

SERVE UP AN ACE FEAST THIS WIMBLEDON

Submitted by: Richmond Towers Communications (Chrome)

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For a bit of fun and to mark the start of Wimbledon, Alpro soya has created some scrumptious recipes with a tennis twist. With Alpro soya alternatives to milk, cream and yogurt, you can enjoy delicious recipes, whilst celebrating the oldest and most prestigious tennis tournament in the world.

Why not start the day with Juicy Deuce, a fantastically juicy smoothie to awaken your senses. Create some moreish nibbles like Nacho Love for your friends to munch on through the game. Then it's time for New Dough Balls Please, which are great served with antipasto and a fresh salad. Celebrate the end of the match with What a Racquet ice-cream or Eton Grand Slam, a fun alternative to Eton Mess and lower in saturated fat!

The Food Standards Agency recently launched a campaign to encourage us to lower our intake of saturated fat. The great news is Alpro soya milk and yogurt alternatives are naturally low in saturated fat, free from artificial colours, preservatives and sweeteners. Alpro's cream alternative contains 45% less saturated fat than standard dairy single cream too, which means you can enjoy the luxury of cream this Wimbledon, without the guilt!

- ENDS -

NOTES TO EDITOR:

For photography to accompany recipes, see contact details at the end of the release

Recipes:

JUICY DEUCE

Raspberries and yogurt smoothie

Preparation time: 5 minutes

Cooking time: nil

Serves 4

2 x 125g Alpro soya vanilla and raspberry alternative to yogurt

500ml Alpro soya original milk

2 x 125g fresh raspberries

1 tablespoon honey, optional

A large handful of ice

4 slices fresh orange

4 sprigs of fresh mint

- Blend the yogurt, milk and all but a few of the raspberries that you reserve for garnish and the ice together until very smooth. Taste and add some honey if desired.
- Divide among glasses and decorate with the reserved raspberries, sliced orange and mint.

NACHO LOVE

Nachos, crudites and dips

Preparation time: 30 minutes

Cooking time: nil

Serves: 6-8

Guacamole

1 ripe avocado, finely diced

2 tablespoons finely chopped coriander

2 spring onions, finely chopped

1 tablespoon lime juice

Large pinch sea salt

3 tablespoons Alpro soya plain alternative to yogurt

Tomato and corn salsa

2 vine-ripened tomatoes, seeded and finely chopped

¼ red onion, chopped finely

2 teaspoons red wine vinegar

1 corn on the cob, roasted and stripped

1 red pepper, roasted, finely diced

Pinch sea salt

Freshly ground black pepper

2 tablespoons extra-virgin olive oil

1 tablespoon finely chopped flat-leaf parsley

Chilli and lime yogurt

2 red chillies, seeded, chopped finely

Pinch ground cumin

Zest and juice of 1 lime

½ teaspoon sea salt

250ml Alpro soya plain alternative to yogurt

1 packet nacho chips

- Combine guacamole ingredients in a medium bowl and mash together until smooth; check the seasoning.
- Combine salsa ingredients in a medium bowl and check the seasoning.
- Combine yogurt ingredients in a small bowl and check the seasoning.
- Arrange nachos on a large platter with bowls of the three salsas placed separately.

NEW DOUGH BALLS PLEASE

Dough balls

Preparation time: 20 minutes (plus proving time)

Cooking time: 10 minutes

Makes 40

450g/ 1lb plain flour

1 teaspoon instant dried yeast

1 teaspoon caster sugar

½ teaspoon sea salt

400ml warm Alpro soya alternative to milk

3 cloves garlic, crushed

4 tablespoons (60ml) extra virgin olive oil

2 tablespoons finely chopped flat-leaf parsley

2 tablespoons finely chopped chives

Sea salt to serve, optional

- Combine the garlic, oil and herbs in a medium bowl and set aside. Preheat oven to 200°C/180°C fan-forced.
- Combine flour, yeast, sugar, salt and milk in a large bowl and stir to combine with a wooden spoon. As the dough comes together, tip onto a lightly floured kitchen surface and use your hands to knead the mixture into a smooth ball.
- Knead small pieces of dough (about the size of a large grape) into balls and brush with the garlic and herb mixture. Place on a baking sheet and leave to rise for 20 minutes in a warm place until they are doubled in size.
- Bake in preheated oven for 10 minutes or until golden brown and cooked through. Brush with remaining garlic and herb mixture and sprinkle with a little sea salt to serve.

