



Celebrity Snacks

The Star's favourite recipes



Hybu
Iechyd
Cymru
Health
Promotion
Wales





Celebrity Snacks

People in the public eye not only have to look good, they have to feel good too. A healthy diet helps celebrities stay in shape and thrive on a busy lifestyle.

Celebrity Snacks offers 18 easy-to-prepare and tasty treats that can be ready in minutes. It's fast food for people on a hectic schedule-but it's just as good for those with more time to spare.

Healthy eating doesn't mean changing all your food habits at one go. Trimming visible fat from meat after cooking, choosing low fat ingredients, or simply eating plenty of fruit and vegetables are just some of the steps to a healthier diet.

They're steps the stars are taking. Now you can join them with Celebrity Snacks.

Gilli Davies





Gilli Davies

Gilli is well known for writing and broadcasting on Welsh food. Her latest book 'A Taste of Wales' was published in the spring.

A Welsh Breakfast



First dry-fry some good old fashioned Welsh dry cured bacon. Remove the bacon from the pan and keep warm while you fry the laver cakes. Add these to the bacon and finally cook the cockles and eggs. Serve your Welsh breakfast with crisp toast.

Laver Cakes

100g (4 oz) fresh or tinned laverbread

25g (1 oz) medium or fine oatmeal

Method:

Mix the laverbread and the oatmeal together and shape into little rissole-like cakes about 2" (5cm) across and 3/4" (2cm)

thick. Slice the laver cakes into the hot pan and fry fairly quickly for 2-3 minutes on each side, shaping and patting the cakes with a palette knife as they fry. Lift out carefully.

Cockles and eggs

175g (6 oz) fresh cooked cockles, out of shell

2 eggs, beaten

freshly milled black pepper

Method:

1. Fry the cockles for a few minutes then pour over the beaten eggs.
2. Stir well with a wooden spoon until the egg is lightly cooked.
3. Season with pepper.

Roy Noble

Roy currently presents his own daily morning show on Radio Wales, 'Roy Noble', and is a member of the presenting team of the Welsh language evening magazine show 'Heno' on S4C.

Oat Pancakes



Serves: 4

Cooking Time: 4 minutes

1 egg

275ml (10fl oz) skimmed milk

12g (1/2 oz) half fat butter, melted

50g (2oz) wholemeal flour

50g (2oz) porridge oats

12g (1/2 oz) sunflower margarine

To Serve:

Reduced sugar jam

Skimmed milk soft cheese

Method:

1. Whisk the egg, milk and melted butter.
2. Whisk in the flour and porridge oats. Cover and rest in the fridge for at least 30 minutes, preferably overnight.
3. Smear the base of a heavy based non stick pan. Heat the pan and spoon 1 x 15ml sp (1 tbsps) of the batter into the pan. Cook until bubbles appear on the surface. Turn over and cook the other side until lightly browned. Continue until all the batter is cooked.
4. Serve with jam and soft cheese.





Dudley Newbury

Dudley is a well known TV chef on S4C. He has just completed his first successful series 'Dudley' and the second series will be filmed in the autumn.

Pork Stroganoff



Serves: 4

Cooking Time: 16 minutes

- 1 x 15ml sp (1tbsp) sunflower oil
- 1 onion, sliced thinly
- 225 g (8oz) pork fillet, cut into thin strips
- 225 g (8oz) brown cap mushrooms, sliced
- 1 red pepper, cut into thin strips
- 1 x 15ml sp (1tbsp) wholemeal flour
- 75ml (3floz) dry white wine
- 75ml (3floz) pork stock
- 1 x 5ml sp (1tsp) french mustard
- 1 x 5ml sp (1tsp) fresh thyme, chopped
- 1 x 150g (5.29oz) pot natural low fat yogurt

To garnish:

Sprig of fresh thyme

Method:

1. Heat the oil in a large frying pan and fry the onion until soft. Add the strips of pork and fry quickly for 3 minutes.
2. Add the mushrooms and pepper and cook for a further 2 minutes. Stir in the flour and cook for 1 minute.
3. Blend in the wine, stock, mustard and thyme and stir until smooth. Bring the mixture to the boil and simmer for 10 minutes.
4. Remove the pan from the heat and allow it to cool slightly. Stir in the yogurt.
5. Garnish with a sprig of fresh thyme and serve with crusty wholemeal rolls.

Dilwyn Young Jones

HTV's weather bulletin presenter, Dilwyn was a drama teacher at Ystalyfera Comprehensive School, then a professional actor, before joining HTV as a presenter.

