

The GoWithTed Cookbook - 2026

A few years ago I started to transfer recipes as I cooked them, from scraps of paper and pages torn out of newspapers and magazines, on to the laptop. I thought I might as well share them so here they are. Most are quick and easy, many are vegetarian or vegan and marked as such on the contents pages. The vast majority of ingredients are easy to get hold of, though a few may require a visit to Asian or Spanish suppliers. Many are dishes that I've been cooking for years and the others are new ones that I have tried recently and liked. Recipes added since the previous edition two years ago) are clearly marked. A few have been amended to improve clarity and these are marked also. Some are my own creations though most are from established cooks. Where I know who wrote the original recipe I've acknowledged them. Enjoy.

Steve Gillon, March 2026.

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While I believe that the quantities used in the recipes give the best results, feel free to amend the recipes to suit your own preferences. Note that in most recipes I've used chilli powder or chilli flakes rather than chopped whole chillies. This is purely a matter of convenience and chopped fresh chillies can be substituted in most cases. The quantity of chilli powder in a recipe is only a rough guide, as it is a matter of taste and shop-bought chilli powder can vary enormously in strength. Most of the Indian recipes use oil rather than ghee - if you prefer to use ghee, go ahead. In Spanish recipes using pimentón (paprika) I usually prefer smoked pimentón, but unsmoked can be used instead. Spicy pimentón can be replaced by sweet pimentón if wished. Finally, the amount of garlic, salt and pepper is also a matter of taste.

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Ť	Vegan recipe
Vf , Ťf	Vegetarian or vegan recipe, with a fish version mentioned in the text
Vm,Ťm	Vegetarian or vegan recipe, with a meat version mentioned in the text
Mv,MŤ	Meat recipe, with a vegetarian or vegan version mentioned in the text
Fv, FŤ	Fish recipe, with a vegetarian or vegan version mentioned in the text
VŤ	Vegetarian recipe, with a vegan version mentioned in the text
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Scots pancakes (Drop scones)		V	441
Oatcakes		V	442
Oven-baked cheese oatcakes		V	443
Gingerbread		V	444
Date and walnut loaf		V	445
Clootie dumpling		Mv	446
Bara brith (Fruit loaf)		V	448

1

SAUCES and CHUTNEYS

Tomato Sauce.

1 tablesp extra virgin olive oil
1 medium onion, finely chopped
2-3 cloves garlic, finely sliced
500g tomatoes, the riper the better, peeled and finely chopped
1 tablesp tomato puree
1 teasp white sugar
Salt and pepper
1 tablesp chopped fresh basil (or 1 level teasp dried basil)

- heat the oil in a saucepan and gently fry the onions for a few minutes
- add the garlic and cook for about 30 seconds
- add the tomatoes, tomato puree, sugar, salt and pepper, and stir
- bring to the boil, cover partially with a lid, turn down the heat and simmer for at least 30 minutes (I've seen versions where the sauce is simmered for up to 5 hours to get a really intense flavor)
- if it looks too liquid, cook some more, with the lid removed until the tomatoes are well reduced
- add the basil, check the seasoning and sweetness, adjust if necessary and serve
- a few basil leaves or some parsley can be added as a garnish

Notes and variations:

- for a spicy sauce add a few chilli flakes to taste
- Though the tomatoes are pulped it is still quite a thick sauce, and if a smoother sauce is preferred press the liquid through a strainer which will remove any seeds and remaining skin.
- keeps in a fridge for quite a few days.

Mojo Sauce

Red mojo (mojo rojo) – dipping sauce

cloves garlic crushed
1 red chilli finely chopped
Half teasp cumin
1 teasp sweet paprika
Half teasp dried oregano
3 tablesp olive oil
2 tablesp red wine vinegar
up to 100 ml water
Salt and black pepper to taste

- Mix the lot well and add the water bit by bit until satisfied

variations:

- use spicy smoked paprika
- use Tabasco in place of chilli and cumin

Green mojo – dipping sauce

As above but substitute:

- Green chilli in place of red
- Coriander and parsley finely chopped in place of paprika

Note:

Traditionally used with potatoes but works well with other veg as a dipping sauce. This is a thin, liquid sauce.

Red mojo (mojo rojo) – thicker sauce

There are lots of recipes from the Canary Islands for mojo sauce. This version is for a thicker sauce for topping potatoes and other vegetables.

About 100ml extra virgin olive oil

5 cloves garlic, crushed

½ teasp cumin

1 teasp sweet paprika

A pinch of chilli flakes

1 slice of white bread, crusts removed, chopped

2 medium red peppers, deseeded and finely chopped (200-250g chopped weight)

About 50ml red wine vinegar

Salt to taste

- add most of the oil, the garlic, cumin, paprika, chilli flakes, bread and chopped peppers to a bowl and blend to a purée
- add the vinegar and salt, mix well and taste
- if the sauce is too thick add the remainder of the olive oil
- taste again and add more oil, vinegar and/or salt, to taste
- cover and keep in the fridge to allow the flavours to develop
- bring to room temperature for about half an hour, stir well and serve.

Note: You may have to use trial and error to find the exact proportions of ingredients you prefer. For a spicier sauce add more chilli flakes or powder. More garlic can also be added to taste.

Based on a recipe by Amanda Belmonte

Gremolata

2 cloves of garlic, finely chopped

5 tablesp parsley, finely chopped

Grated lemon zest of ½ - 1 lemon (to taste)

3 tablesp Olive oil

2 tablesp capers, drained, rinsed and finely chopped

Salt (to taste)

- mix everything together
- store in the fridge for a few hours before using
- that's it

This is as much a garnish as a sauce and a couple of tablesp can be added to fried or boiled potatoes or spread on chicken breasts or pork steaks.

Variation: add 2 tablesp of lightly toasted and coarsely chopped pine nuts.

Pesto

50g bunch of fresh basil leaves

30g pine nuts

2 cloves garlic, crushed

50g tablesp grated parmesan

100ml extra virgin olive oil

Salt (optional)

- blend the basil, pine nuts, garlic and olive oil to a paste and transfer to a serving bowl
- stir in the grated parmesan
- taste and add salt if necessary (the cheese should be salty enough)
- that's it.

Variation:

Toast the pine kernels under a grill for a couple of minutes before blending

Based on a recipe by Rachel Roddy

Olive sauce

100g pitted green olives, drained and halved

Half a small onion (about 20g)

2 cloves garlic, peeled and roughly chopped

10 cherry tomatoes, halved

50ml white wine or sherry

1 tablesp lemon juice

Salt and black pepper, to taste

3 tablesp olive oil

50 ml water

- Blend everything together in a blender until fairly smooth then:

EITHER

- **Serve cold** as a cold sauce or dip

OR

- To **serve hot** transfer the sauce to a pan, bring to the boil, turn the heat down low, simmer for a few minutes and serve.
- If the sauce is too thin, in a small bowl mix a teasp of plain flour with a little water, add to the pan for the final 2 minutes of cooking, stirring.

Salsa verde

10 basil leaves, roughly chopped
2 tablesp lemon juice
4 anchovy fillets, chopped
6g tarragon leaves
10g parsley, chopped
60g pickled cucumbers, chopped (2-4 depending on size)
2 teasp capers
2 teasp smooth Dijon mustard
1 clove garlic, peeled and roughly chopped
80ml extra virgin olive oil
1 tablesp water (optional)

- blend everything together (except the water) to a smooth thick dressing
- if it is too thick, add the water
- serve, spooned over boiled potatoes, either whole small potatoes or larger sliced potatoes. Also works with other vegetables.

Variations:

- a pinch of dried dill can replace the tarragon leaves
- the quantities can be varied to taste. Feel free to play about.

Closely based on a recipe by Nigel Slater

Salsa de Cabrales (Blue Cheese sauce)

The quantities will vary according to numbers of people and the purpose of the sauce

Cabrales cheese

Cider

- Blend the cheese and cider together in a blender, adding a little cider at a time until you achieve the desired consistency
- For a thicker sauce (for use as a spread or a dip) add about 25ml of cider to 100g of cheese
- For a thinner, pouring sauce (e.g for a salad dressing or a sauce for steak) add about 50ml of cider to 100g of sauce.

Note:

This will also work for other strong, crumbly, blue cheeses

The idea for this is from Cooking in Spain by Janet Mendel Searle

Bravas Sauce

amended in 2024

This is a quick sauce for *patatas bravas*, but can be used for other vegetables or cooked meat.

1 tablesp extra virgin olive oil
2-3 garlic cloves, crushed
2-3 tablesp good quality mayonnaise
1 tablesp white wine vinegar
2 heaped teasp smoked hot paprika (*pimentón picante ahumado*)
Salt to taste

- mix everything together
- spoon the sauce here and there over the cooked potatoes
- er.....that's it.

Variations:

- this makes a spicy deep red sauce. To make a less spicy, pink sauce decrease the amount of paprika and/or increase the amount of mayonnaise, to reach the desired strength or colour.
- can be served with baby boiled potatoes, small roast potatoes, fried leftover potatoes, or chips....or anything else.

Based on a Delia Smith recipe

Even simpler version: *added in 2024*

- Simply drizzle a tablespoonful of gochujang over potatoes. If it is too thick it can be diluted slightly with water first.

Suggested by Ken Donald – I've tried it and it works

Romesco (hot red sauce)

12 almonds

12 hazelnuts, shelled

A small handful of pine nuts

2 medium tomatoes, skinned and roughly chopped

2 dried red chillies, seeded (or ½ teasp chilli powder)

3 cloves garlic, peeled and roughly chopped

300ml olive oil

4 tablesp sherry vinegar

Salt to taste

- blanch the almonds in boiling water for a minute or two, drain, pat dry, allow to cool and peel
- toast the hazelnuts, walnuts and pine nuts in a dry frying pan (they may need to be toasted separately as they take different times to toast)
- add the tomatoes, chillies, garlic and toasted nuts to a blender and blend until fairly smooth
- add the olive oil and vinegar gradually, continuing to blend for several minutes until the sauce thickens to the consistency of light mayonnaise
- taste and add salt as necessary
- serve

Notes:

- This sauce works well with fish or vegetables and can also be used as a dip
- This is a fairly mild version. For a hotter sauce add more chillies or chilli powder

Almond sauce

20 almonds
500ml boiling water
2 cloves garlic, roughly chopped
1 slice white bread (about 30g), crusts removed, roughly chopped
50ml olive oil
6 black peppercorns
½ teasp saffron
1 clove
½ teasp salt
100ml white wine
250ml hot water
A few drops of lemon juice
A little chopped parsley to garnish

- blanche and skin the almonds by boiling in 500ml water for 1 minute (no more), drain, rinse in cold water, pat dry, then use fingers to loosen and remove the skin. Pat them dry completely
- fry the almonds, and garlic in the oil for a few seconds then add the bread, fry until toasted, stirring from time to time, and remove
- In a mortar or blender crush the peppercorns, saffron, clove and salt
- Add the toasted almonds, garlic and bread and mash or blend to a smooth paste
- Add the wine and blend briefly
- Stir the mixture into the remaining oil in the frying pan.
- Fry for a minute, add the hot water, mix and simmer for about ten minutes until the sauce has reduced somewhat
- Add the lemon juice, mix, adjust the seasoning if necessary and serve over chicken, meatballs or sliced hard-boiled eggs and garnish with the parsley.

Based on a recipe from Cooking in Spain by Janet Mendel Searl

Instant curry paste

This does not pretend to be authentic but it is the 'come in from the pub, starving, and fancy something spicy' version.

½ teasp chilli powder
1 teasp ground coriander
½ teasp ground cumin
½ teasp ground ginger
½ teasp turmeric
1 garlic clove, crushed
2-3 tablesp tomato puree
Salt and pepper (or paprika for a redder colour)

- mix everything together in a mug
- add a little water and mix to a smooth paste
- add to the vegetables/ beans/cooked meat as they are cooking
- heat through and serve
- more water may need to be added depending on the vegetables or whether there is already a sauce or gravy.

Variations:

- If you have it, add a heaped teasp. of tamarind date paste to the mug – it really helps the flavour. A teasp. of other pickles such as hot mango pickle or garlic pickle would also give an extra buzz.
- Instead of tomato puree use a 210g packet or tin of *tomate frito* or *passata*. You won't need any additional water.

This gourmet sauce can be used with virtually anything: It can be used with leftover or fresh cooked or frozen vegetables, tinned beans, tinned meatballs or stew, leftover chicken, leftover bolognese and so on. A tin of butter beans (drained) together with a tin of tuna steak in olive oil (not drained) works well. Together with some microwaveable rice you can have a meal in about 3 minutes flat. See page 432 for the meatballs version.

Curry sauce

This curry sauce can be made in larger batches and used as necessary. This quantity is sufficient for about 500g meat or vegetables.

50-60 ml sunflower oil
1 large onion, very finely chopped
2 cloves garlic crushed
1 teasp cumin seeds
1 teasp coriander seeds
1 teasp mustard seeds
1 teasp chilli powder
2 teasp ground coriander
1 teasp ground cumin
1 teasp ground turmeric
1 teasp ground ginger
1 teasp black pepper
Juice of 1 lemon
100ml tomato puree
0.5 litres vegetable stock
1-2 teasp garam masala (see page 37)
2 tablesp fresh coriander, chopped

- heat the oil in a saucepan
- add the onions and cook until they are becoming soft
- add the garlic and cook for 1 minute, stirring
- meanwhile crush the cumin, coriander and mustard seeds briefly in a mortar and pestle
- add the cumin, coriander, and mustard seeds and sizzle for 1 minute, stirring
- add the chilli powder, ground coriander, cumin, turmeric and ginger, black pepper and lemon juice, and cook for 1 minute, stirring,
- if the mixture looks as though it will stick to the pan, add a little water
- add the tomato puree and stock and stir
- bring to the boil, then reduce the heat, and simmer gently for about 20 minutes – the sauce should have reduced and thickened slightly
- if not being used immediately the sauce can be stored in a fridge or frozen
- reheat the sauce if necessary then add the garam masala and stir for a minute or two
- use the fresh coriander as a garnish

Notes and Variations on next page

Curry sauce, continued

Notes:

Most Indian recipes in this cookbook start from scratch with the sauce and mix of spices suited to the specific dish. This sauce, once you have the heat of the spices to your taste is a good standby for making a standard meat, chicken or vegetable curry.

Variations:

Simpler Variations:

Some or all of these ingredients can be left out if unavailable or disliked, but it will make for a less complex flavour:

- the cumin seeds, coriander seeds and mustard seeds
- the garam masala. If not using sprinkle a few drops of lemon or lime juice just before serving
- the fresh coriander. Alternatives are fresh parsley or a few finely chopped chives or the green stalks of 1 or 2 spring onions, finely chopped.
- even onion is not essential, but the garlic is

Other variations:

- use fresh finely chopped green or red chillies, in place of chilli powder, and add with the garlic
- additional seeds that can be used are fenugreek seeds and fennel seeds
- tamarind paste can be used instead of lemon juice

The Curry Guy Recipes. The following three recipes are from ‘The Curry Guy’ by Dan Toombs (quadrille, 2017). The aim of the book is to reproduce at home the curries made in the better British Indian restaurants and takeaways. The method used is to cook basic recipes in large batches which can then be used as the base for a range of dishes. These are the three recipes which I’ve found most useful as the base for a range of dishes from the very mild to the very hot. They are a mild base curry sauce, garlic and ginger pastes for flavour, and Kashmiri paste for spiciness. For curries based on these recipes see pages 373-375, and the other curry recipes can be amended to use these recipes as the base.

(i) Base Curry Sauce

750g onions, peeled and roughly chopped
½ teasp salt (or to taste)
75g carrots, chopped
40g cabbage, chopped
35g red pepper, de-seeded and chopped
35g green pepper, de-seeded and chopped
150g tomatoes, roughly chopped
3 tablesp garlic and ginger paste (see next page)
250ml sunflower oil
1 litre water
1 tablesp aromatic garam masala (see page 37)
1 tablesp ground cumin
1 tablesp ground coriander
1 tablesp paprika
1 tablesp ground fenugreek
1 teasp ground turmeric

Recipe on next page

Base curry sauce, continued

- place the onions in a large soup pot and add the salt, carrots, cabbage, red and green pepper, tomatoes and garlic and ginger paste
- pour in the oil and 350ml of the water and stir to coat
- heat over a medium-high heat until it begins to boil
- turn down the heat to low and simmer gently, covered, for about 45 minutes
- add the remaining 650ml water and stir in the garam masala, cumin, coriander, paprika, fenugreek and turmeric
- continue simmering for another 30 minutes, until the vegetables are soft
- allow to cool slightly
- using a hand-held blender, blend the sauce for a few minutes, until it is completely smooth.
- use immediately, store in batches in the fridge for a few days or freeze until required

Makes about 1.5 to 2 litres. When dividing into batches for freezing allow 150-200ml per person.

Notes:

- the sauce may be fairly thin or quite thick, depending on how much it has reduced during cooking. You can amend the cooking time to create the thickness you prefer. Alternatively, if the sauce is thick it can be diluted with water before use in curries.
- This is a mild sauce, which allows it to be used as a base for curries of any strength. If you are certain of the minimum strength of curries that the batch will be used for, chilli powder to taste can be added with the other spices. Alternatively, an amount of Kashmiri Paste (see recipe on page 34), to taste, can be added to the base before blending.
- This may seem low in salt. This is because additional ingredients when making curries with this base may increase the salt content. It can then be adjusted prior to serving.

(ii) Garlic and Ginger Paste

150g (peeled weight) garlic, peeled and roughly chopped

150g (peeled weight) ginger, peeled and roughly chopped

Water

- Place the chopped garlic and ginger in a blender and add water gradually and blend to make a smooth paste. That's it.

Makes about 16 tablespoons

Notes:

Garlic paste and ginger paste can also be made separately in the same manner. This gives more flexibility in achieving the balance of garlic and ginger flavours in any specific dish. 150g of garlic or ginger makes about 8 tablespoons of paste

The paste(s) will keep in the fridge for a few days. They can also be frozen by placing in ice cube trays (1 tablespoon per cube). Once frozen they should be transferred to small airtight freezer bags and used as necessary. They will keep in the freezer for months. They should be defrosted a little before adding to curries.

(iii) Kashmiri Paste

4 tablesp coriander seeds
2 tablesp fennel seeds
4 tablesp cumin seeds
1 tablesp black peppercorns
2 tablesp fenugreek seeds
3cm piece of cinnamon stick, split into three pieces
10 Kashmiri dried red chillies, or to taste, roughly chopped
3 bay leaves (large leaves split into two or three)
½ teasp ground turmeric
water
125ml sunflower oil
100ml white wine vinegar

- heat a dry frying pan over a medium-high heat
- add the spices, dried chillies and bay leaves and roast for a few minutes, stirring, until warm to the touch and fragrant. (Remove from the heat if they begin to smoke)
- tip onto a plate to cool, then grind to a fine powder in a spice grinder
- return to the pan, add the turmeric and stir
- add water gradually, stirring constantly until it makes a thick paste
- add the oil to the pan, mix well and place the pan over a medium-high heat
- stir continuously until the spices begin to sizzle a bit and the oil rises to the top – about 1 minute
- take off the heat, add the vinegar and stir well
- allow to cool slightly then pour or spoon the paste into a sterilized 500ml jar with an airtight lid. (For details of how to sterilize a jar see page 40).

Makes 1 jar. This will keep in the fridge for at least 2 months.

The three recipes above are by Dan Toombs.

Pibil sauce

A hot Mexican sauce

1 teasp cumin seeds

½ tablesp black peppercorns

6 whole cloves

2 tablesp paprika

½ teasp allspice

1-2 habanero or Scotch bonnet chillies, seeded and chopped

40ml orange juice

40ml white wine vinegar

4 cloves garlic, crushed

1 tablesp salt

Juice of 2 lemons

- in a spice grinder grind the cumin seeds, peppercorns and cloves to a fine powder
- in a blender mix together the spice powder, paprika, allspice, chillies, orange juice, wine vinegar, garlic and salt and blend until smooth
- mix in the lemon juice and salt

Notes:

- This makes enough for a meal for at least 4 people. It can be used as a marinade for chicken or meat or can be added to stews or chilli con carne
- By reducing the orange juice and wine vinegar it can be made into a wet paste as a rub for chicken or meats before barbecuing
- The heat can be varied by changing the amount of chilli

Based on a recipe by AbsolutGillian at www.allrecipes.co.uk

Garlic and roast garlic

Garlic and roast garlic for storing in the fridge and adding to sauces as required:

4 heads (or more) of garlic

Olive oil

(a) garlic

- break the heads of garlic into cloves, peel and crush in a garlic press
- place the garlic in a small plastic container, just cover with oil, close the container so it is airtight, and store in the fridge and use as required.

(b) roast garlic (for a different flavour)

- preheat the oven to 150°C
- arrange the heads of garlic on a baking tray. Keep the heads of garlic together, but chop off the end of each clove, and drizzle olive oil over the exposed garlic flesh
- Roast for about an hour. However, the time taken will vary greatly depending on the garlic used and the efficiency of the oven. It is best to check regularly after about 30 minutes, and drizzle more oil over the garlic if it is drying out or looks as though it may burn.
- the garlic flesh should now be soft. Allow to cool slightly and when cool enough to handle, squeeze the flesh out of the cloves, head by head into a small plastic container
- cover with oil, place a lid on the container so that is airtight, and store in the fridge and use as required

Notes:

As well as in sauces the roast garlic can be mixed in with mashed potatoes or used straight away spread on toast with a little salt as a snack.

I haven't been able to try this option but roasting or smoking the garlic on a barbecue / chiminea would also work.

Garam Masala

Normally added towards the end of cooking a curry, just before serving, to give a punch to the dish. Packets of ready mixed garam masala are available in Asian shops, but here is how to make your own. There are two versions below – one spicy, to add to a curry which can benefit from it, the other aromatic to add to a dish which is already spicy enough. Both can be used to produce two versions of the same dish, if it necessary to cater for different tastes. It is simple to make both at the same time. This quantity will make enough to last for quite a few months – it may be best to begin by making a smaller quantity.

(a) Spicy Garam Masala

100g coriander seeds
5 bay leaves
100g cumin seeds
25g green cardamoms
25g cloves
1 5cm stick of cinnamon
35g chilli powder
25g freshly ground black pepper
teasp nutmeg (freshly grated if possible)

- preheat the oven to 200°C/gas mark 6.
- put the coriander seeds, bay leaves, cumin seeds, cardamoms and cloves, and the cinnamon stick into a flat baking tray, and roast in the hot oven for twenty minutes or so. Check during the cooking and, if the spices are not roasting evenly, rearrange them on the tray. You may wish to roast the cumin seeds in a separate tray as they can be buried underneath the other spices.
- allow to cool, put the roasted spices into a grinder and grind very finely
- mix thoroughly with the chilli powder, black pepper and nutmeg
- store in an airtight jar, in a cool place, away from sunlight

To increase or decrease the heat of the garam masala amend the quantities of chilli powder to taste.

(b) Aromatic Garam Masala

Exactly the same as above, but omit the chilli powder and black pepper

Closely based on a recipe by Khalid Aziz

Brown Sauce

125g finely chopped onion
2 tablesp olive oil or sunflower oil
2 coarsely chopped tomatoes (about 180g)
1-2 tablesp wholemeal flour
300ml vegetable stock
Pinch of dried thyme (or oregano as a substitute)
1 bayleaf
50ml red wine
1 teasp yeast extract
Salt and pepper to taste

- fry the onions in the oil until golden
- add tomatoes, continue cooking, stirring, until liquid has evaporated
- sprinkle over the flour and stir
- pour on the stock
- bring to the boil, stirring, until the sauce thickens
- Add thyme, bayleaf, red wine and yeast extract, and simmer for 20 minutes, stirring occasionally
- strain into a clean pan, season, reheat and serve

Variations:

(i) Mushroom sauce

- Cook 125g mushrooms in 2 tablesp butter until soft
- add to the brown sauce prior to straining

(ii) Paprika Sauce

- add 2tablesp paprika with the flour
- add also a little wine vinegar or lemon juice (optional)

(iii)Piquant sauce

- Heat 3 tablesp wine vinegar with 3 crushed peppercorns, bayleaf, and rosemary sprig in a saucepan
- reduce to 1 tablespoonful then strain into the finished brown sauce
- add 1 tablesp very finely chopped pickled cucumber or gherkins.

Garlic tomatoes

300g cherry tomatoes

1 sprig rosemary

4 cloves garlic, peeled and left whole

3 tablesp extra virgin olive oil

Salt and pepper to taste

- heat the oven to 200°C (gas mark 7)
- arrange the tomatoes in a baking dish and pierce each one with a knife
- add the rosemary and garlic, pour over the olive oil and season with salt and pepper
- mix it with your hands so that the oil coats the tomatoes
- roast in the bottom of the oven, for 45-50 minutes, checking from time to time and pushing the tomatoes into the oil
- remove from the oven and allow to cool for a few minutes
- remove the rosemary sprig
- mash the garlic into the tomato juices and mash the tomatoes with a fork and stir
- serve

Not a smooth sauce but can be used in place of one. Particularly good spread on fish such as salmon or tuna steaks or chicken breasts.

Based closely on a recipe by Thomasina Miers.

Chilli infused oil

450ml olive oil
10 dried red chillies
1 tablesp dried red chilli flakes

Makes 1 X 500ml bottle/jar, or 2 X 250ml bottles/jars of oil.

- preheat the oven to 120°C/gas mark 1
- sterilize the bottles by washing them in hot soapy water, rinse well, place on a baking tray and dry them in the oven (about 15 mins)
- gently warm the oil in a saucepan, add the chillies and chilli flakes and heat for about 5 minutes. The oil should be warm not hot
- using a funnel decant the oil, chillies and flakes into the sterilized bottles. Take care – you may have to wait until bottles and oil have cooled slightly
- seal and shake the bottles, and store in a dark cupboard for 1 or 2 months before using. From time to time give the bottles a shake.
- use sparingly (check for spiciness) as a dressing for salads, pizzas, pastas and Chinese dishes.
- the oil will keep for about 8-10 months.

Note:

If the bottles/jars have rubber seals the seals should be sterilized in boiling water, not in the oven with the glass.

Chilli jam

1½ tablesp sunflower oil
3 cloves of garlic, crushed
2-3 red chillies, finely chopped
1 teasp cumin seeds
1 teasp black mustard seeds
400g tin of chopped tomatoes
½ teasp salt
40g palm sugar
½ teasp turmeric
2½ tablesp red wine vinegar
15g chopped fresh coriander (optional)

- heat the oil in a medium pan and fry the chillies, garlic, cumin and mustard seeds for 2 minutes, taking care not to burn them
- add the tomatoes, salt, palm sugar, turmeric and red wine vinegar and bring to the boil
- reduce the heat and simmer gently until thick (at least 35 minutes)
- remove from the heat, stir in the coriander and leave to cool

Note:

keeps in the fridge for a few weeks

Variations:

The number of chillies can be varied according to taste and the strength and variety of the chillies.

Black cherry and onion chutney

1 medium red onion, finely chopped

1 tablesp olive oil

1 X 440g tin stoneless black cherries

50ml balsamic vinegar

20ml sherry vinegar

3 tablesp dark brown sugar

- in a medium frying pan cook the onion in olive oil over a medium heat for about 10 minutes until slightly caramelized
- drain the cherries but keep the juice
- chop the cherries
- add the chopped cherries, the juice, balsamic vinegar, sherry vinegar, and sugar and cook over a medium heat for about 15 minutes, until the juices are reduced and thickened
- leave to cool
- store in a glass jar in the fridge. The chutney will keep in the fridge for a week.

Serve with cheese on bread, toast or oatcakes

I wouldn't normally buy tinned fruit, but I found this recipe in a newspaper cutting and it works.

Coriander chutney

100g fresh coriander, main stalks removed

1 or 2 cloves garlic, to taste

1 or 2 green chillies, seeded, to taste

Salt to taste

1 teasp lime juice

120g natural yoghurt

- **either** chop all the solid ingredients very finely in a mini-chopper, transfer to a bowl, add the lime juice and yoghurt and mix very well
- **or** blend everything until smooth in an electric blender
- serve as a chutney, a dip or spread on crackers/oatcakes

Coconut chutney

100g desiccated coconut

2 green chillies, finely chopped

Pinch of salt

Water

1 tablesp sunflower oil

1 teasp black mustard seeds

1 dried red chilli

A pinch of fenugreek leaves

A small handful of fresh coriander, finely chopped

Black pepper (and additional salt), to taste

- soak the desiccated coconut in boiling water for 30 minutes, transfer to a sieve and allow to drain and cool
- place the coconut, green chillies and salt in a blender then gradually add just enough water to blend into a porridge-like consistency
- heat the oil in a small frying pan, add the mustard seeds, red chilli and fenugreek leaves and fry gently until the mustard seeds pop
- add the coconut mix and the fried ingredients to a serving bowl, add the chopped coriander and mix well
- add pepper (and additional salt if required) to taste, allow to cool and serve.

Based on a recipe by Rachel Demuth

Toasted coconut chutney

40g desiccated coconut

2 tablesp coconut oil

1 tablesp tomato puree

20-30g red chillies, roughly chopped (more or less, to taste)

1 teasp lime juice

Salt to taste

- toast the coconut in a dry frying pan until well browned, then set aside
- melt the coconut oil in a small frying pan
- add the tomato puree and stir fry for about three minutes, until lightly caramelized
- stir in the toasted coconut
- transfer to a blender and add the chillies, lime juice and salt
- blend until almost smooth. If necessary add a few drops of water
- transfer to a bowl, add more salt and lime juice if necessary, allow to cool and serve.

From a recipe by Yotam Ottolenghi

Onion chutney (special onion)

1 large onion, cut into slices about ½cm thick
1 clove garlic, chopped finely
1 4cm piece of fresh ginger, peeled and cut into thin strips
Juice of ½ lemon
Salt to taste
1 teaspoon chilli powder
½ teaspoon black pepper

- in a bowl mix the onion, garlic and ginger
- add the lemon juice, salt, chilli powder and black pepper, and mix thoroughly
- chill for 1 hour, and serve as an accompaniment to curries

Mango pickle

200g unripe mango
3 tablesp sesame oil
1 tablesp mustard seeds
½ teasp fenugreek (methi) seeds
3 tablesp chilli powder
1 teasp salt
4 garlic cloves, crushed

- wash and dry the mango, then chop into small cubes
- heat the oil in a pan and allow to cool completely
- dry roast the mustard and fenugreek seeds for a few minutes then allow to cool
- grind the mustard and fenugreek seeds to a fine powder
- in a bowl mix the mango, mustard and fenugreek powder, chilli powder, salt and garlic
- pour the oil over and mix well
- set aside for 48 hours for the flavours to mix
- stir and adjust the seasoning if necessary
- store in a glass jar

Keeps for a month if stored in the fridge

Based on a recipe by swasthi at www.indianhealthyrecipes.com

2

SNACKS, STARTERS AND TAPAS

(i) Snacks – bread toppings and fillings

Tostada con tomate (tomato on toast)

Quantities - variable to taste

Bread (French stick, Spanish *barra* or *pan rustico*, or sourdough, as preferred)

Tomatoes (biggish, ripe and tasty)

salt

Garlic

Extra virgin olive oil

- toast some thick slices of bread
- meanwhile halve the tomatoes and grate them on a cheese grater (use the big holes) into a bowl. Dispose of the skins. Add a little salt to the tomato pulp.
- Prick one side of the toast a few times with a fork to let the flavours soak in.
- rub with a clove of garlic which you can then discard
- drizzle the bread with extra virgin olive oil
- spoon the tomato pulp over the toast
- if desired, a little more olive oil can be drizzled on top at this stage, and/or salt added to taste
- serve immediately, while the toast is still warm. It will help to serve on warmed plates.

Variations:

- The garlic is optional, particularly when this is being served as a breakfast dish.
- For a stronger flavour of garlic, either (a) crush a clove into the tomato pulp mix, or (b) slice the garlic (one clove per slice of toast), fry in olive oil until golden and use to garnish the slices
- add a few chilli flakes and/or a pinch of cumin powder to the tomato pulp
- garnish with some chopped basil or parsley
- if the tomatoes are particularly nice and taste simply chop them roughly and pile them on to the toast with the oil etc.
- a small pinch of sugar may help if the tomatoes are not the most tasty.

Greek salad toasts (dakos)

180g ripe tomatoes, chopped
¼ red onion, chopped
½ teasp red wine vinegar
2 tablesp extra virgin olive oil
¼ teasp ground allspice
Pinch of salt
Freshly ground black pepper
6 wholegrain Swedish Krisprolls
40g feta cheese, crumbled
12 pitted small black olives, halved
Chopped parsley to garnish

- put the tomatoes, onion, vinegar, one tablespoon the of olive oil, and the allspice in a bowl and mix
- add the salt and pepper, stir and set aside for a while to let the flavours mingle
- spread out the Krisprolls on a plate and spoon the tomato mixture on top
- sprinkle over the feta and olives
- top with the parsley and drizzle over the second tablespoon of olive oil
- leave to sit for 5-10 minutes before serving
- eat the dakos with your fingers, piling on the topping with a fork.

Serves 1 as a main course, or two as a starter (in which case split the krisprolls and the topping between two small plates)

Optional extras:

- a small handful of capers
- 60g cucumber, chopped

Notes:

- If necessary add a pinch of sugar to the chopped tomatoes to bring out the flavour
- Spanish *panecillos tostados* can be used instead of the Krisprolls

Based on a recipe by Yotam Ottolenghi.

Avocado toast

Bread (or rolls, sliced in half)

Ripe avocados

Salt to taste

Chilli flakes

Olive oil

All quantities can be varied to taste

- toast the bread
- meanwhile peel the avocados and place the flesh in a bowl
- add salt to taste, a pinch of chilli flakes and some olive oil (about 1 teasp per avocado), mix well and roughly mash
- pile plenty on each slice of toast and serve

Avocado and blue cheese toast

Sliced wholemeal bread

Ripe avocado - ½ an avocado per slice

Danish blue cheese (or similar) – about 50g per slice

- toast the bread under a hot grill fully on one side
- slightly toast the other side, then remove from the grill
- top the second side with the avocado (spooned out and roughly chopped), and then the blue cheese (sliced and roughly crumbled).
- return to the grill and toast until the cheese has melted, then serve.
- err...that's it.

About 3 million calories per slice but nice (and avocados are trendy these days)

Note:

If avocados are too expensive, or impossible to ripen in time, you can use bought guacamole instead as a shortcut. Depending on the balance of flavours you prefer, you can also use a milder cheese such as Caerphilly, Lancashire or Cheddar. Up to you but I prefer the original.

Avocado and chorizo toast

- 150g cooking chorizo
- 1 large ripe avocado, halved and stone removed
- lime juice, to taste
- a few drops of tabasco sauce, to taste
- 1 level tablesp extra virgin olive oil
- salt and black pepper, to taste
- 2 large thick slices of bread
- 1 clove garlic, peeled
- a pinch of ground coriander

- peel and chop the chorizo into bite sized pieces
- heat a frying pan, add the chorizo and dry fry for 5 minutes until golden and crisp and their oil has been released
- meanwhile scoop the avocado flesh into a bowl and roughly chop it
- add a few drops of lime juice and tabasco to taste and mix well
- add half of the olive oil and salt and pepper to taste
- meanwhile, toast the bread
- cut the garlic in half and rub the cut side on the toast, then drizzle the toast with the remaining olive oil
- top the toast with the avocado mixture, followed by the sizzling chorizo and a spoonful of their cooking juices
- top with a pinch of coriander and a few more drops of lime juice to taste and serve

Serves 1 or 2 depending on appetite

Note:

If you have them to hand you can use chopped fresh coriander to top the toasts and serve with a wedge of lime rather than lime juice

Egg, avocado and tomato toast

1 tomato

Unsalted butter

A handful of chopped chives

4 eggs, beaten

Salt and black pepper to taste

2 thick slices of sourdough or wholemeal bread

1 ripe avocado, sliced fairly thinly

- quarter and deseed the tomato and cut the flesh into small dice
- melt the butter in a frying pan, add the chives and cook briefly
- add the eggs and scramble them lightly
- add the tomatoes to the scrambled eggs, quickly mix and season with salt and pepper
- meanwhile toast the bread
- lay the avocado slices on the toast, spoon over the scrambled eggs mix, check the seasoning and serve

serves 2

Variation:

- if you don't have any ripe avocado spread some guacamole on the toast instead.

Ciabatta and cherry tomatoes with honey and garlic

250g cherry tomatoes

1-2 cloves garlic (tops chopped off but otherwise unpeeled)

1 ciabatta roll sliced in half (or 1 ciabatta loaf, quartered)

3-4 tablesp extra virgin olive oil

1 teasp honey

Salt to taste

Quantities are per person

- heat the oven to a medium heat (180°C, gas mark 4)
- place the cherry tomatoes and garlic on a baking tray and roast for about 40 minutes
- for the final 8-10 minutes place the ciabatta on a baking tray on a lower shelf of the oven, to heat through
- meanwhile mix the olive oil, honey and salt in a cup
- remove everything from the oven
- squeeze the roast garlic from its skin, mash into the oil/honey mix with a fork and mix well
- transfer the ciabatta to a grill tray, top with the tomatoes, mash the tomatoes slightly and pour over the oil/honey mixture
- grill under a hot grill for 1-2 minutes and serve. To avoid burning your mouth allow to cool for a minute or two before eating

Variations:

- If you have a supply of roast garlic (recipe – see page 36) you can use that.
- 2 freshly made slices of toast can replace the ciabatta roll
- for a less sweet version use the garlic tomatoes recipe on page 39

Cannellini beans on toast

1 tablesp olive oil
1 clove garlic, chopped
A pinch of chilli flakes
A pinch of paprika
1 400g tin of chopped tomatoes
2 teasp Worcestershire sauce
1 teasp brown sugar
2 teasp cider vinegar
1 400g tin cannellini beans, drained
Salt and pepper to taste
2-4 thick slices of toast

- heat the olive oil in a saucepan
- once warm, add the garlic and fry until starting to colour
- add the chilli flakes and paprika and cook for a further 30 seconds
- add the tomatoes, Worcestershire sauce, sugar, vinegar and cannellini beans and mix well
- season to taste
- simmer over a medium heat for 15-20 minutes, stirring occasionally, until the mixture has reduced, taking care that it does not stick to the pan and burn
- serve, piled high on toast
- serves 2

Notes and variations:

- the number of toast slices depends on their size
- the slices can be topped with grated cheddar cheese, but it is not essential

Vegan version:

- Use vegan Worcestershire sauce and, if using, vegan cheese.

From a recipe in the Guardian for cooking with tins during lockdown.

Beer cheese (pivní sýr)

Two scottized / anglicized versions of Czech beer cheese (pivní sýr).

For a **vegetarian / vegan version** use vegan cheese, vegetarian / vegan Worcestershire sauce and select a vegetarian / vegan beer.

(i) as a spread

200g strong cheddar cheese, grated
1 teasp Worcestershire sauce
1 teasp Dijon mustard
1 clove garlic, crushed
Pinch of salt and black pepper to taste
100ml Czech dark beer

- add everything to a blender and blend until it is smooth and thick (about the consistency of hummus)
- serve spread generously on highland or rough oatcakes or toast, and eat while drinking the rest of the bottle of beer

Closely based on a recipe at www.theglasgowscullery.com

(ii) build your own

All quantities depend on the numbers of people, their hunger and taste:-

Strong cheddar cheese, grated, at room temperature
Czech dark beer
Onion, finely chopped
Unsalted butter
Slices of rye bread
Paprika

- prepare individual small bowls of grated cheese, beer and chopped onion
- heat the butter in a frying pan, fry the rye bread and serve
- build your own meal by adding some beer to the grated cheese, mashing with a spoon then piling onto the fried bread, topped with onions and sprinkled with paprika, to taste. Serve with beer to drink.

Note: If you can't find a good Czech dark beer then a German Dunkel or British best bitter, 80/- or brown ale is fine.

Welsh Rarebit

175g mature cheddar cheese, grated

½ teasp Worcestershire sauce

1 level teasp mustard powder

Freshly ground black pepper, to taste

4 tablesp brown ale

2 slices sourdough bread

- add the grated cheese, Worcestershire sauce, mustard powder, pepper and brown ale to a small, thick-bottomed pan
- heat gently, stirring, until the cheese melts and the mix thickens
- meanwhile toast the bread on one side
- spread the topping on the other side of the bread and place under a hot grill for a couple of minutes, until brown and bubbling
- Serve. Serves 2

Serve with, for example, tomatoes, pickle or chutney and the rest of the brown ale.

Note: For a vegetarian version use vegan Worcestershire Sauce

Recipe by Susan Nowak

Mozzarella toast

150g block of mozzarella cheese

60g unsalted butter, softened at room temperature

1 clove garlic

1 tablesp parsley

1 spring onion

Salt to taste

Black pepper to taste

2 thick slices of bread (whichever type you prefer)

- pat the mozzarella dry, grate or crumble and set aside
- put the softened butter in a small bowl
- very finely chop the garlic, parsley and spring onion and add to the bowl
- season with salt and pepper and mash the bowl ingredients together well
- toast the bread under a grill on one side only
- spread the butter mixture over the un-toasted side of the bread
- top with the crumbled mozzarella
- place under the grill and serve when the cheese has fully melted

serves 2

Roughly based on a recipe by Rajan Singh at www.food.ndtv.com

Miso spinach toast *added in 2025*

1 tablesp butter
1 tablesp white miso paste
1 tablesp sesame seeds
200g baby spinach leaves
2 teasp soy sauce
2 thick slices of bread
1-2 spring onions, finely sliced

- toast the sesame seeds by dry frying until they brown, remove and set aside
- melt the butter in the frying pan, add the white miso and mix well
- add the spinach and cook over a medium heat until wilted
- add the soy sauce and mix well
- meanwhile toast the bread
- serve by topping each slice of toast with the spinach and miso mix, then scatter the toasted sesame seeds and spring onion on top

Serves 1 or 2

Based on a recipe by Elena Silcock on bbcgoodfood.