WHAT A RACQUET

Strawberries and yogurt ice cream

Preparation time: 30 minutes plus refrigeration and cooling time

Cooking time: 10 minutes

Makes 1 litre of ice-cream

4 egg yolks

55g caster sugar

250ml Alpro soya chilled alternative to single cream

250ml Alpro soya Light milk

1 vanilla bean, split and scraped

1 x 125ml Alpro soya strawberry yogurt alternative

400g strawberries, chopped

2 tablespoons caster sugar

1 tablespoon lemon juice

- Combine yolks and sugar in a large bowl and whisk well to combine.
- Heat soya cream, milk and vanilla bean in a small saucepan, over a medium heat until just below boiling point.
- Pour the hot soya cream over the yolk mixture and whisk to combine. Return mixture to saucepan and cook very gently until it thickens enough to coat the back of a spoon.
- Leave to cool, then cover and refrigerate, until completely cold. Make strawberry puree by blending the strawberries, the sugar and lemon juice until smooth; push through a fine sieve to get rid of the seeds.
- If you do not have an ice-cream machine then pour mixture into a shallow plastic container and freeze for 2 hours until starting to freeze. Beat with electric mixture or process in a food processor until smooth again; re-freeze until almost firm; beat again. Repeat this process 3 times until you have a smooth thick ice-cream. Fold in strawberry puree as with the ice-cream machine.

Ice-cream Machine Method

- When the cream mixture is completely cold, fold in the strawberry yogurt and transfer to an ice-cream machine. Churn according to manufacturer's directions until thick and frozen. Quickly fold in the strawberry puree to give a swirl and transfer to a freezer proof container. Freeze until firm.

Serve with a chocolate and burnt sugar tennis racquet - see below.

Chocolate tennis racquets

200g dark chocolate with 70% cacao

3 tablespoons caster sugar

- Preheat oven to 180°C. Lay a sheet of aluminium foil over a baking sheet and sprinkle the sugar over the top in a thin even layer.
- Cook sugar for 1-2 minutes or until sugar just melts and turns golden.
- Remove from oven and cool. Break into pieces to form the head of the tennis racquet.
- Melt chocolate over a double boiler and place into a small plastic food bag. Lay a sheet of greaseproof paper on the kitchen bench and lay the sugar racquet heads out. Carefully snip off a tiny corner of the bag with the chocolate in it and use the chocolate to pipe chocolate tennis racquets around each piece of sugar. If necessary, stick a few pieces of sugar together by using the chocolate as you make the strings of the tennis racquet.

ETON GRAND SLAM

Eton mess

Preparation time: 15 minutes

Cooking time: nil

Serves 8

55g caster sugar

400g strawberries
2 tablespoons lemon juice
500g Alpro soya plain alternative to yogurt
125ml Alpro soya cream alternative
4 individual meringue nests, broken into small pieces

- Combine sugar, chopped strawberries, and juice in a medium bowl and set aside for 20 minutes. Combine soya yogurt and cream in a large bowl and fold in the broken meringue and two thirds of the marinated strawberries.
- Divide Eton Mess among serving bowls and top with remaining strawberries. You could also top the desserts with extra wild or baby strawberries, pomegranate seeds or mint leaves if desired.
- Serve immediately.

Naturally Produced

All of Alpro's products are made using the whole soya bean and Alpro has a total traceability system which covers everything from certification of seeds, to storage conditions and manufacturing, which ensures that their products are free from genetic modification.

Product Information:

Alpro® soya Original

Alpro soya Original milk alternative is low in saturated fat and contains the same amount of protein and calcium as dairy milk. Great at breakfast time in tea, on cereals, in porridge or to make a delicious breakfast smoothie.

Alpro® soya Light

A great tasting, even lower calorie, chilled soya milk alternative. With only 1.2% fat. Alpro soya Light has even fewer calories than skimmed milk. It has added calcium and fibre and is also enriched with vitamins. It was the first unsweetened chilled soya milk alternative and it tastes great on cereals and in tea and coffee.

Alpro® soya alternative to Yogurt

Alpro soya yogurts are naturally low in saturated fat. Available in a variety of flavours including new 500g Vanilla and 4 x 125g Blueberry/Peach, Red Cherry/Peach & Mango, Strawberry and Raspberry & Vanilla.

Also in the yogurt range is an alternative to Plain Yogurt which is a superb accompaniment to cereals and dips and is great for cooking with.

Alpro® soya alternative to Cream

Alpro soya's chilled cream alternative offers all of the taste of single cream but with 45% less fat than standard single dairy cream, making it the perfect indulgence!

For further information contact:

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