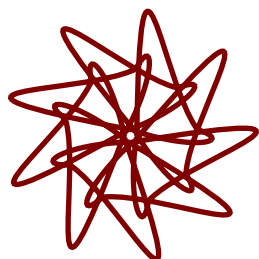


# Carefree Cooking



## Recipes collected from various sources and adapted...

Search this document in the normal way or use the live contents list below.

Unless otherwise stated recipes are for 4 people of average appetite as part of a two or three course meal. Temperatures are given in centigrade, for fan oven, flour is plain flour, mustard is English. Ingredients in square brackets are optional or can be substituted



Dietary classifications based on the condiments I use - baking powder and curry powder are gluten free but soy sauce is not. Not all variations or serving suggestions necessarily meet the classification. Many recipes could be easily adapted by simple substitutions, such as oil for butter. Packs of frozen chopped garlic, ginger and basil are great labour savers and save waste.

- V** vegetarian
- Ve** vegan
- Gf** gluten free
- S** suitable as a starter

*For ideas, data, terminology and techniques see Cookery Compendium*



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## Measurements

## Soups 1.1

### *Courgette, Parmesan & basil*



*You could use a dessert spoon of a pesto sauce in place of the basil*

#### Ingredients

1 tbsp olive oil, 1 oz butter, 1 large onion or leek chopped, 2 cloves garlic crushed, vegetable or chicken stock, 4 large courgettes washed and chopped, 1 oz Parmesan finely grated, 2 tbsp basil oil or pesto, creme fraiche.

#### Method

Gently sweat the onion, courgettes and garlic in oil and butter in a closed pan for 5 minutes (stir occasionally) until the onion is softening but not coloured. Cover with stock, bring to a simmer and simmer until the vegetables are well softened.

Process until smooth.

When ready to serve, make up to four bowls-full with more stock, reheat then stir in the cheese and season to taste. Take in bowls to the table carefully float some creme fraiche on top and drizzle some basil oil or pesto over the top. Hand pesto if desired.

#### Accompaniments:

Crusty bread.

### *Butternut & peanut soup*



*A curried butternut soup*

#### Ingredients

1 butternut squash peeled, de-seeded and diced, 1 oz butter, 1 onion finely chopped, 1 stick celery finely diced, 2 tsp mild curry powder, 4 tbsp crunchy peanut butter, finely chopped ginger, veggie stock cube, milk, lemon juice, black pepper

#### Method

Melt butter in large pan and add the onion and celery and simmer gently covered for 5 minutes, stirring occasionally. Add curry powder and ginger and stir 1 minute. Add squash, stock cube and water to cover; cover & cook 20 min until very soft. Add the peanut butter & blend. Reheat then stir in milk, water, lemon juice & seasoning to taste. Serve & garnish with toasted peanuts if desired.

## Soups 1.2

### *Curried lentil*



*Lentils and onion provide the body for a warming soup for a cold day. Add favourite flavourings to taste. Add other vegetables with the lentils and simmer for a curried vegetable soup.*

#### Ingredients

1 oz/30 g butter, 1 chopped onion, 1-2 tsp curry paste/powder, garlic, 1 inch fresh ginger diced finely, 1 oz/30 g red lentils per person.

#### Method

Sauté the onion in the butter for about 10 minutes until well golden then add ginger and garlic and continue for 3 minutes; add the curry paste, stir in the washed lentils and add water. Simmer until tender, about 20 minutes. Adjust the liquid and season. Liquidise if preferred.

#### Variations:

Add chopped smoked bacon and sweat before adding the lentils. Finish with a little cream or ground roasted peanuts.

Substitute diced parsnip for the lentils for a sweet and spicy soup. Add some tomato paste after the garlic.

#### Accompaniments:

A fresh crusty wholemeal loaf completes the protein balance.

### *Moroccan carrot*



*Carrot soup can be boring; this one isn't*

#### Ingredients

1 leek, 1 onion, 1 lb carrots, 1 oz butter, ¼ tsp ground turmeric, ¼ tsp ground cumin, ½ inch ginger, ¼ tsp paprika, stock, seasoning  
Chermoula: 2 oz/55g fresh parsley, 1 clove garlic, ¼ tsp ground coriander, ¼ tsp ground cumin, 2 fl oz/60ml olive oil, juice ¼ lemon

#### Method

Sweat the spices in the butter for a minute, add the vegetables (diced) for 5 minutes. Cover with stock and simmer until soft. Blend and add stock to desired consistency. Blend the chermoula ingredients and drizzle into the individual bowls at the table.



## Soups 1.3

### Sweet pepper & sweet potato



*This soup has a warm colour and a sweet taste. The peppers are roasted to bring out the flavour*

#### Ingredients

Three red peppers, 1 onion, 1 large sweet potato, passata, stock or water, 1 inch fresh ginger diced fine, turmeric, paprika

#### Method

Quarter and grill the peppers skin side up until charred all over (or use a hot oven/or flame if preferred). Place in a bowl and cover with a plate. When cool, peel off the charred skin and remove the pips etc.. Dice and sauté the onion and ginger in a little oil or butter then add the turmeric, paprika and the diced sweet potato and peppers and sweat until soft. Add some passata, or a small tin of chopped tomatoes (or just stock or water), liquidise and adjust consistency with stock or water, and add seasoning . Reheat.

#### Variations:

Instead of using sweet peppers, use butternut squash. Dice and sweat with the sweet potato. Add a little sage and lemon juice

Both soups can be enriched with creme fraiche or garnished with prawns.

#### Accompaniments:

A crusty bread or corn bread - see section 11.

### Lemongrass & ginger



*A bit of a cheat. Discovered on "Discovery"*

#### Ingredients

2 tubs beef or chicken stock/consomme, 3 or 4 sticks lemongrass, 1 inch fresh ginger peeled and finely diced, 2 spring onions, sprig of fresh coriander, 4 mushrooms sliced (preferably shiitake)

#### Method

In a large pan bring the stock to a simmer, add the lemongrass (cut in 2) and ginger to infuse for at least 30 minutes. When needed, make up with water to 4 bowls, reheat with the mushrooms, and serve garnished with chopped spring onion and coriander

## Soups 1.4

### Spinach leek & pea soup

*Peas provide body and sweetness to counteract bitterness in the greens.*

#### Ingredients

A large bag of washed spinach leaves, chopped, 1 small onion, chopped, 1 large or 2 small leeks washed and chopped, 10 oz/300g frozen peas. Nutmeg, pepper. Vegetable or chicken stock. A little chopped fresh or frozen parsley. Lettuce optional.

#### Method

In a solid pan, gently soften the onion and leek in a little butter (5 minutes), add the peas and a little stock or water to cover and simmer until just tender. Add the spinach (and lettuce if used) and continue stirring until it has wilted. Grate in a little nutmeg and liquidise. Strain through a coarse sieve if desired. Add more water or stock to create 4 bowlsful. Reheat when required and add parsley and season.

AFTER serving garnish with creme fraiche.

#### Variations:

Try any combination of green vegetables such as courgettes with thyme and lettuce, cauliflower with cumin and spinach.

#### Accompaniments:

Croutons - see section 11, or crusty bread

### Celery, celeriac & leek soup



#### Ingredients

A knob of butter and splash of olive oil, a head of young celery, 2 small leeks, half a small celeriac, 1 pint/600ml of good vegetable stock, pinch of celery salt, black pepper.

#### Method

Finely dice the celeriac; slice or dice the celery, removing any strings. Wash and dice the leeks. Sweat gently in the butter for ten minutes then pour over half the stock and simmer until just soft. Blend with hand-held blender. Thin with some of the remaining stock. Season with celery salt and pepper. Stir in a little grated cheese or cream before serving.

#### Variations:

A dusting of thyme or ground fennel seeds

A bulb of fresh fennel, diced, adds complexity to the flavour.

75g hazel nuts & 100ml crème fraiche

## Soups 1.5

### Gazpacho



#### Ingredients

500g ripe tomatoes, ½ cucumber, 1 red pepper, 1 red onion, 1 clove garlic, all roughly chopped, 4 tbsp extra-virgin olive oil, 200ml vegetable stock, chilled, 2 tbsp sherry vinegar, 2 tsp sweet smoked Spanish paprika, 1 white baguette, cut into 4

#### Method

Mix all the ingredients in a large bowl, using 4 tbsp olive oil, and season. Whizz in a blender to a fine consistency. Chill for at least 4 hours.

### Fish chowder



#### Recipe 1 - fish, ham, potato, milk

#### Ingredients

1 lb/500 g new potatoes, 3 oz/100 g blanched smoked ham or bacon, 1 lb/500 g of any mix of fresh cod or haddock (can be frozen), smoked cod or haddock, prawns, plus a large onion, 20 floz/450 cl fish stock, milk, bay leaf, thyme

#### Method

Slice and sweat the onion in butter in a closed pan with the ham until soft. Sprinkle in a little flour, stock, finely sliced new potatoes, herbs, and stir in the stock. When the potatoes are soft, add milk and flaked fish and gently heat though until cooked, add the prawns, reheat and serve.

#### Recipe 2 - fish, vegetables, tomato, orange

#### Ingredients

1 lb/500 g fresh cod or haddock (can be frozen), or smoked cod or haddock, 2 oz prawns, 1 small onion, 1 clove garlic, 20 floz/450 cl fish stock, 8 oz/250 g vegetables (leek, celery, celeriac, fennel), 1 tin chopped tomatoes, 1 floz/2 tbsp olive oil, ½ red pepper, 1 orange, bay leaf, thyme

#### Method

Sweat the chopped onion, leek, celery, celeriac, red pepper and or fennel gently with the garlic in olive oil in a closed pan until quite soft. Add chopped tinned tomatoes, and orange zest. Fillet, chop and add the fish, then 20 floz fish stock or water and hint of orange juice and simmer 10 minutes with saffron, bay leaf & thyme. Add thawed prawns, simmer 5 minutes more, liquidise well, sieve and serve.

## Soups 1.6

### Prawn & Fennel Bisque



#### Ingredients

450g raw tiger prawn in their shells, 4 tbsp olive oil, 1 large onion, chopped 1 large fennel bulb, chopped, fronds reserved, 2 carrots, chopped, 150ml dry white wine, 1 tbsp brandy, 400g can chopped tomato, 1litre fish stock, 2 generous pinches paprika, 150ml double cream,

#### Method

Shell the prawns, then fry the shells in the oil in a large pan for about 5 mins. Add the onion, fennel and carrots and cook for about 10 mins until the veg start to soften. Pour in the wine and brandy, bubble hard for about 1 min to drive off the alcohol, then add the tomatoes, stock and paprika. Cover and simmer for 30 mins. Meanwhile, chop the prawns. Blitz the soup as finely as you can with a stick blender or food processor, then press through a sieve into a bowl. Spend a bit of time really working the mixture through the sieve as this will give the soup its velvety texture. Tip back into a clean pan, add the prawns and cook for 10 mins, then blitz again until smooth. You can make and chill this a day ahead or freeze it for 1 month. Thaw overnight in the fridge. To serve, gently reheat in a pan with the cream. If garnishing, cook the 8 prawns in a little butter. Spoon into small bowls and top with the prawns & snipped fennel fronds.

#### Variations:

If fennel is not available use a large leek a stick of celery & fennel seeds.

### Salmon and prawn soup



#### Ingredients

knob butter, 1 onion, finely diced, 1 leek, quartered and finely sliced, 1 stick celery and 1 small bulb fennel, both finely diced, a few saffron strands, 650ml hot fish stock, 4 cloves garlic, crushed, small tin tomatoes, chopped, 1 tbsp tomato purée, 150ml white wine, 500g new potatoes, quartered, 260g salmon, skinned and cut into 2cm pieces, 250g large prawns, 75ml double cream, 2 tbsp fresh dill

#### Method

In a large pan cook the onion, leek, celery and fennel over a gentle heat in butter until completely soft (15 min). Add the garlic, tomatoes and tomato purée. After 5 min add the wine, saffron, and fish stock, seasoning and potatoes. Simmer 15-20 mins until just cooked, then add the salmon and prawns and cook for a further 5 min. Stir through the cream and dill.

## Soups 1.7

### Chicken noodle soup



#### Ingredients

1 tbsp olive oil, 1 onion, chopped, 1 large carrot & 2 stalks celery, chopped, 2 tsp minced garlic (4 cloves), bay leaf, sprig fresh thyme or ½ tsp dried thyme, ¼ tsp tarragon, 2 or 3 skinless, boneless chicken thighs, 500 ml chicken stock, 2 oz egg noodles (or pasta of choice), s & p, chopped parsley

#### Method

Melt butter in a large cast-iron pot over medium heat. Add the onions, carrots, and celery. Cook, stirring every few minutes until the vegetables begin to soften; 5 to 6 minutes. Stir in the garlic, bay leaves, tarragon and thyme. Cook, stirring for about 1 minute. Pour in the chicken stock and bring to a low simmer. Submerge the chicken thighs into the soup so that the broth covers them. Bring back to a low simmer then partially cover the pot with a lid and cook, stirring a few times until the chicken thighs are cooked through; about 20 minutes. If needed add more liquid. Transfer the cooked chicken to a plate. Stir the noodles into the soup and cook until done, 6 to 10 minutes depending on the type used.

While the noodles cook, shred the chicken into strips or dice. Return to the pot and then taste the soup once more for seasoning. Adjust with more salt and pepper, as needed. Stir in the parsley and serve.

### Quick meat soups



*Use a ready made stock and cooked meat or a stir-fry quality meat, (chicken breast, duck breast, fillet steak, pork fillet,) in fine strips.* Bring appropriate stock to boil with flavourings (e.g. lemongrass, star anise, carrot, celery) simmer 20 minutes and strain. Add carrots julienne, rice, vermicelli or diced potato, and simmer until just tender. Add meat and poach a further 2 minutes with pak choi if using.  
pork with ginger, star anise  
duck with soy sauce, ginger, five spice powder & chilli  
lamb with curry powder, coconut cream  
chicken with miso, noodles, pak choi or with tarragon & mushroom

## Soups 1.8

### Spicy Cauliflower & Apple



#### Ingredients

2 tbsp olive oil, 1 medium onion, roughly chopped, 3 garlic cloves, smashed and peeled, 1 tsp fennel seeds, 2 rounded tsp mild curry powder, ½ tsp cinnamon, 1 medium head cauliflower, in small florets, 1 dessert apple, peeled and roughly chopped, 650ml chicken/vegetable stock, salt, black pepper, 2 tbsp honey (optional, to taste), up to 125ml double cream, 2 oz Parmesan cheese finely grated, optional. Garnish: 1 dessert apple, peeled and finely diced, ¼ tsp curry powder.

#### Method

Heat the olive oil in a large pan over medium heat. Add the onion and garlic and cook, stirring occasionally, until soft, about 4 mins. Add fennel seeds, the curry powder and cinnamon and cook a few minutes more. Add the cauliflower, apple and stock. Bring to a boil, cover and simmer gently for about 20 minutes, or until the cauliflower is tender. Purée the soup with an immersion blender until completely smooth. Stir in cream. Return to a simmering, and then taste and adjust seasoning with salt, pepper and honey to taste. Keep the soup warm while preparing the garnish. Stir in any Parmesan cheese. For the garnish, toss the diced apples with the curry powder. Ladle the soup into shallow bowls and top with a spoonful of curried apples.

### Butternut & coconut soup



*Recipe of Clodagh McKenna*

#### Ingredients

1 butternut squash peeled, de-seeded and diced, 2 tbsp olive oil, 2 garlic cloves crushed, 2 onions chopped 2 tsp ground cumin, 1 tbsp curry powder, 600 ml vegetable stock, 300 ml coconut milk, salt & black pepper. Coconut flakes optional for garnish.

#### Method

Stir the onion, garlic and squash into the oil in a hot pan. Cover and sweat for 10 minutes. Stir in the spices for 3 minutes then add the hot stock and simmer 15 minutes. Add the coconut milk and continue another 5 minutes or until the squash is tender. Blitz and serve.

## Starters 2.1

### Choosing a starter

Starters are for dinner parties. They should be light and interesting to tantalize our taste buds and increase our appetite. As an introduction to the meal, the flavours may be coordinated with the main dish, and act as a balance to the rest of the meal, nutritionally or size-wise.

### Antipaste/cold plate

Tasty pieces of cold meat, fish and vegetables assembled to make up a buffet style mini-main course. See cold plate ideas.

### Mousses, Pates or Terrines & Dips

Typically served with biscuits or hot toast

### Stuffed or Unusual Vegetables

A vegetable hot or cold is heightened by a complementary filling or hot butter or mayonnaise. See also items marked **S** in vegetable section.

### Salads

A good start to a summer meal is a crisp cool individually presented mixed salad. See items marked **S** in salad section.

### Egg Dishes

Eggs can be stuffed (2.9), baked en cocotte (2.8) or in quiche (7.1) or soufflé (6.8).

### Shellfish & Fish Dishes

Prawns, scallops and smoked fish are most appropriate. See items marked **S** in fish section.

### Gnocchi/Quenelles/Spetzli/Pasta/Polenta

Small portions of a main dish recipe - very Italian! See section 5 and 6.14 (polenta)

### Gratins, Flans or Tarts

These can balance a light main course. Ideally prepared and served in individual pots.

### See also these main courses:

[Smoked Haddock Risotto](#)

[Tuna and Pea Risotto](#)

[Mushroom Polenta Squares](#)

[Asparagus, Hollandaise & cheesy mashed potato](#)

[Aubergine Toppers](#)

## Starters 2.2

### Cold plate ideas

*A visit to the local delicatessen should present you with some dishes for this indoors picnic, and ideas for others. Serve with bread or crackers.*

### Ingredients

Sliced meats, smoked salmon, smoked mackerel, olives, vegetables a la Grecque, dips, cheeses etc.. Serve with grilled marinated vegetables, salsa, salads from section 9, fresh bread and anything else that takes your fancy. Cook a few of the items yourself as illustrated below.

### Method

#### Cook and slice your own meats - :

See Roast pork arista Florentine (2.2), Red Cooked Pork (4.22), Chicken Terrine (2.5), Chicken tikka (4.20), stuffed eggs (2.9).

Also purchase pork pies, salami, chorizo, ham; cooked cold sausage

#### Cold poached salmon, cooked prawns, handed Mayo

See the microwave recipe on page 3.1 Remember that the fish will continue to cook after removal from the oven so be careful not to overcook. Prepare approximately 2 hours before serving and keep covered so it cools without drying out. Prepare a salmon terrine (2.4).

#### Prepare an array of salads:

See salads section 5 and marinated/oriental vegetables (2.3), stuffed peppers (2.6), aubergine toppers (6.19), vegetables a la Grecque, celeriac remoulade (9.3)

### Vegetables a la Grecque



Wash button mushrooms; simmer in 8 fl oz/225ml white wine, 4 fl oz/110ml water, juice & zest 1 lemon, thyme, bay leaf, peppercorns, coriander or fennel seeds, 5 tbsp olive oil until cooked (5-10 minutes); remove to serving dish with slotted spoon and reduce the liquor before straining and pouring over. Option: add a hint of chilli, tomato puree, parsley; sweeten to taste.

### Roast Pork Arista Florentine



Remove the skin and most of the fat from a loin of pork. Make insertions with a small sharp knife and stud with garlic slivers and rosemary sprigs. Place on a rack in a roasting tin fat side up. Surround by a mixture of water and red wine (half way up) Bake 45-50 minutes per lb at 150° and cool in the juices.



## Starters 2.3

### Grilled marinated vegetables



For cold plate. This method works well with courgettes, onions, peppers, aubergines. Roasting brings out the flavour.

#### Ingredients

Selected vegetables, olive oil.

Marinade: olive oil, crushed garlic, fresh herbs, balsamic vinegar, hint of soy sauce, seasoning to taste.

#### Method

Combine the marinade ingredients in the bottom of a glass bowl.

Slice courgettes thinly lengthways. Cut aubergines into rounds and salt to remove bitter juices. Rinse and dry. Cut peppers lengthways in quarters and remove seeds. Cut onions lengthways in quarters and separate into leaves. Slice large mushrooms.

Rub or brush with oil and place under a hot grill (peppers skin down) until softened and browning on both sides. Transfer to marinade bowl as each piece is done. Cover and allow to cool, turning occasionally

### Oriental vegetables



Grill courgettes, onions, peppers, aubergines as above, or cooked green beans or broccoli, with this marinade

#### Ingredients

The vegetables: courgettes, peppers, aubergines, beans or broccoli

The marinade: 2 tbsp ground nut oil, 1 tsp sesame oil, 1 tbsp sesame seeds, 1 inch ginger, 2 tsp soy sauce, 2 garlic cloves, zest and juice of a lemon.

#### Method

Roast the sesame seeds at 200 in a dry pan, turning until browned but not burned. Mix all the marinating ingredients.

Prepare and grill the vegetables as for roasted marinated vegetables.

Boil green beans or broccoli in plenty of boiling water until just cooked, strain and refresh in cold water. Shake well to dry. Coat in marinade 10 minutes before serving.

#### Accompaniments:

Crusty bread to dip in the juices

*See also Oriental salad and other salads and Korean aubergines 2.7*

★ soy sauce contains some wheat

## Starters 2.4

Accompany these with fresh thin brown toast and salad ingredients

### Two mousses with biscuits

#### Method

#### Tomato Mousse

Dissolve one leaf of gelatine in a little hot water and combine with 8oz/225g tin of sieved tomatoes and 6 fl oz/160g tomato juice. Season with salt and Worcester sauce, pepper and a dessert spoon of sugar. Whip 8 fl oz/227ml whipping cream, stir in, cool then chill.

#### Salmon Mousse

Poach 10 oz/300g salmon in a little milk with bouquet garni or microwave according to the method on page 3.1. Remove skin and bones. Dissolve a leaf of gelatine in a little hot water and liquidise with the fish. Fold in 5 fl oz/140ml each of whipped double cream and mayonnaise, season, pour into a mould, and chill.

### Three pates with toast

#### Method

#### Cauliflower Cheese



Barely cook one small cauliflower in sprigs, drain and mash over a dry heat. Prepare 10 fl oz/285ml thick bechamel (next page) and stir in 4 oz/110g grated cheese, mustard, pepper, & fennel seeds to taste. Mash in the cauliflower. Sprinkle with crumbs and bake if you like.

#### Salmon and Avocado



Poach 6 or more oz salmon in a little milk with bouquet garni or microwave according to the method on page 3.1. Cool, pick out the flesh and flake. Mash with 2 avocados (stoned and peeled), grated rind and juice of ½ lemon, 2 oz/55g melted butter and a little mayonnaise & ground pepper. Chill well. Serve garnished with cucumber slices

#### Mackerel



Blend 10 oz/280g skinned, boned smoked mackerel fillets, 4 oz/110g ricotta or cream cheese, 5 oz/142ml soured cream, juice ½ lemon, nutmeg, and pepper. Chill.

– for a meat ‘pate’ use a meat loaf recipe from page 3.12 and weight the loaf down as it cools –

## Starters 2.5

### Chicken Terrine



*This needs to be prepared a day in advance.*

#### Ingredients

12 streaky bacon rashers, 2 chicken breasts or one each chicken and duck, 325g pork mince, 75 ml double cream, 1 tbsp brandy, pepper, chopped parsley, 40g pistachio kernels, 40g dried sour cherries

#### Method

Line a greased loaf tin with bacon. Butterfly the breasts and cut into strips. Mix the pork, cream, brandy, salt, pepper and parsley in a bowl. In the tin layer half the mince, pressing into the corners. Follow with one of the breasts, lengthways, then the pistachios and cherries, the second breast, the remaining pork. Cover with remaining bacon and turn flaps over. Wrap in double foil and bake at 160° one hour. Meanwhile cut a piece of cardboard to just fit inside. After the hour, take off foil carefully and test with a skewer. If done, wrap the cardboard in the foil, pour off the fat. Place the cardboard/foil inside the tin and weight with several food tins or equivalent. Once cold, store in fridge overnight or until needed.

#### Accompaniments:

Serve with cold plate ingredients



### Salmon Terrine

#### Ingredients

500g fresh salmon, 500g sliced smoked salmon, 200g butter, 300g cream cheese, 450g natural yoghurt, 4 tbsp chives, chopped, juice of 2 lemons, salt and pepper

#### Method

Poach the fresh salmon and leave to one side. Line the terrine with the smoked salmon, leaving an overhang on each side. Blend the butter and cream cheese together until smooth then add the yoghurt and chives and mix well, taking care not to over-beat. Flake the poached salmon, chop any remaining smoked salmon and stir both into the mixture. Add lemon juice and seasoning then mix well. Spoon into the terrine, fold over the smoked salmon, cover with clingfilm and out into the fridge for several hours until firm.

#### Accompaniments:

Serve with cold plate ingredients or warm toast

## Starters 2.6

### Stuffed Peppers



#### Ingredients

One pepper per person, mixed colours, plus filling. (fillings quantities are for 4 large peppers)

#### Method

Set oven to 180-190 Fill an oiled roasting tin with pepper halves, cut lengthways retaining stalks, cut side up, seeds removed. Pack with filling.

#### Filling 1 Piedmontese



Into each half place a chopped anchovy fillet, ½ chopped garlic clove and a cherry tomato cut in two. Drizzle ½ tbsp olive oil into each half and bake for at least 40 minutes, basting occasionally. Towards the end, season with black pepper and basil or thyme. Serve hot or cold with bread to dip into the oil. Don't waste the oil!

#### Filling 2 Rice & Bacon

Soften a diced onion in butter, garlic optional. Add 1 rasher diced smoked bacon per pepper and cook until crisp. Stir in chopped tomato, pine nuts, (chopped dried fruit optional) thyme, cooked rice (dry weight 2oz/55g per pepper), cinnamon and most grated cheese. Stuff and spread the rest around. Scatter remaining cheese, drizzle with olive oil before baking for 30 minutes, covered with foil for first 15 minutes.

#### Filling 3 Mushroom, Parsnip & Pecan



Sauté 1 chopped onion & 1 pack mushrooms, chopped, in butter for 20 minutes until dry. Separately soften 1lb/450g diced parsnip in butter. Mash, combine with the mushrooms, 150g ground pecans and soy sauce.

#### Filling 4 Middle Eastern



8oz/ 250g lean minced meat, 3oz/ 90g rice, 1 medium onion, chopped, 1 tomato, chopped, optional, ½ tsp ground cinnamon, pine nuts or raisins optional. Fry the onion in 2 tbsp oil until soft; add the meat and cook gently until it changes colour. Add the remaining ingredients with water equal to the volume of rice and simmer for 10 minutes

**Continued >**

## Starters 2.7

### Filling 5 Veggie



6 oz brown/green lentils, cooked in stock, 1 onion, chopped, tin chopped tomato, pine nuts, thyme, 12oz dry weight cooked rice, cinnamon and grated cheese. Soften the onion in butter, garlic optional. Stir in chopped tomato, reserving some juice if it would render the mix too sloppy, lentils, pine nuts, thyme, cooked rice, cinnamon and grated cheese. Mix with ½ the cheese. Continue as for rice & bacon.

### Filling 6 jewelled rice



500 g cooked lemon or saffron rice, 40g dried barberries/sour cherries, soaked for a few minutes in freshly boiled water with a pinch of sugar, 30g chopped parsley, pinch tarragon, 60g chopped pistachios or pine nuts, finely sliced orange zest parings, 1 tsp cinnamon, ¼ tsp cardamom optional S & P

Place the cut and oiled peppers in the baking tin, cover with foil and bake for 30 minutes or until just soft. Remove foil mix the spices and rice and distribute evenly between the peppers. Sprinkle evenly with the remaining ingredients. Spray with a little oil and re-cover and return for 10 minutes to brown. Remove foil & cook another 10 minutes. Note: items such as diced cooked fennel could be mixed in with the rice before cooking. Optionally garnish with pomegranate, sprinkle over a little saffron water.

### Alternative method, Middle Eastern

Cut the stalk end off the peppers to form lids, remove insides, moisten stuffing with oil and stuff. Replace lids and pack in a roasting tin vertically. Mix 5 floz water or stock with a little tomato purée or left-over juice. Pour over with a little oil. Add boiling water half way up the peppers. Cover and bake 30 minutes, then uncovered 15 minutes or so.

### Korean Aubergines



*For gochugaru use a mix of smoked paprika & Cayenne pepper*

### Ingredients

2 medium aubergines, 2-3 cloves of garlic and 2 spring onions chopped, 2 tbsp soy sauce, up to 1 tbsp honey/maple syrup, 1 tbsp sesame oil, 2 tsp gochugaru, 2 tsp sesame seeds, black pepper

### Method

Cut the aubergines into strips and steam 5-10 minutes. Mix remaining ingredients. Tear the aubergine pieces in half and thoroughly mix in. Serve warm over rice or cool as salad over green leaves.

## Starters 2.8

### Imam Bayıldı



*No-one knows why the 'Imam fainted'. Slowly caramelising the onions is essential to the flavour of this westernised and lighter version. Serve warm or cold.*

### Ingredients

1 large aubergine or two small (or enough for one large slice or three small each) , enough ripe beef tomatoes that match the diameter of the aubergines, 1 large onion or 2 medium, chopped, 3 chopped garlic cloves, 2 tbsp olive oil, 1 lemon, parsley or coriander leaves, 1 tsp sugar.

### Method

Slice the aubergines cross-wise into 1cm disks, checking there's enough for each person. Place in a bowl and sprinkle with salt; leave to drain 30-60 minutes. Drain, rinse and pat dry. Rub liberally with olive oil and grill or fry in a nonstick frying pan until soft and well browned (typically 15 minutes - test with a skewer) without adding more oil. Slowly fry the onion, garlic and sugar in the remaining oil, turning over occasionally, until caramelised, 20-25 minutes. Store in individual containers in fridge until required. To serve, arrange on individual plates with a squeeze of lemon and a drizzle of olive oil if dry, and black pepper. Carefully arrange the onions exactly over the aubergines and top with similar sized slices of tomato. Finish with parsley, oil, lemon juice and seasoning.

### Variations:

Top with basil leaves and/or pine nuts (lightly toasted).  
Add a hint of cumin powder before frying.

### Baked eggs



*You will need 4 oven proof ramekins and a roasting tin*

### Ingredients

Romesco, tomato or cheese sauce (section 12), 4 large fresh eggs, 4 tbsp crème fraiche, butter, salt & black pepper, hint of tarragon optional

### Method

Set oven to 180°C. Grease the ramekins with butter. Heat the sauce and divide between them. Crack an egg into each. Season. Stir the crème fraiche to slacken it and gently float over the eggs. Add a hint of nutmeg and optionally a little grated Parmesan. Place in the tin, then in the oven and surround with boiling water, half-way up the ramekins. Bake 15-18 mins

## Starters 2.9

### Globe Artichokes



*You'll need a very large pan for these!*

#### Ingredients

For the artichokes: 4 globe artichokes, 1 lemon, halved.

For the sauce: 1 glass dry white wine (about 100ml/3½fl oz), juice of 1 lemon, 200g butter, 25g parmesan freshly grated.

#### Method

Remove about four of the toughest outer leaves of each artichoke, exposing the stalk. Either pull the stalk out or cut it off flush. Either way create a flat bottom for the artichoke to sit on. With a large serrated knife, carefully slice off the top quarter of each artichoke and discard. Then, with a pair of scissors, trim away the tips of all the leaves. Bring a large pan of salted water on to the boil (big enough to take all artichokes) with the lemon halves.

Drop the artichokes into the water and boil for 40-45 mins. Test to see if they're done by probing the base with the pointy end of a knife - when it's tender, they are done

**For the sauce:** Dice the butter. Pour the wine into a pan, reduce by half, reduce heat and whisk in the butter one small piece at a time.

Whisk in the Parmesan and lemon juice.

**To eat:** Pull off the leaves, dip the broken end into the sauce, suck off the soft flesh and discard the rest. When you reach the middle, lift out the central leaves, scrape away the hairy choke and eat the artichoke heart.

#### Other dips:

A simple vinaigrette; melted butter; Mayonnaise; lemon Mayonnaise; garlic butter - offer a choice.

### Stuffed hard-boiled eggs



Place the room temperature eggs in a saucepan and cover with cold water. Bring to a simmer and time for 8 minutes. Replace water with cold. Peel under the tap. Cut lengthways, remove the centres and combine with mustard, Mayo, finely grated cheese. Refill and assemble in pairs., in a serving dish. Pour over a mixture of mayo, creme fraiche, pepper and mustard to taste with a consistency of thick cream.

## Starters 2.10

### Gratin Bake



*You'll need 4 small, individual oven proof pots for these. A whole range of pre-cooked ingredients could be used. Below is an illustration.*

#### Ingredients

4 oz/110g bread crumbs, 2 oz/55g butter, 2 cloves finely chopped garlic, 5-10 fl oz/30-60ml double cream, 4 oz/110g sautéed diced mushrooms, 4 oz/110g diced cooked bacon or ham or flaked tin of tuna, 4 oz/110g grated cheese, zest of lemon, pepper

#### Method

Lightly brown the bread crumbs with the butter, half zest of lemon, garlic, salt, pepper, any herbs and distribute half of it between the pots. Add layers of the other ingredients finishing with the cheese. [This far you can do in advance]. Season the cream and pour over before topping with the remaining bread crumbs. Bake in a hot oven 180° 15-20 minutes until warmed through and the top is sizzling.

#### Variations:

You can also use cooked prawns, sliced hard boiled eggs, wilted spinach, chopped, cooked broad beans or cauliflower, browned onions.

For a richer sauce, mix an egg yolk with the cream or use a different sauce. For a lighter sauce create a flavoured bechamel.

### Goats cheese croquettes



#### Ingredients

7-8 oz/200g rindless goats cheese, 2 tsp chopped thyme, 3 tbsp olive oil, 4 tbsp fine white breadcrumbs, 3 tbsp flour, 2 large eggs beaten, S & P

#### Method

Mix cheese, herbs & season in a bowl, divide and shape into 8 patties. Pour over olive oil and chill several hours.

Preheat oven to 200°. Spread crumbs on a tray and bake 8 minutes, shaking once, until crisp.

Roll patties in flour, then coat with egg and roll in crumbs. Bake on tray 10 minutes. Serve with a light salad.



## Starters 2.11

### Mushroom, walnut & prune crumbles



#### Ingredients

Filling: 4 large flat mushrooms cut into segments, 1 oz/3g butter, 8 prunes stoned and simmered in white wine, 1 tsp mustard, Worcestershire sauce or Tabasco, 1 clove garlic finely chopped, 2 tbsp double cream [options: add ½ tsp Tarragon, finely grated Cheddar]  
Topping: 1 large slice of bread, ½ oz/15g finely chopped walnuts, 1 clove garlic, ¼ tsp thyme, 1 oz/30g butter [optn: finely grated Cheddar]

#### Method

Sauté the mushrooms in butter or olive oil for 2 minutes, add the garlic and cook until the liquid has evaporated. Chop and add the drained prunes. If prunes bought pre-soaked, add 50ml wine and reduce. Stir in mustard, cream, seasoning and Worcestershire sauce and season to taste. Share among 4 ramekin dishes (or use 21 cm dia flan dish).

In a medium bowl blitz the bread finely. Melt 1 oz butter and stir in followed by thyme, walnuts and optionally the mustard. Season and sprinkle over the mushrooms.

Place on a baking tray and bake in preheated oven 200° for 10 minutes.

### Potato gnocchi in sauce



#### Ingredients

1 kg baking potatoes, 100g plain flour, 3 egg yolks, 30g Parmesan, finely grated, nutmeg, a pasta sauce (eg. tomato, or blue cheese and walnut - see section 12) or season with pesto, a sprinkling of pecorino cheese, chopped anchovies or fried chopped bacon and a drizzle of oil.

#### Method

Peel & cook the potatoes in salted water until tender, dry on a tray in the oven 150 for 10 minutes. Mash with a ricer until all lumps removed. Mix in the egg, nutmeg and Parmesan. Sift in the flour and knead softly. Roll out, cut in strips and roll strips. Cut into 3 cm pillows. Dent with a fork.

Bring water to the boil in a large pan. Drop in the gnocchi and as they rise catch in a slotted spoon and transfer to a bowl of cold water.

Heat up the sauce, add the gnocchi and reheat, typically 3 minutes.

#### Variations

Infinitely variable - flavour the gnocchi or add, say, fried bacon to the sauce

## Starters 2.12

### Chicken tikka on leaves



*Grilling is essential here. Different spices can be substituted to taste.*

#### Ingredients

500g boneless chicken thighs, 1 cardamom pod seeds ground, 1 tsp ground turmeric, 30g fresh ginger, 2-3 cloves garlic, green chillies to taste, Juice 1 lemon (+ wedges to serve), 2 tsp sugar, 1 tbsp oil, 25g melted butter, salt and pepper, salad leaves & dressing

#### Method

Cut each chicken thigh into 3 pieces and pat dry. Place in a large bowl. Blitz the marinade ingredients to a smooth paste. Combine with chicken, cover and marinate in the fridge overnight. Remove from fridge 20 minutes before cooking. Heat grill to high. Thread onto skewers or place on the rack, leaving space between the pieces for the heat to penetrate. Grill 15–20 minutes, turning and basting regularly with the marinade then melted butter, until deep golden brown with some charring. Check the pieces are cooked through. Rest 5 minutes before serving, on the moistened leaves with a wedge of lemon.

### Pepper and tomato pudding



*A savoury version of summer pudding, be sure to grease the basin well*

#### Ingredients

6-10 slices bread, 1 diced onion, 1 diced red pepper, 1 tin tomatoes, 1 tbsp tomato puree, ½ tbsp red wine vinegar, sugar, basil, parsley, thyme

#### Method

Soften the diced onion and garlic, add the pepper, tomatoes, tomato puree, red wine vinegar, sugar and herbs and simmer until soft, reducing a little. Test seasoning. Line a greased basin with slices of slightly stale white bread, pour in the mixture, reserving a little of the juices and top with bread. Weight and chill overnight. Turn out and pour over the reserved juice. Hand creme fraiche separately.

## Fish Course 3.1

*Always take each fillet and rinse under tap until clean and free of odour.*

### Baked salmon/cod parcels



#### Ingredients

1 salmon/trout/cod fillet, skin on, per person approximately 5 oz/140g, 1 lemon, knob of butter, lemon slice, dried tarragon

#### Method

Spread out a rectangle of foil shiny side up and rub with butter. Take fillet and rinse under tap until clean and free of odour. Pat dry and place on foil. Add a dot of butter, a small wedge of lemon, a few scraps of tarragon, salt and pepper. Squeeze over a small drop of lemon. Fold up two sides to meet and fold over to seal, leaving an air space. Turn up and inwards the remaining sides. Place on baking tray and bake at 190° 12 minutes. Open and test. If firm it is done. Serve parcel with its juices.

#### Variations:

Fillets of white fish can be cooked from frozen up to 3 cm thick, typically double the time. Rinse and pat dry before use; add a few cherry tomatoes.

### 2 Microwaved salmon/trout fillets



#### Method

Place two fillets in a microwavable container with lid, thick edges out. Add to each a dot of butter, a small wedge of lemon, a few scraps of tarragon, salt and pepper. Squeeze over a little lemon and put a tbsp water into the container. Cover and cook, taking your normal precautions to ensure even cooking. An 800 watt oven takes typically 2-3 minutes. Test after two by lifting the flesh at the thickest part. It is done when it is the same pale colour right through.

During cooking, some of the fat may escape to the surface and form a coating. Once cooked wipe this off and transfer the drained fillets to a warm plate and pour over a little of the juices, strained.

### Cold Poached salmon



Omit butter. Microwave 2 minutes. Transfer to a cool covered dish until needed. Repeat in batches of two. Mix the juices with half each mayo and yoghurt and flavour with chopped fresh fennel. (Thin to coating consistency with milk.) Pour over the cold fillets just before serving.

## Fish Course 3.2

### Fish Pie



#### Ingredients

3 eggs, 1 onion, 1 stick celery, 14oz/400g white fish fillet, skinned, boned, 10oz/300g smoked haddock fillet, 375g cooked peeled prawns, 1 pt carton milk, 1oz/20g butter, 1oz/20g plain flour, 2oz/50g cheddar cheese 2 tbsp chopped parsley. Topping: 20oz/600g floury potatoes (peeled) 1oz/30g butter, 1 egg, cream/milk, grated Parmesan, nutmeg.

