



Stirring the Pot with Wendy

FINGER FOOD



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Finger Food

Finger food is so versatile, apart from being perfect to serve at parties and events as there is no plate or cutlery required, hence the name finger food, they are also great to serve as snacks, lunches and to pop into lunchboxes.

Tempting bite size portions of tasty treats look fabulous piled high on platters and can be very moorish and can be starters for a meal or just served with drinks.



They usually freeze well and can be reheated from frozen from as little as 15-30 minutes. Sometimes on lazy Sunday evenings we raid the freezer of bits and pieces for an easy meal and serve with a couple of sauces.

Cold finger food can also be as simple as a cracker topped with dip, round slices of Cucumber topped with a salmon spread, pikelets topped with smoked salmon and sour cream, or bruschetta.

Here is a selection of my most popular finger food recipes, I hope you enjoy them, happy cooking.

Wendy





Pizza Pinwheels

Crispy pastry spirals filled with pizza toppings, snack food, finger food favourite.

PREP TIME 15 mins

COOK TIME 25 mins

TOTAL TIME 40 mins

COURSE Finger food, Snack

SERVINGS 36

INGREDIENTS

- 3 Sheets Puff Pastry
- 1/2 Cup Pizza Sauce
- 100 gm Pizza Blend Cheese
- 150 gm Ham chopped

INSTRUCTIONS

Preheat oven 190 C

Thaw pastry.

Spread pizza sauce over pastry sheets leaving 2 cm free of sauce on one end.

Sprinkle with cheese and ham.

Wet the end of the pastry without the sauce with your fingers or a pastry brush and roll pastry with filling up into a log sealing the end.

Slice into 12 and place onto oven trays spiral face up.

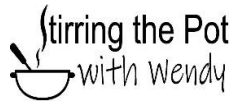
Bake 20-25 minutes or until cooked, I usually turn the trays halfway to ensure even cooking.

NOTES

Use any fillings you like, ham, salami, chorizo, chicken, bacon, capsicum, onion, pineapple, onion etc.

Don't over fill as it makes them hard to work with.

They freeze well, reheat from frozen 15 minutes.



Rice Paper Rolls

A light and fresh alternative lunch option

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PREP TIME 30 mins

TOTAL TIME 30 mins

COURSE Appetizer, Light meal, Lunch

CUISINE Asian

SERVINGS 8 Rolls

INGREDIENTS

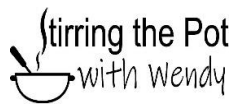
- 60 gm Rice Vermicelli Optional
- 8 Rice Paper Sheets
- 1 Carrot Shredded thinly or grated
- 1/4 Capsicum sliced finely or diced
- 6 Snow Peas finely sliced
- 3 Tbsp Coriander leaves chopped
- 1 Cup Lettuce finely sliced
- 100 gm Chicken cooked/bbq chopped Optional
- 1-2 Tbsp Lime juice
- 2-3 Tbsp Sweet Chilli Sauce

INSTRUCTIONS

1. Soak noodles in boiling water to soften approximately 10 minutes, drain and chop roughly.
2. Combine with remaining ingredients except rice paper sheets.
3. One at a time soak rice paper briefly in water or spray with water on both sides to soften.
4. Place 1 tablespoon of the filling mixture at the edge closest to you, fold the two sides in and roll up tightly for enclose the filling.
5. Place on a serving plate and cover with a damp tea towel or paper towel.
6. Serve with dipping a sauce: Satay, Sweet Chilli, Soy

NOTES Rice noodles and rice paper rolls are gluten free.

Chicken is optional or cooked prawns are a good substitute. Bean shoots, mint leaves, alfalfa sprouts, cucumber, chives or spring onions would be good addition.



Savoury Toast

PREP TIME 10 mins

COOK TIME 20 mins

TOTAL TIME 30 mins

COURSE Lunch

INGREDIENTS

- 1 Cup Grated tasty cheese
- 1/2 Cup Diced bacon
- 1 Egg
- 1 tsp Worcestershire sauce
- 1 Tbsp Tomato sauce
- Pinch Salt
- Pinch Pepper
- 6 Slices bread
- 2-3 Tbsp Butter

INSTRUCTIONS

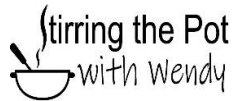
1. Combine cheese, bacon, egg, sauces and salt and pepper
2. Butter one side of bread and place it butter side down on a lined baking tray
3. Spoon cheese mixture on to bread slices
4. Bake in moderate oven for 15-20 minutes, until golden, slice into fingers or squares

NOTES

Bacon can be replaced with diced tomato, capsicum and onion for a vegetarian option.