Salmon Fish Cakes with Fromage Frais and Cucumber



Serves: 4

Cooking Time: 6 minutes

- 450g (1lb) potatoes, cooked and mashed
- 450g (1lb) salmon fillets, poached or steamed and flaked
- 2 x 15ml sp (2tbsp) fresh parsley, chopped
- 5ml sp (1tsp) lemon juice
- seasoning
- 5ml sp (1tsp) plain flour
- 1/2 cucumber, peeled, cut in half lengthways, seeds removed and thinly sliced

1/2 x 5ml sp (1/2 tsp) white wine vinegar

150ml (1/4 pint) fromage frais or half fat double cream

2 x 15ml sp (2tbsp) chives, chopped
freshly ground black pepper

Method:

1. Combine the potato, salmon, parsley, lemon juice and seasoning and mix well.
2. Shape into 4 large cakes and coat lightly with flour.
3. Grill or lightly fry in 1 x 15ml sp (1tbsp) sunflower oil for 3 minutes on each side.
4. Mix the cucumber, vinegar, fromage frais, chives and pepper together.
5. Serve the fish cakes with the dressing.

Chef's Tip:

Substitute tuna for salmon to reduce the cost.





Wyn Gruffydd

Wyn Gruffydd has just returned from South Africa where he commented on the Rugby World Cup. He also presents S4C's motoring programme 'Clasur' and 'Yn Y Pits' on Radio Cymru.

Hot Scallop Salad



Serves: 4

Cooking Time: 5 minutes

75g (3oz) mangetout, blanched
1 yellow pepper, cored, deseeded and cut into strips

1 bunch watercress, trimmed
1/2 lollo rosso lettuce, shredded

125g (4oz) cherry tomatoes, halved
8 scallops, cleaned

1 x 10ml sp (1dtsp) white wine vinegar

1 x 150g (5.29oz) pot natural low fat bio yogurt

1 x 5ml sp (1tsp) lemon juice

1 x 15ml sp (1tbsp) fresh parsley, chopped

Method:

1. Mix the mangetout, pepper, watercress, lettuce, and tomatoes together and put them in the base of a serving dish.

2. Pull off the orange coral from each scallop and put to one side. Slice the white part in half. Season the scallops.

3. Gently poach the white slices of scallop in enough water to cover and the vinegar for 3 minutes. Add the coral pieces and poach for a further 2 minutes, until tender. Remove the scallops.

4. Add the yogurt, lemon juice and parsley to 2 x 15ml sp (2tbsp) of the cooking water and heat through gently.

5. Arrange the warm scallops on the salad and spoon over the dressing. Serve immediately.

Sara Edwards

Sara is one of the senior news presenters for BBC Wales' flagship news magazine 'Wales Today' and for BBC Cymru on S4C. Sara presents 'Saith Diwrnod Ar y Sul' - a look back at the week's world news in Welsh.

Piquant Mushroom Pitta Pockets



Serves: 4

Cooking Time: 10 minutes

1 x 15ml sp (1tbsp) sunflower oil

175g (6oz) onion, finely chopped

1 clove of garlic, crushed

350g (12oz) mushrooms, sliced

1 x 15ml sp (1tbsp) red wine vinegar

1 x 5ml sp (1tsp) mustard powder

dash of worcestershire sauce

1 x 5ml sp (1tsp) tomato purée

Seasoning

8 mini wholemeal pitta bread

1 radicchio, shredded

Method:

1. Heat the oil in small saucepan. Add the onion and the crushed garlic and cook until they begin to soften.

2. Add the mushrooms and stir over a high heat for a further 3 minutes. Add the vinegar, mustard, Worcestershire sauce, tomato purée and seasoning. Heat through.

3. Slit open the pitta bread. Fill each pocket with radicchio and the piquant mushrooms. Serve immediately.

Chef's Tip:

Use a variety of the more unusual mushrooms (brown cap, oyster) for a mix of flavours and textures.





Nigel Walker

Former Welsh Olympic hurdler, turned Welsh international rugby player. Nigel is one of the fastest wingers in the world and a regular TV and radio presenter.