#### Method

Set oven to 170° Boil 2 eggs. Set the potatoes to simmer. Place chopped onion, celery & fish in a wide pan with the milk. Cover and simmer 5 mins until the fish turns opaque. Remove solids with slotted spoon. Reserve milk.

Combine 10z/20g butter with the flour to make a roux. Stir in the reserved milk and a bay leaf and reheat stirring constantly to make a sauce. Take off the heat and stir in cheese then parsley. Season.

Boil, drain and mash the potatoes with 1oz butter, salt, pepper and cream/milk, grated Parmesan, nutmeg. Add as per Shepherds Pie. Bake covered 30 min to warm through then a further 15-20 mins to brown

#### Variations:

Alternative toppings: mashed potato with celeriac or fennel, cooked sliced potato (dot with butter) , short crust pastry, crumble or croustade.

### Fried fish fillets



*This recipe is for thick fillets of white fish or salmon with skin on*

#### Ingredients

2-4 fillets as desired, 1 tbsp oil, ½ oz/15g butter, seasoning

#### Method

Heat a wide frying pan on medium. Add the oil and then butter. Pat the fish dry and season to taste. When the butter is sizzling add the fish to the pan skin side down. As it cooks the translucency disappears from the bottom up. After 6 minutes turn over and continue another 6 minutes. Thicker fillets may take longer.

#### Accompaniments:

Lemon rice or mashed potatoes, chicory cooked with orange

## Fish Course 3.3

### Fried thin fillets



*This recipe is for thin fillets of white fish with skin on e.g. sea bass*

#### Ingredients

2-4 fillets as desired, 1 tbsp oil, ½ oz/15g butter, seasoning

#### Method

Heat a wide frying pan on medium. Add the oil and then butter. Pat the fish dry and season to taste. When the butter is sizzling add the fish to the pan skin side down. As it cooks the translucency disappears from the bottom up. When it almost reaches the centre (about 3 minutes) turn over and switch off the heat. Allow 2 minutes to finish cooking. Thicker fillets may take longer

#### Accompaniments:

Lemon rice or mashed potatoes, chicory cooked with orange

### Fish with crust



#### Ingredients

2-4 fillets of fish, 1 slice wholemeal bread, 2 tbsp olive oil or melted butter, squeeze of garlic paste, zest & ½ juice lemon (or 2 slices of lemon blitzed with the breadcrumbs), chopped herbs (thyme or oregano), 1 tsp mustard, 1 oz finely grated Parmesan, seasoning

#### Method

Set oven to 180° Blitz the bread crumbs, stir in the cheese, garlic and lemon zest and herbs. Mix mustard, oil and lemon juice and combine with crumbs. Line a baking tray with foil and brush generously with melted butter. Lay the fillets on the foil (skin side down if not filleted) and season.

Spread a 227g (for 2) or 455g (for 4) tin of chopped tomatoes evenly over the fish.

Spread the crumb mixture over (you may not need all), drizzle a little oil and/or grated Parmesan and then place in the oven for 20-25 minutes, or until the crumbs are a golden brown.

**Variations:** Replace the tomatoes with sauted sliced button mushrooms in a little cream. Or omit the tomatoes and bake for 12-15 minutes.

## Fish Course 3.4

### Poached cod in tomato sauce



*This will work with most sauces and white fish.*

#### Ingredients

4 pieces cod fillet, 1 tbsp olive oil, 1 small onion chopped, 2 garlic cloves minced, 3 anchovy fillets, finely chopped ginger, large can chopped tomatoes, dash of balsamic or squeeze of lemon, salt & black pepper, ½ tsp oregano, ¼ tsp coarse red chilli, handful pitted black olives

#### Method

Pat the fish dry and season both sides; set aside.

In a large heavy skillet, heat the oil on medium. Add the onion and cook until soft and translucent, about 5-7 minutes. Add the garlic and anchovies; stir 1 minute. Pour in the tomatoes, season with salt and pepper, oregano and crushed red chilli. Bring to a boil, then reduce to low heat and simmer the sauce for 10 minutes.

Stir in the olives then nestle the seasoned pieces of fish into the sauce without covering with the sauce. Cover with a tight-fitting lid or foil and continue **gently** until the fish is cooked through, about 8-10 minutes.

*Other cooked seafood can be added; serve with rice .*



### Tuna in tomato sauce

*This recipe was obtained from Keith Steadman who got it from Liana*

#### Ingredients

2-4 thinnish tuna steaks, 1 small (for 2 steaks) or 1 large tin chopped tomatoes, 3tbsp virgin olive oil, 1-2 tbsp lemon juice, 1 clove garlic chopped, plenty of chopped parsley, nutmeg salt & black pepper  
Add olives and leftover anchovies if wanted, with the tomatoes.

#### Method

Mix the oil, lemon juice, garlic and parsley in a bowl. Smear a little on a baking tin into which the steaks will fit snugly. Arrange the steaks and pour the marinade over. Add the lemon husks. Cover and leave for 30 minutes.

Set oven to 190° When up to temperature, check the steaks are still covered with marinade and pour over the chopped tomatoes, Sprinkle with nutmeg, salt and pepper and bake uncovered for 20 minutes  
Serve hot or cold.

#### Accompaniments:

Lemon rice or mashed potatoes, the cooking liquor poured over

## Fish Course 3.5

### Quick Prawn curry

*An easy recipe*



#### Ingredients

1 tbsp oil, 1 onion finely chopped, 2 tsp diced fresh ginger, squirt of garlic puree, 1 dessertspoon of your favourite curry powder or paste, 227g tin chopped tomatoes in juice, 50g coconut cream, 1 packet raw peeled king prawns.

#### Method

Heat the oil in a medium saucepan. Tip in the onion and ginger and cook until softened, typically 5-10 mins, adding garlic towards the end. Stir in the curry powder/paste while cooking for 1 min more. Stir in the chopped tomatoes and coconut cream. Bring to the boil, then simmer gently for approximately 10 mins. Tip in the prawns, and cook stirring for 3 mins until the prawns are cooked.

#### Accompaniments:

lemon rice, + green vegetables

#### Variation - Prawn & Red Pepper:

Add 1 finely chopped red pepper to the chopped onion; soften for 20 minutes; simmer sauce for 20 minutes

### Prawn linguine



#### Ingredients

350g linguine or other long pasta, 140g raw peeled king prawns, 100g defrosted frozen peas or pack baby spinach and nutmeg, 1 egg yolk, zest and juice 1 lemon, handful grated parmesan, creme fraiche (optional)

#### Method

Cook the linguine according to the packet.

Mix the egg yolk, lemon zest and juice, most of the Parmesan and optionally the creme fraiche.

Meanwhile saute the prawns and peas in the oil until the prawns are cooked, typically 3 minutes, stirring in a little garlic puree and/or tomato puree after 2 minutes.

Add the pasta and reheat, stirring, with the spinach and nutmeg if using. Mix in the sauce and serve sprinkled with Parmesan.

**Variations:** You could use other cooked and chopped vegetables in place of peas.

## Fish Course 3.6

### Piquant prawns & avocado

*Serve hot*



#### Ingredients

1 onion & 3 cloves garlic finely chopped, tomato paste, curry paste, juice and zest of a lemon, cooked and jumbo prawns, half an avocado per person, peeled and chopped, pinches of pepper and sugar. You could add a drop of Worcestershire sauce or vinegar

#### Method

Marinate the prawns in the curry and tomato pastes. Soften the onion in a wok or large pan with a little oil, adding the garlic part way through. Stir in the avocado, lemon and prawns and heat through. Adjust seasoning and serve immediately.

#### Accompaniments:

Fresh bread for dipping or serve with rice as a main course.

### Garlic Prawns



#### Ingredients

1oz butter, 1 tbsp olive oil, diced ginger, flaked chilli, 4 garlic cloves crushed and chopped, paprika, 180g raw king prawns, parsley, toast

#### Method

Add butter and oil to frying pan and when sizzling add ginger & chilli followed by paprika & garlic. Stir in prawns & stir fry until fully pink. Serve on half slices toast with lemon wedges.

### Peppers with tuna



*Long cooking is essential to bring out the flavour of the peppers*

#### Ingredients

1 medium onion roughly chopped, knob of butter and dash of oil, ½ tsp fennel seeds, 3 peppers finely sliced lengthwise, 3 cloves of garlic chopped, handful baby plum tomatoes, some pitted black olives, 1 tin tuna, flaked or ★ 4oz/100g cooked Puy lentils, chopped basil, cooked pasta

#### Method

Heat the oil and butter in a cast iron casserole and add the fennel, then the onion. Add the peppers and stir. Cover and cook on medium for 20 minutes stirring regularly. Add the garlic and tomatoes and continue another 15 minutes or until the peppers are really soft. Add the olives, pasta, tuna, S & P and basil and reheat, stirring.



## Meat Course 4.1

### On meat and poultry

Meat consists of bone, gristle, fatty tissue and muscle tissue, each with its own characteristics and cooking rate. Muscle, which provides the protein, is in the form of fibres. which can cause one form of toughness. The fibres can relax at the butcher's and benefit from hanging, but as heat is applied, they initially contract, toughening the meat. With continued cooking in moist surroundings they eventually relax again and start to disintegrate but if dry will remain tough. For this reason, meat is usually cooked fast and quick (if originally tender) or long and slow (if tough; the parts of the animal which work hardest are both the toughest and tastiest parts - e.g. the front legs and necks of grazing animals). Meanwhile, fat provides flavour, succulence and richness and good meat should be marbled with it. Cooking gradually melts the fat, keeping the meat moistened. Collagen (gristle) provides flavour and glossiness good for stock but takes the longest to cook, melting into gelatine and relaxing its toughness. To maximise the benefits of all constituents cook young, tender meat fast and absolutely no more than necessary, serve pink after allowing a while for meat to relax; cook old or tough meat long and slow in a moist atmosphere, perhaps after an initial high temperature to enhance the flavour by browning.

### Roast duck breasts for two

Gf

*Serve with any accompaniments for a roast*

#### Ingredients

2 boneless Gressingham duck breasts, skin on, plum sauce or marmalade

#### Method

Prepare the sauce in advance

Score the skin side of the breasts into a lattice, rub with oil and salt and bake skin side up on a rack in a roasting tin 180° for 20 minutes or until the juices run clear when pricked with a skewer. Rest 5 minutes while re-warming the sauce or marmalade then slice thinly across the grain, arrange on warm plates and pour the sauce around.

#### Variations:

Before cooking, place skin-side down on a hot dry ribbed pan for 5 minutes without moving. Reduce oven time to 15-18 minutes

## Meat Course (roast) 4.2

### Quick Roast for two or three

Gf

*Here in detail is a complete and dependable meal for a winters evening. Check your local supermarket for a prepared joint in a tin*

#### Ingredients

A small good quality boneless joint total weight 18-20oz/540g, roasting potatoes, parsnips, a green vegetable, oil. Allow 90 minutes.

*Chicken: a large breast around stuffing/sausage meat. Wrap with bacon and tie.*

*Pork: small boned loin or leg joint, plus apple sauce/puree to cover*

*Lamb: loin plus red currant sauce Veal: fillet or stuffed escalope.*

*Beef: fillet or rump with breadcrumbs, olive oil, mustard & garlic crust*

#### Method

1. Set a large pan of water to boil. Place the joint in a small greased roasting tin or bread tin that neatly takes the joint and cover the surface with sauce if specified.
2. Peel parsnips and cut once lengthwise (unless very small), then crosswise, then cut the thick ends lengthwise. Peel the potatoes, cut into slightly larger chunks. Set oven (with two shelves) to 180° C.
3. When the water boils, add the peeled vegetables to the pan and bring to a simmer. Set the timer to 5 minutes. Pour some oil in a wide, flat roasting tin and place in oven.
4. When the roasting vegetables have had their time, drain and season with salt and pepper. Shake the pan to roughen the edges and shake into the hot roasting tin. Place in the oven, which will now be to temperature.
5. Place the joint in the oven. Set oven timer for 50 minutes. (Rarer beef :add after 10 min and set to 40) Every 20 minutes or so turn the vegetables.
6. Clean the pan, part fill with water and bring to a simmer. Meanwhile prepare the beans, broccoli or greens.
7. When the timer rings, check the joint by inserting a skewer in the thickest part. Juices should run clear. Return to oven until they do then remove and set to one side.
8. Add the vegetables to the pan and bring back to the boil, uncovered. After 4 minutes test al dente. Test each minute and drain when ready. By now the roast vegetables should be ready. Switch off oven. Remove the joint from the tin, stir the remaining juices, diluting with a little stock if necessary and keep warm (with the plates) in the oven for gravy. Pour this at the last minute.

## Meat Course (roast) 4.3

### Roast leg of pork

*Check you can get the necessary tins in the oven simultaneously; calculate times backwards from serving and write down as a plan*

#### Ingredients

4-5 lb leg of Pork room temperature, potatoes, parsnips, stuffing, herbs

#### Method

Set oven 175° Calculate 30 min/lb/450g + 45 minutes to serving

Remove skin, leaving half the fat; score skin deeply & rub with oil and salt for crackling. Lightly score (not right through) fat remaining on the joint. Rub joint with oil, ground garlic and herbs and set on a rack in roasting tin in lower part of hot oven with any flavouring vegetables such as onion, celery around it.

-75 Prepare the vegetables and stuffing balls and make Yorkshire batter (7.7) and gravy stock from stock cube. Baste meat occasionally.

-60 Set a large pan of water to boil for the potatoes and parsnips

-50 Set oven temp to 200°, place crackling over the joint

Add potatoes and parsnips to boiling water for 10 minutes

-45 Add oil or dripping to veg roasting tin and place in oven to heat

-40 Drain vegetables, season and shake pan. Remove veg tin, add the vegetables, mix well while heating on the hob and return.

-35 Put Yorkshire tin with oil or dripping in hottest part of the oven  
Turn the roasting vegetables now and occasionally.

-30 Test meat with skewer; if ready remove to stand in a warm place.

When Yorkshire tin is smoking, remove, pour in the batter and return to oven. Put in tin of stuffing balls at the same time.

Reduce to 175° after 10 minutes if browning too fast. Pour off fat from the meat tin, dust tin with flour and deglaze with water, wine or vinegar, heating & stirring on the hob; add to the gravy stock.

#### Variations:

Spike and marinate the meat before cooking with chopped onion and garlic, mustard, hot pepper sauce, Worcester sauce, soy sauce, tomato ketchup, wine vinegar, chopped red pepper, marjoram.

#### Accompaniments:

Broccoli, green beans. See roast potatoes (4.1), Yorkshire pudding (7.7)



## Meat Course (pot-roast) 4.4

### Pot-Roast Lamb & spring veg

*Use an enamelled cast iron pot. Always serve hot lamb on hot plates.*

#### Ingredients

Choose a joint to fit your pot, celery, carrot, new potatoes, frozen peas, other seasonal vegetables, oil, rosemary or other herbs and spices.

#### Method

Brown joint slowly but well (15-30 minutes) in the pot in 2 tbsp olive oil or butter, adding herbs & spices at the end. Then support on 2 sticks celery or carrot. Add up to 2.5 fl oz wine or vinegar/ stock/ water; bring to the boil and bake covered at 170° C, basting occasionally, 1.5-2 h for 3 lb/1.4kg joint. (30-40 minutes per lb/450g.) 45 minutes before the end remove the supports and add new potatoes, carrots, beans, olives. Add frozen peas for last 5 minutes. When done the juices should run clear when pierced by a skewer. Serve strained juice separately.

#### Variations:

Rub joint in oil with 2 tbsp spices and marinate 8 hours first; take care not to singe the spices when browning.

Other meats (1 h for 3 lb chicken - use thyme)



## Meat Course (dry-fry) 4.5

### Steaks chops & burgers



For good quality cuts only and do not overcook. Otherwise braise. Dry fry using a heavy ribbed pan. Use a pan large enough to accommodate all the steaks. Test 'doneness' with finger, or thick pieces with skewer.

#### Ingredients

One steak per person. oil, optional marinade, mustard, mayo tomato ketchup or a sauce

#### Method

Remove from fridge 30 min before needed. Heat pan on hob (3-6 minutes, medium heat for all but steak which needs high) - test with a drop of water. Brush pan with oil and lay on the steaks, burgers etc. and cook three minutes. Turn and cook for another three minutes before turning the heat down for remainder of the time. Time depends on thickness; adjust accordingly. Allow to rest for half the cooking time.

#### Variations:

Add herbed garlic butter or a sauce for the last minute's cooking

#### Accompaniments:

Mashed potato, couscous or rice and another vegetable.

For medium-rare:

	initial heat	thickness	total time
beef fillet steak	high	3 cm	6-7 min
beef sirloin	medium	2 cm	4-5 min
lamb chop/steak	medium	2 cm	6 min
pork chop/steak	medium	3 cm	12-15 min
burger	medium	1.5 cm	12 min
boned chicken breast	medium	halved lengthwise	6 min
veal escalope	high	0.7 cm	5 min
gammon steak	medium	1 cm	10-12 min

### Turkey/veal escalopes



#### Ingredients

1 pack of thin escalopes, butter, oil, zest & juice of 1 lemon, honey or maple syrup, chopped dried sage. Cook 6-8 /4-6 minutes acc to thickness.

#### Method

Sprinkle the escalopes with sage and seasoning and fry on high in butter and oil. Meanwhile mix the honey and lemon in a bowl and pour over half way through cooking after turning. Serve with broccoli and potatoes or rice.

## Meat Course (sauté) 4.6

### Chops, medallions & noisettes Ardennaise



These cuts from the loin of the pig can be cooked in the same way. Noisettes need least cooking, chops most, but do not overcook

#### Ingredients

3 slices thick smoked bacon, in strips or small squares, [Button mushrooms 50g /2oz, quartered], 85 ml /3 floz white wine, 2 shallots, finely chopped, 2 loin pork chops/2 medallions/1 tenderloin in 2.4 cm slices, S & P, 1 tbsp flour, 1 oz butter, 2 tbsp crème fraîche, 1 tsp mustard, 1 tbsp chopped parsley. (Omit flour & cream for healthier dish)

#### Method

In a bowl, mix the bacon, shallots and wine and leave at least 30 mins. Lightly season the chops/medallions/noisettes and dust with flour. Fry them over moderate heat for 6 /5 /3-4 minutes per side. Reserve in a warm place. Retrieve the bacon/onions with a slotted spoon and cook in the same pan for 2-3 minutes, [then add mushrooms and cook for 2 minutes more.] Pour in reserved wine, scraping the base of the pan, then reduce the heat to a gentle simmer. Return pork to the pan, cover and simmer for 6/ 4 / 2 minutes. Continue until meat is cooked. Stir in the cream and mustard and serve with mashed potato, couscous or rice and a vegetable.

### Sauté chicken breasts & tarragon



#### Ingredients for 4

2oz/50g butter, 4 boneless chicken breasts, skin on, 4 shallots finely chopped, [sliced button mushrooms], 250 ml white wine, 1 tbsp wine vinegar optional, 200 ml/ 7floz double cream OR small tin passata, 2 tsp dried tarragon

#### Method

Melt butter over medium heat in a fireproof serving dish large enough to take the breasts in one layer. Season breasts and place posh side down in the butter for 8 min to brown. Turn, lower the heat a little and add a splash of water, cook 10 min or more according to size until cooked through then remove with slotted spoon. In the same dish soften the shallots (5+ min), add the wine and tomato if using and reduce fast by half (7+ min). Add cream if using and continue to reduce until it coats the back of a spoon. Stir in the tarragon and return the chicken to rewarm and serve with mash or couscous. *Variations: Include baby spinach/celeriac/fennel*

## Meat Course (sauté) 4.7

### Sauté pork noisettes with prunes



Use a sauté pan wide enough to accommodate all the medallions

#### Ingredients for 2-3

12 soft pitted prunes, 150ml/5 fl oz dry white wine, 1 pork fillet, flour for dusting, 1 oz/50 g butter, juice ½ lemon, sage, ½ tablespoon redcurrant jelly, 150ml/5 fl oz double cream, pepper

#### Method

Soak prunes at least 1 hour but preferably overnight. Cut the fillet into 2cm thick disks. Heat butter to foaming in a wide pan, sprinkle the disks with sage and dust lightly in seasoned flour and add them, distributing equally without crowding. Turn after 3 minutes and continue for a further 4 minutes on a moderate heat. They should tinge with brown. Cut one in two to check they are cooked through. Remove to a warm serving dish. Pour off excess fat from pan and add the wine, stirring to incorporate the residues. Add the jelly and heat hard, stirring, to a syrupy consistency. Add the prunes to warm through. Reduce heat and stir in the cream with a few squeezes of lemon. Dot the prunes around the pork, pour over and serve immediately.

#### Variations:

1. For a simpler dish omit the wine, cream and prunes.
2. Add just white wine or cream to the juices and reduce.
3. Sauté the pork, sauté sliced mushrooms (fast) in the pan until the liquor given off by the mushrooms has evaporated. Add cream and return the medallions to reheat before serving
5. Sauté the pork, remove and keep warm, add baby spinach (or pak choi) to the juices in the pan. Cook, turning from the bottom until just cooked. Consider adding ginger

#### Accompaniments:

Mashed potato, couscous or rice and another vegetable.

*Recipe can be adjusted for medallions or chops - see Ardennaise. Whole pork fillets can be roasted with 1 tbsp oil in a roasting tin for 35-40 min at 200°. Add quartered peppers, halved tomatoes, peeled butternut squash segments or flat mushrooms with a drizzle of olive oil and garlic half way through.*

## Meat Course (stir-fry) 4.8

### Stir-fried meat & veg

This stir-fry is for two persons at a time

#### General Method

Prepare all ingredients in advance. Cut any meat across the grain into thin strips. Marinate meat or prawns for 15 minutes or more, stirring occasionally. Meanwhile cut vegetables into similar sized strips. Heat a little oil in frying pan and when very hot, add the main vegetables and stir-fry for three minutes (or more) until just soft. Transfer to warm plate.

Clean the pan if necessary, add a little oil and when hot stir-fry the meat/prawns hard for two-three minutes until just cooked through. Return vegetables, and the marinade and leaf vegetables. Stir until reheated and leaves are wilted. Moisten with soy sauce. Serve with cooked noodles or rice (on top of or mixed in).

#### Marinades

**For beef or lamb:** 1 tbsp each Japanese soy sauce, balsamic vinegar and olive oil, 3 cloves garlic crushed, 1 inch ginger finely chopped, chopped chilli to taste, chopped basil.

**For pork :** 1 tbsp each Japanese soy sauce, olive oil and lemon juice, 1 tsp five spice powder, 1 tsp honey, 3 cloves garlic crushed, 1 inch ginger finely chopped, chopped chilli to taste.

**For chicken:** As for beef but replace basil with dried fennel or tarragon

**For prawns:** chopped ginger, garlic, lime zest and juice chilli, yogurt.

#### Suitable meats (4-5 oz/140g)

Raw prawns, beef fillet, pork loin steaks or fillet, chicken breast

#### Suitable Vegetables

Aim for an attractive colour and flavour combination. Red peppers, courgettes, celery, broccoli, carrots, mushrooms, fennel, celeriac, cashew nuts, pine nuts, pak choy stems, ginger and/or garlic (Hard vegetables – carrots, fennel and broccoli – should be blanched first by pouring over boiling water and allowing to stand for 15 minutes then drained well.)

**Plus optionally** a leaf vegetable such as spinach, pak choi leaves, savoy cabbage (de-veined).



## Meat Course (stir-fry) 4.9

### Chicken/Pork & Mushroom Stroganoff



#### Ingredients

1 tbsp olive oil and 10g / ½ oz butter, 1 onion, finely sliced, [2 garlic cloves, crushed], 2 tsp sweet smoked paprika, pinch of cayenne pepper and tarragon, 10oz/300g mixed mushrooms, chopped OR pack button mushrooms finely sliced, 3 tbsp brandy/white wine, 1-2 chicken breasts, OR 12 oz/350g pork tenderloin finely sliced, 200ml soured cream/ crème fraiche, 2 tsp mustard, salt and pepper, fresh chopped flat-leaf parsley

#### Method

Heat the oil in a frying pan on a medium heat and add the meat and tarragon; stir-fry fast until just cooked (typically 3 minutes) and remove with a slotted spoon. Add onions and garlic with the butter and cook gently for a few minutes until softened and golden but not turning brown. Turn the heat up and add the paprika and cayenne. Cook for one minute then add the mushrooms, and cook until the moisture has been exuded and reduced.

Add the wine/brandy to the mushrooms, increase the heat and bubble until the brandy has almost evaporated. Reduce the heat, return the meat and add the cream. Season with salt and pepper, then cook gently for a few minutes until reheated. If necessary, remove solids to a warm serving dish and reduce the liquids to desired consistency. Stir most of the parsley through the stroganoff. Serve with rice, sprinkled with the remaining parsley.

## Meat Course (braise) 4.10

### A braise for two



*A general purpose recipe; double up for 4. Don't skimp on cooking time. Use a heavy lidded casserole that will take the meat in one layer.*

#### Ingredients

2 thick pork steaks or equivalent amount of lamb chump chops (2 h) OR 2 slices braising steak (2.5h) OR 2 chicken legs (50-60 min) OR breasts on the bone (30-40 min) OR cod/haddock steaks (20 min)

+

1 carrot, onion and celery stick finely chopped, small tin chopped tomatoes, 5 floz/140ml white wine, herbs as appropriate

OR

1 onion finely sliced, 1 pepper in strips, 1 crushed garlic clove, 1 tsp paprika, pinch of Cayenne or chilli, 1 tsp vinegar, bay leaf

OR

1 onion finely sliced, 1 large canned chopped tomatoes, ½ tsp each cinnamon, cumin and coriander, juice and peel of a lemon

OR

★ 1 inch ginger chopped, 1 star anise or ½ tsp five spice powder, 2 tbsp dark soy sauce, small tin chopped tomatoes, 1 crushed garlic

OR

Onion, garlic, carrot, celery, orange peel, small tin tomatoes, thyme, red wine, ½ stock cube, diced bacon (for Boef en Daube)

#### Method

Set oven to 170°. Rinse and dry the meat or fish. Brown meat 5 minutes per side in its own fat and set aside. Add the vegetables and soften 5-7 minutes, adding a little olive oil if required and stirring occasionally. Stir in any spices and garlic, followed by tomatoes, lemon as appropriate. Return the meat or add the fish with a squeeze of lemon. Top up with water ½ inch up the sides, cover and bake until tender. Check liquids occasionally: if drying out add water and if too liquid remove cover a while. Finally mop up any excess fat and adjust liquid (reduce in a pan if necessary).

#### Accompaniments:

Potatoes or rice, + green vegetables

★ soy sauce contains some wheat

## Meat Course (stew) 4.11

### A white stew (pork or chicken)

#### Ingredients



Knob of butter, dash of oil, 6 chicken thigh fillets or 24 oz/ 660g diced pork shoulder, 1 onion sliced, garlic, 2 bulbs fennel in segments, stem removed, 4 sticks celery thinly sliced, 6 oz button mushrooms, sliced, a few new potatoes, sliced, tsp dried tarragon (chicken) or sage (pork), ¼ tsp thyme, ¼ white cabbage, stem removed and chopped, tsp curry powder.

#### Method

Remove any sinew or fatty bits from the meat. Cut chicken (if using) into pieces. cut any extra-large pieces diced pork. In a medium flameproof casserole slowly soften the onion and garlic in the oil and butter but do not brown. Add the meat, vegetables, herbs and spices, stir and sweat gently, covered for 5 minutes then add hot chicken stock or a cube plus enough boiling water to cover and re-cover. Simmer gently for 1 hour (chicken) or 2-2½ hours (pork) at 160°.

#### Variations:

Add chopped smoked bacon with the onion; use the potatoes as a topping; add broad beans; **for pork** use cider; add 1 peeled, cored, sliced apple 20 min before serving; stir in 2 tbsp crème fraiche with 1 tsp mustard before serving

### Chicken breast casserole with rice & olives



#### Ingredients

Olive oil, 2-3 chicken breast fillets, 1 medium onion chopped, 1 red pepper chopped, 1 stick celery diced, [opt: chopped smoked bacon rashers], 1 chicken stock cube, 1 tsp W-shire sauce, 1 tsp sugar, small tin chopped tomatoes, marinated pitted black olives, garlic paste or 3 cloves crushed and chopped, finely chopped ginger, tarragon, thyme, 3oz/ 150g Bomba rice. S & P.

#### Method

In a flame-proof casserole sized to take the fillets in one layer, fry the onion celery and pepper in the oil about 10 minutes. Add the ginger, garlic, herbs, tomatoes, and olives, W-shire sauce, sugar, stock cube and 2 tins of boiling water. Nestle in the breasts. Add boiling water to cover and bring back to a simmer. Add the rice, ensuring grains are below the surface. Cover, reduce heat and cook for 25 minutes. To ensure rice is not sticking, use a spatula to scrape the bottom of the casserole after 10 minutes. NB: different rices need different cooking times and quantities of liquid, adjust the time of adding the rice accordingly.

## Meat Course (stew) 4.12

### Casserole of Pork & Potatoes



*You need a lidded casserole wide enough to take all chops in one layer. Recipe for three. Optionally mix the potato with fennel and/or celeriac. The meat has a tendency towards toughness but the flavour is heavenly.*

#### Ingredients

3 pork chops, 1 large onion, pack of smoked bacon rashers (dry cure if possible), 1½ lb/700g potatoes, small glass wine, 3 garlic cloves, 1-2 oz/40g butter & dash of olive oil, ½ lemon, sage or thyme, bay leaf, stock

#### Method

Brown pork chops well both sides in butter & oil. In the casserole layer: half the sliced potatoes, half the sliced onion, herbs, chops, garlic the remaining sliced potatoes, remaining sliced onion and herbs and top with bay leaf and sliced smoked bacon rashers. Deglaze the frying pan with a small glass of white wine & pour over. Cover very tightly with baking parchment under the lid & bake for 3+ hours at 150°. Take care it doesn't dry out!

### Quick chicken curry



#### Ingredients

1 tbsp oil, 1 chopped onion, 3 chopped cloves garlic, 1 inch finely chopped ginger, 3 tbsp medium curry powder, chopped fennel/celeriac/butternut squash, 1 large tin chopped tomatoes, 1 tbsp tomato puree, balsamic vinegar, chicken stock cube, tarragon and thyme, two chicken breast fillets. [optional coconut cream or powder]

#### Method

Heat the oil in a casserole & gently simmer the onion until turning brown (10 min +). Stir in the garlic and ginger, then 2 tbsp curry powder. After stirring for a minute, add the tomatoes and vegetable, 1 tsp vinegar, the stock cube, herbs and a little water. Bring to the boil, turn down and simmer until the vegetables are soft.

Meanwhile finely slice the chicken across the grain and rub in the remaining curry powder.

Adjust the liquid and stir in the chicken well, bringing back to the boil. Simmer 3 minutes, stirring gently. Test a generous chicken piece by cutting in two with scissors to ensure it is fully cooked. [Stir in coconut if using]

#### Variations:

Add a chopped pepper with the onion

## Meat Course (stew) 4.13

### A brown stew (lamb, beef venison)



*This works with any red meat. Browning the meat intensifies the flavour, but can be omitted when in a hurry or for gluten free option*

#### Ingredients

3oz/80g **per person** sliced lamb neck fillet OR diced stewing beef OR farmed venison, flour, large onion, 3 carrots, tin of chopped tomatoes, 2 sticks celery, butternut squash deseeded and cut into cubes, sweet potato, potato, fresh spinach (optional), stock cube, 2 tsp curry powder, rosemary. Cooking time 1¼ - 1½ hours lamb, 2-2½ hours beef

#### Method

Chop the onion, celery and carrots and fry gently in a large enamelled iron casserole in a little oil and butter, stirring occasionally, until golden. (About 20 minutes) Meanwhile season and dust the meat with flour and brown well in a nonstick frying pan in batches. Add to the onions (including brownings) and stir in curry spices then a dash of vinegar and small pinch brown sugar. Add the tin of tomatoes, bay leaf, rosemary, then boiling water to barely cover and a beef stock cube. Stir, and bring to simmer and cook covered. 1½ hours before serving, peel and chop the sweet potato and butternut and add to casserole. Adjust liquid if required, to barely cover. Add sliced potato as a topping and sprinkle with rosemary. Return to boil re-cover and continue on the hob OR move to a preheated oven set at 170°, removing the lid 30 minutes before serving. If on the hob the casserole is rather sloppy partially remove lid.

#### Variations:

Other suitable vegetables include mushrooms, open or closed, fennel, celeriac. Dried fruit can also be added.

You could add rosemary dumplings (11.8) to the Hot-pot if space allows, in which case add 30 mins before serving & keep covered.

**For a perfectly acceptable alternative** use rice in place of potatoes; add 1 oz/30g per person about 25-30 minutes before serving (see packet) and the ideal rice is Bomba. Make sure the grains are submerged and after 10 minutes scrape the bottom to check they are not sticking and top up with boiling water if required. Marinated pitted black olives added at the same time can give the casserole a lift.

## Meat Course (stew) 4.14

### Carbonade of beef



*Always use stewing steak and don't dilute flavour with other vegetables*

#### Ingredients

24 oz/650g stewing steak, 2 medium onions, 2 cloves of garlic, a bottle of brown ale, a dash of oil, beef stock, nutmeg, vinegar, thyme, 1 piece dark chocolate, marjoram and basil, bay leaf, plain flour, sugar or black treacle.

#### Method

Peel and cut the onions into segments and brown in a casserole, cooking until golden (20 minutes), adding the garlic, chopped, part-way through. Prepare the meat into chunks, removing any large gristle or fat. Heat a little oil in a large nonstick frying pan. Season and dust the meat in flour and brown fast and well in batches, transferring to the casserole.

Set oven to 150°C. Pour off any fat from the pan and deglaze with the brown ale. Transfer the brownings and ale to the casserole. Top up with beef stock or water to cover by at least one inch. Add some freshly grated nutmeg, the herbs, a teaspoon of vinegar and a pinch of sugar or black treacle. Mix well then bring to a simmer, cover and cook for 3-4 hours, stirring and moistening occasionally, on top or in oven.

The first few hours can be done in advance. Bring back to a simmer before timing the last hour. If drying out stir in a little water but if sloppy, partially remove lid to evaporate.

#### Accompaniments:

Baked potatoes, a green vegetable such as cabbage or green beans.

**For a French style Daube, brown stew recipe**, use 24 oz/650g chuck or rump, cut in 5cm squares 2cm thick, strip of orange zest, 4 rashers unsmoked streaky bacon diced, 2 medium onions sliced, 2 cloves of garlic, 2 large carrots, tin tomatoes, ½ bottle fruity wine, bouquet garni (thyme, marjoram/oregano, basil), bay leaves, [optionally 50 ml brandy, 150 g olives, 4 tinned anchovy fillets, peppers, beetroot] Omit the flour. Flame the brandy if using. Add the carrots for the last hour. Remove lid if required to reduce liquid. A Daube is often accompanied by noodles or rice.

## Meat Course (stew) 4.15

### Venison Casserole



*Venison is low in cholesterol and high in vitamins. Wild venison is strongly flavoured and benefits from pairing with port, red wine, dark berries, sour cherries, orange, rosemary, thyme, juniper and spices.*

#### Ingredients

700 g diced wild venison, 3 tbsp flour, 3 tbsp oil, 1 onion, 4 rashers smoked bacon, 3 carrots, 3 sticks celery all chopped; 3 garlic cloves crushed, 360 ml red wine, tin chopped tomatoes, 360 ml beef stock, 200 g button mushrooms, 2 tbsp redcurrant or bramble jelly, 1 tsp vinegar, 8 juniper berries roughly crushed, ½ tsp dried thyme or rosemary, bay leaf, cinnamon/nutmeg, 1 piece orange peel, turnip/swede/butternut squash

#### Method

Preheat the oven to 150°C. Place the flour in a large bowl and season. Toss the venison in the flour and brown in small batches in a large flameproof casserole with 2 tbsp oil to a good caramel colour for the best flavour. Transfer to a bowl. Heat a little more oil in the casserole and fry the onion, bacon, and garlic for 10 minutes to soften. Add the carrots, celery wine, stock, mushrooms, redcurrant jelly, balsamic vinegar, juniper berries and herbs/spices and return the venison. Season with salt and pepper. Bring to a simmer, cover with with parchment and lid and transfer to the oven. Cook for 2½-3 hours, until meat is tender. If using swede/turnip/butternut squash add for the last hour.

## Meat Course (stew) 4.16

### Moroccan Lamb Tagine



#### Ingredients

1½lb/680g boned lamb cut in pieces, 1 chopped onion, 2 garlic cloves chopped, 1 tsp each ground ginger (or finely chopped fresh), cinnamon, cumin, 500ml/1pt stock, 1 tbsp clear honey, 2 tbsp tomato puree or tin of chopped tomatoes, 2 slices of lemon or orange (or peel), 1 cinnamon stick, 6oz/170g dried fruit (chopped pitted prunes & apricots or currants & figs, sour cherries etc) 4tbsp olive oil. Option 2 oz almonds, lightly toasted

#### Method

Heat oil and brown lamb in frying pan. Meanwhile fry onion and garlic until soft. Stir in spices. Add lamb and stir in stock, tomato, honey, lemon/orange and cinnamon stick. Season and simmer covered for 1¼ hours. The add dried fruit and simmer another 15 minutes or until soft.

#### Variations:

Instead of dried fruit take 3 large firm pears, cored and cut into segments. Fry in butter and oil (add 15 minutes before serving.)

#### Accompaniments:

Serve with rice or couscous, or add 2oz/55g rice per person at the appropriate time in cooking, adding 4oz/110g liquid per person at the start. .

### Carrots with bacon



#### Ingredients

1 large onion roughly chopped, knob of butter and dash of oil, ½lb/250g or more diced carrots, 1 bulb fennel/100g celeriac, roughly chopped, 6-8 rashers smoked streaky bacon, ½ tsp dried thyme, 2 tsp mustard, S&P, ★ 4oz/100g cooked green or brown lentils for veggie option

#### Method

Heat the oil and butter in a cast iron casserole and add the onion and fennel/celeriac. Heat, stirring occasionally until onion is turning colour (typically 8 minutes). Add the bacon half way through. Add carrots and thyme. Reduce heat, cover and simmer gently for 30 minutes, turning over occasionally. Add lentils if using and reheat. Stir in mustard.

#### Variations

For crunch add walnuts or pecans with the onions.

For colour, add some frozen broad beans 5 minutes before serving.

For a creamier dish add 2 tbsp stirred crème fraiche before serving.



## Meat Course (fry+stew) 4.17

### Chicken Tikka Masala



*A cast iron, enamelled pot is ideal for this. Start a day ahead.*

#### Ingredients

**Marinade:** 1 tbsp oil, juice ½ lime or lemon, 3 garlic cloves, ½” ginger chopped, 1 tsp chilli powder, ½ tsp each cumin & coriander, squirt of tomato puree, salt, 4 tbsp Greek yogurt

**Sauce:** 1 large onion, 1 inch ginger and 3 garlic cloves all finely chopped, 2 tbsp oil, ½ tsp each cumin, coriander, ground fenugreek (methi), chilli powder, ¼ tsp turmeric, bay leaf, juice ½ lime or lemon, 1 tin tomatoes, squirt of tomato puree, 3 crushed cardamoms, 3oz/85g each Greek Yogurt and double cream, salt and pepper.

**Chicken:** 4 skinned breasts cut into small pieces

#### Method

**Marinade:** Blend the chopped garlic and ginger with the oil and lemon, then add remaining marinade ingredients and blend to a fine cream. Slice the chicken into tikka strips and mix thoroughly with marinade, cover and store in refrigerator overnight, re-mixing occasionally.

**Sauce:** Sauté the onion gently in the oil 15 minutes, add the ginger and garlic and cook another 5 minutes. Stir in cumin, coriander, turmeric, black pepper and bay leaf while cooking for 2 minutes. Add the remaining sauce ingredients **except** the yogurt and cream and cook for 10 minutes. Finally add the yogurt and cream and simmer for 10 minutes

**Chicken:** Drain the chicken strips, arrange spaced well apart on foil on large baking tray and cook under fast grill 10-15 minutes until brown (or in very hot oven), OR dry fry in a nonstick frying pan. Stir into hot sauce and simmer five minutes then serve.