Broad beans and black pudding on toast

200g broad beans
3 tablesp olive oil
4 slices (200g) black pudding
2 cloves garlic, crushed
2 thick slices bread
Salt and pepper to taste

- pre-heat the oven to 80°C
- place the broad beans in a little water in a small pan on the hob over a high heat and boil for 2-3 minutes
- drain and place in a bowl in the oven to keep warm
- meanwhile heat most of the oil in a frying pan and fry the black pudding for 5-6 minutes, turning once
- remove the black pudding, discard its skin and place on a plate in the oven to keep warm
- fry the garlic gently in the frying pan for 1-2 minutes, taking care that it doesn't burn
- add the broad beans and the black pudding and heat through
- add salt and pepper to taste (pepper may be unnecessary if the black pudding is fairly spicy)
- meanwhile toast the bread
- serve on warmed plates with the bread, topped with the broad beans and black pudding
- if desired the remaining olive oil can be spread on the toast, or a few drops of oil can be added on top of each serving.
- Serves 2

Notes:

- Use baby broad beans if possible – they are tastier and sweeter. You can also peel the broad beans after draining, if you feel like it.
- This can be a starter or snack. Add a second slice of toast topped with scrambled egg for a full breakfast or lunch

The idea of combining broad beans (habas) and black pudding (morcilla) came from the Moro cookbook, by Sam and Sam Clark.

Black pudding and egg ciabatta rolls

Breakfast rolls with a difference:

4 ciabatta rolls (or a ciabatta loaf quartered lengthwise)

Extra virgin olive oil

4 slices black pudding (see note)

4 large eggs

Salt

Pepper (see note)

- heat the oven to 150°C
- slice each roll in half then reattach (this is to avoid burnt fingers later) and place on a baking tray in the oven
- bake the rolls for 10-15 minutes, until very hot
- meanwhile fry the black pudding and the eggs in the olive oil, timing it so everything is ready at once
- remove the ciabatta rolls and place on hot serving plates (heat them in the oven with the rolls for the last two minutes)
- Glug plenty olive oil over both inside faces of the rolls
- add a slice of black pudding then an egg to each roll, add salt and pepper to taste, then add the tops of each roll and serve

This is deliciously messy – add some point the egg yolks will go everywhere

Serves 2 hungry people or 4 with lighter appetites.

Note:

This assumes your black pudding slices are large (about 7cm diameter). If they are smaller then you can have two or three slices to each roll. How much pepper is needed will depend on the amount already in the black pudding. Most Scottish black pudding already has a fair amount of pepper, Bury black pudding less so, and Spanish *morcilla* varies – though if it says *picante* on the wrapper it will definitely be peppery.

Chicken liver pâté

120g unsalted butter
1 small to medium onion, very finely chopped
4 cloves garlic, crushed (or more, to taste)
800g chicken livers, chopped roughly
A few sprigs of thyme leaves, stalks removed
1 teasp salt
A few tablesp red wine or sherry
Salt, freshly ground black pepper
Pinch of spiced, smoked paprika (optional)

- Melt 100g of the butter gently in a frying pan
- Add the onion and fry gently for a minute or two
- Add the garlic, chicken livers, thyme and salt, and fry gently for 5-7 minutes (until most of the pinkness has gone from the livers).
- Remove and allow to cool slightly
- Puree the mixture in a blender until smooth
- Add the remainder of the butter and the alcohol (taking care that the mixture does not become too liquid) and blend a little more
- Adjust the salt and season with pepper and paprika to taste
- Press into the serving dishes or bowls and refrigerate until required
- Remove from the fridge 10-15 minutes before serving to bring to room temperature
- Serve with toast, crackers or oatcakes.

Serves 4 (large portions) to 8 (small portions)

Variations:

- A mixture of chicken livers and hearts can be used
- A little chopped parsley can be used instead of thyme.

Bread/toast toppings with feta cheese

(i) Feta with cumin and lemon

1 teasp cumin seeds

200g feta cheese

4 tablesp Greek yoghurt

½ lemon (zest and juice)

½ clove garlic, crushed

Dried red chilli flakes

Black pepper, to taste

Warm flatbreads or toasted bread

1 teasp dried oregano

Extra-virgin olive oil

- heat a small frying pan then add the cumin seeds and dry fry for a minute or two until roasted, then set aside
- put the feta cheese in a bowl, crumble and mash
- grate the zest of the lemon and set aside
- add the yoghurt and lemon juice to the feta and mash until smooth. It should be the thickness and texture of hummus.
- add the garlic, a pinch of chilli flakes and pepper to taste and mix well. The feta is salty so no further salt should be necessary.
- heat or toast the bread
- immediately spread the feta mix on the bread or toast
- top each slice with cumin seeds, oregano, the zest of the lemon juice, to taste, another pinch of chilli if you wish, and drizzle with olive oil
- serve

Depending on the bread used this is sufficient for 4-8 slices.

Closely based on a recipe by Anna Jones

Bread/toast toppings with feta cheese, continued

(ii) Feta with cucumber and pomegranate seeds

ingredients as for the previous recipe plus:

150g cucumber

50g pomegranate seeds

- slice the cucumber thinly and cut each slice in half
- follow the previous recipe then, after spreading the feta mix, top the bread / toast slices with the cucumber and pomegranate seeds
- then top each slice with the cumin seeds etc and serve.

Loosely based on a recipe by Sabrina Ghayour

Some simple bread and toast toppings

(i) Anchovies on toast

Toast the bread and top with a small tin of anchovies in olive oil, slightly mashed. Optional – reheat under a grill. Alternatively drain the anchovies, melt some butter on the toast and pile the anchovies on top.

(ii) Mozzarella and Anchovy crostini

Heat the oven to 180°C. Place small slices of country bread on a baking tray. Top with thick slices of mozzarella cheese (roughly the size of the bread slices). Drape 2 anchovies on top of each slice, drizzle with a little olive oil and bake for 10 minutes until the cheese melts. *Recipe by Rachel Roddy.*

(iii) Sardines on potato scones

Heat the potato scones on a girdle. Top with a tin of sardines in olive oil, a little salt, lemon juice and parsley and reheat under a grill. Alternatively fry some fresh small (Cornish) sardine fillets in olive oil and pile onto the heated potato scones together with salt, lemon juice, parsley. Drizzle a little olive oil on top.

(iv) Avocado, prawns and sweetcorn on toast

Mix together 1 ripe mashed avocado, 75g small cooked, peeled and chopped prawns and 60g drained tinned sweetcorn. Season with salt and pepper to taste and pile on 2-4 slices of toasted brown sourdough bread, spread with mayonnaise.

(v) dips from the next section

These dips can be served as bread or toast toppings, to fill pockets of pitta bread or spread on crackers or oatcakes. They can be made for this purpose or it is a good way to use any leftovers:

- hummus (page 72), hot hummus with butter and pine nuts (page 73), baba ghanoush (page 75), zaalouk (page 76), guacamole (page 79), minty pea and feta dip (page 80), roast beetroot dip (page 81), tapenade (page 82), mackerel pate (page 84).

(ii) snacks – nibbles and dips

Spiced roast chickpeas and pistachios

2 X 400g tins chickpeas, well drained
60ml sunflower oil
1 teasp coarse sea salt
½ teasp freshly ground black pepper
½ teasp chilli powder
½ teasp ground cumin
1 teasp garam masala (see page 37)
150g shelled pistachios

- preheat the oven to 200°C/gas mark 6
- toss the chickpeas in a bowl with the oil, salt, pepper, chilli powder, cumin and most of the garam masala
- transfer to a baking tray and bake for about 25-30 mins, until the chickpeas are golden and crisp, stirring two or three times
- add the pistachios, return to the oven and cook for a further 12-13 minutes. By this time the chickpeas and pistachios should be crunchy
- sprinkle over the remaining garam masala and cook for a further 1-2 minutes.
- transfer to a serving bowl, leave at room temperature for at least 30 minutes, and eat warm or cold.

Roast almonds with paprika

200g whole raw, unsalted almonds

1 teasp olive oil

1 teasp *pimentón dulce* (Spanish sweet paprika) or half and half *pimentón dulce* and *pimentón ahumado picante* (smoked spicy paprika)

1 teasp salt (if using sea salt, grind it to a fine powder)

- blanch and peel the almonds by putting the raw almonds into a pan of boiling water. Drain immediately into a colander and rinse with cold water to cool them. Dry with a paper towel, then use your fingers to gently squeeze the almonds and loosen the skin from them.
- Preheat the oven to 150°C (gas mark 2)
- Dry roast the almonds on a baking tray in the top of the oven for about 25 minutes, until golden brown
- Meanwhile mix together the oil, paprika and salt
- Remove the almonds from the oven and stir in the oil, paprika and salt mixture
- Return from the oven for another 2 or 3 minutes
- Remove, allow to cool, then nibble while fresh.

Note: This works well if you find peeling almonds a deeply relaxing and contemplative experience. If you don't, buy peeled whole almonds.

The recipe is from Moro the Cookbook by Sam and Sam Clark. The method of blanching and peeling almonds is from www.toriavey.com

Cheese straws

200g all-butter (or butter enriched) ready rolled puff pastry

2 egg yolks

½ teasp mustard powder

A pinch of chilli powder

¼ teasp paprika

Freshly ground black pepper, to taste

100g mature cheddar cheese, grated

- roll out the pastry and lay on a tray or board
- beat the egg yolks well in a bowl, add the mustard powder, chilli powder, paprika and black pepper and mix well
- brush this mixture generously over the pastry
- lay the cheese on top, evenly and right to the edges
- press the cheese down lightly
- place in the fridge for at least an hour
- heat the oven to 200°C, gas mark 7
- meanwhile line 2 baking sheets with greaseproof paper
- remove the pastry sheet from the fridge and cut into strips about 1-2cm wide and about 15cm long
- lay these strips carefully on the prepared baking sheets, keeping them quite well apart
- bake for 15 minutes or so, until golden brown
- Serve. Best eaten warm.

Makes about 12-16 cheese straws – serves 4

Based closely on a recipe by Jeremy Lee

Tzaziki

½ a cucumber

Salt to taste

2 cloves of garlic

1 teasp olive oil

250g full fat Greek yoghurt

1 teasp lemon juice

a few mint leaves, shredded

½ teasp smoked *pimentón* (paprika - sweet or spicy to taste)

A few mint leaves (whole)

- finely chop the cucumber, place in a serving bowl, sprinkle with salt and leave for 30 mins
- meanwhile crush the garlic and mix with the olive oil in small dish and set aside
- drain any excess water off the cucumber and dab dry with kitchen roll
- add the yoghurt to the cucumber and mix
- add the garlic/oil mix, the lemon juice and the shredded mint leaves and mix well
- sprinkle the *pimentón* on top of the tzatziki and leave to chill
- serve garnished with the whole mint leaves

Serves 2-3

Notes:

- can be made in one large bowl or smaller individual bowls
- the cucumber can be peeled and/or roughly grated if wished
- low fat yoghurt doesn't really work for this recipe
- dried mint can be used instead of fresh mint.

Cucumber raita

Very similar to the previous recipe, this is used alongside curries, as a side dish, a dip for poppadoms or as a cooling chutney to spoon over hot curries

½ a cucumber

Salt to taste

250g low fat natural yoghurt

1 tablesp finely chopped mint leaves

- finely chop the cucumber, place in a serving bowl, sprinkle with salt and leave for 30 mins
- drain any excess water off the cucumber and dab dry with kitchen roll
- add the yoghurt to the cucumber and mix
- add the chopped mint leaves and mix well
- keep (covered) in the fridge until ready to serve

Serves 3-4

Notes:

- full fat yoghurt can be used if wished
- the cucumber can be peeled and/or roughly grated if wished
- dried mint can be used instead of fresh mint
- a little chopped chives or dill can be used as a garnish
- a few chilli flakes can be mixed in for a spicy version (though this sort of defeats the object of the raita, if it is being served alongside curry as a cooler)

Salty Lassi

This is not a side dish or dip but a cooling yoghurt drink to serve alongside curries

250g plain low-fat yoghurt

About 75ml chilled water

Salt to taste (but don't skimp on it)

1 teasp cumin seeds

- mix the yoghurt and water in a bowl and add the salt (the proportions of yoghurt and water should be 4 to 1)
- roast the cumin seeds in a dry frying pan over a high heat, then use a mortar and pestle to grind them into powder
- add to the yoghurt mix and blend with a stick blender until frothy and pour into serving glasses

Serves 2

Notes:

- freshly roasted cumin is best but, at a pinch, cumin powder or garam masala can be used instead
- if not served right away lassi can be kept in the fridge for a short while
- on a hot day can be served over ice
- a sprig of mint on each glass can be used as a garnish

Based on a recipe at www.spiceupthecurry.com

Hummus

400g tin of chickpeas
1 tablesp lemon juice
3 tablesp tahini
2 cloves garlic (crushed)
½ teasp salt
Pinch of black pepper
1 tablesp olive oil

NB All quantities can be varied to taste.

- drain chickpeas and set aside liquid from tin
- blend together the chickpeas, most of the lemon juice, tahini, garlic, olive oil and some of the liquid from the tin
- blend until thoroughly mixed and smooth
- add the salt and pepper, and, if necessary to reach the desired consistency, more of the liquid from the tin
- taste and, if necessary add more salt and lemon juice and mix
- cover and refrigerate until needed
- serve with oatcakes, warm blinis, warm pita bread pockets, flatbreads, on rolls or toast, as a dip for crudités or as part of a meze

Variations:

There are any number of options to build on the basic hummus mixture:

- mix beans such as butter beans, cannellini beans with the chickpeas
- use a tin of fava beans instead of chick peas
- use yoghurt instead of (or as well as) liquid from tin for a creamier hummus
- use roast garlic instead of or as well as crushed garlic
- add a pinch of chilli powder and/or smoked paprika
- add a teasp of ground cumin
- use lime juice instead of lemon

Garnishes:

optional garnishes for the hummus include any of the following, individually or in combination with one another. These can also be used to perk up shop-bought hummus:

a few whole chickpeas from the tin, a drizzle of olive oil, parsley, pumpkin or sesame seeds, toasted pine nuts, coriander, cumin, sumac, Aleppo chilli (pul biber), dukkah, za'atar, dried mint, roasted cherry tomatoes.

Notes:

- how smooth to make the hummus is a matter of preference. Adjust the blending time to vary the degree of smoothness
- Hummus keeps a few days in the fridge. If it becomes dry add a little olive oil or yoghurt and mix
- This is the quick version. It can be made with dried chickpeas, which need to be soaked overnight in water then boiled for about 2 hours. Retain some of the water in which they are boiled for blending.

Hot hummus with butter and pine nuts

Hummus (made as in the previous recipe)

1-2 tablesp pine nuts

1 tablesp butter

- preheat the oven to 200°C/gas mark 6
- make the hummus as in the previous recipe and place in an ovenproof dish
- grill or dry roast the pine nuts until they become brown and smell nutty
- melt the butter in a small saucepan
- pour the melted butter over the hummus and spoon the pine nuts over the surface
- cook in the oven for about 25 minutes. (The hummus will have risen slightly and most of the butter will have been absorbed)
- serve with chunks of warm bread

The hummus should be eaten hot, though any leftovers can be kept in the fridge and eaten cold.

Based on a recipe by Ghillie Basan. The hummus in her recipe was made with yoghurt (rather than liquid from the tin) and included a teasp of freshlyground cumin seeds.

Chilli, garlic and soy dip for gyoza *added in 2025*

A simple dip for steamed dumplings and gyoza

1 heaped tablesp Lee Kum Kee Chilli Garlic sauce

1 teasp dark soy sauce

1 teasp balsamic vinegar

- mix the ingredients together well
- serve
- er...that's it

Notes:

- this makes enough dip for about 12 gyoza/steamed dumplings. The quantities can be increased as necessary
- can be served either in individual small pots or as a sharing dip
- an even simpler version is just to mix soy sauce and vinegar, to taste.

Baba ghanoush (aubergine dip)

2 large aubergines (about 600-750g)

2 garlic cloves, crushed

Juice of ½ a lemon or lime (or more to taste)

2 tablespoons tahini paste (optional)

1-2 tablespoons natural yoghurt (plus 2 more if not using tahini)

4 tablespoons extra virgin olive oil

Salt to taste

¼ to ½ teaspoon smoked paprika

A little finely chopped parsley

- pierce the skins of the aubergines (to prevent them from exploding) and grill whole for 45 minutes under a hot grill, turning occasionally, until the flesh is very soft, and the skin is becoming charred and crisp
- remove from the heat and, when cool enough to handle, discard the tops and peel off the skin
- place the aubergine flesh in a large mixing bowl and beat until fairly smooth
- allow to cool then add the garlic, lemon juice, tahini, yoghurt, olive oil, salt, paprika and parsley, and mix in well. Use a hand blender if you wish a smooth dip.
- taste for seasoning and flavour and adjust the seasoning and the remainder of the ingredients if necessary.
- serve with lots of warm pitta bread. Naan bread, oatcakes or crackers are alternatives.

This will keep in a fridge for several days.

Variations:

- grill the aubergines on a barbecue for the best smoky flavour.
- if no grill is available bake the aubergines in a hot oven for about 45-60 minutes
- This is a Lebanese / Middle Eastern recipe. For an Indian flavour add some garam masala (see page 37).

Based on a recipe in the Moro cookbook

Zaalouk dip (aubergine and tomato dip)

See page 227 for the ingredients and recipe for zaalouk (aubergine and tomato stew)

- Follow the recipe to make zaalouk
- Allow the stew to cool, then blend all the ingredients (with the exception of the toasted pine kernels) until smooth
- Serve cold, topped with the toasted pine kernels
- Serve as a dip for vegetables. Can also be spread on breads, oatcakes etc.

Note:

The dip will keep in the fridge for a few days. Bring to room temperature before eating.

Cannellini bean, basil and parmesan dip

1 X 400g tin of cannellini beans
2 handfuls of pine nuts
1-2 cloves of garlic, crushed
Basil leaves (all the leaves from 1 growing pot)
25g grated parmesan
Salt and pepper to taste
Extra virgin olive oil (about 5 tablesps)

- drain the tin of cannellini beans, rinse well, and mash slightly with a fork
- lightly roast the pine nuts, then grind all but a few
- add the beans, ground nuts, garlic, almost all of the basil leaves, parmesan, and salt and pepper to a blender with some of the olive oil
- blend for a couple of minutes, adding more olive oil in a trickle until the ingredients are blended (it does not need to be a smooth paste)
- serve in a bowl as a dip, garnished with the remaining pine nuts and a few basil leaves

Obatzda (cheese, onion and beer dip)

250g ripe camembert, at room temperature
50g unsalted butter, softened at room temperature
80g quark or fromage frais
3 tablesp beer
1 small onion, finely chopped
1 tablesp chopped chives (plus a few extra as garnish)
½ teasp caraway seeds
1 teasp sweet paprika
Salt and pepper to taste

- squash the camembert with a fork, then beat it into the butter and quark until well combined
- mix in the beer until you have a creamy paste (doesn't have to be smooth)
- add the onions, chives, caraway seeds, paprika, salt and pepper and mix well
- chill for an hour and serve with the remaining chives
- serve with beer as a dip for pretzels, radishes or other vegetables

Variation

Dried or finely chopped fresh parsley can be used instead of chives

Marie-Joelle Schmidt

Guacamole

2 ripe avocados
Juice of 1 lemon
2 tablespoons extra virgin olive oil
1 small onion, finely chopped
1 clove garlic, crushed
½ teasp chilli powder (or to taste)
250g tomatoes, skinned and finely chopped

- skin the tomatoes by making a small cut in the skin of each, placing in a jug, pouring over boiling water from a kettle. Leave a couple of minutes, drain, and the skin will come away easily. Leave to cool then chop.
- cut the avocados in half with a sharp knife, remove the stones, and scoop out the flesh into a bowl
- mash the lemon juice into the flesh with a fork
- add the oil, onion, garlic, chilli powder, and tomatoes and blend well with a fork, until the mixture is fairly smooth
- transfer to a serving dish and serve immediately

Important. If made in advance, store in the fridge, with the avocado stones buried in the mixture, and keep well covered. Otherwise it will discolour quickly.

Variations:

- garnish with finely chopped parsley
- for a smoother version use an electric blender
- use a dash of Tabasco instead of the chilli powder

Minty Pea and Feta dip

200g frozen peas

1 tablesp lemon juice

A handful of roughly chopped fresh mint leaves

100g feta cheese, cubed or crumbled

2 tablesp olive oil

Salt and pepper to taste

- cook the peas in boiling water for 3 minutes
- drain and rinse in cold water until cool. Pat dry
- put the peas and all the remaining ingredients in a blender and blend until almost smooth. The oil can be added a spoonful at a time to check the consistency
- adjust the seasoning and serve, garnished with a few mint leaves

Can be served as a dip or spread on oatcakes, crackers, toast etc.

Roast beetroot dip

150g beetroot (peeled and chopped weight)

1 tablesp olive oil

60g roughly chopped walnuts

3 cloves garlic, roughly chopped

50g grated parmesan cheese

2 tablesp lemon juice

Salt and pepper to taste

About 6 tablesp of extra virgin olive oil

- preheat the oven to 190°C
- prepare the beetroot by removing the root and stalks, wash and pat dry the beets, then peel and cut roughly into 1cm cubes
- wrap the chopped beetroot in foil to form a packet, place on a baking tray and roast in the oven for about 45 minutes, until the beetroot is soft. Remove and allow to cool completely
- meanwhile heat the tablesp of olive oil in a frying pan and gently roast the walnuts on all sides, taking care that they do not burn. Remove from the frying pan and allow to cool
- add the beetroot, walnuts, garlic, parmesan cheese, lemon juice, salt, pepper and about 2 tablesp of extra virgin olive oil to a blender and blend until well combined
- add more oil, a tablespoon or two at a time, and blend again, until the desired consistency is reached
- adjust the seasoning if necessary and serve in a bowl, garnished with a walnut half.

Notes and variations:

- a mix of parmesan and ricotta can be used if the flavour of parmesan is not to your taste
- a little water can be used at the end if you do not wish to add more oil.
- Can be served as a dip or spread on oatcakes, crackers, toast etc.

Based on a recipe by Delphine Fortin

Tapenade (black olive dip)

160g pitted black olives, drained if in a jar

1 tablesp capers, drained

2-3 anchovy fillets in olive oil

50ml extra virgin olive oil

1 teasp red wine vinegar

Black pepper to taste

- blend all the ingredients together in a blender or food processor. It should not be completely smooth
- check the seasoning, transfer to a serving dish and serve
- that's it

Notes:

- can be used as a dip for crudities or spread on slices of warm crusty bread
- this recipe could also be used as a sauce for pasta
- optional extras include 1 or 2 crushed cloves of garlic, and/or herbs of your choice (either mixed in or sprinkled on top)
- keeps in the fridge for several days
- This recipe can be used as a sauce for pasta. Add garlic as above, heat up the tapenade and serve. For other pasta and anchovy recipes see page 363.

Based on a recipe on the BBC Good Food website

Anchovy dip (anchoïade)

1 clove garlic, peeled and crushed

A 50g tin of anchovies, drained and roughly chopped

2 tablesp extra virgin olive oil

1½ teasp sherry vinegar

- in a bowl blend all the ingredients together until fairly smooth
- er...that's it

Serves 1 - 2

Serve as a dip for bread or crudities such as carrot sticks or celery

Note: You need a blender or food processor which can cope with small quantities

Based on a recipe by Kerry Saretsky

Mackerel pâté

300g cooked mackerel flesh
Knob of unsalted butter (optional)
1 garlic clove, crushed
Juice of ½ lemon Salt
Pinch of smoked paprika
1 teasp finely chopped parsley (optional)
250-300g full fat cream cheese

- put the mackerel flesh in a bowl and mash with a fork, removing any remaining large bones
- add the butter, crushed garlic, lemon juice, salt, smoked paprika and parsley, and mash in
- add the cream cheese bit by bit and continue to mash until the pâté is smooth
- check the flavour and adjust seasoning and lemon juice to taste
- serve on toast, bread, oatcakes or cream crackers

Note:

All the quantities are approximate and can be varied to taste. The only important one is that the amount of cream cheese should be the same or slightly less than the amount of mackerel flesh

Variations:

- this can be made with smoked mackerel or kippers, in which case the smoked paprika can be replaced by black pepper or ordinary paprika.
- if the mackerel has previously been fried in butter or oil the butter can be omitted
- finely chopped chives can be added instead of, or as well as, parsley
- can be garnished with sliced lemon, a sprig of parsley and/or sprinkled with black pepper or paprika
- a little horseradish sauce can be added for a sharper flavor

(iii) starters

Risotto Balls (Arancini)

30g unsalted butter

1 small onion finely chopped

150g risotto rice

500ml hot vegetable stock

75g mozzarella cheese, drained and cut into small cubes

60g parmesan cheese, grated

A handful of fresh herbs eg oregano, parsley, thyme, finely chopped

1 teasp lemon juice

Salt and pepper to taste

Plain flour

1 medium egg, beaten

75g fine white breadcrumbs (or Panko breadcrumbs)

Vegetable or sunflower oil for deep frying

- melt the butter in a pan, add the onion and rice and fry for 2-3 minutes on a medium heat
- stir in a ladleful of the stock and cook over a low to medium heat, stirring occasionally, until the rice has absorbed the stock
- add another ladleful and repeat. Keep repeating until the rice is tender and all the stock is absorbed (if the stock is finished and the rice is not yet tender continue by adding a few spoonfuls of hot water at a time)
- transfer the risotto to a bowl, cool slightly, then stir in the cheeses, herbs, lemon juice, salt and pepper, then leave to cool completely.
- use floured hands to shape the risotto mixture into about 12 balls, and refrigerate until needed
- set out three plates or bowls, the first with flour, the second with beaten egg and the third with breadcrumbs
- remove the risotto balls from the fridge, dip each first in the flour, then the egg, then the breadcrumbs
- heat the oil in a heavy pan or chip pan until hot enough for deep frying
- deep fry the balls in batches for a few minutes, turning, until golden all over
- drain on kitchen paper, and keep hot on a baking tray in a medium oven while you cook the remainder
- serve hot, warm or cool

Serves 4 as a starter or snack (or 2 as a main course with salad)

Notes and variations on the next page

Risotto Balls (Arancini), continued from previous page

Note:

- add a tablesp of fresh tomato sauce to the mixture for added colour
- the arancini can be served with a dipping sauce of your choice, for example a mild chill jam, a mild or spicy tomato sauce, yoghurt or tzatziki

Vegetarian variations:

- the mozzarella can be replaced by cooked (well drained) spinach and blue cheese
- The mozzarella can also be replaced by cubes of hard cheese eg edam, cheddar. In this case form each ball by making a well in the middle of the risotto mixture, placing the cubed cheese in the well and shaping the ball around the cube.

Non-vegetarian variations:

- non-vegetarian versions include cubes of cooked chicken, ham, salami or spicy nduja, in place of the mozzarella. If wished, the parmesan can also be omitted. For these versions form each ball by making a well in the middle of the risotto mixture, placing the cubed meat in the well and shaping the ball around the cube.

The basic recipe is based on an Ursula Ferrigno recipe.

Parmesan balls

120g grated parmesan cheese

15g white breadcrumbs

Black pepper to taste

2 egg whites

30g plain flour

1 egg, beaten

Sunflower oil for deep frying

- mix the parmesan cheese and breadcrumbs in a bowl, add the black pepper and stir
- whisk the egg whites in a separate bowl until stiff, then add gradually to the mix, stirring (you may not need all the egg white)
- shape the mixture with your hands into small balls
- place the balls in the fridge for a few hours until required
- place the flour and the beaten egg on two separate plates
- heat the oil in a frying pan or deep fryer until hot
- one by one, coat each parmesan ball in the flour and then the beaten egg and add to the hot oil
- fry for a few minutes (in batches if necessary) until golden brown
- once ready place on a plate lined with paper towels, pat dry to remove any excess oil and serve
- serves 2. Eat with your fingers or cocktail sticks.

Makes about 12-14 balls.

Cauliflower balls (Polpette) *added in 2025*

300g cauliflower florets
2 teasp parsley, finely chopped
1 clove garlic, crushed
30g grated parmesan cheese
Salt and pepper to taste
A pinch of allspice
1 medium egg
25-30g panko breadcrumbs
1 tablesp plain flour

- boil the cauliflower in salted water until tender, about 10 minutes
- drain and tip into a bowl and allow to cool for a few minutes
- mash the cauliflower roughly
- add the parsley, garlic, parmesan, salt pepper and allspice and mix well
- add the egg and mix well until the mixture is coated
- add the breadcrumbs and the flour gradually, until it is possible to form the mixture into soft balls
- place the balls on a baking tray, lined with parchment paper
- at this point they can be stored in the fridge until needed
- heat the oven to 180°/160° fan/gas mark 4
- place the baking tray and balls in the oven and cook for 20 minutes or so, until lightly golden
- serve, with a dip or sauce of your choice

Makes 8-10 balls. Serves 2 – 3 as a starter

Based on a recipe by Rachel Roddy

Note:

It is also possible to shallow or deep fry the polpette, rather than bake them.

Piedmontese roast peppers

A little olive oil for the baking tray

1 large red pepper

2 medium tomatoes, skins removed

2 tinned anchovy fillets, drained and chopped into several pieces

1 clove garlic, thinly sliced

2 tablesp extra virgin olive oil

Freshly ground black pepper, to taste

A few basil leaves, torn

- pre-heat the oven to 180°C, gas mark 4
- cut the red pepper in half, remove the seeds, but leave the stalks intact
- lightly oil a baking tray and lay the peppers in the tray
- quarter the peeled tomatoes (one for each half-pepper) and place in the peppers
- add the anchovy pieces to the tomatoes
- add slices of garlic to each half-pepper
- spoon 1 tablesp of olive oil over each half-pepper and season with black pepper
- place the tray on a high shelf in the oven and roast for 1 hour. The edges of the peppers should be toasted.
- transfer to serving plates, pour any juices from the baking tray over, and garnish with a few basil leaves
- serve with a slice of good bread to mop up the juices
- Serves 2 as a starter. Could also serve 1 as a main course with a side salad

Vegan alternative:

Simply leave out the anchovies and add some salt along with the black pepper

Note:

The pepper stalks are inedible but they look good and help the peppers to keep their shape as they cook

Recipe by Delia Smith

Pani puri fillings, sauces and chutneys

Pani puri are small, mouth sized, hollow, crisp fried dough balls which are stuffed with a filling and a sauce or chutney. They are available from Asian foodshops in packets of about 45. They are usually eaten as a cold snack.

(a) Pani puri fillings:

(i) Potato and onion stuffing

300 g (peeled weight) potatoes

30g (peeled weight) onion (preferably red onion), very finely chopped

1 heaped tablesp coriander leaves, rinsed and finely chopped

½ teasp ground cumin

From a pinch to ½ teasp each of ground coriander, chili powder & asafoetida, to taste

Salt and black pepper, to taste

- peel and boil the potatoes until they are cooked completely
- drain and chop into very small cubes (if very soft just mash them)
- in a bowl mix the potatoes with all the other ingredients
- adjust the spices and seasoning if necessary and set aside until required.

Notes:

- This can be served cold or warm. If refrigerated bring to room temperature.
- This makes enough for 25 pani puri.

(ii) Alternative stuffings / fillings

alternative stuffings that can be used are vegetable samosa filling (page 102) or leftover channa dahl (pages 277-279)

For pani puri sauces and chutneys see next page

(b) Pani puri sauces and chutneys

(i) Tamarind and date water *amended in 2024*

2 tablesp tamarind and date chutney
1cm ginger, peeled and finely chopped
½ teasp ground coriander
1 teasp ground cumin
Pinch of ground black pepper
Pinch of chilli powder
200ml water

- Blend all the ingredients together and place in a bowl
- This makes enough for at least 20-25 pani puri

(ii) Coriander and mint water *amended in 2025*

15-20g coriander leaves and stalks, rinsed and roughly chopped
12 mint leaves, rinsed and roughly chopped
1cm fresh ginger, finely chopped
1 green chilli, roughly chopped
1 tablesp brown sugar
1 teasp ground cumin
1 teasp chaat masala
Salt to taste
200ml water

- Blend all the ingredients together and place in a bowl
- This makes enough for at least 20-25 pani puri

Continued on next page

Continued from previous page

(iii) Spinach chutney

200g baby spinach leaves, chopped very finely
2.5cm/1 inch ginger, peeled and chopped (or ½ to 1 teasp ground ginger)
1 tablesp tamarind paste
1 teasp ground coriander
½ teasp chilli powder
½ teasp dried mint
1 teasp cumin powder
a pinch of sugar, or more to taste
50 – 100 ml water
salt to taste

- add all the ingredients except the water to a blender and blend
- add the water gradually and keep blending until the desired consistency is reached. This can either be a thicker chutney (50 ml water) or a smooth fairly thin sauce (100ml water).
- place in a bowl, check and adjust the spicing to taste, add salt if necessary, and place in the fridge until needed. Bring to room temperature before using.

This makes enough for about 30 puri. Any remainder can be used elsewhere, for example as a dip for pakora.

(iv) Alternative sauces and chutneys

alternative sauces that can be used are the dips for pakora (pages 95, 97) or coriander chutney (page 43)

To assemble, serve and eat see next page

(c) To assemble, serve and eat *amended in 2024*

Pani puri

Finely chopped red onion

Sev

Your choice of filling

Your choice of sauce or chutney

- if the filling and/or sauce has been refrigerated bring them/it to room temperature
- crack open the top of each puri carefully with the back of a teaspoon
- add 1-2 teasp of the filling to each puri
- top each with a few pieces of chopped onion and a little sev
- stir the sauce / chutney and add a teasp or so to fill each puri (if you are using the tamarind and date or coriander and mint water an alternative is to dunk each puri in the bowl)
- eat each stuffed puri with your hands

As a starter serve anything between 5 and 15 puris per person

Vaguely based on recipes at www.vegrecipesofindia.com and www.tiffinandteaofficial.com

Bhel puri

3 or 3 new potatoes (about 150g)

250g *mammra mix*

1 small onion, finely chopped (about 40g)

Chilli powder to taste

Handful chopped coriander leaves

2 or 3 tablesp tamarind paste

150g natural yoghurt

100g pomegranate seeds

- peel and boil the potatoes until fairly soft, allow to cool fully and chop them into small dice
- in a large bowl mix the *mammra mix*, the potatoes and onion
- add the chilli powder and coriander leaves and mix further
- stir the tamarind paste into the yoghurt until it is a smooth mixture, then add this to the bowl and mix
- add the pomegranate seeds
- mix everything together and serve

This is a cold Indian starter and can be varied to taste for example by adding some ground coriander or other spices and lemon juice. The aim is to get a balance of crisp, chewy and soft textures with sweet, hot, savoury and sour tastes. It is ideal for leftover potatoes and onions.

Mammra mix is a mixture of *sev* (the small squiggly crunchy bits in Bombay mix) and puffed rice (ie unsweetened rice krispies).

Onion Pakora

amended in 2025

For the pakora:

125g gram flour
½ teasp chilli powder
¼ teasp ground ginger
1 teasp ground cumin
1 heaped teasp ground coriander
¼ teasp ground turmeric
1 teasp aswain (optional)
1 teasp black pepper or paprika
Salt
1 teasp cumin seeds, slightly crushed
1 teasp coriander seeds, slightly crushed
1 teasp baking powder
1 clove garlic, crushed
2-3 medium onions, sliced and chopped roughly (about 350-400g peeled weight)
Water (about 125-150ml)
Sunflower oil for deep frying

For the dipping sauce:

300-400g natural yoghurt
2 tablesp tomato puree
1 tablesp dried mint
chilli powder to taste
a little water

The Pakora

- if necessary, sift the gram flour into a bowl to remove any lumps
- add all the spices, seasoning, baking powder and garlic and mix well
- add the onions and mix
- add water little by little until all the flour has been absorbed into the mixture, and you have a batter
- heat the oil in a chip pan or other suitable pan for deep frying until hot
- add the pakora mixture carefully, spoonful by spoonful. If the oil is hot enough they will immediately start frying and the pakora will float to the surface of the oil
- cook the pakora in batches for a couple of minutes until they are golden in colour
- remove with a slotted spoon, place on a plate covered in kitchen roll to absorb any excess oil, then transfer to a warm serving plate in an oven heated to about 75-100°C. Serve as soon as all the pakora have been cooked, with the dipping sauce on the side

The dipping sauce

- Mix the yoghurt and tomato puree, stir well to combine – it should be a pink colour – then stir in the dried mint and chilli powder
- add a little water if necessary to achieve dipping consistency (will be essential with set or Greek yoghurt)
- the sauce can be served in one bowl or individual small bowls.

Continued on next page

Onion Pakora (continued)

Notes:

- success comes by trial and error
- semi-cooked flour in the cooked pakoras means too much flour, not enough onion, or water, or oil that is not hot enough
- exposed onion will burn black quickly if the oil is too hot (but the oil would be smoking by this time)
- all spices and seasonings can be varied according to taste. In particular the spiciness of the pakora can be varied to suit individual tastes by adjusting the amount of chilli powder in the batter and/or the dipping sauce
- aswain adds flavour but is marked optional as it can be difficult to find
- optional ingredients which can be added to the batter mixture to vary the flavour are a spoonful of lemon juice, vinegar, natural yoghurt, or honey

Spinach, onion and potato pakora

Recipe as for onion pakora above, but replace half the onion with:

- 100g baby spinach leaves, wilted, drained, cooled and chopped
- 1 medium potato, peeled, and cut into small dice
- mix the spinach, onion and potato well.

Vegetable, chicken or fish pakora

- pakora can be made with a wide variety of ingredients, for example diced potato, cauliflower florets, aubergine slices (a favourite), cubes of cooked chicken breast, or bit sized pieces of uncooked, skinless fish fillets, for example haddock, monkfish or cod
- ingredients that are in larger chunks should be dipped individually in the batter (after the water has been added), and then fried
- in the case of fish, the taste is improved by adding lemon or lime juice to the batter, along with the water.

Alternative dips for pakora

- Mix together 4 tablesp tomato ketchup, 2 tablesp vinegar, 2 tablesp water, 1-2 teasp mint sauce, ½teasp chilli powder, ½ teasp sugar and 2-3 tablesp yoghurt. This produces a dip which is both sharper and sweeter. *Based on recipes by curryqueen and JivyJ*
- Mix together plenty of ground black pepper and ground cumin with a little water (and yoghurt to thicken if wished).
- Very finely chop (in a chopper) ½ of a small onion, 1 de-seeded green chilli and a handful of fresh coriander. Then mix in 2 heaped tablesp of tamarind paste and the juice of ½ a lime. Slowly add 1-2 tabbsp of water, mixing, until a dipping consistency is reached.
- Coriander chutney (see recipe on page 43) can also be used as a dip for pakora.

Haggis Pakora

This can be made with either a standard haggis or a vegetarian / vegan haggis

1 haggis (450g) – meat or vegetarian / vegan

150g gram flour

½ teasp chilli powder

¼ teasp ground ginger

1 heaped teasp ground cumin

1 heaped teasp ground coriander

Salt to taste

150g natural yoghurt

A squeeze of lemon juice

Water (about 125-150ml)

Sunflower oil for deep frying

- cook the haggis, according to the instructions on the packaging
- when cool enough to handle, open the haggis, scoop out all the insides and break up with a fork
- form the haggis into small balls by hand
- this can be done in advance and the haggis balls kept in the fridge until ready to use
- Meanwhile, if necessary, sift the gram flour into a bowl to remove any lumps
add the chilli powder, ginger, cumin, coriander and salt, and mix well
- add the yoghurt and the lemon juice and mix well
- add water little by little until all the flour has been absorbed into the mixture, and you have a thick batter
- heat the oil in a chip pan or other suitable pan for deep frying until hot
- dip the haggis balls into the batter one by one and add to hot oil
- cook the pakora in batches for a few minutes until they are golden in colour
- remove with a slotted spoon, place on a plate covered in kitchen roll to absorb any excess oil, then transfer to a warm serving plate in an oven heated to 80°C.
- Serve as soon as all the pakora have been cooked.
- Makes about 18-20 pakora. Serve with one of the dipping sauces from the previous pages.
- **Variation:**
Add the following to the haggis before forming into balls and mix well
- 1 teasp cumin seeds, slightly crushed
- 1 teasp coriander seeds, slightly crushed
- 2 cloves garlic, crushed
- ¼ teasp chilli powder (optional)
- **Note:** MacSweens vegetarian haggis are vegan. It is possible that some other brands may include eggs.

Partly based on a recipe by philipallan at www.bbcgoodfood.com

Aloo bonda

For the potato balls:

500g potatoes
1 tablesp sunflower oil
1 medium onion, finely chopped
3cm ginger, finely chopped
1 teasp mustard seeds
½ teasp chilli powder
½ teasp mustard powder (optional)
¼ teasp turmeric
1 pinch of dried fenugreek leaves
Salt to taste
½ teasp black pepper

1 handful chopped coriander
1 teasp vegetable oil
½ tablesp lemon juice

For the batter:

150g gram flour
¼ teasp baking powder
Salt to taste
½ teasp chilli powder
A few drops lemon juice
Water to mix

- Boil the potatoes for about 20 minutes, allow to cool for a few minutes, rub the skin off, then cut them into small cubes and add to a mixing bowl
- heat the sunflower oil in a frying pan and gently fry the onions, ginger and mustard seeds until the onions are soft
- add the chilli powder, mustard powder, turmeric and fenugreek leaves, and fry for a further minute
- add the contents of the frying pan to the mixing bowl
- add the salt, pepper, coriander, oil and lemon juice, and mix well with a fork (the potatoes will disintegrate)
- when cool, form the mixture with your hands into about 20 small balls and place in the fridge until needed.
- Meanwhile, make the batter by mixing the gram flour, baking powder, salt, chilli powder and lemon juice in a bowl
- make a thickish batter by adding the water to the flour mixture a little at a time
- dip the balls in the batter, make sure they are well covered, and deep fry in batches of 6-8 balls for a few minutes until golden brown
- remove excess oil from each batch on kitchen towels and keep warm in the oven until ready to serve

Makes about 18-20 aloo bonda. Serves 3-5.

Broad beans in garlic ghee

Simple but tasty

1 heaped tablesp vegetable (vegan) ghee

2 cloves of garlic, crushed

100g broad beans (frozen are fine)

Salt to taste

- melt the ghee in a small frying pan over a gentle heat
- add the garlic and the broad beans and cook for a few minutes until the beans are cooked (keep the heat low and avoid burning the garlic)
- add salt to taste and serve

That's it.