Spicy Chicken and Mango



Serves: 4

1 large mango, peeled and stone removed
4 x 15ml sp (4tbsp) bio yogurt
4 x 15ml sp (4tbsp) low calorie mayonnaise
1 x 15ml sp (1tbsp) mild curry paste
4 cooked boneless chicken breasts, skin removed and thickly sliced
50g (2oz) sultanas
25g (1oz) pine nuts, lightly toasted

To Garnish:

2 x 15ml sp (2 tbsp) fresh coriander

Method:

1. Purée half the mango flesh in a liquidiser or processor.
2. Put the mango purée, yogurt, mayonnaise and curry paste into a bowl and mix until well blended.
3. Add the chicken and mix until thoroughly coated.
4. Thinly slice the remaining mango and arrange in the base of the serving dish. Top with the spicy chicken mix.
5. Sprinkle with the sultanas and pine nuts and garnish with the fresh coriander.

Arfon Haines Davies

Arfon has presented numerous Welsh and English programmes for HTV. Arfon will shortly reappear on our screens with a new holiday series, "Pacio" on S4C

Linguine with Smoked Trout and Dill Sauce



Serves: 4

Cooking Time: 15 minutes

1 x 10ml sp (1dtsp) olive oil
1 red onion, sliced
150ml (5fl oz) dry white wine
150ml (5fl oz) half fat double cream or fromage frais
1 x 15ml sp (1tbsp) whole grain mustard
1 x 15ml sp (1tbsp) fresh dill, chopped
125g smoked trout
225g (8oz) linguine, cooked

Method:

1. Heat the oil in a large frying pan or saucepan and fry the onion for 5 minutes.
2. Pour in the wine and simmer until reduced by half.
3. Stir in the cream, mustard, trout and dill. Heat through gently, do not boil.
4. Pour over the hot pasta, toss to combine and serve immediately.





Huw Thomas

Huw Thomas is the Meat & Livestock Commission's Regional Manager for Wales based in Aberystwyth. He is particularly keen on promoting the Welsh meat industry through the development of new and healthy meat cuts and products.

Stir-Fry Lamb in Plum Sauce



Serves: 4

Cooking Time: 10 minutes

- 1 x 15ml sp (1tbsp) sunflower oil
- 375g (12 oz) lean lamb steaks, cut into strips
- 1 bunch of spring onions, chopped
- 125g (4oz) baby sweetcorn, cut in half
- 2 sticks of celery, chopped
- 1 x 15ml sp (1tbsp) fresh tarragon, chopped
- 225g (8oz) Plums, peeled and stoned and puréed

Method:

1. Heat the oil in a wok or large frying pan over a high heat. Add the meat and stir fry for 5 minutes or until browned.
2. Add the spring onions, baby sweetcorn, celery, tarragon and puréed plums. Bring to the boil, reduce and simmer for 5 minutes.
3. Serve with rice or noodles.

Jenny Ogwen

Whatever the weather, Jenny Ogwen is one of Wales' most popular weather presenters.

Waldorf Pasta Salad



Serves: 4

- 225g (8oz) fresh pasta shells, cooked and cooled
- 125g (4oz) walnut pieces
- 125g (4oz) sultanas
- 1/2 head celery, chopped
- 125g (4oz) white seedless grapes, halved
- 2 large red apples, cored, chopped and brushed with lemon juice
- 4 x 15ml sp (4tbsp) natural yogurt
- 4 x 15ml sp (4tbsp) low calorie mayonnaise
- 1 x 15ml sp (1tbsp) lemon juice
- 2 x 5ml sp (2tsp) fresh mixed herbs, chopped

To garnish:

Slices of unpeeled red apple, brushed with lemon juice. Thin strips of lemon rind, watercress sprigs

Method:

1. Place the pasta, walnuts, sultanas, celery, grapes and apples in a bowl.
2. Mix the yogurt, mayonnaise, lemon juice and herbs together and stir into the pasta mixture.
3. Serve garnished with apple slices, lemon rind and watercress sprigs.





Orig Williams

The former wrestler who now fronts SAC's wrestling coverage 'Reslo'. At present, he's busy preparing to film another series of 'Y Cymro Cryfa'. (The Strongest Welshman)

Prawn, Melon and Rice Salad

Serves: 4

1/2 small melon

175g (6oz) brown rice, cooked

50g (2oz) wild rice, cooked

15ml sp (1tbsp) fresh dill, chopped

225g (8oz) fresh peeled prawns

1/2 frisée lettuce

To garnish:

4 prawns in shells

1 sprig of dill



Method:

1. Remove the seeds from the melon and cut the flesh into balls or cubes.
2. Place the rice in a bowl and add the melon, fresh dill and peeled prawns. Stir until well mixed.
3. Cover the serving dish with the lettuce and arrange the rice mixture on top.
4. Garnish with whole prawns and a sprig of dill.