#### Variations:

Sauce can be prepared in advance and reheated - the flavour will be better. Green chilli and coriander leaf can be incorporated. Substitute prawns for the chicken and reduce cooking time. Casserole meats instead of grilling.

#### Accompaniments:

Plain rice, any vegetable e.g. sweet potato and spinach sauté, papads

## Meat Course (roast+stew) 4.18

### Cassoulet



*Beans combine so well with fatty and smoked meats. Long cooking together means the beans absorb the richness and flavours. Use any tasty meat which needs long cooking, or sausages. Include something smoked. The recipe here is based on Cassoulet de Toulouse.*

#### Ingredients

A 16oz/450g packet of good quality white haricot or flageolet beans, 1 large onion, 3 cloves garlic, celery stick, large carrot, bouquet garni or equivalent herbs (thyme, bay leaf, basil), a mix of meats on the bone (e.g. smoked collar, duck legs, chicken pieces, pork shoulder, small lamb joint) and smoked garlic sausage. Could use confit.

#### Method

Soak then fast boil the beans. Drain and simmer (about 1.5 hours until tender - it is absolutely essential to get them soft at this stage) in a pan containing an onion, peeled carrot, celery stick, 3 garlic cloves, bouquet garni and collar skin or smoked streaky bacon and topped up with fresh water. Meanwhile pierce and part roast to brown any uncooked joints. Assemble meats excluding garlic sausage and confit in a flame proof casserole. Add the beans using a slotted spoon. Mix the strained bean liquor with a little mustard, herbs and seasoning and pour over to just cover. Bring to boil; simmer gently for 1.5-2 hours, 140°, moistening occasionally. 30 minutes before the end adjust liquid, add sliced garlic sausage and confit, optionally sprinkle with garlic bread crumbs. Remove the lid until the liquid recedes or top up if too dry. Raise to 180° 15 minutes before serving to brown the top. Remove the large pieces of meat and carve or strip from the bone. Recombine.

#### Variations:

Tomato sauce or puree can be added towards the end but I prefer the taste of the beans

#### Accompaniments:

None necessary!

★ omit bread crumbs; check garlic sausage

## Meat Course (mince) 4.19

### Meat Loaf

**Beef :** SEE SECTION 12 FOR TOMATO SAUCES



#### Ingredients

16oz/450g lean minced beef, 1 large chopped onion, 2oz/55g bread crumbs soaked in milk, 1 egg, 3 rashers bacon finely chopped, 1 tsp thyme, cumin, coriander, salt and pepper.

#### Method

Mix all ingredients and fill a greased loaf tin. Roast 50 minutes at 180°. Options: use the bacon to line the tin, add grated potato, carrot, chopped mushrooms, 5 floz/150ml sour cream in place of the milk. Stuff with mozzarella or any vegetable loaf stuffing. Serve with tomato sauce.

#### Pork and chicken:

#### Ingredients

Rashers smoked bacon, bay leaves, 1b each of sausage meat and lean ground pork, minced garlic, sage, 1 chicken breast, 1 red pepper

#### Method

Grease a loaf tin and run a strip of grease proof paper along the ends and bottom. Place 2 bay leaves on the bottom then line the base and sides with bacon. Check the seasoning of the sausage meat and press in. Arrange a layer of chicken breast and red pepper strips. Mix the ground pork with sage or rosemary, garlic and seasoning and spread over. Finish with any remaining bacon. Bake on a tray for 50 minutes at 180° or until cooked (test with skewer) and coming away from the sides. Allow to cool a little before turning out.

### Meat patties, burgers & balls



#### Ingredients

1lb/450g minced beef, lamb, veal or pork, with 10-20% fat, seasonings

#### Method

Fat is essential for a moist patty. Combine ingredients and lightly pat into balls or patties about 1 inch thick. Chill. Fry patties in a hot ribbed pan brushed with oil, 15 minutes turning once only. Remove, pour off fat and deglaze pan with water or lemon and a little mustard. Roast balls on a rack, 200° 20 min. Salt after cooking. Serve with sauce and toppings.

**Seasonings** For lamb: freshly ground cumin and pepper plus rosemary

For beef: paprika, ground pepper, ground garlic, chopped basil.

SEE ALSO MEATBALLS & PASTA

## Meat Course (mince) 4.20

### Shepherds Pie



#### Ingredients

Mince: 7 floz/200ml stock or red wine, 1 tbsp tomato purée, 1 small tin tomatoes, 1½ lb/675g lean minced lamb, large onion, large carrot, stick celery, 2 cloves garlic, Worcestershire sauce, curry paste, tsp dried Rosemary, dusting flour

Topping: 2lb/900g potatoes (floury), 10oz/300g celeriac (optional) 1oz/30g butter, 1 egg, cream/milk, grated Parmesan, turmeric optional

#### Method

**Mince:** In a fireproof casserole soften chopped vegetables in a little oil for about 20 min, adding garlic toward the end. Meanwhile heat oil in a large frying pan and when hot add the mince in one piece. Pat into a flat cake to **brown fast** and well, both sides, (to drive off moisture - pour off if excessive) before cutting gradually into smaller pieces and adding Rosemary as you brown. Turn heat down a little when dry. Transfer browned solids to the casserole dish. Pour off excess fat from frying pan, dust in a little flour, stir and deglaze with the wine/stock into to the casserole and add 3 tsp Worcestershire sauce, tomato, stock cube & hint of curry. and mix well, adjusting liquid if required to almost level with contents. Simmer gently for 30 minutes and transfer to 22x22 cm serving dish. Cover until ready to use.

**Potato topping:** Peel potatoes and celeriac and simmer gently in a large pan, typically 15-20 minutes, adding celeriac after 5 minutes. Test with skewer. Drain thoroughly and mash in the pan with the butter, salt and lots of pepper and optionally cream, grated Parmesan, turmeric, nutmeg or garlic. Beat well with an egg before arranging over filling, starting around the edge and working inwards. Finally rake into ridges with a fork and dot well with butter, (grated Parmesan optional). Set oven to 170°. Bake covered until warm through typically 30 minutes depending on whether already hot, then a further 15-20 minutes at 200° uncovered to brown.

#### Variations:

Any diced root vegetables, sliced mushrooms can be used in the filling. Alternative toppings: cooked sliced potato (dot with butter) , short crust pastry, rösti or crumble topping of bread crumbs, zest of lemon, garlic, herbs and grated cheese. **Accompaniments:** - Spinach or green beans

*venison is an excellent substitute for beef or, in this recipe, lamb*

## Meat Course (mince) 4.21

### White ragu

*see 5.8 for rich ragu*



#### Ingredients

20g butter, 1-2 tbsp olive oil, 2 rashers smoked bacon diced, 1 onion, carrot, celery stick all diced, 300g minced veal/ pork/beef, 160 ml milk, pinch of nutmeg, 1 dried bay leaf, 1 medium glass white wine, up to 2 tbsp tomato paste to taste, up to 300 ml chicken stock, pasta, Parmesan

#### Method

In a cast iron casserole warm the butter and olive oil over medium-low heat. Add the bacon and veggie mixture to the pot. Sauté, stirring occasionally, for 10-15 min until lightly golden. Blitz if desired. Add the mince and use a fork to mash together. Season and cook until the meat loses its pink colour; do not brown. Add the milk, nutmeg and bay leaf. Simmer until almost evaporated, app. 20 min. Pour in the wine; simmer until almost evaporated. Add the tomato paste; stir to dissolve. Add just enough stock to cover and stir well. Reduce the heat to low. Cook the sauce, with the lid ajar, for about 1-2 hours. The sauce should just “blip” about and not boil rapidly. If the liquid reduces too quickly, add more stock. Options - zest & juice lemon, pine nuts, basil/rosemary

### Eastern Minced pork



#### Ingredients

455g /1lb lean minced pork, 1 onion, finely diced, 3 cloves garlic, minced, 1 tbsp grated ginger, 2 tbsp tomato paste, 1 tsp coarse chili powder, [opt: add 1 tbsp miso paste/ 1 tsp marmite], 2 tbsp soy sauce, 2 tbsp maple syrup or honey, 120 ml water/mirin/sherry, 1 tsp toasted sesame oil, 1 tsp sesame seeds toasted

#### Method

Add the pork to an oiled frying pan and cook over a medium high heat until lightly browned, breaking up clumps as it cooks. Set aside. Meanwhile fry the onion gently in a little oil in a flame proof casserole until lightly golden and softened (8-10 min). Add in the garlic and ginger and fry, stirring, for a further minute. Add the pork and deglaze with the liquid then add remaining ingredients. Cook, stirring occasionally until it reduces down and the pork starts to caramelize on the edges (15 - 20 min). Serve with rice, vegetables etc./ add diced celery, carrot etc. with the onion

## Meat Course (mince) 4.22

### Meatballs & Pasta



*The meat should contain 10-20% fat or the balls will be dry. Consider adding a slice of bread soaked in milk for the same purpose.*

#### Ingredients

170g beef mince, 170g pork mince (15% fat), 70g ricotta, 50g parmesan, finely grated, plus extra to serve (optional), ½ tsp dried oregano, nutmeg, freshly grated, 1tsp fennel seeds, zest of 1 lemon, 1-2 tbsp olive oil, 400g passata, 1 garlic clove, minced, 2tsp balsamic vinegar, 4oz/110g pasta

#### Method

Put the mince in a large bowl with the cheeses, oregano, herbs & spices, lemon zest and a big pinch of salt. Bring together by hand until evenly mixed, then divide and shape into 8 balls. Chill for 1 hr. Heat oil on medium in a large non-stick frying pan (with lid). Fry the meatballs about 8 mins, turning every 2 mins or so, until browned all over. Remove the pan from the heat, decant fat and pour in the passata. With a wooden spoon, scrape any bits off the bottom of the pan, then add the minced garlic, vinegar and pinch of salt. Return to the hob, cover and simmer on low for 20 mins max. Meanwhile cook the pasta as per packet. Remove the meatballs from the sauce and set aside. Transfer the pasta to the sauce using tongs; bring a little pasta cooking water with it. Stir to coat. Divide between plates, top with meatballs, extra parmesan, if using.

### Bangers & Mash



*For chipolatas reduce cooking time, use GF sausages for GF*

#### Ingredients

3 sausages per person, ample helping of mash, sauce or gravy

#### Method

Heat oven to 180°. Rub bangers in oil and place on a foil-covered baking tray wide enough to take all in a layer without touching. Roast for 20 minutes. Remove, add a rack to the tray and arrange the bangers on it, upside down. Continue until browned, typically another twenty minutes. Place the mash on a warm plate and arrange the bangers over.

#### Accompaniments:

Tomato ketchup, onion gravy and/or English mustard

## Meat Course (bake) 4.23

### Chicken Pie



#### Ingredients

3lb/1.35kg of chicken on the bone, bay leaf, thyme, parsley, small bag of washed spinach, 3 eggs, 1 large onion, 1oz/30g butter, 1oz/30g flour, nutmeg, 1 sheet of short crust pastry.

(Optionally add chopped fried smoked bacon, peas, mushrooms, chopped asparagus)

#### Method

Cover the chicken with water in a pan with the herbs. Cover and simmer until tender (1 hour for a whole chicken, 20-25 minutes for portions until coming off the bone). Strain the juices for stock and reserve. Meanwhile hard boil and chop the eggs. Finely chop the spinach and parsley.

Preheat oven to 170°. Chop & soften the onion in butter until golden, stirring to prevent burning. Stir in the flour, then, gradually, enough stock to form a thin paste. Check seasoning and add nutmeg. Optionally add some stock cube. Put the boned chicken, pulled into pieces, with the eggs into a pie dish with the spinach and parsley. Cover liberally with sauce, then the pastry. Cut a hole in the top for steam, brush with milk and crimp the sides. Bake 30-40 minutes or until golden.

### Chicken breast baked with tomatoes & olives



#### Ingredients

4 fillets, small tin of chopped tomatoes, carton pitted olives, 6 medium mushrooms, cleaned and sliced, garlic paste or 3 cloves crushed and chopped, finely chopped ginger, tarragon, basil, 1 slice bread as crumbs, olive oil

#### Method

In a flame-proof baking tin sized to take the fillets in one layer, fry the mushrooms in the oil. Add the ginger, garlic, tomatoes olives and basil. Allow to reduce to a sauce. Season the fillets with S&P and tarragon and sit on the base of the casserole. Drag the sauce over and sprinkle a few breadcrumbs on top. Place in oven at 180° for 30 minutes.

## Meat Course (bake) 4.24

### Chicken breast fillets with a crust



Use this recipe for pork chops. Brush with oil and roast 15 min, turn, add crust and continue to bake for 10-15 min until browned

#### Ingredients

4 skinless chicken breast fillets, 12 cherry tomatoes or small tin chopped tomatoes, 1 slice brown bread 1.5 oz/45g Parmesan finely grated, 2oz/55g diced smoked bacon, finely chopped ginger, parsley, tarragon, fresh basil, ½ tsp smoked paprika as desired, S&P. 2-3 tsp garlic paste, a squirt of tomato ketchup, 2 tbsp or so olive oil Add more oil if needed. Sliced button mushrooms and/or pitted olives optional.

#### Method

Set oven to 180°. Lightly fry the bacon and mushrooms to remove moisture. Rub breasts with oil and fit snugly into roasting tin, best side up. Mix tomatoes, bacon, mushrooms, olives, ketchup and scatter over. Blitz bread to crumbs and stir in remaining ingredients. Sprinkle over and bake 25 minutes. Test with skewer.

### Red Cooked Pork



*This recipe traditionally uses shoulder or belly.*

#### Ingredients

Small boned leg joint with skin on, 1 pt/600ml stock or water, ¼ pt/140ml soy sauce (dark), juice & zest 1 lemon, 1 clove garlic, mashed, 1 leek, trimmed & slit or 4 spring onions, 1 inch chopped ginger, 1 star anise (optional), 1 tsp five spice powder, brown sugar to taste (typ.2 oz).

#### Method

Blanch pork 5 minutes in a saucepan of boiling water. Rinse and place in a flameproof casserole, reasonable fit. Pour in stock up to 2/3 way up. Add remaining ingredients, cover & bring to boil. Simmer 2-3 hours according to size until very tender, inverting occasionally. Taste liquor, add more sugar/pepper as desired. Strain liquor; if necessary remove joint & reduce. Serve hot or cold. If cold, allow to cool in the liquor then scrape off any fat from surface. Remove skin and excess fat and carve, handing liquor separately or drizzled over.

★ soy sauce contains some wheat



## Rice & Pasta 5.1

### Types of rice

long grain, basmati	pilau, Jambalaya, general composite dishes
arborio, carnaroli	risotto
bomba, senia, albufera	paella
uruchimai	Japanese, Korean, Vietnamese, sushi

With all composite rice dishes it is important to match the cooking time of the rice to the meat, hence white rice with small pieces of chicken and brown rice for the longer-cooking raw chicken joints.

Typically use 50-75g dry rice p/p for a main course


### Rice as a side

Here are two absorption methods. Always check rice to liquid ratio and timing against the packet; typical values are shown on the table below.


### Ingredients

Typically 2oz/2fnoz or 50g/50ml Basmati rice per person, butter.

### Method 1 - Absorption

Wash rice gently, (brown rice benefits from an over-night soak -  the amount of water to cook is unaffected) and drain well. Place rice in a pan. Measure in the required amount (see table below) of cold water or stock. Bring to the boil, stir, then cover, turn the heat to low and simmer (see timings). At the end of the cooking time, remove the pan from the heat, still covered, and stand for 5 minutes. The surface of the rice will have small holes in it, this is quite normal and it should be fluffed with a fork before serving. A knob of butter can be added if desired.

### Method 2 - Pilau, for a richer rice

Melt a knob of butter [or oil] in a large pan. [soften a little diced onion/garlic if desired]. Stir in the rice until the grains are fully coated. Add salted boiling water [or stock, spice], stir, cover and turn down to low. Simmer for the time given in the table. Tilt the pan to check there is no water left. Otherwise give another minute. Take off the heat and allow to rest for 5-10 minutes. [Could be completed in oven 165°, add 10 min.] 

variety	rice	water	time
pure white Basmati	50g	100ml	12-15 minutes
easy cook white	50g	100ml	15 minutes
wholegrain Basmati	50g	125ml	25 minutes
easy cook wholegrain	50g	150ml	25 minutes
bomba	50g	150-180ml	18 minutes
carnaroli	50g	200ml	18 minutes

## Rice & Pasta 5.2

### Variations:

**Coconut:** - use coconut milk and lemon zest, curry leaf optional.

**Creamy:** - stir any hot cream sauce such as mushroom, leek, saffron, fish, into any hot rice or make a ring and pour into centre.

**Saffron:** - infuse the cooking liquid with pinch of saffron

**Pesto:** - stir any pesto into hot rice.

**Spiced:** - throw in a cinnamon stick, a few cardamom pods etc.

**Nutty:** - cook 2 oz butter to nut brown. Add finely chopped onion then the drained rice. Cook to golden, then prepare with stock as normal. Or add chopped toasted almonds, pistachios

**Spinach:** - method 2, add well chopped spinach, and lemon zest with the finely chopped onion, sweat then add the rice and cook as normal. Finish with nutmeg

**Vegetable:** - method 2, add finely diced fennel, carrot, leeks, currants, mushrooms, peas, celery with or instead of onion, sweat then add the rice and cook as normal. Complement with herb or spice

**Egg Fried Rice:** - 16 oz (cooked weight) cold cooked rice. Create a stir-fry with chopped onion, chopped lean bacon/ham, [any prawns, diced pork, chicken, beef, chopped green vegetables, ginger, spices]. Add the rice and fry 5 min until hot; make a well in the centre and on low heat pour in 3 beaten eggs, cook 2 minutes before stirring in.

**Lemon:** - stir into hot rice 2 tbsp oil mixed with juice and zest of lemon, 1 tsp sugar and a little butter

**Carbonara:** - fry chopped bacon in the pan for about 5 minutes, add the butter and proceed as per Pilau method until cooked. Meanwhile mix 1 good tbsp crème fraiche with 1 egg and some egg yolks. Stir in the mix with some grated Pecorino and black pepper. Wait 1 minute and serve immediately.

### Note

*Jambalaya (jumble) is the Louisiana variation on Paella. It uses long grain rice, omits saffron and uses Cajun(country) or Creole(city) spices and is cooked in a deeper pan. Cajun spices contain more pepper while Creole contain more herbs. Paprika, garlic powder, onion powder, black pepper, Cayenne pepper, chili, basil, oregano, thyme, bay. You choose the combination. Creole uses tomato but Cajun doesn't*

## Rice & Pasta 5.3

### Jambalaya



#### Ingredients

Cooked prawns, sliced Chorizo sausage, 1 onion sliced, 2 cloves garlic crushed, 2 sticks celery chopped, 1 pepper sliced, 1 chilli de-seeded & chopped, 6oz/170g white Basmati rice, 12floc/340ml chicken stock, ¼ tsp Cayenne, 1-2 tsp mixed spices, small tin chopped tomatoes, 1 bay leaf, salt & pepper. [Optionally add chopped chicken thigh fillets with the onion]

#### Method

Brown the sausage in large frying pan over high heat. Add 1 tbsp olive oil, spices, the onion then the garlic, celery, chilli and pepper until softened and tinged brown. Reduce heat and stir in the rice until well coated then the stock, tomatoes, Cayenne and bay leaf. Check rice is submerged in liquid then cover and simmer slowly 20 minutes or until the rice is tender. Add the prawns and warm through.

### Chicken Basque



*Use a wide casserole for this one-pot chicken and rice dish. If using white Basmati/bomba, add towards the end of the cooking, in accordance with the timing on the packet.*

#### Ingredients

4 chicken pieces on the bone, 2 red peppers sliced, small tin chopped tomatoes, tomato puree, 2 tbsp olive oil, 1 large onion roughly chopped, 2 cloves garlic chopped, 5 oz sliced chorizo sausage, 4 floc brown Basmati rice, 8floc/225ml chicken stock ½ tsp paprika, basil or thyme, bay leaf, 2oz/55g black olives, ½ orange, peeled & cut into segments, salt & pepper.

#### Method

Brown the chicken in the casserole and remove. Brown the onion and peppers. Add the garlic, chorizo and continue a few minutes. Turn down the heat. Stir in the rice and coat the grains in oil. Add the stock, tomato and paprika and ensure the rice is covered. Sprinkle herbs, and add the chicken pieces, olives and orange. Fit lid close and simmer gently for one hour until all the water has absorbed and the grains are soft. On top or in oven at 150.

## Rice & Pasta 5.4

### Paella



*The ingredients here are generous for 4 people, fitting my paella dish*

#### Ingredients

300g/10oz Valencia/Bomba rice, 1.5 tbsp olive oil, small pack unpeeled prawns for decoration, pack peeled prawns, pack of cook chilled mussels in shells, pack of chicken thigh fillets, chopped, 150g chorizo chopped, 1 large onion diced, 2 garlic cloves finely diced, 3 sticks celery diced, 1 red pepper diced, 8 baby plum tomatoes, pinch of saffron, tsp paprika, ¼ tsp hot smoked paprika, fish stock cube, pitted black olives.

#### Method

Heat oil in a wide frying pan/paella dish and fry on a high heat the chicken, adding the chorizo, onion, peppers, then garlic. Turn slowly until chicken is browned. Stir in the paprikas and celery. If done in advance transfer to storage and reheat when needed.

Dissolve the stock cube in 500ml/17.5floc water with the saffron. Add the rice to the hot/reheated pan and coat well for 2-3 minutes until opaque then add the stock. Add a further 500ml/17.5floc boiling water and stir all together. Leave uncovered to simmer gently for 10 minutes without stirring. Then add any raw prawns and lightly stir in. Meanwhile prepare the mussels if using. Leave 8 good ones in their shells and extract the rest. After another 5 minutes add extracted mussels, cooked peeled prawns and tomatoes to the pan and press into the rice. After 5 minutes check that rice is done and liquid absorbed. If not allow a little longer. Decorate with unpeeled prawns and mussels in shells, cover in foil and leave to stand in a warm place or in oven 170-180° for 5 minutes

#### Variations:

There are numerous variations on this dish. The original, Valencia, has butter beans or green beans with chicken and rabbit (or duck & artichoke hearts in summer). Seafood would not normally be mixed with meat. I have substituted celery/celeriac for the traditional green beans, but a tin of butter beans would do.

**For two:** oil, 1 small onion, 1 pepper, 1 clove garlic, ½ tsp fennel seeds, 100g celeriac/celery, 150g rice, 500 ml water, stock cube, saffron, small tin tomatoes, ¼ tsp hot smoked paprika, 1 tsp sweet smoked paprika, pack of cooked prawns/2 fillets fish, cooked & flaked, olives, baby spinach

## Rice & Pasta 5.5

### Kedgeree



#### Ingredients

170g/6oz Basmati rice, or 2 packs (500g) Tilda pre-cooked rice including one Pilau flavoured, 3 large eggs, 500g/18oz smoked haddock fillet or 3 portions, fish stock cube, 1 pack cooked prawns, 2 fresh bay leaves, 2oz/55g butter, 1 thumb-sized piece fresh ginger, peeled and grated or frozen diced, medium onion finely chopped, 1 clove garlic, peeled and finely chopped, 2 tsp curry powder, 2 tsp of coriander powder, a few strands of saffron, 2 tomatoes, chopped, juice of 2 lemons, 1 handful chopped parsley

#### Method

Cover the eggs in cold water; bring to a boil and simmer for 8 minutes, then cool under cold running water. Put the fish and bay leaves in a shallow pan with enough water to cover. Bring gently to the boil, cover and simmer for 4-5 minutes, until cooked through. Remove from pan and leave to cool. Alternatively microwave. Remove any skin from fish, flake into chunks, cover and set aside.

Melt 1 oz butter in a pan over a low heat. Add the ginger, onion and garlic. Soften for about 5 minutes, then add the curry powder. Cook for a further few minutes, then add the chopped tomatoes, saffron and lemon juice and set aside.

Cook the rice if not precooked according to pack using a fish stock cube. Drain well. If using Tilda packs, squeeze to break up the lumps. Stir well into the onion mix and allow to cool, covered.

Just before sitting down to eat peel and quarter the eggs. Add the fish, to the rice mix, and gently heat through with a knob of butter, on the hob or microwave 2 minutes, stirring occasionally. Add the prawns, parsley and black pepper and mix. Place in a warm serving dish and cover with foil. Place in preheated oven 120°C until needed. Then add the eggs on top or distribute among warm bowls.

Serve with jars of Indian pickle .

#### Variations:

Can be dry so try a spicy tomato sauce separately handed.

## Rice & Pasta 5.6

### Basic risotto



*Check rice packet for liquid ratio & time, halve the rice & stock for two*

#### Ingredients

250g rice, [80ml white wine optional], 1 litre stock, 2-3 tbsp olive oil/butter, 1 small onion, finely chopped, garlic optional, other vegetables, butter, Parmesan & black pepper to finish

#### Method

Prepare hot stock **A**.

In a large flameproof casserole melt the butter and oil **B** on a gentle heat saute the onion, vegetables **C** and garlic until soft but not brown. Add the **unwashed** rice to the vegetables and stir until well coated and translucent (3-5 min).


Deglaze with a small glass of wine and or lemon juice (optional) and allow the rice to absorb.

Then add the **hot** stock, ladle at a time, until absorbed, **D** stirring constantly over a low heat, making sure to distribute the cooking process evenly and scrape the bottom of the pot so the risotto does not burn.

To figure out when to add more stock, drag the wooden spoon across the bottom of the pan. **E** If you can create a space in the rice, it's ready for more liquid. If you run out of liquid, switch to hot water from the kettle.

Don't let the rice overcook – the grains should still be slightly firm. See packet, typically 18 min. **F** Then, if using, stir in cooked fish, seafood, chicken and reheat. **G** Remove from the heat and stir in more butter and plenty of grated Parmesan and serve immediately.

#### Risotto variations

*Soup recipes provide inspiration. Additional ingredients are added to basic recipe by: A simmering in the stock, removing and adding at the end; B frying in the butter, removing and adding at the end, C adding with or after the onion, D adding with second ladle of stock, E adding before completion to cook, F adding precooked and warmed at end or G stirred in or garnished when serving. The following are based on the method and quantities of the basic recipe above; use the appropriate stock etc..* 

## Rice & Pasta 5.7

*Variations:*

### Green

A: 125 g asparagus - blanch in the stock al dente, F: 75g cooked peas, 50g baby spinach chopped, 1 tbsp chives chopped, 1 tbsp mint chopped, zest of lemon all added at the end

### Chicken

B: 4 boneless chicken thighs chopped - cook in the oil/butter 3 min, turning, and retrieve,

C: 2 rashers smoked bacon chopped - add with the onion,

D: ½ tsp tarragon, F: parsley - at end. Omit cheese.

### Courgette & basil

C: 200g courgettes - grate & add during onion;

D juice & zest of lemon,

G: add a dollop of crème fraîche with pesto or basil & pine nuts when serving, use 50g Parmesan

### Cauliflower & cheese

A: cook small cauliflower in florets or grated, in the stock, leave some small florets whole, blitz rest with a little stock, add to cooked risotto and reheat.

D: add ½ tsp dried sage. Use 50g grated cheddar, 25g Parmesan

### Smoked haddock

A: use 2 large un-dyed smoked haddock fillets,

F: 50 g smoked salmon, chopped added at end with the cooked flaked haddock,

G: 2 tbsp crème fraîche and juice 1 lemon stirred in before serving

### Mushroom

B: 1 pack Portabello or button mushrooms + ½ tsp tarragon - slice, fry and retrieve; add with their liquid at the end

### Seafood

B: Some items could be sauteed with the oil to flavour it. If using frozen seafood allow to defrost naturally and pat dry with kitchen paper.

C: Add ½ tsp dried thyme with the onion and optionally chopped fennel, D: 2 tbsp tomato purée, zest of lemon and pinch of saffron with second ladle;

F: Cook the sea food separately if raw, and add at end with 2 tsp coriander. Peel and shell most and stir into the risotto but keep some to garnish.

### Saffron

B: Use 1 oz butter in place of oil. Soak some strands of saffron in a little water

G: Stir in saffron water, 1oz butter and 100g/ 4oz Parmesan cheese and serve.

## Rice & Pasta 5.8

### Rice or Pasta Salad

#### Ingredients

2-3 oz/140g long grain rice or pasta per person; use vinaigrette, pesto thinned with olive oil, a yoghurt or mayonnaise dressing, sparingly.

#### Method

Cook the rice or pasta as normal. Do not overcook rice. (Use stock from any meat in recipe.) Dress while hot and serve at room temp. Mix when cool into any mixed salad not containing leaves. Reserve Mayo or yoghurt for salads based on chicken, broad beans, potatoes, celery, carrots. Use pesto when on its own or with nuts or Mediterranean vegetables.

### Rich ragu

#### Ingredients

1 tbsp olive oil, 1 onion, 1 celery stick & 1 large carrot, all finely diced, 600g minced beef, 3 tbsp tomato purée, 2 garlic cloves, finely grated, 2 tsp fresh thyme leaves, 150ml red wine, 500ml beef stock

#### Method

Fry the onion, celery and carrot in a large heavy pan on a medium heat for 10 mins, stirring occasionally, until softened and starting to colour. Stir in the mince and cook, breaking up any clumps of meat with a wooden spoon, until browned. Add the tomato purée, garlic and thyme, and cook for 1-2 mins more. Pour in the wine, then stir in the stock and season. Cover with a tight-fitting lid and leave to cook gently for 1 -1¼ h until the meat is tender and the sauce has thickened. Remove the lid and continue cooking for 15 min to reduce.

### Vegetable & Prawn Pasta

#### Ingredients

2 carrots, ½ celeriac, 1 red pepper, 1 large courgette, all diced, pack of cooked peeled prawns, 3 oz/ 85 g dried pasta per person (e.g. fusilli), basil and thyme, a generous splash of olive oil so the pasta is lubricated.

#### Method

Add the carrots to 1 tbsp hot oil in a cast-iron casserole on medium heat. Add the celeriac and pepper. Cover & cook, allowing to brown a little. (About 30 minutes). Add the courgette to the casserole 6 minutes before serving. Meanwhile cook the pasta according to the packet. Test al dente as you may need to cook a little longer. Drain and add to casserole; add any cooked vegetables & the prawns and allow to heat through.

**Variations:** sliced mushrooms, cooked asparagus/peas, fresh baby spinach.



## Rice & Pasta 5.9

### Tuna and pasta bake



#### Ingredients

2 tbsp oil, large onion, 4-5 celery sticks, 1 leek, 10 oz/280g of pasta (penne or shells), 2 oz/55g butter, 1½ oz/45g plain flour, nutmeg, 1 pint/600ml milk, bay leaf, fennel seeds, 4-6 oz/140g grated cheese, 4-5 oz/120g double cream, 2-3 tins tuna in sunflower oil

#### Method

Put a large pan of water to boil for the pasta. Melt 2 oz/55g butter in a medium pan and throw in the onion, then celery then leek all finely diced and cook slowly until soft and lightly golden about 20-30 minutes. When the water boils, cook the pasta al dente according to packet. Drain well & add to onion mix.

Melt most of the butter in a small non-stick pan and when sizzling stir in the flour and combine well, stirring for 1 minute. Grate in a little nutmeg then **gradually** stir in the milk, mixing vigorously and stirring the bottom of the pan to avoid lumps. Bring back to the boil still stirring and then add a bay leaf and a pinch of fennel seeds. Turn down the heat and simmer for 10 minutes, stirring occasionally. Season to taste, remove the bay leaf and take off the heat. Stir in two thirds of the cheese, followed by the cream. Unless baking immediately, transfer to a covered container. Combine the flakes of tuna and a little of its oil with the onion and pasta mix. Unless baking immediately, cover with cling film.

To bake, pour the sauce evenly over the pasta, dot with remaining butter and the remaining cheese and bake in preheated oven at 180° until hot and the top has turned golden. Typically 20 minutes if ingredients were still hot or 30-40 minutes if cold, covered with foil for the first half.

**Variations:** You could add bacon, mushrooms, tomatoes etc.

### Lemon Pasta



#### Ingredients

350g/12oz pasta spirals, 4tbsp olive oil, juice of 2 lemons, zest of 1, 60g/2oz fresh Parmesan, s & p [30g/1oz butter, 150ml/5froz double cream]

#### Method

Cook pasta according to packet. Mix lemon and oil. Drain pasta and combine, finally stirring in the finely grated cheese and seasoning. Eat hot, or cold. [OR: melt butter, add lemon and simmer 30 seconds. Mix with the hot cooked pasta, then cream and reheat, then cheese and seasoning]

## Rice & Pasta 5.10

### Chicken & Mushroom Pasta



#### Ingredients

2½ oz/70g dried pasta per person, small pack chicken thigh fillets, small pack button mushrooms, sliced, 1oz/30g frozen peas per person, 1 tsp or so dried tarragon, cream or crème fraîche, butter & oil

#### Method

Put a large pan of water on to boil. Extract flesh from fillets and chop.

In a flame-proof casserole melt butter with oil and fry the mushrooms and chicken for 5-10 minutes add tarragon and peas and cook until peas have thawed and cooked. Stir in cream/crème fraîche.

Meanwhile cook the pasta for the time on the packet. Test and cook longer if not al dente. Drain well and add to the casserole. Stir, reheat and serve with grated Parmesan to hand.

**Variations:** You could use bacon, tomatoes, precooked vegetables etc.

### Couscous



*Couscous is wheat semolina, coated with flour to prevent the grains sticking, traditionally steamed over a meat stew with chick peas, then used as a bed for the stew. Use easy-cook couscous. Serve with Ratatouille or stew*

#### Ingredients

One 110g/4oz packet of easy-cook couscous for every two persons (lemon and garlic flavour go well with seafood etc.), 1oz/30g butter or olive oil – for other flavourings see below.

#### Method

Follow the packet instructions; e.g. bring a fixed quantity of water (typically 7 froz/200ml per 110 g packet, or use equal volume to the couscous) to the boil with the butter in a small pan and, 10 minutes before serving, stir in the couscous, bring back to the boil and stand covered for 5-10 minutes. Break up with a fork and if desired reheat.

#### Variations:

- Cook the cumin seeds, sultanas, pine nuts in the butter that is normally added to the water. Pour off the excess oil into the water as before. Stir the seeds etc. into the couscous before serving.
- Add in lemon zest and include the juice in the measured liquid; you may wish to sweeten with 1 tsp sugar
- Can be reheated - bake, covered in a greased dish with any flavourings for 15 mins 180° until piping hot, or reheat in microwave.

## Vegetarian (pulses) 6.1

Lentils	uses	minutes
red (split)	cook to a puree, thicken soups & casseroles	15-20
green/brown	keep their shape, salads, casseroles, stuffing	35-45
Puy	keep their shape, good texture, use as accompaniment	25-30
yellow (split)	also called split peas, use as red lentils	40-45

Rinse in cold water, until clear and cover with 3 times the volume of water or stock. (say 100g Puy need 300ml) red lentils may need more. Avoid anything acidic. Heat & simmer for time on packet. Test. Soaking can reduce cooking time. 1dry = 2.5 cooked. Per person allow 1.5-2 oz/40-50g dry or 4-5 oz/100-125g cooked.

### Simple lentil casserole



#### Ingredients

1 tbsp olive oil, 1 onion finely chopped, 3 garlic cloves sliced, 1 tsp smoked paprika, ½ tsp ground cumin, ½ tsp dried thyme, 3 medium carrots sliced, 2 sticks celery finely sliced, 1 red pepper, or yellow pepper, chopped, 1 large can tomatoes, 1 stock cube, 1 courgette, thickly sliced, 250g cooked Puy lentils or 100g dry rinsed.

#### Method

Heat 1 tbsp olive oil in a large, heavy-based casserole. Add the onion and cook gently for 5 to 10 mins until softened. Add garlic, smoked paprika, ground cumin, dried thyme, carrots, celery sticks, and peppers and cook for 5 minutes, stirring.

Add the tomatoes, vegetable stock cube, courgettes and thyme, and the dry lentils if using, top up with boiling water, cover and cook for 25-30 min until lentils just soft, topping up with boiling water if required.

Stir in cooked lentils if using and bring back to a simmer. Serve with rice pasta, mash or noodles, or add pasta or rice with water during cooking .

Note: this simple lentil casserole recipe is eminently flexible - use curry spices and coconut milk for a curry. Use any root vegetable. Add chopped sweet heart cabbage. Add pasta or rice at the appropriate stage in cooking.

## Vegetarian (pulses) 6.2

### Aubergine and lentils



#### Ingredients

3 tbsp olive oil, 1 onion chopped, 1 aubergine in chunks, 3 garlic cloves, finely chopped, 1 tsp cumin seeds, chopped ginger, carrot and stick celery chopped, large tin tomatoes, squirt of tomato paste, 1 stock cube, 1 tsp cumin powder, 1 tsp coarse chili powder, [optional vegetables in chunks - butternut, leeks, more carrots], 250g cooked Puy/green lentils, S & P, [optional baby leaf spinach], crème fraîche for serving.

#### Method

Put 2 tbsp oil into a large flameproof casserole on a medium heat. Add the onion, and fry for 5 minutes, stirring occasionally, until soft and colouring. Turn up the heat and add the aubergines [and cherry tomatoes] and continue stirring 5 mins, adding another tbsp oil. Add garlic, cumin seeds, ginger for 1 minute. Lower heat and add the tinned tomatoes and paste, carrot, celery, cumin powder, chili and stock cube, then vegetable chunks and top up with boiling water. Stir, bring back to the boil, cover and simmer gently for about 15-20 minutes, until the vegetables are just soft. Add the cooked drained lentils and reheat. Add baby spinach if using and stir through.

*If using raw lentils rinse well and precook for 35 minutes. I use Merchant Gourmet precooked Puy and green lentil dry packs.*

### Lentil butter-nut bake



#### Ingredients

100g Puy lentils, 1 butter nut squash, 1 tsp sage, 2 cloves garlic, diced, 1 orange zest, 70g hard goats cheese, grated, 80g breadcrumbs, 150g cooked chestnuts/cashews, chopped, ½ tbsp oil, ½ tbsp maple syrup

#### Method

Wash lentils well cover with water and simmer until just cooked (20-30 min). Meanwhile slice the butter nut thinly across the top to form rounds to cover a 20x20cm dish and remove peel. Peel, de-seed and grate 220 g of the remainder into a large bowl. Add the sage, garlic, zest, cheese, breadcrumbs and chestnuts/cashews. Stir in the slightly cooled drained lentils and moisten with orange juice if desired. Season, mix well and press into a greased baking dish. Top with the slices. Mix oil and syrup and brush over. Scatter over a little sage, cover with foil and bake for 60 minutes at 170°, removing foil half way through and turning up to 185°.

## Vegetarian (pulses) 6.3

### Vegetarian Shepherd's Pie

To make vegan adjust topping ingredients



#### Ingredients

5 oz/140g brown/Puy lentils, slug olive oil, 1 medium onion, 2 large carrots, stick celery/celeriac, 8 oz/225g sliced mushrooms, 1 clove garlic (optional) all diced, 1 tbsp curry powder/paste, 1 tsp thyme, 1 tbsp tomato purée, small 1 tin tomatoes, splash of balsamic vinegar, 1 tsp brown sugar, 2 tbsp soy sauce, ½ pint stock.

Topping: At least 2lb/900g potatoes (floury), 1oz/30g butter, 1 egg, cream/milk, 1 oz grated Parmesan, [turmeric, mustard optional]

#### Method

Wash and cook the lentils until soft in 3x volume stock according to time on packet. Meanwhile heat oil in a flame-proof casserole and fry onion slowly until beginning to brown then add carrot, celery/celeriac & mushrooms and fry until soft. Add the garlic then curry powder and cook, stirring. Add herbs, tomatoes, soy sauce, drained lentils, parsley, sugar and vinegar. Stir in the stock. Season, adjust liquid and add topping. Optionally first transfer to a 22x22cm baking dish.

**Potato topping:** Set oven to 170° Peel potatoes and simmer gently in a large pan, typically 15-20 minutes. Test with skewer. Drain thoroughly and mash in the pan with the butter, salt and lots of pepper and optionally cream, most grated Parmesan, turmeric, nutmeg or garlic.