Serves 2

Filo triangles

Amended in 2024

1 packet filo pastry sheets (usually 6 sheets, about 30cm by 45cm)

60g butter

Filling (see below)

- remove the packet of filo pastry sheets (do not unwrap) from the fridge about 20 minutes before cooking to bring to room temperature
- melt the butter in a small saucepan, over a low heat. Do not burn.
- meanwhile heat the oven to 180-200°C
- remove from the packet, lay one sheet of filo pastry out flat, and cover with a second sheet. Brush with a little of the melted butter. Repeat with the remaining sheets
- with a knife, divide the sheets into 6 strips each about 7-8cm by 30cm.
- place a heaped tablespoonful of the filling at the top of each strip
- create triangles by folding the strip over the filling, then folding again several times until the whole strip is used. Brush with a little of the melted butter on both sides of the triangle, and place on baking parchment on a baking tray.
- repeat for each strip, place the baking tray in the oven and cook for about 20-25 minutes until the triangles are a deep golden colour, then serve. They can be served hot, warm or at room temperature, according to taste. They can be served with dips or chutney.
- 6 sheets of filo makes 18 triangles

Fillings:

There are several fillings on the following pages. They should be made beforehand.

(a) Filo triangle fillings - Vegetable samosas (vegan)

450-500g potatoes, peeled and diced
125g frozen garden peas
2 tablesp olive oil
1 small onion, finely chopped
1 teasp cumin seeds
½ teasp mustard seeds
1 teasp ground cumin
¼ teasp chilli powder
½ teasp ground coriander
¼ teasp ground turmeric
Salt and pepper to taste
2 tablesp finely chopped fresh coriander
3 1 tablesp lemon juice

- put the potatoes in a saucepan, bring to the boil and cook for 3 minutes
- add the peas and cook for a further 2 minutes
- drain and place the potatoes (which should be part cooked – still have some bite in them) and peas in a mixing bowl
- meanwhile, heat the oil in a frying pan and cook the onions gently until soft
- turn up the heat, add the cumin seeds and mustard seeds and cook for 2 minutes (you may have to add a little water at this stage to prevent them sticking to the pan), then add the mixture to the mixing bowl
- add the ground cumin, coriander, chilli and turmeric, salt and pepper and mix well
- just before filling the filo triangles add the fresh coriander and lemon juice and mix well

More fillings on the following pages

(b) Filo triangle fillings - vegan empanadas *amended in 2025*

1 tablesp olive oil
1 medium onion, finely chopped (100-120g peeled weight)
1 pepper (green or red, or half-and-half) , deseeded and finely chopped
10 cherry tomatoes, quartered
125g frozen or tinned sweetcorn
1 400g tin red kidney beans
1-2 tablesp tomato puree
1 teasp ground cumin
1 teasp dried oregano
1 teasp paprika
Salt to taste
1 tablesp lime juice

- heat the olive oil in a frying pan and gently fry the onion and peppers until soft
- add the cherry tomatoes for the final two minutes, then place the mixture in a mixing bowl
- meanwhile, if using frozen sweetcorn, boil for 2-3 minutes in a small saucepan
- drain and rinse the kidney beans (and tinned sweetcorn if using) and add to the mixing bowl
- add the tomato puree, cumin, oregano, paprika and salt and mix well
- just before filling the filo triangles add the lime juice and mix in.

Variation:

This can be made into a vegan chilli filling by adding 2 crushed cloves of garlic along with the tomatoes, and chilli powder to taste along with the cumin and oregano

(c) Filo triangle fillings – spicy aubergines *added in 2024*

1 medium aubergine (about 200g peeled weight)
4 tablesp sunflower oil
1 small onion (about 60g), chopped
2 cloves garlic, peeled and thinly sliced
1 teasp cumin seeds
½ teasp mustard seeds
pinch of ground ginger
pinch of ground turmeric
pinch of chilli powder (or to taste)
salt and black pepper, to taste
1 tablesp tomato puree
1 medium tomato, chopped
1 teasp ground mint

- peel the aubergine and chop into small (1-2cm) cubes
- warm 3 tablesp of the oil in a frying pan. Add the aubergines and cook for a few minutes, turning them, until lightly browned on all sides
- remove from the pan and put them in a mixing bowl
- heat the remaining tablesp of oil in the pan, add the onion, and cook over a medium heat for about 7 minutes until soft
- add the garlic, cumin and mustard seeds, ginger, turmeric, chilli powder, salt, pepper and tomato puree, stir well and cook for a minute or two
- add the chopped tomatoes, stir well and, cook for 5 minutes
- stir in the mint
- add the mixture to the aubergines, mix well and leave to cool.

These quantities are sufficient for 12 triangles

The mixture is loosely based on a Nigel Slater recipe.

(d) Filo triangle fillings - Spanakopita

200g spinach leaves

1 tablesp extra virgin olive oil

1 small onion, finely chopped

100g feta cheese

1 teasp ground dill (optional)

A pinch of ground nutmeg

Salt and freshly ground black pepper to taste

- chop the spinach roughly and place in a large saucepan and wilt over a low heat for a few minutes
- drain, until the spinach is as dry as possible, then set aside to cool. Chop further if necessary
- heat the olive oil in a small frying pan, add the onion and cook gently until soft, then set aside to cool
- place the spinach and onions in a mixing bowl, crumble in the feta cheese, add the dill, nutmeg, salt and pepper, and mix well.

(e) Filo triangle fillings - Variations:

There are as many variations as you can think of. The range and amounts of herbs and spices can be varied according to taste to change the flavor and spiciness. Any dry curry can be made into a samosa filling. Non-vegetarian options are also an option with the most common being based on minced beef or tuna.

Note:

The fillings can be made in advance and kept, covered, in a cool place or the fridge until required. In fact this can allow the flavour to develop. Freshen up with lemon or lime juice just before using.

Fried halloumi

250g block of halloumi cheese

1 tablesp sesame seeds

2 tablesp extra virgin olive oil

2 tablesp honey

1 teasp aleppo chilli (pul biber)

- Pat the halloumi dry and cut into thick slices
- Toast the sesame seeds by dry frying or placing under a grill for a minute or two
- Heat the oil in a frying pan and fry the halloumi for 2 minutes. Turn and fry the other side for 2 minutes, until browned
- Place the halloumi on serving plates
- Drizzle with the honey and scatter the sesame seeds and aleppo chilli on top
- Serve. Serves 2

Variations:

- Use pomegranate molasses in place of the honey
- Use chilli flakes and/or za'atar in place of the aleppo chilli
- Use mustard seeds in place of the toasted sesame seeds
- Add a few drops of lemon juice
- Any combination of these work well and you can serve a variety on the same plate.

Sweetcorn cakes

1 325g tin of sweetcorn, drained

1 egg

50g self-raising flour

50g onion, finely chopped

Salt and pepper to taste

a pinch each of cumin, corander, turmeric and chilli powder

1 tablesp of sunflower oil

2 lemon wedges

- take half of the sweetcorn and blitz roughly with a food processor or blender, then add to a bowl
- add the remainder of the sweetcorn, the egg, flour, onion, salt, pepper and spices. The spices should not total more than a teasp – this is a mild dish as you want to taste the sweetcorn.
- mix well. If you have time the mixture can be chilled in a fridge for 30 minutes or so
- heat the oil in a large frying pan
- add dollops of the mixture, each 1 heaped tablesp, flatten slightly, and fry for 3 minutes on each side until golden
- serve with a lemon wedge on each plate, with a chutney or sauce of your choice. The pakora dips also work well.

Makes 10-12 cakes. Serves 2-3 as a starter.

Tomato and Bulgur Fritters

added in 2025

60g bulgur wheat
¼ teasp salt
70ml boiling water
400g cherry tomatoes, chopped
2 teasp tomato puree
Salt and black pepper to taste
30g panko breadcrumbs
1 teasp lemon juice
1 teasp dried mint
1 teasp dried parsley
1 teasp dried oregano
1 teasp coriander seeds, lightly crushed
A pinch of chilli flakes, to taste
2 garlic cloves, peeled and crushed
1 onion (about 80g), preferably red, finely chopped
50g plain flour
1 teasp baking powder
2-3 tablesp sunflower oil

- put the bulgur wheat in a small bowl, add the ¼ teasp salt and pour over 70ml boiling water. Cover tightly and set aside for about 10 minutes, until all the water is absorbed
- put the cherry tomatoes in a larger bowl, add the tomato puree, salt and pepper, then, using your hands, squash the tomatoes until coarsely mashed
- add the bulgur wheat, panko and lemon juice, mix well, and set aside for 5 minutes, until most of the liquid has been absorbed
- add the mint, parsley, oregano, coriander seeds, chilli flakes, garlic and onion and stir well
- stir in the plain flour and baking powder, and mix well to get a mixture that holds its shape
- shape spoonfuls of the mixture into patties and transfer to a plate, then place in the fridge until needed
- to cook the patties, heat the sunflower oil in a large frying pan. Spoon 4-6 of the patties at a time into the pan. Cook for 2-3 minutes each side until golden and crispy, taking care when turning them over
- drain on kitchen paper, keep warm and repeat until all the fritters have been cooked. Makes 12 fritters
- serve warm with a dipping sauce of your choice (eg tomato salsa, raita) on the side

Serves 3-6 as a starter, 2 as a main course with a side vegetable

Note: If you have fresh mint, parsley and/or oregano to hand, use instead of dried. Chop finely and use 10g of each.

Closely based on a recipe by Yotam Ottolenghi.

Avocado Vinaigrette

Straight from the 1970s but who cares. The hardest part of this one is buying avocados that become fully ripe on the day you want to use them.

1 ripe avocado

Vinaigrette dressing (see recipe on page 194)

- When the avocado is soft and ripe, cut in half and remove the stone
- fill the space left by the stone with vinaigrette dressing
- serve straight away
- that's it.

Serves 2

Potato scones with courgettes and goats cheese

4 potato scones (Irish potato farls)

1 medium courgette

1 tablespoon extra virgin olive oil

100g round goats cheese, sliced into 4 round slices

Salt and pepper

- heat the potato scones under a hot grill (or on a girdle)
- slice the courgette into 16 slices (i.e. 4 per potato scone), and fry in the olive oil until slightly browned, but not fully soft
- place the potato scones on a baking tray, place 4 slices of courgette on each one, top with a slice of goats cheese, and drizzle over the oil in which the courgettes were fried
- heat under a hot grill until the cheese begins to melt and brown
- add salt and pepper to taste and serve

Serves 4

Wee beasties of the glen (haggis balls)

This is an easy way of using up leftover haggis.

225g cooked haggis

Black pepper (to taste)

1 egg yolk, beaten

1 whole egg, beaten

6 tablesp medium oatmeal OR porridge oats

Sunflower oil

- break up the cold haggis in a bowl, then add black pepper if using, and the egg yolk to bind and mix well
- form into small bite-sized balls
- refrigerate the balls until using
- coat the balls in beaten egg then roll in oatmeal or porridge oats
- shallow fry the balls in the oil until golden brown and serve

Makes 12-16 balls and serves 3-4 as a starter

Vegetarian / vegan option:

- use a vegetarian / vegan haggis

Variations:

- feel free to add whatever herbs and spices you wish to the mixture. A few drops of whisky would also do the trick.

Recipe from Macsweens, www.macsween.co.uk, makers of excellent traditional and vegetarian haggis. Their vegetarian haggis is vegan.

Haggis and potato patties *added in 2024*

Ideal for using up leftover haggis and or mashed potato

300g leftover cooked mashed potato
200g leftover cooked haggis (or vegetarian haggis)
2 spring onions, finely sliced
50g panko breadcrumbs
1 tablesp olive oil

- add the mashed potato and haggis to a large bowl and mix well
- add the spring onions and mix well
- form into patties using your hands
- blitz the panko breadcrumbs until fine, and spread on a plate
- coat the patties one by one in the breadcrumbs
- cool in the fridge for at least 15 minutes
- heat the oil in a frying pan and cook the patties, in batches, for 2-3 minutes each side, until golden
- serve

Makes 6 patties. Serves 2-3 as a starter

Note: The patties can be kept in the fridge for a day or two before cooking.

Lamb and pistachio patties with sumac yoghurt

for the sumac yoghurt:

250g Greek yoghurt
1 heaped tablesp sumac
1 tablesp olive oil
1 tablesp lemon juice
Salt and pepper to taste

for the patties:

40g (shelled weight) pistachios
25g rocket leaves
40g onion
2 large cloves garlic
250g minced lamb
Salt and pepper to taste
A pinch of chilli flakes
2 tablesp olive oil

- put the yoghurt in a serving bowl
- in a separate bowl mix the sumac, olive oil, lemon juice, salt and pepper and whisk or stir well
- spoon over the yoghurt, roughly mix, and refrigerate until needed
- lightly toast the shelled pistachios in a dry frying pan for a couple of minutes
- grind the pistachios until coarsely chopped and place in a bowl
- finely chop most of the rocket leaves and add to the bowl
- in a processor or chopper very finely chop the onions and garlic and add to the bowl
- mix in the lamb, salt and pepper, chilli flakes and 1 tablesp of the olive oil
- shape the mixture into about 10 small patties with your hands
- at this point the patties can be refrigerated until needed
- heat a frying pan on a medium heat, add the remaining tablesp of olive oil and fry the patties in batches until golden brown and just cooked through, for about 8-10 minutes, turning over halfway through
- serve the patties on a plate with a few rocket leaves as garnish and with the yoghurt in a side bowl to dip or spoon over the patties as desired.

Serves 2 as a starter (5 patties per person)

Closely based on a recipe by Yotam Ottolenghi

Marbled Tea Eggs

4 large eggs
1 litre water
2-3 tablesp black Chinese leaf tea
1½ tablesp dark soy sauce
½ teasp salt
1 cinnamon stick
1 star anise

- fill a pot with the water and bring to the boil
- add the eggs to the pot (the water should cover the eggs) and simmer for 10-12 minutes
- remove the eggs and place in a bowl of cold water. Do NOT discard the water in which you have cooked them
- in about 10 minutes when the eggs have cooled, gently crack each shell with the back of a spoon until the entire shell is a network of cracks
- meanwhile add the tea, soy sauce, salt, cinnamon stick and star anise to the water in which the eggs were cooked and bring the mixture back to the boil
- return the cracked eggs to the pot, reduce the heat to a simmer, and cook for about 25 minutes
- remove the pot from the heat and allow the eggs to cool in the liquid
- remove the eggs from the cooled liquid and gently peel off the cracked shells
- you should have a pretty marble-like web on each egg
- serve them cut in half, yolk side down.

Serves 2 (2 eggs each) or 4 (1 egg each). Serve as a starter with a couple of slices of cucumber and a couple of cherry tomatoes, or as a garnish for an antipasto of cold meats.

A Ken Hom recipe

Tamarind Honey Prawns

200g raw tiger prawns, peeled but with tails left on

Vegetable oil for frying

For the marinade:

25g tamarind paste

20g clear honey

1 small clove garlic, crushed

½ tablesp brown sugar

1 tablesp olive oil

Pinch of chilli flakes (optional)

Sea salt flakes to taste

For the garnish:

½ teasp sesame seeds

1 tablesp fresh coriander, roughly chopped

1 spring onion, thinly sliced (both white and green parts)

- thoroughly mix the tamarind paste, honey, garlic, sugar, olive oil, chilli and salt in a bowl until the sugar dissolves
- add the prawns and work the marinade into them
- cover the bowl and leave to marinate at room temperature for at least 30 minutes
- meanwhile toast the sesame seeds and set aside
- heat a large non-stick frying pan over a medium heat and add a little vegetable oil
- drain any excess marinade from the prawns, then fry them quickly on both sides until they are cooked (and the prawns begin to look charred). This will take between 1 and 2 minutes per side depending on the size of the prawns.
- serve garnished with the sesame seeds, coriander and spring onions.

Serves 2 as a starter

Recipe from Sirocco

Hot and spicy chicken wings

½ teasp chilli powder
½ teasp salt
½ teasp sugar
1 tablesp sunflower oil
500g chicken wings, halved at the joint
1 tablesp wine vinegar
1 teasp Dijon mustard
1 clove garlic, crushed
1 teasp smoked spicy paprika
1 tablesp Worcester sauce
1 tablesp tabasco (or other hot chilli sauce)
1½ tablesp honey

- heat the oven to 200° (180° fan, gas 6)
- In a small bowl mix the chilli powder, salt, sugar and sunflower oil
- Put the chicken wings in a large bowl, add the chilli mix and ensure the wings are covered
- Spread out in a layer on a foil-lined baking tray, add to the oven and bake for 45 minutes
- Remove from the oven and drain off any excess oil
- Meanwhile mix the wine vinegar, mustard, garlic, paprika, Worcester sauce, tabasco and honey in a small bowl
- Brush all over the chicken wings
- Increase the oven heat to 220° (200° fan, gas 7)
- Return the wings to the baking tray and cook for 15 minutes, turning once
- Serve. Serves 2 as a starter, 1 as a snack

Based on a recipe from BBC Good Food.

Korean fried chicken wings

added in 2025

1kg chicken wings

3 eggs

250-300g plain flour

1 heaped tablesp baking powder

½ teasp salt

Vegetable or sunflower oil for deep frying

2-3 tablesp gochujang

- chop the chicken wings at the joints
- rinse the wings then completely dry them and place in a bowl
- crack the eggs over the wings and rub in using your hands
- in a separate bowl mix together the flour, baking powder and salt
- tip the mix over the chicken wings and massage with your hands until evenly coated
- heat the oil in a deep fryer to 180°C
- shake the chicken wings to remove any excess coating, then carefully lower into the hot oil and deep-fry for 4-5 minutes until the chicken begins to colour
- lift the chicken out of the oil for 4-5 minutes, This will allow the oil to get back up to temperature and allow the chicken a moment to rest
- carefully lower the chicken back into the oil and fry for a further 3 minutes until golden
- drain the chicken wings on kitchen paper, brush them with the gochujang and serve immediately, with plenty of napkins

Serves 2-4

Notes:

- an alternative is to dilute the gochujang with a little water, stir well and use as a dip for the wings
- you may need to fry the wings in batches, Keep the first batch(es) hot in an oven heated to 150°C

Recipe by Ken Donald

(iv) tapas

Garlic mushrooms

200g mushrooms (chestnut or button mushrooms)

1-2 tablesp extra virgin olive oil

2-3 cloves garlic, finely sliced

Salt and pepper to taste

1 tablesp *vinaigre de Jerez* (sherry vinegar)

A pinch of *pimenton picante ahumado* (spicy smoked paprika), to taste

1-2 tablesp finely chopped parsley

- wash, dry and halve or slice the mushrooms, depending on size
- heat 1 tablesp oil in a frying pan
- add the garlic and cook over a medium-high heat for 1 minute, stirring, until it begins to brown but is not burnt.
- add the mushrooms and cook, stirring, for a further minute or so, until the pan is dry
- add the salt, pepper and sherry vinegar (the pan will sizzle) and cook until most of the liquid has evaporated.
- Serve, drizzled with the remaining oil, and sprinkled with the paprika and parsley

Serves 2

Berenjena con miel (fried aubergine with molasses)

1 aubergine

Salt

75ml olive oil

4-5 tablespoons plain white flour

1 tablespoon *miel de caña*

- cut the into slices and cut the slices into several pieces – to produce chip shaped pieces of aubergine
- lightly salt the aubergine chips, leave for a few minutes then pat dry
- heat the oil in a frying pan over a fairly high heat
- pour the flour onto a large plate
- when the oil is hot dredge each aubergine chip in a little flour and fry in batches, for a few minutes, until the aubergine begins to turn a golden colour
- remove from the oil with a slotted spoon and place on paper towels to absorb excess oil
- to serve, arrange the aubergine chips on a plate and drizzle the *miel de caña* over the top

Note:

Though *miel* is the Spanish word for honey, *miel de caña* is sugar cane molasses and has a distinctive flavor and is vegan. If it isn't available then honey or treacle can be used instead.

Variations:

Aubergines are the traditional vegetable used, but others such as courgettes, onions or mushrooms can be used instead, either individually or as a mixture.

Pimientos de Padrón

Extremely easy, once you've got hold of the pimientos de Padrón

200g Padrón peppers

2 tablesp extra virgin olive oil

Sea salt flakes

- wash the peppers and pat them dry
- heat the oil in a large frying pan until smoking hot
- add the peppers and cook on a high heat for about 4 minutes, stirring constantly, until the skins have begun to blister and turn brown. The peppers should not be completely soft but still retain a little bite
- dry on kitchen paper and serve immediately, sprinkled generously with the salt flakes
- serve hot and eat with your fingers, leaving only the stalks

Serves 2-4 as a tapa. 200g of peppers should be about 20 peppers.

Note:

- *pimientos de padrón* are small green peppers originally from Galicia, but now more widely available. They are mild, though occasionally one is spicier than the others, though nowhere near as hot as a chilli

Pimientos del piquillo aliñados (marinated piquillo peppers)

225g jar of piquillo peppers (see note)

1 garlic clove, thinly sliced

1 tablesp sherry vinegar

2 tablesp olive oil

A handful of roughly chopped flat-leaf parsley

Salt and black pepper to taste

- drain the peppers of their juice and roughly chop each pepper into three
- toss them in a salad bowl with the garlic, sherry vinegar, olive oil, parsley, salt and pepper
- leave for at least 30 minutes, to allow the flavours to mingle
- serve, with a slice of French stick or Spanish barra to mop up the juices

Serves 4 as a small tapa

Note:

Jars or tins of small red and tasty piquillo peppers are easily available in Spanish supermnarkets and also in most UK supermarkets

Recipe from Moro the Cookbook by Sam and Sam Clark

Beans, piquillo peppers and paprika

75ml extra virgin olive oil

4-5 shallots, peeled and chopped

2 garlic cloves, peeled and sliced

1 tablesp spicy smoked paprika

Salt to taste

50ml tomate frito

300g (drained weight) *alubia granja* or *alubia judión* from a jar, rinsed

3 tablesp sherry vinegar

150g piquillo peppers, rinsed and sliced

- Heat 3 tablesp of the oil in a pan, and cook the shallots over a medium heat for 10-15 minutes until they are golden and soft
- Add the garlic, paprika and salt and cook for a further 2-3 minutes
- Add the tomate frito and cook for a further minute
- Add the beans and sherry vinegar and cook for a few minutes, until the liquid is reduced by half
- Add the peppers and the remaining oil, stir well, adjust the seasoning if necessary and serve.

Serves 4 as a tapa or 2 as a starter. Serve with some bread to mop up the juices.

Note:

If you don't have / can't find Spanish beans then a 400g tin of butter beans, drained, will do just as well.

Roughly based on a recipe by Selin Klazim

Pipirrana

A simple summer salad tapa

1 small onion (or 2-3 shallots), finely chopped
1 large tomato, finely chopped
1 pepino, peeled (or ½ a cucumber), finely chopped
1 small green pepper (or ½ a large one), finely chopped
1-2 cloves garlic, crushed
2 tablesp extra virgin olive oil
1 tablesp sherry vinegar
Salt to taste

- Soak the chopped onion in water
- Place the chopped tomato, pepino and green pepper in a salad bowl, and mix
- Drain the onions, add them to the salad bowl and mix
- In separate small bowl, mix the garlic, olive oil and vinegar well, add salt and adjust to taste
- Add the dressing to the salad bowl and mix well
- Cover and refrigerate for a few hours
- Serve chilled, with bread to soak up the dressing

Serves up to 6 as a tapa

Notes:

- It is important that this dish is served chilled
- This is the basic version of the dish. Other ingredients can be added, the most common being pitted green olives and hard boiled eggs, cooled, halved and added on the side.

Porra Antequerana

This is a tapa served in Antequera, Campillos and surrounding villages. While it resembles gazpacho, it is much thicker and is not served as a soup.

150g white breadcrumbs, made from a day-old French *baton* or Spanish *barra*, crusts removed.

3 cloves of garlic, very finely chopped

150g ripe tomatoes, skinned, and roughly chopped

75ml extra virgin olive oil

½-¾ teasp of Spanish bittersweet smoked paprika (*Pimentón de la Vera agridulce*) – ordinary paprika will do if this isn't available.

2 – 3 teasp lemon juice

Salt

1 egg for every 2 people

Serves 6-8

- soak the breadcrumbs in a little water for a few minutes
- squeeze them to get rid of as much liquid as possible and put them in a blender
- add the garlic, tomatoes, oil, paprika, lemon juice and a little salt, and blend thoroughly until the mixture is smooth and thick
- add more salt to taste, then chill in the fridge
- meanwhile hard boil the eggs, peel and chop into halves
- to serve place half an egg in each small bowl / tapas dish, pour a few spoonfuls of the *porra* over, and serve with a slice of bread. Serve with a fork and use the bread to mop up the *porra*.

Note:

If the *porra* has been chilled for some time remove from the fridge about 10 minutes before serving.

Variations:

- as an alternative the eggs can be chopped into small pieces and used as a garnish
- *Jamon serrano*, chopped into small pieces can also be used as a garnish.

As served in Taberna del Ni, Campillos. Proportions taken from a recipe on Cookipedia

Espinacas con Garbanzos (spinach and chickpeas)

½ a medium onion, diced

4 cloves garlic, finely chopped (or more to taste)

2 tablesp olive oil

300g young spinach leaves, roughly chopped (or *acelgas* – chard)

1 400g tin chickpeas, drained

½ teasp cumin powder

½ teasp salt

- fry the onion and garlic gently in the oil for 5 minutes or so till soft
- add the spinach and chickpeas and cook until the spinach has wilted and the chickpeas have heated through
- add the salt and cumin, stir through and serve

Serves 6 as a tapa

Variation:

- a little more olive oil can be drizzled on top of each serving, as can a pinch of smoked paprika (sweet or spicy, to taste)

Espinacas a la Catalana (Catalan-Style Spinach)

added in 2024

20g pine nuts

1 tablesp extra virgin olive oil

2 cloves garlic, crushed

150g baby spinach leaves

25g raisins or sultanas

Salt and black pepper to taste

- dry fry the pine nuts, siring, for 3-4 minutes, until lightly roasted, then remove from the pan and set aside
- heat the olive oil in the pan, add the garlic and cook for 20-30 seconds, then add the spinach bit by bit, stirring, until it has wilted
- add the pine nutes and raisins (or sultanas), season with salt and pepper, and heat for a couple of minutes, stirring
- serve in warmed serving plates or bowls

Serves 2-4 as a tapa

Closely based on a recipe by Albert Bevia at www.spainonafork.com

Migas

4 thick slices stale bread (white or wholemeal)

Salt and pepper to taste

4 tablesp extra virgin olive oil

2-3 garlic cloves, sliced into 2 or 3 pieces

100g diced *jamón*

½ a red pepper, seeded and chopped

Pimentón dulce (sweet paprika), to taste

- remove the crusts and chop the bread into small cubes.
- sprinkle with water, add salt and pepper to taste, and wrap in a teatowel for several hours
- heat the oil with the garlic and when hot, before it burns, remove the garlic
- fry the *jamón* and pepper for several minutes then remove
- add the bread and cook over a medium heat for 12-15 minutes, stirring frequently, until they are crisp but not burnt
- add the *jamón* and pepper, season with the paprika, heat through and serve

Serves 6 as a tapa, 3 as a first course.

Notes:

- ready cubed *jamón* (*taquitos de jamón*) or bacon can be used
- be careful when salting the breadcrumbs, as the *jamón* / bacon will already be salty
- 100g of roasted *piquillo* peppers from a jar can be used instead of a red pepper. In this case drain the peppers well and do not fry them – add with the *jamón* and heat through at the end of the cooking time.

Chickpeas and tuna in tomato

250-300g cooked *garbanzos* (chickpeas)

210g carton *tomate frito*

1 small (80g) tin of tuna in olive oil

½ teasp *pimentón picante ahumado* (smoked spicy paprika)

Pinch of oregano

- Drain and rinse the chickpeas if they are from a tin or jar. Do not drain the tuna.
- Add all the ingredients to a pan and heat gently until hot.
- Serve with a slice of bread

Serves 4 as a tapa.

Sweet (*dulce*) paprika can be used if preferred.

Hake Roe (huevas)

(a) cold tapas

30-50g cooked hake roe (*huevas cocidas de merluza*) per person

1 teasp very finely chopped onion per person

Olive oil (or vinaigrette for the variations)

- If the roe has been refrigerated bring it to room temperature
- Slice the roes and place in tapas dishes
- Top with the chopped onion
- Drizzle a little olive oil over the *huevas* and onion
- Serve with bread

Variation (i)

- The roe is fine when sliced and eaten on its own

Variation (ii)

- Place the roe on a lettuce leaf in a tapas dish
- Top with the chopped onion and a little chopped parsley
- Pour 1 tablesp of vinaigrette (see recipe on page 183) over each tapa
- Serve with bread

Variation (ii)

- Add a little finely chopped hard-boiled egg yolk and finely chopped *piquillo* peppers to the topping

(b) fried roe

30-50g cooked hake roe (*huevas cocidas de merluza*) per person

Olive oil for frying

Plain flour

1 egg, beaten

Chopped parsley and lemon wedges to garnish

- Slice the roe
- Heat the oil in frying pan until hot
- Meanwhile dredge each slice of roe in flour, dip in the beaten egg, and again in the flour, and add to the pan
- fry gently for a couple of minutes and turn, until golden on each side
- Serve, sprinkled with the parsley, and a wedge of lemon on the side

Tortillitas de Camarones (prawn fritters)

100g gram (chickpea) flour

2 spring onions (white part and a little of the green), finely chopped

1 tablesp parsley, very finely chopped

Pinch of *pimentón dulce*(sweet paprika)

Pinch of salt

water

200g small, peeled, cooked prawns

Olive oil for deep frying

- sift the gram flour to remove any lumps
- mix together the gram flour, spring onions, parsley, paprika and salt
- add water gradually and mix well until it is a smooth, fairly thin, batter
- cover and put in the fridge for an hour
- finely chop (or mince) the prawns and mix into the cold batter
- pour the olive oil into a deep-frying pan to a depth of about 3cm
- heat the oil till it is hot and almost smoking
- take a tablesp of the prawn batter mix and add to the oil, and repeat several times, but do not crowd the pan
- if you can, immediately flatten each piece of batter mix (*tortillita*) with the back of the spoon, forming a thin circle (This is authentic, but whether it is possible will depend on the heat of the oil and the batter mix – it doesn't make any difference to the taste)
- fry the *tortillitas* for about 1 minute on each side, until they are golden and crispy
- remove them with a slotted spoon to drain off the excess oil, place on a plate lined with kitchen roll to dry further
- fry in batches and keep those already made warm in a low oven. Make sure the oil remains hot throughout.
- serve. This quantity makes about 12 *tortillitas*. Serve 2 per person as a tapa.

Note:

Camarones are a type of very small prawn found close to Cadiz, and the original *tortillitas* use freshly caught *camarones*. This recipe is a quick, cheats version. Some bars will make a batch and reheat them briefly in a microwave, but they are crisper served as soon as fried.

Based on a recipe at www.spanish-food.org

Gambas Pil Pil (garlic and chilli prawns)

75ml olive oil

4 cloves garlic, thinly sliced

1 teasp chilli flakes

1 teasp smoked spicy paprika (pimentón ahumado picante)

160/180g raw peeled king prawns (about 20-24 prawns)

Salt and black pepper to taste

1 tablesp finely chopped parsley

- Pre-heat tapas or serving dishes in the oven
- Heat the olive oil in a frying pan gradually, over a medium-high heat
- Add the garlic, chilli flakes and paprika and cook for a minute or two
- Add the prawns and cook for 4 minutes, turning them halfway through
- Transfer the contents of the frying pan to the hot tapas/serving dishes
- Add the salt, pepper and parsley and serve
- serve with bread to mop up the oil
- serves 4

Notes:

- If the garlic looks as though it may burn because the oil is too hot, remove it before adding the prawns, then add it again for the final few seconds of cooking
- The amount of chilli and paprika can be varied to taste, though this is meant to be a spicy dish.

Zamburiñas - Scallops with olive oil, garlic and parsley *amended in 2025*

10g parsley
100ml extra virgin olive oil
2-3 cloves garlic, crushed
Salt to taste
12 scallops
1 tablesp sunflower oil

- very finely chop the parsley and set aside about one-third
- blend together the remaining parsley with the extra virgin olive oil, garlic and salt to taste. Check the seasoning – be generous with the salt
- dry the scallops
- heat the sunflower oil in a frying pan until hot, add the scallops and fry for 2-3 minutes on each side, until golden
- serve the scallops on warm plates, with a teaspoonful of the sauce poured over each scallop, and sprinkle the remaining parsley on top

Serves 2 - 4 as a tapa

Notes:

- if the sauce is made beforehand it can be kept in the fridge but should be brought to room temperature before serving
- these look really good served in scallop shells, and if you buy scallops in their shells follow the instructions for cleaning them. The shells can be reused
- the other scallop recipes on pages 336-7 can also be served in small quantities as tapas

Chipirones (baby squid) a la Plancha

300g prepared baby squid
Extra virgin olive oil
3 cloves garlic, chopped or sliced
2-3 tablesp chopped parsley
Sea salt flakes to taste
Lemon juice, to taste or slices of lemon

For this recipe you need prepared cephalopods. All you require are the body pouches and the tentacles, separated. Any backbone should be removed.

Method 1

- blend together 100ml olive oil, the garlic and parsley to make a cooking sauce
- place the squid bodies and tentacles in the sauce and leave to marinade for at least an hour
- remove the squid and heat the sauce in a frying pan
- add the squid bodies and tentacles and fry for 2-3 minutes each side
- remove the squid from the frying pan and place 4 squid bodies and tentacles per person in serving plates
- pour the remaining sauce over the squid, and season to taste with salt, lemon juice and additional olive oil if necessary
- serve with a slice of bread
- serves up to 4 as a tapa (or could serve 1 as a main course with some salad)

Method 2 (quicker)

- Fry 2 tablesp olive oil until hot
- Meanwhile heat the serving plates
- Fry the squid bodies over a high heat for 2 minutes maximum each side
- Remove to the serving plates and fry the tentacles, stirring, for 1 minute
- Remove to the serving plates and fry the garlic briefly until it begins to turn brown
- On the serving plates top the squid with the garlic, sea salt, and parsley, with (optional) a slice of lemon on the side.

Notes:

- This recipe works for both baby squid and cuttlefish. The bodies should be about 8 cm long.
- supermarkets in Spain sell prepared baby squid (*chipirones elaborados* or *calamar pequeño*) and fishmongers will prepare fresh squid for you. If using whole fresh *chipirones* you have to remove the heads, separate the tentacles from the bodies then remove the guts and the backbone. Rinse out the body pouch and soak the bodies and tentacles in salted water for a few minutes. Remove from the water and pat dry before cooking. Sounds like a right faff.

Almejas à Bulhão Pato Clams, coriander and white wine

500g clams

3 cloves garlic, peeled and roughly chopped

2 tablesp olive oil

A bunch of coriander

150ml white wine

Lemon and bread to serve

- Soak the clams in salted water for an hour then rinse under running water for a few minutes to ensure that all the sand and grit comes out of the shells
- Meanwhile, separate the coriander stalks and leaves and snip the stalks and tear the leaves into small pieces
- Heat the olive oil in a (lidded) frying pan until medium hot, fry the garlic for a couple of minutes until it just begins to brown, then add the coriander stalks
- Increase the heat and add the clams and white wine
- Cover the pan and cook for about 4 minutes, sizzling, giving the pan a good shake from time to time
- Remove the lid, add the leaves, stir and serve the clams, discarding any which have not opened
- Reduce the sauce for a few seconds then pour over the clams
- Serve with a slice of lemon for squeezing (optional) and bread to mop up the juices

Serves 2 as a tapa or 1 as a starter

Notes:

- An open frying pan can be used in place of a lidded one, in which case keep stirring the clams
- Instead of coriander chopped parsley can be used – it should not be fried but used as a garnish.

Based on a recipe at saboresdehoy.com

Crab tarts with tomato and garlic

For the tomato sauce:

1 tablesp extra virgin olive oil
4 cloves garlic, thinly sliced
300g tomatoes, peeled and finely chopped
1 tablesp tomato puree
A small pinch of chilli flakes
A pinch of white sugar
Salt and pepper to taste

For the shortcrust pastry tart cases:

75g white flour
75g wholemeal flour
75g unsalted butter plus a little to grease tartlet tins
A few tablesp of water

To finish:

100g crab meat
2 tablesp finely chopped parsley
2 tablesp of grated white breadcrumbs
A teasp of olive oil

- Make a thick tomato sauce by heating the oil in a saucepan, add the garlic and cook for 30 seconds. Add the tomatoes, tomato puree, chilli flakes, sugar, salt and pepper and stir. Bring to the boil, cover partially with a lid, turn down the heat and simmer for at least 30 minutes. The sauce will have reduced to about 200g. Note that this is not a smooth sauce
- Meanwhile, make the shortcrust pastry tart cases by sifting the flours, rubbing in the butter and adding a little water until it can be rolled into a ball. Wrap in foil and chill in the fridge for at least 30 minutes. See the recipe on page 259.
- Remove the pastry from the fridge and divide into 10 small balls.
- On a floured surface, use a rolling pin to roll out the pastry thinly
- Use a pastry cutter to cut out rounds of pastry. If the base of each tartlet tin is about 4-5cm in diameter the rounds of pastry should be about 7-8cm in diameter
- Lightly grease tartlet tins with the remaining butter
- Meanwhile pre-heat the oven to 200°C, gas mark 6
- Line each tartlet tin with a round of pastry then line each one with foil
- Place in the oven and cook for 10 minutes, then remove and set aside.
- In a bowl mix together the tomato sauce, the crab meat and the parsley. Taste and adjust the seasoning if necessary
- Mix together the breadcrumbs and the olive oil
- Remove the foil from the tartlets and fill each one with the crab and tomato sauce mixture
- Sprinkle a little of the breadcrumb and oil mixture on top of each tartlet
- Return to the oven and bake for 6-7 minutes
- If necessary, place the tartlets under a hot grill for 1 minute so that the topping is golden
- Remove, allow to cool for a couple of minutes and serve warm

This quantity should make 10 tartlets. Serve 1 or 2 per person as a tapa.

This is an attempt to replicate a pintxo Steve was served in Bilbao. It is a very much simplified version of a recipe by Rick Stein.

White bean croquettes

1 tablesp extra virgin olive oil
1 medium onion, finely chopped
2 garlic cloves, crushed
120g baby spinach leaves, chopped
1 400g tin of cannellini beans, drained
1 tablesp parsley, finely chopped
Salt to taste
Pinch of chilli flakes to taste (optional)
100g breadcrumbs
1 egg, beaten
6 tablesp light olive oil or sunflower oil
75g mayonnaise

- heat the extra virgin olive oil in a pan over a low heat, add the onions and cook gently until soft and sweet
- add the garlic and stir for a minute
- add the spinach and mix, stirring until it wilts
- add the beans and stir
- add the parsley, salt and chilli flakes and stir the mixture until it is heated through
- allow to cool, then mash the mixture well, adding some of the breadcrumbs (about 20g) until it is quite stiff
- transfer to a bowl and refrigerate for an hour or so
- place the beaten egg in one bowl and the remaining breadcrumbs in another
- scoop out tablespoonfuls of the croquette mixture, shape into balls, then roll into croquette shapes
- meanwhile heat the light olive oil in a small frying pan
- dip the croquettes into the beaten egg and then the breadcrumbs until well coated
- fry them in batches of two or three, for a few minutes, turning as necessary, until they are golden all over
- drain on kitchen paper, and eat while hot, dipped in mayonnaise.

Makes 8 croquettes. Serve two per person as a tapa.

Fried Egg and Chorizo.

Per person:

1 potato scone

Olive oil

1 large egg

50g diced *chorizo*

- cook the potato scone on a girdle, until very hot, but not burnt
- meanwhile fry the egg in some of the olive oil
- meanwhile, in a separate frying pan, fry the *chorizo* pieces for a few minutes over a high heat
- to serve place the potato scone on a small heated plate, top with the fried egg, then add the *chorizo* to the side, along with a little of the oil it has fried in (by this time it will be red from the paprika in the *chorizo*).

Notes:

- this recipe is not authentically Spanish (since potato scones are Irish / Scottish) but Rick Stein cooked a version of this in his Spanish series, using small pancakes instead.
- Scaled up to twice the quantity, this can become a breakfast or lunch dish, maybe with a couple of slices of *morcilla* (black pudding) added

Boiled eggs with cumin

6 eggs

Ground cumin (ideally cumin seeds lightly toasted then freshly ground)

Salt (if using sea salt should be finely ground)

- Boil the eggs for about 6 minutes, until fully hard-boiled
- Meantime mix together the cumin and salt, in the ratio of 2 parts cumin to 1 part salt
- Cool and peel the eggs
- To eat dip the eggs in the cumin and salt mixture

Serve 1 or 2 eggs per person.

The original recipe uses quail's eggs, in which case serve 3-4 per person.

Based on a recipe in Moro the cookbook by Sam and Sam Clark.

Huevos Rellenos 1 - Stuffed eggs with tuna

4 large eggs

50g roasted *piquillo* peppers (available in jars)

100g tinned tuna, drained and flaked

4 green olives, finely chopped

½ teasp lemon juice

Salt and black pepper to taste

50ml mayonnaise

- Hard boil the eggs for about 12 minutes then cool in cold water
- Meanwhile prepare the peppers by chopping eight strips about 2.5cm long and finely chopping the remainder
- Peel the hardboiled eggs and cut in half lengthwise, remove the yolks and set aside
- In a bowl mix the flaked tuna, chopped olives, the finely chopped *piquillo* peppers, lemon juice, salt and pepper
- Put 2 egg halves in each tapa dish and fill the eggs with the mixture from the bowl
- Top each egg-half with a blob of mayonnaise, and garnish with a red pepper strip
- Finely crumble the egg yolks and sprinkle over the eggs
- Serve.

Serves 4 as a tapa with a slice of bread

Note: You can ensure the egg halves stay upright by cutting a small slice from the bottom of each.

From a recipe by Janet Mendel Searl

Huevos Rellenos 2 - Stuffed eggs with anchovies

2 large eggs

30g tinned anchovies, finely chopped

1 teasp olive oil

A few drops of lemon juice

½ teasp Dijon mustard

A pinch of smoked paprika (spicy or sweet as preferred)

2 tablesp mayonnaise

1 tablesp parsley, finely chopped

Salt and black pepper to taste

- Hard boil the eggs for about 12 minutes then cool in cold water
- Meanwhile put the anchovies in a bowl with the oil and mash to a paste
- Add the lemon juice, mustard, paprika and mayonnaise and mix until smooth
- Stir in the parsley
- Peel the hardboiled eggs and cut in half lengthwise
- scoop out the egg yolks, add to the anchovy mixture and mix well
- Taste the mixture and add salt and pepper to taste (and more lemon juice if necessary)
- Put 2 egg halves in each tapa dish and fill the eggs with the mixture from the bowl
- Serve. Serves 2 as a tapa with a slice of bread

Note: You can ensure the egg halves stay upright by cutting a small slice from the bottom of each.