Rhianwen Huws Roberts

Rhianwen is the President of Merched y Wawr and has been involved in all aspects of the movement's work since its formation.

Orange Yogurt Chicken

Serves: 4

Cooking Time: 8 minutes

1 x 150g (5.29 oz) pot low fat natural yogurt

1 orange, grated rind and juice

1 clove garlic, crushed

25g (1oz) flaked almonds

1 x 15ml sp (1tbsp) fresh coriander, chopped

4 skinless chicken breast fillets, cut into strips

1 x 15ml sp (1tbsp) sunflower oil

To serve:

1 packet mixed salad leaves



1 orange, peeled and segmented
coriander leaves

Method:

1. Mix together the yogurt, orange rind and juice, garlic, almonds and coriander. Add the chicken and toss until thoroughly coated. Chill and allow to marinate for a minimum of 30 minutes.
2. Heat the oil in a frying pan. Add the chicken, draining off any excess marinade, and stir fry until the chicken is cooked through.
3. Combine the mixed salad leaves with the orange segments and arrange in a serving dish. Arrange the chicken on top. Garnish with coriander leaves.





Peter Guthrie

As the Secretary of the Royal Welsh Show, this will be Peter Guthrie's ninth year at the helm. He comes from a farming background and derives great satisfaction from his work.

Turkey and Orange Risotto



Serves: 4

Cooking Time: 10 minutes

15ml sp (1tbsp) sunflower oil

350g (12oz) turkey escalopes, cut into thin strips

1 orange pepper, cut into thin strips

175ml (6floz) fresh orange juice

350g (12oz) brown rice, cooked

3 x 15ml sp (3 tbsp) fresh coriander, chopped

50g (2oz) raisins

To garnish:

1 sprig of coriander

Method:

1. Heat the oil and cook the turkey and pepper for 5 minutes.

2. Stir in the orange juice, bring to the boil, and add the remaining ingredients. Cook for a further 3 minutes, stirring occasionally.

3. Serve garnished with a sprig of fresh coriander.

Sioned Mair

Presenter, actress, singer, Sioned Mair is a well known television personality. As a mother of three young children, healthy eating at home is a priority.

Crunchy Fruit Layer



Serves: 4

1 mango

1 kiwi fruit

225g (8oz) reduced fat soft cheese

300ml (1/2 pint) low fat bio yogurt

50g (2oz) rolled oats, toasted

50g (2oz) chopped mixed nuts, toasted

Method:

1. Chop the fruit, reserving 4 slices of kiwi for decoration.

2. Soften the cheese, add the yogurt and beat well.

3. Mix the oats and nuts together.

4. Layer the fruit, cheese mixture and oats in 4 tall glasses.

5. Decorate with kiwi slices.

Chef's Tip:

This dish is ideal as an alternative breakfast. Use seasonal fruits to reduce the cost.





Rhiannon Bevan

Rhiannon is the General Secretary of the National Federation of Womens' Institutes for England and Wales. She is also the Head of the Wales Office.

Dip Selection Mild Curry Dip



Serves: 4

- 6 x 15ml sp (6tbsp) fromage frais
- 2 x 15ml sp (2tbsp) reduced calorie mayonnaise
- 2 x 15ml sp (2tbsp) reduced sugar apricot jam
- 2 x 5ml sp (2tbsp) mild curry paste
- 6 dried no soak apricots, finely chopped
- 1 x 15ml sp (1tbsp) fresh coriander, chopped

To Garnish:

- 1 sprig fresh coriander

Method:

1. Blend together all the ingredients, except the sprig of coriander.
2. Chill for 30 minutes. Garnish with coriander.

Salmon Dip



Serves: 4

- 225g (8oz) fresh salmon, poached
- 125g (4oz) cottage cheese
- 1 x 15ml sp (1tbsp) natural yogurt
- 1 x 5ml sp (1tsp) horseradish cream
- 1 x 10ml sp (1dtsp) fresh dill, chopped
- freshly ground black pepper

To Garnish:

- 1 sprig fresh dill

Method:

1. Place all the ingredients except the sprig of dill into a food processor or blender until completely smooth.
2. Transfer to a serving dish and chill for 30 minutes. Garnish with fresh dill.

Chef's Tip:

Canned salmon or tuna can be substituted for fresh salmon. Serve the dips with a variety of fresh crudités.