Beat well with an egg before arranging over filling, starting around the edge and working inwards. Finally rake into ridges with a fork and dot well with butter, (remaining grated Parmesan). Cover with foil. Set oven to 170°. Bake until warm through, typically 30 minutes depending on whether already hot, then a further 15-20 minutes at 190° foil removed to brown.

#### Variations:

Mix red wine with stock; mix celeriac with the mash; replace mushrooms by sweet potato, or add cooked broccoli before baking

## Vegetarian (pulses) 6.4

### Red lentil dhal



Blitz with a hand held blender for a smoother mix

#### Ingredients

**Dhal:** 6oz/170g red lentils, ½ tsp turmeric. **Tarka:** 2 tbsp oil, 1 onion ½ in ginger both finely diced, [¼ tsp mustard seed optl,] ¼ tsp cumin seed, 1-2 green chilli de-seeded and chopped, 1 tsp ground coriander, 1 tbsp tomato paste in 2 tbsp water, ½ tsp lemon juice

#### Method

**Dhal:** Rinse the lentils until the water runs clear. Add to a pan with the turmeric and water to just cover. Simmer until tender (15-20 min. adding water if it dries out; skim off any scum) and desired consistency.

**Tarka:** Heat oil to medium. Add mustard/cumin seeds & fry 30 sec. They should crackle a bit. Turn heat down and add onion. Cook until translucent. Add green chilli & ginger, and cook for around 2 min. Stir in coriander then tomato. Cook for 20-30 seconds then add to the dhal and stir well to combine. Slacken with little water if desired. Add lemon juice and season.

### Black dhal



#### Ingredients

6oz/170g Puy lentils, water or stock, 1 tbsp oil, ½ tsp cumin seeds, ½ tsp turmeric, ½ tbsp garlic paste, ½ small onion finely chopped, 1 inch chopped ginger, ½ red chilli, 80 ml coconut cream, ½ lime (juiced)

#### Method

Wash and cook the lentils until soft in 3x volume stock according to time on packet (typically 30-35 min.). Fry the cumin seeds until they pop, add onion and cook 5 min until soft; stir in garlic and ginger etc. Add the cooked lentils and coat in the oil. Stir in cream and finally lime juice.

### South Indian Dosa

*These thin pancakes are made from a fermented batter of ground black lentils (urad dal) and rice. It isn't a simple recipe but a reasonable attempt can be made with equal quantities of gram (chickpea) flour and wheat or rice flour.*

*Mix the flours, ¼ tsp baking soda and salt in a bowl with enough water to make a runny batter - far runnier than a pancake batter to make it fairly thin. Heat a griddle over medium-high heat. Pour about half a cup of batter into the middle and quickly, spread outward in a circular motion with the bottom of the ladle. It should be fairly thin to be crispy. Sprinkle or spray some oil around the edges. Cook until the top is dry and the edges are browned. Remove and stuff.*

## Vegetarian (pulses) 6.5

### Lentil & Pasta Bake



*Cooked lentils, freshly cooked pasta bound with a sauce, topped and baked in the oven*

#### Ingredients

4 oz Puy or green lentils, stock/wine, 1 onion, 1 pepper, oil, dried thyme, garlic puree, 1 tin chopped tomatoes, squeeze of tomato puree, Worcestershire sauce or balsamic vinegar, pinch of sugar, fresh basil or pesto, frozen peas, dry pitted black olives (Crespo), 4 oz pasta (penne ).

**For topping:** 3 tbsp each brown breadcrumbs (less than 1 slice of bread) and finely grated Parmesan, 1 tsp pesto or basil, 2 tsp oil, butter optional.

#### Method

Wash and cook the lentils in three times their volume of stock/wine/water for time given on packet, typically 30 minutes.

Chop and fry the onion and pepper with thyme in a little oil gently until golden, typically 20 minutes. Add the garlic puree and stir for 1 minute. [Put water on for the pasta]

Add the tomatoes and basil/pesto and a little Worcestershire sauce and sugar and simmer for 10 minutes; add frozen peas and olives and continue until peas are cooked. Add the drained lentils and reheat. The mixture should be fairly stiff.

Cook the pasta according to packet (typically 12 minutes), drain and add to the sauce and lentils. Combine all well and season to taste. Spread into a baking dish say 20 cm square by 5 cm high and level out.

Separately combine the topping ingredients and sprinkle over. Optionally dot with butter.

Bake 180° for 15 minutes (longer if it has been allowed to cool)

#### Variations:

Add some diced carrots to the onion mix from start

It would be possible to add a moussaka topping (milk, egg, cheese)

For non-vegetarians, add some chopped smoked bacon with the onion

See also 5.9 **tuna pasta bake** substituting the bacon with cooked lentils - this uses a bechamel and cheese sauce with celery and leeks

## Vegetarian (pulses) 6.6

### Lentil Ragù for pasta



#### Ingredients

1 large onion finely chopped, 3 garlic cloves crushed & chopped, 1 celery stick finely chopped, 1 carrot finely diced, 150g dried Puy lentils, rinsed, 1 large tin chopped tomatoes, glass robust red wine, 1 vegetable stock cube, 2 tbsp tomato puree, 1 tbsp balsamic vinegar, 1 tsp sweet smoked paprika, 1 tsp curry powder, 2 tsp dried thyme, 1 tsp dried sage, fresh chopped basil, 220-250 ml boiling water

[for two people, halve most ingredients and use medium onion, small tin 210g tomatoes and 120 ml water]

#### Method

Heat a tbsp of oil in a large saucepan on medium. Add the onion and carrot and cook, stirring occasionally until golden, (6-8 min). Add the garlic and celery, stir and cook for 5 minutes. Add the lentils along with all the remaining ingredients, apart from the basil. Bring to a gentle simmer and leave for 25-35 minutes according to packet, stirring occasionally. The sauce should have thickened and be dark red in colour, lentils should have just a slight bite to them; continue cooking if necessary. Serve with pasta, parmesan and basil. It can be prepared in advance and reheated.

#### Variations:

Chop and roast various vegetables, mash and add

For a meatier taste add some out of 1tbsp red miso, 1 tsp marmite, ½ tsp powdered porcini



## Vegetarian (pulses) 6.7

### Veggie Burgers



*A veggie burger is not an imitation of a beefburger, but a dish in its own right, including a fair proportion of vegetables in addition to pulses, grains and optionally finely grated cheese.*

#### Ingredients

A 8oz / 225g mushrooms, 1 medium carrot, 3 oz / 85g broccoli florets, ½ small onion finely chopped,

B 2 medium garlic cloves finely chopped, 2 tbsp oil, 1 tsp smoked paprika and spices of choice, ¾ tsp salt, pepper,

C 15 oz / 425g tin of cooked beans (black, red, kidney),

D 3 oz / 85g chopped nuts, 3 oz / 85g chopped fresh spinach, herbs of choice, up to 2 oz / 55g finely grated cheese, 1 tbsp tomato purée, 1 slice of bread in crumbs,

E 2 large eggs, beaten

F 4 oz / 115g cooked whole grain rice, preferably brown.

#### Method

Chop vegetables A, spread on a baking tray and bake for 20-30 minutes, turning over occasionally, and remove to a bowl only when the vegetables are just soft.

Pulse in the ingredients B, leaving plenty of texture.

Drain, rinse, dry and crush the beans, C, and add to the mix.

Add ingredients D and pulse to combine.

Mix in the eggs, purée and rice. Allow to cool and refrigerate until needed.

Form into rounds 1.8 cm thick and fry on medium for 4-6 minutes per side, turning gently.

#### Other ingredients

Sweet potato, peppers, aubergines all provide that distinctive taste and all benefit from addition of cumin or middle eastern spice mixes.

Lemon juice or sumac can lift the flavour.

Cheese options include feta, Parmesan, halloumi.

## Vegetarian (pulses) 6.8

### Veggie Loaf & Balls



#### Ingredients

1 large chopped onion, 3 garlic cloves minced, a carrot, a parsnip and a celery stick, 1 oz oil or butter, dark stock with 1-2 tsp yeast extract and/or soy sauce, 2 large mushrooms, 4oz/110g brown bread crumbs, 3oz/85g each finely ground pecans and almonds, 1 beaten egg.

**Optional stuffings:** Duxelles, stewed leeks, spinach purée & grated cheese, chopped tomatoes, cooked vegetable, boiled egg.

#### Method

Soften onion & garlic in oil or butter, finely dice and sweat vegetables and mushrooms until liquid has been evaporated (about 15 minutes). Add any herbs & spices, then stir in a dessertspoon of flour for thickening and finally bread crumbs, ground nuts and beaten egg. 0-6 oz/165g grated cheese can be stirred in. Add about 5fl oz/150ml of the stock mix to achieve a moist but stiff consistency and any other flavourings. Too much liquid and the inside will be sloppy, too little and it will be dry. If baking in a thin layer in a flat open tin use more liquid.

Brush a loaf tin with oil and line the base with nonstick baking parchment or **well greased** foil, extending the paper up the narrower sides of the tin. Sprinkle well with dried bread or biscuit crumbs, placing some nuts or sliced tomato or cooked vegetables for decoration. Fill with mixture, layering with any stuffing. Drizzle with olive oil and bake 190° for 45 minutes until coming away from the sides. (Allow 60 minutes if over 24oz/700g) Cool a little before turning out. To turn a loaf into a roast, shape in a loaf tin but turn out, coat with crumbs and bake in an open tin at 200° for 35-45 minutes, basting with oil.

**Pale nut loaf:** use 1 onion, 3 cloves garlic minced, 2 sticks celery diced, 2 parsnips, 2 leeks, lemon zest, 7 oz white breadcrumbs, 10 oz pale nuts, ground, 4 fl oz yoghurt & 2 eggs

**Cheese & Nut balls:** Use 8oz breadcrumbs, 8 oz nuts (pecans), 2 eggs beaten, soy sauce mustard, 6 oz Cheddar, grated.

Mix well, form into balls, optionally coat with sesame seeds and bake on a tray 180° 20-25 minutes.

## Vegetarian (baking) 6.9

### Vegetarian Root Crumble



#### Ingredients

400ml vegetable stock, 450g celeriac, peeled and diced, 3 carrots, peeled and diced, 3 small sweet potatoes, peeled and diced, 2 leeks, sliced, ½ butternut peeled & diced, 200ml tub crème fraîche, 2 tbsp plain flour, 1 tbsp mustard, 1 tsp thyme leaves

For the crumble: 50g butter, diced, 50g plain flour, 50g ground almonds, 50g Parmesan, grated, 25g flaked almonds

#### Method

Pour the stock into a large pan and bring to the boil. Tip in the celeriac, carrots and sweet potato, then add the leeks. Cover the pan and cook for 10 mins. Beat the crème fraîche with the flour and mustard. Stir into the vegetables until thickened, then add the thyme and season. Remove from the heat.

**Crumble topping:** rub the butter into the flour and ground almonds. Season, then stir in the Parmesan and flaked almonds. Spoon the filling into an ovenproof dish, adjusting the liquid, and scatter the crumble on top. Bake 170C for 30-35 min. until golden.

### Tomato Charlotte



#### Ingredients

450g tomatoes, thinly sliced, 1½ tbsp fresh basil, chopped, 2 tsp caster sugar, 125g breadcrumbs, 50g butter, Salt & pepper

#### Method

In a buttered gratin or baking dish layer some of the tomatoes. Season with salt, pepper, basil leaves and some of the sugar. Cover with some of the breadcrumbs and dot with butter. Repeat the layers until all the ingredients are used, finishing with breadcrumbs and butter. Bake for 30 minutes at 180°C or until the top has browned.

**Variations:** Other vegetable fruits could be cooked this way; adjust cooking time or part cook the vegetables in advance.

*The fillings for crumble, pie and cobbler work equally well with each topping. See also veg shepherd's pie. Alternatively, instead of a topping, add pasta or rice during cooking, and this allows you to cook on the hob.*

## Vegetarian (baking) 6.10

### Parsnip, mushroom & pecan crumble



#### Ingredients

**Topping:** 4oz/110g flour preferably whole wheat, 2½ oz/70g butter, 2½ oz/70g chopped pecans, 1 tsp thyme.

**Filling:** 4 good quality large parsnips, peeled and diced, ½ lb/250g mushrooms sliced, 1 onion chopped, 1 oz butter

**Sauce:** 10 fl oz milk, 1oz/30g butter, 1oz/30g flour, nutmeg, 2oz/60g ground pecans, 1 tbsp soy sauce, 1 heaped tsp red currant jelly or dark brown sugar.

#### Method

**Topping:** Rub the fat into the flour (or use food mixer) and stir in the chopped pecans and thyme and season with salt and pepper.

**Filling:** Soften onion in butter in a frying pan for 5 min., add mushrooms and reduce until the water exuded has completely disappeared. Add the parsnips and fry until golden and soft.

**Sauce:** In a small non-stick pan, melt the butter and stir in the flour.

Immediately and gradually start adding the milk and quickly amalgamate, stirring and heating gently to avoid lumps until the sauce thickens and starts to bubble. Season with nutmeg, s&p then simmer for 5 min. Enrich with the soy sauce and optional jelly/sugar. Cook 5 min. then stir in the ground pecans; adjust consistency with milk if required.

Mix with the vegetables, and then transfer to a 22cmx22cm baking dish, checking it is sufficiently moist but not swimming. Sprinkle topping evenly over and bake 30-40 minutes at 180° until brown & crisp.

**Variations:** Incorporate cooked broccoli, brown/Puy lentils, use walnuts if pecans unavailable.

### Olive Mushroom Cake



#### Ingredients

300g/ 10oz flour, 2.5 tsp baking powder, 4 eggs, 150 ml/5 fl oz white wine, 4 tbsp olive oil, 225 g/ 8 oz pitted green olives, 175g/ 6oz mushrooms, sliced, 175g/ 6oz cheese grated, butter

#### Method

Grease a 20cm/ 8" cake tin. Put flour, baking powder & salt into a mixing bowl and break in the eggs. Add the wine and oil. Mix until smooth, stir in the olives, mushrooms and cheese. Spoon into the tin. Bake for 10 min. at 200C and turn down to 180C for 40-50 min until brown and firm when tested with a skewer.

## Vegetarian (baking) 6.11

### Aubergine & Tomato Cobbler



#### Ingredients

2 medium aubergines, 4-5tbsp oil 1 onion, chopped, 1-2 red peppers, sliced, 1 clove garlic, crushed, 1 tin tomatoes, oregano, fresh basil, ½ tsp sugar, s&p 55g/ 2oz stale brown bread cut in 1cm cubes, 225ml/ 8floz Greek yoghurt.

For the topping: 6 oz flour, 1.5 tsp baking powder, 1½ oz butter, 20 oz Cheddar, grated, 1 tbsp chopped fresh basil 1¼ pt milk

#### Method

Slice the aubergines, sauté the onion on low for 10 min. until soft, add the peppers and cook for 5 min.; add the garlic, tomatoes, sugar and herbs. Cook for 5 min., stir in the breadcrumbs and remove from heat. Brush the aubergine slices and grill both sides until brown. Put alternate layers of aubergine, tomato mixture and yoghurt, finishing with tomato. Make the topping while the oven heats to 180C. Sift the flour, baking powder and rub in the butter. Stir in the cheese and herbs, then pour the milk into the middle and mix with a knife. Knead lightly and form into balls. Flour each and distribute evenly over the tomato mixture. Bake uncovered 25-20 minutes until risen and brown

### Courgette & Tomato Gratin



#### Ingredients

6 medium courgettes sliced lengthwise, 5 tbsp olive oil, 220g/7.5oz double cream, 120g/4oz grated Cheddar/Parmesan, 8 tomatoes sliced, 2 chopped cloves garlic, 100g fresh breadcrumbs, oregano

#### Method

Brown courgettes in oil in batches (2 mins) with the garlic. Layer and season the courgettes, tomatoes, two thirds of the cheese in an 11x11 baking tin. Mix cream with oregano and pour over. Mix remaining cheese with breadcrumbs and sprinkle over. Pour over the oil from the frying pan

Bake for 30 minutes at 180° until golden on top and heated through.

## Vegetarian (baking) 6.12

### Savoury Cheese pudding



#### Ingredients

1 large onion, chopped, 1 pepper, chopped, 25g/ 1 oz butter, 100g /4oz fresh whole wheat breadcrumbs, 1 large can tomatoes, 2 tbsp chopped parsley, 100g /4oz grated Cheddar, Tabasco sauce, milk, butter s&p

#### Method

Fry the onion & pepper in the butter for 10 min. until soft. Add the remaining ingredients, stir and season. Slacken with a little milk if needed to a soft consistency. Spoon into a shallow greased dish and bake 30 minutes until golden brown.

#### Variations:

Add drained chopped spinach to the cheese mix. Add 2 tsp Pesto and some sun dried tomatoes in place of mustard. Use a different cheese.

### Tomato Tarte Tatin



#### Ingredients

45g/1½oz butter, 30g/1oz soft light brown sugar, 1½ tsp balsamic vinegar, 5 plum tomatoes peeled, basil leaves

Scone dough: 110/4oz flour x 1¼ tsp baking powder, pinch dry mustard, pinch Cayenne, 2 tbsp olive oil, 6 olives, pitted & chopped, 1egg, s&p 1-2 tbsp milk

#### Method

Melt the butter in a 20cm/8” flame-proof pan, add the sugar and cook over low heat until it begins to caramelize. Add the vinegar & boil 30 seconds. Cut tomatoes in half lengthways. Scatter some basil leaves on the caramel then arrange the tomatoes cut side down in a single complete layer.

Sift the flour, baking powder, mustard and cayenne in a large bowl. Add the oil and mix with a knife until breadcrumbs. Stir in the olives and season. Mix to a spongy dough with egg and milk. Turn onto a floured surface and knead until smooth. Roll out about ¼ “ thick to fit the pan and lay on top, pressing down lightly and tucking in the edges. Bake for 10-15 min. until top is firm and slightly golden. Loosen edges and invert

#### Variations:

In place of tomatoes take 3 heads chicory, cut in half lengthwise and soften cut side down in a little butter and sugar before adding to the tart, with a sprinkling of orange zest. Fill in the gaps with sautéed onion.

## Vegetarian (dairy) 6.13

### Vegetables Parmigiana



*Not particularly Italian, but a useful one-pot filler.*

#### Ingredients

Tomato layers: Large onion, 3 cloves garlic, 1 oz butter or olive oil, tin or two of tomatoes, basil, pinch sugar, salt, pepper.

Cheese layers: 8 oz/225g cheddar cheese, fennel seeds optional

Vegetable layers: vegetable(s) of choice (mushrooms, beans, sautéed sliced courgettes or aubergines, potatoes, leeks, celery, broccoli etc. and herbs such as basil or thyme to complement.

★ Breadcrumbs, pepper, olive oil for topping

#### Method

Barely cook the vegetables for the vegetable layers.

Fry a large chopped onion in butter or olive oil until soft and golden brown, adding garlic toward the end, then add basil and the tomatoes. Simmer 30 minutes to reduce. Season. In a greased casserole alternate layers of cooked vegetable, tomato mixture and grated cheese, finishing with tomatoes. Mix the breadcrumbs, oil and seasoning and sprinkle over. Bake for 30 minutes at 190° until golden on top and hot through.

#### Variations

Put a little anchovy into the tomato sauce after the onion.

Add chopped cooked smoke bacon to the sauce.

Add chopped tarragon or fennel seeds with the cheese

### Celeriac & potato layer



#### Ingredients

25g/1 oz butter, 2 large potatoes, 2 onions and ½ celeriac, all peeled and sliced thinly, 100g/4oz Cheddar, grated, S&P, 4-6 tbsp milk

#### Method

Grease a shallow casserole with half the butter. Alternate layers of potato, celeriac, onion, S&P and cheese ending with potato. Pour over the milk, dot with butter. Cover with foil/greaseproof and bake 1½ hours at 150° C until soft to a skewer.

#### Variations

Put a layer of sliced tomato over before baking

## Vegetarian (dairy) 6.14

### Cheats Cheese Soufflé



#### Ingredients

45g/1½ oz butter, 110g/4 oz breadcrumbs, 4 eggs, 1 tsp dry English mustard, 425ml/¾ pint milk, 140g/5oz mature Cheddar, grated, z/25g Parmesan cheese, finely grated, nutmeg, s&p

#### Method

Grease a straight sided dish with butter and sprinkle with 1 tbsp breadcrumbs.

Separate the eggs. Mix mustard with the yolks. Put the milk and remaining butter in a small pan had heat to melt the butter. Pour onto the egg yolks, stirring continuously, then stir in the remaining breadcrumbs, cheese and seasoning. Leave 5 min. for bread to swell. Whisk the egg whites into soft peaks. Fold in the cheese mixture with a large metal spoon. Pour into the dish and bake 20 minutes at 190C. Lower to 180C and leave a further 25 minutes until risen and golden brown.

#### Variations:

Add drained chopped spinach to the cheese mix.

Add 2 tsp Pesto and some sundried tomatoes in place of mustard

Use a different cheese.

### Cauliflower egg burji



*Indian scrambled egg*

#### Ingredients

1 onion, 1 small cauliflower, 1 stick celery, or 1 pepper, diced garlic, diced ginger, ½ tsp cumin seeds, 1 tsp fennel seeds, 1 heaped tsp curry paste, 4 eggs, small tin of tomatoes, 1 tbsp oil

#### Method

Finely chop onion & celery/pepper and fry in the oil until soft and golden (8 min). Meanwhile cut cauliflower into small pieces or grate. Add the seeds, garlic and ginger and stir for 1 minute. Stir in curry paste and tomato. Stir in the cauliflower and cook covered until soft. Beat the eggs with seasoning and pour over. Wait 2 minutes before folding in. The residual heat should cook the egg.



## Vegetarian (dairy) 6.15

### Spanish Omelette (tortilla)



Allow 30-40 minutes. Exact time depends on size of pan.

#### Ingredients

5 large eggs, 1 medium onion cut in segments, 10oz/280g potatoes cut small, 1 red pepper sliced, 6oz/170g celeriac or celery cut small, 3 tbsp olive oil, herbs or parsley to taste.

#### Method

Heat the oil in a medium sized non-stick frying pan and add the vegetables. Season well, turn down and cover. Simmer for up to 20 minutes until soft, turning occasionally. Meanwhile break the eggs into a large bowl, season and mix with a fork with herbs and/or parsley. When the vegetables are soft, rake them into the bowl, leaving the oil behind. Mix the vegetables well into the egg mixture. Reheat the pan and return the mix, spreading it out. Turn down and heat uncovered until there is very little liquid left. (10-20 min according to thickness). Place a large dinner plate over the top then invert the pan. Slide the omelette back into the pan for two minutes. Turn off the heat and wait another 5 minutes.

#### Variations:

Other vegetables, e.g. sweet potato, plum tomato, pak choi or add chorizo

### Courgette Eggah



#### Ingredients

4 large eggs, 1 medium onion finely chopped, 200g courgettes, sliced thinly and salted 30 min in a colander, 3 slices of bread, crusts removed soaked in milk, chopped basil, 1 oz butter, S & P.

#### Method

Melt half the butter in a frying pan, and fry the onion slowly until golden. Rinse and pat dry the courgettes and stir in. Sauté until soft and lightly coloured all over.

Beat the eggs in a large bowl; squeeze the bread dry and add, separating in your hands. Stir in the onion courgette mixture and all other ingredients

Reheat the pan with remaining butter and add the mix, levelling it out. Turn down and heat, gently, uncovered, until there is very little liquid left. (10-20 min according to thickness). Then continue cooking until top is just dry or invert with a dinner plate to finish.

## Vegetarian (dairy) 6.16

### Cheese & Spinach Omelette



#### Ingredients

For two: 5 large eggs, 1 oz /25g butter, 1 bag washed baby spinach, 1 oz /25g Parmesan cheese, finely grated, nutmeg.

#### Method

Shell the eggs into a bowl and combine well with salt and pepper using a balloon whisk without entraining too much air. Heat large (23cm diameter) frying pan and add half the butter. When sizzling add the spinach and stir, until just wilted. Remove with a slotted spoon and add remainder of butter to the pan. When bubbling, stir rapidly into the egg mixture and return the pan until very hot. Pour in the egg mixture and spread round the pan (by tipping the pan). After a minute distribute the spinach across the centre of the pan leaving two ends free. Grate over nutmeg then sprinkle over the cheese. Draw the edges of the omelette inward to allow the uncooked egg to reach the surface of the pan. When the omelette is cooked to your preferred amount (runny or not) fold the two free ends over the middle and slip the omelette out onto a warm serving dish.

#### Variations:

Cherry tomatoes, cooked until charred then garlic & basil added.  
Cooked peas or sauté sliced button mushrooms. Most things cooked.

**Cabbage Omelette** Slice an onion and half a quartered cabbage (removing stalk) very finely. Sauté in the pan 10-15 minutes with a knob of butter and splash of oil [tsp sesame oil, ginger] and some fennel seeds until just soft and browning. Add 2 tsp soy sauce, S & P. Pour in the prepared eggs, stir in quickly then cook in the normal way, turning over part way if desired.

### Cauliflower, celeriac & potato mash



Combine with dhal, below, and cavolo nero for a complete course

#### Ingredients

2 large baking potatoes, ½ cauliflower, amount of celeriac equal to weight of potatoes, 1 oz/30g butter, 1oz/30g finely grated Parmesan, ¼ tsp sage

#### Method

Peel the potatoes & celeriac, cut in pieces and gently boil in the normal way, adding the cauliflower in florets half way through. Mash in the pan with butter, seasoning, sage, cheese and salt, all according to taste.

## Vegetarian (dairy) 6.17

### Asparagus, Hollandaise & cheesy mashed potato

Real comfort food



#### Ingredients

2 tbsp lemon juice, 3 egg yolks, 6oz/170g butter cut into cubes, vinegar (optional), bundle of fresh green asparagus, 1½lb/700g floury potatoes, 6oz/170g cheddar or similar cheese, 2 floz/60ml double cream, black pepper, mustard

#### Method

**Mash:** Peel and boil the potatoes and mash in the pan with butter, cream, black pepper, mustard and grated cheese. All according to taste.

**Hollandaise:** In the bowl of a hot double boiler off the boil put lemon juice, a small dash of vinegar (optional) and the egg yolks and one butter cube and whisk continuously while heating. As the butter melts and thickens add more butter. When you add the last cube remove the bowl from the heat and continue to whisk until the sauce has cooled and stabilised before pouring into your jug

[Or: In a bowl combine the warm egg yolks, mustard, lemon juice and blend with an immersion blender for 5 seconds. Heat the butter in a glass jug in a microwave about 1 minute until completely melted and hot. While blending the eggs, pour the butter in, in a thin steady stream, slowly at first. It should thicken]

**Asparagus:** Use the thin green asparagus which doesn't need peeling or peel the white variety. Hold each end of a spear and bend together until it snaps off at the base. There is a knack to this to ensure the break occurs at the point where the asparagus stops being stringy. Cook on its side in a steamer, 4 minutes or so. Test for done-ness.

**Assembly:** On warm plates serve a mound of potato and the asparagus and serve the Hollandaise and black pepper separately or pour around.

#### Variations:

Top with a poached or coddled egg.

Substitute or add baked sausages. (Rub sausages in oil and bake on a rack 30 minutes at 190° for 30 minutes, turning occasionally).

Fold in an egg white, whisked to a stiff peak, into the just made sauce. This helps to stabilise it.

## Vegetarian (dairy) 6.18

### Mushroom & spinach casserole



Mushrooms shrink as they exude moisture so timing is important.

#### Ingredients

3tbsp oil, pack portabella mushrooms chopped, pack washed baby spinach, 3oz dry weight cooked pasta, finely chopped garlic, finely chopped ginger, nutmeg, 1 tsp coriander, pine nuts, walnuts, 2 oz grated cheddar cheese, soy sauce, basil, s & p

#### Method

Heat oil in large flameproof casserole on medium. Add mushrooms, turning occasionally until softened, and a bit brown but before too much juice is expelled. Add nuts, garlic, pasta and ginger, stir 1 min, stir in the spinach with the spices and basil until wilted. Stir in cheese then a splash of soy sauce and serve immediately.

#### Accompaniment

Cooked lentils or beans would complement the protein, served separately or heated and mixed in.

### Vegetables with ricotta



An example of vegetables by the stoving method.

#### Ingredients

1 tbsp olive oil, 2 tsp butter, 1 large leek, washed and sliced, 2 sticks celery finely sliced, ½ cauliflower in small florets, [or 1 large courgette diced/cabbage sliced optional], zest and juice 1 lemon, a few cherry tomatoes, [cooked green lentils, optional], finely chopped fresh basil, 1 tsp ground coriander, 70g ricotta, grating of nutmeg

#### Method

In a flame-proof casserole over a medium heat, heat the oil and butter and add the leek, celery and cauliflower. Partially cover and cook for 6 mins, turning the contents occasionally to brown a little. Reduce the heat, add the lemon, tomatoes, cover and cook up to twenty minutes until the vegetables have softened. Reheat with the lentils if using. Season, stir and top with teaspoonfuls of ricotta and the herbs and spices before serving.

#### Options

Add walnuts with the leeks

## Vegetarian (dairy) 6.19

## Vegetarian (stuffed) 6.20

### Stuffed mushrooms



*Mushrooms shrink as they exude moisture so go easy on the stuffing.*

#### Ingredients

One large flat topped Portabello mushroom per person as a starter, two for main course, olive oil plus filling, or cream, tarragon and pepper

#### Method

Rub the mushrooms clean, trim round excess skin and pare down stalks carefully. Brush caps sparingly with oil and arrange on a foil lined baking tray skin side uppermost. Bake at 180° for 3 minutes then turn over and fill each cup with one of the following fillings and return until brown and base is soft to a skewer (typically 12 minutes):

**Filling for 4 mushrooms:** In a medium bowl blitz 1 large slice brown bread to crumbs and stir in lightly 1 oz/30g finely grated Parmesan, zest of a lemon, finely chopped ginger, parsley, and/or fresh basil as desired. In a small bowl mix 2-3 tsp garlic paste, a shake of ketchup and/or tsp English mustard, juice ½ a lemon, 2 tbsp or so olive oil and combine with crumbs. Add more oil if needed Spoon into the cups

#### Other fillings:

##### **Spinach, Blue Cheese & Walnut:**

3 oz/85g baby leaf spinach or 2 oz/60g cooked cavolo nero, ½ oz melted butter, 2 oz finely crumbled blue cheese, ½ - 1 oz finely grated Parmesan, thyme, soy sauce, nutmeg, pepper, 1½ oz/42g walnuts

● Microwave the baby leaf spinach (1 min?) or take the cavolo nero, squeeze dry and chop finely. In a medium bowl combine the melted butter, blue cheese, most of the Parmesan, the spinach or cavolo nero, a shake of thyme, a little nutmeg, a scant splash of soy sauce, and pepper. Spread evenly over the precooked caps. Finely chop the walnuts and sprinkle evenly over the filling. Add the remaining Parmesan and bake 12-14 minutes. There will be some exuded liquid in the tray.

**Butter bean:** In a blender combine medium tin of butter beans, drained, with one egg, a little cream and much seasoning.

**Italian:** Chop & combine the stalks, a small onion, 2 cloves garlic, parsley and thyme. Heat 4 tbsp olive oil in a frying pan and cook the mix for about 5 mins. Stir in 2 oz bread crumbs, 2 oz freshly grated Parmesan and seasoning. Sprinkle over the cups and drizzle with oil.

## Vegetarian (stuffed) 6.21

### Aubergine Toppers



*This produces a main course for 2 or a starter for 4. Needs 2h*

#### Ingredients

2 young aubergines, slim variety

**Marinade:** 2 tbsp olive oil; ½ tsp balsamic vinegar [or ½ tsp wine vinegar/lemon juice plus 1 tsp runny honey]; 2 tsp garlic purée; 1 tsp tomato paste; ½ tsp fresh ground and sieved cumin seeds; sprinkling of finely chopped basil (e.g. Waitrose cooks ingredients) or Pesto; pepper.

**Topping:** 6 medium button mushrooms, sliced, tarragon; small tin chopped tomatoes or equivalent; 100g buffalo mozzarella or grated Cheddar; 1 tbsp olive oil; sprinkling of chopped fresh basil or Pesto.

#### Method

Combine the marinade in a small bowl. Cut aubergines in half lengthways, cut deep into the flesh without piercing the skin to form a diagonal grid pattern. Assemble cut side up on a piece of foil on a baking tray. Brush the marinade over the cut surfaces, well into the incisions and smooth any remaining marinade over the top. Cover loosely with foil, attaching it to the lower piece to form a loose parcel and leave while heating the oven, or longer if possible.

Place in a hot oven at 180° for 30 minutes. Meanwhile fry the mushrooms in a little oil. Optionally with tarragon.

Remove tray from oven and take off the top foil. Spread the tomatoes evenly over each half with the Pesto, and scatter the mushrooms and Cheddar (if using) on top. Re-cover and return to the oven for 20 minutes, increasing temperature to 190°. Check the aubergines for softness with a skewer and allow another 10 minutes if necessary. Then dot with pieces of mozzarella (if using) and drizzle the oil. Return to the oven uncovered for no more than 10-15 minutes.

#### Variations:

Any ingredients for a pizza topping can be used. For non-vegetarians add 3 rashers smoked streaky bacon, chopped and fried with dried thyme; A hint of chilli could be added to the marinade.

## Vegetarian Course 6.22

### Mushroom Polenta Squares



*Serve warm*

#### Ingredients

##### Polenta

1 cup yellow cornmeal, 1 cup chicken broth, 1 cup milk, 1 bay leaf, 1/2 cup grated gruyere cheese, 2 tablespoons butter, divided, 2 tablespoons extra virgin olive oil, salt & pepper to taste

##### Mushroom ragu

20 oz mushrooms of various types, sliced where necessary, 1 tbsp butter, 2 tbsp olive oil, 1 large shallot, sliced, 2 tsp balsamic vinegar, 4 tbsp creme fraiche, 2-3 tbsp fresh parsley, minced, salt & pepper to taste.

#### Method

##### Polenta

Bring chicken broth, milk and bay leaf to a simmer in a medium sauce pan, turn off heat and cover for 15-20 minutes. Remove bay leaf. Bring mixture to a boil and slowly whisk in cornmeal, until thick and smooth (about 1-2 minutes), Add in butter and cheese off the heat and whisk until combined and melted. Pour polenta into a greased 8x8 square tin and smooth out evenly. Refrigerate for at least an hour, until firm, or overnight.

##### Mushroom Ragu

Melt butter and olive oil in a large skillet over medium high heat. Add mushrooms and let cook for 10-12 minutes, until soft and the water has mostly evaporated. Add shallots, balsamic vinegar, salt and pepper and sauté for another 2-3 minutes. Add crème fraiche and sauté for 1-2 minutes. Add parsley and season again with salt and pepper to taste.

##### Squares

Cut the chilled polenta into squares. In a medium skillet over medium high heat, melt remaining tablespoon of butter and 2 tablespoons olive oil. Pan fry polenta squares for about 2-3 minutes per side until golden brown. Drain on a paper towel. Spoon mushroom mixture over polenta squares. Top with extra grated Gruyere and fresh parsley.



## Flexi Course 7.1

### Quiche Lorraine



Whether you use bought pastry or make it yourself is up to you, but roll it out thinly. Replace bacon by another vegetable for vegetarian, bake in individual pots for starter.

#### Ingredients

**Pastry:** 6oz/170g plain flour, 3oz/85g butter, 1 egg, 2 tbsp cold water,

**Filling:** 6 rashers smoked bacon, 10floz/300ml double cream, 2 eggs & 2 egg yolks, with pepper and salt.

#### Method

**Pastry:** Cut fat into the sifted flour and rub in lightly with finger tips; touch lightly to aerate and avoid working the fat too far into the flour; shake the bowl to bring large pieces to the top. Alternatively cut in with a knife. Mix in the remaining dry ingredients. Mix the egg and water and stir in quickly but evenly with a blunt knife, using a cutting action. If all flour will not combine, add a little more water but don't over mix. Knead **just** enough to bind together. Allow to rest in a poly bag in the fridge for 30 minutes or more. Roll out and line an 8" greased and floured tart tin, preferably with a removable base. Rest in fridge while making the filling and prick base well with fork before using.

**Filling:** Dice and sweat the rashers of bacon until some of the moisture runs and evaporates and arrange on the bottom of the pastry. Beat together the double cream, eggs and egg yolks gently together and season well with pepper and salt. Pour over and bake at 190° for 20 minutes and 175° for a further 15 minutes or until the filling has just set. Serve hot or warm.

#### Variations:

Replace a proportion of the cream with the same quantity of cream cheese or creme fraiche.

Use yeasted pastry if you want authenticity

Use cooked ingredients to make any other kind of quiche

Cook the bacon until crispy and pour the fat into the egg mixture

For veggie use cherry tomatoes roasted at 180 for 20 minutes with olive oil, basil & garlic

*Pizza topping: wilted spinach, pesto, black olives, tuna, Parmesan, oil*

## Flexi Course 7.2

### Pizza



To minimise kneading, mix the dough and stand covered, overnight

#### Ingredients

**Plain dough:** 12oz/340g strong brown or white flour, 1-1½ tsp salt, 1 tsp sugar, 2 tbsp olive oil, 1 sachet (2 tsp) dried yeast, 7.5 floz/210ml water at 43°C 112° F.

**Sauce:** One of: a drained medium tin of tomatoes, crushed, homemade tomato sauce, pesto, tapenade, putanesca sauce or condimenti

**Topping:** mozzarella pieces, pitted black olives, chopped anchovies, chopped ham, artichoke hearts, wilted spinach, sliced tomatoes, tinned tuna, cooked vegetables/mushrooms, salami, grated cheese, herbs.

#### Method

**The base:** If the water is too hot, mix with cold to 43°C/112° F and discard the excess.

Sift the dry ingredients in a large bowl, make a well and pour in the water and oil. Mix well with a wooden spoon, cover and leave 5 mins. Scrape onto a floured board, dust with flour and knead for 5 mins; push down into the centre with the palm of one hand; grip with the same hand and push away to stretch. Fold back over the centre and repeat. Turn 90 degrees and repeat. When complete transfer to cleaned and oiled bowl, brush with oil, cover & rise to double - one hour or more.

Divide in two for two ten inch Pizzas. (Freeze one if not required.)

Preheat the Pizza sheet. Knock back, knead for 2 minutes, shape and roll out between floured baking parchment to fit baking sheet, well covered in flour or cornmeal.

**Topping:** Spread with the paste or thick sauce and top with selected topping items, finishing with cheese, as desired.

Drizzle with olive oil, slide off the baking sheet onto the Pizza sheet, replace in the oven for 12 - 15 minutes at 200°. Check cooked through.

**Thin bread** - roll out Pizza dough very thinly between baking parchment; mix 3 tbsp olive oil with garlic puree or minced garlic. Brush over, scatter with chopped herbs and finely grated Parmesan. Bake for 10-15 minutes, 230° until golden. No need to prove.

#### Genovese topping (needs no pre-cooking)

Small jar Pesto Genovese, ½ clove garlic, 250g mozzarella/ricotta in small pieces, some chopped basil leaves/rocket, 60 g peas, blanched & refreshed, 25 g Parmesan, grated, 25g pine nuts, ½ lemon, drizzle of olive oil.

## Flexi Course 7.3

### Pizza Tart



#### Ingredients

125g Ricotta/cream cheese, 1 tsp mustard, 6 medium-sized ripe tomatoes or equivalent cherry tomatoes, 1 sheet ready rolled puff pastry, 1 oz grated cheddar/Parmesan, 1 egg, lightly whisked, jar pesto, Black pepper

#### Method

Mix the soft cheese with the mustard and pepper until smooth. Cut the tomatoes into thin slices, or cherry tomatoes in half. Unroll the pastry into a rectangle straight onto a baking tray large enough to accommodate it, roll it out a little to 20cm x 24cm. With a knife, mark a border the thickness of 1-2cm around the edge. Don't cut through the pastry.

Spread the soft cheese on the pastry, but inside the border, then arrange the tomato slices on top, slightly overlapping them like fallen dominoes.

Scatter grated cheese over the top and drizzle with pesto. Brush egg around the exposed pastry edges.

Put the tart in the oven at 180° for 20 - 25 mins.