From a recipe by Rosie Sykes

Queso con membrillo (cheese with quince jelly)

A very simple but tasty tapa. The quantities will vary according to number of people and their hunger but you will need twice as much cheese as quince jelly

(i) with manchego cheese

Queso de manchego (manchego cheese), mild or strong according to taste
Dulce de membrillo (quince jelly)

- Slice the manchego cheese into triangles
- Slice the membrillo into small wedges
- Top each slice of cheese with a sliver of membrillo (which should cover about half of the surface of the cheese)
- Serve and eat

(ii) with soft white cheese

Soft white cheese (for example queso blanco, queso de burgos, queso fresco - but not spreading cheese)
Dulce de membrillo (quince jelly)

- Slice the cheese into thin rounds or rectangles
- Slice the membrillo into small wedges
- As above, top each slice of cheese with a sliver of membrillo and serve

These can be served on their own, eaten with your fingers or with cocktail sticks. They can also be served with a hunk of bread or on toast cut to size. Goes well with a glass of dry sherry.

Cauliflower and Garlic

1 medium cauliflower
3 tablesp extra virgin olive oil
5-6 cloves garlic, finely chopped

Dressing:

Extra virgin olive oil
lemon juice or white wine/sherry vinegar
salt and pepper

- split the cauliflower into florets and boil or steam for about 5-6 minutes, until the florets are starting to soften, but will not disintegrate when mixed with other ingredients. Drain if necessary and transfer to a bowl.
- meanwhile cook the garlic in the olive oil over a low heat for a couple of minutes. Stop as the garlic starts to brown but ensure that it doesn't burn. Pour over the cauliflower, mix well, and allow to cool.
- dress the mixture by adding a little lemon juice (or wine vinegar) and salt and pepper (all to taste), and mix well. Transfer to a shallow serving dish and drizzle a little olive oil over the top.
- serve at room temperature, in tapas dishes, with a slice of Spanish barra or French stick

As served in Beni's bar, Campillos

Chicken livers and hearts (higados y corazones de pollo)

450g chicken livers and hearts

1-2 tablesp olive oil

½ medium onion, chopped

1-2 cloves garlic chopped

Pinch of spicy smoked paprika (*pimentón ahumado picante*)

Salt and pepper to taste

125ml red wine

- if necessary chop the livers into bite-sized pieces
- heat the oil in a frying pan, add the onion and garlic and cook over a medium heat for a few minutes until the onion begins to soften
- add the chicken livers and hearts, turn up the heat. brown them in the oil, then reduce the heat and cook for 2-3 minutes
- add the paprika, salt and pepper
- add the red wine, bring to the boil then reduce the heat to a simmer and cook for about 5 minutes until the liquid is reduced by at least half
- serve, with bread.

Serves 4 as a tapa (or 2 as a starter)

Note: If you can only find chicken livers on their own, that's fine.

Riñones al jerez (kidneys with sherry)

4 tablesp olive oil

1 meduim to large onion, finely chopped

2 garlic cloves, finely sliced

500g pork kidneys, prepared and cut into bit sized pieces

150g dry sherry

salt and pepper to taste

a large pinch of sweet smoked paprika (*pimentón ahumado dulce*)

finely chopped parsley to garnish

- heat the olive oil over a medium heat and fry the onion until golden
- turn up the heat, add the garlic and fry quickly for 30 seconds
- add the kidneys, cook very briefly to seal them, then add the salt, pepper and sherry
- reduce the heat and simmer for a minute to burn off the alcohol
- serve immediately, sprinkled with paprika and parsley
- serve with slices of bread (Spanish *barra* or French stick) to mop up the juices

Note: It is important that the kidneys are only cooked briefly and should be slightly pink and juicy when served. Too long and they'll taste like rubber.

Serves 6 as a tapa.

Pinchos morunos

500g pork, trimmed of fat

Marinade: 4 tablesp olive oil

1 teasp ground coriander

1 teasp ground cumin

1teasp sweet smoked paprika (*pimentón ahumado dulce*)

1 teasp spicy smoked paprika (*pimentón ahumado picante*)

½ teasp ground turmeric

½ teasp dried oregano

½ teasp dried thyme

A pinch of salt

A pinch of sugar

1 large lemon, cut into 6 wedges

- chop the pork into bite sized cubes
- mix all the marinade ingredients in a bowl
- add the pork and mix well, till every piece is coated
- marinate for at least two hours, or overnight in the fridge
- thread six short kebab skewers with 4-5 pieces of meat each
- grill under a high heat for about 10 minutes, turning a few times. The pork should be browned but still moist
- serve each skewer with a wedge of lemon, and a chunk of bread for the juices

Serves 6 as a tapa. Could also serve 3 as part of a main course, using longer skewers.

Note:

The proportions of sweet and spicy paprika can be varied according to taste

Closely based on a recipe by Rachel Kelly

Torreznos de Soria

Torreznos are a kind of meaty pork scratchings made from belly pork, popular in many areas of Spain. Torreznos from Soria have Protected Geographical Status under EU law and are recognized as the best. They have several million calories, but so what.

250g belly pork, cut into strips about 1.5cm wide (about 8 strips).

Salt or garlic salt, and pepper to taste

Plenty of olive oil

- remove the pork from the fridge and any packaging
- rub with the salt, garlic salt and pepper, pat dry and leave at room temperature (in a cool dry place) for 24 hours
- heat the olive oil in a frying pan or chip pan
- add the belly pork strips, skin side down and fry on a low to medium heat for about 20 minutes or until the characteristic bubbles appear on the skin
- increase the heat to high and fry for a further 10 minutes on each side
- remove with a slotted spoon and dry the cooked strips on kitchen paper
- cut the strips into bite size pieces and serve. Serves 4 as a tapa

Notes:

- If you can find '*panceta adobada cortada en tiras*' with the Torreznos de Soria guarantee mark you have the genuine thing. It will have already been seasoned and cut into strips.
- You can vary the final cooking time according to taste – the pork can either be meaty and fatty or dry and crisp as required.
- You may have to cook in two batches depending on the size of the pan

If you can find '*Torreznos de Soria precocinado*' (precooked) – the Spanish food shop at Málaga airport has them - then the recipe is simpler:

230g packet of Torreznos de Soria precocinado

500ml olive oil

- remove the packaging, dry the pork strips and allow to come to room temperature for about 30 mins
- heat the oil in a chip pan until hot (180°C), add the strips and fry briskly for about 5 minutes. Fry a full packet in two batches
- dry on kitchen paper, cut into bite sized pieces and serve

Aceitunas a la Sevillana (Sevillian olives)

160g (drained weight) large pitted Spanish green olives

4 peeled cloves garlic

¼ teasp dried rosemary

½ teasp ground cumin

½ teasp dried oregano

½ teasp dried thyme

2 bay leaves

½ teasp fennel seed

4 tablesp white wine vinegar

Water

- drain the olives and crush slightly (not so much they fall apart) and place in a glass jar just large enough to fit them in. (You can use the jar they were bought in – drain, eat 2 or 3 olives, crush the remainder and return to the jar)
- crush the garlic very slightly to help release the flavor
- crush the rosemary slightly between your fingers
- add the garlic, rosemary, cumin, oregano, thyme, bay leaves, fennel seed, and vinegar to the jar
- fill the jar with water, put the lid on and shake well
- leave to marinate at room temperature for a few days
- serve at room temperature. Will keep in a fridge for several weeks but return to room temperature before eating

Variation – stuffed Seville olives

- do not crush the olives
- instead fill each olive with one of the following:
 - (i) slivers of garlic – peel cloves and cut them into several slivers
 - (ii) anchovy pieces – drain a tin of anchovies in olive oil and chop each anchovy into 2 or 3 pieces
 - (iii) chopped red pepper – blanch the pepper in hot water for 2 minutes, cool, then chop into pieces
- the remainder of the ingredients are as above. Prepare, marinate and serve

Based on a recipe by Penelope Casas

3

SOUPS

Roast cherry tomato soup

1kg cherry tomatoes
3-4 cloves garlic
1.2 litres strong vegetable stock
1teasp heaped muscovado sugar
Salt and black pepper to taste

- heat the oven to 180°C, gas mark 4
- put the whole tomatoes in a roasting tin
- top and tail the garlic cloves, leaving the remaining skin, and add to the roasting tin
- cook in the oven for 1 hour
- let it cool, skin those tomatoes which have browned, peel the garlic and bin the skins
- slit the skins of the remaining tomatoes (i.e. those that haven't browned or burst) with a knife
- blend the tomatoes and garlic together with 2-3 ladles of hot stock until smooth
- press the liquid through a sieve to get rid of the remaining pieces of skin and tomato seeds
- reheat the liquid in a pan with the remainder of the stock
- add the sugar, salt and pepper
- serve.

Sopa de ajo (garlic soup)

6 tablespoons olive oil

8-10 cloves of garlic, crushed, to taste

6 thick slices of bread (eg French stick, Spanish *barra*), crusts removed, cut into cubes (about 150-200g) – stale bread works well

1 teasp paprika (or spicy smoked *pimentón*)

1 litre boiling water or vegetable stock

salt to taste

2 eggs, beaten

Chopped parsley

Quantities can be varied to taste

- heat the oil in a soup pot / large saucepan and add the crushed garlic and bread cubes.
- fry gently until lightly golden (do not burn), then stir in the paprika
- immediately add the water / stock and salt. More salt will be necessary if using water, less or none if using vegetable stock.
- Bring to the boil, then turn down the heat, cover the pot and simmer slowly for about 20 minutes. The bread should dissolve in the broth and the soup will be fairly smooth. If it is still lumpy a quick blitz with a stick blender will help at this stage.
- Add the beaten eggs slowly to the pot, stirring in a figure of eight pattern, until the eggs have set, thickening the soup.
- stir in plenty of parsley and cook gently for a further 2 minutes, stirring,
- adjust the seasoning if necessary
- serve, with more parsley to garnish

Variations

- There are infinite variations by, for example adding finely chopped onion, spring onion, tomato or peppers, or grated cheese, for the last few minutes cooking time, or as a garnish

Courgette soup *amended in 2025*

1-2 tablesp sunflower oil
1 medium onion, finely chopped
500g courgettes, finely sliced
500g tomatoes, finely chopped
1 heaped tablesp plain flour
800ml vegetable stock
¼ teasp turmeric
Salt and freshly ground black pepper
Grated parmesan cheese, to taste

- heat the oil in a soup pot over a medium heat, and add the onions and courgettes.
- cover and cook gently for 5 - 7 minutes, stirring occasionally
- add the tomatoes, stir in the flour, and cook for a further 3 minutes
- stir in the stock and turmeric and a pinch of salt, and bring to the boil
- lower the heat, half-cover the pan, and simmer gently for 20 minutes
- puree the soup in a blender, then (optional – to give a smoother soup) work through a sieve, and return to the pan, and reheat
- add salt and pepper to taste
- serve, garnished with grated parmesan cheese

Note:

This is quite a mild soup. Make sure the courgettes and tomatoes are at their best and tastiest. Big watery tasteless courgettes will produce a tasteless soup. A pinch of sugar may help if the tomatoes are not at their sweetest.

Watercress and potato soup

2 tablesp sunflower oil
1 small onion, finely chopped
3 packets of watercress (240g), roughly chopped
250g potatoes, chopped into small dice
1 litre vegetable stock
Salt and black pepper
Watercress leaves to garnish

- heat the oil in a soup pan, add the onion, watercress and potatoes, cover and cook gently for a few minutes
- stir in the stock, bring to the boil and add salt and pepper
- lower the heat, cover and simmer for 20-25 minutes, stirring occasionally
- puree the soup with a blender, adjust seasoning and reheat
- garnish each serving with a few watercress leaves

Variations:

- use 0.5l milk and 0.5l stock for a creamier soup

Leek and potato soup

1-2 tablesps sunflower oil
1 onion (80-100g), finely chopped
2 large leeks, trimmed and sliced
400g potatoes, diced
1 litre vegetable stock
Salt and black pepper to taste

- heat the oil in a soup pan, add the onion, leeks and potatoes, cover and cook gently for a few minutes
- stir in the stock, bring to the boil and add salt and pepper
- lower the heat, cover and simmer for 30 minutes, stirring occasionally
- puree the soup in a blender (this is quite a thick soup)
- return to the pot, season to taste, reheat and serve

Variation:

- use ½ litre milk and ½ litre stock for a creamier soup

Leek and potato soup with cumin

As above except:

- add a pinch of ground cumin along with the stock, salt and pepper
- roughly grind a teasp of cumin seeds in a mortar and pestle and add to the soup after it has been blended

The idea for this variation came from The Puffer, Island of Easdale, Argyll

Cauliflower and blue cheese soup

500g cauliflower, cut into small florets
80g onion (or leek), chopped
1 small potato, peeled and chopped
900ml vegetable stock
Salt and black pepper to taste
140g Gorgonzola cheese, roughly chopped

- put the cauliflower, onion or leek and potato into a pan and add the stock, salt and pepper
- bring to the boil then reduce the heat
- cover and simmer gently for about 15 minutes until tender
- remove from the heat and blend with a hand blender until not quite smooth
- reheat the soup until boiling, then remove from the heat
- add the cheese and stir then ladle into bowls and serve

Serves 4

Note: Other blue cheeses such as Roquefort or Dolcelatte can be used.

Based on a recipe by Jan Cutler at www.allrecipes.co.uk

Carrot and coriander soup

1-2 tablesps sunflower oil
1 small onion, finely chopped
750g carrots, sliced
2 large bunches fresh coriander
1 litre vegetable stock
Salt and black pepper
Coriander leaves to garnish

- heat the oil in a soup pan, add the onion, carrot and coriander, cover and cook gently for a few minutes
- stir in the stock, bring to the boil and add salt and pepper
- lower the heat, cover and simmer for 20-30 minutes, stirring occasionally
- puree the soup in a blender, return to the pot, adjust seasoning, reheat if necessary and serve
- garnish each serving with a few coriander leaves

Carrot and Cardamom Soup

1-2 tablesps sunflower oil
1 medium onion, finely chopped
400g carrots
2 sticks of celery
2 bay leaves
6 black peppercorns
6 white cardamom pods
1 litre vegetable stock
Salt to taste

- heat the oil in a soup pan, add the onion, carrots and celery, cover and cook gently for a few minutes
- meanwhile crack open the cardamom pods, then grind the seeds in a mortar and pestle
- add the bay leaves, peppercorns and cardamom pods
- stir in the stock, bring to the boil and add salt to taste
- lower the heat, cover and simmer for 20-30 minutes, stirring occasionally
- remove the bay leaves, then puree the soup in a blender, return to the pot, adjust seasoning, reheat if necessary and serve

From a Nigel Slater recipe

Asparagus soup

A very simple asparagus soup

2 tablesp olive oil

60g leek, finely chopped

250g asparagus spears, woodiest bits removed, finely sliced

100g potatoes, peeled and chopped into small dice

500ml water

salt and freshly ground black pepper to taste

- heat the olive oil in a saucepan over a medium heat
- add the leek and fry for 3 minutes, until softened
- add the asparagus and potatoes and cook for a further three minutes
- add the water, salt and pepper and bring to the boil
- reduce the heat to a simmer, cover the pot and cook for 12-15 minutes, until the asparagus stalks are softened
- blend with a stick blender until fairly smooth
- Taste, adjust the seasoning as necessary and serve. Serves 2.

Asparagus and Crème Fraiche Soup

1-2 tablesps sunflower oil
1 small onion, finely chopped
400g asparagus, chopped (can be mostly stalks if the tips are needed elsewhere)
4 tablespoons crème fraiche.
1 litre vegetable stock
Salt and black pepper to taste

- heat the oil in a soup pan, add the onion and asparagus, cover and cook gently for a few minutes
- stir in the stock and the crème fraiche, bring to the boil and add salt and pepper
- lower the heat, cover and simmer for 20-30 minutes, stirring occasionally
- puree the soup in a blender, return to the pot, adjust seasoning, reheat if necessary and serve

Mixed peppers soup

2 tablesp sunflower oil
1 large onion, finely chopped
2 red peppers, stalks and seeds removed and roughly chopped
2 green peppers, stalks and seeds removed and roughly chopped
2 yellow peppers, stalks and seeds removed and roughly chopped
1 litre vegetable stock
1 400g tin chopped tomatoes
1 teasp paprika
Salt and pepper to taste
2 teasp Dijon mustard

- heat the oil in a large soup pan and fry the onions gently for about 5 minutes
- add the chopped mixed peppers and continue to fry gently for about 15 minutes, stirring occasionally
- add the vegetable stock, the chopped tomatoes, paprika, salt and pepper and stir well
- bring the soup to a boil, reduce the heat to a simmer, cover and simmer for 30 minutes
- puree the soup with a blender
- add the Dijon mustard and stir
- adjust the seasoning and reheat if necessary, and serve

Variation:

- Add a dollop of soured cream to each bowl of soup once served.

Aubergine and romano pepper soup

2 large aubergines (about 600g)
2 red romano peppers
3 garlic cloves, crushed
4 tablesp olive oil
50g walnuts, crushed
1 tablesp pomegranate molasses
Juice of a lemon
1 teasp pul biber
Salt and black pepper, to taste
About 400 ml vegetable stock
Chopped parsley, to garnish (optional)

- Place the aubergines and peppers on a baking tray under a hot grill
- Turn them often until charred all over and soft on the inside – this should take about 5-10 minutes for the peppers and about 15-20 minutes for the aubergines
- Remove and place the peppers and aubergines on separate plates and allow to cool
- When the peppers are cool enough to handle, remove the charred skins, stalks and seeds and roughly chop the flesh
- When the aubergines are cool enough to handle, remove the charred skins – this may be easiest by making shallow cuts in the skins and peeling off the skin in strips
- Leave the aubergines for 10 minutes, then drain off any bitter juices which have seeped out, then roughly chop the flesh
- Place the pepper and aubergine flesh in a pan
- Add the garlic, olive oil, half of the walnuts, the pomegranate molasses, lemon juice, salt and pepper and mix well
- Add the vegetable stock gradually and blend the mixture briefly with a stick blender. It should not be smooth – you should be left with a chunky texture
- Heat the soup through and adjust the seasoning if necessary
- Serve in bowls with the remaining walnuts and parsley (if using) as a garnish
- Serve with pitta bread or flatbreads

Serves 2

Very roughly based on a recipe for a chilled soup by Civan Er

Borshch

2 tablesp sunflower oil
1 large red onion, peeled and sliced
1 large carrot, chopped
250g (2 or 3) large cooked peeled beetroots, sliced
250g red cabbage, chopped (about ½ a small cabbage)
1.2 litres vegetable stock (or beef stock)
1 tablesp tomato puree
1 tablesp malt vinegar
½ tablesp sugar
Salt and black pepper to taste
Fresh or dried dill (optional)
1 carton soured cream

- heat the oil in a large pan, add the onion, carrot, beetroots and cabbage and cook gently for about 5 minutes
- add the stock, stir in the tomato puree, vinegar, sugar, salt and pepper and bring to the boil
- lower the heat, cover and simmer gently for about 30 minutes
- remove from the heat and puree with an electric blender. The soup does not need to be completely smooth
- add a pinch of dill if using, adjust the seasoning and serve
- add a dollop of soured cream to each bowl.

Note: If uncooked beetroot are used they need to be boiled (including 2cm of stalk, and the root) for about an hour. Slice off the stalk and root and the skin should flake off.

Pea and parsley soup

30g butter
75g spring onions
300g parsley (2 large bunches)
1 medium potato, peeled and diced
200g frozen peas, defrosted or freshly shelled
2 cloves garlic, roughly chopped
1 litre vegetable stock
Salt and pepper to taste

- melt the butter in a large, heavy pan
- chop the spring onions and stir them into the butter and cook for 4 or 5 minutes at a moderate heat
- chop one of the bunches of parsley, including stalks, add to the spring onions and cook for a minute or two
- add the potato, peas and garlic and pour in the stock
- bring to the boil, lower the heat and simmer for 8-10minutes
- meanwhile discard the stalks from the remaining bunch of parsley and cover with boiling water in a separate bowl
- leave for 2 minutes, drain and stir the parsley leaves into the soup
- remove the soup from the heat and blend to a smooth, green purée
- taste and add salt and pepper to taste
- serve

Serves 4 to 6

Closely based on a Nigel Slater recipe.

Sopa de Guisantes (Spanish pea and ham soup)

4 tablesp olive oil
½ medium onion, finely chopped
1 medium carrot, finely chopped
2 bay leaves
2 cloves garlic, thinly sliced
150g *jamon serrano* (cured ham), finely chopped
1 small bunch fresh mint, chopped
500g peas (frozen peas are fine)
1 litre chicken stock
Salt and pepper to taste

- Heat the oil in a saucepan, add the onion, and cook gently until golden
- add the carrot and bay leaves, and fry for a further five minutes, stirring occasionally
- add the garlic, 100g of the *jamon* and half of the mint, stir and fry for a further minute
- add the peas and cook for a further two minutes
- add the stock, turn up the heat and bring to a boil, then turn down the heat to a simmer
- simmer for about 4 minutes until the peas are tender, then remove from the heat
- remove the bay leaves, then blend the soup until smooth
- season with salt (may not be necessary – the stock and *jamon* will already contain salt) and pepper to taste, and the remaining mint, the stir well
- reheat if necessary then serve in bowls, with an extra drizzle of olive oil and the remainder of the *jamon* on top.

Serves 4.

Variation:

- It is easy to make a vegan version by leaving out the *jamon* and using vegetarian stock.

From Moro the Cookbook.

Saffron and leek soup with crispy leek rings

4 medium leeks
60g butter
1 tablesp olive oil
Pinch of saffron strands
3 tablesp plain flour
1 litre vegetable stock
Salt and pepper to taste
1 tablesp Sunflower oil
1 egg white, lightly beaten
Spring onions, chopped

- cut a short length of leek into slices, separate into rings and set aside
- chop the remaining leeks
- heat the butter and oil in a large pan and cook the leeks for 1 minute
- mix in the saffron and 2 tablesp of the flour, then gradually stir in the stock
- bring to the boil and simmer gently for 10 mins, until thickened, stirring regularly
- transfer the soup to a blender, blend until smooth, return to the pan, heat gently and season to taste
- meanwhile heat the sunflower oil in a small frying pan
- toss the leek rings in the remaining flour, dip in the egg white and fry over a medium heat until crisp and golden
- drain and serve the leek rings scattered over the soup along with the spring onions

Serves 4.

Notes and variations:

- if frying the leek rings seems like a faff (it is) they are optional, and the soup tastes perfectly good on its own
- they could be replaced by a few uncooked leek rings as a garnish, or by croutons
- to make a more substantial soup add some drained, tinned cannellini beans to the soup after blending, heat through and serve
- a non-veggie version of this soup could be made using fish stock plus a few squid rings in each plate.

Based on a recipe from BBC good Food magazine.

Tomato eggflower soup

1 litre vegetable stock

250g tomatoes, roughly chopped

2 eggs

½-1 teasp sesame oil, to taste

Salt to taste

2 teasp light soy sauce

3-4 spring onions, white part only, finely chopped

- heat the vegetable stock in a soup pot and bring to a simmer
- meanwhile lightly beat the eggs in a mug, add the sesame oil and mix well
- add the light soy sauce and salt to the stock and mix well
- add the chopped tomatoes and simmer for 5-6 minutes
- stir in the spring onions
- stir in the egg mixture in a slow thin stream, using a fork stirring in a figure of eight pattern, to pull the egg slowly into strands
- serve

Variations:

- finely chop the green spring onion tops and add to each plate as a garnish
- people may wish to add few drops of dark soy sauce to their plate

Non – vegetarian version

- use a good quality chicken stock and add a few small pieces of cooked chicken.

Closely based on a Ken Hom recipe

Ginger and turmeric udon noodle soup

This is a ginger and vegetable stock , which is poured over cooked noodles

1 teasp coriander seeds
5 black peppercorns
1 large onion, peeled and halved
2 small carrots, halved
5-6 cloves garlic, peeled and halved
40g peeled weight of roughly sliced ginger
1 teasp ground turmeric
4 spring onions, chopped into 3 or 4 pieces each
1 dried red chilli
1 litre boiled water
Juice of half a lemon
Soy sauce or salt to taste, to season
60g udon noodles per person
A pinch of chilli flakes
Shredded spring onion to garnish

- in a large saucepan toast the coriander seeds and peppercorns over a medium heat for 2-3 minutes
- add the onion, carrots, garlic, ginger, turmeric, spring onions and chilli and stir
- add the water, bring to the boil then cover and simmer for 25 minutes, to allow the flavours to infuse
- add the lemon juice and the soy sauce or salt
- if you are using straight away strain the stock to remove the veg. It can also be strained and frozen for use at a later date
- if you are using later the same day, keep the vegetables in the stock then strain before reheating and serving
- when ready to serve, cook the noodles by adding to plenty of hot water and boil for six minutes (or according to the pack instructions)
- drain the noodles into a colander, rinse under cold water then place 60g in each individual soup bowl
- ladle the hot stock over the noodles
- garnish each bowl with a few chilli flakes and a little shredded spring onion

Serves 2 (large bowls) – 4 (small bowls)

Note: The stock should be delicately flavoured and fragrant. The ingredients and seasoning can be adjusted to taste and other vegetables can be added to the stock.

Closely based on a recipe by Anna Jones

Tomato garlic broth (Rasam) *added in 2025*

10 garlic cloves, peeled and roughly chopped
2 medium tomatoes, roughly chopped
2 teasp freshly ground black pepper (or peppercorns, roughly ground)
2 teasp cumin seeds
2 teasp coriander seeds
1 dried kashmiri chilli, stalk and seeds removed, roughly chopped
50g cherry tomatoes, roughly chopped
Salt to taste
½ teasp ground turmeric
10 curry leaves
10g fresh coriander leaves and stalks, roughly chopped
50g tamarind paste
A few more coriander leaves to garnish (optional)

- in a blender, add the garlic, medium tomatoes, black pepper, cumin, coriander and chilli
- add 100 ml cold water and blitz to a smooth paste
- add the cherry tomatoes, pulse to combine, then set aside the paste
- in a saucepan bring 800ml water to the boil, adding the salt and turmeric as it heats
- once boiling add the paste, curry leaves and fresh coriander, and simmer for 5 minutes
- stir in the tamarind paste, mix well, and simmer for a minute or two
- serve, garnished with coriander leaves if wished

Serves 4

Closely based on a recipe by Sugan Gopal

Quick Sambar

Added in 2025

A spicy Asian soup which is easy and quick to make

1 X 400g packet of frozen Sambar Mixed Vegetables

1.5 litres of water

1 X 200g packet of Sambar Soup Mix

Chopped coriander leaves (optional garnish)

- boil the mixed vegetables for several minutes in 1.5 litres of water until soft (this will take less time if they are defrosted in the fridge overnight)
- drain, retaining the water, and setting aside the vegetables
- add the soup mix to the water in which the vegetables were boiled, mix well and bring back to the boil
- add the vegetables, stir and bring back to the boil
- reduce the heat and cook for about 8 minutes
- serve in bowls, garnishing each bowl of soup with coriander leaves

Serves 4-6

Notes:

- Packets of frozen Sambar Mixed Vegetables are available from Asian shops. The ingredients of the one I use are okra, aubergine, drumstick (moringa)(see below), tomato, carrot, green chilli and curry leaves
- Packets of Sambar Soup Mix are available from Asian food shops and are a mixture of powdered lentils and spices
- This is a spicy soup. If you wish it to be less spicy simply increase the amount of water to 2 litres
- do not eat the fibrous skin of the drumsticks (moringa). Instead chew it and suck out the soft inner pulp and seeds with your teeth and dispose of the skins
- there are recipes available to make your own sambar using fresh lentils, spices and vegetables. They will of course take much more time.

Winter broth *Amended in 2024*

This is a basic thick broth and I make a large pot of it regularly during the colder months:

140g soup/broth mix (barley, dried peas, lentils)
2 tablesp sunflower or olive oil
100g onions, chopped
200g celery, sliced
500g carrots, sliced
400g turnip (ie swede), chopped into small cubes
3 Knorr Vegetable stock pots
1.5 litres boiling water
60g red lentils
Up to 3 dried red chillies, to taste
2 bay leaves
Salt and pepper, to taste

- rinse the soup mix and soak in water overnight
- heat the oil in a large soup pot, add the onions and cook gently for 5 minutes
- add the celery, carrot and turnip, stir, and cook for a further 10 minutes
- meanwhile dissolve the stock pots in the water
- add the stock, lentils, chillies and bay leaves
- drain and rinse the soup mix and add to the pot
- add salt and pepper to taste
- bring to the boil, then reduce the heat, cover and simmer for about 1½ hours.
- adjust the seasoning and serve. Makes 5-6 large helpings and up to 10 smaller bowls
- remove the chillies and bay leaves before serving, or leave in the pot if the remaining soup is being kept for another day or frozen

Notes and variations:

- the broth can be varied depending what vegetables are available. For example, I may add chopped leek and any leftover spinach leaves. Parsley can also be added towards the end of the cooking time, or as a garnish.
- if you forget to soak the soup mix overnight, add it to the pot with the stock and lentils. In this case increase the simmering time to at least 2 hours
- this is meant to be a thick broth and a meal in itself. Until there is almost no liquid left at all, avoid the temptation to add more water or stock, but take care to avoid the liquid boiling away completely
- If some of the soup is kept for another day it will have thickened, so before reheating add a further 250ml water (and adjust the seasoning if necessary).
- of course, this can be made with home-made vegetable, chicken or beef stock.

Lentil and tomato soups *Amended in 2025*

(i) Basic recipe

1-2 tablesp sunflower oil
1 small onion, finely chopped (about 80g peeled weight)
1 litre vegetable stock
125g red lentils
1 X 400g tin chopped tomatoes
Salt and black pepper to taste

- heat the oil in a soup pot and fry the onions gently until soft
- add the vegetable stock, lentils and tomatoes, and bring to the boil
- turn down the heat and simmer until the lentils are cooked (about 15-20 minutes)
- add more stock or water as necessary
- add salt and pepper to taste, and serve. Serves 4

Notes:

- quantities can be varied according to whether a thick or thinner soup is preferred
- the lentils can be cooked until they reach the preferred consistency – softish or soft

Variations:

- a crushed clove of garlic can be added to the onions for the final two minutes of frying
- 1-2 tablespoons tomato puree add to the stock will give a deeper colour
- some chopped fresh parsley can be added with the seasoning, and/or used as a garnish
- replace the black pepper with 1 teasp of smoked paprika

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(ii) Very basic recipe

- omit the oil and onions and simply mix lentils, tomatoes and stock, cook, season and serve.

(iii) Non – vegetarian version

- prepare any of the other versions
- add 2-3 tablesp of small cubes of cooked smoked bacon or chorizo for the final 5 minutes of cooking.

(iv) Spicy lentil, tomato and coconut soup *amended in 2025*

- prepare any of the other versions
- just before serving add:
 - 75ml coconut milk (from a tin is fine)
 - 2 teasp Lao Gan Ma Crispy Chilli in Oil
- stir well for a minute or two until the soup is thoroughly hot and serve

Variation:

Instead of coconut milk you can sprinkle a heaped teasp of desiccated coconut on top of each serving

This version is taken from a similar recipe by Nigel Slater

Split pea soup

250g yellow split peas (channa dahl)
2 litres vegetable stock, hot
3 tablesp olive oil
2 medium onions (about 200g), roughly chopped
2 cloves garlic, thinly sliced
2 bay leaves
2 teasp ground turmeric
2 teasp ground coriander
2 teasp mustard seeds (yellow, if possible)
1 400g tin chopped tomatoes
Salt to taste
Mint leaves to garnish

- put the split peas in a large saucepan, cover with 1.5 litres of stock and bring to the boil
- lower the heat and scrape off and discard any froth that may have accumulated on the surface
- partially cover with a lid and leave to simmer for about 30-40 minutes, until the split peas are becoming tender
- in the meantime, warm the oil in another large pan, add the onions, and cook for about 15 minutes, stirring from time to time, until they are pale gold and soft
- add the garlic, bay leaves, turmeric, coriander and mustard seeds and cook, stirring regularly, for a few minutes, until fragrant
- stir in the chopped tomatoes and cook for a further few minutes
- pour in the remaining 0.5 litre of stock and bring to the boil
- lower the heat and simmer for 10 minutes
- add the split peas and their stock to the tomato / onion mix, mix well and simmer for about 20 minutes, stirring from time to time
- taste, and add salt if necessary (the stock may be salty enough)
- turn off the heat and remove the bay leaves
- blend with a stick blender until smooth
- serve, with a few mint leaves in each bowl to garnish

Closely based on a Nigel Slater recipe.

Tomato and bean soups (i) Mexican tomato and bean soup

A quick and easy soup – best to prepare the ingredients in advance

3 tablesp olive oil

2 red onions, finely chopped (120-140g peeled weight)

4-5 cloves garlic, finely chopped

½ teasp ground cumin

600ml vegetable stock

200ml tomate frito (or passata)

2 tablesp sliced green jalapeños (drained and rinsed, if from a jar)

400g tomatoes, peeled and chopped

400g tin black-eyed beans, drained and rinsed

80g sweetcorn (frozen, or drained tinned sweetcorn)

Handful of fresh oregano or basil leaves roughly chopped (or 1 teasp dried basil or oregano)

Pinch of sugar

Salt and pepper to taste

Juice of 1 lime

Handful of fresh coriander leaves, roughly chopped

- Heat the oil in a soup pan over a medium heat, add the onions and cook for about 6 or 7 minutes until soft
- add the garlic and cumin and stir for 2 minutes (if sticking to the pan add a little more oil or water)
- add the stock, tomate frito, jalapeños, tomatoes, beans, sweetcorn, oregano/basil, sugar, salt and pepper, and bring to a boil
- cover and simmer gently for 10 minutes
- remove from the heat, add the lime juice and coriander, adjust the seasoning to taste, stir and serve

Serves 4

Optional garnish:

- a little chopped red onion, more coriander, fresh pepper and/or dollops of soured cream.

Based on a Hugh Fearnley-Whittingstall recipe

Tomato and bean soups (ii) Ribollita

Soup, similar to minestrone, but without pasta. Serves 6. Keeps for a few days, and best the day after cooking.

4 tablesp olive oil + extra for the bread
2 onions, 1-2 carrots and 1 celery stick, diced
1 leek, trimmed and finely sliced
2 cloves garlic, peeled and sliced 100ml
red wine
400g tin tomatoes
400g tin cannellini beans
1 litre vegetable stock
1 small sprig rosemary and 2-3 small thyme sprigs, tied together
Salt and pepper to taste
200g kale or Savoy cabbage, tough stocks removed, leaves shredded
6 slices French baton/Spanish barra white bread, slightly stale
1 garlic clove, halved
3-4 tablesp extra-virgin olive oil and parmesan (optional) to serve

- in a large saucepan warm the oil and sauté the onions over a lowish heat until softened (about 15 mins)
- add the carrots, celery and leek and cook for a further 5 minutes, stirring
- add the garlic and stir for another minute
- pour in the wine and simmer for 1 minute
- add the tomatoes, beans, stock, rosemary and thyme, season, and simmer gently, partially covered for about 1 hour
- add the greens and cook for 10 minutes more
- remove the herb bundle and adjust seasoning.
- Rub the bread with garlic, brush with oil, and toast till golden
- Put one slice in each bowl, ladle over the soup and trickle some more extra virgin oil on top
- shave some parmesan on top (optional).

Variations

- other beans such as borlotti beans can be used
- the herbs are optional and can be varied.
- The greens can be replaced by a handful of pasta for a minestrone type soup
- use garlic flavoured oil on the bread rather than rub it

Based closely on a recipe by Hugh Fearnley-Whittonstall

Tomato & bean soups (iii) tomato and butter bean soup

2 tablesp olive oil
1 medium onion, chopped
1 red pepper, chopped
500g tomatoes, skinned and roughly chopped
1 litre vegetable stock
250 ml passata
A small handful of baby spinach leaves, roughly chopped
Salt to taste
A large pinch of smoked paprika (sweet or spicy, to taste)
A few chilli flakes (optional)
1 400g tin butter beans, drained
Soured cream (optional)
Chopped fresh basil leaves (optional)

- heat the oil in a soup pot, add the onion and red pepper and fry for a few minutes to soften
- add the tomatoes, stir, and cook for a further minute
- add the stock and passata and stir
- add the spinach, salt, smoked paprika and chilli flakes and stir
- bring to the boil, then turn down the heat and simmer, covered for 30 minutes
- allow to cool slightly then blend to a smooth liquid
- add the butter beans, reheat and simmer for a few minutes
- serve in bowls – if desired add a dollop of soured cream and/or some chopped basil leaves to each bowl

Chorizo and chickpea soup

A very easy soup which only takes a few minutes to prepare

- 150g cooking chorizo
- 1 400g tin of chopped tomatoes
- 500ml vegetable stock
- 150g baby spinach leaves
- a pinch of chilli flakes, to taste
- 1 400g tin of chickpeas, drained and rinsed
- crusty bread to serve

- peel and chop the chorizo into small bite sized pieces
- heat the soup pot, add the chorizo pieces and dry fry for a few minutes, until their oil has been released
- add the tin of tomatoes and the vegetable stock and mix well
- add the spinach, chilli flakes and chickpeas and stir well
- bring to the boil, cover, and simmer for about 3 minutes until the spinach has wilted
- stir well, then ladle into bowls and serve with crusty bread

Serves 4

Variations:

- The original recipe uses 150g of shredded savoy cabbage instead of spinach then simmers the soup for 6 minutes until the cabbage is just tender.
- You can use ready chopped chorizo pieces, but the best flavour is from cooking chorizo which comes in various varieties – simply choose your preferred one.

Based on a recipe at www.bbcgoodfood.com

Bacon and barley soup

2 tablesp olive or sunflower oil
150g onions, chopped
1 tin (400g) chopped tomatoes
1.5 litres boiling water
500g cooking bacon, in large pieces
100g red lentils
100g pearl barley
Black pepper, to taste
50g chopped baby spinach leaves

- fry the onions in the oil until soft
- add the tomatoes, mix well then add the water
- add the bacon, lentils, barley and pepper
- bring to the boil, turn down the heat and simmer for two hours
- 15 minutes before the end add the spinach and continue to simmer
- serve

Notes:

- the bacon can either be chopped and added to the soup or removed after cooking and used in other meals or sandwiches. The bacon can be unsmoked or smoked, to taste
- do not add salt. There will be enough in the bacon.

Serves 6

Cullen Skink

1 tablesp butter
1 medium onion, chopped
250g potatoes, peeled and cut into small (1cm) cubes
350ml water
300g smoked haddock
350ml whole milk
Salt and pepper to taste
2 tablesp finely chopped parsley

- melt the butter in a saucepan, add the onion, and fry gently until transparent. Do not brown
- add the potatoes and water, bring to the boil, and simmer for 15 minutes
- meanwhile, in a second pan, cover the haddock with the milk, and cook gently for a few minutes until just tender
- remove the haddock from the milk, allow to cool slightly, and flake the fish into pieces, taking care to remove any skin or bones
- add the milk and the flaked haddock to the first saucepan, and cook gently for a few minutes. Season with salt and pepper
- add 1 tablesp of chopped parsley for the last 2 minutes and mix well
- serve, using the other tablesp of chopped parsley as a garnish. Serve with bread.

serves 4

Option:

- add some finely chopped carrot along with the potatoes

closely based on a recipe by Philip Allan on the BBC Good Food website.

Cock-a-leekie soup

2 tablesp sunflower oil
100g onions, chopped
400g leeks, cleaned and chopped
1 carrot (about 100g), sliced
a 1.5kg chicken (ideally a boiling fowl, with giblets, if you can get hold of one)
2 bay leaves
2 litres water
Salt and black pepper to taste
60g long grain rice
A generous handful of chopped parsley

- heat the oil in a large soup pot and gently cook the onions, leeks and carrot for a few minutes.
- Add the chicken, bay leaves, water, salt and pepper, and bring to the boil
- Reduce the heat to a simmer, cover the pot and simmer for 1 hour
- Remove the chicken, and when cool enough to handle strip the skin and most meat from the chicken and set aside to use in other meals.
- Return the carcass to the pot, add the rice, and simmer for another hour
- A couple of minutes before serving, adjust the seasoning if necessary and add the chopped parsley
- Carefully remove the carcass and the bay leaves and serve

Notes and variations:

- If you can get hold of a boiling fowl with giblets add the giblets to the pot, leave in throughout the cooking and serve one in each plate of soup.
- Take care that the carcass does not disintegrate – it can be tricky to remove all the small bones and gristle from the soup. Remove it if it looks like splitting into pieces.
- Some of the chicken meat can be added to the soup if desired. Add a few minutes before the end of the cooking time to ensure that they are heated through.
- this can be made with thighs and drumsticks (skin on). Remove after an hour and return the large bones to the pot, removing before serving.

Gazpacho

1kg very ripe tomatoes, chopped
1 small onion, finely chopped
3-4 garlic cloves, crushed
½ cucumber (or 1 *pepino*), peeled and chopped
75ml olive oil
2 tablesp sherry vinegar
Salt and pepper to taste

- blend together the tomato, onions, garlic and cucumber
- add the olive oil, sherry vinegar, salt and pepper and blend until smooth
- if you wish it even more smooth, pass the mixture through a fine sieve, to get rid of any remaining tomato pulp
- chill and serve cold, in a glass, or in a soup bowl with garnish.

Serves 6

Optional garnish:

Use any combination of the following:

Finely chopped onion, spring onion, red and/or green pepper, hard-boiled egg, and/or croutons.

Variations:

3 finely chopped spring onions or ½ a green pepper, chopped, can be used instead of the onion

Salmorejo

450g ripe tomatoes, finely chopped

1 medium baguette, ideally stale, crusts removed

a splash of sherry vinegar

a pinch of salt

1-3 cloves garlic to taste, crushed

150ml extra virgin olive oil

1 hard boiled egg (garnish)

- blend the tomatoes to a pulp in a bowl
- grate the crustless baguette (this should produce about 120g of breadcrumbs), add the crumbs to the bowl and soak in the tomatoes for 5 minutes
- blend the tomato and bread mixture
- add the sherry vinegar, salt and garlic and blend once more
- add the olive oil gradually and blend at a medium speed until the mixture is smooth
- taste and adjust the seasoning if necessary
- chill in the fridge
- finely chop the hard boiled egg
- serve chilled in small bowls with a little chopped egg as garnish

Serves 4

Variations:

- for a vegan version simply omit the egg
- finely chopped ham can be used as a garnish in addition to the egg.