Bread slices can be replaced with sliced French stick (great for a finger food option) or replace bread with English muffins (great for a lunchbox option)

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Sticky Honey Soy Chicken Wings

Delicious sweet but savoury sticky chicken wings

PREP TIME 5 mins

COOK TIME 1 hr

MARINATE 30 mins

TOTAL TIME 1 hr 35 mins

COURSE Finger food

SERVINGS 4

INGREDIENT

- 1 kg Chicken wings
- 2 Tbsp Honey
- 1 Tbsp Olive Oil
- 4 Tbsp Soy Sauce
- 2 Tbsp Lemon Juice
- 2 tsp Worcestershire Sauce
- 4 tsp Garlic minced

INSTRUCTIONS

1. In a glass container or snap lock bag add honey, oil, sauces, juice and garlic, mix to combine.
2. Add the chicken wings to the marinade and marinate at least 30 minutes but a couple of hours or overnight would be great.
3. Preheat oven 180 C
4. On a lined oven tray place the wings in a single layer and bake for 1 hour, turning every 20 minutes to cook evenly.
5. Serve as finger food.

NOTES

Sticky chicken wings are a great addition to finger food for casual dining.

The addition of 2-3 Tbsp of Sweet Chilli Sauce would be a nice addition, as would fresh ginger and chilli.

This marinade is delicious used on any cut of chicken, whole chicken, wings and legs bake in the oven; and breast, thighs or tenderloins grill on the BBQ or in a pan.



Thai Chicken Sausage Rolls

Makes 24

Ingredients

- 1 Cup Soft Breadcrumbs
- ¼ cup milk or enough to soak into the breadcrumbs
- 500gm Chicken Mince
- 2 Spring onions finely chopped
- 1 Carrot Grated
- 1 Chilli finely chopped no seeds
- 1 tsp ground coriander
- 1 tsp ground Cumin
- 2 tsp sweet Chilli Sauce
- 2 Tbsp fresh Coriander leaves chopped
- 2 sheets frozen Puff Pastry thawed
- 1 Egg
- 1 Tbsp Sesame Seeds

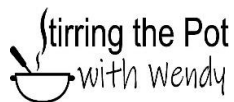
Method

Preheat Oven 200C

Soak breadcrumbs in milk for 10 mins or so then add remaining ingredients except pastry, egg and sesame seeds. Mix well until combined.

Cut each pastry sheet in half and lay meat mixture along the edge of pastry in a log, roll up wetting the edge to seal the roll, cut each roll into 6, continuing until mixture is finished.

Place on oven tray and brush with beaten egg and sprinkle with sesame seeds. Bake approximately 40 minutes. Serve with extra Sweet Chilli Sauce.



Vegetable Sausage Rolls

PREP TIME 15 mins

RESTING TIME 2 hrs

TOTAL TIME 3 hrs

COURSE Finger food, Pastries

CUISINE Vegetarian

SERVINGS 3 Doz

INGREDIENTS

- 2 Cups Rolled Oats
- 2 Cups Grated Tasty Cheese
- 1 Zucchini, grated
- 1 Carrots, grated
- 1/2 Onion, grated
- 3 Tbsp Soy Sauce
- 1/4 Cup Fresh Parsley, chopped
- 3 Eggs
- 3 Tbsp Tomato Sauce or Relish
- 3 Tbsp BBQ Sauce
- 4 Sheets Puff Pastry
- Pinch Salt
- Pinch Pepper

INSTRUCTIONS

1. In a large bowl combine all ingredients except pastry and mix well until thoroughly combined.
2. Cover and place in the fridge for a couple of hours or overnight, this allows the excess liquid to soak into the oats.
3. Preheat the oven 190 C
4. Cut each pastry sheet in half.
5. Place the sausage roll mixture on the pastry and roll the pastry over, cut each roll into the size you require I usually get 6-8 smaller pastries.
6. Bake the sausage rolls on lined baking trays for 30-40 minutes.