### Sausage Casserole



#### Ingredients

1 tbsp olive oil, 1 onion, finely chopped, 1 garlic clove crushed, ginger, finely chopped, 1 large celery stick & 1 carrot finely chopped, 2 peppers in chunks OR pack mushrooms sliced, pack 6 pork/veggie sausages (about 400g/14oz), 1 tsp sweet smoked paprika, ½ tsp ground cumin, ½ tsp chilli flakes/coarse Korean chili powder, 1 tsp dried thyme, 400g can chopped tomatoes, 1 tbsp tomato paste, 1 chicken/veggie stock cube, 400g can cannellini beans or puy lentils, drained, 250g bag spinach

#### Method

Put the oil in a large, heatproof casserole dish over a medium heat and brown the sausages, in batches if necessary, and reserve. Tip out fat if excessive. Add the onion, cooking for 5 mins until starting to soften. Tip in the garlic, celery & peppers/mushrooms, and give everything a good stir. Cook for 5 mins more. Sprinkle in the spices and season well. Pour over the tomatoes and bring to a simmer. Return the sausages. Add stock cube and top with boiling water. Cover and simmer gently for 40 mins, stirring every now and then. Add the beans and spinach, and stir to warm through.

**Option:** Heat grill to high. Scatter over 2 tbsp fresh breadcrumbs, whizzed with garlic, butter and herbs and grill 2-3 mins until golden and crisp.

## Flexi Course 7.4

### Chili con carne



*This is a ragu mixed with beans and served with rice. It goes equally well with lentil ragu for pasta, 6.6 (chili sin carne!)*

#### Ingredients

1 tbsp olive oil, 1 onion, 1 celery stick & 1 large carrot, all finely diced, 600g minced beef or venison, 3 tbsp tomato purée, 2 garlic cloves, finely grated, 2 tsp fresh thyme leaves, 2 tsp sweet smoked paprika, 2 tsp cumin powder, ½ tsp dried chili flakes or equivalent 150ml red wine (optional), 500ml beef stock, can of red kidney beans

#### Method

Fry the onion, celery and carrot in a large heavy pan on a medium heat for 10 mins, stirring occasionally, until softened and starting to colour. Stir in the mince and cook, breaking up any clumps of meat with a wooden spoon, until browned. Add the tomato purée, garlic, spices and thyme, and cook for 1-2 mins more. Pour in the wine (if using), then stir in the stock and season. Cover with a tight-fitting lid and leave to cook gently for 1 - 1¼ h until the meat is tender and the sauce has thickened. Remove the lid and continue cooking for 15 min to reduce. Meanwhile drain and rinse the beans. Add to the pan and simmer, stirring occasionally for about 10 minutes.

Serve with plain boiled rice.

### Savoury Bread & Butter Pudding



*An adaptation of bread and butter pudding*

#### Ingredients

8-10 slices white bread, 8oz/225g grated cheese, 1lb/450g diced cooked ham OR 450g cooked spinach with grated nutmeg, OR sliced tomatoes with basil, 20 fl oz/600ml milk 6 eggs, mustard

#### Method

If using spinach, wilt it, press out any moisture and chop.

Butter one side of the bread, adding mustard, and cut into triangles.

Butter a baking dish and layer the bread, cheese and filling, finishing with bread and reserving some cheese. Beat the eggs with the milk and pour carefully over. Set oven to 170° Stand for 30 minutes before sprinkling with remaining cheese then bake for 1 hour. Turn up towards the end of cooking to brown if required.

## Vegetable Methods 8.1

### Preparing Vegetables

**Artichokes globe** - see recipe in starters

**Artichokes Jerusalem** - scrub, cut into segments, peel and acidulate

**Asparagus** - snap off base at lowest point you get a clean fracture

**Aubergine** - cut according to recipe; consider salting to remove bitterness, less necessary with modern aubergines

**Beetroot** - if microwaving top, tail and peel. Otherwise cook whole

**Broad Beans** - shell

**Broccoli** - from the base, peel stalk and slice crosswise into disks, cutting off the florets as you proceed

**Brussels sprouts** - cut off dry base and remove outer leaves to leave a fresh green bud

**Cabbage wedges** - remove root and outer leaves, quarter or eighth and remove most of stalk

**Cabbage leaves** - remove root and outer leaves, snap off leaves and cut out thick stems. Shredded - cut the leaves across finely

**Cavolo Nero** - pull off stems, cut across into inch strips

**Carrots** - scrub and cut into disks, Julienne or dice

**Cauliflower** - see Broccoli

**Celeriac** - peel and cut into chunks or slices

**Celery** - top and tail, rinse, slice or Julienne or leave whole

**Chicory** - remove blemished outer leaves; for salad cut off base and peel off leaves, to bake leave whole or cut in two lengthways

**Chinese Leaf, Pak Choi** - remove base, cut stems and leaves separately

**Courgettes** - scrub, remove blemishes, cut according to recipe

**Fennel** - trim base and stalks and cut into 4 wedges.

**Kohl Rabi** - cut off the stalk and leaves

**Leeks** - remove blemished outer leaves, top & tail, cut according to recipe

**Mange-tout/sugar snap** - top & tail

**Mushrooms** - clean, cut off base and cut according to recipe

**Okra** - trim off dried end while careful not to expose seeds

**Onion** - cut off base, remove outer leaves and cut according to recipe

**Parsnip** - peel, top and tail, cut according to recipe

**Peas**, - shell

**Peppers** - cut around the stem and remove the seeds. Cut according to recipe. OR for stuffed peppers cut in half lengthways retaining stalk

## Vegetable Methods 8.2

**Salsify** - top, tail, scrub, scrape off dark skin & acidulate

**Samphire** - cut off any roots & blemishes

**Spinach** - sort out any blemished leaves

**Squash, butternut** - peel, cut in two, remove the hairy interior, cut further according to recipe

**Sweetcorn** - top and tail

**Sweet Potato** - peel and cut into chunks according to recipe

**Swedes** - peel and cut into chunks according to recipe

**Turnips** - peel (except babies) and cut into chunks according to recipe

*Microwave times are for a small quantity in a mixed selection*

### Vegetable times

	boiled	steamed	stoved	mwaved
asparagus thin green	--	5	6	3
aubergine slices	--	3-5		
beetroot small or quartered	30-60	--	--	6-8
beans broad	6	6	6	6
beans green whole	6	6	--	--
beans runner sliced	6	6	--	--
broccoli spears/florets	4	7	--	5-6
Brussels sprouts	4	7	15	--
butternut squash chunks	6	10	15	4-5
cabbage, cavolo nero leaves	--	6-10	10+	--
cabbage wedges Savoy	--	12	--	8
carrots cut in pieces	5-10	15	30	6-12
cauliflower florets	5	7-9	15	6
celeriac pieces	10	12	15	6
celery sliced	4	6-8	15	5-6
courgettes 1inch sliced	--	6	4	1
fennel wedges	7	12	15	8
leeks sliced	5-7	10	15	5-6
mushrooms sliced button	--	6	4	--
onions baby	--	12	15-20	9-11
parsnips quartered	5-10	12	15	6
peas un-thawed frozen	3	3	3	2
peppers cut eg quarters	--	6	6	2

under construction

## Vegetable Methods 8.3

potatoes, new small whole	12-15	15	30	5-6
potato chunks peeled	12-20	12	30	6
spinach	--	2	2	1
swede, turnip chunks	10-15	11	15-20	11
sweet potato chunks peeled	12-15	12	15	5
	<b>boiled</b>	<b>steamed</b>	<b>stoved</b>	<b>mwaved</b>

### Boiling Vegetables

Put a large pan of water on to boil well in advance as it takes time, and prepare vegetables while coming to the boil.

Cook each separately with the same large open pan of salted boiling water, removing with a slotted spoon. Finish with the green beans as these leave a scum behind. If you need to cook in advance, refresh when cooked, in a large container of cold water to arrest cooking, and drain thoroughly as soon as cold. Cast the vegetable into the boiling water and when returned to boiling, lower the heat to just simmering and start timing. 2 minutes or so before the end of estimated cooking time, withdraw a piece with a slotted spoon or tongs and cut in half to test. If it cuts easily with just a hint of resistance try with the mouth. Repeat every minute until just done. In the case of broccoli throw in the stalks 2 minutes in advance of the florets.

Typical cooking times see table.

### Steaming Vegetables

Current thinking favours steaming to boiling to retain goodness and flavour. Scrupulously wash the vegetables before steaming and cut to desired size. Set a basket over a pan of boiling water. Add the vegetables according to cooking time and cover. Time from when steam can be seen issuing from the vent.

### Finishing Vegetables

- Serve plain when accompanying fatty dishes
- With a knob of butter, spoon of creme fraiche or drizzle of good olive oil
- With Hollandaise or Mousseline sauce (See sauces)
- Hot or cold with a soy and sesame dressing (see oriental vinaigrette)
- To reheat from cold, toss in a little hot butter in a pan or (dry) in micro for 30-60 seconds, turning every 15 seconds; bake broccoli in hot oven dotted with butter and grated Parmesan at 180°.

## Vegetable Methods 8.4

### Vegetable Mash



*Most vegetables can be used and the result is usually comfort food.*

#### Ingredients

**One or two of:** broccoli spears, brussels sprouts, cabbage, celeriac, parsnip, peas, potato, spinach, swede, sweet potato.

Potato and celeriac or swede can be boiled together in acidulated water, but other vegetables are best cooked and mashed separately before combining. Use floury not waxy potatoes.

#### Method

It is usual to include a proportion of potatoes, but that could be substituted by sweet potato, yam or swede. Wash, peel and cut into regular pieces. Boil gently in a large open pan of salted water until **just** soft - typically 15-20 minutes for root vegetables. Strain well. If using several vegetables, combine them. Return to the hob and add 2 oz butter, 2 floz cream, 1 or 2 egg yolks, salt and pepper and mash well with a potato masher, stirring as it reheats until piping hot. In the case of stubborn vegetables such as sprouts or broccoli you may need to complete with a blender. Serve immediately in large spoonfuls or spread into a buttered oven proof dish, fork over the top, dot with butter and bake for 15 to 30 minutes at 190° depending on the thickness and the temperature of the mash before starting.

#### Variations:

Add spices and a little brown sugar to swede, grated cheese to potato. Bake with a layer of sautéed onion and mushroom or other filling.

### Rumbledethumps



#### Ingredients

Chopped onion, leeks, cabbage, peeled potato and parsnips or swede

#### Method

Melt 1oz butter with a little olive oil in a large frying pan and soften the onion, leeks and cabbage, stirring occasionally. Simmer the potatoes and parsnips in salted water in a large pan until tender. Combine all and mash well, adding salt, pepper and more butter to taste.

Variations: After cooking, blend in a little milk and an egg, spoon into a baking dish and bake for 30 minutes.



## Vegetable Methods 8.5

### Roasted Vegetables



#### Ingredients

Carrots, celeriac, fennel, Jerusalem artichokes, leeks, onions, parsnips, peppers, potatoes, swede, young turnips also (below) broccoli, cauliflower, olive oil (or dripping for potatoes)

#### Method

**Roots and tubers:** Put on a large pan of salted water to heat while peeling them and cutting them into pieces. Cut potatoes into chunks, cut parsnips and carrots down the middle to expose stems. Cut peppers into halves or quarters and remove the seeds. Trim fennel and cut in quarters. Set the oven to 180-200°. When water boils, pour the oil into a roasting tin large enough to take the vegetables in a single layer and place in oven. Parboil vegetables for 5 minutes, drain, drive any moisture off, season well, shake in the pan to roughen the surface and improve the crust. Bring out the tin and add the vegetables distribute well and return. Turn every 15 minutes. Bake 45-50 minutes, basting and turning occasionally until soft inside and golden crisp on the outside.

#### Variations:

Roast new potatoes with olive oil lemon & herbs. Herbs, spices, seeds, a little butter or Parmesan can be added at the shaking stage. You could omit the parboiling without serious consequences.

#### Broccoli & Cauliflower

Break into even florets and cut in two lengthways. In a large bowl, add 3 tbsp olive oil and herbs or spices of choice plus seasoning. Stir in the vegetables to coat well. Add to a preheated roasting tin. Roast 190° 30-40 minutes, turning occasionally. 15 minutes before the end add any chopped garlic, grated Parmesan, bread crumbs if desired. The vegetables will shrink enormously and will be slightly charred but will have an intense flavour.

Note: aubergines and courgettes are better grilled - see grilled marinated vegetables.

## Vegetable Methods 8.6

### Stoved Vegetables



*This technique uses a flameproof casserole to cook vegetables, covered, in their own moisture with just a dash of oil and butter; on the stove or in the oven; the smaller the sizes the quicker the cooking.*

#### Ingredients

Any from the timing chart on page 4.5, individually or together.

#### Method

If using an onion or garlic, peel and chop. Peel or scrub roots and tubers and cut into equal-sized chunks. Cut peppers into halves and remove the seeds. Cut into equal sized pieces. Trim fennel, quarter and remove the root and cut into wedges. Pull cavolo nero off the stalks, cut crossways into 1 inch strips, rinse and pat dry.

Put a flameproof casserole with a tight-fitting lid on a medium heat and add a knob of butter and splash of oil. When hot, add onion and soften gently without browning (about 5 minutes), adding any garlic and fennel seeds part way through.

Set the timer to match the longest cooking vegetables, add them to the casserole with any flavourings (herbs or spices) to suit the mix.

Incorporate in the oil; cover and turn down to a low heat. When the timer gets down to the time required for the next longest ingredients add, stir quickly and re-cover. Continue for the remaining ingredients. Before adding courgettes, peas or spinach check for softness with a knife and if necessary add some more time. When nearly done check the liquid. If there is too much, partially re-cover only.

#### Variations:

A little tomato puree, stock or wine can be added.

Add cherry tomatoes for the last five minutes.

Cook faster to char the vegetables if desired.

#### Examples:

Sweetheart cabbage and peas with fennel seeds, tarragon.

★ omit the butter

## Vegetable Methods 8.7

### Steamed vegetable selection



#### Ingredients

Per person: 2 small new potatoes, wedge of Savoy cabbage, a parsnip and/or chunk of celeriac, 1 leek, a few sliced beans

#### Method

Put a steaming pan on to boil with plenty of water while preparing the vegetables. Wash the potatoes, remove blemishes from cabbage, peel and cut parsnip as for roasting, peel celeriac and cut into potato sized pieces, peel and slice leeks crosswise.

Put the potatoes and cabbage into the steamer when water boils. Then add the celeriac, leek and parsnip, finally the beans, in accordance with the table overleaf.

When allotted time is up test with a skewer. Put the steaming trivet on a plate, season and serve.

#### Variations:

There are plenty of sauces that could be served with:

Bechamel based plain or with curry powder, mustard or cheese added.

Greek yoghurt flavoured with pesto

Melted butter with garlic, mayo, aioli

### Vegetable microwave casserole



*Change the vegetables according to season*

#### Ingredients

2 small leeks sliced, 2 sticks celery, 2-4 new potatoes scrubbed and sliced, 1 bag washed spinach, frozen peas or broad beans, juice of half a lemon, 1 oz butter, nutmeg

#### Method

Place the leeks, celery and potatoes in a microwavable lidded casserole with 2 tbsp water. Cook for 3-4 minutes or more, turning once until just tender. Add the peas and cook 1 minute more. Drain and add spinach, lemon juice, the butter and grate in some nutmeg. Microwave 1 minute and stir. *NB: adjust times to your microwave and note them down*

## Vegetables A to Z 8.8

### Artichoke Globe

Canned artichoke hearts can be included in many recipes from gratins to pasta, pizza. See starters & salads for recipes.

### Artichoke Jerusalem

Saute, stove, braise or roast

### Asparagus



*Simply steam. Pair with poached eggs/smoked salmon and Hollandaise sauce. See vegetarian 'Cheesy mash'. Or roast as follows:*

Preheat oven to 180°. Line a rimmed baking sheet with aluminium foil. Trim asparagus and spread in single layer. Mix garlic and oil and brush the asparagus. Sprinkle salt, pepper and Parmesan cheese. Bake in the preheated oven for 8 minutes. See also with cheesy mash & Hollandaise

### Aubergine slices, grilled



#### Ingredients

1 aubergine, 2 tbsp oil, 1 tin chopped tomatoes, chopped basil

#### Method

Slice thinly crosswise. Degorge, rinse and dry if desired. Heat grill and spread slices on the rack. Brush with oil and grill until nicely brown. Turn over and repeat. Scatter with basil or dust with cumin.

### Aubergine with tomato



#### Ingredients

1 aubergine, 2 tbsp oil, 1 tin chopped tomatoes, chopped basil

#### Method

Preheat the oven to 180°. Slice the aubergine in half lengthwise, then score the flesh with a knife, cutting deep into the flesh without piercing the skin. Make diagonal cuts about an inch apart, and then repeat to create a diamond pattern. Place on a roasting tray, brush sparingly with oil, optionally sprinkle with cajun spices or cumin and bake for 20 minutes. Pour over the tomatoes, sprinkle with salt, pepper and basil and bake for another 20 minutes.

*Aubergines can be diced and roasted/stir-fried with **cumin** in a little oil, or sliced and grilled as in Imam Bayildi (Starters). Browning improves flavour*  
*See also [aubergines and lentils 6.2](#), [aubergine toppers 6.19](#), [aubergine & tomato cobbler 6.11](#), [aubergine salad 9.11](#), [marinated vegetables 2.3](#)*

## Vegetables A to Z 8.9

### *Aubergine with miso*



#### Ingredients

1 aubergine, 2 tbsp oil, 1 tbsp hatcho miso paste, 1 tbsp of runny honey, ½ tsp toasted sesame oil, 1 tbsp sesame seeds, 1 spring onion, chopped

#### Method

In a shallow dish, stir miso paste, honey, and sesame oil; loosen with about 5 tbsp hot water.

Slice the aubergine in half lengthwise, then score the flesh with a knife, cutting deep into the flesh without piercing the skin. Make diagonal cuts about an inch apart, and then repeat to create a diamond pattern.

Smear the aubergine with marinade, well into the slits, and place in the marinade, cut-side down. Leave to marinate for at least 30 minutes.

Preheat the oven to 180°C On a baking tray place sheet of baking paper large enough to wrap the aubergine. Place the aubergine cut-side up on the baking paper and make a parcel. Roast in oven for 20 minutes.

Open up the parcel and smear the aubergines with the reserved marinade and drizzle with oil. Return to the oven and roast uncovered for another 20–30 minutes, or until the flesh is very tender, almost collapsing, and the tops are caramelized. Scatter over the sesame seeds and spring onions to serve.

### *Aubergines, stoved*



#### Ingredients

Small onion chopped, 1 aubergine cubed, 2 tbsp olive oil, 1 tsp sesame oil, 1 tsp minced ginger 1 tsp minced garlic, 1 tsp sesame seeds, 2 tbsp soy sauce, ½ tsp five spice powder, splash maple syrup [optn: add 1 tbsp tomato paste]

#### Method

Heat the olive oil in a flameproof casserole and slowly soften the onion approx 8 min, stirring from time to time. Turn up the heat and add the aubergine, turning to brown. Add the ginger, garlic and sesame seeds and continue for a minute. Turn heat down to low, add the soy sauce, sesame oil, spices and maple syrup with a tbsp water and mix thoroughly. Cover and simmer until cooked, about 10 minutes. Season and serve.

### *Beetroot with spinach and horseradish*



#### Ingredients

8 baby beetroots, oil, balsamic vinegar, 2 tsp creamed horseradish, 1 bag washed spinach, hint of nutmeg

## Vegetables A to Z 8.10

#### Method

Top, tail and peel the beetroot and microwave. Cook on high, turning every 2 minutes until just cooked. After 6 minutes start testing one with a skewer. Transfer to fireproof casserole with a knob of butter. Cook 15 minutes on hob or in oven. Stir in the horseradish followed by the spinach and nutmeg and stir until wilted.

### *Beetroot with berry fruits*



#### Ingredients

Small fresh beetroot; red or black currants or orange segments

#### Method

Beetroot are ideally baked for a really long time. It is possible to speed up the process with a microwave. Peel the beets with a potato peeler then top them, putting them directly into a microwavable casserole. Rinse and wash hands thoroughly. Cook on high, turning every 2 minutes. After 6 minutes start testing one with a skewer. When done add the fruit. In the case of black currents add sugar to taste. Cook another 30 seconds. Alternatively transfer to the oven for 20 minutes.

| *See also beetroot salad 9.3* |

### *Broad Beans*

Shell and boil for 6 minutes. Goes well with ham & cream sauce

*Broccoli* best boiled but can be roasted as per cauliflower

### *Cabbage with cooked ham*



#### Ingredients

2 sticks celery chopped, 1 carrot diced, small onion finely chopped, beef stock cube, 1 tsp mustard, 1 small head cabbage cored and shredded 2 medium potatoes peeled and cubed (or new potatoes unpeeled and sliced, leftover ham, diced, olive oil, fennel seeds optional.

#### Method

Soften the fennel seeds, onion and carrot, in olive oil, covered, in casserole. Add beef stock (made up) and remaining ingredients and simmer until the potatoes and carrots are softened, typically 20 minutes.

#### Variations:

This could be made with a ham hock. Cook the joint, reserving the cooking liquor to make the stock. Equally use sliced bacon cut in strips; it will not need to be pre-cooked.

## Vegetables A to Z 8.11

### Cabbage, Braised Red



*A winter favourite*

#### Ingredients

1 small red cabbage, 1 large onion, 1oz butter, 3 garlic cloves, 2 parsnips, 1 tbsp vinegar, 1 tsp dark brown sugar, ½ tsp cinnamon, allspice powder, or 2 star anise, 1 dessert spoon currents; walnut pieces, chopped smoked streaky bacon optional.

#### Method

Soften a sliced onion with nuts in butter, stirring in any spices and bacon. Peel and dice the parsnip and garlic and add, browning for 5 minutes. Meanwhile quarter the cabbage, remove the core and slice finely. Add to the pot and stir in with a tbsp each of water or stock and red wine or sherry vinegar, brown sugar, dried fruit, and spice. Cover and simmer for 1 hour or better still bake slowly for 2 hours at 160-175°. Partially remove lid toward the end if too liquid, add a little water if too dry.

#### Variations:

Add sliced chicken or duck breasts, dusted with cinnamon for last 30 minutes or add browned sausages for the last 30-45 minutes. These can be browned at the beginning on a rack on the top shelf after first rubbing in oil.

### Cabbage Carbonara



#### Ingredients

1kg Savoy cabbage, finely shredded, 12 rashers streaky bacon, chopped into small pieces, 2 garlic cloves, finely sliced, 250ml single cream, 50g parmesan, grated

#### Method

Bring a large pan of water to the boil. Tip in the cabbage and boil for 10 mins. Drain and keep warm. Meanwhile, heat a large frying pan and cook the bacon for 7-8 mins until golden and crisp, adding the garlic for the final 3 mins. In a bowl, mix together the cream and Parmesan with some freshly ground black pepper. Add the cream mixture and the cabbage to the bacon pan. Toss everything together until well coated. Return to the heat to warm through for a few mins before serving.

## Vegetables A to Z 8.12

### Cabbage, curried



*Adding lemon juice and grated rind is also an option*

#### Ingredients

Small white or sweet heart cabbage, 1 oz butter, nutmeg, juice & lemon zest

#### Method

Cook as above. Combine with a quantity of curry sauce [4.35] and reheat. Rice can be included; cook it in the sauce with extra water before adding the cabbage. [e.g. 100g paella rice 300g water] Stir in the lemon. Add cooked sausage for complete meal. adding a little smoked paprika with the spices.

### Cabbage with mushroom, parsnip and nuts



#### Ingredients

1 cabbage, 1 medium onion finely chopped,, 1 lb mushrooms finely chopped, 8oz/225g parsnips diced, 6oz/170g ground pecans, peanuts or peanut butter, 1 tbsp soy sauce, small green cabbage

#### Method

Saute the mushrooms and onion in half the butter, slowly, covered for 20 minutes. Similarly cook the parsnips in remaining butter. Mash, combine with the mushrooms and stir in soy sauce

The cabbage can be prepared by blanching the leaves for stuffing, or as strips as in previous recipe. Cover tightly & bake 1 hour 160-180.

### Cabbage with butter and fennel seeds



*Adding lemon juice and grated rind is also an option*

#### Ingredients

A firm Savoy or sweet heart cabbage, 1 oz butter, nutmeg, fennel seeds

#### Method

Remove damaged leaves. Rinse if necessary. Quarter the cabbage, remove the stalk and slice rest cross-wise finely. Melt the butter in a fireproof casserole and heat until its colour starts to turn. Add the fennel for 1 minute then the cabbage, stirring well in. Cover and cook gently 20-25 minutes until soft, turning occasionally. Grate in the nutmeg and add pepper and salt. Optionally add fresh lemon zest and a knob of butter.



## Vegetables A to Z 8.13

### Cabbage with tomatoes & sour cream



#### Ingredients

1 oz butter, 1 medium onion, chopped, 2-4 cloves garlic minced, 1 small Savoy or green cabbage, 1 medium tin chopped tomatoes, generous sprinkling of caraway or fennel seeds, small carton of sour cream

#### Method

Separate the cabbage leaves, remove any hard stalks and cut crossways into thin strips. Melt the butter in a large, flameproof casserole over medium heat. Add the onion, garlic and seeds and cook, stirring occasionally, until the onion softens, about 5 minutes. Add the cabbage and cook, stirring occasionally until it softens, about 10 minutes. Sprinkle with salt and pepper. Add the tomatoes and cook over lively heat, stirring occasionally, until the mixture thickens, 10 to 15 minutes. The casserole can be covered and transferred to the oven until needed - this concentrates the flavours. Season, stir in the sour cream and serve hot.

#### Variations:

Add other ingredients to the tomato sauce, such as tomato purée, chopped anchovies, chilli

### Cavolo nero with lemon & Parmesan



*Cavolo nero is fine simply steamed; strip from stalks and cut crossways*

#### Ingredients

1 pack cavolo nero (250 g approx), zest of one large lemon, 1 oz Parmesan finely grated, 2 tbsp creme fraiche, 15g butter 1 tbsp olive oil, 2 cloves garlic 0.5 tsp crushed red chilli (optional)

#### Method

Pull the leaves off the stalks and cut crossways into ½ inch wide strips. Add to steamer and steam for six minutes or until just al dente. Set aside until needed.

Peel and crush the garlic. Add to a shallow pan with the butter, olive oil, lemon and chilli. Cook over a very low heat until everything is very soft but not browning. Add the cavolo nero and lemon zest. Turn up the heat slightly to reheat and drive off excess moisture and mix well. Then add the creme fraiche and parmesan to the cavolo nero, mix and reduce the heat to a minimum. Season and cook until the sauce is slightly thickened.

## Vegetables A to Z 8.14

### Cavolo nero with tomatoes



#### Ingredients

200g cavolo nero, 4 plum tomatoes cut into thin wedges, 2-4 cloves garlic chopped, chilli, 2 tbsp olive oil

#### Method

Pull off the stalks and cut crosswise. Wash and drain. Heat oil in a wide pan and drop the cabbage in. Stir fry until it wilts (5 min +). Add the tomato, garlic, chilli and toss for about 5 minutes. Test a piece of cavolo nero to see if it is done.

### Carrots with pine nuts & currants



#### Ingredients

800 g carrots or turnips, knob of butter, oil, 50 g pine nuts, 50 g currants, pinch sugar, chopped parsley, crème fraiche (optional)

#### Method

Dice the carrots/turnips and simmer until just tender (6-8 min) Melt butter in a flameproof casserole and heat the nuts and currants for 2 min until the nuts are lightly browned. Add the carrots with the parsley and sugar, reheat and serve optionally with creme fraiche.

### Carrots with basil



#### Ingredients

Carrots, butter, lemon juice, 1 tsp brown sugar, dried or fresh basil, ¼ tsp cinnamon. Cooking time 20 minutes approx.

#### Method

Cut carrots into matchsticks and cook on the hob or in the oven, covered, with a knob of butter, tsp sugar, until soft; Add cinnamon, lemon juice and dried or chopped basil and salt & pepper. Cook gently another 5 minutes with the lid off to reduce.

#### Variations:

Use orange juice/ ginger and orange or sherry/ fennel or cumin seeds.

| *See also carrots with bacon 4.16* |

## Vegetables A to Z 8.15

### Carrots anise



#### Ingredients

6 medium carrots, peeled, topped tailed and scoured, 4oz/110g butter, 2 oz/55g sugar, 2 star anise

#### Method

Put all ingredients in a pan cover well with water and bring to the boil, then reduce the heat to a gentle simmer. Cook, stirring occasionally, until the carrots are tender (approx 45 minutes) and liquid is reduced by half. Reduce the liquor separately if required

### Cauliflower with Almonds



#### Ingredients

A large cauliflower in florets, 2oz/55g slivered almonds, 2 slices dryish brown bread, 2 cloves garlic, 2 oz butter. Zest of a lemon optional.

#### Method

Blend the bread to crumbs with the garlic, herbs and seasoning. Melt the butter in a frying pan and gently cook the almonds, until golden; add the bread crumbs until crisp.

Cook the florets in boiling water (3 min); drain well. Butter and coat a serving bowl with the nut and bread crumb mixture, leaving the remainder in the bottom. Reconstitute the cauliflower in the bowl, stalks to centre. To serve, warm the bowl in the oven 10 minutes or microwave 1 minute and invert onto a large plate.

#### Variations:

1. After inverting you could pour over a tomato sauce.
2. Fill the void at the centre with a cooked stuffing or diced cooked vegetable such as parsnip or mushrooms before reheating and inverting

### Cauliflower roasted in spices



#### Ingredients

1 cauliflower cut into small florets, 3 tbsp olive oil, crushed garlic, spices

#### Method

In a large bowl mix the oil, spices, garlic and seasoning. Add the cauliflower and coat well. Tip into a hot roasting tin and cook 180 for 40-50 minutes. We usually use Cajun spices. Serve with a curry sauce.

## Vegetables A to Z 8.16

### Cauliflower, cumin & Parmesan



#### Ingredients

1 cauliflower, 4oz/110g cheese, tsp cumin seeds, small onion finely chopped, turmeric, 1oz/30g each butter & olive oil, chilli optional.

#### Method

Parboil florets 4 minutes and drain. Grate the cheese. Heat a little oil and butter in a frying pan. Then add the cumin seeds, chopped onion & soften to golden. Stir in turmeric and finely chopped chilli then the cauliflower. Transfer to oven-proof dish, mix in the cheese and any pan juices. Cover and bake 30 minutes at 190°, remove cover for last 10.

### Cauliflower, Lemon Butter



#### Ingredients

A cauliflower in small florets, 1 lemon, 1oz/30g butter.

#### Method

Place the florets with a tablespoon of water and squeeze of lemon in a microwavable bowl. Cover & cook for about 5 minutes, turning frequently until just cooked. Drain. Squeeze half the lemon and add the remains, quartered. Add butter and seasoning. Stir and reheat.

### Cauliflower curry



#### Ingredients

1 tbsp olive oil, 1 large onion, chopped, 3-4 garlic cloves, crushed, 3cm ginger, finely chopped/grated, 3 tbsp medium curry powder, 1 tsp cumin, 2 tbsp tomato purée, a scoop of washed red lentils, 1 cauliflower in small florets, [chopped spinach or diced corgette optional] 400g tin chopped tomatoes, 1 vegetable or chicken stock cube, coconut milk or cream.

#### Method

Heat oil in a flameproof casserole on medium heat, add the onion, & cook for 8 mins, until the onion starts to colour. Add the garlic & ginger, then the spices and tomato purée and cook for a further 1 min. Add the tin of tomatoes and stock cube and stir in some boiling water. Stir in the lentils and cauliflower and cover with more water. Bring to the boil and simmer for 20 mins, until the cauliflower is tender, adding other veg according to time. Finally stir in coconut to taste.

| See also [cauliflower & apple soup 1.8](#), [cauliflower burji 6.14](#) |

## Vegetables A to Z 8.17

### Celeriac & Potato Boulangère



#### Ingredients

50g/2oz butter, 2 onions, finely sliced, 1 celeriac and 500g/1lb 1oz potatoes, cut into 0.5cm/½in slices, 600ml/1 pint hot chicken/veggie stock, S & P

#### Method

Preheat the oven to 200°. In a frying pan soften the onions with ½ the butter until just softened (3-4 min). Layer the celeriac, onions and potato into a buttered ovenproof dish, finishing with potatoes. Dot with remaining butter. Pour over the hot stock to just cover. Transfer to the oven and cook for 45-60 minutes, checking occasionally to make sure the stock hasn't completely evaporated, and pressing the layers down with the back of a spoon. Bake until nearly all the stock is absorbed and the top layer is golden brown.

### Celeriac and potato gratin



#### Ingredients

1 medium celeriac, peeled and cut into thin squares, 600g potatoes (e.g. Nicola) cut into thin rounds, 2 medium leeks, washed and chopped, 10 cloves garlic, 3 sprigs thyme, 1+ oz butter, 100ml white wine, 300 ml cream

#### Method

Melt butter in a pan and cook the leeks, garlic and thyme on a high heat 5 minutes. Pour in the wine and cook 1 minute. Butter an oven dish and line with overlapping celeriac and potato slices. Season and cover with some leeks. Repeat until all used up. Pour over the cream and bake 30-40 mins.

### Curried Celeriac gratin



#### Ingredients

1 average celeriac, 225ml/8floz double cream, 50ml/2floz white wine, ½ tsp good fresh curry powder, seasoning

#### Method

Peel & cut the celeriac into quarters then thin slices and arrange in a casserole/gratin dish. Mix the remaining ingredients and pour over. cover with foil or lid and bake at 190° for 40 min; remove lid for another 20 or until tender.

*See also celeriac, celeriac & leek soup 1.4, cauliflower celeriac & potato mash 6.12, celeriac & potato layer 6.13, celeriac remoulade 9.3*

## Vegetables A to Z 8.18

### Celery Gratin



#### Ingredients

1lb/450g celery, 10floz/300ml double cream, 2oz/55g grated cheese

#### Method

Chop & Blanch celery 8 minutes in salted water and drain. Meanwhile reduce cream. Transfer celery to ovenproof dish, season & pour on cream, sprinkle on cheese, bake 15 min 190. Optionally finish under grill.

### Celery, Tomato & smoked bacon



#### Ingredients

Four celery hearts, 1 large onion, 1 clove garlic, 4 rashers smoked bacon, 3 tomatoes de-seeded and chopped or a tin, drained, 5floz/150ml hot chicken or beef stock, 1-2 tbsp olive oil, bay leaf.

#### Method

Blanch the celery in boiling water 5 minutes, drain and arrange in one layer in a baking dish. Meanwhile soften the onion, tomato and diced bacon in the oil, chop and add garlic plus bay leaf and continue 2 minutes. Pour over the celery then add stock and bake 40-60 minutes, initially covered but remove if required to concentrate the juices.

### Celery with Almonds



#### Ingredients

One head of celery, small onion, 2oz/55g butter, 4oz/110g double cream, 2floz/60ml chicken stock (optional), 2oz/55g whole fresh almonds, s&p. Alternatively include chopped fennel.

#### Method

Drop the almonds into boiling water, remove from heat and soak 10 minutes until you can slip the skins off. Dry and sliver. Fry them gently in the butter in a small frying pan until golden brown on both sides and reserve. Meanwhile chop the onion finely, trim & chop the celery and fennel, discarding stringy pieces. Cook the vegetables gently with the butter in a heavy casserole, tightly covered 15 minutes, stirring occasionally. Stir in double cream & stock (optional) & cook gently for 20 minutes or so until the juices have thickened and the celery is tender. Add the almonds, season and simmer 5 minutes before serving.

## Vegetables A to Z 8.19

### Swiss Chard



#### Ingredients

Use 1lb/450g, plus butter & oil, squeeze of lemon, diced ginger optional

#### Method

Separate the stalks from the leaves with a V cut. Cut stalks into 1 inch lengths and fry in oil, butter and ginger 3-4 minutes until tender. Meanwhile chop the leaves coarsely; add to the pan and cook until wilted. Add lemon, S & P.

### Swiss Chard, baked



#### Ingredients

1kg Swiss chard, stems cut into 1cm pieces and leaves into quarters, 200ml double cream, 1 garlic clove, crushed to a paste with sea salt, 2 egg yolks, 200g Parmesan, grated, 75g dried breadcrumbs, ¼ tsp thyme

#### Method

Cook the stems in salted water 2 mins until tender. Remove with a slotted spoon. Add the leaves and cook for 30 secs. Drain and reserve 200ml of the cooking water. Heat oven to 180°. Bring the cream to a simmer in a pan, add the garlic and cook 2 mins. Whisk in the water, egg yolks and 140g Parmesan, and bubble for 3 mins. Add the chard, season, mix well and tip into a greased baking dish. Top with the breadcrumbs, thyme and remaining Parmesan. Cover with foil and bake for 15 mins. Remove foil and cook for 15 mins more until golden and bubbling

### Chicory with mustard, honey, thyme



#### Ingredients

Four heads chicory, 2 tbsp olive oil, 1tbsp runny honey, 1½ tsp mustard, ½ tsp thyme, juice of ½ lemon, 1oz/30g grated Parmesan.

#### Method

Mix the oil, honey, mustard & thyme. Cut the chicory in 2 lengthwise and arrange cut side up in a roasting tin. Pour over the mix and ensure well rubbed in. Roast 40 min 160°, turning occasionally. Squeeze over the lemon and sprinlke with Parmesan before serving

## Accompaniments 8.20

### Chicory, roasted, with orange



#### Ingredients

Four heads chicory, (or celery?) 1-2 tbsp olive oil, juice & zest of 1 orange, 60g/2 oz melted butter .

#### Method

Lay the heads in a shallow roasting tin, season and pour over the oil. Bake 20 minutes 180°, basting and turning occasionally. Pour in orange and butter & continue another 20 minutes until juices are concentrated.

### Courgettes Gratin



#### Ingredients

3 courgettes, 2 eggs, 5floz/150ml double cream, 2oz/55g grated Parmesan cheese, buttered crumbs optional.

#### Method

Wash, remove any blemishes and slice across thinly. Parboil (1 minute) in boiling salty water and pat dry (or soften in butter). Arrange in an oven proof open dish. Mix the eggs (without beating), cream and cheese and season well before pouring over. Bake 170° for 20-30 minutes until set and golden.

#### Variation

Top with buttered breadcrumbs

### Courgettes in egg and cheese



*Cousa bi Gebna*

#### Ingredients

1 small onion, 20g butter, 2 eggs, 5 oz/ 150 g cheddar, grated, 3 courgettes (560g) seasoning, nutmeg optional

#### Method

Soften the onion in the butter. Meanwhile slice the courgettes 1 cm thick and boil/steam until just soft (5-6 minutes). Drain well. and Beat the eggs in a bowl and mix with the cheese. Stir in the onion and courgettes and pour into a greased oven-proof dish, approx 9” diameter and bake 170° for 20 minutes until set. Allow to colour delicately.



## Vegetables A to Z 8.21

### *Courgettes baked with tomatoes (1)*



#### Ingredients

4 courgettes, medium tin chopped tomatoes, 1½ slices brown bread, 1 oz/30g Parmesan finely grated, zest of a lemon, finely chopped ginger, parsley, and fresh basil as desired. 2-3 tsp garlic paste, 1 tsp English mustard, juice ½ a lemon, 2 tbsp or so olive oil Add more oil if needed.

#### Method

Clean and slice the courgettes. Mix with oil in a wide roasting tin. Put in oven at 190° for 20 minutes, turning once. Meanwhile prepare topping. Blitz the bread and stir in dry ingredients. Mix wet ingredients and stir in, adding extra oil if need be.

Shake the tomatoes evenly over the courgettes then sprinkle over the topping lightly. Return to oven for 15 minutes or so until lightly browned.

#### Variations:

Include chopped cooked bacon, tuna, chicken breast for a complete course.

### *Courgettes baked with tomatoes (2)*



#### Ingredients

4 courgettes, butter or olive oil, finely diced onion and celeriac/fennel, small tin chopped tomatoes/passata, parsley, fresh basil, spices, as desired.

#### Method

Clean and slice the courgettes exactly down the middle. Choose a flameproof rectangular dish that exactly takes the halves in one layer. Heat the oil/butter in the dish and brown the courgettes cut side down for 5 minutes and retrieve. Soften the onion and fennel/celeriac. Replace the courgettes cut side up and spread the tomato over in an even layer. Sprinkle with herbs & spices. Put in oven at 190° for 20 minutes.