Notes:

- this is a thick cold soup, with a consistency similar to hummus. For a thinner version use less bread
- if the tomatoes are less ripe, halve and grate them, discarding the skins. In this case add an extra tomato or two
- it can be a little oily for some tastes. This can be adjusted by reducing the amount of oil and adding some water instead.

4

SIDE DISHES AND SALADS

(i) side dishes

Potatoes with rosemary and roasted garlic

500g potatoes

1 tablespoon olive oil

3 sprigs fresh rosemary (or ½teasp dried rosemary)

1 whole head of garlic

Salt to taste

2 sheets of cooking foil – one large enough to wrap the potatoes, the other (smaller) to wrap the garlic

- preheat the oven to 200°C (gas mark 6)
- prepare the potatoes. Small new potatoes can be used as they are, older potatoes should be peeled if necessary and cut into the size of smallish roast potatoes
- brush the central part of the larger sheet of foil with a little oil. This is to prevent the potatoes sticking to the foil, and essential if cut potatoes with flat surfaces are used
- place the potatoes in the centre of the larger sheet of foil
- chop the top off the head of garlic, so that a little of each clove is exposed. Wrap it loosely in the smaller sheet of baking foil, and place in the middle of the potatoes
- place the rosemary sprigs on top of the potatoes, sprinkle with a little salt, wrap the potatoes and garlic in the large sheet of baking foil, and place in the oven
- cook for about 45 minutes until the potatoes are soft
- unwrap the potatoes, then serve on a heated plate, unwrap the garlic, and squeeze the cloves, which by now will be soft, on to the potatoes as a 'sauce'.

Note:

If you have pre-prepared roast garlic (see page 36) use that. Add it to the potato and rosemary wrap before cooking.

Roast Broccoli

2-3 tablesp olive oil, plus a little for the baking tray

400g broccoli florets (small to medium size)

Salt to taste

Black pepper to taste (but be generous)

1 tablesp sesame seeds

- preheat the oven to 180°C
- place the broccoli in a bowl and add the oil, salt and pepper
- toss and mix well
- coat a baking tray in a little oil, then add the tossed broccoli florets
- scatter the sesame seeds over the broccoli
- roast in the oven for 25 minutes (the broccoli may be beginning to brown slightly – this is not a problem)
- serve. Serves 4 as a side vegetable.

Variations:

- add 2 cloves of crushed garlic to the bowl with the oil, salt and pepper
- (non-vegan option) garnish each serving with grated parmesan cheese
- this recipe also works with cauliflower, cut into small florets.

Cannellini bean mash

1 X 400g tins of cannellini beans
2 tablesp olive oil
½ a small onion, finely chopped
2 garlic cloves, chopped
Salt and black pepper to taste
Up to 100ml water (or vegetable stock)
A handful of chopped parsley

- Empty the tins of cannellini beans into a saucepan, bring to the boil briefly then drain
- Meanwhile heat the olive oil in another saucepan, add the onion and cook gently for 5 minutes
- Add the garlic and cook for another 2 minutes until soft
- Tip the cannellini beans into the pan, add salt and pepper to taste
- Mash thoroughly, adding water or stock little by little to loosen the mix
- stir in the parsley and serve

Variation:

- Mix in a tablespoonful of pesto

Chickpea mash

1 400g tin of chickpeas, drained

Salt and black pepper to taste

A pinch of paprika (sweet or spicy to taste)

A pinch of cumin

½ tablesp lemon juice

1 tablesp extra virgin olive oil

- Bring the chickpeas to the boil in a pan of water, cook for a few minutes, then drain
- Mash the chickpeas in a bowl with a fork or potato masher
- Add the salt, pepper, paprika, cumin, lemon juice and olive oil and mix well
- Mash once more
- Taste, adjust the seasonings if necessary and mix
- Serve

Serves 2

Notes and variations:

- This isn't meant to be smooth (you aren't trying to make hummus), but if it's a bit too chunky then a quick blitz with a stick blender can break it down a little more. Don't overdo it.
- If you'd like a little greenery in the mash, add a little chopped parsley or chives
- This can be made as a cold dish, simply by omitting the first step
- Optional – sprinkle a little paprika or aleppo chilli on top of the mash
-

Sweet potato mash

Sweet potatoes, peeled and chopped

Salt, pepper and butter to taste

- Cook and mash just the same as ordinary potatoes, remembering that it takes less time for sweet potatoes to soften. Add herbs, milk or cream if you prefer.
- and to use up leftovers you can mix potato and sweet potato mash together.

Brussels sprouts with potatoes and parmesan

500g smallest new potatoes
500g smallest Brussels sprouts
30g butter
1 clove garlic, crushed
30g finely chopped parsley
50g parmesan cheese
Salt and freshly ground black pepper

- place the potatoes in a pan of cold salted water and bring to the boil
- 10 minutes into the cooking time add the trimmed and cleaned sprouts and continue to boil for another 3-4 minutes.
- remove from the heat and refresh under cold water
- melt the butter in a saucepan and return the vegetables to the heat for 3-4 minutes, together with the garlic, salt and pepper
- remove from heat and add the chopped parsley
- turn out into a serving dish, garnish generously with fine shavings of parmesan and black pepper.

Variations:

- omit the potatoes and adjust the other quantities to taste. This is quicker and can accompany a potato side dish.
- use sunflower oil instead of butter

Based on a Cranks recipe

Cheat's Sauerkraut

Proper sauerkraut takes time to make and ferment. This quick version makes a substitute, as a side dish for sausages and potatoes

1 tablesp sunflower oil

40g finely chopped onion

250g white cabbage, very thinly shredded / grated

110ml cider vinegar

40ml water

Salt to taste

½ teasp caraway seeds

- heat the oil in a frying pan and fry the onion, stirring constantly, until soft
- add the cabbage, cider vinegar, water, salt and caraway seeds and bring to a boil
- cover, reduce the heat and simmer for 45 minutes to an hour, until the cabbage is tender
- if it looks as though it is drying out too much, add a little water
- allow to cool and serve, or transfer to a jar and keep until needed.

This is enough for a side dish for 2-3 people.

Closely based on a Rick Stein recipe

Asparagus a la plancha

Bunch of fresh new asparagus spears, with thin stalks

A little olive oil

Sea salt

- remove the thick white part of the stems of the asparagus spears (about 4cm)
- roll the asparagus spears in the olive oil
- heat a griddle or dry frying pan until it is very hot
- cook the asparagus spears on the griddle in batches, for 2-3 minutes, turning as necessary until they are seared
- keep the spears warm in a hot oven until the last batch is cooked
- sprinkle with some sea salt flakes and serve

Note:

This will be smoky as it cooks – use the extractor fan and/or open the window.

Refried beans

2 tablesp olive oil

2 garlic cloves, roughly chopped

1 400g tin of pinto beans, drained

½ teasp cumin powder

Pinch of chilli powder (or more, to taste)

Salt to taste

Juice of ½ a lime

- heat the oil in a frying pan and cook the garlic for 4-5 mins until brown but not burnt
- mash the garlic with a fork
- add the beans, cumin, chilli and salt, mix well, and cook until the beans are hot. Stir regularly to prevent any sticking to the pan
- mash the mixture with a potato masher or fork
- squeeze the lime juice over, stir into the mixture and serve.

Note:

Other tinned beans eg cannellini, borlotti or kidney beans can be used in place of pinto beans

Based on a recipe by MarasFlourpower at allrecipes.com

Aubergine with soy sauce

1 large aubergine

3 teasp olive oil

Salt and pepper to taste

Chilli flakes to taste

Plenty of dark soy sauce to taste

- preheat the oven to 200°C (180°C fan)
- cover a baking tray with baking parchment
- chop the aubergine into bite size pieces and place on the baking parchment
- mix the oil, salt, pepper and chilli flakes into the aubergine and place in the oven
- cook for 20 - 25 minutes or so, until the aubergine has softened, stirring once or twice
- remove from the oven, place in a serving bowl or dishes, stir in lots of dark soy sauce and serve

serves 2 as a side dish

Miso and gochujang butter pak choi *added in 2025*

15g unsalted butter, melted

1 tablesp white miso

2 teasp gochujang

1 teasp white wine vinegar

1 teasp honey

1 tablesp sunflower oil

1 clove garlic, peeled and thinly sliced

1 long red chilli, thinly sliced (seeds included)

250g pak choi, root end removed and sliced lengthwise into 4-5 slices

- In a small bowl combine the melted butter, miso, gochujang, vinegar and honey and set aside
- in a frying pan or wok, heat the oil then stir-fry the garlic and chilli for about a minute, until fragrant
- add the pak choi and a splash of water (just enough to stop things sticking to the pan), cover, and leave to cook for about 3 minutes, until the pak choi has softened
- add the miso mix and cook for a minute or two, stirring well
- serve

Serves 2 as a side dish. I have also used this as a light lunch for 1, adding a little more water when cooking, with some bread to mop up the sauce

Closely based on a recipe by Lara Lee.

Okra with pomegranate molasses

1 tablesp olive oil
1 clove garlic, thinly sliced
200g frozen cut okra (bhindi)
A pinch of salt
A pinch of ground cinnamon
1 tablesp pomegranate molasses
1 tablesp hot water
A small bunch of fresh coriander, roughly chopped
Salt and pepper to taste

- heat the olive oil over a medium heat in a frying pan
- add the garlic and fry until it begins to brown
- add the okra and the pinch of salt, stir well, and cook for five minutes
- add the cinnamon, pomegranate molasses, water and coriander, and stir until hot
- add salt and pepper to taste, stir and serve immediately

Serves 1

Notes:

- The frozen cut okra are in pieces about 1cm long. If using fresh okra, use the smallest you can find and cut into pieces 1-2 cm long
- You can add a little more water, if necessary to stop the molasses sticking to the pan
- Works well as a side dish to the Chicken Thighs Middle Eastern Style recipes (pages 386-388) and Breast of Duck with Pomegranate Molasses (page 396)

Based on a recipe from Moro the Cookbook by Sam and Sam Clark

(ii) salads

French dressing / vinaigrette

6 tablespoons extra virgin olive oil
1-2 tablespoons white wine (or cider) vinegar
1 clove garlic, crushed
1 teaspoon English mustard powder
Freshly ground sea salt and black pepper

- mix everything in a screw top jar, taste and adjust quantities as necessary, shake vigorously, and pour over the salad

Notes:

- This is a guideline. Some dishes require a milder dressing, others a sharper one, plus it is a matter of personal taste. The key is not to overdo the vinegar (add gradually, and taste), and don't miss out on the salt
- This will keep in the fridge for a few days

Variations:

- The key ingredients are the oil, vinegar, salt and pepper. Garlic and/or mustard can be omitted, and the amounts varied
- optional additions are finely chopped fresh herbs (parsley, basil, thyme and/or chives)

Coriander vinaigrette

Half of a small red onion, very finely diced

A small garlic glove, crushed

60ml olive oil

1 tablesp red wine vinegar

Salt and pepper to taste

½ teasp ground coriander

A few chilli flakes (to taste)

A small handful of fresh coriander leaves, roughly chopped

- in a small bowl mix together the onion, garlic, olive oil and vinegar
- add the salt, pepper, ground coriander and chilli flakes and mix well
- before serving, stir well, check the seasoning and stir in the fresh coriander
- pour over the salad ingredients

Serves 2-3. Goes well with tomato or bean salad.

Bean salad

1 400g tin cannellini beans

1 400g tin borlotti beans

60g sweetcorn

½ a green pepper, very finely chopped

6 cherry tomatoes, chopped

Small handful parsley, very finely chopped

1 teasp dried mint (or a small handful fresh mint, very finely chopped)

Vinaigrette (see previous recipes)

Salt and black pepper, to taste

- drain and rinse the tins of beans and add to a large mixing bowl
- if using tinned sweetcorn, drain and rinse, if using frozen sweetcorn boil for 1-2 minutes and allow to cool, then add to the beans
- add the green pepper, tomatoes, parsley and mint and mix well
- make up the vinaigrette and add to the bowl gradually, tasting from time to time. How much is a matter of taste. Mix well.
- adjust seasoning to taste
- serve. Serves 6 as a side salad

Variations:

- The key to this salad is to make it look attractive with a variety of colours, which gives plenty of scope for variation. A mix of red, yellow and green peppers can be used. Other options are finely chopped cucumber, radishes and/or chives. Other types of beans can also be used, so long as the colours contrast.

Potato salad

(all quantities variable to taste)

Olive oil

White wine vinegar

Dijon mustard

Salt and pepper

1 clove garlic

Potatoes

1 chopped shallot

Flat-leaf parsley

- make a vinaigrette by mixing olive oil, white wine vinegar, Dijon mustard, salt and pepper (see page 195)
- add a clove of garlic, peeled but uncut
- store the vinaigrette until ready to eat
- cook and drain the potatoes and cut them while they are still hot
- Leave potatoes to cool
- add a chopped shallot and the vinaigrette (remove the garlic at this point) to the potatoes
- sprinkle with chopped flat-leaf parsley.

Variation:

Add the garlic, crushed, to the vinaigrette for a garlicky version

Coleslaw

½ large white cabbage (about 300g), shredded finely
2 large carrots, peeled and chopped finely
1 medium onion, chopped finely
1 green pepper, cored, seeded and chopped (optional)
150ml mayonnaise
Juice of half a lemon or lime
Plenty of salt and freshly ground black pepper

- mix everything in a large mixing bowl
- serve (or cover and chill in the fridge until required)
- err...that's it

Notes:

- To freshen it up after storage sprinkle a little lime juice over it

Tomato salad

500g tomatoes, as ripe and fresh as possible

1 tablesp grated onion (optional)

6 tablesp extra virgin olive oil

2-3 tablesp lemon juice

1 clove garlic crushed

1-2 tablesp chopped fresh basil

1 tablesp chopped fresh parsley (optional)

Salt and black pepper to taste

A pinch of sugar

- Slice the tomatoes thinly and arrange in a shallow serving dish
- Sprinkle all the other ingredients over the tomatoes
- Serve immediately

Khatta kheera (cucumber salad)

All quantities are to taste and depend on the number of people

Cucumber

Garam masala (see page 37)

Cumin powder

Salt

Lime juice

- chop the cucumber into cubes into serving bowls
- sprinkle garam masala, cumin powder and salt over the cucumber
- finish with some lime juice
- eat

Based on a recipe by Irfan Kahn

Courgette salad

100g courgettes

2 tablesp extra virgin olive oil

1 tablesp lime juice

Salt to taste

A few mint and basil leaves

- chop the courgette into fine ribbons

- drizzle them with the olive oil and lime juice

- add the salt and chopped mint and basil

- leave for 5 minutes, then eat

Serves 1 (or 2 as a starter)

Spanish supermarkets sell ready chopped courgette spirals (*espirales de calabacín*), which are ideal for this.

Recipe by Stephen Harris, who recommends fresh courgette straight from the garden / allotment.

Mushroom and Crouton Salad

Extra virgin olive oil

1-2 slices of brown / wholemeal bread (or 1 roll), lightly toasted

2 cloves garlic (crushed)

Paprika

125g small button mushrooms, chopped in half

Cos or romaine lettuce (quantity to taste)

½ cucumber

125g cherry tomatoes, chopped in half

A handful of fresh parsley, finely chopped

½ teasp sumac (optional)

Juice of ½ lemon

Salt to taste

- heat a little olive oil in a small frying pan, chop the bread into cubes and fry very quickly, adding 1 crushed clove of garlic and a pinch of paprika. Set aside.
- if necessary add more oil, and fry the mushrooms for about 30 seconds, along with the other clove of garlic and another pinch of paprika. Set aside.
- meanwhile roughly chop the lettuce, slice the cucumber into 1½inch segments then slice these into thin strips, and add to a salad bowl together with the tomatoes and parsley.
- add the toasted croutons and the mushrooms, together with any oil left in the frying pan, and mix together well
- add the sumac if using
- add olive oil, lemon juice and salt to taste
- mix well and serve.

Notes:

- serves 2
- can be served warm or cold
- the sumac adds a more lemony flavour and, with the paprika, makes the dressing reddish in colour. If not using/unavailable adjust the lemon juice and add more paprika to taste at this stage.
- the quantities of all ingredients can be varied to taste.

Mushroom and baby sweetcorn salad

100g baby sweetcorn

1 spring onion, finely chopped

100g chestnut mushrooms, sliced

100g mixed red and green pepper, finely chopped

50g cucumber, chopped.

For the dressing:

2 tablesp olive oil

3 cloves garlic, finely chopped

1 tbsp fresh basil leaves, finely chopped

Juice of half a lemon

1 teasp sugar

Salt and pepper to taste

- blanch the baby sweetcorn by adding to boiling water for two minutes, drain and rinse immediately under cold water until cool, then cut into slices
- mix the sweetcorn, spring onion, mushrooms, peppers and cucumber in a bowl then place in the fridge until ready to serve
- heat the oil in a frying pan, add the garlic and fry until it browns lightly
- add the basil leaves, mix well, and allow to cool completely
- add the lemon juice, sugar, salt and pepper, and mix well
- to serve add the dressing to the salad and toss well.

Based on a recipe by Tarla Dalal

Sweetcorn, kidney bean and avocado salad

150g frozen sweetcorn

2 tablesp extra virgin olive oil

Salt to taste

½ teasp spicy smoked *pimentón* (paprika)

½ a 400g tin of kidney beans, drained and rinsed

100g cucumber, cut into small chunks

1 avocado, peeled and roughly chopped

Coriander leaves, roughly chopped

Juice of 1 lime

- heat the oven to 200°C
- meanwhile mix the sweetcorn, 1 tablesp of the olive oil, salt and paprika in a bowl
- transfer to a baking sheet lined with foil and roast in the oven for about 20 minutes.
- allow to cool
- in a separate bowl mix the kidney beans, cucumber, coriander and avocado, then add the cooled sweetcorn
- dress with the remainder of the olive oil, mix well and serve.

Serves 1 as a main course salad, 2-4 as a side salad.

Anchovy and egg salad

2 large eggs

2 thick slices, wholemeal bread, crusts removed

1 tablesp olive oil

100g lettuce hearts, chopped, or mixed baby leaf salad

Salt to taste

1 X 50g tin anchovy fillets in olive oil

2 tablesp

vinaigrette (see page 194)

- Boil the eggs for about 8-10 minutes until hard boiled, drain and cover with cold water to cool
- Meanwhile, make croutons by chopping the bread into cubes and frying for a few minutes in the olive oil until toasted
- In separate bowls for each person, spread the base and sides of each bowl with the lettuce hearts or salad leaves
- Peel and quarter the eggs and add one egg to each bowl. Sprinkle a little salt over the eggs.
- Add half of the croutons and anchovies to each bowl
- Drizzle 1 tablesp of vinaigrette over each bowl
- Serve.

Serves 2

Variations:

- Use ready made croutons to save a little time
- Upgrade the anchovies by using a tin of *anchoas de cantabrica*
- Use mayonnaise or garlic mayonnaise instead of vinaigrette. In this case mix the eggs, croutons and anchovies together with the mayonnaise in a separate bowl before adding to the individual bowls of lettuce/leaves

Tuna Salad

200g tomatoes

Salt to taste

A 110g tin of *ventresca de atún claro* in olive oil

1-2 tablesp extra virgin olive oil

Fresh oregano or basil leaves

- slice or roughly chop the tomatoes and add salt to taste
- top with the tuna slices
- drizzle over the olive oil
- garnish with the oregano or basil leaves

Serves 1 (or two as a starter)

Ventresca de atún claro is belly fillets of light tuna, available in supermarkets in Spain and Spanish shops in the UK.

Closely based on a recipe by Joe Wright

Viennese Herring Salad (Wiener Heringsalat)

500g potatoes
200g herring marinated in dill
80g chopped pickled gherkins
2 Granny Smith or other sour apples (150-200g once peeled, cored and diced)
60g finely chopped onion (if not already in the herring marinade)
60g cannellini beans from a tin (drained)
250ml sour cream
5 tablesp mayonnaise
2-4 tablesp white wine vinegar
1-2 tinned anchovies, mashed (optional)
1-2 tablesp dijon mustard
2 tablesp horseradish sauce
Salt and pepper to taste
1 -2 teasp capers
A little chopped parsley to garnish

- wash the potatoes, cook, cool, peel (optional) and chop into 1cm size cubes
- meanwhile chop the herrings and pickled gherkins into 1cm cubes
- peel, core and chop the apples into 1cm cubes
- mix together the chopped potatoes, herrings, gherkins and apples together in a bowl and add the onions and beans
- in a separate bowl mix the sour cream, mayonnaise, 2 tablesp wine vinegar, mashed anchovies, mustard, horseradish, salt, pepper and most of the capers to make a savoury marinade
- add the marinade to the herring/potato mix, mix well and leave to rest
- check the flavour and if necessary add more wine vinegar, Dijon mustard, salt and pepper
- garnish with the parsley and remaining capers, and serve

Serves 4 as a main course salad, or more as a side or part of a selection of dishes.

Variations and simple and vegetarian versions on next page.

Based on a recipe at www.serviert.at

Viennese Herring Salad continued

Variations:

- Mixed pickles can be used in place of pickled gherkins
- a little finely chopped gherkin or other pickle can be used as a garnish
- the original recipe also suggests that the salad can be decorated with quartered hard-boiled eggs
- other possible garnishes are the chopped green part of a spring onion, finely chopped cucumber or finely chopped chives

Vegetarian version – Potato and apple salad:

- simply replace the herring (and anchovies) with larger quantities of chopped potato and apple

Herring and apple salad – Simpler version

If you don't have all of the above ingredients in your store cupboard, or you don't want to buy a jar that you will never finish, this version is more basic, but still tastes reasonable

A 275g jar of herrings in dill pickle

1 Granny Smith apple, cored and chopped

125g soured cream

1 tablesp of fresh dill, chopped

A little black pepper

- drain the jar of herrings, but keep the onions if included, and cut them into slices (some brands may be already sliced)
- in a bowl mix the pickled herrings, onion, apple, soured cream, dill and black pepper and refrigerate until needed
- serve, ideally with whole grain rye bread (*vollkornbrot*)

Serves 1 as a light meal, 2 – 4 as a starter or side salad.

Warm chicory salad

500g (about 8) new potatoes, medium size

150ml olive oil

15 ml red wine vinegar

1 teasp coarse grain mustard

2 large chicory

2 teasp capers

1 tablesp parsley, chopped

Salt and pepper

- put the new potatoes (skin on) in salted water, bring to the boil, and simmer for about 15 minutes or so (until a knife can easily pierce them but before they get soft enough for mashing)
- meanwhile, make a vinaigrette with the oil, vinegar and mustard
- Drain and slice the potatoes, transfer to a large bowl, add a few tablespoons of the vinaigrette and leave to cool slightly for a few minutes
- slice the chicory into wedges and mix with the potatoes
- add the capers, parsley, and the rest of the vinaigrette and mix
- check the seasoning and serve.
- Serves 2 as a main course, 4 as a side salad.

Variations:

This can be served cold, to use up leftover potatoes, but tastes better warm

Any other mustard (eg English mustard) will do – grainy mustard looks better

Non-vegetarian version – replace 1 teasp of the baby capers by 5 anchovy fillets, roughly chopped

A few cherry tomatoes, chopped in half, and some crumbly cheese (eg Cheshire) can be added as a garnish, but take care not to overwhelm the taste of the chicory

garnish with one or two caper berries per serving.

Based on Guardian recipe by Angela Hartnett

Warm halloumi, chickpea and lime salad

100g green beans

1 400g tin chickpeas, drained and rinsed

Zest and juice of 1 lime

4 tablesp extra virgin olive oil

A pinch of chilli flakes, to taste

½ a red onion (80g), sliced into thin wedges

2 roasted red peppers from a jar, drained and sliced

100g cherry tomatoes, halved

A handful of rocket leaves

A small bunch of parsley, chopped

140g halloumi cheese, sliced

- cook the green beans in a pan of boiling water for 3 minutes, until just tender, adding the chickpeas for the final minute of cooking
- meanwhile make the dressing in a large salad bowl: mix the lime juice and zest with 3 tablesp of the olive oil and the chilli flakes
- drain the beans and chickpeas and, while warm, add to the dressing in the salad bowl and toss well
- meanwhile pour boiling water over the onion wedges, leave for 5 minutes to soften, then drain and rinse
- add the peppers, tomatoes, rocket, parsley and softened onion to the salad bowl
- toss well to coat everything with the dressing, then divide between serving bowls
- heat the remaining oil in a frying pan, add the halloumi slices and fry for about 1 minute on each side until golden
- Place a few warm halloumi slices on top of each serving bowl and serve

Serves 2 as a main course salad, 4 as a starter or side dish

Recipe from www.bbcgoodfood.com

Aromatic courgette salad

4 medium courgettes

2 tablesp olive oil

2-3 cloves garlic, finely chopped

½ teasp chilli flakes

1 teasp black mustard seeds, slightly crushed

Handful of fresh basil, roughly torn (or 1 teasp dried basil)

Leaves from 3 sprigs thyme (or ½teasp dried time)

50g parmesan cheese, cut into shavings

Salt and pepper to taste

- cut the courgettes into 5cm lengths, then stand them on end and cut into 6 or 8 sticks
- add the courgettes to a pan of boiling water, bring back to the boil and simmer for 1 minute
- drain then place in a mixing bowl
- put the oil, garlic, chilli and mustard seeds into a saucepan and heat gently for a couple of minutes, then remove and add to the mixing bowl
- add the basil, thyme, salt and pepper and mix well
- leave to cool and marinate at room temperature (even overnight if poss)
- bring the parmesan cheese to room temperature
- scatter the cheese over to serve

Variations:

Instead of mustard seeds use any of the following:

- fennel seeds
- cumin seeds
- caraway seeds

Based closely on an Ursula Ferrigno recipe

Roast courgette salad

2 large courgettes (400g), trimmed then cut at an angle into slices
1 yellow pepper, stem, seeds and pith removed, cut into about 8 large strips
3 tablesp olive oil
Salt and black pepper to taste
2 tablesp fresh dill, roughly chopped
5g parsley leaves, roughly chopped
20g very finely chopped onion
1 clove garlic, crushed
A pinch of chilli flakes
1 teasp pomegranate molasses
2 teasp cider vinegar
A pinch of sugar
1 tablesp harissa
150g Greek yoghurt

- preheat the oven to 240°C (220°C fan, gas mark 9)
- put the courgettes and peppers on a baking tray lined with greaseproof paper
- scatter over a tablesp of oil and a little salt then toss to coat
- bake for 15 minutes or so until the courgettes and pepper are cooked
- tip into a bowl, leave to cool for 15 minutes, then stir through the dill and parsley
- meanwhile, mix the onion, garlic, chilli flakes, molasses, vinegar, sugar, a pinch of salt and black pepper in a small bowl and leave to marinate for 20 minutes
- stir in the harissa and the remaining 2 tablesp oil and set aside
- in another bowl stir salt to taste into the youghurt and set aside
- to serve, spread the youghurt over the base of the plates, lay the courgette and pepper mix on top and drizzle over the onion and harissa mixture

Serves 2 as a main course salad, 4 as a side salad

Note: If necessary this can all be prepared in advance then assembled to serve. If the courgettes and the onion mixture have been stored in the fridge bring them to room temperature before serving.

Closely based on a recipe by Yotam Ottolenghi

Tabbouleh

150g bulgur wheat

Salt and pepper

Juice of 2 lemons

4 spring onions finely chopped (or 1 small onion, very finely chopped)

A small bunch of mint leaves (15g), finely chopped

60 ml olive oil

1 tablesp white wine vinegar (optional)

1-2 large bunches of parsley, finely chopped

250g cherry tomatoes

- soak the bulgur wheat for 30 minutes, in water that has been boiled, until the water has been absorbed and the grains are tender
- rinse in cold water, drain well, allow to cool and dry, and transfer to a large salad bowl
- add plenty of pepper, salt to taste, mix in the lemon juice and toss well
- add the onions and mint and toss
- drizzle in most of the oil and toss
- add almost all of the parsley and mix well
- taste and, if necessary, add more salt, pepper and/or lemon juice. If not sufficiently sharp a tablespoon of white wine vinegar can be added
- halve the tomatoes, put them in a bowl, season with salt and pepper, a few drops of lemon juice and the remaining oil. Leave for a few minutes to allow the flavours to mingle
- spoon them over the top of the salad and top with the remaining parsley
- serve

Bulgur Wheat, harissa and olive salad

150g bulgur wheat

Up to 75g rose harissa, to taste (see note)

100g goats cheese, crumbled

75g red peppers, finely chopped

250g pitted green olives, drained

5 sundried tomatoes, chopped

40g pumpkin seeds

2 tablesp extra virgin olive oil

Juice of half a lemon

Salt to taste

- soak the bulgur wheat for at least 30 minutes, in water that has been boiled
- rinse and drain well, allow to cool and dry, and transfer to a large salad bowl
- add the harissa and mix well
- add the goats cheese, red peppers, olives, tomatoes and pumpkin seeds and mix well
- add the oil, lemon juice and salt, mix well, and refrigerate until ready to serve
- bring to room temperature and stir well before serving

Notes:

- the amount of harissa can be varied depending on taste and the spiciness of the harissa. However, there should be enough to ensure that the bulgur wheat grains are pink coloured
- 5 halved cherry tomatoes can be used in place of sundried tomatoes.

Ezme salad

2 ripe vine tomatoes (about 160g), finely chopped
1 red onion (about 60g peeled weight), finely chopped
1 garlic clove, finely chopped
1 mandarin, clementine or satsuma, peeled and segmented
1 large or 2 small red peppers (about 250g), seeds removed and finely chopped
½ cucumber, finely chopped
2 tablesp capers, drained
½ bunch of parsley leaves
Zest and juice of half a lemon
2 tablesp pomegranate molasses
2 tablesp olive oil
A pinch of salt and pepper, to taste
1 tablesp harissa paste
½ teasp sumac
A pinch of chilli flakes

- put the tomatoes, onion, garlic, mandarin, red pepper, cucumber, capers and parsley in a salad bowl and mix well
- in a separate bowl or jar put the lemon zest and juice, pomegranate molasses, olive oil, salt, pepper and harissa and mix or shake well
- pour this over the salad ingredients and toss together.
- ideally, allow the flavours to mingle for a couple of hours, then toss again. If refrigerated bring to room temperature
- sprinkle over the sumac and chilli flakes
- serve. Serves 4 as a side salad

Note:

- Take care not to overdo the liquid – you may not need all of the liquid ingredient mix

Recipe by Anna Jones

Fattoush

2 pita breads
Juice of 2 large lemons
1 cos lettuce, shredded
1-2 large tomatoes, chopped coarsely
1 large onion, finely chopped
Small bunch parsley, finely chopped
6-8 sprigs mint, finely chopped
A few sprigs coriander, finely chopped
2-3 large cloves garlic, finely chopped
Salt and pepper
8 tablesp extra virgin olive oil

- break pitas into small pieces and put into a bowl
- pour over the lemon juice and soak for 5 minutes
- add all the other ingredients and toss well
- check seasonings and serve

Variations

- other greens eg raw baby spinach can be used instead of cos lettuce
- season also with sumac and / or paprika

Roasted red pepper salad

240g roasted red peppers from a jar, drained

15g raisins

1 teasp honey

1 garlic clove, crushed

1 tablesp olive oil

Salt and black pepper to taste

1 tablesp parsley leaves, roughly chopped

4 anchovy fillets in olive oil from a tin

15g pine kernels

- chop the red peppers into bite-sized pieces and add to a bowl with the raisins and honey and mix well
- stir in the garlic, olive oil, salt and pepper and leave to marinate for a while
- meanwhile dry-roast the pine kernels and allow to cool
- add the parsley to the bowl and stir
- transfer the pepper mix to serving bowls then top each bowl with a couple of anchovies, scatter with toasted pine kernels and drizzle over a little olive oil from the anchovy tin
- add a little more black pepper and serve

Serves 2 (or 1 as a main course salad). Serve with bread to mop up the juices.

Note: Jars of Karyatis roasted red peppers contain red wine vinegar which flavours the peppers. If your peppers are in water or brine, drain and add a tablesp of red wine vinegar.

Tomato, bread, anchovy and caper salad

110ml olive oil

4 cloves garlic, crushed

6 anchovy fillets in oil, drained and finely chopped

½ teasp salt flakes

100g sourdough bread, thickly sliced

500g ripe tomatoes, roughly chopped

1 lemon, zest grated, then juiced

1 tablesp capers, drained and roughly chopped

5g parsley leaves, finely chopped

5g basil leaves, finely chopped

A pinch of chilli flakes, to taste

- add the oil, garlic, anchovies and salt to a saucepan and gently heat for about 10 minutes, stirring occasionally, and taking care that the garlic doesn't burn
- meanwhile, lightly toast the bread, then cut into bite-sized chunks
- off the heat, toss the toasted chunks of sourdough in the hot oil until well coated, then transfer the chunks to a large bowl, leaving the anchovy and garlic oil in the pan
- add the tomatoes, lemon zest, lemon juice, capers and most of the parsley and basil to the bowl, and gently toss everything together
- transfer to serving bowls or plates, drizzle over the anchovy and garlic oil, scatter the remaining parsley and basil on top and finish with a sprinkling of chilli flakes

Serves 2 as a main course salad, or 4 as a side dish

Closely based on a recipe by Yotam Ottolenghi

Warm spiced chicken salad

2 chicken breasts, skinned

For the marinade: 3 tablesp olive oil

1 tablesp white wine vinegar

2 cloves garlic, crushed

1 teasp garam masala (see page 37)

¼ teasp chilli powder (or to taste)

Salt and pepper to taste

For the salad: 50g uncooked baby spinach leaves, roughly chopped

6 cherry tomatoes, halved or quartered

5cm of cucumber (or peeled *pepino*), chopped

1 small handful chopped parsley

200g tinned cannellini beans (½ a tin), drained and rinsed

1-2 tablesp vinaigrette (see page 194)

- dice the chicken breasts into pieces
- mix the marinade ingredients in a bowl, add the chicken breasts, stir to coat the chicken pieces and marinate for a few hours
- Place the chicken pieces in a frying or grill pan and pour over any remaining marinade.
- grill or fry the chicken breasts for about 20 minutes until cooked
- meanwhile mix the salad ingredients in a salad bowl, then transfer to individual serving bowls
- add the cooked chicken pieces, pour over any juices from the pan and serve immediately

Notes:

- serves two as a main course salad
- serves four as a starter. In this case omit the cannellini beans to keep the dish light
- if you prefer you can use chicken thighs rather than breasts
- keep the vinaigrette to a minimum. The bulk of the flavour should come from the chicken pieces and juices.

5

MAIN COURSES VEGETARIAN

(i) vegetable dishes

Ratatouille

2 tablesp extra virgin olive oil
1 large onion, finely chopped
2 cloves garlic, crushed
1 green pepper, cored, seeded and sliced
500g courgettes, sliced
1 large aubergine, sliced
500g tomatoes, skinned and chopped (or 1 400g tin tomatoes, drained)
1 teasp dried basil and/or mixed herbs
Salt and freshly ground black pepper to taste
pinch of sugar (or more to taste)
1 tablesp tomato puree

- heat the oil in a large saucepan, add the onion and fry gently until soft
- as the onion softens, add the garlic and green pepper, stir, and cook for 1-2 minutes
- add the courgettes, aubergine and tomatoes, and stir
- add the basil and/or mixed herbs, salt, black pepper, sugar and tomato puree and mix well
- cover and simmer gently for about 30 minutes, stirring occasionally
- this is a stew, so the vegetables should be fairly soft (but not mushy) and the juices thick. Add a little water if there is not enough liquid from the vegetables.
- A few minutes before serving taste and adjust the salt, pepper and sugar, as necessary.
- serve (serves 4)

Variations:

This can be varied according to what Mediterranean vegetables are available. Courgettes and tomatoes are essential, either aubergines or peppers can be omitted, the peppers can be yellow or red. A few whole small button mushrooms can be added.

Loosely based on a Delia Smith recipe

Quick ratatouille with quinoa

1 tablesp extra virgin olive oil

3 cloves garlic, peeled and sliced

300g frozen chopped vegetables for ratatouille (see note)

150ml tomate frito

Salt to taste

Spicy smoked paprika to taste

1 X 125g tub or sachet of instant white and red quinoa (see note)

A few basil leaves, torn (optional)

- heat the olive oil in a pan and add the garlic
- fry for a few minutes until it begins to brown
- add the vegetables and tomato frito and stir well
- add the salt and paprika and stir
- heat and simmer for a few minutes until the frozen vegetables are fully cooked. The time will depend on the size of the vegetable chunks
- meanwhile heat the quinoa in the microwave, according to the instructions on the packet (usually one minute cooking plus one minute resting)
- serve the quinoa on a plate, pour the ratatouille over and top with the basil leaves if you have them
- Serves 1

Note:

This is a quick in-from-the-pub-and-hungry meal. I've cooked this in Spain using a packet of frozen '*pisto de verduras para ratatouille*' – in the UK the equivalent is frozen Mediterranean (chargrilled) vegetables. The microwave quinoa may not be available in portions for one – for examples Sainsbury's sell 250g sachets.

Shakshuka

2 tablesp olive oil
1 large onion, sliced
1 red pepper, deseeded and cut into long slices
1 green pepper, deseeded and cut into long slices
Salt and black pepper to taste
2 garlic cloves, finely chopped
¼ teasp cumin seeds
¼ teasp caraway seeds
A pinch of chilli powder
1 tablesp tomato puree
1 X 400g tin of chopped tomatoes
A pinch of sugar
a small bunch of coriander leaves, roughly chopped
a small bunch of parsley, roughly chopped
4 eggs

- [heat the olive oil in a frying pan with a lid](#)
- add the onions, peppers, salt and pepper. Cover the pan, and cook over a medium heat for ten minutes or so, until they have softened (ideally they should still have a little bite)
- [add the garlic and cook for a further two minutes](#)
- sprinkle the caraway, cumin and chilli into the pan, stir in the tomato puree and cook for a further two minutes
- [add the tomatoes and sugar, with a splash of water](#)
- simmer the sauce, uncovered, for ten minutes or so, until it has reduced a little. It shouldn't be runny but shouldn't be too dry wither – if it does look dry add another splash of water. Check the seasoning.
- [add the coriander and parsley, stir and cook for a further minute or two](#)
- make 4 little wells in the sauce. One at a time, break the eggs into a cup and drop them carefully into the wells
- [cook for a few minutes until the whites of the eggs are just set and the yolks are still runny](#)
- serve. Serves 2

Notes and variations:

- [take it easy on the chilli – it shouldn't overwhelm the other spices and herbs](#)
- serve with some thick yoghurt on the side and/or a slice of bread to mop up
- [optionally, crumble 50g of feta cheese and sprinkle over the dish when served.](#)

Recipe by the Hairy Bikers

Aubergine, mushroom and bean casserole *Amended in 2024*

1 tablesp sunflower oil
1 onion (approx. 100g), roughly chopped
1-2 garlic cloves, crushed
130g chestnut mushrooms, halved
1 large aubergine (300-400g), cut into large chunks
1 X 400g tin borlotti beans, drained
2½ tablesp brown sugar
½ teasp smoked paprika (sweet or spicy to taste)
100ml vegetable stock (or salted water)
2 tablesp miel de caña (or pomegranate molasses, or treacle)
1 tablesp tomato puree
2 teasp dijon mustard
1 tablesp sherry vinegar
1 tablesp chopped parsley
A little salt to taste (optional - shouldn't need much)

- [heat the oil in a large heavy frying pan or casserole dish](#)
- fry the onions over a medium heat for 5 minutes or so until golden brown and softened
- [add the garlic and cook for a further minute](#)
- add the mushrooms and aubergines and cook for 10 minutes (add a little more oil or a little water if necessary)
- [stir in the borlotti beans, brown sugar, paprika, vegetable stock, miel de caña, tomato puree, mustard, sherry vinegar, parsley and salt \(if using\), mix well and bring to the boil](#)
- turn the heat down, cover and simmer for 40-45 minutes
- [serve](#)

Serves 2 (large portions) – 4 (smaller portions). Serve with flatbreads, heated potato cakes/scones, rice or quinoa

Variations: use other varieties of mushrooms and/or beans

Based on a recipe by Simon Rimmer on the BBC Food website

Pesto aubergines

1 large aubergine (about 400g)

About 100ml olive oil

Pesto sauce (see recipe on page 21)

Grated parmesan cheese

- cut the aubergine in half lengthways
- cut slits into the aubergine in a square pattern (about 1cm squares) without piercing the skin. This lets the aubergine cook quickly.
- heat the olive oil in a frying pan until medium hot, slide in the aubergine halves, skin side up, and cook until golden and tender, about 10 minutes.
- turn the aubergines over and cook for 2 minutes more
- meanwhile make the pesto sauce (see separate recipe)
- remove the aubergines from the pan, put them flesh side up in a grill pan
- spread with plenty of pesto and cook under a fairly hot grill until the pesto just starts to bubble
- remove and serve, sprinkling grated parmesan on top to taste

Serves 1 or 2.

Notes:

Note that aubergines absorb plenty of oil, so use a good quality oil and don't use too much. Serve with a plain salad and some boiled new potatoes. It is possible to use a good quality bought green pesto though would benefit from being garnished with some torn fresh basil leaves.

Based on a Nigel Slater recipe.

Aubergines with tomato and spinach

2-3 tablesp extra virgin olive oil
1 large aubergine (about 300g), sliced and roughly chopped
200ml tomate frito or passata
8 cherry tomatoes, halved
80g young spinach leaves
1 teasp mild paprika (pimentón dulce)
Chopped parsley to garnish

A very quick and simple stew of aubergines, tomato and spinach

- heat the oil in a non-stick frying pan, add the chopped aubergine, and cook over a medium heat for 2-3 minutes. The aubergine will absorb the oil so take care that the aubergine does not stick to the pan, and do not be tempted to keep adding more oil
- add the tomate frito and heat through
- add the tomatoes, spinach and paprika, stir, and cook for a few more minutes until the aubergine has softened (but still has some bite), the spinach has wilted, and the tomatoes have begun to soften
- Serve, garnished with chopped parsley

Serves 2 and can be served with rice or couscous. This recipe can also be used as a side dish.

