



## Free Recipe of the Month

# Finger Food for Friends

### A note from Cleansheets:

Finger food is not just for parties for the young and not so young. It's also useful for picnics & packed lunches, a fun tea for kids or even as a starter if you don't wish to sit everybody down. (Less washing up too!) Cocktail sausages and Chicken goujons are given a tasty sophistication with this recipe so try it out!

### Cocktail Sausages with a Twist

#### Ingredients:

30 cocktail sausages  
15 Ready to eat prunes  
15 streaky smoked rashers  
30 Cocktail sticks

#### Method:

1. Preheat the oven to 200°C, or you can prepare these in advance and keep in the fridge until you are ready to cook them.
2. Halve the prunes lengthways.
3. Put a slit in each sausage and insert half a prune.
4. Cut each streaky rasher in half and wrap a piece around the prune and sausage securing the "parcel" with a cocktail stick, by sticking it right through.
5. If the pieces of bacon are a little short you can hold one end on a chopping board and using the back of a knife, stretch the piece of bacon.
6. Put the sausages on a baking tray and cook in the oven for 15 to 20 minutes until cooked through and the bacon is crispy.

### Chicken Goujons

#### Ingredients:

3 chicken fillets  
50g plain flour  
Salt and pepper  
2 eggs  
100g bread crumbs  
50g parmesan cheese  
Serve with ketchup or mayonnaise or a mixture.

#### Method:

1. Preheat the oven to 200°C, you can also prepare these in advance and keep in the fridge until you are ready to cook them. Lightly brush a baking tray with oil.
2. Cut the chicken into pieces (roughly the width of your thumb), make sure they are all the same thickness to ensure they cook evenly.
3. Put the flour in a wide shallow bowl, (I like to use the lid of a pyrex dish or a cereal bowl.) Season it with salt and pepper. Beat the eggs in a similar bowl. Finally put the breadcrumbs and grated parmesan cheese in a third dish.

*If you are not under pressure and can deal with some mess, kids can help at this stage. I do not recommend this if you are expecting your guests at any minute and you still have lots more to do! Make sure they wash their hands before and after handling raw meat.*

4. Coat the goujons in flour, shake off the excess.
5. Dip each one in the beaten egg, let the extra drip off before laying it in the breadcrumbs and then turning over until coated. Gently shake off any extra and lay on the baking tray in a single layer. Bake for 15/20 minutes, turning them over half way through.



My helpers coating goujons!

Last months recipes could easily be adapted for a party, The chips could be served in baskets lined with a paper serviette and maybe jazzed up with some Cajun seasoning before cooking. Mini burgers would be fun to serve and could even be served as meat balls on cocktail sticks. If you missed the sheet, you can look it up online and print it out. [www.cleansheets.ie](http://www.cleansheets.ie)



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The **Sodastream** display in Utensils filled me with nostalgia, but they are altogether more stylish and convenient now. Great fun for kids (and adults who like a trip down memory lane.) Everything you need to get started making your own fizzy drinks at home is available right now in Utensils.



**Fondue** was fashionable in the 70's and it deserves a revival too. Simple to do and great fun for everyone. Once you have a set the only limit is your imagination. Cheese, meat or chocolate fondues are all possible. Ceramic ones are available for €19.99 or Cast Iron ones for € 44.99 and don't forget if you drop your food off your skewer into the pot you've to kiss the lady or gentleman on your left, so choose your seat carefully! A fondue set would make a great gift. [www.utensils.ie](http://www.utensils.ie)

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Finger foods abound in Horan's Healthfood Stores many of them only need to be opened and poured into a bowl. Sesame Sticks, Bombay Mix, Garlic Sticks, Nuts, Seeds and Crisps. Perfect for parties, picnics and packed lunches.



Celery, Peppers, Carrots and Cucumber cut into fingers make crunchy and healthy dip-pers. Try them with Cream Cheese and Chilli Dip and or Hummus, the recipes are on [www.cleansheets.ie](http://www.cleansheets.ie)



Manor, Tralee,  
Co Kerry  
066 7126225  
[www.sulmeat.com](http://www.sulmeat.com)

Don't forget that baked or fried cocktails sausages make great finger food even without any extras, ready made chicken nuggets will make great finger food too if you're short on time. Just ask Seamus O'Sullivan's staff for ideas and cooking instructions!

**Bargains of the Week for April /May**

From Monday 19th April  
Traditional Bacon Rib  
1/2 Price  
€1.49 per lb

From Monday 26th April  
Chicken Marylands &  
Chicken Kiev  
1/2 Price  
99 c each

From Tuesday 4th May  
Pork Steak  
1/2 Price €2.75 per lb

From Monday 10th May  
Southern Fried Chicken  
1/2 Price  
99c each

From Monday 17th May  
Sausages & Rashers  
1/2 Price  
(not pre packed)

From Monday 24th May  
Large Irish Chicken Fillets  
99c each

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