### *Courgettes, Fried*



#### Ingredients

3 courgettes, 2 cloves garlic, 2oz/55g butter/olive oil, basil, plain flour.

#### Method

Wash, remove any blemishes and slice across thinly. Can be de-gorged with salt to reduce water content. Season and shake while moist in 2 tbsp flour. Sauté in butter in a large frying pan turning occasionally until crisp and golden, adding garlic and or basil part way through.

## Vegetables A to Z 8.22

### *Courgettes with lemon & black pepper crust*



#### Ingredients

2 courgettes per person, 2oz/55g bread crumbs, zest and juice of a lemon, 2 cloves garlic finely chopped, 1oz/30g butter/ olive oil, thyme, black pepper.

#### Method

Clean and slice in two lengthwise. Fry gently cut side down until just soft with skewer (10-15 minutes). Mix the crumbs with zest, garlic, thyme, salt and lots of black pepper and spread on a board. Take each courgette half and press cut side into the crumbs. Arrange cut side up in one layer in an oven proof dish. Deglaze the juices with a little lemon juice and pour over. Bake 20 minutes 190° until top is browned.

*See also courgette soup, grilled marinated vegetables 2.3, courgette & tomato gratin 6.11, courgette eggah 6.15, ratatouille 8.34*

### *Fennel sauté with olive oil & lemon*



#### Ingredients

4 fennel bulbs, trimmed, cut into slim segments, olive oil, lemon juice, sugar, s & p

#### Method

Blanch the fennel in boiling water and drain. Heat a large heavy frying pan, add the oil, then arrange segments evenly. Fry gently, turning every ten minutes until cooked and brown. Add a teaspoon of sugar and cook another 5 minutes. Add the lemon juice, season and serve

*See also fennel soups*

### *Fennel, Braised*



#### Ingredients

2-4 fennel bulbs, trimmed, cut into quarters, olive oil, butter

#### Method

Melt oil & butter in fireproof casserole. Add fennel & coat well. Cover and simmer gently for 30-40 minutes, turning occasionally.

## Vegetables A to Z 8.23

### Fennel braised with butter & Parmesan



#### Ingredients

4 fennel bulbs, trimmed, halved, trimmings reserved, 3 tbsp dry vermouth, 1¾oz/50g butter, 2oz/55g grated Parmesan, s & p

#### Method

Melt butter in casserole dish. Add fennel cut-side down, scatter around the trimmings. Season and increase the heat. Add the vermouth. Cover with foil loosely pressed down on the vegetables, and put the lid on top. Place into the oven 170° for 60 mins or until soft, turning fennel half way through. Transfer the fennel to a warmed shallow oven-proof dish cut-side up, cover with foil and return to oven. Press the trimmings and cooking juices through a fine sieve suspended over a small pan. Warm through and add most of the Parmesan. Blend with a hand blender until smooth and creamy. Pour over the fennel and sprinkle with the remaining cheese. Place under the grill/hot oven and cook until the surface is pale golden-brown and slightly bubbling around the edges.

### Fennel baked with walnut & lemon



#### Ingredients

4 fennel bulbs, trimmed, cut into quarters, 8oz/225g button onions blanched and peeled, 2oz/55g blanched walnuts, olive oil, sugar, For sauce: 2" chopped ginger, 2 cloves garlic, chopped, zest & juice of a lemon, chopped chilli, spring onions sliced, s & p

#### Method

Put the fennel, nuts and button onions in a casserole with 2 tbsp oil and mix well. Season and add 1 tsp sugar. Cover with foil and bake 1 hour at 190 until soft. Then fry the ginger and garlic in oil 1 minute. Stir in spring onion and chilli for 1 minute; add lemon zest and season. Pour over the baked fennel.

#### Variation:

Use butter & Parmesan

*Or simmer quarters in water for 20 minutes and bake for 30 minutes.*

### French Beans

*Simply top & tail and boil for 4-6 min, testing after 4 min*

### Kohl Rabi

*If you must, steam 20 minutes, slice and gratin with cheese*

## Vegetables A to Z 8.24

### Leeks sautéed



#### Ingredients

2 young leeks per person, washed well and trimmed, 3 garlic cloves, 2 small fresh tomatoes, lemon juice, olive oil

#### Method

Brown leeks in the oil in a wide pan that has a lid, turning every few minutes. Then cover and cook slowly until tender, turning once (15 mins) Remove leeks and keep warm. To the juices add the tomatoes roughly chopped and the garlic cloves, finely chopped. Cook fast while stirring until softened and browned, pour over the leeks, deglaze with a little lemon juice (and sugar to taste if desired) and serve.

### Leek confit



#### Ingredients

3 leeks, 1oz/27g butter, 1 tbsp oil, hint of thyme, seasoning

#### Method

Hold each leek by the base and with a sharp knife, slice down in quarters lengthwise from 1 cm; rinse under tap, drain well, squeeze out moisture, slice crossways. Heat the fat in a large, deep casserole over medium heat until bubbling. Add the leeks, season and cook, stirring occasionally, until the edges are beginning to brown, 5 to 7 minutes without burning. Reduce heat to very low, add the thyme, cover and cook, stirring occasionally, until leeks are completely softened and somewhat translucent, about 30 minutes. Uncover & stir frequently, until any liquid released has been almost fully absorbed, another 2 to 3 minutes.

#### Marrow

*Peel, scoop out seeds and slice. Bake in foil with butter & sage 45 min*

### Mushroom Bhají

#### Ingredients

1 tbsp oil, 500g chestnut mushrooms, quartered, 1 onion, finely chopped 3 cloves garlic, crushed, inch of ginger, finely grated, parsley, 2 tsp ground cumin, coriander, 1 tsp turmeric, 2 tbsp tomato purée ½ lemon

#### Method

Fry the mushrooms 5-10 minutes on medium-high until all moisture has evaporated and the mushrooms are starting to caramelize. Reserve. Turn down heat, add a little oil and cook onion 10 min until soft; add the garlic, ginger and cook for 2-3 minutes. >>

## Vegetables A to Z 8.25

Tip in the spices and tomato purée, and cook for a few minutes before adding 100ml of water and the mushrooms back to the pan. Simmer gently for 10 minutes, then season and stir in the lemon juice and parsley.

*Alternatively Slice mushrooms and saute with a little butter and tarragon, see also Mushroom Stroganoff 4.9, stuffed mushrooms 6.18, risotto 5.7*

### Okra spinach and sweet potato



*Choose small young fresh okra with smooth skins.*

#### Ingredients

12oz/340g small okra, 2 tbsp olive oil, 1 large onion, sliced, 2 cloves garlic finely chopped, 12oz/340g orange fleshed sweet potatoes peeled and cubed, 1 tin chopped tomatoes, 1 tbsp tomato puree, pack of ready washed spinach chopped, 1 tsp ground coriander ½tsp ground cumin, harissa to taste, stock, salt & pepper.

#### Method

Cut the stalks from the okra and rinse. In an ovenproof casserole heat the oil and sweat the onion, garlic, spices and sweet potato until the onion is soft and golden Add the tomato paste, harissa and okra and a minute later the tomatoes and half cover with stock. Bring to a simmer, cover and cook in oven or on hob until the okra is soft and juices thickened, typically 15-20 minutes. Add lemon juice if desired. Add the spinach and cook until wilted.

### Okra with tomato



*Choose small young fresh okra with smooth skins.*

#### Ingredients

10-12 oz/300g small okra, knob of butter or olive oil, 1 large onion, sliced, 2 cloves garlic finely chopped, 1 yellow pepper sliced, 1 tin chopped tomatoes, 1 mild chilli (optional), salt & pepper, cumin & coriander optional

#### Method

Cut the stalks from the okra and rinse. In an ovenproof casserole heat the fat and sweat the onion and pepper until the onion is soft and golden Add the garlic and a minute later the tomatoes and okra. Season, cover and cook in oven or on hob until the okra is soft, typically 15-20 minutes. Add lemon juice if desired.

## Vegetables A to Z 8.26

### Pak Choi, Bok Choi, Choi Sum



#### Ingredients

Use 1lb/450g, plus butter & oil, squeeze of lemon, diced ginger optional

#### Method

Separate the stalks from the leaves with a V cut. Cut stalks into 1 inch lengths and fry in oil, butter and ginger 3-4 minutes until tender. Meanwhile chop the leaves coarsely; add to the pan and cook until wilted. Add lemon, S & P.

### Parsnip patties



#### Ingredients

1-1.5 lb/500g young parsnips, 2 eggs, milk or melted butter, 3 tbsp flour, seasoning, curry powder (optional)

#### Method

Trim, peel and boil the parsnips as for parsnip mash. Blend with beaten eggs, flour, curry powder (optional), salt and pepper and enough milk or butter to a soft consistency. Fry by the spoonful in a frying pan with a little hot fat, turning once until golden brown on both sides (like drop scones). Keep warm until serving.

### Parsnips baked with walnuts



#### Ingredients

1 large or 2 small parsnips per person, 1oz/30g butter, 1 tbsp oil, 1-2 oz/40g walnuts, dessert spoon soft brown sugar, ½ tsp cinnamon, juice of lemon

#### Method

Cut parsnips in two lengthways then cross ways and cut the thick ends lengthways again to create equal sized pieces. Parboil 5 minutes. Heat butter and oil in roasting tin and add the parsnip plus walnuts to taste and coat well. Roast 40 mins at 190°, turning occasionally. Mix the sugar and cinnamon and stir in 2 minutes before serving. Add the lemon juice

#### Variations:

If the oven isn't being used, cook on the hob using the same method.

*Parsnips are good roasted, in mash, caramelised with honey & mustard or stoved with butter and nutmeg, add 2 tbsp water after 10 min.*

## Vegetables A to Z 8.27

### Parsnips, spiced

#### Ingredients

2 -3 parsnips - peeled and trimmed and cut like chips, 2 tbsp olive oil, 1 onion, chopped, 3 cloves Garlic, grated, 1 inch ginger , diced, ½ tsp turmeric, 2 tsp coriander, 1 tsp smoked paprika, ½ tsp cumin seeds, a splash of coconut milk (optional)

#### Method

Add oil to a flame-proof casserole over medium heat. Add the onion and sauté about 5 minutes. Then add the cumin seeds , garlic and parsnips sauté another 5 minutes, stirring often. Add the spices and continue, stirring frequently until the parsnips are tender - use a splash of coconut milk or water to loosen any burnt bits on the pan. Season to taste.

*Peas Always use frozen*

### Peppers

*See stuffed peppers 2.6, pepper & tomato pudding 2.12, peppers with tuna 3.6, pepper salad 9.5*

### Potato thins



#### Ingredients

2 baking potatoes, olive oil, garlic paste, Rosemary.

#### Method

Mix oil with garlic paste. Scrub well and remove blemishes. Cut into thin slices, place on baking tray. Brush with the oil, sprinkle with Rosemary and seasoning. Turn them over and repeat, Bake at 180° for 30 minutes or until golden. No need to turn during cooking.

### Potatoes baked with butter & herbs (Anna)



#### Ingredients

Small waxy potatoes, 4 cloves garlic, finely chopped thyme, 2oz/55g butter

#### Method

Thinly slice potatoes and garlic. Liberally grease flameproof casserole with butter; combine layers of potato interspersed with garlic, thyme, salt, pepper and dots of butter. Cover & cook fast on hob for 15 minutes. Finish in oven 190° for 30 minutes

#### Variations:

Works well with Jerusalem Artichokes (30 minutes) or fennel (1 hour).

## Vegetables A to Z 8.28

### Potatoes Boulangère



*Important: use a wide, shallow roasting tin.*

#### Ingredients

1-2 lb/680g new potatoes, 1 onion or leek, 1 pint of good stock, 2oz/55g butter, rosemary/thyme, bay leaf. For IBS sufferers replace onion with celeriac

#### Method

Finely slice the potatoes and onion, mix together, rinse and spread over the tin. Stir in the herbs. Melt the butter in the hot stock and pour over to just cover the potato. Bring to a simmer and bake in a hot oven 180° for at least one hour, pressing the potatoes down from time to time. As the liquid reduces, the exposed potato should take on a golden hue.

### Potatoes, roast



#### Ingredients

Maris Piper, Desiree, Estima, Charlotte, King Edward potatoes, slug of olive oil or duck fat, knob of butter, 2 tsp flour, seasoning

#### Method

Put on a large pan of salted water to heat while peeling potatoes and cutting them into equal sized chunks. Set the oven to 180°. When water boils, pour the oil into a roasting tin large enough to take the vegetables in a single layer and place in oven. Parboil gently for 5-7 minutes, drain, drive any moisture off ,season well, dust with 2 tsp flour, shake in the pan to roughen the surface and improve the crust. Bring out the tin, distribute the vegetables well and return. Bake 45-50 minutes, turning and basting every 15 minutes until soft inside and golden crisp on the outside.

### Potatoes, Baked



#### Ingredients

1 baking potato per person.

#### Method

Scrub well and remove blemishes. Pierce through with a skewer in each plane. Place on the turntable of a Microwave oven and cook on high for 2 minutes. Turn the potatoes and repeat. Transfer to oven for 30 to 45 minutes between 160° and 190°. For a soft skin, rub with olive oil before baking. Filling baked potatoes, see next.



## Vegetables A to Z 8.29

**Filling Baked potatoes** Halve the baked potatoes lengthways, scoop out the flesh into a large bowl, add seasoning and a good knob of butter, and mash well. Spoon filling mixture in to the potato shells on a baking tray, then top with the mash. Sprinkle with about 1.5oz/45g grated Cheddar cheese. Put back in the oven to bake for 15-20 mins. Fillings are pre-cooked: Minced beef and Cheddar, Tuna Tomato and chilli, Smoked mackerel, Mushroom Duxelles, Welsh Rarebit, Horseradish, smoked trout and mascarpone, chicken breast and mango, feta, tomato and olive etc.

### Gratin Dauphinois

*Be careful not to let the potatoes dry out*



#### Ingredients

2½lb/1.2kg waxy potatoes, 20floz/600ml double cream, butter, salt, pepper

#### Method

Slice the potatoes thinly into disks. There are arguments as whether to wash off the starch and dry - it is probably best to do so. Arrange in a shallow well buttered casserole, pour over the cream & nutmeg and dot with butter. Bake 90 minutes at 160°, cover with foil initially and put back over if the dish is browning or drying out too quickly.

#### Variations:

Variations: Intersperse with thinly sliced softened onion (Lyonnais), grated cheese (Savoyard), cheese & juniper (Ardennais) Other: mix with celeriac (cut to similar shaped pieces and rubbed with lemon juice).

#### Accompaniments:

Serve as a separate course or as an accompaniment to meat or fish.

### Potato wedges



#### Ingredients

1 baking potato per person, olive oil, Rosemary.

#### Method

Scrub well and remove blemishes. Cut into wedge shapes, rub in oil, season and mix with Rosemary. Bake in roasting tin 180° 30 minutes, turning occasionally.

## Vegetables A to Z 8.30

### Other potato recipes

**Boiled potatoes** Choose new potatoes (Charlotte, Estima, Jersey, Nicola). Scrub and leave whole. Add to salted boiling water and simmer gently for 15 minutes. Test with a skewer and continue until just soft. Serve hot with butter and parsley or make a salad.

**Bubble and Squeak** Take leftover potato and mash them before mixing in finely chopped leftover or freshly cooked greens (half and half by volume, not weight). Melt a thick slice of butter in a non-stick frying pan and, when it sizzles, add the mixture. Press down and smooth evenly then leave to fry over a moderate heat 10-15 minutes. Turn over with the assistance of a large plate for another 10-15 minutes, then serve.

**Creole potatoes** Cook red skinned Desiree in water, saffron & spring onion until tender & drain. Make sauce by frying oil, onion, garlic, thyme, cumin seeds, and chopped tomato until broken down. Add grated cheese and double cream. When melted pour over the potatoes.

**Dauphine potatoes** are crisp potato puffs made by mixing mashed potatoes with savoury choux pastry, forming the mixture into dumpling shapes, and then deep-frying them at 170° to 180 °C.

**Duchess Potatoes** Mix 1 kg mashed potato with butter, 2 yolks and 1 egg, nutmeg, salt, and pepper in a bowl; transfer to a piping bag fitted with a 3/4" star tip. On a parchment paper-lined baking sheet, and working in a tight circular motion, pipe twelve 2.5-inch cones about 2 inches high. Brush with egg mixture; bake until golden brown, 40–45 minutes.

**Mashed potato.** Choose Desiree, Estima, Maris Piper, King Edward. Peel and cut into equal size chunks. Cover with cold water, bring to the boil and simmer gently for 15 minutes. Test one with skewer and simmer longer if required. Drain, add a little butter, cream, milk; season and mash in the pan to required consistency. PTO

**Mashed with celeriac, parsnip etc** Mashed potato can take up to its equivalent weight in other vegetables. As above, adding cooked celeriac etc at the mashing stage.

**Mashed potato topping** as above, but add an egg. Spread over the

## Vegetables A to Z 8.31

contents from the edge inwards. Even out and use the tines of a fork to create a rough wavy surface. Dot with butter; optionally sprinkle with finely ground Parmesan cheese

**Potato Cakes** 24oz/700g mashed potato as above, cooled slightly. Add 2.5oz/70g flour, and 2 medium beaten eggs and mix well. Optionally stir in 100g grated cheese and/or melted butter or finely diced cooked bacon/chives. Season with black pepper. Either fry spoonful, flattened, in a little oil 2-3 minutes per side or form into rounds (using a former) 1.5 ins thick on a greased or parchment lined baking sheet and bake at 190° for 10 minutes.

**Potato chips** Heat oven to 180° Peel large potatoes such as Maris Piper, King Edward, Desirée and cut them into long chips. Blanch for 2 minutes and drain well, allow to steam. Toss with oil and spread on a large non-stick baking tray in a single layer – use two trays rather than overcrowd one. Roast for 30 mins, turning now and then. When cooked they should be golden brown and crisp with a light fluffy centre. Scatter on sea salt to serve.

**Potato croquettes** Take 26oz/750 g mashed potato with 1oz/30g butter and 2 egg yolks and mix with 2oz/55g grated cheese and season to taste. Cover and leave until firm and cool enough to handle. Shape the mixture into 14–16 croquettes, weighing around 55g/2oz each. Put flour, whole eggs and breadcrumbs into three separate shallow bowls and beat the eggs. Dip each croquette in the flour, pat off any excess, then coat in the egg before dipping in the breadcrumbs. Transfer to a baking tray, then leave to cool to room temperature. Preheat the oven to 180°. Drizzle the croquettes with oil and bake for 20 minutes, or until golden-brown.

**Potato crisps** As per thins but cook until crisp or place parchment on a microwave turntable; cook for 8 minutes on high. Keep an eye out for burning.

**Crushed Potatoes** 1lb/500g new potatoes, garlic cloves bashed, unpeeled, sage leaves/ parsley. Cover potatoes in salted water, bring to boil and simmer 10 minutes until just tender. Drain. Heat oil, butter, garlic, sage/parsley in a roasting tin. Add the potatoes, turn in the mixture and crush each one gently with a fork. Add salt and roast 180° for 20 minutes then turn and roast a further 20 minutes.

## Vegetables A to Z 8.32

**Gratin Dauphinois** potatoes. 2½lb/1.2kg waxy potatoes, 20floz/600ml double cream, butter, salt, pepper. Slice the potatoes thinly into disks. There are arguments as whether to wash off the starch and dry - it is probably best to do so. Arrange in a shallow well buttered casserole, pour over the cream & nutmeg and dot with butter. Bake 90 minutes at 160°, cover with foil initially and put back over if the dish is browning or drying out too quickly.

**Variations on Gratin Dauphinois** – Lyonnais include softened onion, Savoyard add grated cheese, Ardennais. Can also add other vegetables such as celeriac or fennel

**Other gratins** Sliced potatoes can be layered with other vegetables and liquids, e.g.:

**Fondant potatoes** Peel the potatoes, using the peeler in broad flat strokes to give as many flat planes as possible. Cut in half laterally. Melt 6oz/150g butter/oil in a wide casserole and put the potatoes, flat-side down, in a single layer. Brown for 10 minutes and turn over. Add boiling water or stock <sup>3</sup>/<sub>4</sub> of the way up, plus garlic and thyme. Season generously. Bring to the boil and cook covered for 30 minutes. Remove lid and turn up the heat to drive off remaining liquid.

**Potatoes al Forno** Peel 2.2lb/1kg Maris Piper potatoes and 2 onions and trim 2 fennel bulbs. Finely slice the potatoes, onions and fennel just under ½cm thick, Preheat the oven to 180°. Pour 1pt/600ml milk and 2/3pt/400ml double cream into a pan. Tear in 6 anchovy fillets in oil, crush in 8 cloves garlic through a garlic crusher, add rosemary sprigs and bay leaves and finely grate in plenty of nutmeg. Bring to a light boil on a medium heat, then immediately turn the heat off and leave to infuse for a few minutes. Fish out and discard the herbs, finely grate and whisk in 1.5oz/40g Parmesan, then taste and season. In a 25cm x 30cm baking dish, layer up the slices of potato, onion and fennel. Pour over the cream mixture and finely grate over a little Parmesan. Cover with foil and bake for 30 minutes, then remove the foil and bake for another 45 minutes, or until tender and nicely golden.

**Potato Gnocchi** Wash 14oz/400g floury potatoes, chop into equal sized chunks and cook in a large pan of boiling salted water for 12 minutes,

## Vegetables A to Z 8.33

or until tender. Drain and steam dry for 2 minutes, then return to the pan and mash well. Taste and season to perfection with sea salt and black pepper, then tip on to a clean work surface. Fill the empty pan with boiling kettle water and place on a high heat. Use your hands to scrunch the 20z/50g flour with the potato, then divide into 24 pieces. Squeeze each in your palm to compress, into little uneven gnocchi, then drop into the boiling water for 1 minute, or until they float. Serve with a flavoursome sauce or with olive oil, grated Parmesan and basil. [Potato dumplings are omitted from this list!]

**Hasselback Potatoes** Choose equal sized regular baking potatoes (Desiree, Estima, Maris Piper, King Edward), remove blemishes and clean. Carefully make vertical crosswise slits, 2mm apart, three quarters of the way down each potato, all the way along. Put in a shallow roasting tray. Mix together 1.5oz/40g melted butter, and 2 tbsp olive oil and brush over each potato. Season well with freshly ground black pepper and salt flakes, and roast for 45 minutes at 180°, until golden and crispy around the edges.

**Rösti** Coarsely grate 3-4 medium starchy peeled raw potatoes into a bowl. Melt 2 to 4 tbsp butter in a skillet. Add grated potatoes about 1 inch/2.5cm deep and salt. Cook over medium heat several mins, stirring two or three times to coat the potatoes evenly with butter. Then pat the potatoes into a cake with the spatula and let cook for 10 mins. Cover and cook for another 5 to 10 mins. When the bottom of the potato cake is golden brown, place a plate over and invert the pan, holding on to the plate. Remove the pan and set it back on the stove. Add another tablespoon or so of butter and let it melt. Slide the rösti back into the pan, golden side up, and cook for about 15 mins, pressing down once or twice to make the pancake stick together a little more. Cover it to get the potatoes cooked through but remove the cover at least 5 minutes before the end of cooking so that the pancake is crispy on the outside.

**Rumblidethumps** Melt 1oz/30g butter with a little olive oil in a large frying pan and soften chopped onion, leeks and cabbage, stirring occasionally. Simmer potatoes and parsnips in salted water in a large pan until tender. Combine all and mash well, adding salt, pepper and more butter to taste. Variations: After cooking, blend in a little milk and an egg, spoon into a baking dish and bake for 30 minutes.

**Stoved potatoes** Put small new potatoes in a flameproof casserole in a single layer with just enough water to cover the bottom and prevent burning.

## Vegetables A to Z 8.34

Sprinkle with salt and dot with butter. Cover closely, and simmer very gently till soft and melting, about 30 minutes. Optionally add rosemary or other flavourings.

**Potato Salad** Cut the potatoes into small pieces and mix with vinaigrette while hot. For the basic salad include mustard. For a creamy potato salad add chopped salad onions; take a pot of creme fraiche, stir in juice and zest of a lemon and a hint of tarragon and fold into the salad. For a German salad chop some bacon finely and fry until crisp. Use 1 tbsp of the fat in the vinaigrette and sprinkle the bacon over before serving.

**Dry Spiced potatoes** Diced cooked potato, cumin seeds, mustard seeds, fennel seeds, fresh, chopped or powdered chilli, ½ tsp turmeric, juice of a lemon, oil. Heat the seeds in hot oil until browned and popping; add chilli, and turmeric then the potato. Continue stir frying until hot and browned all over and crisp, typically another 6 minutes. Squeeze in lemon juice and adjust seasoning.

### Ratatouille



#### Ingredients

1 large aubergine, 2 courgettes, 1 medium onion, 1 red pepper, 1 l tin tomatoes, 1 clove garlic, crushed, 2 tbsp olive oil, torn fresh basil, s&p

#### Method

Cut the aubergines in half lengthwise then into 1 in/2.5 cm slices, the courgettes into 1 in/2.5 cm slices. Place in colander, optionally degorge with salt. Roughly chop the onion, deseed, core and chop the pepper. Gently fry the onions and garlic in the oil in a large saucepan for at least 10 mins, then add the peppers. Dry the courgette and aubergine and add, followed by the basil and s&p. Stir once really well, then simmer very gently, covered, for 30 minutes. Then chop & add the tomato and cook for a further 15 minutes with the lid off.

### Runner Beans

*Remove any strings, cut in segments and boil 8-10 minutes*

## Vegetables A to Z 8.35

### Salsify

Peel and boil in acidulated water. Use like turnips

### Spinach, wilted



Washed baby leaf spinach can be microwaved (1-2 min) or added to any number of hot dishes at end of cooking where it will cook in the steam. Or sweat as follows:

Heat a knob of butter in a large pan, add the leaves and turn as the leaves wilt. Do not overcook. Finally grate in nutmeg and season

See also cheese & spinach omelette 6.16, beetroot with spinach & horseradish 8.9, warm bacon & spinach salad 9.2

### Sprouts with tomatoes and ginger

Peel and boil until only just cooked (8-10 min). Optionally finish by saute with bacon or chestnuts. Or see recipe below

#### Ingredients

400g sprouts, peeled, 4 tomatoes chopped, 1 tbsp olive oil, 1 red onion thinly sliced, 1 fresh chilli seeded and finely chopped, 1 tbsp coriander seeds crushed, 1 tbsp fresh ginger chopped, 1 tbsp soy sauce

#### Method

Heat oil in a wide pan. Add sprouts and onion and cook, stirring for 2 minutes, add garlic, chilli, coriander, ginger and cook 2 minutes. Add tomatoes and soy sauce and cook on medium until just tender (5 min)

### Butternut with orange cardamom butter



Many pumpkin and butternut recipes are interchangeable

#### Ingredients

1 butternut squash, peeled and cut into cubes or 'segments', 2 tbsp oil, 1oz butter, zest 1 orange, ½ tsp crushed cardamom seeds, sage leaves.

#### Method

Preheat oven to 170C°. Place squash in roasting tin with oil, sage, S & P and roast 40 minutes, turning halfway through. Melt butter, zest and cardamom seeds in microwave, stir into the squash and return for 10 minutes. If roasting in a single layer you can reduce the roasting time

## Vegetables A to Z 8.36

### Sautéed butternut squash



#### Ingredients

1 large squash, 2 tbsp oil & ½ oz butter, ½ tsp cinnamon (optional), ½ tsp brown sugar.

#### Method

Peel, halve lengthways and scoop out seeds. Dice. Heat fat in frying pan, sauté 15 minutes until soft inside and browned. Add sugar and spice half way through.

### Butternut squash & potato



#### Ingredients

½ a butternut squash, peeled deseeded and 1 cm diced, 250g or so baking or new potatoes, cleaned and 1cm diced, dried sage, 2 tbsp olive oil.

#### Method

Preheat oven to 180°. Heat a shallow roasting tin with the oil. Rinse and pat dry the potatoes. Add the vegetables to the tin, coat in the oil, sprinkle with sage and return to the oven for 30-40 minutes, turning occasionally.

#### Variations

Include some sweet potato

### Swede, roasted, and Parmesan



#### Ingredients

1 swede, 4oz/110g plain flour, 1½ oz/45g freshly grated Parmesan, 1 oz/30g butter, 3 tbsp olive oil

#### Method

Mix the flour & cheese in a large bowl and season well. Peel the swede and cut into very thick chips. Simmer in boiling salted water for 3 minutes. Drain well and coat in the flour mix while still steaming. Place on a plate to cool. When needed, place a wide roasting tin in the oven at 180°. When sizzling, add the chips in one layer, basting with the fat then return to the oven for 40 minutes, turning once. Serve immediately.

Swede combines well in mash



## Vegetables A to Z 8.37

### Sweet potato

Sweet potatoes take half as long to cook, contain less starch and are good with spices. Mix in with butternut, potato, celeriac recipes. Boil mash, cool and mix with egg, cream and spices for sweet potato cakes to be fried. Gratin with double cream and nutmeg.

### Sweet Potato curry



#### Ingredients

1 tbsp oil, 1 onion finely chopped, 2 tsp diced fresh ginger, squirt of garlic puree, 1 dessertspoon of your favourite curry powder or paste, 227g tin chopped tomatoes in juice, 50g coconut cream, two sweet potatoes chopped

#### Method

Heat the oil in a medium saucepan. Tip in the onion and ginger and cook until softened, typically 5-10 mins, adding garlic towards the end. Stir in the curry powder/paste while cooking for 1 min more. Add the potatoes stir in the chopped tomatoes. Bring to the boil, then simmer gently for about 20-25 min until the potatoes are just soft. Stir in the coconut cream, season and reheat. Serve with lemon rice.

**Variations** - use other root vegetables or butternut squash, peanut butter.

### Sweet Potato pancakes



#### Ingredients

2 medium size sweet potatoes, 125ml/4 fl oz milk, 50 ml/2 fl oz double cream, 100g/3½ oz flour, nutmeg, 3 eggs, separated, 70g/ 2½ oz butter 150ml/ 5 fl oz sour cream, squeeze lemon 4 tbsp spring onions

#### Method

Peel & cut cook the potatoes in water (7-8 minutes), Drain & mash with the milk. Add the cream, nutmeg, S&P and allow to cool a little. Mix in the yolks. Whisk the whites and fold in.

Heat oil and butter in a frying pan and when hot, drop heaped tbsp of potato mixture allowing 10cm /4 inches diameter for each. Cook both sides. Serve with sour cream/lemon juice and spring onions

| See also sweet potato & tomato salad 9.9

## Vegetables A to Z 8.38

### Sweet potato melts



#### Ingredients

4 medium sweet potatoes, 50g butter, 1 tsp dried rosemary chopped, 1 clove garlic crushed, 1 red chilli, seeds removed and finely chopped, 100g cheddar grated fine, 100g Parmesan grated fine

#### Method

Heat the oven to 180°. Prick the potatoes all over with a fork and put on a large baking tray. Rub each with a little olive oil and season, then bake for 40-45 minutes until tender.

Meanwhile, melt the butter in a small pan then gently cook the rosemary, garlic and chilli for 5 min.

Split the sweet potatoes and scoop out most of the flesh, leaving a shell. Mash the flesh with the butter mix, season then stir in the cheddar. Pile back into the skins then sprinkle over the Parmesan. Bake for 10-15 min or until melted and piping hot.

### Tomato gratin



#### Ingredients

8 ripe tomatoes, cup white bread crumbs, 4 tbsp olive oil, stuffing

#### Method

Cut tomatoes crosswise and remove juice and seeds. Arrange on a baking dish, apply filling, sprinkle with bread crumbs (with some mustard if liked), drizzle with oil and bake 15-20 minutes at 190-200°.

#### Fillings:

Tapenade: 24 pitted black olives, 4 anchovy fillets, 2 tbsp capers, 2oz/55g tinned tuna, olive oil and lemon juice to taste. Reserve some olives, cut in half for decoration. Blitz remaining ingredients.

Garlic & Parmesan: Mix 2 chopped garlic cloves, chopped parsley, chopped capers and some of the removed tomato into the bread crumbs. Sprinkle 2oz/55g grated Parmesan after the bread crumbs.

Plain: Add finely chopped herbs and garlic to bread crumbs.

| See also cabbage with tomatoes & sour cream 8.13, pepper & tomato pudding 2.12, tomato Charlotte 6.9, tomato tarte Tatin 6.12, tomato cobbler 6.11 and many recipes with tomato sauce.

## Vegetables A to Z 8.39

### Tomatoes Maroc

#### Ingredients

1lb/450g firm ripe tomatoes coarsely chopped, small onion chopped, 2 tbsp olive oil, ¼ tsp turmeric, ¼ tsp cumin seeds lightly crushed, 2 tbsp chopped parsley or coriander, 4 tbsp white wine, 1 tsp sugar,

#### Method

Sauté the onion until soft. Add the spices and cook 1 minute. Add the wine and reduce for 5 minutes. Add the tomatoes and sugar; cook gently about 10 minutes until the liquid has reduced, turning occasionally. Add herbs and seasoning.



### Tomato tarts

#### Ingredients

1lb/450g ripe tomatoes, 2 tbsp olive oil, 2 tbsp white bread crumbs, 2 sprigs oregano, pack puff pastry thawed, capers

#### Method

Roll out 4 disks of pastry 6 inch dia, chill and prick. Peel and chop tomatoes, sauté 7-8 minutes in the oil. Stir in bread crumbs and oregano leaves. Bake the disks 10 minutes at 210°. Remove, spread with tomato mix and capers and bake another 8 minutes. Serve immediately.



### Turnips in red currant coulis

#### Ingredients

8-12 small turnips, 2oz/55g red currants, 5floz/150ml chicken or vegetable stock, 1oz/55g butter, 1 tbsp sugar, lemon juice

#### Method

Prepare a coulis from the red currants in a little water. Meanwhile peel and blanch the turnips (made of a size) 5 minutes and drain. Combine the coulis, stock, half the butter, the sugar and the turnips in a flameproof casserole. Cover, bring to the boil and simmer 5 minutes. Remove the lid and cook until tender and the liquid is reduced to a glaze. Add the remaining butter and season.



## Vegetables A to Z 8.40

### Turnips caramelised

#### Ingredients

8-12 small turnips, 1 tbsp olive oil, zest & juice 1orange, 2½ floz/70ml double cream, 1 tbsp sugar, 1 inch fresh ginger or 2 tbsp creamed horseradish.

#### Method

Preheat oven to 190-200°. Peel turnips and cut into chunks. Heat a roasting tin with the oil then pour in and coat the turnips. Roast for 15 minutes. Meanwhile Put the orange and ginger or horseradish in a small pan and reduce by 50%. Stir in the cream and remove from the heat. Turn the turnips over and sprinkle with sugar. Return to oven for 10 minutes. Pour over the sauce, mix well & return to the oven for 5 mins.



### Turnips, stoved with Cavolo Nero

#### Ingredients

1 pack cavolo nero (250 g approx), zest of one large lemon, 1 oz Parmesan finely grated, 2 tbsp creme fraiche, 15g butter 1 tbsp olive oil, 2 cloves garlic chopped, 4 medium turnips.

#### Method

Pull the leaves off the stalks and cut crossways into ½ inch wide strips. Add to steamer and steam for six minutes until just al dente. Set aside . Peel and chop the turnip into 3 cm chunks. Heat a dash of oil and knob of butter in a flameproof casserole, add the chunks, preferably in one layer. Cover and cook on a low heat for 20 minutes or until tender, turning occasionally and putting in the garlic half way through. Shortly before serving, reheat, add the cavolo nero and lemon zest. Turn up the heat slightly to reheat and drive off excess moisture and mix well. Then add the creme fraiche and parmesan, stir and reduce the heat, season and cook until the sauce is slightly thickened.



## Salads 9.1

### Mixed Green Salad



*Assemble all leaf salads as late as possible. My own favourite combination of green leaves is wild rocket, young spinach & water cress*

#### Ingredients

Any combination of fresh green salad leaves, sorted, rinsed and dried, olive oil, balsamic vinegar or lime juice, crushed garlic clove and Parmesan (optional), seasoning.

**Options:** Other green salad vegetables such as mustard & cress, halved radishes, sliced celery, sliced avocado pear, green olives. Cooked and refreshed green vegetables such as broccoli or peas [simmer or steam until just crisp then refresh in cold water and drain thoroughly, making sure that they are dry so as not to unduly wet the salad]

#### Method

Mix the olive oil in a large salad bowl with the garlic and a splash of balsamic vinegar. Throw the leaves on top. Add freshly grated Parmesan, salt and pepper. Just before serving turn the salad to mix in.

### Oriental dressing

#### Ingredients

Adjust quantities according to size of salad. 5 tbsp olive oil, 1 tbsp balsamic vinegar, 2 tsp dark soy sauce, zest and ½ juice of a lemon, finely diced ginger, ½ tsp English mustard, crushed garlic clove optional, fresh chopped basil, parsley or other herb, salt, black pepper.

#### Method

Combine all in a small bowl. Add sugar if needed. Taste, adjust seasoning and remove garlic clove.

### Simple dressing

#### Ingredients

Adjust quantities according to size of salad. 3 tbsp olive oil, splash of balsamic vinegar, ½ tsp English mustard, salt, black pepper.

#### Method

Combine all in the bottom of salad bowl. Place leaves on top and turn at the table.

#### Variations:

Add a crushed garlic clove but remove before serving.

## Salads 9.2

### Salade Niçoise



*This is a variation on the green leaf salad - converted into a main course with added protein.*

#### Ingredients

Lettuce, black olives, 2 hard boiled eggs, 1lb/450g quartered tomatoes, anchovy fillets. Optionally fine green beans, tinned tuna, boiled new potatoes, capers, thin sliced onion, garlic croutons

#### Method

Combine all ingredients. Dress with a herby garlic vinaigrette and black pepper just before serving or use olive oil, lemon juice and Parmesan shavings.

You may prefer to make your green salad as per 5.1, then place your eggs, tuna, olives, potatoes and croutons on top. It looks appetising and is easier to share out equally.

Herby vinaigrette:

5 parts olive oil to 1 part wine vinegar, chopped herbs of choice, ¼ tsp sugar, ½ clove garlic crushed, salt, pepper, optionally a little mustard powder.

### Warm bacon and spinach salad



*Prepare this one immediately before serving; there's salt in the bacon*

#### Ingredients

Bag of washed baby spinach or mixed green leaves, several rashers streaky bacon, thyme, olive oil, vinegar, balsamic vinegar.

#### Method

Place the leaves in a serving bowl and add freshly ground pepper. Fry the bacon (and thyme) in the oil until crisp then cut into pieces and add to the bowl.

Deglaze the pan with the vinegars and pour over just before serving

#### Variations:

Add chopped fresh parsley or basil

Fry a little finely chopped garlic with the bacon

Grate a little Parmesan into the leaves

Instead of vinegars use lemon juice and a pinch of sugar

## Salads 9.3

### Beetroot Salad



#### Ingredients

4 medium to small beetroot, olive oil, lemon or balsamic vinegar, 1 large orange, or ripe red currants or walnuts

#### Method

Peel the beetroot and place in a microwavable covered dish. Microwave on high, turning every 2 minutes and testing after 6 minutes, until just soft. Transfer to serving dish and slice or cut into Julienne strips when cool. If using orange, cut off top and bottom then the peel right down to the flesh. Hoick out the segments and add. If using red currants clean and rinse. Mix in a little olive oil and oil or lemon to taste.

#### Variations:

Goats cheese and/or currants can be added

### Beetroot, pepper & prawn salad



#### Ingredients

4 medium to small beetroot, 2 peppers, 2 grapefruit or large oranges, cooked peeled prawns, chopped toasted nuts, chopped spinach, olive oil, lemon or balsamic vinegar,

#### Method

As for beetroot salad, serve on individual plates on a bed of chopped spinach. See pepper salad recipe for pepper strips

### Celeriac remoulade



#### Ingredients

1 small (250g) celeriac, juice ½ lemon, balsamic vinegar, 4 heaped tbsp mayonnaise, 2 tbsp double cream/crème fraîche, 1 tbsp smooth mustard, chopped parsley, pepper

#### Method

Make on day needed. Squeeze the lemon juice into a bowl. Peel then coarse-grate the celeriac into the bowl and mix well. If necessary add a little balsamic vinegar to moisten. The acid helps to tenderise the celeriac. The shreds should not be too fine, nor thicker than a matchstick. Mix together the mayonnaise, mustard, cream and parsley. Season with salt & black pepper, then fold into the celeriac. Set aside for 30 min.