Variation:

- For a spicier dish use smoked spicy paprika (*pimentón ahumado picante*) instead of mild paprika (or a mixture of the two, according to taste).

Zaalouk – aubergine and tomato stew

Similar to the previous recipe but more spicy and cooked slowly to deepen the flavours

1 large aubergine (about 300-350g), cut into bite sized pieces
2-3 tablesp extra virgin olive oil
2 teasp spicy smoked paprika (or to taste)
1 heaped teasp ground cumin (or to taste)
Salt, to taste
250g tomate frito or passata
2 cloves garlic, roughly chopped
1 teasp lemon juice
1 teasp sugar
200g ripe tomatoes, roughly chopped
Black pepper to taste
A handful of pine kernels

- Preheat the oven to 180°C (160°C fan, gas mark 5)
- Place the aubergine on a baking tray or in a large ovenproof dish or cazuela
- Pour over the olive oil
- Add the paprika, cumin and salt and mix well to evenly coat the aubergine
- Cook in the oven for 20 minutes, turning once
- Remove from the oven and add the tomate frito, garlic, lemon juice, sugar, tomatoes and pepper
- Cover the tray or dish with foil, return to the oven and cook for about 30 minutes. Check during cooking that the mixture hasn't dried out – stir in a little water if it has
- Meanwhile toast the pine kernels in a dry frying pan
- Remove from the oven, add more salt, pepper and lemon juice if required
- Serve, garnished with the toasted pine kernels

Serves 2 served as a main with flatbreads, or served with other dishes as part of a meze for a group of people.

To turn this recipe into a dip see page 76

Roughly based on a recipe at www.veganrecipeclub.org.uk

Slow-cooked aubergines with couscous

Another delicious aubergine recipe – I can't get enough of them

1 large aubergine (about 400g)
60ml olive oil
1 medium onion (about 80g peeled weight), finely chopped
3 cloves garlic, finely sliced
2 bay leaves
½ teasp dried thyme
A pinch of chilli flakes
½ teasp cumin seeds
1 teasp ground coriander
½ teasp salt (or to taste)
1 X 400g tin of plum tomatoes, drained and roughly chopped
1 tablesp tomato puree
150ml red wine
250ml vegetable stock
75g couscous
Zest of half a lemon (or 1 tablesp lemon juice)
2 tablesp chopped parsley

Recipe on next page

Slow-cooked aubergines – continued from previous page

Recipe

- remove the stem from the aubergine. Cut in half lengthways and then into quarters. Cut each quarter into several strips
- warm a griddle (put the extractor fan on and open a window).
- place half of the aubergines on the hot griddle and cook for a couple of minutes until dark lines have appeared on the underside
- turn the slices and repeat on the other side, and set aside
- repeat with the other half of the aubergines
- warm the oil in a large pan, add the onions and cook for about 10 minutes until soft
- add the garlic and cook for a minute or two
- stir in the bay leaves, thyme, chilli, cumin, coriander and salt and cook for a couple of minutes
- add the tomatoes and tomato puree and stir
- add the aubergines and cook for about 3 minutes, stirring
- add the wine and stock, turn the heat up and bring to the boil
- boil for a few minutes to reduce the sauce slightly
- meanwhile preheat the oven to 190°C (180°C fan, gas mark 5)
- cover with a lid and transfer to the oven. If the pan is not ovenproof transfer the stew to an ovenproof dish, cover and place in the oven
- leave to bake for a about 45 minutes, until the aubergine is soft and the sauce is rich and thick
- meanwhile make the couscous. Put the couscous into a heatproof bowl and add enough boiling water to cover the grains by 1cm or so
- cover and set aside for 10 minutes until the couscous is swollen and has completely soaked up the water
- add the lemon zest and parsley and mix well
- serve. Place the couscous in warmed bowls and top with the aubergines.

Serves 2

Closely based on a recipe by Nigel Slater

Spicy braised aubergines

1-2 large aubergines (600g)
3 cloves garlic
2cm fresh ginger
2-3 spring onions
1 tablesp sunflower oil
1½ tablesp dark soy sauce
2 tablesp Laoganma crispy chilli in oil
1 tablesp white wine vinegar
250ml vegetable stock
Salt to taste

- Chop the aubergines into bite-sized pieces
- Finely chop the peeled garlic, ginger and spring onions
- Heat the oil in a wok or frying pan
- Add the garlic, ginger and onions and stir fry for 20 seconds
- Add the aubergine and stir fry for 2 minutes
- Add the soy sauce, chilli oil, vinegar, vegetable stock and salt
- Turn the heat down and simmer for 10-12 minutes, stirring occasionally, until the aubergines are soft and tender and the sauce has reduced
- Serve
- Serve with plain rice and (optional) a garnish of chopped spring onion

Serves 2

Loosely based on a recipe at Cook Simply.

Stuffed peppers

A vegetarian recipe disinterred from the 1970s when herbs were the most exotic thing available, but none the worse for that

2 large peppers (red, green or yellow), about 250g each

For the stuffing:

1 egg

1 teasp Marmite (yeast extract)

125g finely ground mixed nuts

125g finely chopped onion

60g finely chopped celery

60g grated mature cheddar cheese

Salt and black pepper to taste

a large pinch of fresh thyme leaves

a pinch of dried marjoram

1 clove garlic, crushed

- in a mug beat the egg with the yeast extract
- in a bowl mix together all the other stuffing ingredients
- pour in the egg mixture and mix well and set aside until required
- meanwhile preheat the oven to 200°C
- cut the peppers in half lengthwise and remove the seeds and stalk
- blanche the pepper halves in boiling water for a maximum of 2 minutes, drain and place on a baking tray
- spoon the stuffing mix into the pepper halves until they are full
- cook the stuffed peppers for 15-20 minutes
- serve

Serves 2. Serve hot with tomato sauce (see page 18) or brown sauce (see page 38)

Variation:

- when the peppers have been stuffed top with more grated cheese before placing in the oven

For peppers stuffed with fish see pages 344 and 345

Roast Cauliflower

1 small cauliflower, trimmed and separated into small florets (about 500g of florets)

1 red onion, peeled and sliced into wedges

20g pitted green olives, halved

1 teasp sweet smoked paprika

20g pumpkin seeds

2-3 garlic cloves, peeled and crushed

2 -3 tablesp olive oil

Salt and pepper to taste

10g parsley, roughly chopped

- heat the oven to 220°C (fan 200°C, gas mark 7)
- put everything except the parsley in a bowl and mix well (this can be done in advance)
- spread out on a baking tray
- roast for about 25 - 30 minutes, until the cauliflower is fairly soft and browned
- leave to cool for a minute or so, stir in the parsley and serve

Serves 2

Variations:

- use pine nuts in the mix instead of pumpkin seeds OR toast 20g pine nuts in a dry frying pan and stir in with the parsley after cooking the cauliflower
- for a simple version omit the onion and olives (you may wish to add an extra clove of garlic in this case)

Non-vegetarian version:

- add 75-100g cooking chorizo, skinned and cut into 2cm pieces

Based on a recipe by Yotam Ottolenghi

Cauliflower with saffron, pinenuts and raisins

1 medium cauliflower
3 tablesp olive oil
1 large onion, thinly sliced
1 teasp saffron strands
3 tablesp pinenuts
50g raisins
Salt and black pepper to taste

- remove the outer leaves from the cauliflower and divide into small florets. The smallest leaves can be used in the dish, as can the thinnest parts of the stalk, chopped. Altogether there should be about 350g cauliflower
- bring a large saucepan of salted water to the boil, add the cauliflower, put the lid on, bring back to the boil and blanch the cauliflower for a minute, then drain in a colander and set aside
- heat 2 tablesp of the oil in a heavy saucepan, add the onion and cook slowly for about 15-20 minutes until golden and sweet. Stir every few minutes so they cook evenly and do not stick
- while the onion is cooking infuse the saffron threads in 4 tablesp boiling water, lightly toast the pinenuts in a dry frying pan and soak the raisins in warm water
- when cooked, remove the onions but keep the remaining oil in the pan
- add the third tablesp of olive oil and re-heat until hot
- add the cauliflower and fry for a few minutes, stirring, until it begins to colour
- add the onion, the saffron-infused water, the pinenuts and the drained raisins
- toss and mix and cook for 5 minutes, stirring, until the saffron water has more or less evaporated.
- season with salt and pepper and serve

Serves 2 as a main course

Recipe from Moro the Cookbook by Sam and Sam Clark.

Asparagus, halloumi and new potatoes

300g new potatoes, scrubbed and cut into small chunks

3 cloves garlic

2 tablesp olive oil

Salt and black pepper, to taste

200-250g asparagus

100-125g halloumi, cut into small cubes

1 tablesp lemon juice

A small handful of chopped parsley

- preheat the oven to 190°C (170°C fan, gas mark 5)
- put the potatoes into a roasting tray
- chop the heads off the garlic cloves, leave unpeeled, bash with the side of a knife, and add to the roasting tray
- add the olive oil, salt and pepper and toss well
- roast in the oven for 30 minutes
- meanwhile cut the woody ends from the asparagus and dispose. Chop the spears into 3cm lengths and leave the tips whole
- remove the potatoes from the oven, add the asparagus and the halloumi, and toss well
- everything in the tray should be in a single layer
- return to the oven and roast for another 15-20 minutes until the asparagus is tender
- remove from the oven and, **either**, discard the garlic, **or**, squeeze the roast garlic out of its skin into the mix
- sprinkle the mix with the lemon juice and toss again
- serve, scattered with parsley and some more black pepper

Non-veggie version:

- replace the halloumi with chorizo, skin removed and cut into bite-sized slices.

Serves 2

Closely based on a recipe by Hugh Fearnley-Whittingstall

Vegetable kebabs

About 300g per person roughly chopped carrot, aubergine and courgette

For the marinade: 250g plain yogurt

3 cloves garlic crushed

2 tablesp olive oil

1 tablesp seeds to taste (Cumin, coriander, mustard)

1 tablesp spices to taste (cumin, coriander, ginger, paprika)

Some chopped fresh parsley or coriander

Salt and pepper to taste

A little chilli powder (to taste)

- prepare the vegetables. Slice and roughly chop the aubergines and courgettes. Boil the carrots for 3-4 minutes, cool, and roughly chop
- prepare the marinade by mixing the ingredients in a large bowl
- add the vegetables and mix well, then marinate for a few hours or overnight
- string the vegetables on skewers in order (eg aubergine, courgette, carrot, aubergine etc)
- cook the kebabs under a hot grill until the vegetables are cooked. Turn from time to time and spoon over some of the remaining marinade from time to time
- serve with plain or pilau rice and a mixed salad.

Notes/variations

- This dish is infinitely variable. Other vegetables that can be used include mushrooms, parsnips, small new potatoes, chunks of green or red pepper, squash, turnip and so on.
- hard vegetables should be cooked for a few minutes and peppers should be blanched for 1 or 2 minutes, then cooled. Soft vegetables can be marinated as they are. The end result should be vegetables with a bit of bite to them
- the marinade can be as herby or spicy as you wish. The key ingredients are the yoghurt and oil, and there should be enough so that it can be spooned over the kebabs during cooking to keep them moist.

Broccoli, fennel and chickpea stew

3 tablesp olive oil (plus more to garnish)
1 large onion, peeled and chopped
2 small fennel bulbs (250-300g), finely sliced
1 large head of broccoli (about 450g)
3 garlic cloves, crushed
1 dried red chilli or a pinch of chilli flakes
1 litre vegetable stock
1 tin (400g) chickpeas, drained
100g orzo
Salt to taste
Lemon juice

- heat the oil in a casserole and, when hot, add the onion and fennel
- cut off the broccoli stalk and chop it into small dice
- add the broccoli stalk, crushed garlic and chilli to the pot
- cook the mixture on a low to medium heat for about 20 minutes, until soft, stirring from time to time
- add the stock, chickpeas and orzo pasta, bring to the boil then reduce the heat and cook for about 5 minutes
- break up the broccoli florets into small bite sized pieces and add to the pot
- cook for about a further 5 minutes, until the stew is quite thick, and the orzo is cooked through
- season with salt
- serve by ladling into bowls and drizzle each bowl with lemon juice and olive oil, to taste
- if the fennel bulbs had fronds attached, they can be used as a garnish

Serves 4

Closely based on a recipe by Meera Sodha

Chickpea, spinach and rose harissa

1 tablesp sunflower oil
80g very finely chopped onion
80g very finely chopped sweet red pepper
3 cloves garlic, crushed
1 tablesp tomato puree
Salt to taste
A pinch of sweet paprika
½ teasp cumin
1 tablesp rose harissa (or more, to taste)
½ of a 400g tin of chopped tomatoes
1 400g tin of chickpeas, including their liquid
100g baby spinach leaves
Lemon juice, to taste

- heat the oil in a saucepan, add the onions and red pepper and fry until soft
- add the garlic and cook for a further 2 minutes
- add the tomato puree, salt, paprika, cumin and rose harissa and cook for a further 5 minutes, stirring from time to time
- add the tomatoes and cook for a further 10 minutes
- add the chickpeas and simmer for 10 minutes more
- add the spinach, mix well and cook until wilted
- check the seasoning, add lemon juice to taste and serve

Serves 2, with rice or a side salad

Notes:

- this recipe can also be used as the base for a vegetable and/or bean stew
- rose harissa works well with other chickpea recipes such as the chickpea and vegetable stir fry (page 238) and spinach and chickpeas with rice (page 264).

based on a suggestion for a stew base by Meera Sodha

Chickpea and vegetable stir-fry

1 tablesp tomato puree
¼ teasp ground ginger
½ teasp ground cumin
¼ teasp chilli powder
A little water
1 tablesp olive oil
1 400g tin chickpeas, drained
4 cloves garlic, crushed
1 small onion finely chopped
4 florets broccoli finely chopped
1 medium carrot finely chopped
1 tomato chopped
80g baby spinach leaves
Salt and pepper to taste
A few drops of lemon juice

- mix together the tomato puree, ginger, cumin, chilli powder, and water
- meanwhile heat the oil in a wok over a high heat
- add the chickpeas and stir
- add the garlic, onion, broccoli and carrot, continuously stirring
- add the tomato and spinach, stirring
- add the tomato puree and spice mixture, stirring
- add the salt, pepper and lemon juice
- stir-fry for 2 minutes and serve

Serves 2

This is a quick meal to make (basically, fling everything together in a wok) and a good way of using up leftover vegetables – the combination of vegetables can be varied.

Roast tomatoes, chickpea puree and tahini dressing

added in 2025

350-400g small to medium
tomatoes
2 cloves garlic, peeled and thinly
sliced
2 tablesp olive oil
Salt and pepper to taste
A pinch of aleppo chilli (pul biber)
½ tablesp za'atar

1 400g tin chickpeas
A few coriander leaves
For the dressing:
2 tablesp tahini
2 tablesp olive oil
5 tablesp thick yoghurt
Juice of ½ a lemon
Salt and black pepper to taste

- preheat the oven to 180°C / gas mark 6
- cut the tomatoes in half and put them in a roasting tray, lined with baking paper
- scatter the garlic slices among the tomatoes and trickle over the olive oil
- season with salt, the aleppo chilli and the za'atar
- bake the tomatoes for about 45 minutes, until the tomatoes are soft and juicy and the skin is browned in places
- while the tomatoes are baking (after about 20 minutes or so), drain the chickpeas, tip them into a saucepan and cover them with water
- bring the water to the boil, remove from the heat and set aside, without draining, until the tomatoes are ready
- to make the dressing, put the tahini in a mixing bowl and beat in the olive oil with a fork
- add the yoghurt, lemon juice, salt and pepper to taste, and mix well
- add about 3-4 tablesp of the chickpea water and mix well, until the dressing is creamy
- when the tomatoes are ready, remove from the oven
- drain the chickpeas, keeping back 2-3 tablesp of the cooking water
- tip the chickpeas and the water into a blender, add salt and pepper to taste and blend to a puree
- spoon the chickpea puree onto warmed serving dishes, as a layer
- put the tomatoes and their juices on top of the chickpea puree
- trickle the tahini dressing over them (you may not need all of the dressing)
- add a few coriander leaves on top of each plate (optional)
- serve. Serves 2

Note: Make sure you use tasty tomatoes. Cherry tomatoes can also be used. You may wish to use different coloured tomatoes, for effect.

Recipe by Nigel Slater

Quick bean and vegetable mix

Another quick meal, using store cupboard tins and spices

3 tablesp olive oil
½ a large onion, chopped
3 cloves garlic, crushed
200g (½ a tin) of chopped tomatoes
One small tin of sweetcorn, drained
100g baby spinach leaves
150g cooked cannellini beans
Salt to taste
½ teasp spicy smoked paprika
½ teasp turmeric
2-3 dried red chillies
Juice of half a lime

- heat the oil in a large frying pan, then fry the onion for 5 minutes over a medium heat until softened
- add the garlic and cook for a minute
- add the chopped tomatoes, sweetcorn, spinach, and beans and mix well
- add the salt, paprika, turmeric and chillies and mix well
- cook for a few minutes until well heated through
- add the lime juice just before serving
- serve, removing the chillies

Serves 2

Non-veggie version:

Add a small tin of tuna in olive oil along with the beans.

Butterbeans, piquillo peppers and spinach

added in 2025

1 tablesp olive oil
1 clove garlic, peeled and chopped
1 bay leaf
1 X 210g pack of tomate frito
100ml water
120g whole piquillo peppers, sliced into strips
½ teasp of dried oregano
1 teasp sweet smoked paprika
Black pepper to taste
250g (half a jar) of Judion large butter beans, drained
80g baby leaf spinach

- heat the oil in a saucepan and gently cook the garlic and bay leaf for 2 minutes
- add the tomate frito, water, piquillo peppers, oregano, paprika and black pepper and stir well
- heat until they begin to boil, turn down the heat and simmer for 5 minutes, stirring occasionally
- pour in the butter beans, stir well and simmer for a further 5 minutes
- add the spinach, and stir well for 2 minutes, until wilted
- serve

Serves 2. Serve on its own or with a side salad and bread to mop up the sauce.

Variation: Top with a sprinkling of toasted pine kernels

Based on a recipe by Sophie Rushton-Smith @thecornerplot.

Piquillo peppers, halloumi and mushroom couscous

2 tablesp olive oil

1-2 garlic cloves, crushed

140g mushrooms (whichever type you prefer), sliced

1 X 290g jar of piquillo peppers in brine

150g couscous

300ml boiled water

140g halloumi cheese, diced

A handful of fresh parsley and basil, finely chopped, except for a few leaves to use as a garnish

Salt and black pepper to taste

- Heat 1 tablesp of olive oil in a frying pan, add the garlic and cook for a minute
- Add the mushrooms and cook for 3-4 minutes
- Set aside and keep warm
- Meanwhile, pour the jar of piquillo peppers (do not drain) into a saucepan and heat gently for 4-5 minutes
- Meanwhile, place the couscous in a bowl, pour over the boiling water and leave for 5 minutes or so until the water is absorbed
- Add the remaining olive oil to the frying pan and fry the halloumi for 3 minutes, until lightly golden
- Stir the piquillo peppers into the couscous, add the chopped parsley and basil, season with salt and pepper and mix well
- Spoon the couscous on to serving plates
- Top with the fried mushrooms and halloumi, garnish with the remaining herbs and serve

Serves 2

Roughly based on a BBC Good Food Magazine recipe.

Roast vegetables and puy lentils

1 smallish aubergine (about 300g)
2 small red peppers (about 300g)
1 medium onion (80-100g), peeled and roughly chopped
3 garlic cloves
4 tablesp olive oil
½ teasp dried marjoram
½ teasp dried oregano
½ teasp salt or to taste
Juice of half a lemon
½ teasp chilli flakes
75g frozen peas
250g pack of pre-cooked puy lentils

- heat the oven to 180°C (gas mark 4)
- chop the aubergine and peppers into bite sized pieces, and place in a large bowl together with the onion
- roughly crush the whole, unpeeled garlic cloves and add to the bowl together with two tablesp of the oil, the marjoram, oregano and half of the salt
- mix everything well until the vegetables are coated with herby oil, then tip everything out into a roasting tray (don't wash up the bowl)
- roast the vegetables for 40 minutes, stirring once, halfway through
- meanwhile make a dressing in the bowl by adding the remaining two tablesp olive oil, the lemon juice and chilli flakes and mix well
- meanwhile defrost the peas in hot water, drain and keep warm, and heat the lentil in a little water until hot
- lift the roasted garlic cloves from the tray, squeeze out the flesh, roughly chop and stir into the dressing
- tip the lentils and peas into the bowl, add the roast vegetables and the remaining salt, toss well and serve.

Serves 2.

Notes:

- if you have ready-roasted garlic (see page 36) a spoonful (to taste) can be added at the end instead of roasting new cloves
- this dish can also be served cold as a salad, in which case there is no need to heat the lentils.

Based on a recipe by Meera Sodha

Noodles with spring greens and gochujang *added in 2024*

150g medium egg noodles
2-3 tablesp sunflower oil
6 small spring onions (or 4 larger ones)
3 cloves garlic, chopped
175g spring greens, stalks removed, chopped
1 tablesp gochujang
3 teasp dark soy sauce
Coriander leaves from 5 sprigs

- boil the egg noodles for 4 minutes, drain and set aside
- heat a wok over a high heat and add the oil
- as it starts to smoke add the chopped spring onions and garlic
- cook for 1-2 minutes, stirring constantly until they begin to soften and colour
- add the noodles and spring greens and stir for about 3 minutes
- stir in the gochujang, soy sauce and coriander leaves and cook for a further minute or so.
- serve. Serves 2.

Notes and variations:

- use either supermarket bought chopped and washed spring greens or fresh spring greens, washed
- the greens will still have some bite to them. If you wish them soft then part cook them separately first
- this is quite a dry dish. If you prefer it to be less dry add chopped tomatoes to taste, a minute or two after the noodles and spring greens.

Based on a recipe by Nigel Slater

(ii) Indian Vegetable Dishes

Basic vegetable curry

For curries made from any combination of the following vegetables from a single vegetable to a mixture of all of them, the instant curry paste (page 28), standard curry sauce (page 29) or a combination of the base curry sauce, garlic and ginger paste and Kashmiri paste (pages 31-34) can be used.

Cauliflower

Potatoes

Courgettes

Carrots

Green beans

Broad beans

Peas

Method (i)

- heat some oil in a saucepan
- gently fry some onions in the oil until soft (optional)
- add the curry sauce and cook for about 3 minutes
- then add the vegetables and any other sauce ingredients. (eg tomato sauce, chopped tomatoes, coconut milk)
- cook until the vegetables are ready and serve.

Method (ii)

- boil or steam the vegetables for 2 or 3 minutes (and drain if necessary)
- heat the sauce in a wok, add the semi-cooked vegetables, mix well and cook for a few minutes over a high heat, stirring, until the vegetables are ready.

Indian vegetable curry

200g karela
Cooking salt
4 tablesp sunflower oil
100g onion, finely chopped,
5cm piece of ginger, peeled and finely chopped
2 cloves garlic, crushed
1 teasp turmeric
1 teasp chilli powder
200g Okra, trimmed and sliced
200g aubergine (the small Asian kind), sliced and chopped
150g tinda, diced
Salt to taste
1 tablesp garam masala (see page 37)
300ml water

- Prepare the karela by scraping off the pointy bits, then halve lengthwise, remove the seeds, and chop into pieces 3cm long. Sprinkle generously with the cooking salt, leave for several hours if possible then rinse well
- blanch the karela in boiling water for two minutes, drain and set aside
- Heat the oil and fry the onion and ginger over a medium heat until the onion is soft and beginning to brown
- Add the garlic, turmeric and chilli powder to the onions and ginger and cook for 1-2 minutes
- Add the okra, aubergine, tinda and karela and salt and fry gently for about 10 minutes
- Add the water, cover and cook for a further 10 minutes or so until the vegetables are tender
- Sprinkle the garam masala over the curry and stir
- This should be fairly dry. If the sauce is too thin bring it to the boil and reduce it for a minute or two
- Serve. Serves 4.

Note: if you can't get hold of small aubergines use a large, peeled one.

Loosely based on a recipe in the Shish Mahal Cookbook

Dry vegetable curries

The following three dishes are dry dishes and need slightly different treatment. They are best served as a second curry, alongside a curry with more sauce.

(i) Sag Aloo (Spinach and potato curry)

250g spinach leaves
250g potatoes (peeled weight)
2 or 3 tablespoons sunflower oil or vegetable ghee
1 small onion, thinly sliced
1-2 cloves garlic, thinly sliced
½ teaspoon ground coriander
¼ teaspoon chilli powder
½ teaspoon paprika
½ teasp ground ginger
Salt and black pepper

- prepare the vegetables. Gently cook the spinach in very little water until it wilts, then drain. Peel and chop the potatoes into roughly 2cm cubes
- heat the oil, add the onion and garlic and cook gently for 2 minutes
- add the coriander, chilli, paprika and ginger and cook, stirring, for 1 minute
- then add the potatoes and spinach and season with salt and pepper
- simmer very slowly until the potatoes have softened, and the vegetables have absorbed the spice mixture
- this dish should be fairly dry, and relies on the water held by the spinach, but it may be necessary to add a little water

Serves 2

(ii) Carrot and cashew nut curry

100 ml sunflower oil (or 100g vegetable ghee)
300g carrots, cut lengthways into thick strips about 7cm long
1 medium onion, sliced (80-100g)
a 5cm piece of fresh ginger, cut into thin lengthways strips
1 teaspoon garam masala (see page 37)
1 Heaped teaspoon plain white flour
200g cashew nuts
200ml vegetable stock
Salt to taste
2 tomatoes, chopped coarsely
finely chopped parsley or caoriander leaves to garnish (optional)

- heat the oil or ghee and fry the onions and carrots for 2-3 minutes, until the onions have begun to soften
- add the ginger and garam masala and stir
- add the flour, stirring
- as the mixture thickens add the cashew nuts, stock and salt
- bring to the boil and simmer, covered, for about 8-10 minutes, until the carrots are soft enough to eat
- add the tomatoes, cook for 3 minutes
- serve (optional - garnished with parsley or coriander leaves)

Serves 2 as a main course, 4 with rice or more, as part of a thali.

Note: this should have a little, fairly thick sauce, but if there is too much or it is too thin, rapidly boil it to get rid of the excess liquid. If there is too little sauce add more stock along with the tomatoes

Closely based on a recipe by Khalid Aziz

(iii) Courgette and coconut curry

500g courgettes, sliced about 1cm thick (large courgettes should be sliced in half lengthways first)

3-4 tablespoons sunflower oil or vegetable ghee

1 medium onion, sliced

chilli powder to taste, from a pinch to a teaspoon

Salt to taste

½ teaspoon black pepper

2-3 heaped teaspoons desiccated coconut

A few chopped coriander leaves to garnish (optional)

- heat most of the oil in a frying pan, add the courgette slices and fry for about 6 minutes, turning once, until still firm but beginning to soften, then place them to one side (cook for longer if you prefer soft courgettes)
- Fry the onions in the remaining oil until soft
- add the chilli, salt and pepper, stir and cook for 2 minutes
- then add the courgette slices, tossing them until they are fully coated.
- sprinkle the desiccated coconut over the dish and cook for a further 30 seconds until everything is hot
- serve, garnished with the coriander leaves (optional)
- Serves 2 as a main course with rice, more as part of a thali.

Cauliflower curry

5 tablesp sunflower oil
1 teasp cumin seeds
½ teasp mustard seeds
1 large cauliflower (about 800g once leaves & stalk removed) cut into bite-sized florets
1 onion (about 100g peeled weight), finely sliced
4 cloves garlic, crushed
1 teasp ground ginger
2 teasp ground coriander
½ - 1 teasp chilli powder, to taste
½ teasp ground turmeric
3 red chillies (fresh or dried), sliced lengthways
400g ripe fresh tomatoes, chopped (or 1 X 400g tin chopped tomatoes)
2 tablesp tomato puree
1 teasp salt
1 tablesp dried fenugreek leaves
1 teasp garam masala (see page 37)
1 tablesp lime juice
Small bunch of fresh coriander, chopped

- heat 3 tablesp of the oil in a large saucepan
- once hot add the cumin and mustard seeds and cook for a few seconds until they pop
- add the cauliflower florets, and fry for a few minutes, until they have begun to brown. Remove and set aside.
- Turn the heat down lower, add the remaining 2 tablesp of oil (if the cauliflower has soaked up the original oil), then add the onions and cook until soft
- Add the garlic and cook for a couple of minutes, stirring
- Add the ginger, coriander, chilli, turmeric, fresh chillies, and stir
- Add the tomatoes and puree, mix well and cook for about 5 minutes, stirring from time to time
- Return the cauliflower to the pan, along with a teasp of salt. Bring to a simmer, cover and cook for about 10 minutes or until the cauliflower is tender
- This is a fairly dry curry but at this stage, if you would prefer more sauce, add some water, to taste, and mix well
- Check the seasoning and adjust the spices or salt to taste
- Once the cauliflower is tender, stir in the fenugreek leaves and garam masala, remove from the heat and leave for a couple of minutes
- Stir in the lime juice and fresh coriander and serve
- Serves 3 as a main course, more as a side dish

Punjabi Tinda Masala

2 tablesp vegetable ghee (or sunflower oil)
1 teasp cumin seeds
1 medium onion, finely chopped (about 100g peeled weight)
4 cloves garlic, finely sliced
½ teasp ground ginger
½ teasp turmeric powder
½ teasp chilli powder
1 teasp ground cumin
1 teasp ground coriander
2 X 400g tins tinda
1 X 400g tin chopped tomatoes
Salt to taste
Juice of one lemon
½ teasp garam masala
3 tablesp chopped fresh coriander
A few thin strips of ginger (optional)

- Heat the ghee in a large frying pan until hot
- Add the cumin seeds and stir for about 30 seconds
- Add the onion and fry over a medium heat until soft
- Add the garlic and cook for a minute
- Add the ginger, turmeric, chilli powder, cumin and coriander and fry, stirring, for 2 minutes (add a little water if they threaten to stick to the pan)
- add the tinda and chopped tomatoes and a little water
- bring to a simmer, cover and cook for 4-5 minutes, adding more water if necessary
- add salt, lemon juice and garam masala, stir well and serve
- serve, garnished with the fresh coriander and ginger strips

Serves 2 as a main course with rice, or up to 4 as a side dish or part of a thali.

Based on a recipe by The Curry Guy

Sweet potato and spinach curry

500g (peeled weight) sweet potato, peeled or scraped and chopped into bite sized pieces

3 tablesp sunflower or olive oil

1 large onion, sliced, (about 150g)

4 cloves garlic, crushed

Instant curry paste, made with a little added water (see page 28)

200g baby spinach leaves

100ml boiled water

Salt to taste

1 teasp garam masala (see page 37)

1 tablesp lime juice

- Add the sweet potato to a large pan of water, bring to the boil, simmer for 5 minutes, drain and set aside
- Meanwhile in a separate pan, fry the onions in the oil for about 7-8 minutes until soft
- Add the garlic and cook for a minute
- Add the curry paste and cook for a minute
- Add the spinach and cook, stirring, until the spinach has wilted
- Add the sweet potatoes, 100ml water and salt to taste and cook for a few minutes (if it looks dry add more water)
- Add the garam masala, lime juice and stir well
- Cook for a further 1 – 2 minutes and serve
Serves 2 as a main course, 4 as a side dish

Notes:

- This dish benefits from setting aside to allow the flavours to mingle and develop. If you have time, leave for a while before reheating and adding the lime juice and garam masala.
- Sweet potatoes soften much quicker than potatoes. Be careful not to parboil them for too long. The trick is to end up with chunks which are fairly soft but not disintegrating into mush.
- You can use your own shortcuts such as shop bought curry paste/sauce and frozen spinach

Original idea from David Webster

Spiced potatoes

500g potatoes, peeled and chopped into bite-sized pieces

2 tablesp sunflower oil

1 tablesp black mustard seeds

A pinch of fenugreek leaves

A knob of fresh ginger, peeled and chopped

3-4 cloves garlic, crushed

½ teasp chilli powder (or more, to taste)

1 teasp turmeric

1 teasp asafoteida

2 tablesp water

2 tablesp lemon juice

Salt and black pepper, to taste

Chopped coriander leaves to garnish (optional)

- parboil the potatoes in a pan for 10 minutes, drain, and set aside
- meanwhile, heat the oil in a large frying pan and add the mustard seeds
- cook over a fairly high heat until they pop
- turn down the heat then add the fenugreek leaves, ginger and garlic, and cook for a couple of minutes, stirring and taking care that the garlic doesn't burn
- add the chilli powder, turmeric, asafoteida and the water and cook for a minute or so, stirring
- add the potatoes and toss gently to ensure that they are coated with the spices
- add the lemon juice and mix
- taste, and add salt and pepper to taste
- cook for a minute or so, until the potatoes are heated through
- serve, garnished with coriander, if using

Serves 1 or 2 as a main course, up to 4 as a side dish

From a conversation with Michael Boaler and loosely based on a recipe by Veena Azmanov.

Saag Aloo *added in 2025*

2 tablesp ghee
1 medium onion, very finely chopped
2-3 cloves garlic, finely chopped
1 tablesp fresh ginger, chopped
500g (peeled weight) potatoes, peeled and diced into small bite-sized pieces
½ teasp black mustard seeds
½ teasp cumin seeds
½ teasp chilli (or to taste)
½ teasp turmeric
Salt to taste
Water
250g tinned spinach puree

- melt the ghee in a large pan, add the onion, garlic and ginger and cook over a medium heat for about 3 minutes
- add the potatoes, mustard seeds, cumin seeds, chilli, turmeric and salt, mix well, and cook, stirring, for 4-5 minutes
- add 100ml water, bring to the boil, cover and simmer for 10-15 minutes, until the potatoes are soft
- add the spinach puree, mix well, and heat through for about 5 minutes. If the mixture begins to stick to the pan add a little more boiling water
- serve. Serves 2 as a main course, 4 as a side dish

Based roughly on a recipe by Sara Brumfeld at bbcgoodfood.com

Aloo methi (potatoes with fenugreek) *added in 2025*

300g (peeled weight) potatoes
2 tablesp sunflower oil or ghee
1 teasp cumin seeds
1 small to medium onion, chopped
1½ tablesp kasuri methi (dried fenugreek leaves)
½ teasp chilli powder
½ teasp coriander powder
Pinch of turmeric powder
Salt to taste

- Peel the potatoes and chop into bite sized pieces
- Boil for about 15 minutes (they shouldn't be soft), drain and set aside
- Heat the oil in a frying pan and add the cumin seeds
- Once they begin to splutter add the onions and fry for about 5 minutes until they soften
- Add the fenugreek/methi, chilli, coriander, turmeric and salt, mix well and fry for 2 minutes
- Add the potatoes and mix well
- Fry for about 5 minutes until the potatoes have begun to brown
- Serve

Serves 1 as a main course, 2 or more as a side dish

Note:

The amount of cumin seeds, chilli, coriander and turmeric can be varied according to taste. However, the fenugreek/methi should be the dominant flavour

Based loosely on a recipe by Sandhya Ramakrishnan at www.mycookingjourney.com

Aloo chat

200g chick peas (or 1 X 400g tin chick peas)

500g new potatoes

1 teasp cumin

1 teasp ground black pepper

Salt to taste

½ teasp dried mint

½ teasp chilli powder

½ teasp ground ginger

1 tablesp lemon juice

120g natural yoghurt

2 crisp fresh poppadoms or 5 crisp pani puri

- if using dried chick peas, soak them overnight in cold water, drain, and boil in plenty of water for about 1 hour until tender
- boil the potatoes for about 15 minutes, drain and cut into 2cm dice,
- meanwhile, if using tinned chick peas, heat them then drain
- in a bowl mix the potatoes with the chick peas, while still hot or warm
- mix the cumin, salt, pepper, mint, chilli powder, and ginger
- put a small dry frying pan on a low heat and add the spice mix. Stir until fragrant then immediately remove from the heat
- stir half of the spice mix into the potato / chick pea mix and half into the natural yoghurt
- add the lemon juice to the potato / chick pea mix and stir
- break the poppadoms / pani puri into small pieces, and stir most of them into the potato/ chick pea mix
- spoon the spiced yoghurt over the potato/chick pea mix and garnish with the remaining poppadum/*pani puri* pieces
- serve. This dish can be served and eaten hot, warm or cold

Variations:

- garnish with fresh coriander
- chop the cooked potatoes into small dice (about 0.5cm), if being eaten with chapattis or dosas
- serve with more yoghurt or cucumber raita (see page 70) on the side, to counteract the spiciness of the dish

Aubergine curry (Brinjal bhaji)

2 large aubergines (about 600g)
2 tablesp sunflower oil
1 onion, finely chopped (about 100g peeled weight)
1 teasp mustard seeds (optional)
2 cloves garlic, crushed
1 teasp ground cumin
1 teasp ground coriander
½ teasp chilli powder
2 tablesp tomato puree
Salt to taste
100ml water
½ teasp garam masala (see recipe on page 37)
1 tablesp lemon juice
A few tablesp of chopped fresh coriander

- pre-heat the oven to 200°C, gas mark 6
- chop the aubergines into bite sized pieces, place on a baking tray covered with baking paper, add 1 tablesp of the oil and mix
- roast them in the oven for 20-25 minutes, by which time the aubergines will have softened
- meanwhile, heat the remaining tablesp of oil in a frying pan over a medium heat, add the onion and cook until they start to soften
- If using, add the mustard seeds and cook until they pop
- Add the garlic, cumin, coriander, chilli powder, tomato puree and a little salt and cook for 1-2 minutes, stirring to mix well
- Add the roasted aubergine chunks and the water and stir well
- Bring to a simmer, cover and cook for 10 minutes, stirring occasionally
- Add the garam masala, lemon juice and fresh coriander, stir and cook for a minute
- Check the seasoning and adjust if necessary
- Serve

Serves 2 as a main course with naan bread, or 4 as a side dish with other curries

Based recipes by veganpunks.com and Khalid Aziz

Dosas (Indian pancakes)

For the filling:

Vegetable samosa filling – see page 102

For the batter:

100g gram flour

100g white flour

½ teasp bicarbonate of soda

2 teasp mustard seeds

Salt to taste

300ml water

Olive oil

- [make the vegetable samosa filling, and keep the mixture warm](#)
- for the batter, mix well the gram flour, white flour, bicarbonate of soda, mustard seeds and salt in a bowl
- [gradually add enough water \(about 300ml\) to make a loose batter](#)
- add a little oil to a non-stick pancake pan, ensuring that the oil has covered the pan by wiping it around the pan with kitchen paper, and heat it over a fairly high heat
- [add a few spoonfuls of the batter mix to the pan, moving it around so that the batter spreads out to cover the pan](#)
- as soon as there are lots of bubbles on the top add a few tablesp of samosa filling and spread thinly across the middle of the dosa.
- [After a short while roll up both sides of the dosa batter over the samosa filling and serve](#)
- Keep warm and repeat to make further dosas.

Notes:

- Makes 6-8 dosas.
- [Serve 1 dosa per person as a starter or 2 as a main course](#)
- Serve with any combination of cucumber raita (see page 69), plain yoghurt, hot mixed pickle, mango pickle, tamarind sauce or coconut chutney (see page 44).

The batter is based on a recipe at jamieoliver.com

(iii) quiches, flans and tarts

Shortcrust pastry case

Method 1 (do it yourself)

250g plain white flour (or 125g white flour and 125g wholemeal flour)

salt to taste

125g unsalted butter (at room temperature)

A few tablesp water to mix

- sift the flour (if necessary) into a baking bowl, add the salt, and mix
- add the butter in pieces and rub into the flour until the mixture resembles fine breadcrumbs
- add in the water gradually and mix well until all of the mixture can be formed into a ball
- wrap in foil and chill in the fridge for at least 30 minutes
- using a rolling pin, roll out the dough on a floured surface and use to line a quiche/flan dish. This quantity will roll out to fill a 25-28cm dish
- if making smaller or individual flans or tarts, break the ball into several smaller balls, roll out and use to line the smaller dishes
- **either** bake blind **or** chill in the fridge for 15minutes, and it's ready to use in recipes.

Baking blind

This avoids the risk of a soggy pastry base and is recommended if you have the time.

- preheat the oven to 170°C / gas mark 4
- prepare the pastry case as above and roll out into the flan dish
- line the pastry case with greaseproof paper or foil
- fill the case with ceramic baking beans – these help spread the heat evenly
- bake the case in the centre of the oven for 15 minutes, then remove from the oven, remove the baking beans and greaseproof paper/foil, and it's ready to use in recipes.

Method 2 (the easy way)

- Buy readymade shortcrust pastry and follow the instructions on the packet.

Cheese and courgette quiche

2 tablesp olive oil
1 medium onion, sliced
500g courgettes, sliced
1 shortcrust pastry quiche/flan case (see previous page)
3 eggs
150ml milk
Salt and black pepper
150g mature cheddar cheese, grated

- heat the oil in a frying pan, and gently fry the onions until soft
- add the courgettes and continue cooking for about 10 minutes, until they are coloured but not burnt, and not too soft
- meanwhile preheat the oven to 190°C/gas mark 5
- remove the courgettes and onions from the pan with a slotted spoon, and place in the shortcrust pastry case
- beat the 3 eggs with the milk, then pour into the pastry case
- season with salt and pepper and sprinkle with the grated cheese
- bake in the oven for about 30-40 minutes, until the filling is set, and the pastry is golden
- remove from the oven and leave to rest for 8-10 minutes before serving

VARIATION:

Sliced mushrooms can be used instead of, or as well as courgettes in this recipe. The mushrooms can be added raw or very lightly fried.

Broccoli and blue cheese tart

400g broccoli

1 shortcrust pastry quiche/flan case (see page 259)

6 medium eggs

250g mascarpone cheese

150g blue cheese (see note)

Salt and black pepper to taste

- preheat the oven to 220°C
- meanwhile separate the broccoli into florets, bring a pan of water to the boil, add the broccoli, boil for 2-3 minutes and drain well
- arrange over the pastry base
- beat the eggs, mascarpone and blue cheese together in a bowl with a hand blender
- add salt and pepper to taste
- pour the mixture over the broccoli and into the gaps
- cover loosely with foil or baking parchment (this is to prevent the broccoli tips from burning)
- bake in the oven for 25-30 minutes until set
- serve when cool enough to slice

This quantity makes up to 8 slices.

