

[Monday 28th November 2011](#)

Dear Customer

The temperature has dropped again this week with 7°C forecast for most areas and extremely windy up here in the north, lots of rain heading our way so I hope all will be well wherever you are, here's a few winter warmers for you.

Baked Brussels Sprouts Recipe with Parmesan Cheese

*1 1/2 pounds brussels sprouts (about 25 brussels sprouts)
8oz package of cream cheese
1/2 cup mayonnaise
3/4 cup grated parmesan cheese
2 full teaspoons of fresh ground black pepper
1 small sweet onion (or any onion), chopped*

Preheat oven to 325 degrees. Wash brussels sprouts and remove loose outer leaves. Trim thick stem bottom, Cut in half. In bowl, place cream cheese in microwave and heat for about 30 seconds, or until cream cheese becomes very soft, almost melted. Add mayonnaise, parmesan cheese, ground black pepper and onion. Mix well, making sure everything is combined well. Add brussels sprouts, combine well until brussels sprouts are even coated with cheese mixture. Transfer to baking dish, cover with aluminum foil. Bake covered for about the first 30 minutes. Then remove foil, gently stir to bring bottom brussels sprouts to the top. Bake uncovered for remaining 20-30 minutes, or until brussels sprouts are tender and until the cheese topping becomes a nice charred crust. Poke with a fork till they are cooked to you desired tenderness

Sweet Potato and Pear Mash

*8 sweet potatoes
4 pears, peeled, cored and chopped
250ml evaporated milk
2 teaspoons vanilla extract
110g dark brown soft sugar
60g butter
1/2 teaspoon ground cinnamon
1 pinch freshly grated nutmeg
2 tablespoons orange juice
110g chopped pecans*

Preheat oven to 180 C / Gas 4. Prick the sweet potatoes with a fork and bake in the preheated oven 1 hour or until tender. Peel the baked sweet potatoes. Place in a

medium bowl and beat until smooth. In a medium saucepan over medium heat, gently cook the pears 10 minutes or until tender. Process the pears in a food processor until smooth. In a medium saucepan over medium heat, mix the evaporated milk, vanilla, dark brown soft sugar and butter. Heat until scalded. Blend into the sweet potatoes. Mix the pear puree, cinnamon, nutmeg, orange juice and pecans into the sweet potato mixture. Transfer to a large baking dish. Bake in the preheated oven 15 minutes or until lightly browned.

Kind wishes

Lorraine