## Salads 9.4

### Celery salad



*Celery goes well raw in green and bean salads. Here it is cooked*

#### Ingredients

2 celery hearts, olive oil, 1 large onion, tin chopped tomatoes, ½ tsp cinnamon, 4 cloves, tsp fennel seeds, ½ star anise, Cayenne pepper, Worcester sauce, 1 tbsp sherry vinegar, 1 tsp sugar, salt & black pepper

#### Method

Wash, chop and dry the celery. Sauté in two 15 minute batches in olive oil in a frying pan. Retrieve the celery and sauté the onion finely chopped, until golden brown. Stir in the tomatoes and simmer 5 minutes, then add the spices and flavourings. Return the celery, coat well and simmer until celery is just soft (15 minutes). Tip out and cool.

#### Variations:

Should work with button mushrooms or small cauliflower florets  
You could brown some blanched almonds with the celery.

### Warm chicken salad



*Use this with any salad to create a complete main course*

#### Ingredients

Any green leaf or other salad, one chicken breast per person, Mayo

#### Method

Cook the breasts any way. Remove the skin, slice and coat with Mayo, tarragon and seasoning. Add to the prepared salad while still warm and serve immediately.

*If using with rice, use the stock to cook the rice and chop chicken finely*

### Courgette & mushroom



#### Ingredients

Three fresh courgettes, 2 large flat mushrooms, chopped, 2 garlic cloves, 3 tbsp olive oil, thyme or basil

#### Method

Slice courgettes diagonally. Fry briskly in oil until patched brown but not soft, adding crushed garlic just before the end. Transfer solids to serving dish and cook the mushrooms until brown and giving out the oil again. Add to the courgettes and deglaze the pan with a little balsamic vinegar. Pour over and adjust the seasoning and add a little oil if necessary.



## Salads 9.5

### Cucumber, pepper & olive



#### Ingredients

1 large fresh red pepper, ½ cucumber, small tin pitted black olives.

#### Method

Dice the pepper and cucumber and stir in the olives. Season and add garlic vinaigrette and some basil.

#### Variations:

For a complete meal add cubes of Cheshire cheese

### Green bean salad



*Also works with broccoli:*

#### Ingredients

The vegetables: 1 lb fresh green beans, topped. The marinade: 2 tbsp ground nut oil, 1 tsp sesame oil, 1 tbsp sesame seeds, 1 inch ginger, 2 tsp soy sauce, 2 garlic cloves, zest and juice of a lemon.

#### Method

Roast the sesame seeds at 200 in a dry pan, turning until browned but not burned. Mix all the marinating ingredients.

Boil the green beans or broccoli in plenty of boiling water until just cooked, strain and refresh in cold water. Shake well to dry. Coat in marinade 15 minutes before serving.

### Pepper salad



#### Ingredients

Three peppers of various colours, 1 clove garlic, fresh basil or parsley, olive oil, 1 tsp balsamic vinegar, black pepper, salt

#### Method 1.

Quarter several peppers and char well skin side up under the grill. Pop into a small bowl while hot and cover with a lid. Allow to steam until cool, peel with fingers and cut into strips. Place the strips and the juices in a serving bowl and add the garlic, finely chopped, black pepper, salt oil and vinegar.

#### Method 2.

Halve the peppers and arrange cut side up in a roasting tin. Sprinkle with chopped garlic, thyme, (optionally some anchovy) and liberally drizzle with oil. Bake 20-30 minutes 190°, season and squeeze over some lemon juice.

## Salads 9.6

### Potato salad



#### Ingredients

2lb/900g waxy potatoes, ½ small red onion/1 spring onion finely chopped, 2 tbsp olive oil, 2 tsp vinegar or ½ a lemon/lime juice, 2 tsp mustard, optionally a crushed garlic clove, salt, pepper, chives, parsley, tarragon

#### Method

Clean the potatoes and boil in skins until **just** cooked. Meanwhile mix all other ingredients in the bottom of serving bowl. Drain potatoes well; if large, remove the skins and chop coarsely. While still hot, mix with the contents of the bowl. Serve warm or cool, not chilled.

#### Variations:

- ▶ Sprinkle in chopped fresh parsley, tarragon or basil, or poppy seeds
- ▶ Use mayonnaise, sour cream or fromage frais in place of oil
- ▶ Add tinned tuna and fennel seeds or smoked salmon or diced sausage
- ▶ Cook chopped bacon and soften the onion in the olive oil & deglaze.

### Red cabbage and walnut salad



#### Ingredients

¼ or ½ young red cabbage, finely diced celery, 1oz/30g walnut pieces, 1 oz/30g currants, ½ tsp cinnamon, oil, vinegar

#### Method

Trim cabbage and remove core. Slice very finely and break apart. Add celery (or other green salad vegetable), currants, walnuts (crumbled) . Season then add salt and pepper. Add a simple vinaigrette.

#### Variations:

Add diced sweet eating apple

### Tomato and basil Salad



*Don't attempt to make this with forced tomatoes - the flavour isn't there*

#### Ingredients

1½lb/680g fresh ripe plum tomatoes, 1 clove garlic crushed, fresh basil or parsley, olive oil, black pepper, salt

#### Method

Mix garlic, black pepper, salt and olive oil in a flat serving bowl. Slice the tomatoes crosswise and mix in. Before serving stir in roughly chopped basil and a hint of lemon juice if liked, although the tomatoes may be acidic enough on their own.

## Salads 9.7

### Tuna & bean salad



#### Ingredients

Large tin of good quality white beans, tin of tuna steak in oil, spring onions or small red onion diced, 1 lemon, 2 garlic cloves, fennel seeds

#### Method

Break tuna into chunks and add to a bowl with the strained beans. Add the onion. Combine some of the tuna oil with olive oil, add lemon zest and half the juice, crushed garlic and seeds. Season with pepper

#### Variations:

Diced celery, parsley or rocket can be added

### Caramelised pear, pecan & Roquefort



#### Ingredients

3 ripe pears, 4 tbsp each sherry vinegar, olive oil, demerara sugar, 2oz/55g pecan nuts, 6oz/170g Roquefort cheese, watercress, salad spinach, lemon vinaigrette

#### Method

Cut the pears in eighths, peel and core. Warm the vinegar, oil and sugar in a nonstick frying pan and simmer for 3 mins then add the pears. Cook 10 mins turning occasionally. Add the nuts, continue until syrupy. Meanwhile prepare the green salad with lemon vinaigrette and crumble in the cheese. Distribute the pears, nuts and juices; serve immediately.

#### Variations:

Caramelize the pears in a wide nonstick baking tin at 200°

### Pear, avocado, hazel nut and feta



#### Ingredients

3 ripe pears, 3 ripe avocados, zest & juice of lime, sweetened with honey, toasted hazel or walnuts, 6oz/170g feta cheese, chicory, balsamic vinegar

#### Method

Peel the avocados, remove stone and cut into thin segments, Core the pears cut in thin segments. Rub with lime juice. Toast nuts 5 minutes at 190°. Cool and chop roughly. To serve; Mix lime with olive oil Coat the chicory and arrange in a fan on individual plates. Coat the avocado and pears and arrange over. Crumble over the feta, Sprinkle with nuts. Drizzle sparingly with balsamic vinegar.

## Salads 9.8

### Pink grapefruit & avocado salad



Notable for its colour combination

#### Ingredients

3 pink grapefruit, 3 ripe avocados, olive oil, salt, black pepper

#### Method

Peel the grapefruit, reserving the juices that flow for the vinaigrette. Make a vinaigrette from olive oil, some of the juice, lemon juice and seasoning to hand separately.

Just before serving, halve the avocados, remove the stones (hit the stone with the sharp of the knife and twist) Cut lengthwise into 8 segments each and pull back the skin to free the flesh. Moisten with vinaigrette. Distribute ingredients onto individual plates.

#### Variations:

Add cooked and peeled king prawns, black olives, fresh cooked and refreshed asparagus or green beans; You can pep up the vinaigrette

### Pink grapefruit, mango, pepper & prawn salad



#### Ingredients

2 pink grapefruit, peppers, 1 ripe mango, cooked peeled prawns, lime & saffron dressing with a little diced red chilli

#### Method

Mix the grapefruit segments, pepper strips and prawns then the dressing.

#### Variations:

Add avocado. Serve on a bed of leaves

### Carrot Salad

*This is quite different from a salad of grated fresh carrots.*

#### Ingredients

1lb450g baby carrots or larger carrots scrubbed and cut into batons. 3 tbsp olive oil, juice ½ lemon, 2 tbsp fresh mint or basil, 1 tsp cumin seeds

#### Method

Heat the oil in a heavy pan. Add the carrots and cook over a medium heat, turning occasionally, until browned and barely cooked through, typically 20 minutes. Add the cumin seeds part way through. Tip into a bowl with the lemon juice, mint or basil and seasoning. Allow to cool.

## Salads 9.9

### Sweet potato & tomato salad



#### Ingredients

2-3 sweet potatoes, 8oz/225g cherry tomatoes, 2 chopped garlic cloves, 2-3 tbsp olive oil, 2 crushed cardamom pods (optional), 1 inch diced ginger, (optional), dried or fresh basil, juice ½ lemon, pinch sugar, balsamic vinegar, green salad leaves

#### Method

Peel and slice the potatoes and fry in oil until brown and almost soft (10 min) then add garlic, spices and sugar. Add the tomatoes and cook until wilting. Turn into a bowl with basil, lemon, seasoning and vinegar. Adjust taste and allow to cool a little. Stir in the green leaves with a little oil and serve immediately.

#### Peeling orange and grapefruit for skinless segments

Slice off the top and bottom, right through to the flesh. Place cut end on the board. Pare off the rind right through to the flesh, starting each cut at the top and following the shape of the fruit down. Over a bowl, insert the knife between the flesh and dividing skin of a segment, cut into the centre, turn the knife round and come back on the other side of the segment to remove the flesh. Repeat for each segment in turn.

### Warm salmon, orange, fennel salad

#### Ingredients

4 salmon fillets, ½ tsp fennel seeds, ground in mortar, 4 oranges, 2 garlic cloves, peeled and bashed, 500 ml fish stock, 2 fennel bulbs, zest & juice 1 lemon, dill fronds, mustard vinaigrette

#### Method

Prepare the orange segments as above and add the squeezed juice. Poach the salmon in the stock with a strip of orange peel, 6-8 min or until just opaque.

Meanwhile finely slice the fennel, blanch and mix with the lemon, fennel seeds and half the vinaigrette. Assemble salad and scatter with dill fronds and remaining vinaigrette.

## Salads 9.10

### Oriental Green Salad



*Serve as a starter to supplement green vegetables*

#### Ingredients

Washed baby spinach or other leaves, broccoli spears, green beans, red pepper prepared as for pepper salad, small fennel bulbs, asparagus spears, frozen peas, oriental dressing

#### Method

Cook the broccoli, asparagus and beans individually and carefully al dente and refresh. Drain well. Cut the fennel in thin wedges and fry gently both sides in oil and butter until cooked and nicely browned. Grill peppers and deskin and slice as per pepper salad. Defrost the peas. Prepare the dressing in advance. When serving remove the garlic if using. Moisten the spinach or other leaves in half the dressing and arrange in bowl or on plates. Arrange the remaining ingredients over and drizzle the remaining dressing.

#### Variations

Add toasted nuts, radishes or croutons for crunch, diced button mushrooms,

### Poaching chicken breasts



*Hot grilled chicken can be used for a warm chicken salad but cold poached chicken breasts can be added to many salad recipes.*

#### Ingredients

1 - 4 skinless chicken breasts, on or off the bone as preferred, 1 cup of white wine or a stock cube, dried fennel or thyme, bay leaf, 1 teaspoon peppercorns, other flavourings as desired

#### Method

Wash and place the breasts in a single layer in a pan. Add the wine or stock cube and the remaining flavourings top up with water to about 1” above the meat. Bring quickly to the boil and barely simmer for 8 minutes, turning once. Remove heat but leave in liquor for 10 minutes. Test by cutting across one breast if desired; transfer to pot with just a tablespoon of liquid cover and allow to cool

## Salads 9.11

### Tony's coleslaw



#### Ingredients

¼ white cabbage, stalk removed and finely sliced, 1 fennel, stalk removed and finely sliced, 4 spring onions white parts finely sliced obliquely, handful of currents, zest of a lemon, 100g Greek style yoghurt

#### Method

Place the fruit and vegetables in a bowl. Mix in enough yoghurt to consistency required. Sprinkle in the lemon zest, salt and pepper and stir well. Allow time to soften a little.

#### Variations

Add grated celeriac, beetroot, celery, nuts etc

Add horseradish, Mayo, crème fraiche, lemon juice to the dressing

### Aubergine salad



#### Ingredients

2 aubergines, cubed, 3 red onions, each cut into eight wedges, tsp cumin seeds, 1 tbsp tomato paste, 4 tbsp green olives, quartered 400g Greek Feta, broken into cubes, fresh basil or mint roughly torn

2 tbsp red wine or other vinegar

#### Method

Preheat the oven to 190°C. Add 2-3 tbsp oil to a large roasting tin. When hot stir in the seeds, then the paste; add the aubergines and red onions and toss well. Roast for 30 minutes, stirring once or twice until cooked through and golden. (This could all be done in a wok or frying pan.)

Allow to cool. Stir the olives, feta, herbs and vinegar before serving.

#### Variations

Add sun-dried tomatoes in oil and use some of the oil to cook

Omit the cumin; add runny honey, etc.

### Insalata Tricolore



#### Ingredients

2 large ripe tomatoes sliced, mozzarella sliced, avocado peeled & sliced or cooked asparagus, oil & balsamic vinegar, basil leaves

#### Method

Assemble, separately, red white green on each plate

## Salads 9.12

### Chicory, orange, avocado salad



*This is a vegetarian salad with a wide range of tastes and textures.*

#### Ingredients

1/2 avocado per person, 2 large oranges, 2 heads chicory, 1 pack asparagus tips, flaked almonds and Parmesan shavings, orange & basil dressing.

#### Method

Steam asparagus tips and refresh. Extract segments from oranges. Saute almonds in a little butter until golden. Prepare dressing of 1/3 olive oil, 1/3 balsamic vinegar, 1/3 orange juice, crushed garlic. Shortly before serving arrange in a wide dish the chicory leaves in a flower shape, two leaves per person; stone and peel avocados and place a quarter in each leaf and moisten with orange juice to prevent browning. Add orange segments, arrange asparagus spears between, sparingly add dressing in a circle over the salad, scatter with Parmesan shavings and the nuts.

### Green leaf, artichoke & Parmesan



*A slight variation*

#### Ingredients

Green leaves, 2 spears of chicory, 1 packet marinated artichoke hearts (or ordinary tinned if unavailable), marinated black olives, 1-2 garlic cloves crushed, Parmesan cheese shavings, 3 tbsp good olive oil, lemon

#### Method

Mix the garlic with half the oil in the serving dish. Choose any combination of green leaves, wash and dry well. Add chicory leaves, drained halved artichoke hearts and black olives. Sprinkle liberally with remaining olive oil (& artichoke marinade), lemon juice, Parmesan shavings and black pepper.

#### Variations:

Serve on a large plate with white beans, artichoke hearts and tuna at the centre. Substitute a combination of sherry/balsamic vinegar for the lemon juice. (Also try chicory, avocado and radish)

– Reserve Mayo or yoghurt for salads based on chicken, broad beans, potatoes, celery, carrots, peas. Vinaigrette goes with anything –



## Desserts 10.1

### Fruit Compote



*A refreshing dessert, warm or cold, without the heaviness of pastry*

#### Ingredients

Fruits of your choice, sugar, spices

#### Method

Make a stock syrup by boiling 3oz/85g sugar (brown or white) to 20 fl oz water or wine per lb of fruit or 600ml per 450g and flavouring (vanilla, lemon zest, mace, ginger, cinnamon, coriander) for 10 minutes covered. Add prepared fruit in batches if necessary and poach GENTLY until **just** tender, removing with a slotted spoon; repeat until all fruit is poached. Reduce the syrup if necessary and pour over; allow to cool. Or flavour the cooled syrup with sieved raspberries.

**Apple** cut in quarters, peel and core; add lemon juice to avoid discolouration; cinnamon, sultanas optional.

**Apricot** cardamom and lemon peel optional, hint of almond extract

**Cherry** if ripe add to cooled red wine & orange, then red currant jelly

**Dried fruit** - see overleaf, can add Amaretti if liked

**Orange** slice and peel; add caramelised blanched zest

**Peach** halve and stone, simmer typically 15 minutes, remove skin at end - flavour syrup with kirsch or vanilla

**Pear** peel, cut in quarters & remove core. Dip in lemon juice. Use red wine & mulling spices/ white wine & vanilla or cinnamon/ white wine, cardamom and saffron. See detailed illustration recipe overleaf

**Pineapple** cubes, good with Madeira, allow syrup to reduce

**Plum** halve and stone - opt: use red wine & orange

**Raspberries** need to cook- add to the syrup once it has cooled

**Rhubarb** slice - orange, raspberry and/or ginger

**Summer fruits** leave whole wash well and sort; some need no poaching

**Some combinations:** Apple & blackberry; apricots, peaches & plums; apricots & strawberries; bilberries & peaches; pears & bananas; raspberries & pineapple, rhubarb or peaches; strawberry, mango & rhubarb, plum, pear and blueberry, pineapple and strawberry.

#### Accompaniments

Serve - plain or with creme fraiche handed separately

## Desserts 10.2

### Pears poached with saffron & cardamom



*The amount of cardamom sounds a lot but it works.*

#### Ingredients

½ tbsp cardamom pods, 2 large wine glasses dry white wine, 5 oz sugar, juice ½ lemon, ¼ tsp saffron threads, 4 firm pears, creme fraiche optional.

#### Method

Peel, quarter and de-core the pears and cut again into 8 segments per pear. Gently crush the cardamom pods with a rolling pin to slightly crack open the pods without releasing the seeds. Combine cardamom, wine, sugar, lemon juice, saffron in a medium saucepan, over a medium heat until the sugar is dissolved. Add the pears; add water to completely cover. Cover with lid slightly ajar and simmer gently, turning occasionally until the pears are just tender, typically 10 minutes. Transfer pears to a container, cover and refrigerate until needed, up to 8 hours ahead. Reduce the poaching liquid to about a cupful, this takes typically 10 minutes, and store at room temperature. When ready to serve, reheat the syrup and pour over the pears through a coarse sieve.

#### Accompaniments:

Serve with soft Amaretti biscuits and lemon posset, orange cedar cake, raspberry coulis or crème fraiche.

### Hot Blueberries



Rinse blueberries in a colander and drain. Place in a large microwaveable dish with lid. Dust sparingly with sugar. Microwave on high for 30 seconds. Swirl and repeat. The first berries should be just splitting. If not give another 30 seconds and serve.

No accompaniment required but a little creme fraiche can be served with. *Consider the pears and hot blueberries together*

### Lebanese dried fruit compote



Start at least 1-2 days before serving. Use any combination of dried fruits. Place in a large bowl with raisins, 100 g blanched almonds 50 g pine nuts, 1 tsp ground cinnamon, ¼ tsp freshly grated nutmeg 50 g brown sugar, juice and zest of 1 orange and cover with cold water. Stir well and set aside in a cool place or refrigerator. Stir twice a day. Add more orange juice if too dry; it should be quite syrupy. Before serving, add more cinnamon and nutmeg to taste. Serve with Greek style yoghurt.

## Desserts 10.3

### Roasting plums



#### Ingredients

Pack of 10-12 red plums, ½ tsp cinnamon, 2 tsp sugar, 1 oz butter, several sweet biscuits

#### Method

Preheat the oven to 180°C. Cut the plums into halves or quarters removing the stones. Pack tightly, cut side up in a single layer in an ovenproof dish. Mix sugar and cinnamon and sprinkle evenly over. Dot with butter and crumble the biscuits over. Bake for 20 minutes.

Note: not too many biscuits - just a dusting, Nice, digestive, gingernut, etc., whichever you prefer.

#### Variations:

Use pears - squeeze some orange juice over before the cinnamon and consider adding walnut pieces

Add almond slivers to the topping

Use apricots with a dash of red wine

Vanilla-Roasted Nectarines with vanilla and cardamom

Peeled peaches and lavender: see recipe below

A dash of Amaretti or equivalent wouldn't go amiss.

### Roasting peaches



*Thanks to Raymond Blanc courtesy of EuroStar*

#### Ingredients

5 peaches, 25g light brown sugar, 20g butter, juice one orange, ½ tsp vanilla essence, dash lemon juice, 5 small sprigs fresh lavender

#### Method

Put cross on bottom of each peach. Immerse in pan boiling water 1 minute and refresh. Melt sugar in frying pan. add butter and emulsify. Add remaining ingredients. Place peaches cross side up in the pan. Brush with syrup. Cover loosely in foil. Roast at 160°C for 20 minutes. stand 10 minutes. Peel. Spoon over the juices

## Desserts 10.4

### Fruit Salad



#### Ingredients

Some fruit combinations:

Oranges, apples, pears and black grapes (basic fruit salad)

Orange, banana, mango, melon with a hint of cinnamon

Orange, strawberry, green grape, peach in red wine sauce

Orange, red and green grapes, blueberries, mixed summer fruits

Soft dried fig, date, banana and apple

Orange and raspberry

Strawberry & mango

Cherry, grape, date, strawberry, raspberry

Peach, pineapple, melon with raspberry coulis

#### Method

Fresh oranges make a good start. Cut off top & bottom with a serrated knife and pare down in rotation, removing peel and outer membrane.

Free the sections individually from outer membrane.

Fruit salad should not be made too far in advance as it will start to deteriorate - store covered in refrigerator until one hour before serving.

Choose only ripe ready to eat or poached fruit and a balance (five or six colours) or harmony (shades of one colour) of colours and textures.

The fruits should have enough moisture to combine with a hint of sugar to make its own syrup; otherwise dissolve some sugar in a little hot water or use a coulis or stock syrup, but allow to grow cold before adding.

Fruit salad can be served in a hollowed half melon.

In winter serve almost any fruit salad hot, but especially spiced fruit salads or any involving dried fruits. Just heat before serving.

#### Accompaniments:

None necessary, especially not cream

### Raspberry coulis

Cook on a low heat 4 oz/110g fresh raspberries, 1-2 oz/45g red currants or blueberries (optional), 2 tbsp / 38g caster sugar, 1 tbsp water for 10 minutes. Sieve and cool.

## Desserts 10.5

### Trifle



#### Ingredients

Cake (not too sweet), sherry, prepared fruit, 10 floz thick custard, home made or top quality ready made bought custard, double cream

#### Method

Build up in layers, in a large bowl or individual dessert bowls.

Bottom - Sponge cake, fingers or macaroons spread with jam and soaked in sherry or liqueur, optionally mixed with some of the liquid from the fruit.

Next - the drained fruit, poached if necessary, in segments with any skin removed.

Next - custard: If making mix 4 egg yolks, 1½ oz/44g sugar and 1 tsp cornflour (optional) in the bottom of a mixing bowl. Heat 10floz/300ml milk to boiling with the contents of a vanilla pod (optional) pour over the eggs, beating well. Return to the pan and heat gently while beating until the custard has thickened. Allow to cool off the heat, stirring occasionally then pour in and allowed to set before:

Top - 10floz/300ml whipped double cream, levelled with a spatula and decorate appropriately with pieces of fruit, nuts or caramel made with fruit juices.

#### Variations:

**Orange trifle:** - use 4 oranges, add juice of a fifth to orange liqueur. Put the orange zest into the cream. Decorate with caramelised strips of orange peel or segments.

**Quick trifle:** Soak sponges as usual and fill bottom of bowls. Put alternative layers of fruit and fresh custard and mascarpone or cream cheese whipped together.

**Syllabub:** Stir zest and juice of 1 lemon, 4oz/110g wine or fruit juice and sweeten to taste. Beat in 10 floz double cream or creme fraiche to soft peaks. Pour into glasses containing brandy soaked ginger biscuits, swirl with a fruit puree or top the trifle in place of cream.

## Desserts 10.6

### Fruit Fillings



Use these fillings with one of the following toppings. Use 2-3 lb/1-1½ kg fruit prepare and fill a 22 cm square oven dish. Then add filling.

#### Ingredients & method

**Apples with currants, walnuts,** zest & juice of lemon & brown sugar: Peel, quarter and core 4-6 eating apples, cut quarters into 3 segments and rub in lemon juice/zest. Stir in any nuts, Sprinkle with cinnamon in a little sugar.

**Pears with saffron or cardamom powder,** zest & juice of lemon & golden sugar: Peel, quarter and core 4-6 pears, cut quarters into 3 segments and rub in lemon juice/zest. Sprinkle with cardamom in a little sugar, or a few soaked saffron strands.

**Stone fruits singly or in combination:** stone and quarter; add almond extract, a little sugar if tart. Cinnamon optional

**Rhubarb** Cut into 1 inch lengths. Add brown or white sugar to taste. Consider mixing with soft fruits (e.g. raspberries or blueberries), apple or ginger. There will be a lot of juice produced.

**Soft fruits** Use raspberries, strawberries, blueberries in any combination; a lot of juice will be produced. Consider mixing in pear or apple to provide bulk.

### Fruit Crumble Topping



#### Ingredients

7oz/200g flour, 1oz/30g ground almonds etc., 4oz/110g butter, 3.5oz/100g white sugar, optionally chopped nuts, grains, seeds, vanilla or cinnamon.

#### Method

In a large bowl mix flour and spices. Finely chop butter and rub in lightly, cutting with a sharp knife, shaking from time to time until the mix resembles breadcrumbs Stir in sugar, nuts etc.

Prepare filling. Spread topping lightly over filling with a spatula. Sprinkle with slivered/chopped nuts or seeds if desired. Bake 180° for 40 minutes & test with skewer. Serve with crème fraiche, etc.

*For an easier method, melt 3oz/85g butter in a bowl; stir in the other ingredients as listed, lightly but thoroughly with a fork, breaking up any 'boulders' as you go. Chopped nuts will help disguise any pebble effect.*

## Desserts 10.7

### Sponge Topping



#### Ingredients

4oz/110g butter, 4oz/110g sugar, 2 eggs, 4oz/110g flour, 2 tsp baking powder, salt, plus fruit filling

#### Method

Put the butter in a large bowl and soften in microwave 10 sec. Add the sugar and cream with wooden spoon until light in colour, beating in as much air as possible. Beat in eggs gradually. Almond/ vanilla essence or lemon zest optional. Mix baking powder into flour and fold in. Slacken with a little liquid if desired. Pour over filling and even out. Bake at 180 30-40 minutes & test with skewer.

### Cobbler topping



#### Ingredients

4oz/110g butter, 3oz/85g sugar, 1 egg yolk, vanilla essence, 2 tsp baking powder, 5oz/140g flour plus fruit filling

#### Method

Put the butter in a large bowl and soften in microwave 10 sec. Add the sugar and cream with wooden spoon until light in colour, beating in as much air as possible. Beat in egg gradually. Almond/ vanilla essence or lemon zest optional. Mix baking powder into flour and fold in. Using a dessert spoon, form into small balls no bigger than a walnut, typically 16 in all. Dredge with flour and arrange evenly over filling. Bake at 180 30-40 minutes & test with skewer. Serve with creme fraiche, etc.

### Almond Topping



*This gluten free sponge topping is less robust than a sponge made from flour and can go soggy. Replace some almonds with flour if preferred.*

#### Ingredients

6oz/165g each warm butter, sugar and ground almonds, 3 eggs, 4 tsp baking powder, almond essence

#### Method

Cream butter and sugar until light in colour, beating in as much air as possible. Beat in the eggs gradually and almond essence. Stir in the ground almonds mixed with the baking powder. Slacken with a little liquid if desired. Spread over the filling and bake 180° for 40 mins. Test with skewer. Serve with creme fraiche, etc.

## Desserts 10.8

### Breadcrumb Topping



#### Ingredients

5oz/140g brown bread (typically two large crusts), 2oz/55g white sugar, cinnamon, 2oz/55g butter, optionally chopped nuts, grains, seeds.

#### Method

Part cook filling. Blitz the bread into crumbs and stir in the sugar and cinnamon. Melt the butter (e.g. in microwave) and mix in lightly but thoroughly with a knife. Sprinkle over filling and even it out. Scatter with nuts.

Bake 180° for 20-30 minutes & test with skewer. Serve with creme fraiche, etc.

### Apple Flapjack



#### Ingredients

For topping: 170g/6oz porridge oats, 1 oz/30g chopped walnuts, 100g/3½oz butter, 75g/2.5oz muscovado sugar, 40g/1.2 oz caster sugar

For filling: 1kg/2lb 4oz eating apples, peeled, cored and cut into chunks, 40g/1½ oz butter, 1 tsp cinnamon, 1–2 tbsp muscovado sugar, juice of 1 lemon, 110g/4oz currants

#### Method

Melt the butter and sugars in a saucepan over a medium heat until the sugar has dissolved. Pour over the oats and nuts, give it a very good mix and set aside to cool.

Put the apples, butter, cinnamon, 1 tablespoon of sugar and the lemon juice into a pan. Cook, turning for 10 minutes or more on a medium heat, until the apples are just softened. Stir in the currants, then tip the mixture into a 10in square or round ovenproof baking dish until needed. Top with the flapjack mix in an even layer. Preheat the oven to 150° . Bake on the middle shelf of the oven for 40 minutes.

#### Gluten-free flour:

Gluten-free flour mixes are readily available but you can make your own. Mix white rice flour, brown rice flour, potato flour and tapioca flour in the ratio 6:6:4:2. Add xanthan gum if strong flour required. Use gram flour for savoury dishes such as pancakes.



## Desserts 10.9

### Upside down puddings



#### Ingredients

1 quantity sponge dough as for 6.7 plus fruit for filling

#### Method 1

**Upside Down Sponge** Grease a vertical sided dish with butter and sprinkle liberally with brown sugar. Arrange pineapple rings, glacé cherries or other prepared fruit carefully over. Spread the sponge over and bake 180°, 50 minutes & test with skewer. Invert warm.

#### Method 2

An alternative sponge: Melt 4oz/110g each butter, treacle and golden syrup. Beat 1 egg, 5floz/150ml milk, 1 tsp bicarbonate of soda. Blend into 8oz/225g flour, 1 tsp each cinnamon & ginger. Beat until glossy.



### Fruit Charlotte

#### Ingredients

2lb/1kg eating apples, 2oz/55g butter, 2 egg yolks, brown sugar to taste, juice and zest of a lemon, 175g sliced white bread - pref. day old.

#### Method

Cook the apples, lemon & brown sugar until just soft. If very sloppy, remove with slotted spoon and reduce juices before recombining. Brush or fry the bread with plenty of melted butter and use it to line a greased basin (metal is best). Reserve 2 slices for the top. Stir egg yolks into the cooled fruit before filling and covering with the remaining bread. Bake 45 minutes 200° until golden. Free the sides and invert onto a plate.

### Brown Betty



#### Ingredients

2lb/1kg eating apples, peeled & thinly sliced, 1½oz/45g butter, 125g caster sugar, juice & zest of lemon, 175g day old sliced white bread in crumbs, 1tsp cinnamon

#### Method

Toss the apples, juice, sugar and cinnamon. Sauté the bread in butter until golden. In a buttered casserole or deep pie dish layer with the cooked fruit ¼ crumbs (pressed down), ½ the apple, ¼ crumbs, ½ the apple ½ the crumbs cover with foil and bake 20 minutes remove foil and bake 20 minutes more at 180°. Test with skewer

## Desserts 10.10

### Bread and Butter Pudding



*A time consuming recipe justified by the results, use a 2 inch high oblong baking dish and a bain-Marie*

#### Ingredients

8 thin slices of bread, butter, apricot jam, candied peel, sultanas, 2oz/55g sugar, 5 eggs, 20floz/600ml single cream, zest of lemon, brandy or sherry optional

#### Method

Optionally soak the dried fruit in sherry or brandy overnight. On the day, butter the bread (or melt butter and pour over). Make them into sandwiches with apricot jam. Cut into quarters. Use half of them to line the buttered baking dish, cover with the candied peel and sultanas. Cover with the remaining bread sandwiches

The custard: Beat 2 oz sugar with the eggs; stir in (hot but not boiling) cream, and optionally the zest of a lemon. Pour slowly over the bread and sprinkle with nutmeg. Stand for 20 minutes. Dot with butter and grate a little nutmeg over. Bake in a bain-Marie 175° 45 minutes until set.

#### Variations:

Chocolate version: substitute a bar of dark chocolate for the equivalent weight of cream and reduce the sugar. Melt the cream and chocolate over a bowl of hot water before mixing with the eggs. Use cinnamon in place of nutmeg and rum in place of brandy or sherry. You could reduce the richness of the original recipe.

#### Accompaniments:

Crème fraîche, cream if necessary

#### Bain-Marie

Choose a roasting tin that is about 1-2 inches wider than the dish all round but no taller. Set the kettle to boil. When ready to bake, place the dish in the tin and put it in the oven. Allow the water to come just off the boil and pour it into the space around to about half way up the dish.

## Desserts 10.11

### Cheesecake



#### Orange Cheese Cake

Base: 5oz/140g digestive or gingernut biscuits, 3 oz butter, 2 oz sugar.

Filling: 2 oz butter, 2 oz sugar 2 oz chopped nuts, 6-8 oz curd cheese, 2-4 floz cream, zest of 1 orange, 3 eggs, nutmeg

Crush the biscuits with end of rolling pin. Melt butter and stir in crumbs and sugar. Press into a 7-8" cake tin with a removable base and chill. Filling: Melt butter with sugar & chopped nuts. Separately mix curd cheese, cream & zest of orange; beat in the eggs very gradually; stir in the butter mix; fill shell. Add nutmeg; bake 175 ° 30 minutes or until set. Cool slowly, in open switched off oven if possible.

**Variations:** Use lemon zest; 3 oz ground pecans and vanilla extract in place of orange and chopped nuts; 3 oz ground almonds & lemon;

**Chocolate version:** Add 2 tsp cocoa to the butter in the crumb shell.

Melt a 100 g bar of dark chocolate, 3 oz butter, 2 floz cream and 2 oz sugar over water. Meanwhile beat 3 eggs with 4 oz curd cheese and vanilla extract. Stir in the chocolate mix. Fill the shell and bake 170° 30-40 minutes or until set. Cool. Melt 100 g chocolate and stir in 5 oz whipped double cream and spread over.

#### New York Cheesecake

Base: 125g butter 150g flour, 50g sugar, zest ½ lemon, seeds of ½ vanilla pod, 1 large yolk; Filling: 600g cream cheese, 180g sugar, 1 tbsp flour, grated zest 1 lemon & 1 orange, seeds of ½ vanilla pod, 2 large eggs & 1 yolk, 2 tbsp cream

Put flour, sugar, zest and vanilla into a processor and pulse briefly to combine. Add egg yolk & diced butter and continue until just combined. Form disk, cover with cling film and chill.

Roll out half the pastry to fit the base of a buttered 8 inch cake tin with removable base. Allow to rest then bake 12 minutes 200°. Allow to cool. Lower oven to 140°.

Beat together cream cheese, sugar, flour, zests and vanilla then adding the eggs and yolk one at a time. Stir in cream.

Roll out remaining pastry to a rectangle 9 inches wide and cut into 4 strips. Arrange around the sides of the tin, pushing joints together. Pour in filling and bake 1 hour. Cool slowly. Optionally top with blueberries.

## Desserts 10.12

### Tart Pastry



*This is enough for a 9"/23cm circular flan dish, Use with fillings below.*

#### Ingredients

Pastry: 6 oz plain flour, 3 oz butter, 1 oz caster sugar, 1 egg beaten with 2 tbsp cold water, vanilla extract. (Or use ready made short crust)

#### Method

Cut fat into the sifted flour and rub in with finger tips; touch lightly to aerate and avoid working the fat too far into the flour; shake the bowl to bring large pieces to the top. Alternatively cut in with a knife. Mix in remaining dry ingredients. Stir in liquids sparingly and quickly with a blunt knife, using a cutting action. If all flour will not combine, add a little more water but don't over mix. Knead just enough to bind together. Allow to rest in a poly bag somewhere cool for 30 minutes or more. Roll out and line an 8" greased and floured tart tin preferably with removable base. Rest in fridge while making the filling. Prick base well with fork before using. Bake blind in oven 20 minutes at 190° before adding filling. (Press back down after 10 minutes if risen)

### Lemon Tart filling



#### Ingredients

3 eggs 4 oz sugar, zest & juice (5 floz, filtered) of 4 lemons. 5 floz double cream (stirred).

#### Method

Whisk eggs well with sugar and lemon zest. Add the lemon juice and cream and Pour into part baked pastry and bake 30 minutes 160° until set. If possible cool slowly in oven with door open. Dust with icing sugar. Serve cool or warm

### Chocolate Tart Filling



#### Ingredients

100 g bar dark chocolate, 10 floz double cream, 2 oz sugar, 2 oz butter, 2 eggs and 1 yolk.

#### Method

Melt dark chocolate with 10 floz double cream, 2 oz sugar (combine well) and 2 oz butter over double boiler and stir into the well beaten eggs. Pour into part baked pastry and bake 175° 25 minutes or till set.

## Desserts 10.13

### Frangipani filling



#### Ingredients

4oz/110g each butter, & sugar, 2 eggs+1 yolk, almond essence or lemon zest, 4oz/110g ground almonds, 2 tsp baking powder. 1oz/30g ground almonds 4 tbsp jam or lemon curd, prepared fruit optional.

#### Method

Cream butter & sugar. Beat in eggs and flavouring. Stir in almonds mixed with baking powder. Slacken with milk if desired. Sprinkle raw pastry base with 1 oz ground almonds and jam or lemon curd. Spread evenly with frangipani mix. Top with raw fruit such as pears peeled and cut into pieces. Add soft fruits part way through cooking. Sprinkle with a little sugar and bake 40 minutes 190° until set and fruit is soft. Brush with a solution of sugar in a little water and eat warm or cool.

### Other Tart Fillings



#### Norfolk treacle tart

7oz/200g butter, 9 tbsp golden syrup, 4 tbsp cream, zest 2 lemons, 3 eggs. Melt butter and syrup and stir into the cream, zest and beaten eggs. Pour into part baked pastry and bake 180° 30 minutes or till set.

#### Custard tart

5floc/150ml each of double cream & milk, 2 tbsp honey, 2 eggs, 1 yolk. Mix and pour into part baked pastry and bake 170° 40 minutes or until set. Sprinkle with nutmeg or mace.

#### Yorkshire Curd Tart

Cream together 3oz/85g butter/soft margarine, 2oz/55g sugar and beat in 8oz/225g curd cheese & 2 eggs. Stir in 3oz/85g currants and 1 oz/30g ground almonds. Bake 30-35 minutes 175° in raw short crust case.

#### Nut Tart

7oz/200g nuts, 2 oz melted butter, 4floc/110ml honey, 3 eggs, 2-4oz/85g oatmeal or rolled oats, soaked dried fruits, glacé cherries, lemon juice. Grind most nuts, chop the rest. Combine all ingredients, spread on pastry and bake 30 minutes 180°.

## Desserts 10.14

### Alsace Tart

#### Ingredients

Prepared raw fruit (apple, plum, rhubarb), 2 oz brown sugar.

One quantity shortcrust pastry

Custard: 2oz/55g caster sugar, 5floc/150ml double cream, 1 beaten egg.

#### Method

Arrange fruit neatly on a raw pastry base, sprinkle with brown sugar to taste and bake 20 minutes 200° Mix custard mixture well and pour over for last 20 minutes cooking and reduce oven to 175°. Serve hot or cold.

### Lemon curd ice cream



**Lemon curd:** Place 6oz/170g castor sugar in a double boiler with the rind of 2 lemons. Whisk the juice with 2 eggs and 2 yolks and add to the boiler with 4oz/110g cubed butter. Heat stirring continuously until the butter melts and the mixture thickens. Cool, stirring occasionally. Mix this curd with 10floc/300ml each of creme fraiche and Greek yoghurt, place in a freezable container and freeze, stirring occasionally.