Note:

The original recipe used dolcelatte blue cheese. As an alternative, also with a fairly mild flavour, cambozola can be used. If you wish a stronger flavour you can use gorgonzola.

Closely based on a recipe in the New Cranks Recipe book

NOTE:

For fish-based tart and quiche recipes see pages 135, 348, 349 and 350

(iv) rice (and barley) dishes

Cheat's vegetarian paella *amended in 2025*

2 tablesp extra virgin olive oil
1 medium onion, finely chopped (about 100g peeled weight)
100g green pepper, finely chopped
2 cloves garlic, crushed or chopped (more, if preferred)
100-150g cooked chickpeas, from a tin or jar, drained
100g baby spinach leaves, roughly chopped
100g Arborio risotto rice
1 litre hot vegetable stock
A pinch of saffron threads, soaked in a little water
1 teasp of smoked paprika (sweet or spicy, to taste)
Salt and pepper to taste, if necessary

- fry the onion and green pepper in the oil over a medium heat for a few minutes until soft
- add the crushed garlic, and cook for a minute,
- add the chickpeas, stir and cook for 2 minutes
- add the spinach leaves and cook until wilted
- add the rice, and stir
- turn the heat down low and add about 300ml of hot stock, and simmer
- add the saffron and paprika, stir well, and continue to simmer
- keep adding more stock bit by bit every few minutes, whenever the mixture is about to boil dry, until the rice is cooked and the dish is a deep yellow colour. You may not need to use the whole litre of stock
- season with salt and pepper if necessary – this will depend on the saltiness of the stock and the strength of the paprika
- serve. Serves 2

NOTES AND VARIATIONS ON NEXT PAGE

CHEAT'S VEGETARIAN PAELLA – CONTINUED FROM PREVIOUS PAGE

Notes and variations: There are plenty of options. Here are a few – be creative

- long grain or basmati rice can be used instead of risotto rice, but will take longer to cook,
- Spanish shops sell '*paellero*' sachets of paella spice blend. Part of a sachet can be used in place of the saffron and paprika. A sachet is enough for up to six portions
- A pinch of turmeric can be used in place of the saffron
- Drained cannellini or haricot beans can be used instead of chickpeas
- Swiss chard, roughly chopped, can be used in place of spinach
- Other options for inclusion are piquillo peppers from a jar, drained and chopped and artichoke hearts from a jar, drained. Add the artichokes towards the end of cooking time to avoid them disintegrating
- Small frozen vegetables such as peas, sweetcorn or broad beans , or packets of mixed frozen vegetables can be added, in which case the green pepper and spinach are optional.
- **Non-vegetarian version:** Add 100g finely chopped chorizo, after the onion and green pepper and before the garlic, and cook for a few minutes.

Spinach and chickpeas with rice

This is similar to the 'paella' on the previous page, but with the rice cooked separately. It is much more liquid and is a rich red colour.

125g basmati rice
3 tablespoons olive oil
1 small onion, finely chopped
1-2 cloves garlic, crushed
½-1 tin chickpeas, drained
250g spinach leaves
½ litre hot vegetable stock
2 tablesp tomato puree
A pinch of turmeric or *paellera* coloring
1 teasp smoked *pimentón* (paprika) - hot or sweet to taste
Salt and pepper to taste

- boil the rice as normal, in a separate saucepan
- meanwhile, in a saucepan, fry the onion in the olive oil until soft
- add the garlic and cook on a low heat for a few seconds
- add the chickpeas and spinach and cook till it wilts
- mix the stock with the tomato puree, turmeric and paprika and add to the pan
- bring to the boil, then simmer for a few minutes, until the liquid is slightly reduced (this should be quite a liquid dish)
- add salt and pepper to taste
- serve on a bed of rice

Variation:

- This works well with fish – add a tin of tuna steak (try to keep in largish chunks) or chunks of fresh cod to the mixture.

Rice with coriander and mint

225g basmati rice
½ teasp saffron threads
120ml sunflower oil
A 5cm stick of cinnamon
4 cloves
A 7cm piece of fresh ginger, peeled and chopped finely
300g natural yoghurt
1 medium onion, chopped
2 tablesp chopped coriander leaves
2 tablesp chopped mint
Salt and black pepper to taste

- cover the rice with water in a heavy saucepan, add the saffron threads and bring to the boil
- boil for about 8-10 minutes (i.e. before the rice is fully cooked), remove from the heat and drain off the water
- meanwhile heat the oil in a large saucepan until hot, reduce the heat and throw in the cinnamon and cloves. Cook on a low heat for about a minute
- add the ginger and stir in well
- add the semi-cooked rice and stir in well, ensuring that the grains are well coated with the mixture
- pour in the yoghurt and mix in well (NB the heat must be low enough that the yoghurt does not separate)
- add the coriander, mint, onion, salt and pepper to the pan
- cover the saucepan with a tight lid, increase the heat slightly, shaking constantly
- as soon as the excess liquid is absorbed and the rice is cooked, the dish is ready to serve
- this can be used as an accompaniment to curries, it is best served in a separate bowl, to get the full flavour of the rice.

Alternatives:

- ½ teasp ground turmeric can be used if no saffron is available
- the fresh ginger can be replaced by ½teasp of ground ginger.
- fresh coriander is essential, and fresh mint much preferable but ½-1 teasp of dried mint can be used at a push

Based on a recipe by Khalid Aziz

Kimchi fried rice

1 tablesp sunflower oil
1 215g jar of Korean kimchi (fermented cabbage)
Kimchi juice from the kimchi jar
1 tablesp gochujang chilli paste
2 teasp soy sauce
300g (cooked weight) cooked short-grain white rice
2 teasp roasted seame seed oil
2-3 spring onions, finely chopped
1-2 teasp toasted seame seeds
1-2 tablesp of roasted crispy seaweed

- heat the oil in a wok over a high heat
- if necessary, chop the kimchi into bit size pieces
- add the kimchi (NOT the juice) and stir-fry for 3 minutes, stirring constantly
- in a bowl mix the kimchi juice, gochujang paste and soy sauce, then add them to the wok
- add the cooked rice and mix everything together until well combined
- reduce the heat to medium-low and cook for another couple of minutes, stirring, until the rice has absorbed all the flavours
- stir in the sesame oil and remove from the heat
- to serve mix most of the spring onions into the rice then plate up, with the remaining spring onions, sesame seeds and seaweed scattered over the top

Serves 2-3

Variations:

- the original recipe suggested adding a fried egg on top of the rice before scattering the garnish, but it didn't seem necessary to me
- add 200g of chopped mix vegetables after the kimchi and stir-fry

Notes:

- this tastes much better than it sounds
- this is an ideal use for leftover boiled rice
- like any other stir-fry make sure everything is prepared beforehand, due to the short cooking time and constant stirring.
- supermarkets sell 'roasted crispy seaweed' which is usually kale. Alternatively buy some kelp from Chinese supermarkets, soak, cut into small pieces, roast in the oven on a baking tray until crisp, then chop finely.

Closely based on a recipe by Jordan Bourke and Regina Pyo.

Leek, spinach and gorgonzola risotto

1 large leek
1 tablesp olive oil
1 small knob of butter
2 cloves of garlic, crushed
200g Arborio risotto rice
1 litre of vegetable stock
120g baby spinach leaves, washed, drained and roughly chopped
80g gorgonzola picante
Salt and pepper to taste

- top and tail the leek, remove the outer layer, wash carefully, then finely slice to produce about 130-150g of sliced leek
- heat the oil and butter over a medium heat in a large, heavy pan, add the leeks and slowly cook them for about 10 minutes until they are soft and sweet
- add the garlic and cook for another 5 minutes, stirring as necessary
- meanwhile, in a separate pan, bring the vegetable stock to the boil and keep on a simmering heat
- add the risotto rice to the leeks and stir well to coat the rice in the oil
- add a small ladleful of stock to the rice pan and stir well over a fairly low heat until all the liquid is absorbed
- repeat several times with further small ladlefuls until the rice is *al dente* ie firm with a little bite. (You may or may not have to use all the stock to reach this stage)
- when the rice is cooked turn down the heat to very low, add the spinach leaves to the top of the dish, cover the pan and let the spinach wilt for a few minutes
- meanwhile crumble the gorgonzola, then add to the pan together with salt and pepper to taste
- stir the spinach and gorgonzola through the rice and keep stirring until the cheese has melted
- mix well, adjust the seasoning to taste and serve.

Serves 2 (large portions)

Variations:

- you can use sweet gorgonzola (gorgonzola dolce) rather than spicy (gorgonzola picante) if you prefer
- this method can be used for umpteen variations on risotto. Possible additions include wild mushrooms, sweetcorn or lightly toasted pine nuts.

Based on a recipe at www.thegreenroomrecipes.wordpress.com

Spring vegetable risotto

1 litre vegetable stock
4 tablesp olive oil
3 spring onions, sliced (both green and white bits)
Salt to taste
100g small or baby courgettes, sliced (and halved if necessary)
150g peas (fresh or frozen)
30g unsalted butter
175g risotto rice
1 small glass of white wine
30g parmesan cheese, grated
1 heaped teasp chopped fresh herbs (or ½tesp dried mixed herbs)
Lemon juice to taste

- prepare the stock from cubes, stockpots or from fresh veg, heat and place in a jug
- heat 2 tablesp olive oil in a pan, add ¾ of the spring onions and cook for a couple of minutes
- add salt to taste, the courgettes and the peas, stir for 2 minutes then add 200ml of the warm stock
- simmer for a few minutes until the vegetables are soft, with only a little liquid left, then set aside and keep warm
- meanwhile, in another pan, heat the remaining 2 tablesp olive oil and 15g of the butter until the butter foams
- add the remaining spring onion and fry over a medium heat for a minute or so
- add the rice and stir well until heated through and every grain is coated with the oil/butter mix
- add the wine, which should sizzle as it hits the pan, then stir until it has been absorbed
- add the remaining stock about 200ml at a time, stirring until it is absorbed before adding the next.
- this process will take about 15 minutes
- with the final ladleful of stock add the cooked vegetables and cook for about 3-4 minutes until the liquid is absorbed
- turn off the heat, add the remaining butter, the parmesan and the herbs and a few drops of lemon juice
- cover the pan with a lid, wait for one minute, uncover and stir vigorously
- taste, add salt if necessary and serve

Serves 2

From a recipe by Rachel Roddy.

Barley risotto with marinated feta

200g pearl barley
30g butter
6 tablesp olive oil
2 celery stalks, sliced and chopped
½medium onion, finely chopped
4 garlic cloves, chopped
Pinch of dried thyme, or 4 sprigs fresh thyme
½teasp smoked *pimentón* (paprika) - sweet or spicy, to taste
1 bay leaf
A pinch of chilli flakes
Juice of half a lemon
400g tin of chopped tomatoes
700ml vegetable stock
300ml *passata* or *tomate frito*
½ tablesp salt
1 tablesp caraway seeds
300g feta, roughly cubed
A pinch of dried oregano

- [rinse the barley with cold water and drain](#)
- melt the butter and 3 tablesp of olive oil in a large frying pan and cook the celery, onions and garlic over a gentle heat for 5 minutes or until soft
- [add the barley, thyme, paprika, bay leaf, chilli flakes, lemon juice, tomatoes, stock, passata and salt and stir to combine](#)
- bring the mixture to a boil, then reduce to a very gentle simmer and cook for 45-60 minutes, until the barley is tender and most of the liquid is absorbed
- [stir regularly and take care, particularly towards the end of the cooking time that the risotto does not catch and stick on the bottom of the pan](#)
- meanwhile, toast the caraway seeds in a dry pan for 2-3 minutes
- [then lightly crush them so some whole seeds remain](#)
- in a bowl mix the caraway seeds and 3 tablesp olive oil with the feta cheese
- [when the risotto is ready check the seasoning and serve](#)
- top each plateful with some of the marinated feta and sprinkle it with a little oregano.

Serves 4

Alternative:

An alternative to the marinated feta is to top each bowl with a dollop of hummus (see page 72) and surround it with some chopped fresh basil leaves.

Closely based on a Yotam Ottolenghi recipe

(v) pulses, (lentils and beans), nuts and tofu

Sag Dhal

2-3 tablespoons sunflower oil

1 medium onion, sliced thinly

1 clove garlic, sliced thinly

1-2 teaspoons ground coriander

1-2 teaspoons ground cumin

1-2 teaspoons ground turmeric

½ - 1 teasp chilli powder

4 black cardamoms (or more to taste)

4 cloves

A 5cm stick of cinnamon

225g red lentils, washed well

500ml (or more if necessary) hot water or vegetable stock

salt

200g packet of washed baby leaf spinach

1-2 tablespoons tomato puree

- heat the oil in a large frying pan
- add the onion and fry for a few minutes
- when it softens, add the garlic (taking care that it does not burn), the coriander, cumin, turmeric and chilli powder, mixing in well
- carefully add a little water if necessary, to prevent the spices and garlic from burning
- then add the cardamoms, cloves and cinnamon and stir
- add the lentils and 250ml water or stock and stir rapidly to ensure the spices mix in well
- continue to cook, at a low heat, and add salt to taste
- add the spinach bit by bit (the leaves will shrivel leaving room to add more)
- then stir in the tomato puree
- continue to cook until the lentils have begun to soften – with a little bite remaining but not hard (Some people may prefer fully soft lentils)
- during this time add more water as necessary to prevent the dish sticking to the pan. The final consistency should be that of a very thick lentil soup.
- serve, taking care not to eat the cardamoms, cloves or cinnamon.

Variation:

Green lentils can be used instead of red, but they should be pre-soaked for several hours or overnight.

Notes and more dahl recipes on next page

Sag Dahl (continued)

Notes:

- The amount of spices can be varied to taste. Plain yoghurt can be added at the end if the dish is too spicy, or provide a side dish of plain yoghurt or cucumber raita (see recipe on page 70). If someone likes it stronger than others add a pinch of chilli flakes to their plate.
- finely chopped root ginger can be added with the garlic
- fresh coriander can be added as a garnish
- Make plenty. Like a good soup, this dish can be reheated and served the following day, when the flavours will have deepened. Liven up reheated dahl by mixing in the juice of half a lemon.

Plain dahl

A simpler dish, prepared as above, but omitting the spinach and tomato puree

Even plainer dahl

Omit the cardamoms, cloves and cinnamon also

Masoor dahl

Plain dahl (see above)

100g desiccated coconut

125ml water

2 tomatoes

- make the plain dahl as above
- blend the desiccated coconut with the water until fairly smooth and add to the dahl. Bring back to simmering.
- chop the tomatoes into quarters and add to the dahl just before serving.

Variation:

Replace the desiccated coconut and water with 100ml coconut milk. A little desiccated coconut can be added to the mixture if you like the texture.

Masoor dahl based on a recipe by Khalid Aziz

Coconut and lime dahl

140g red lentils
1 level teasp ground turmeric
1 X 400ml tin coconut milk
80g desiccated coconut
200ml boiling water
1 clove garlic, sliced
Salt to taste
1 medium onion, thinly sliced (about 60g peeled weight)
1 teasp ground cumin
1 tablesp olive oil
100g baby leaf spinach, roughly chopped
Zest and juice of 2 limes plus lime wedges to serve

- pre-heat the oven to 180°C fan / gas mark 6
- add the lentils, turmeric, coconut milk, desiccated coconut, boiling water, garlic and salt to a small roasting tin, lidded casserole dish or cazuela and mix well
- mix the onions, cumin and oil in a small bowl then scatter them over the lentil mix
- cover tightly with foil or a lid. Transfer to the oven and cook for 45 minutes to an hour
- remove from the oven and stir through the baby leaf spinach until it has just wilted. This will also stir the onions through the mix
- stir in the lime zest and juice, adjust the salt if necessary and serve. Serve with lime wedges to squeeze.

Serves 2

Notes:

- if you have fresh coconut, grate it and use instead of desiccated coconut
- if you have time, soak the lentils for a few hours then drain. This should reduce the cooking time, as will preheating the roasting tin or casserole dish in the oven
- serve with naan bread or chapatis
- this is not meant to be a spicy dish but feel free to add a few chilli flakes if you wish

Based on a recipe by Rukmini Iyer.

Tarka Dahl

This is a mild dahl in which the aromatic spice mixture is poured over cooked lentils.

250g red lentils, rinsed

3 tablesp ghee (or a mixture of sunflower oil and butter)

4 black cardamoms

1 teasp cumin seeds

1 cinnamon stick

1 medium onion, finely sliced

4 garlic cloves, finely chopped

2 tablesp aromatic garam masala (see page 37)

½ teasp ground turmeric

Salt and freshly ground black pepper

- put the lentils into a pan and pour over about 500ml water
- simmer over a medium heat for about 20-25 minutes until tender, removing any foam that forms on top. A little more water may have to be added from time to time if the lentils are beginning to stick to the pan.
- meanwhile, in a frying pan, melt the ghee and add the cardamoms, cumin seeds and cinnamon stick. Stir well so that the ghee soaks up the flavor of the spices
- add the onion and fry for about 5 minutes until light brown
- add the garlic, garam masala and turmeric and sizzle until the garlic is soft
- season the cooked lentils with salt and pepper, then pour the ghee mixture over the lentils to serve (removing the cardamoms and cinnamon stick)

For a spicy version use spicy garam masala (see page 37) or simply add chilli powder to taste with the turmeric

Closely based on a recipe by Dan Toombs.

Lentil and rice cakes

This is an easy way to use up leftover dahl (from the previous recipes) and boiled rice

Leftover dahl

Leftover boiled rice

1 beaten egg (optional)

Flour

Sunflower oil for frying

- simply mix the dahl and rice together well
- depending on the consistency of the leftovers you may need to add beaten egg and/or flour to bind the mixture together
- form the mixture into balls or patties with your hands and leave in fridge for a couple of hours
- on a floured board roll the balls / patties in flour
- heat the oil in a frying pan and fry the patties / balls for a few minutes, turning at least once
- serve with a side salad, chutneys, yoghurt, and/or cucumber raita (see page 70) as you prefer.

Dahl with eggs

Eggs can be added to any of the above dahl recipes as follows. There are two options. Add one large egg per person to the recipe.

(i) boiled eggs

- while the dahl is cooking hard boil (about 10 mins) one egg per person.
- cool the eggs under cold water, then peel
- halve each egg, lengthwise
- add the eggs yolk-down to the dahl for the final five minutes of cooking – enough time for them to heat through
- if the dahl is sufficiently liquid spoon some of the dahl over the eggs so that they take on the colour of the sauce
- take care when serving that the egg halves remain in one piece

(ii) baked eggs

- 5-7 minutes before the dahl is ready to serve, make wells in the dahl, and crack an egg into each well
- if the dahl is quite liquid and runny you can make the wells by using a pastry/cookie/scone cutter to create the space, crack the egg into it, then remove the pastry cutter.
- cover the pan and continue to cook
- the eggs are ready when the whites are firm and the yolks are still runny (about 5-7 minutes)

Gobi Dahl (lentils with cauliflower)

225g red lentils, washed well
1 small cauliflower, cut into small florets
2 medium onions, finely chopped
120ml cooking oil
½ - 1 teaspoon chilli powder
1 teasp ground black pepper
½ tablesp ground cumin
½ tablesp ground coriander
1 heaped teaspoon ground turmeric
½ lemon
500ml vegetable stock
50g desiccated coconut
½ tablesp flour
Salt to taste
100g cashew nuts

- heat the oil in a large saucepan add fry the onions
- as they soften add the chilli, pepper, cumin, coriander and turmeric
- stir in well and cook for 30 seconds
- add the lentils, and stir well to coat each grain
- squeeze in the lemon juice
- add the cauliflower florets, vegetable stock and desiccated coconut
- bring to the boil and simmer for about 10-15 minutes
- mix the flour with some of the liquid from the saucepan to form a smooth paste and pour into the saucepan
- add the salt and cashew nuts
- cook for a few more minutes until the lentils have formed a thick sauce, and serve

Khalid Aziz

Mother India's Chana Daal

100g chana daal (split yellow gram / chickpea lentils)

1 teasp salt

¼ - ½ teasp chilli powder

½ teasp ground turmeric

1 tablesp sunflower oil

60g onions, sliced

3 cloves garlic, sliced

1 green chilli, sliced lengthways (optional)

15g butter

½ teasp ground cumin

4 cloves

1 small cinnamon stick

¼ of a 400g tin of chopped tomatoes

A few coriander leaves to garnish, roughly chopped

Freshly ground black pepper, to taste

- soak the chana daal in lukewarm water for 1 hour, then wash it in cold water and drain
- fill a medium pan with 600ml water, add the chana daal, bring to the boil and skim off any froth that gathers on the surface
- add the salt, chilli powder and turmeric, reduce the heat and simmer for 25 minutes, or until the daal is cooked through
- meanwhile, in another pan, heat the sunflower oil and add the onion.
- cook gently for 8 minutes, then add the garlic, green chilli if using and butter
- after another 3 minutes remove about a quarter of the onion mixture and reserve it for garnish
- add the cumin, cloves and cinnamon stick to the pan, stir thoroughly and cook for a further 2 minutes
- add the tomatoes and cook for a further 2 minutes
- add the contents of this pan to the pan of daal
- cook, stirring for a final 10 minutes (until the daal lentils are soft to the touch)
- add the coriander leaves, season with the black pepper, garnish with the reserved onion and serve

Serves 1 as a large portion, 2 with salad, rice or chapatis and more as part of a thali of dishes.

Seafood version – Chana Daal with Scallops:

Mother India's serves this dish with scallops. Heat two tablesp of olive oil, when hot add the scallops, sear for 30 seconds on one side and 20 seconds on the other. Serve the scallops on the chana daal and garnish with the reserved onion.

Recipe from Mother India at Home by Monir Mohammed and Martin Gray, the cookbook from Mother India's restaurant and café, Glasgow.

Channa dahl 2

A second recipe for Channa Dahl with a different combination of spices...which I've also tried and it works

250g channa dahl (split chickpeas)
½ teasp ground turmeric
Salt to taste
2 tablesp sunflower oil
1 teasp black mustard seeds
2 medium onions (preferably red), very finely chopped
3 cloves garlic, crushed
1 large tomato, finely chopped
½ teasp ground ginger
1 teasp ground coriander
1 teasp ground cumin
½ teasp aromatic garam masala (see page 37)
½ - 1 teasp chilli powder
Few coriander leaves to garnish, roughly chopped

- soak the channa dahl in cold water for 10 minutes, then wash it in cold water so that all the starch comes out
- fill a deep pan with 1 litre of water, add the channa dahl, the turmeric and salt and bring to the boil
- reduce the heat and simmer for 30-40 minutes until the dahl is cooked. At the end of the cooking there should be very little liquid.
- meanwhile, in another pan, heat the oil and add the mustard seeds
- when they pop, add the onions and soften slowly on a low/medium heat – make sure they are soft but do not burn
- add the garlic and continue to cook for a few minutes
- add the chopped tomato and cook for a further 2 or 3 minutes
- add the ginger, coriander, cumin, garam masala, chilli powder and salt and cook for a further 3-4minutes
- throughout the cooking stir frequently, so that the mixture doesn't get burnt or stick to the bottom of the pan. If necessary, add a few drops of hot water from time to time - the sauce should be more of a paste than a liquid
- add the onion/spice paste to the cooked channa dahl, mix well, cover and cook on a very low heat for 3-4 minutes, adding a little more salt if necessary
- serve, garnished with a few coriander leaves

Serves 2, with a small bowl of cucumber raita (see page 70) and a side salad or in heated pitta bread pockets. Can also be served as part of a thali of several dishes.

Closely based on a recipe by Romy Gill

Cheat's channa dahl

This is a quicker version of the previous recipe and uses tinned whole chickpeas instead of channa dahl (split chickpeas)

1 240g tin chickpeas, drained
2 tablesp sunflower oil
1 teasp black mustard seeds
2 medium onions (preferably red), very finely chopped
3 cloves garlic, crushed
1 large tomato, finely chopped
½ teasp ground turmeric
½ teasp ground ginger
1 teasp ground coriander
1 teasp ground cumin
½ teasp aromatic garam masala (see page 37)
½ - 1 teasp chilli powder
Salt to taste
Few coriander leaves to garnish, roughly chopped

- [heat the oil in a pan and add the mustard seeds](#)
- when they pop, add the onions and soften slowly on a low/medium heat – make sure they are soft but do not burn
- [add the garlic and continue to cook for a few minutes](#)
- add the chopped tomato and cook for a further 2 or 3 minutes
- [add the turmeric, ginger, coriander, cumin, garam masala, chilli powder and salt and cook for a further 3-4minutes](#)
- throughout the cooking stir frequently, so that the mixture doesn't get burnt or stick to the bottom of the pan. If necessary add a few drops of hot water from time to time - the sauce should be more of a paste than a liquid
- [Meanwhile heat the chickpeas in water until they boil, then drain and set aside \(they should still be warm when added to the onion/ spice mix\)](#)
- add the chickpeas to the onion/spice mix, mix well, cover and cook on a very low heat for 3-4 minutes
- [serve, garnished with a few coriander leaves](#)

Serves 2, with a small bowl of cucumber raita (see page 70) and a side salad or in heated pitta bread pockets. Can also be served as part of a thali of several dishes.

Lentil and nut burgers

A 1970s style veggie recipe...but it tastes good

sunflower oil

1 medium onion, finely chopped

2 cloves garlic, crushed

Spices to taste (eg chilli powder, cumin, coriander)

125g red lentils

Water, boiled

125g mixed nuts, ground

75g very finely chopped vegetables to taste, eg carrot, celery

A handful of chopped fresh parsley or 1 teasp of dried parsley

Salt and black pepper, to taste

1 beaten egg

Plain flour

- heat the oil in a frying pan, add the onions and fry gently until soft
- add the garlic, spices, lentils and a little water and stir
- add more water from time to time if the mixture is becoming dry and cook until the lentils begin to soften
- meanwhile, in a mixing bowl mix the nuts, chopped vegetables, and parsley
- allow the lentils to cool then add to the mixing bowl and mix
- add salt and pepper to taste
- add the beaten egg and mix
- form the mixture into balls/burger shapes and roll them one by one in the flour
- transfer the floured balls to the fridge for a couple of hours or overnight
- fry the burgers in a little sunflower oil over a medium heat for a few minutes each side, until browned
- serve

Serve with some potatoes and/or on a bed of spinach and with tomato, brown, piquant or paprika sauce (see recipes on pages 17 and 38)

Makes about 10 burgers

Note: This makes quite crunchy burgers. For a smoother finish either grate the vegetables or chop them finely and fry to soften before adding to the mixing bowl.

Green lentil fritters

Similar to the previous recipe, and quicker

A 400g tin of green lentils, drained

70g plain flour

1 egg

3 tablesp chopped chives

1 teasp caraway seeds

1½ teasp paprika

1 clove garlic, finely chopped

200g carrot, coarsely grated

Salt to taste

1 tablesp sunflower oil

2 tablesp plain yoghurt

½ teasp harissa

- in a bowl, mix together the lentils, flour, egg, chives, paprika, garlic, carrot and salt. This can be done in advance.
- heat the oil in a large frying pan
- for each fritter, dollop into the pan a heaped tablesp of the mixture, flatten slightly and fry in batches for about 3-4 minutes on each side
- meanwhile, mix the yoghurt with the harissa
- serve the fritters, with a generous spoonful of the harissa yoghurt.

Makes about 12 fritters. Serves 2 as a main course, with a side of veg or salad.

Variation:

- another herb (eg parsley) or finely chopped spring onions can be used instead of chives.

Based on a Guardian recipe for 'terrific tins'.

Lentils served two ways

250g green or brown lentils
3 tablesp extra virgin olive oil
80g onion, very finely chopped
40g carrot, very finely chopped
40g celery, very finely chopped
2 garlic cloves, very finely chopped
1 bayleaf
Salt and black pepper to taste

- rinse the lentils, and if you have time soak them in water for a few hours then drain
- heat the oil in a large frying pan then add the onion, carrot, celery, and garlic and cook gently over a low heat until they are soft
- add the lentils and the bay leaf, stirring for a minute or two until they glisten with oil
- cover with about $\frac{3}{4}$ litre of water, bring to the boil and reduce to a simmer
- cook until they are tender (about 30 mins) but not mushy, adding more water if necessary. At the end there should be a little liquid left in the pan.
- add the salt and pepper to taste (this needs quite a bit of salt)

Meal One

Additional ingredients: 125g pasta
 1-2 tablesp extra virgin olive oil
 Grated parmesan

- Gently reheat half of the lentils
- meanwhile cook the pasta in plenty of boiling water until al dente then drain. (Long pasta such as spaghetti should be chopped into short lengths, about 3cms)
- mix the cooked pasta with the lentils, adding a little water if necessary so that it is not too dry.
- serve in bowls, with the olive oil poured over the top, and topped with plenty of grated parmesan. Serves 2.

Meal two

Additional ingredients: handful of chopped parsley
 2-3 tablesp olive oil
 2 eggs

- gently reheat the other half of the lentils, adding the parsley and 1-2 tablesp olive oil
- meanwhile fry the eggs in a little oil
- serve in bowls, each one topped with a fried egg. Serves 2.

Variation: add a few chilli flakes and/or a few halved cherry tomatoes to either meal

Recipe that I found in a cutting from the Guardian, I don't know who by.

Falafels

3 tablespoons olive oil
2 medium onions, finely chopped
1 small to medium green pepper, finely chopped
1 small to medium red pepper, finely chopped
2-3 cloves garlic, crushed
2 X 400g tins of chickpeas, drained and rinsed
2 teasp ground cumin
2 teasp ground coriander
4 tablesp parsley, finely chopped
2 slices wholemeal bread, crusts removed and ground into breadcrumbs
Salt and pepper to taste
2 tablesp lemon or lime juice
2 beaten eggs
a few tablesp white flour

- heat 1 tablesp of the oil on a low heat and gently fry the onions, and green and red peppers until soft
- add the garlic for the final 1-2 minutes
- remove and place in a mixing bowl and allow to cool
- mash or grind the chickpeas
- add the chickpeas, cumin, coriander, parsley to the bowl and mix
- add the breadcrumbs, salt, pepper and lemon juice and mix
- add the eggs gradually – you may not need the whole quantity
- place the flour on a plate

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- form the mixture into patties or balls with your hands, then roll each falafel in a little flour and place them in a fridge for 30 minutes or until needed
- heat the remaining oil in a frying pan, and fry the patties /balls for about 3 minutes each side, then serve

Makes about 12 small burger sized patties, or 18-24 balls.

Serve the patties as veggieburgers with tomato sauce (page 17) or brown sauce (page 38) and side vegetables.

Serve the balls with some lettuce and chopped tomato in pitta bread pockets topped with a little hummus (page 72), yoghurt or chilli jam (page 41).

Notes:

- The key to success is making the mixture the right consistency so that the falafels do not break up during cooking. Ground or mashed chickpeas are naturally quite dry and crumbly so you need to add ingredients to bind them together. The eggs, lemon juice, breadcrumbs and flour all help to do this.
- If the falafels have been in the fridge for some time sprinkle a little lime juice over them as they are being fried.

Variations:

Add other herbs or spices to the mixture to vary the taste.

Tamarind Chickpeas with cavolo nero

added in 2026

2 tablesp sunflower oil
1 teasp cumin seeds
1 onion, finely chopped (c100g peeled weight)
1 teasp chilli flakes
200g cherry tomatoes, halved
1 X 400g tin chickpeas, drained and rinsed
50g tamarind paste
150g cavolo nero, stalks removed and finely sliced
Salt to taste
1 tablesp dark brown sugar
1 tablesp tomato puree
Yoghurt, to serve

For the pickled onions:

½ red onion, finely chopped (c.50g peeled weight)
Juice of ½ a lime
Salt to taste
½ teasp chilli flakes

- heat the oil in a large frying pan
- add the cumin seeds and fry for 30 seconds on a medium heat
- stir in the onion and stir-fry for about 7 minutes, until just turning golden
- meanwhile, make the pickled onions
- blanch the red onion in a bowl of boiling water for 1 minute, drain and rinse well, then put in a small bowl
- stir in the lime juice, salt and chilli flakes and set aside
- in the frying pan, add the chilli flakes and tomatoes to the onion mix and stir-fry for 3 minutes
- add the chickpeas, tamarind paste, cavolo nero, salt, sugar and tomato puree and 500ml boiling water
- bring to the boil then lower the heat and simmer, stirring occasionally, for about 20 minutes, until the liquid has almost completely reduced
- adjust the seasoning if necessary and serve, topped with the pickled onions and a small bowl of yoghurt on the side
- serves 2 (or more if served with rice or flatbreads)

Notes:

- the tinned chickpeas can be replaced by 350g of jarred chickpeas, drained. If used, reduce the added water to 300ml
- the cavolo nero can be replaced by curly kale

Recipe by Rukmini Iyer

Mejadra

250ml sunflower oil
4 medium onions, thinly sliced
250g green or brown lentils
1½ tablesp coriander seeds
2 teasp cumin seeds
200g basmati rice
2 tablesp olive oil
½ teasp ground turmeric
1½ teasp ground allspice
1½ teasp ground cinnamon
1 teasp sugar
Salt and black pepper
350ml water
Greek yoghurt (optional)

Serves four (at least)

- heat the sunflower oil in a medium saucepan
- add ⅓ of the sliced onion, fry 5-7 minutes, stirring occasionally with a slotted spoon, until the onion is golden brown and turns crispy
- transfer the onion to a colander and sprinkle with salt
- repeat with two more batches of onion
- meanwhile boil the lentils in plenty of water and cook for 12 – 15 minutes until softened but with a little bite, drain into a colander
- wipe clean the saucepan used for the onion, add the cumin and coriander seeds and toast over a medium heat for a minute or two
- add the rice, olive oil, turmeric, allspice, cinnamon, sugar, ½teasp of salt and plenty black pepper.
- stir to coat the rice with oil, then add the cooked lentils and water
- bring to a boil, cover and simmer on a very low heat for 15 minutes.
- remove from the heat, lift off the lid, cover with a tea towel, seal tightly with the lid and set aside for 10 minutes.
- tip the rice and lentils into a large mixing bowl, add half the fried onion, and stir gently with a fork
- pile up in a shallow serving bowl and top with the rest of the onion
- spoon over some Greek yoghurt to taste.

Yotam Ottolenghi

Bean stew

added in 2024

This is a simple, quick and basic bean stew

3 tablesp olive oil
1 medium onion, chopped
200g carrots, sliced
4 cloves garlic, sliced
2 X 400g tins chopped tomatoes
4 X 400g tins beans – use a mixture eg cannellini, borlotti, butter, haricot, kidney beans – drained
100g baby spinach leaves
1-2 tablesp tomato puree
Salt to taste
A pinch of chilli flakes, to taste
500ml vegetable stock
2 tablesp chopped parsley

- heat the oil in a large pan
- add the onions and carrots and cook for about 5 minutes over a medium heat until the onions are soft
- add the garlic and cook for a minute
- add the chopped tomatoes and beans and stir well
- add the spinach leaves and cook, stirring, until wilted
- add the tomato puree, salt and chilli flakes
- add the stock and stir well
- bring to the boil, turn down the heat, cover the pan, and cook for about 30 minutes
- a few minutes before the end, add the chopped parsley and stir
- serve

Serve on its own or with rice, couscous or quinoa. Serves at least 4 on its own.

Notes and variations:

- you can add additional vegetables such (chopped celery, parsnip, leeks) depending on what is available
- this is the quick version. You can of course use raw beans, soaked overnight, and increase the cooking time to ensure they are soft
- you can vary the liquidity of the stew by using more or less stock or turning the heat up at the end to reduce the sauce.
- feel free to experiment with other beans, spices, herbs etc.

Bean and mushroom goulash

2-3 tablesp olive oil

1 onion, chopped

2 cloves garlic, crushed

400g mushrooms (closed cap chestnut mushrooms are ideal), halved

2 heaped teasp paprika (ideally smoked paprika, but not the spicy version)

125ml vegetable stock or water (probably won't all be used)

1 tin (400g) red kidney beans

1 tin (400g) borlotti beans

1 tin (400g) chopped tomatoes

2 tablesp tomato puree

Salt to taste

4 tablesp *crème fraîche*

Chopped fresh dill to garnish (optional)

- heat the oil in a saucepan over a medium heat and fry the onions until soft, adding the garlic for the final minute
- add the garlic and mushrooms and cook for 30secs-1 minute
- add the paprika and stir well until the mushrooms are well coated
- you may have to add a little water or stock from time to time to prevent the mixture sticking to the pan
- add the beans and stir
- add the tomatoes, and tomato puree and salt and stir
- bring to the boil, turn down the heat to low and simmer for 5-10 mins
- add the *crème fraîche*, stir, and cook for a few more minutes until hot
- serve, garnished with the dill

Notes:

- this is the quick and easy version. This can also be made with dried beans soaked overnight and cooked until soft, and with chopped fresh tomatoes (in which case add some passata).
- this benefits from being made in advance to develop the flavours. Do everything except the last two steps, leave for a few hours, then add the *crème fraîche* and reheat.

Variations:

This can be made with different beans or combinations of vegetables. It can be spiced up by mixing ordinary strength with hot paprika. Chopped parsley can be used instead of dill.

Butter bean and mushroom casserole

2-3 tablesp olive oil
1 medium onion, roughly chopped
1 medium carrot, roughly chopped
2 cloves garlic, thinly sliced
150g chestnut mushrooms, sliced
1 X 400g can chopped tomatoes
1 X 400g can butter beans
Salt and black pepper to taste
30g porridge oats
30g stale-ish white breadcrumbs
3 tablesp grated parmesan cheese

- heat the oil in a deep pan, add the onions, and cook over a moderate heat until they start to soften
- add the carrots and garlic and cook for a further 2-3 minutes
- add the sliced mushrooms, stir well, and cook for a minute or so
- meanwhile rinse the butter beans
- add the tomatoes, the butter beans and a can-full of water
- add the salt and pepper and bring to the boil, then lower the heat and simmer for about 30 minutes, until the mixture is quite thick
- meanwhile heat the oven to 180°C / gas mark 4
- transfer the bean mixture to an ovenproof dish or cazuela and bake for about 30 minutes
- meanwhile mix the oats, breadcrumbs and parmesan
- scatter the mixture over the casserole and continue cooking for a further 30 minutes
- if necessary to crisp and brown the topping, place the dish under a hot grill for 2 or 3 minutes
- serve. Serves 2.

Tomato and rose harissa butter beans

3 tablesp extra virgin olive oil
3 cloves garlic, crushed
300g tomatoes, halved and grated (discard the skins)
1 tablesp rose harissa paste
A pinch of chilli flakes, to taste
2 teasp red wine vinegar
1 tablesp tomato puree
1 X 400g tin of butter beans, not drained
Salt to taste
10g fresh dill, finely chopped
1 tablesp lemon juice

- put 2 tablesp of the oil in a saucepan on a medium heat
- once hot add the garlic and cook for a minute or two (take care not to burn the garlic – it should be pale gold)
- add the grated tomatoes, rose harissa paste, chilli flakes, vinegar and tomato puree and cook for about 8 minutes, until the tomatoes have reduced to a paste-like consistency
- add the butter beans and the liquid from the tin, bring back to the boil and simmer for about 8 minutes
- add salt to taste
- meanwhile, mix together in a small bowl the dill, lemon juice, the remaining tablesp of oil, and a little salt
- transfer the beans to serving bowls, spoon over the lemon and dill oil and serve.

Serves 2. Serve with flatbreads to mop up the sauce.

Based on a recipe by Meera Sodha

Kurdish Style Baked Beans

2 tablesp butter
1 medium onion, finely chopped
2 celery sticks, finely chopped
1 medium carrot, finely chopped
Salt and pepper to taste
2 cloves garlic, crushed
1 teasp ground coriander
1 teasp ground cumin
¼ teasp ground cinnamon
¼ teasp chilli flakes
50g sundried tomatoes, chopped
1 400g tin chopped tomatoes
250ml boiling water
1 400g tin cannellini beans
Parsley, finely chopped, to garnish

- melt the butter in an ovenproof dish, then add the onion, celery and carrot, salt and pepper, and fry over a medium heat, stirring regularly
- meanwhile preheat the oven to 180°C, gas mark 4
- add the garlic, coriander, cumin, cinnamon and chilli and fry for a further 2 minutes
- add the tomatoes, bring to a boil, add the water and simmer for 10 minutes
- Mix in the beans and transfer the dish to the hot oven, uncovered, and bake for about 20 minutes
- Let the dish rest for a few minutes, garnish with the chopped parsley and serve

Serves 2 as a main course with rice, or 4 as a side dish

From a recipe in the Guardian.

Nut Roast

A recipe straight from the 1970s, but I tried it recently and it's tasty

2 tablesp olive oil
100g onions, finely chopped
2-3 cloves garlic, crushed
225g ground mixed nuts
225g wholemeal breadcrumbs
3 eggs beaten
1-2 teasp yeast extract
1 teasp thyme, finely chopped
1 teasp parsley, finely chopped
Salt and black pepper to taste

- Preheat the oven to 180°C
- Meanwhile, fry the onions in the oil until soft but not brown
- Add the garlic and cook for a minute
- Place the nuts and breadcrumbs in a bowl
- Add the onions and garlic and mix well
- Beat up the eggs with yeast extract, thyme, parsley, salt and pepper, mix well and add to the nut mixture
- Knead the mixture into a ball then leave to stand for 15 minutes
- Place the mixture on an oiled baking sheet and shape into a rectangular loaf shape
- Bake in the preheated oven for 40-45 minutes until it is brown
- Cut into 4 thick slices and serve with a brown sauce (see recipe on page 38)
- Serve with a salad or vegetables

Serves 4

Variation:

- Add 100g grated cheddar cheese (mild or mature according to taste) to the mixture before kneading.

Black pepper tofu

350-400g fresh tofu

Flour

Sunflower oil

1 small/medium onion, peeled and thinly sliced

4 red chillies, thinly sliced

6 garlic cloves, crushed

2 tablesp black peppercorns, crushed or roughly ground

1 tablesp sugar

4 tablesp soy sauce (ideally a mixture of light, dark and sweet sauces)

½ teasp ground ginger

4 spring onions, green bits cut into segments 2cm long, white bits finely sliced.