Ina Thomas

Resident chef for 'Heno', the nightly magazine programme on S4C, Ina Thomas has a growing following.

Chicken in Apple and White Wine Sauce



- 4 chicken breasts
- 4 slices of rindless smoked bacon
- 1 x 15ml sp (1tbsp) of oil
- 1/2 pint of medium dry white wine
- 1/2 pint of apple juice
- 1 x 15ml sp (1tbsp) of white vinegar
- 50g (2oz) of demerara sugar
- 1 yellow pepper
- 1 red pepper
- 1 red onion
- 1 clove of garlic, crushed
- 125g (4 oz) of small mushrooms
- 1 x 15ml sp (1tbsp) of arrowroot
- 1 x 5ml sp (1tsp) of Worcestershire Sauce

Method:

1. Place the chicken breasts in between grease proof paper and flatten. Place the bacon on the breasts and roll together securing them with a cocktail stick.
2. Warm the oil in a frying pan and fry the meat until brown.
3. Add the previously prepared vegetables, the garlic, the sugar and the Worcestershire sauce.
4. Add the wine and apple juice, add salt and pepper to taste. Place a lid on the frying pan and cook for approximately 1/2 an hour.
5. Remove the chicken from the frying pan, take out the cocktail stick and place on a plate. Add the arrowroot to the frying pan and boil for 2 minutes.
6. Pour the sauce over the chicken and decorate with parsley.





Ray Gravell

Ray presents BBC Radio Wales 'Streetlife' programme and has a regular programme on Radio Cymru on Sunday afternoon. Ray is also a member of the commentary team on all rugby matches for the BBC on S4C, a sport he once played on a national level.

Peppered Tagliatelle



Serves: 4

Cooking Time: 15 minutes

- 350g (12oz) fresh tagliatelle with spinach
- 1 x 15ml sp (1tbsp) olive oil
- 125g (4oz) shallots, sliced
- 125g (4oz) oyster mushrooms, sliced
- 225g (8oz) peppered cooked beef, cut into strips
- 125g (4oz) reduced fat soft cheese with garlic
- 150g (5.29 oz) carton low fat natural bio yogurt

- 4 x 15ml sp (4tbsp) semi-skimmed milk
- 1 x 15ml sp (1tbsp) fresh basil, chopped

Method:

1. Cook the tagliatelle in boiling water.
2. Meanwhile heat the oil in a large frying pan or saucepan. Fry the shallots until golden.
3. Add the mushrooms and fry for 3 minutes or until they begin to soften. Add the beef and fry, stirring, for 1 minute.
4. Lower the heat and stir in the soft cheese, yogurt, milk and basil. Heat gently until simmering.
5. Drain the pasta and add to the sauce. Stir until thoroughly coated and serve.

Chef's Tip:

Peppered cooked beef is available sliced from the deli counters of most supermarkets.

Gareth Richards

Gareth Richards is from Lampeter in Ceredigion. He is the Wales and South West England champion of Masterchef 1995, and was a semi finalist in this year's televised national competition.

Stir Fried Beef in Iceberg Lettuce Cups



Serves: 4

Cooking Time: 10 minutes

- 1 x 15ml sp (1tbsp) sunflower oil
- 350g (12oz) fillet steak, cut into strips
- 1 clove garlic, crushed
- 2 x 5ml sp (2tsp) fresh root ginger, chopped
- 4 spring onions, chopped
- 1 red pepper, cored, deseeded and cut into thin strips
- 125g (4oz) mangetout
- 125g (4oz) baby sweetcorn
- 225g (8oz) beansprouts
- 2 x 15ml sp (2tbsp) soy sauce

- 2 x 15ml sp (2tbsp) dry sherry
- pinch of cayenne pepper
- 1 x 5ml sp (1tsp) cornflour
- 4 large iceberg lettuce leaves, trimmed to form cups

Method:

1. Heat the oil in a wok or large frying pan. Add the steak and stir fry for 2-3 minutes until beginning to brown.
2. Add the garlic, ginger, spring onions, pepper, mangetout and sweetcorn. Stir fry for a further 5 minutes. Add the beansprouts and stir through.
3. Combine the soy sauce, sherry, pepper and cornflour and pour into the wok. Cook for a further 2 minutes, stirring continuously.
4. Arrange the lettuce cups on a serving dish. Spoon the stir fried beef into the cups and serve immediately.

Chef's Tip:

To reduce the cost of this dish use frying steak or chicken breasts instead of fillet steak.