### Lemon Posset



#### Ingredients

400ml double cream, 100 g castor sugar, 2 small lemons or one large

#### Method

Put cream and sugar in a large pan and bring gently to boil. Simmer 3 minutes, remove from heat and whisk in the zest and 2floc juice well. Pour into ramekins and chill 2-3 hours. Decorate if desired.

#### Variation

In place of lemon use 6 passion fruit. Halve, scoop out and whizz to separate & remove seeds

### Little pots of lemon cream



Combine lemon curd with lesser quantities of crème fraiche and Greek yoghurt and distribute amongst stemmed glasses. Optionally top with a fresh fruit purée such as mango and orange or peach and raspberry, sweetened to taste.

## Desserts 10.15

### Chocolate Mousse



#### Ingredients

6oz/170g (2 bars) high quality chocolate (70% cocoa solids), 3 eggs, 2 floz/60ml double cream (optional).

#### Method

method

Melt the chocolate in a double boiler with the cream, making sure the water does not boil. Beat the egg yolks and add, beating thoroughly. Whip 2 egg whites and fold in. Transfer to glasses or pots, cool and cover with cling film. Before serving pierce with a skewer and pour in a little liqueur.

#### Variations:

1. Top with syllabub
2. Add zest and juice of ½ orange at melting stage.
3. Make one half white chocolate and swirl together into the glasses

#### Accompaniments:

I resisted the idea of whipped cream as it dilutes the chocolate - how about some long thin mint chocolates?

### Soft Centre Chocolate Puddings



#### Ingredients

7 oz/170g (2 bars) high quality dark chocolate, 7 eggs, 7oz/200g butter, 4oz/110g sugar, 2½oz/70g flour, 2 tbsp brandy optional.

#### Method

Melt the chocolate with the diced butter and optionally the brandy. Beat 4 eggs and 3 yolks with the sugar for 10 minutes with a hand held beater until pale and at the ribbon stage. Fold both mixtures into 2½oz/70g plain flour, turn into greased ramekins and chill, covered, even overnight. Bake 14 minutes 200° and turn out onto warm plates.

#### Accompaniments:

A little single cream

## Desserts 10.16

### Little pots



#### 1 Port & prune fool

#### Ingredients

284 ml double cream, 1 can prunes, stoned (or xx oz dried prunes)  
4 tbsp port 1/4 cup (50 g) 2 oz soft brown sugar, grated nutmeg  
chopped nuts to decorate

#### Method

Whip the cream until stiff. Chop the prunes and fold into the cream with the port, sugar and nutmeg to taste. Spoon into individual glass dishes and chill. Decorate with chopped nuts before serving.

#### 2. Blackcurrant swirls

#### Ingredients

juice ½ lemon, 2tbsp water, 500g blackcurrants, 100g golden caster sugar

#### Method

In a small pan on the hob, dissolve the sugar in the water & lemon. Remove the blackcurrants from their stalks, dropping them into the pan. Bring to the boil, lower the heat, and let the currants simmer gently for 4 or 5 minutes, or until the berries are starting to burst. Pour into a jug or bowl and set aside to cool. It should be tart but add more sugar if required. Swirl into pots with Greek yoghurt.

3. **Lemon or passion fruit posset** - see separate recipe

4. **Chocolate mousse** - see separate recipe

5. **Mini trifles**

### Quick Plum Cake



#### Ingredients

**Plums:** 5-6 ripe plums, cut in 6-8 segments, stones removed

**Sponge mix:** 50 g flour with good ½ tsp baking powder, 100 g ground almonds, 100g caster sugar, 100g melted butter, 2 eggs [optional almond extract]

#### Method

Cut the plums into a plastic container. If necessary, microwave the plums to soften or add a hint of sugar to sweeten. Mix the dry ingredients in a large bowl and beat in the butter then eggs. Stir in the plums [and extract if using] and transfer to a greased, 8" / 21cm diameter, lined baking tin. Bake at 180 for 20-35 minutes until it passes the skewer test.



## Desserts 10.17

### Carrot Cake



#### Ingredients

**Cake:** zest & juice of 1 orange, 100 g raisins, 100 g chopped walnuts, 200g flour, 4½ tsp baking powder, 1 tsp cinnamon, 1 tsp grated nutmeg, 200g light brown sugar, 140 ml oil, 3 eggs, 320g grated carrot (2-3 carrots),

**Topping:** 225g cream cheese, 50g butter, 150 g icing sugar, zest of 1 orange, 2 tsp orange or lemon juice.

#### Method

soak the raisins in the orange juice. Toast the nuts for 15 minutes. Mix the flour, baking powder, spices. In a separate bowl mix the oil, and sugar well with a hand-mixer and add the eggs one-at-time until fully incorporated and add the flour mixture, raisins (with soaking liquid), orange zest and nuts. Pour into a bottom lined cake tin (20cm round or 20 cm square) and level out. Bake at 160°C for 1h to 1h15 min or until cooked when testing with a skewer. Allow to cool a little before turning out onto a rack.

Beat the cream cheese and butter in a bowl until well combined. Add the icing sugar, finely grated orange zest and two tsp of orange or lemon juice. Spread over the cake and ridge it with a fork

### Orange Ceder Cake



*This uses almonds in place of flour for a moist cake or dessert*

#### Ingredients

2 large oranges, 6 eggs, 8oz/225g ground almonds, 1 tsp baking powder, 8oz/225g sugar

#### Method

Boil 2 large oranges in a little water for 2 hours (or 30 minutes in a pressure cooker) and cool. Remove pips and process in a food processor. Beat the eggs in a large bowl and stir in the oranges, ground almonds mixed with baking powder, and sugar. Bake in a buttered 20 cm dia tin with removable base at 165°C for an hour or longer if still wet. Cool in tin. Serve with single cream.

#### Variations:

Top with Greek yoghurt, honey, pistachios, or lace with orange liqueur

## Desserts 10.18

### Chocolate pudding



*Thanks to James Martin*

#### Ingredients

For the pudding

100g melted butter, plus extra for greasing, 3 eggs, 175ml milk, 250g flour, 50g cocoa powder, 5 tsp baking powder, 150g soft light brown sugar, 200g dark chocolate, finely chopped into 5mm dice,

For the sauce

200g light brown soft sugar, 40g cocoa powder

#### Method

Preheat the oven to 180°C and butter a 2 litre ovenproof dish.

Whisk the melted butter, eggs and milk together in a jug until smooth. Sift the flour, cocoa and baking powder into a bowl then stir in the sugar.

Pour the butter mixture onto the flour and mix well to a smooth batter. Stir in the dark and milk chocolate pieces and spoon into the prepared baking dish.

To make the sauce, bring 300ml water and the sugar to the boil in a saucepan, then add the cocoa and whisk until smooth. Pour over the top of the batter then bake for 25-30 minutes. The top of the sponge will be just firm to the touch.

### Raspberry Crumb Cake



#### Ingredients

**Filling:** 4oz/110g flour, 1 tsp baking powder ½ tsp salt, 5oz/140g caster sugar, 2 eggs, 1 tsp vanilla extract, 2oz/55g melted butter, 4floc/115g sour cream, 8oz/225g raspberries or raspberries and blueberries.

**Topping:** 5oz/140g flour, 2½oz/70g ground almonds, 4oz/110g butter, 4oz/110g brown sugar

#### Method



Grease and flour a 9x9" baking tin. Mix the dry filling ingredients in a bowl. Add vanilla extract, eggs, butter and sour cream and combine well. Fold in raspberries and pour into tin. Prepare topping as per crumble, sprinkle over filling and bake for 40 minutes 180°C to skewer test.


## Fillers 11.1

### Bread

Use plain dough for ordinary bread, pastry and rolls, enriched dough for buns and cakes

#### Ingredients

**Plain dough:** 12oz/340g strong brown or white flour, 1-1½ tsp salt, 1   tsp sugar, 1oz/30g butter, 1 sachet yeast, 7.5 fl oz/210ml\* water or milk at 43° 112° F.

**Enriched dough:** 12oz/340g strong white flour, 1 tsp salt, 1 tsp sugar, 1 oz butter, 1 sachet yeast, 6 fl oz/170ml\* milk at 43° (112° F) and a beaten egg. 

\* Check flour packet – required liquid to flour ratio may vary

#### Method

Mix all the dry ingredients with micronised yeast. [Or add reconstituted dried yeast with liquids.] Add liquids all at once after warming to desired temperature - better to over-estimate liquid than under, typically one volume of water for three volumes of flour. See packet. Don't stir; draw up flour from the bottom of the basin with one outstretched hand - add more flour if needed. Knead for at least 10 minutes by hand.

Kneading is the biggest single factor in producing texture and rise and should be continued until the dough becomes smooth, resilient ball and no longer sticky. Place ball (oiled to prevent skinning) in a bowl and press flat, mark the height on the bowl with a marker, cover with poly bag and leave to double in size. The warmer the faster. Typically one hour warm or 12 hours in fridge, but slow rising makes better bread.

Knock back, roll up twice and form into desired shape with the seams at the bottom, place in baking tin, brush with oil and allow to rise a second time (prove) on the tin in a poly bag. Test with finger for spring. Brush and/or decorate top before baking. Salt water gives crisp crust, flour gives soft crust. Bake hot except where sugar or fruit might burn. When done the loaf should be brown and slightly shrunk from the side of the tin; a tap on the base sounds hollow. For a crisper loaf, longer at a lower temperature.

#### Variations:

Divide into 8 and form rolls. Decorate with cracked wheat, sesame seeds, poppy seeds and bake on a baking sheet 20 minutes.

## Fillers 11.2

### More about yeast baking

Because yeast baking uses less fat than conventional baking it can be a healthy alternative

#### Yeast Pastry

Use enriched dough for sweet, plain for savoury. This is the traditional dough for a quiche. Mix dough and rise (do not over knead). Coat in flour and press into 9" tin. Press again in 30 minutes to 1" above rim.

Refrigerate & bake as short crust. Option: add zest 1 lemon.

### No Knead Focaccia

500g strong white flour, plus extra for dusting, 7g dried fast action yeast, 2 tsp fine sea salt, 350-400ml tepid water, 5 tbsp olive oil, plus extra for the tin and to serve, 1 tsp flaky sea salt, leaves from a small bunch of rosemary, optionally chopped.

Tip the flour into a large mixing bowl. Mix the yeast into one side of the flour, and the fine salt into the other, then all together.

Make a well in the middle and add 2 tbsp oil and, gradually, 350-400ml tepid water, and stir for 2 min. Form into a ball and coat with olive oil to stop it drying out. Cover and store for 8 hours or overnight in the fridge. Fold the dough on itself up to 40 times and transfer to a greased baking tin 40 x 30 cm, spread out, cover and leave for 30 minutes. Heat oven to 200°.

Press fingers into the dough to make dimples. Mix together 1½ tbsp olive oil, 1 tbsp water and the flaky salt and drizzle over the bread. Push sprigs of rosemary into the dimples in the dough.

Bake 20-30 mins until golden and cooked through. While still hot, drizzle over 1-2 tbsp olive oil. Serve cut into squares.

#### Alternative flavourings:

Focaccia is often topped with olive oil, herbs and salt, as here. The oil preserves moisture in the bread and crisps the top. Alternatives include basil leaves, Parmesan, green onions, tapenade, garlic and butter, caramelised onions, pine nuts. Or add 2 dssp of sugar & a sweet topping - cherries, nuts, apple with a glaze of oil, water, sugar & salt.

The dough itself can be filled with sun-dried tomatoes, black olive slices, or cheese. Increase baking time if necessary

[See also Pizza and thin bread](#)

## Fillers 11.3

### Corn bread



*If you use the almond option this is gluten free. Traditional with pumpkin or squash soup.*

#### Ingredients

3oz/85g butter, 1oz/30g sugar, 2 beaten eggs, 4oz/110g corn meal, 2oz/55g ground almonds or flour, 1 tsp salt, 1 tbsp (sic) baking powder, lemon juice, milk or cream

#### Method

Combine 3oz/85g butter, 1 oz sugar, 2 beaten eggs, 4oz/110g corn meal, 2oz/55g ground almonds or flour, 1 tsp salt and 1 tbsp baking powder. Slacken with a squeeze of lemon and a little milk or cream. Line a standard 12 oz loaf tin with nonstick paper, bake 30 minutes at 175° until gold & shrinking from sides. Can be re-warmed.

### Mediterranean Chelseas



#### Ingredients

**Filling:** 2 peppers, 3 tbsp olive oil, 1 courgette, 2 tomatoes (fresh or sun-dried in oil), fresh basil or oregano, 1 clove garlic, 1 tbsp balsamic vinegar

**Dough:** 12oz/340g strong white flour, 1-1½ tsp salt, 1 tsp sugar, 3 tbsp olive oil, 1 sachet yeast, 7.5 floz/210ml water at 43°C

#### Method

Prepare and marinate the courgette according to recipe on page 2.5 Grill the pepper in quarters skin-side up to char and rub off the skin. This can all be done in advance.

Prepare the dough - mix all the dry ingredients. Add liquids all at once at 43°C. Knead for at least 10 minutes until the dough becomes smooth, resilient, and no longer sticky. Place ball (oiled to prevent skinning) in a bowl, press flat, mark the height on the bowl, cover with poly bag and leave to double in size. Typically one hour warm or 12 hours in fridge. Knock back and roll out to a rectangle 12" by 8". Brush with the marinade, chop and distribute the vegetables over the surface. Add any remainder to a greased tin. Roll up and cut cross-ways into 12 slices. Assemble cut side up in the tin. Put in a bag and allow to rise. Bake 20-25 minutes 200°. Cool in tin.

## Fillers 11.4

### Scones



*Scones must be consumed when freshly baked*

#### Ingredients

8oz/225g flour, 3-4 tsp baking powder (extra if filling is heavy), 1½oz/42g butter or lard, salt, 1 egg, 3-4 tbsp milk  
For sweet scones, 1 oz sugar, 1½ oz dried fruit optional

#### Method

Use up to 50% whole wheat flour. Mix the flour with the baking powder and any spices. Rub in the butter or lard - **lard makes better, softer scones**. Stir in any sugar and any dried fruit. Mix to smooth soft dough with the egg beaten with the milk. Roll out gently ¾ INCH OR GREATER. Cut, flour and bake 220° 15-20 minutes. Serve warm.

#### Variations:

2 oz grated cheese and/or sweated onion or leek  
Grated cheese, mustard and crispy bacon  
Flaked smoked fish (8 oz maximum), onion, lemon zest  
Zest of lemon and finely grated parsnip

### Potato Crisps



#### Ingredients

For two persons: 1 large baking potato or several medium potatoes, 3 tbsp olive oil, rosemary, salt & pepper

#### Method

Put oil and rosemary in a large bowl. Scrub the potatoes and slice very thinly, skin on. Pat dry and rub well into the oil. Line a baking sheet with nonstick parchment and spread the potato evenly over. Bake at 180° for 30 minutes or more for a crisper finish. Transfer to a dish lined with kitchen paper. Season with salt & pepper and serve immediately  
Note: You can use a microwave. Place parchment on the turntable; cook for 8 minutes on high. Keep an eye out for burning.

## Fillers 11.5

### Drop Scones and Pancakes



#### Ingredients

Pancakes: 4oz/110g flour, ¼ tsp salt 1 tsp sugar, 1-3 eggs 10froz/300ml milk or water, 1oz/30g melted butter

Drop scones: 4oz/110g flour, ½ tsp salt 1 tsp baking powder, 1oz/30g sugar, 1 egg 5froz/150ml milk or water, 1oz/30g melted butter

#### Method

Mix dry ingredients in a bowl; Break eggs and yolks into well and beat, incorporating gradually and adding liquid as it gets dry. Blend well and leave to rest 20 minutes. Stir in well any melted butter or oil and adjust the consistency by adding a little water or flour if necessary. Eggs can be separated, whites being beaten and folded in before cooking for more rise. Wipe a medium pan and add a smear of oil. Get hot enough to make a drop of water sizzle before pouring enough batter from ladle to coat the pan, tipping to spread for pancakes, optionally in rings for drop scones. When the surface clouds over and bubbles appear, ease & turn with a spatula. Trial with the first will show the amount of batter, heat & cooking time. The first is never up to scratch. Re-oiling is avoided by the melted butter. Pancakes can be pre-cooked and stored, even frozen. Reheat in oven, pan or toaster as appropriate.

#### Variations:

Use gram flour or 50% buckwheat or a proportion of corn meal; use 50% tomato juice with 2 tbsp paste; add 8 oz spinach puree; 2 mashed bananas; add ½ tsp turmeric, spices or herbs, 2 oz sultanas & zest; 2 tsp cocoa powder & 1 tsp vanilla extract; finely grated cheese.



### Griddle cakes

#### Ingredients

8oz/225g flour, 4oz/110g butter, 3oz/85g sugar, 3oz/85g dried fruit, salt, 3-4 tsp baking powder, ½ tsp spice, 1 egg, 3-4 tbsp milk. Roll to ¼".

#### Method

Mix the flour with the baking powder and any spices. Rub in the butter. Stir in any sugar and any dried fruit. Mix to smooth rollable dough with the egg beaten with the milk. Roll to ¼". Cook in greased pan 3 minutes per side, reducing the heat one up to temperature

## Fillers 11.6

### Biscuits



*Some biscuit recipes to accompany savoury and sweet courses*

**Peppery Cheese Savoury biscuits** - 3oz/85g butter, 3oz/85g cheese 3oz/85g flour, salt & black pepper; rub, process or cream the fats and flour, incorporating salt and pepper. Roll into balls. Dip in poppy and/or sesame seeds. Place well apart on rack. Bake 180° for 15-20 minutes.

#### Digestive biscuits

Rub 4oz/110g butter into 4oz/110g whole wheat flour, 4oz/110g oatmeal, 2oz/55g brown sugar, 1 tsp baking powder. Bind with a little milk. Roll out, cut out, prick and bake 180° 15-20 minutes.

#### Lemon

Cream or process 4oz/110g butter 7oz/200g brown sugar, zest of lemon, 1 egg, 1 tbsp lemon juice, 8oz/225g flour. Form into a cylinder with foil and chill. Cut into disks and bake 180° 15-20 minutes. Option: roll in the finely crushed seeds from 12 green cardamom pods before slicing.

#### American shortcake

Mix 10oz/285g flour, 2oz/55g sugar 1 tbsp (sic) baking powder, ½ tsp salt and rub in 3oz/85g butter. Stir in 1 egg mixed with 6 froz/170ml milk and mix to a smooth dough. Roll out to ½ inch thickness, cut into rounds, bake 12 to 15 minutes 220°.

#### Nutty biscuits

Finely grind 4oz/110g fresh nuts. Combine with 4oz/110g butter, 6oz/170g flour, ½ tsp baking powder, 4oz/110g sugar. Form into balls. Dip in crushed nuts. Place well apart on rack. Bake 180° for 15-20 min.

**Brandy Snaps** - Melt together 4oz/110g each of Demerara, butter, & golden syrup, 1 tsp ground ginger. Stir in 4oz/110g flour and 1 tsp lemon juice. Bake individually, using 4 tsp per tray 160° for 8 minutes till golden. Form & cool on greased spoon handles.

#### Olive oil biscuits

Put 100ml/3.5froz olive oil, 5froz/150ml warm water, 3 tbsp caster sugar and 1 x 7 oz sachet dried yeast into a jug and leave 15 minutes. Mix 300g/10oz flour 1 tsp salt, 2 tsp fennel seeds in a bowl. Make a well; pour in the flour and mix with fork, ending with fingers. Divide into 12, and roll out to 4". Brush with egg white and sugar. Bake 190 10-12 min until gold and crisp



## Fillers 11.7

### Yorkshire pudding



#### Ingredients

4oz/110g flour, ¼ tsp salt, 1 egg, 1 yolk, 7floz/200ml milk and/or water, oil or dripping for baking

#### Method

Mix dry ingredients in a medium bowl; Break eggs and yolks into well and beat, incorporating gradually and adding liquid as it gets dry. Blend well and adjust the consistency to a thin cream by adding a little water or flour if necessary. Leave to rest 20 minutes or more. Put 2 tbsp dripping (or oil if not available) into the baking tin compartments and place in oven. When the tin is smoking, whip up the batter again, remove the tin from the oven, pour in the batter & replace immediately. Always cook at a high temperature (200° minimum) for the first 15 minutes, then reduce to complete cooking for another 20-30 minutes. Individual puddings take 20 minutes.

#### Variations:

Options: zest 1 lemon or lime; horse radish cream; herbs, fresh or dry  
Eggs can be separated, whites being beaten and folded in before cooking for more rise

#### Accompaniments:

Serve with all meats or fish with appropriate gravy or soured cream.  
Or just with the gravy on its own

### Croutons



#### Ingredients

4 tbsp olive oil (or 2 oil and 2 butter), 140g/5oz/3 slices cubed bread (white or brown, heavy crusts removed), optional chopped rosemary, thyme or infuse the oil with garlic

#### Method

Mix the bread and oil, sprinkle with herbs/garlic, and either bake on a tray (single layer) at 180° for 10 minutes turning once or fry on a moderate heat, turning regularly until golden. Optionally sprinkle with finely grated Parmesan and continue a further minute.

## Fillers 11.8

### Pork, sage & onion stuffing

*Use to stuff turkey or pork or roll into balls to use on their own*

#### Ingredients

1lb/450g sausage meat, ½ dessertspoon dried sage, 1 large onion, 4 heaped tbsp bread crumbs

#### Method

Finely chop the onion, mix with the bread crumbs and sage. Add a dash of boiling water then mix in the sausage meat well with your hands. Use to stuff turkey or pork or roll into balls and roast in a tin with a little oil for 30 minutes at 190°

### Herb and onion stuffing



*For poultry, fish or stuffing balls*

#### Ingredients

3oz/85g bread crumbs (brown or white), small onion, ½ oz butter, zest and juice of a lemon, 3 tsp dried or 1 tbsp fresh herbs of choice, egg

#### Method

Soften the onion in the butter. Stir in the other ingredients and use just enough beaten egg to bind. Use to stuff fish or poultry or roll into balls and roast in a tin with a little oil for 20 minutes at 190° until dried out and golden.

### Dumplings

#### Ingredients

4oz/110g plain flour, 2oz/55g suet, 1.5 tsp baking powder, 1-2 tsp herbs finely chopped, salt, pepper, turmeric

#### Method

Stir all ingredients together with a knife and lightly incorporate just enough water to bind. Pat into small balls, roll in flour and cook in simmering casserole, covered, for at least 20 minutes. Longer won't harm.

## Sauces 12.1

### Curry Sauce



*For use with cooked meats and vegetables; for extra spice these can be marinated and/or cooked with a spicy paste.*

#### Ingredients

2 onions and 4 cloves of garlic peeled and chopped, 1 inch ginger finely diced, 1 to 2 fresh red chillies seeds removed [optional], 2 peppers [optional], slug of olive oil, 1 level tablespoon of ground coriander, 1 level tbsp curry powder [or 2 level teaspoons of turmeric and 1 heaped teaspoon each of paprika and curry powder. 6 tbsp ground almonds, 2 x 400g tins of plum tomatoes, 1 chicken/veggie stock cube, 300ml boiling water, 2 x 400g tins of light coconut milk or tub creme fraiche.

#### Method

Best use a flameproof casserole. Fry onions, ginger and garlic on a medium-high heat in olive oil and cook for around 20 minutes, or until golden, stirring regularly. [Include 2 finely chopped peppers for a pepper flavour.] Add spices and cook for 2 minutes. Add almonds, then tomatoes, cube and water. Simmer for 5 minutes.

Stir in coconut milk and simmer for a final 40 minutes, stirring occasionally, then season and add the meat or vegetables. Reheat if necessary.

#### Variations:

Vary spices and thickening ingredients according to use.

Mamta's principles of curry-making:

1: Be generous with spices. Spices not only bring flavour but texture to dishes.

2: Decide how you are going to cook your onion, ginger, and garlic. This triumvirate provides the deep base flavour of most curries, equivalent to onion, carrot and celery in the French tradition. Soften them without colouring for a lighter curry or cook them longer and caramelise for something richer and darker.

3: Decide what is going to give your curry sauce its body. This will normally be one, or a combination, of the following: tomatoes; pureed peppers or chillies; yoghurt or cream; coconut milk; chopped spinach, or finely diced or pureed onion.

## Sauces 12.2

### Quick Mayonnaise



*Always make up fresh when required, and use fresh eggs*

#### Ingredients

2 egg yolks from fresh eggs, 1 tsp lemon juice or wine vinegar, ½ tsp salt, ½ tsp dry mustard (optional), 240ml/8froz olive oil.

#### Method

Put the oil in a glass jug. Combine the yolks, lemon juice/vinegar, salt, and mustard in a storage jar. Pulse with the immersion blender a few times to break up the yolks. You may need to tilt the jar so the blender blade reaches the yolks.

With the blender running Add the oil a little at a time. Make sure each addition of oil is completely blended before adding the next. The mixture should start to thicken and lighten.

Once the first half has been added, you can add the rest more quickly. Add just as much of the oil as needed to reach the desired consistency; the more oil added, the thicker the mayo will become. If the mayo becomes too thick, blend in water, 1 tsp at a time.

### Quick Hollandaise



*Always make up fresh when required, and use fresh eggs*

#### Ingredients

3 egg yolks, ¼ tsp mustard, 1 tbsp lemon juice, 125g butter

#### Method

In a serving bowl combine the warm egg yolks, mustard and lemon juice. Blend with an immersion blender for 5 seconds.

Heat the butter in a glass jug in a microwave about 1 minute until completely melted and hot. (It may sputter).

While blending the eggs, pour the butter in, in a thin steady stream, slowly at first. It should thicken. Serve immediately

#### Variations:

D Smith makes a more foolproof sauce replacing half the butter with creme fraiche and adding this first.

Sauce Bearnaise is made similarly but with a reduction including shallots, wine vinegar and tarragon.

## Sauces 12.3

### The perfect tomato sauce



*There are many options here to bring flavour. All can be omitted.*

#### Ingredients

2 tbsp olive oil, 1 small onion, finely chopped, 2 garlic cloves, crushed, 3 anchovy fillets (optional), ½ tsp turmeric (optional), 2 tsp sweet smoked paprika (optional), 800g good, tinned plum tomatoes or pulp, 1 tsp sugar, dash of balsamic vinegar or squeeze of lemon juice, finely chopped fresh basil, ½ tsp oregano, olive oil to serve (optional)

#### Method

Heat the oil in a medium saucepan on a medium-low heat and add the chopped onion. Soften for about five to seven minutes, until translucent and just starting to colour. Stir in the garlic and anchovy and cook for another two minutes.

Add turmeric, paprika and tomato puree, stir well then add the tomatoes, and break up with a wooden spoon if necessary, followed by the sugar, vinegar/lemon juice and the herbs.

Bring to a simmer, then turn down the heat and simmer for 45 minutes, stirring occasionally, until thick.

Test the seasoning, and drizzle in a little extra-virgin olive oil if you like before serving.

*Note: you can omit the onion and garlic and substitute half a stock cube + spices (½ tsp each ground cumin and cinnamon and a hint of chili) if using with meat balls.*

### Tomato base for pizza



*This requires no cooking before use and is enough for 4 pizzas*

#### Ingredients

Small tin chopped tomatoes, 2 cloves garlic, ½ tsp sugar, ½ tsp balsamic vinegar

#### Method

Blend well with a hand blender.

## Sauces 12.4

### Bechamel sauce



#### Ingredients

1oz/30g butter, 1oz/30g flour, nutmeg optional, 10 floz milk,

#### Method

Melt 1oz/30g butter in a saucepan. Stir in 1oz/30g flour, optional nutmeg and cook, stirring, for a minute. Still heating, stir in 10 floz milk, a little at a time, making sure to stir well so that no lumps form. (If they do, beat out with whisk.) Bring to the boil, stirring constantly, so that the mixture thickens and becomes glossy. Boil gently for 5 min with bay leaf, season. For a cheese sauce stir in 4oz/110g grated Cheddar cheese and some English mustard but do not reboil.

## Sauces 12.5

### Romesco Sauce



*Sweet pepper and almond*

#### Ingredients

3 large roasted red peppers from a jar or roast from scratch, 1 garlic clove, smashed, 50g slivered almonds, toasted, [ground almonds at a pinch], 4 tbsp tomato purée, or equivalent sun dried, 2 tablespoons chopped flat-leaf parsley, 2 tablespoons sherry/red wine vinegar, 1 teaspoon sweet smoked paprika, ½ teaspoon cayenne pepper, 3 tbsp extra-virgin olive oil, salt and freshly ground black pepper

#### Method

If roasting the pepper, quarter and grill skin side up until charred all over (or use a hot oven/or flame if preferred). Place in a bowl and cover with a plate. When cool, peel off the charred skin and remove the pips etc.. This can be done in advance.

Pulse first 8 ingredients in a food processor until very finely chopped. With motor running, slowly add oil; process until smooth. Season with salt and pepper. Traditional Spanish - use as a condiment, dip or spread.

### Puttanesca Sauce



*A tomato sauce with anchovies, olives and capers*

#### Ingredients

3 tbsp extra-virgin olive oil, 2 garlic cloves, finely chopped, one 400g can chopped tomatoes in juice, 4oz/120g black olives, halved, pitted, 5 anchovy fillets, chopped, 2 tbsp drained capers, ½ teaspoon dried oregano, frozen chopped basil, ½ teaspoon red chilli flakes OR 1 mild red chilli, deseeded and chopped

#### Method

Heat oil in large pot over medium heat. Add garlic chilli and and sauté until fragrant, about 1 minute. Add all other ingredients. Simmer sauce uncovered over low heat until thickened, breaking up tomatoes with spoon, about 15 minutes. Season with salt and pepper. Use for pizza or pasta.

## Sauces 12.6

### Basic Salsa



Mix together, just before serving: 1 ripe beefsteak tomato and 1 tbsp coriander leaves (chopped), 1 fresh chilli and ½ red onion or a spring onion (finely chopped), juice half a lime, pinch of ground cumin, ground black pepper, salt. Optionally add a diced avocado.

**Fruit salsa:** Omit the tomato, avocado and cumin and add, chopped, the flesh of a large orange or a peeled diced mango or fresh pineapple.

### Plum sauce



Plum sauce: 6oz/170g tart red plums, ¼ tsp five spice powder, cinnamon or star anise, ½ tsp dark soy sauce, 1 inch pickled or fresh ginger (optional), ¼ tsp sherry vinegar, light brown sugar to taste. Stone and quarter the plums and soften in a little butter or oil with the ginger in a wide nonstick frying pan, adding the vinegar, spice and sugar part way through.

### Red Wine Sauce

#### Ingredients

240 ml good red wine, 240 ml beef stock, 4 cloves garlic minced, 2 shallots finely chopped, S & P to taste, 2 oz butter, 1 tbsp balsamic vinegar - options, mustard, tomato paste.

#### Method

Melt 1 oz butter in a saucepan over medium heat. Add the the garlic and shallots, sautéing them until soft and golden. Pour in the wine & stock. Lower the heat to medium low and simmer until it reduces by half, 30 to 40 minutes. Remove the sauce from heat and stir in the balsamic vinegar, remaining butter melted, and season with salt and pepper to taste. If desired, strain the sauce through a fine sieve before serving

### Garlic Butter

2 oz/ 55g butter (salted, or if unsalted add salt to taste) 2 cloves garlic, 1tbsp olive oil, 1 tsp parsley  
Grate or finely chop the cloves of garlic and transfer to a bowl. Mix the softened butter and garlic until smooth. Optionally add in the olive oil and mix to a smooth consistency. Mix in finely chopped parsley to taste. Transfer to a clean dry container with close-fitting lid. Refrigerate until needed.



## Sauces 12.7

### Sauces for pasta

See also *Tomato, Putanesca and Romesco* above

#### Gorgonzola & Walnut



##### Ingredients

100g/4 oz chopped walnuts, 300ml/10fl oz double cream, 100g/4oz crumbled Gorgonzola cheese

##### Method

Heat the cream in a small pan. Add the garlic and Gorgonzola and heat gently until melted. Season. Mix the walnuts with the pasta & butter. and combine with the sauce.

#### Lentil



##### Ingredients

2 tbsp olive oil, 2 onions, chopped, 2 garlic cloves, crushed, ½ tsp ground cinnamon 225g/8oz red lentils, large tin of tomatoes, 450ml/15fl oz water, S&P

##### Method

In a large saucepan, fry the onion in the oil for 10 minutes; add the garlic, cinnamon, washed lentils, tomatoes and water. Simmer for about 20 minutes until lentils are tender. Season and blitz.

##### Options

Different spices and/or vegetables



#### Tomato, Aubergine

##### Ingredients

1 aubergine thinly sliced and cut into strips, 1 onion chopped, 350 g tomatoes fresh or tinned, 4 tbsp red wine

##### Method

Fry the aubergine in 6 tbsp oil until crisp and brown. Drain on kitchen paper. Fry the onion in the residual oil for 10 minutes without browning. Add the tomato and wine and simmer 15 minutes uncovered. Blitz. Combine with the pasta then the aubergine before serving.

#### Peanut sauce

##### Ingredients



1 tbsp crunchy peanut butter, 2-3 tbsp coconut cream, lemongrass, chilli, ginger to taste, sugar

## Sauces 12.8

### Method

Combine all the ingredients in a pan and bring slowly to the boil. Slacken with a little boiling water if necessary and simmer 5 minutes

### Options

Slacken with cream

#### Carbonara



##### Ingredients

145g / 5oz bacon, chopped, 1 tbsp olive oil, 4 tbsp Pecorino or Parmesan, finely grated, 2 eggs + 2 egg yolks, 4 tbsp creme fraiche, S&P

##### Method

Fry the bacon in the oil until crisp (5 minutes). Mix remaining ingredients. Stir into the pasta with the bacon

#### Sea Food



##### Ingredients

2 garlic cloves finely chopped, 1 tbsp olive oil or 1 oz butter, small onion, finely chopped, medium tin chopped tomatoes, 3 tbsp / 50 ml white wine, zest 1 lemon, 300ml crème fraiche, large pack raw prawns, 200 g scallops, sliced, 1 serving filleted raw, chopped salmon

##### Method

Fry the onion & garlic in the fat until soft but not browned. Add the tomato and wine and cook 10 minutes until slightly reduced. Stir in the crème fraiche and reheat. Stir in the fish and seafood and cook gently, stirring for 3 minutes or until all are cooked. Season.

#### Avocado



##### Ingredients

60g pinenuts, toasted, 2 avocados, 30 g baby spinach, zest & juice of lemon, 2 cloves of garlic, 60 g Parmesan, finely grated, 4 tbsp olive oil, basil leaves

##### Method

Halve out avocados & scoop out flesh. Whizz with 2 tbsp lemon juice, zest, garlic and most of the basil. This with pasta cooking water. Combine with pasta, pinenuts and remaining leaves.

## Measurements

The units used in this book are oz, floz, and spoon measures. The following conversions are approximate only. Where recipe books offer alternative sets of units stick to one set or the other and don't mix.

### Oven Temperature

very hot	240° (475°F)	mark	9	200° fan
very hot	230° (450°F)	mark	8	190°
hot	220° (425°F)	mark	7	180°
moderately hot	200° (400°F)	mark	6	170°
moderately hot	190° (375°F)	mark	5	165°
moderate	180		4	160°
moderate	170° (340°F)	mark	3	155°
moderate	160° (325°F)	mark	3	150°
cool	150° (300°F)	mark	2	140°
cool	140° (275°F)	mark	1	130°

### Volume

When measuring liquids, ensure vessel is horizontal and view from as near to the height of the surface as possible to avoid meniscus.

1 tbsp (slightly rounded) ~ 3 tsp ~ 14.2 (15) ml ~ ½ floz

1 dessertspoon ~ 10 ml ~ 2 tsp

1 tsp = 5 ml

1 pt (UK) ~ 20 floz ~ 568 (600) ml

1 pt (US) ~ 16 floz ~ 2 (US) cups ~ 454 (480) ml

1 US cup ~ 240 ml (8.45 floz) ~ 16 tbsp

1 metric cup ~ 250 ml (8.8 floz)

1 wine glass ~ 6 floz

1 sherry glass ~ 3.5 floz

1 liqueur glass ~ 2-3 tbsp

1 vol dried herbs ~ 3 vol fresh

1 litre ~ 1.76 pt ~ 35.2 floz

5 floz = 142ml

### Weight

1 oz = 28.3g (30g)

2 oz = 56.6g (55g)

3 oz = (85g)

4oz = (110g)

6oz = (170g)

7oz = (200g)

8 oz = 226.4g (225g)

50g = 1.76 oz (2 oz)

100g = 3.53 oz (3.5 oz)

500g = 17.65 oz (18 oz)

1 stick butter (US) = 4 oz

### Self Raising Flour

Add 1 level tsp baking powder per **100g / 3.5 oz** plain flour

(some say per 55g / **2oz** flour)

all purpose flour: 50% fine and 50% strong flour

## Measurements

### Volume to weight

Ingredient	1 UScup	1 tbsp	Ingredient	1 cup	1 tbsp
Almonds flaked	100g	6.5g	Milk or cream	225g	14.5g
Almonds ground	120g	7.5g	Nuts (chopped)	150g	10g
Beans (dried)	225g	14.5g	Oats (rolled)	110g	7.2g
Breadcrumbs (dry)	150g	10g	Oats (uncooked)	90g	5.5g
Breadcrumbs (fresh)	60-120g	5-10g	Parmesan grated	100g	6.5g
Brown Sugar	180g	11.5g	Rice (long grain)	185g	12g
Butter	240g	15g	Rice (short grain)	200g	13g
Cheddar grated	115g	7.5g	Salt (table)	300g	20g
Cornflour	120g	7.5g	Sugar (Icing)	100g	6.5g
Couscous uncooked	180g	11g	Sugar (granulated)	200g	12.5g
Flour	120g	7.5g	Sultanas / Raisins	200g	11g
Lentils (red)	190g	12g	Syrup (golden)	340g	22g
Lentils (Puy/brown)	200g	13g	Vegetable shortening	190g	12g

1 oz sugar ~ 2 tbsp

flour ~ 3 tbsp (slightly rounded)

oil ~ 3 tbsp

1 tbsp olive oil weighs 13.3 g

eggs: large ~ 2¼ floz ~ 2 oz ~ 75g,

medium ~ 2 floz ~ 1.8 oz ~ 63-73g

### Length

1" = 25.4 mm, 100 mm = 4"

### Area Conversions

#	sq cm	ROUND	SQUARE	OBLONG
3.3	(20)	2		1 x 3
5	(32)	2½	2¼	
7.2	(46)	3		2½ x 3
13	(80)	4	3½	
20	(130)	5	4½	
33	(214)	6½		6½ x 5
38	(248)	7	6	1 lb loaf
50	(325)	8	7	6 x 8
57	(366)	8½	7½	
64	(410)	9	8	7 x 9
80	(507)	10	9	7 x 11½
96	(613)	11		8 x 12
112	(730)	12	10 x 11 or	9 x 12½ (swiss roll)
177	(1140)	15		

new quantity = recipe quantity x new area / recipe area

1sq inch = 645 sq mm = 6.45 sq cm

## Measurements

## New

### Individual Portion sizes (main meal)

	uncooked	cooked
Cheese	30g / 1.1oz	
Eggs	2 medium	
Fish	165g / 5.8oz	140g / 4.9oz
Tinned tuna		160g / 5.6oz
Meat	135g / 4.9oz	90g / 3.2oz
Stewing lamb	140g / 5oz	100g / 3.5oz
Mince	160g / 5.6oz	100g / 3.5oz
Sausages	2 standard, i.e 2 x 67g / 2.4oz	
Bacon	2 rashers back bacon	
Poultry	100g / 3.5oz	80g / 2.8oz
Pulses	50g / 1.8oz	125g / 4.4oz
Rice*	75g / 2.6oz	180g / 6.3oz
Pasta	75g / 2.6oz	180g / 180g
Quorn/ tofu	100g / 3.5oz	

Recommendations vary, as do each individual's requirements, so these are **approx only** and are for the main meal of the day.

Fish, meat and poultry lose weight during cooking, whereas pulses, rice and pasta absorb water and gain weight. Amounts lost or gained can vary according to variety, cut and cooking method. Meat and fish are off the bone.