut milk**
1 cup **condensed milk**
1 tbsps of **Ube extract**

ICED DIRTY UBS LATTE

1 tbsp **Ube Halaya**
2 tbsp **Ube Puree**
Ice Cubes
1/4 cup **milk of your choice**
2 shots of **espresso**

PROCEDURE

- 1) Prepare your Ube Puree. Combine Ube Halaya, Coconut Milk, Condensed Milk and Ube Extract by using Puree function of the Breville Fresh and Furious Blender. Set aside.
- 2) Place 1 tbsp of Ube Halaya in your glass.
- 3) Pour 2 tbsps of the prepared Ube Puree.
- 4) Add 60-80g of ice.
- 5) Pour 1/4 cup of milk of your choice.
- 6) Lastly, add the 2 shots of espresso on top of your drink

TIRAMISU

by: Chef Waya Araos - Wijangco



INGREDIENTS

6 large **egg yolks**

200g **sugar**

280g **cream cheese**

75g **sour cream**

30g **butter**

3/4 cup **whipping cream**

Broas/mamon tostado, 20pcs

200ml **espresso**

60ml **coffee liqueur**

20g **cocoa powder**

PROCEDURE

1) Whisk whipping cream until stiff peaks form. Set aside.

2) In a separate bowl, whisk egg yolks, white sugar until yolks lighten in color. Add cream cheese, butter and sour cream. Fold whipped cream gently into egg mixture until combined.

3) Mix coffee liqueur in espresso.

4) Dip broas briefly in the coffee and lay in a pan.

5) Cover with cream mixture and add another layer of broas. Keep layering until pan is filled, ending with the cream layer.

6) Use a small strainer to scatter cocoa powder over the top.

7) Chill for 4 hours or overnight before serving.

BEET & FETA

by: Chef Waya Araos - Wijangco



INGREDIENTS

400g **beets**
2 tbsp **olive oil**
1 tbsp **salt**
1 tbsp **pepper**

1 **head of garlic, unpeeled, slice in half crosswise**
Juice from 1 **lemon**
300g **yogurt**
50g **feta cheese**

PROCEDURE

- 1)** Peel and slice beets.
- 2)** Sprinkle with olive oil, salt and pepper on the beets and garlic.
- 3)** Wrap the garlic in foil. Roast beets and garlic in the breville oven at 180C for 25-30 mins until tender.

- 4)** Put garlic (peel first), beets, lemon juice and yogurt in the blender and puree until smooth.
- 5)** Place in serving bowl and top with crumbled feta cheese. Serve with pita, toast, crackers and Crudités.

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