- Drain and cut the tofu into blocks, about 2cm by 1cm (about 24 in total) and toss them in the flour
- pour enough oil into a frying pan, until about 0.5cm deep, and heat
- fry the tofu in batches in the oil, turning from time to time, for a few minutes
- Once they are golden all round and have a thin crust, transfer to a paper towel to remove excess oil
- Heat a little oil in another frying pan, add the onions, chillies and garlic, and fry slowly until soft, stirring occasionally, until soft
- meanwhile crush the peppercorns in a pestle and mortar or grinder – they should be quite coarse
- add the soy sauces and the sugar, and stir
- stir in the black pepper and ginger
- add the tofu and heat through in the sauce for about a minute
- finally add the spring onion and stir through
- serve with plain boiled rice and/or a side salad. A side dish of plain yoghurt can help cool the tastebuds.

Serves 2 (large portions) – 4 (smaller portions)

Variations:

- Vary the spiciness by changing the number of chillies (the original recipe used 12)

Based on a Yotam Ottolenghi recipe

Black bean and tofu scramble

100g cherry tomatoes, chopped
Pinch of chilli flakes
Salt and pepper to taste
1-2 limes
1 ripe avocado, peeled and stone removed
1 tablesp olive oil
2 spring onions, chopped
2 cloves garlic, chopped
1 small bunch of coriander, leaves and stalks separated
½ teasp spicy smoked paprika
200g cooked black beans from a tin or packet, drained
200g tofu, roughly crumbled
2 flour or corn tortillas

- mix the tomatoes with a few chilli flakes, salt and pepper and the juice of half a lime and set aside
- mash the avocado with salt and pepper and the juice of a lime and set aside
- heat the oil and fry the onions, garlic and chopped coriander stalks for 2 minutes
- add the paprika, salt and pepper and fry for a further minute
- add the beans and tofu, stir well and cook until hot and the tofu has coloured slightly
- meanwhile warm the tortillas in a microwave or oven, as set out on the packet
- place each tortilla on a serving plate, top with the bean and tofu mix, garnish with a few more chilli flakes (and more lime juice if wished) and the coriander leaves
- top each with a spoonful or two of the tomatoes and the avocado mash, and serve

Serves 2

Based on a recipe by Anna Jones

Ma po tofu *amended in 2024*

70ml water

1½ teasp plain flour

2 tablesp sunflower oil

1 fresh (or dried) red chilli, chopped

A few Sichuan peppers, whole or slightly crushed

200g block of firm tofu, drained and cut into bite sized cubes

2-3 cloves garlic, sliced

1 heaped tablesp broad bean paste

Salt to taste

2 spring onions, chopped (white bits chopped finely, green less so)

- In a cup mix together the water and flour and set aside
- Add the oil to a wok and heat
- Once hot add the chilli and Sichuan peppers and cook for a minute
- Add the tofu and stir-fry for a few minutes, until it begins to brown slightly
- Add the garlic, and cook for a minute, stirring. Take care not to burn the garlic
- Add the bean paste, stir to coat the tofu and cook for a further minute or two to heat through
- Add salt and the spring onions, stir and cook for a few seconds more
- Add the water/flour mix gradually, to thicken the sauce, until the desired thickness is reached
- Serve with noodles or rice. Serves 1-2

Variations:

- Omit the red chilli and, instead, add a tablesp of crispy chill in oil along with the broad bean paste
- Add, before the garlic, 100g of courgettes, chopped into 2-3 cm sticks and stir fry for 2 minutes. Other vegetables, cut into sticks, would also be possible eg carrots, aubergines.
- For two hungry people double the amount of spring onions and courgettes

Note: You may have noticed few Chinese recipes in this cookbook – this is simply due to a lack of effort and experience on my part. This is a simple version of a recipe from my friend Ken's website www.kgdhome.net . Ken lived in China for 12 years and the Chinese cooking section of the site has many delicious and authentic Chinese recipes.

Tofu, black bean paste and noodles *added in 2025*

2 tablesp sunflower oil
280g firm tofu, diced into bite-sized pieces
3 cloves garlic, sliced
3 spring onions, sliced
100g baby spinach leaves
1 heaped tablesp black bean paste
300g quick cook medium noodles

- heat the sunflower oil in a wok, add the tofu pieces and cook for 2-3 minutes, stirring
- add the garlic and spring onions and cook for a further 2 minutes, stirring
- add the spinach leaves and cook, stirring, until the spinach has wilted
- add the black bean paste, mix well and cook until heated through, stirring
- meanwhile cook the noodles in boiling water for 1-2 minutes then drain and add to the mixture in the wok
- cook and stir well until everything is coated in the bean paste
- serve.

Serves 2

Tofu hoisin wraps

added in 2025

300g firm tofu
2 tablesp sunflower oil
Salt and pepper to taste
2 cloves garlic, chopped (optional)
A level teasp of five spice powder (optional)
10 small soft taco wraps or Chinese pancakes
3 spring onions
200g cucumber
5 tablesp hoisin sauce

- drain the tofu and cut into cubes
- heat the oil in a wok
- add the tofu, sprinkle with salt and pepper and stir fry for about 8 minutes until the tofu has browned slightly
- if using, add the garlic and/or five spice powder for the last 2-3 minutes
- meanwhile slice the spring onions and cucumber then cut into thin matchsticks and place in a small bowl
- heat the Chinese wraps/pancakes until warm and serve in a separate bowl
- serve the tofu in a warmed third bowl
- serve the hoisin sauce in a separate small bowl
- to eat take a wrap/pancake, cover it in hoisin sauce to taste, add several chunks of tofu, top with some onions and cucumber
- roll up the wrap/pancake and eat with your hands

Serves 2. 5 wraps/pancakes each

Notes:

- to fit easily into the wraps the tofu cubes should be a little smaller than used in other stir fry dishes
- can also be served as a starter for 4-6 people with 12 wraps

Miso roasted tofu with sweet potato *added in 2025*

300-400g firm tofu
2 tablesp sesame seeds
3 tablesp white miso
3 tablesp mirin
3 tablesp lime juice
2 tablesp olive oil
400g (peeled weight) sweet potatoes
Salt to taste
100g frozen sliced green beans
2 spring onions, finely sliced

- drain the tofu, dry well with kitchen paper, and chop into bite-sized cubes
- toast the sesame seeds in a dry frying pan and set aside
- to make the dressing, add the white miso, mirin and lime juice to a small bowl and mix well with a fork or whisk
- meanwhile, heat the oven to 200°/180° fan/gas mark 6
- line a baking tray with parchment, add the oil and spread out the tofu
- pour over half the dressing, sprinkle the seame seeds on top and mix well
- place in the hot oven and bake for 25-30 minutes until the tofu is golden and crisp
- meanwhile, peel and chop the sweet potatoes, and boil in salted water for 15-20 minutes until soft
- boil the green beans for 1-2 minutes, drain and set aside
- mash the sweet potato and serve in bowls.
- top the sweet potato with the tofu and green beans then pour over the remainder of the dressing, sprinkle the spring onions on top and serve

Serves 2

Based closely on a recipe by Jenneifer Joyce on www.bbcgoodfood.com

(vi) pasta and pizza

Pasta with garlic, goats cheese and thyme

Serves 2

1 head of garlic (large, with plump, pink cloves if poss)

50ml extra virgin olive oil

6 sprigs of fresh thyme (NB NOT dried)

175g dried pasta (eg spirals)

175g spreadable goats cheese

- separate the garlic cloves. Crush each one lightly by pressing down hard with the flat of a knife blade. Skins will be loosened. Remove.
- pour the oil into a small pan and add the garlic
- cook over a VERY gentle heat for 20-25 minutes, until the cloves are tender, golden and sweet. NB They must not burn.
- strip the thyme leaves from their branches and add to the garlic, about 15 minutes after it has started cooking
- meanwhile cook the pasta in boiling, salted water until it is *al dente*
- drain and toss gently with the olive oil, garlic and thyme mixture
- stir in the goats cheese and serve

Variations:

Use crumbly goats cheese

Try Lancashire or Caerphilly (ie white, crumbly) cheese.

Nigel Slater

Spaghetti aglio e olio

The most basic spaghetti dish – with oil and garlic, and optional extras

Ingredients per person:

100-150g spaghetti (fresh if possible)

2 tablesp olive oil (extra virgin if possible)

4 cloves garlic, sliced

Salt and black pepper to taste

Don't skimp on anything – if using more appeals, use more.

1 Basic version:

- cook the spaghetti in plenty of boiling salted water until *al dente*. 1 -2 minutes for fresh spaghetti, 8-10 mins for dried spaghetti.
- meanwhile heat the olive oil in a pan and add the sliced garlic. Cook on a low heat for a minute or two. Do not burn.
- drain the spaghetti and transfer to a large, warmed, serving bowl, add the garlic and oil, mix, season and serve. Drizzle a little more olive oil on top if you wish.

Garnishes/variations:

- This dish is most commonly served with plenty of grated or shaved parmesan cheese (or grana padano for a milder alternative)
- Garnish with toasted pine kernels
- Add a pinch of chilli flakes
- add a spoonful of pesto sauce (from a jar or see recipe page 21)
- other types of pasta can be used instead of spaghetti

2 with spinach:

- heat a generous dash of olive oil in a pan and add 100g of baby spinach leaves per person, cook for a minute or so until wilted, then set aside while the garlic is cooked
- Add to the garlic then mix with the spaghetti as above.

Variations:

- Add about 8cherry tomatoes per person, cut in half, to the spinach
- Add plenty of pesto (to taste) to the spinach/garlic mixture, heat through, mix with the spaghetti and garnish with toasted pine kernels

Vegan alternative:

- Substitute vegan spaghetti and, if using, vegan cheese.

Pasta alla norma (Spaghetti, aubergine and tomato)

1 aubergine, cut into 2-3 cm chunks
1 teasp salt
2 tablesp extra virgin olive oil
1 small onion, finely chopped (about 20g peeled weight)
2 cloves garlic, crushed
A few chilli flakes
1 X 400g tin chopped tomatoes
1 level teasp sugar
175-200g spaghetti
A small bunch of basil, shredded, plus a few leaves to garnish
2 teasp capers, drained
Salt and pepper to taste
Grated parmesan to garnish, to taste (optional)

- Toss the aubergines with the salt, then tip into a colander set over a bowl for 30 minutes to extract any moisture
- Meanwhile, heat 1 tablesp of the oil in a saucepan, add the onion and a pinch of salt, and cook over a low heat for 10 minutes
- Add the garlic and chilli and cook for 1 minute
- Add the tomatoes and sugar, bring to a simmer and cook for 20 minutes, uncovered, stirring occasionally
- Meanwhile heat the oven to 220°C, 200°C fan, gas mark 7
- Rinse the aubergine, pat dry with kitchen paper and spread out on a baking sheet
- Add the second tablesp of oil, toss the aubergines chunks in the oil, place in the oven and roast for 30 minutes until softened
- Meanwhile cook the spaghetti in plenty of boiling water until al dente, then drain, reserving some of the cooking water
- Stir the cooked aubergine into the tomato sauce, add the shredded basil and the capers and mix well
- Season with salt and pepper if necessary and a couple of spoonfuls of the pasta water
- Toss the spaghetti in the pan with the sauce
- Serve, garnished with a few basil leaves and the grated parmesan if using. Serves 2

Note:

For a vegan version, use egg-free pasta and omit the parmesan

Recipe from the BBC Good Food website.

Penne with fried aubergine and ricotta

200g dried penne (or other dried or fresh pasta)

1 small aubergine, diced

1-2 tablesp olive oil

2-3 fresh tomatoes, chopped

A few torn leaves of basil

2 garlic cloves, chopped

Ricotta

Salt and pepper

- Cook the penne in plenty of boiling salted water until al dente
- Meanwhile fry the aubergine in the olive oil in a frying pan for a few minutes
- add the tomatoes, basil and garlic and let it cook over a lowish heat for 3-4 minutes
- add the drained pasta to the sauce, season to taste, and mix in several tablespoons of ricotta just before serving.
- garnish with more torn basil leaves.

Serves 2

Macaroni with broccoli and herbs

50ml olive oil

4 cloves garlic, peeled, 3 finely sliced and 1 crushed

1 head broccoli, stalks removed (200-250g net), broken into small (2cm) florets

2 teasp lemon juice

Salt and black pepper to taste

250ml vegetable stock

100ml white wine

A knob of unsalted butter (about 15g)

200ml water

125g macaroni

25g grated parmesan

10g basil leaves, finely chopped

10g parsley, finely chopped

20g baby spinach leaves, finely chopped

A pinch of chilli flakes

- heat 35ml of the oil in a large pan, add the sliced garlic and fry gently for about 5 minutes, until golden
- add the broccoli florets, about ½ teasp lemon juice, salt and plenty of pepper and cook, stirring often, for four minutes
- Add the stock, wine, butter and water, bring to a simmer and cook for 5 minutes, until the broccoli begins to soften
- stir in the pasta, half of the parmesan and some more salt
- turn down the heat, cover the pan, and cook for 12 minutes or so, until the macaroni is al dente and the broccoli is soft and breaking down into the sauce
- meanwhile, in a small bowl, mix the basil, parsley and spinach, the crushed garlic clove and about ½ teasp of lemon juice, then stir into the pasta
- serve into two serving bowls, and top each bowl with the remaining parmesan and lemon juice and a few chilli flakes, then drizzle the remaining oil on top

Serves 2

Non-vegetarian option:

- roughly chop two anchovies in olive oil from a tin and add to the pan with the broccoli

Note:

- this recipe is suitable for any small pasta shapes, The original recipe used orecchiette

Based on a Yotam Ottolenghi recipe.

Orzo, tomatoes and onions

2 tablesp olive oil
2 medium onions, halved and sliced (about 200g peeled weight)
1 X 400g tin of chopped tomatoes
2 teasp ras el hanout
300g cherry tomatoes, halved
Salt and black pepper to taste
200g orzo (small, short macaroni will do as an alternative)
2 heaped tablesp Greek yoghurt

- warm the oil in a frying pan, add the onions and cook for 25 minutes until deep gold and sticky
- meanwhile, add the chopped tomatoes to a large pan, add the ras el hanout and bring to the boil
- add the cherry tomatoes, season with salt and pepper, turn down the heat and simmer for 15 minutes, stirring from time to time
- meanwhile, in a separate large pan, bring plenty of water to the boil, add the orzo, and cook for about 10 minutes
- drain the orzo and stir into the tomato sauce, stir in half of the cooked onions, and check the seasoning
- divide between two serving bowls, top each with a tablespoon of yoghurt and half of the remaining onions
- Serve. Serves 2

Based loosely on a Nigel Slater recipe

Spaghetti with mushrooms and harissa

150g spaghetti

Salt to taste

5-6 tablesp extra virgin olive oil

300g chestnut mushrooms, thinly sliced

2 cloves garlic, crushed

4 spring onions, thinly sliced

2 tablesp harissa paste

Grated parmesan to garnish (optional)

- bring a deep pan of water to the boil, add salt then the spaghetti and cook for 8-10 mins
- meanwhile, warm the oil in a large frying pan, add the sliced mushrooms and fry for 5-6 minutes until brown
- add the garlic and cook for a further minute until the garlic is fragrant
- add the spring onions, stir well and cook for another 2 minutes or so, until the onions are soft
- stir in the harissa paste
- drain the spaghetti, toss with the mushrooms and serve
- garnish with a little grated parmesan to taste, if desired

Serves 2

Note: The original recipe uses pappardelle rather than spaghetti, but I couldn't get hold of it during lockdown

Based closely on a recipe by Nigel Slater

Spaghetti with courgettes and tomato sauce

250g fresh spaghetti
2-3 tablespoons extra virgin olive oil
1 medium onion, finely chopped
2 cloves garlic, crushed
250g courgettes, sliced
400g tin of chopped tomatoes
1 teasp dried oregano
Fresh basil, leaves torn
Salt and freshly ground black pepper

- in a frying pan, fry the onion in the olive oil for a few minutes until soft
- add the garlic and courgettes and cook until the courgettes are just beginning to soften
- add the tin of tomatoes and the oregano and continue to cook under a low heat
- season with salt and pepper to taste, if necessary
- meanwhile bring a large pan of water to the boil, and add 1 tablesp of olive oil
- add the spaghetti, return to the boil, and cook for 1-2 minutes
- drain the water from the spaghetti and serve on individual plates or bowls
- top with the tomato/courgette sauce, and garnish with fresh basil

serves 2

Variations:

- use tagliatelle, tagliolini or any other ribbon-type pasta
- the sauce can be thickened by adding a tablespoon of tomato puree
- add a little chilli powder for a spicier dish
- garnish with grated mature cheddar or parmesan cheese
- the pasta and sauce can be mixed prior to serving in a large bowl for people to help themselves.

Spaghetti alla puttanesca

2 tablesp extra virgin olive oil
1 small onion finely chopped
2-3 cloves garlic, finely chopped
400g tin tomatoes
Salt and pepper to taste
375g spaghetti
2-3 teasp capers
A pinch of chilli flakes
10 black olives, chopped
Chopped parsley to garnish

- in a saucepan heat the olive oil, add the onion and garlic and cook for a few minutes until soft (but not coloured)
- add the tin of tomatoes, season with salt and pepper and simmer for 10 minutes, until it becomes a nice thick sauce
- meanwhile, cook the spaghetti in a pan of boiling salted water, until al dente (about 2 minutes for fresh pasta, about 10 minutes for dried pasta)
- while the spaghetti is cooking, add the capers, chilli and black olives to the tomato sauce
- drain the pasta well, toss in with the sauce and serve, garnished with parsley

Serves 3-4

Non-vegetarian version:

- add a 50g tin of anchovies in olive oil as the pasta is being served

From a recipe by Angela Hartnett

Spaghetti or pasta with broccoli sauce

Similar ingredients to the macaroni with broccoli recipe (see page 303), but this is a separate sauce to pour over spaghetti or larger pasta shapes

160g broccoli

3 tablesp olive oil, plus a little to drizzle

3 cloves garlic, chopped or crushed

Pinch of chilli flakes

1 tablesp grated lemon zest

½ tablesp lemon juice

Salt and pepper to taste

100g spaghetti or pasta per person

Grated parmesan to taste

- divide the broccoli into small florets. If using any stalks chop them finely.
- steam for 6-8 minutes until tender
- heat the oil in a pan
- add the garlic, chilli flakes, lemon zest and juice, salt and papper and fry for 2-3 minutes
- add the broccoli and mix well
- meanwhile boil sufficient spaghetti or pasta for one or two people in salted water until *al dente*
- drain the spaghetti / pasta, reserving the cooking water
- if the sauce is a little dry add a couple of tablesp of the cooking water
- plate up the spaghetti / pasta and pour the broccoli sauce over
- to serve, sprinkle each plate with some grated parmesan and drizzle with a little olive oil

makes 2 small portions or 1 large portion

based on a recipe suggestion by Dale Berning Sava.

Pizza with rocket and goats cheese (pizza con caprine e rucola)

1 X 30cm thin crust pizza base, ready made or made in a bread-maker
2 X 70g round goat's cheeses
Extra virgin olive oil (lots)
85-100g drained weight pitted black olives
2 tablesp finely chopped parsley
1 small red chilli finely chopped, or pinch dried red chilli flakes
1 teasp red wine vinegar
Pinch dried mixed herbs
½ ciabatta roll, crusts removed
1 tablesp fresh thyme leaves
35g rocket
Salt and pepper
Lemon juice

Serves 2. To make more pizzas simply double / treble the quantities as necessary.

- prepare the pizza dough base (if not ready-made)
- slice the cheeses horizontally into 4 slices, place in one layer in a shallow dish, and cover with olive oil
- place the olives in a bowl, add the parsley, chilli, vinegar and mixed herbs, and cover with olive oil. Stir to combine and leave to marinate
- place the bread into a coffee/nut grinder and grind into coarse breadcrumbs.
- add the thyme to the breadcrumbs and mix well
- meanwhile pre-heat the oven to 230°C / gas mark 8
- gently roll the cheese in the breadcrumbs to coat completely
- place the cheese on the pizza base, and sprinkle over the remaining thyme and breadcrumb mixture and the marinated olives
- drizzle over some of the marinating olive oil, season with salt and pepper, and bake in the oven until the cheese is melted and the crust is crisp, about 8 minutes
- meanwhile dress the rocket leaves with a tablesp of olive oil and a few drops of lemon juice, and season with salt and pepper
- place the rocket on top of the hot pizza and serve.

Variations:

Black olives are not essential and can be replaced by green olives or capers or omitted altogether. However the marinated parsley mixture is essential.

Notes:

Keep the chilli to a minimum. The idea is to taste some heat once every few bites but it should not dominate the dish

The olive oil used to soak the cheeses can be used in other dishes for a few days. Any leftover thyme leaves can be added to the oil.

Based on a River Café Cook Book Green recipe

Simple pizzas

These are simple and quick recipes making use of ready-made thin crust pizza bases and a quick home made tomato topping. They may not be as good as those from the best Italian restaurants, but they are absolutely fine for a quick meal at home.

Tomato topping:

- 1 tin chopped tomatoes
- 2-3 tablesp tomato puree
- A little salt
- A pinch of sugar
- A pinch of dried oregano
- 1 tablesp extra virgin olive oil
- 2 cloves garlic, crushed (optional, depending on the recipe)

- Mix everything together well. For a smooth topping use a stick blender to blend the ingredients. Alternatively, it can be used as it is
- use in one of the recipes on the following pages.

Notes:

- this makes enough topping for up to four 25-30cm (10-12 inch) pizza bases
- all quantities can be varied to taste and according to the size and type of pizza base.

(i) tomato and mushroom pizza

1 ready made thin crust pizza base (25-30cm, 10-12inch)
75g tomato topping without garlic
150g grated mozzarella cheese
Extra virgin olive oil
1 tomato, finely sliced
100g button mushrooms, finely sliced
3 cloves garlic, crushed
Salt and pepper to taste
Rocket leaves (optional)
Lemon juice (optional)

- Heat the oven to 200°C (180° fan)
- Spread the tomato topping on the pizza base
- Top with the mozzarella cheese
- Cook in the oven for 5 minutes (place a tray on a shelf below to catch any drips/melting cheese)
- Add the sliced tomato, the mushroom and the garlic, drizzle with some olive oil
- Return to the oven for about 5 mins
- Meanwhile dress the rocket with a little olive oil, lemon juice salt and pepper (optional)
- Remove from the oven, drizzle a little more olive oil on top, and if using top with the rocket leaves, and serve.

Variation: Baby spinach leaves or basil leaves can be used instead of rocket

i) capers, olives and sun dried tomato pizza

1 ready made pizza base (10-12inch)
100g Tomato topping without garlic
100g grated mozzarella cheese
3-4 tablesp capers, drained
8-12 olives (green or black), without stones, cut in half
1 sundried tomato per slice
3-4 cloves garlic, crushed
Extra virgin olive oil
Salt and pepper to taste

- Heat the oven to 200°C
- Spread the tomato topping on the pizza base
- Top with the mozzarella cheese
- Cook in the oven for 7-8 minutes (with a tray on a shelf below to catch any drips/melting cheese)
- Add the capers, olives, sundried tomatoes and the garlic, drizzle with some olive oil
- Return to the oven for about 6-7 mins
- Remove from the oven, season with salt and pepper to taste, and drizzle a little more olive oil on top
- Cut into slices as necessary and serve

(iii) three cheese and capers pizza

1 ready made pizza base (10-12inch)
75g Tomato topping with garlic
100g grated mature cheddar cheese
100g grated or flaked parmesan cheese
100g crumbled gorgonzola or other blue cheese
3-4 tablesp caper berries, drained
Extra virgin olive oil
Salt and pepper to taste
Lambs lettuce (optional)
Lemon juice

- Heat the oven to 200°C
- Spread the tomato topping on the pizza base
- Top with the three cheeses and the capers, with each ingredient on a separate quarter of the base
- Cook in the oven for 10 minutes (with a tray on a shelf below to catch any melting cheese)
- Meanwhile dress the lambs lettuce with a little olive oil, lemon juice salt and pepper (optional)
- Remove from the oven, drizzle some olive oil on top, and, if using top with the lambs lettuce (2-3 leaves per slice), and serve.

(iv) goats cheese and spinach pizza

100g baby spinach leaves

1 ready madethin-crust pizza base (25-30cm, 10-12inch)

75g Tomato topping with garlic

125g goats cheese, sliced or broken into small cubes or lumps

Salt and pepper to taste

Extra virgin olive oil

- Add the spinach to a pan with a little water, bring to the boil and cook for a couple of minutes until it wilts
- Drain well and roughly chop
- Meanwhile, heat the oven to 200°C (180°C fan)
- Spread the tomato topping on the pizza base
- Top with the spinach and cheese, spreading them out across the topping
- Cook in the oven for 10 minutes (with a tray on a shelf below to catch any melting cheese)
- Remove from the oven, add salt and pepper to taste, drizzle a little olive oil on top, and serve.

(vii) potato dishes

Patatas a lo pobre

1 kilo potatoes, peeled (optional), and sliced

100 ml olive oil

10 black peppercorns, crushed

2 cloves garlic

¼ teasp cumin

½ teasp paprika

50ml water

1 teasp salt

1 tablesp white wine vinegar

- heat the oil in a frying pan, add the potatoes, and fry them slowly, turning frequently, until they are tender and slightly browned
- add the peppercorns and stir
- crush the garlic and add to the water along with the cumin and paprika and stir
- add to the potatoes, together with the salt and vinegar,
- cook a few minutes more, until the liquid has reduced, and serve hot.

Serves 4 with a side salad.

Variations:

- Garnish with spring onions and/or parsley
- add chopped green peppers (blanched if preferred) and cook with the potatoes
- add some sliced mushrooms just before the water/garlic mixture.

Pan haggerty

500g potatoes

A few tablesp olive oil

1 large onion, chopped finely

200g mature cheddar cheese, grated

Salt and pepper to taste

- boil the potatoes for 3-4 minutes, then drain, and when cool enough slice finely
- heat the oil in a large frying pan until warm, remove from the heat, then add a layer of potatoes
- add salt and pepper to taste
- add a layer of chopped onions, then a layer of cheese
- repeat with another layer of potatoes, then onion and cheese
- top with salt and pepper to taste and drizzle a little olive oil over the top
- cover the frying pan and cook over a very low heat for about 30-45 minutes or until the potatoes are soft
- serve

Stovies

The classic 'leftovers' dish in parts of Scotland. Also used to line stomachs with stodge and for a hangover breakfast.

Basic Recipe:

800g potatoes, peeled
3-4 tablesp vegetable oil or a mixture of oil and butter
1 onion, thinly sliced or chopped
1 teasp mustard
Salt and pepper to taste
300g vegetable or beef stock or water

NB: All quantities and timings are approximate and can be varied

- slice the potatoes, then dice about half of them so that there a mixture of larger and smaller pieces
- heat the oil and butter in a pan and fry gently till soft
- add the potatoes, mustard, salt, pepper and stock and mix
- turn the heat down to the lowest setting
- let the mixture cook for about 1½ hours, stirring from time to time
- serve. By this time the diced potatoes will be mush, but the sliced potatoes will be soft but retain some of their shape.

Variations / additions

- **Non- veggie:** add 250g chopped corned beef, leftover cooked mince or chopped leftover roast beef, along with the potatoes
- **Veggie:** add some grated mature cheddar or parmesan cheese towards the end of the cooking time
- **Add** whatever else you feel like

Serve on its own, with oatcakes or with a green side salad.

Potato Arrabbiata

About 10 baby potatoes (depending on size and hunger), skin on

Salt to taste

1 tablesp olive oil

1-2 garlic cloves, sliced

A pinch of chilli flakes

200g passata

Black pepper

75g baby spinach leaves

- cook the potatoes in a pan of salted water for about 10-12 minutes, until cooked through, and drain
- in a separate pan, ideally one that can be eaten directly from, heat the olive oil
- add the garlic and fry over a medium heat for a few minutes, until it starts to brown
- add the chilli flakes, passata and cooked potatoes
- adjust the salt if necessary and add black pepper to taste
- simmer gently for about 10 minutes
- add the spinach and simmer for a further minute, until wilted
- squash each potato slightly with the back of a fork
- remove from the heat and serve

Serves 1

Closely based on a recipe by Miguel Barclay.

(viii) egg dishes

Sumac Eggs

3 tablesp olive oil
2 small onions, finely sliced
2 teasp thyme leaves (optional)
2 garlic cloves, crushed
¼ teasp chilli flakes
1 400g tin chopped tomatoes
Salt and pepper
4 eggs
1 teasp sumac
150g feta cheese, crumbled
Small handful of coriander (or parsley) leaves, finely chopped

- in a frying pan, warm the oil over a lowish heat and gently fry the onion, until softened
- add the thyme, garlic, and chilli, stir for less than a minute
- add the tomatoes, season and simmer for about 5-6 minutes until thickened slightly
- break an egg into a saucer, and slide it carefully into the sauce, then repeat with the other eggs
- sprinkle on half the sumac over the dish, and some salt and pepper onto the eggs, and cook gently until the eggs are poached
- remove from the heat, crumble over the cheese, sprinkle on the coriander, and sprinkle the remaining sumac over the eggs
- serve with bread to mop up the sauce

Serves 2, as a light meal eg lunch, or a weekend breakfast

Variations:

- the onions can be omitted, particularly if being cooked as a breakfast dish
- half a green pepper, very finely chopped and fried in the oil is an alternative or addition to the onions
- at the end melt a small knob of butter, add the remaining sumac to the melted butter, and trickle over the eggs

Based on a Hugh Fearnley-Whittonstall recipe

Masala omelette

2 large eggs
A pinch of chilli flakes
A pinch of ground turmeric
A pinch of ground coriander
2 teasp Greek yoghurt
1 teasp hot mango pickle (chopped if necessary)
Salt and black pepper to taste
1 tablesp olive oil
2 tablesp finely chopped parsley

- crack the eggs into a bowl
- add the chilli flakes, turmeric, coriander, yoghurt, mango pickle, salt and pepper and whisk or mix well with a fork
- heat the oil in a frying pan on a medium heat
- pour in the egg mixture and add the parsley
- use a spatula to ensure the egg mixture is spread over the pan to the edges
- cook for a few minutes until set
- using the spatula, fold the omelette in half
- cook for a few seconds more then carefully slide the omelette on to a plate and serve

Serves 1

Very loosely based on a Yotam Ottolenghi recipe

Parsee scrambled eggs *amended in 2024*

2 tablesp sunflower oil
1 small onion, finely chopped
1 red chilli, finely chopped
2 cm ginger, finely chopped
6 medium eggs
½ teasp ground turmeric
½ teasp black pepper
Salt to taste
2 tablesp chopped coriander leaves

- heat the oil in a saucepan and fry the onion gently until it begins to soften
- add the chopped chilli and ginger and cook, stirring for 2 minutes
- meanwhile, beat the eggs together with the turmeric, pepper and salt, and then beat in the coriander leaves
- pour into the saucepan and mix well with the onion, chilli and ginger
- then cook as for scrambled eggs, scraping the eggs from the sides and bottom of the pan
- serve as soon as the eggs are cooked

Serves 2

Variation:

- use chilli powder or chilli flakes (¼-½ teasp to taste) and/or ½ teasp ground ginger instead of chopped chilli / ginger. They should be beaten in with the eggs.

Sesame and za'atar scrambled eggs

2 teasp sesame seeds
3 large eggs
A dash of milk
A pinch of salt
A knob of unsalted butter
2 teasp za'atar
1 teasp tahini
Chilli flakes, to taste (optional)
Toast or pitta breads, to serve

- Dry-fry the sesame seeds in a small frying pan, for a few minutes over a medium heat, until lightly browned, then set aside in a small bowl
- Beat the eggs, milk and salt together in a mug
- Melt the butter in a pan over a high heat, then pour in the egg mix
- Stir constantly until the eggs have scrambled
- Tip on to a serving plate, sprinkle the za'atar on top, drizzle over the tahini and scatter on the toasted sesame seeds and the chilli flakes
- Serve with hot toast or pitta bread

Serves 1-2, depending on hunger

Note:

If you make your scrambled eggs differently (eg in a microwave or with oil) then do so, and add the other ingredients at the end, as above

Recipe by Tamal Ray

Scrambled egg with spinach and tomatoes

125g baby spinach leaves
1 tablesp olive oil
1-2 cloves garlic, crushed
10 cherry tomatoes
3 large eggs
Salt and pepper to taste
A few chilli flakes (optional)
A small knob of unsalted butter

- wilt the spinach leaves over a low heat, drain as well as possible, and roughly chop
- heat the olive oil over a lowish heat and gently fry the garlic, taking care not to burn
- chop the cherry tomatoes in half, and add to the frying pan with the spinach, and stir and cook for a minute
- meanwhile, beat the eggs in a mug
- add the eggs and continue to cook slowly, stirring the mixture with a fork to ensure it doesn't stick to the pan
- as the eggs begin to scramble add the salt, pepper, chilli flakes and the knob of butter, and continue to stir
- serve as soon as the butter has melted and the eggs have scrambled
- serves 1 on its own, or 2 people on toast, or with a side salad

Variation:

For a breakfast version the garlic and chilli flakes can be omitted.

Huevos revueltos con espinaca

A Spanish version of scrambled eggs with spinach. This and the previous recipe and be mixed and matched to taste.

2 tablesp olive oil

30g onion, very finely chopped

100g young spinach leaves, roughly chopped

3 eggs

Salt and pepper to taste

- heat the oil in a frying pan and add the chopped onions
- after a few minutes when the onions are soft, add the spinach to the pan and cook until it has wilted
- meanwhile beat the eggs, together with the salt and pepper
- add the eggs to the pan, mix well and stir until the eggs are cooked
- serve

Serves 1. Two eggs per person are sufficient if being served as part of a meal, on toast, or with a side salad. The original recipe suggests serving with a couple of slices of manchego cheese.

Note: Add milk to the eggs if you prefer. I prefer it without.

Based on a recipe at www.cookpad.com

Huevos Rancheros

2 tomatoes, deseeded and finely chopped
A small handful of chopped chives
A small handful of fresh coriander leaves, chopped
10 slices of chopped jalapeños in vinegar, drained and chopped
Juice of 2 limes
3 cloves garlic, crushed
Salt to taste
1 400g tin of black beans, drained and rinsed
Chilli flakes, to taste
Olive oil
1 18cm corn tortilla per person
1 large egg per person
1 ripe avocado, sliced
25g feta cheese, crumbled, per person

- make a salsa in advance by mixing together the tomatoes, chives, coriander, jalapeños, the juice of 1 lime, 1 crushed garlic clove and salt. Mix well, cover and refrigerate
- heat the oven to 190°C
- heat 1 tablespoon of oil, fry the two remaining cloves of garlic for a few minutes, add the black beans and chilli flakes, mix well and heat through. (if this is too dry add a few spoonfuls of vegetable stock). Transfer to a bowl in the oven
- in the same frying pan (adding more oil if necessary), fry the tortillas one at a time over a high heat on each side for a maximum of 1 minute, until the edges begin to crisp, then transfer to the oven to keep warm.
- fry the eggs in the same pan, adding more oil if necessary
- On each serving plate place a tortilla, top with the black bean mix. Add a fried egg in the centre and surround by spoonfuls of the salsa and the avocado slices
- crumble the feta cheese and sprinkle some lime juice over each serving.
- serve and eat immediately

Notes:

- any remaining salsa and black bean mixture can be used in other recipes
- refried beans (see recipe on page 190) can be used as an alternative to the black bean mix. Cooked dried black beans or a can of black bean soup (Frijoles Negras), drained, are other alternatives
- guacamole can be used as an alternative to fresh avocado
- if this needs spicing up add more chilli flakes, or have chilli sauce on the table for people to add to taste.

Huevos rotos (Spanish fried eggs and potatoes) *Amended in 2025*

500g potatoes, peeled

50ml olive oil

1 medium onion, finely chopped

Salt to taste

½ teasp paprika (or sweet or spicy smoked pimenton) to taste

2 medium tomatoes, roughly chopped (or 12 cherry tomatoes, halved)

3 to 4 cloves garlic, crushed

4 eggs

- parboil the potatoes for 8 to 10 minutes, drain and allow to cool
- slice the potatoes
- meanwhile heat the olive oil in a large frying pan
- add the potatoes, onion, salt, paprika and tomatoes and fry for about 8
- add the garlic and fry for 2 minutes. By this time the potatoes and onions will be soft
- during the frying if the potatoes begin to stick to the pan add more olive oil
- break the eggs on top of the sliced potatoes and cook for a couple of minutes, until the whites have fried but the yolks are still soft
- with a fork and knife break the yolks and egg whites into small pieces and mix, on top of the potatoes
- serve immediately

Serves 2

Notes:

- If you prefer the paprika / *pimentón* can be added at the end, by sprinkling on the dish before serving
- the essential ingredients are eggs and potatoes fried in olive oil. The others are extras and can be varied
- this may look like someone has been sick on the plate, but it tastes excellent

Based on watching the chefs at La Ponderosa, Cuenca, and initially recreated by Dave Kerridge.

Egg burgers

All ingredients are approximate – the important thing is to get the consistency of the mixture right so that it holds its shape. The flour isn't essential and is only added if needed to hold the burger shape

1 large egg per burger
Some porridge oats or muesli base
Grated feta cheese
Finely chopped onion
Parsley, finely chopped
Salt and pepper to taste
Flour (optional)
Olive oil

- Beat the eggs in a large bowl
- Add the oats, cheese, onion, parsley, salt and pepper and mix well
- Mould into burger shapes
- Roll in a little flour if necessary
- Heat the oil in a frying pan over a medium heat.
- Add the burgers and heat for 3-4 minutes
- Turn over and cook the other side. Flip from side to side as necessary until both sides are golden brown
- Serve, on their own or in a bun with salad

Variations:

- add some hot smoked paprika
- top with sweet chilli jam (see recipe on page 41)

Frittata

(i) New potato and spring onion frittata

4 tablesp olive oil

400g new potatoes, washed and cut into thin slices

4 spring onions, white and light green bits, chopped

4 eggs

Salt and black pepper to taste

1 tablesp chopped parsley

- warm the oil in a non-stick frying pan, add the potatoes and cook slowly, turning occasionally, until the potatoes are golden on each side and they are cooked through to the middle
- add the chopped spring onions and cook slowly for a few minutes, until they are tender
- meanwhile beat the eggs lightly with the salt and pepper
- add the beaten eggs and the parsley to the frying pan and cook under a low heat until the eggs have formed a crust on the outside – the eggs in the centre should still be almost liquid
- meanwhile heat the grill
- remove the pan from the hob and place it under a hot grill for 2-3 minutes, until the eggs have set
- remove from the heat and leave for a minute
- slice the frittata into portions and serve

Serves 2 as a main course either with tomato, cucumber and a spoonful of pesto or with broccoli and a spoonful of mustard. Serves 4 on its own as a starter.

Any remaining slices of frittata can be served cold.

(ii) Asparagus Frittata

Replace 200g of the potatoes with 200g asparagus tips, which can be very lightly steamed then added with the spring onions.

(iii) Non – veggie version: Piquillo Peppers and Chorizo Frittata

Replace 200g of the potatoes with an 80g tin of piquillo peppers and 50g finely chopped cooked chorizo (or ham).

Note:

Frittata is essentially an open slow-cooked omelette and can be made with a wide variety of vegetables. The fillings in quiche recipes can also be adapted as a frittata.

The main recipe is based closely on a Nigel Slater recipe

Kuku (Persian tortilla)

6 eggs
125g mashed potato (fresh or leftover)
30g chopped fresh coriander
30g chopped parsley
30g finely sliced chives
100g baby spinach leaves, finely chopped
2-3 cloves garlic, crushed
Pinch of ground cumin
Salt and pepper to taste
30g butter

- pre-heat the oven to 180°C (gas mark 4)
- beat the eggs in a mixing bowl
- whisk in the mashed potato, coriander, parsley, chives, spinach, garlic, cumin, salt and pepper and mix well
- melt the butter in an ovenproof dish – let it run round the sides
- pour in the egg mixture
- bake in the oven until the middle is set (about 30 mins)
- let it sit for 5-10 mins before serving
- serve warm, or cold, in slices. Serves 4-6.

Note:

The proportions of coriander, parsley and chives can be varied according to taste

Based on a recipe by Allegra McEvedy

Masala Omelette

2 - 3 large eggs
1 green chilli, finely chopped
1 spring onion, finely chopped
3-4 cherry tomatoes, finely chopped
2 tablesp coriander leaves, chopped
Salt and black pepper, to taste
1 tablesp sunflower oil

- in a bowl beat the eggs
- add the chilli, spring onion, cherry tomatoes, coriander leaves, salt and black pepper and mix well
- heat the oil in a small frying pan over a medium heat
- add the egg mixture to the pan and leave to set
- gently fold the omelette to cook through
- serve by sliding the omelette from the pan on to a plate

Serves 1

Notes and variations:

- Cook more slowly (ie lower heat) than a French omelette, to give the ingredients time to cook
- A pinch of chilli flakes or chilli powder to taste can be used instead of the green chilli
- add a finely chopped clove of garlic and/or a pinch of asafoetida

Based on a recipe by Asma Khan

6
MAIN COURSES –
FISH, POULTRY and MEAT

(i) fish and seafood

Swordfish steaks with ginger, garlic and chilli

For the marinade:

2 clove garlands, crushed

2-3cm fresh ginger, very finely chopped

1 spring onion, white section, very finely chopped

Juice of ½ a lemon

Pinch of chilli flakes, to taste

1 tablesp extra virgin olive oil

2 swordfish steaks

1 lime (or lemon) cut into wedges

- mix together well the garlic, ginger, spring onion, lemon juice, chilli flakes and olive oil. Make sure that the ginger and spring onion is as finely chopped as possible
- marinate the swordfish steaks in the mixture for about 30 minutes, ensuring that both sides are coated
- place the swordfish steaks on foil on a grill rack. Drizzle any remaining marinade over the steaks
- grill for 3-5 minutes each side (depending on the thickness of the steaks) under a hot grill
- serve with lime (or lemon) wedges, new potatoes and spinach or a green salad

Serves 2

Pan cooked haddock with chermoula

20g coriander leaves, chopped
2 cloves garlic, crushed
½ teasp ground cumin
½ teasp paprika
¼ teasp chili powder
3 tablesp extra virgin olive oil
Juice of ½ a lemon
1 tablesp sunflower oil
2 X 200g haddock fillets

- blend together the coriander, garlic, cumin, paprika, chili powder. Olive oil and lemon juice
- marinate the fish in half of the sauce for 30 minutes
- heat the sunflower oil in a large frying pan
- add the marinated fish, skin side down, and cook the over a medium heat for about 8-10 minutes, turning once
- serve with the remaining sauce poured over

Serves 2

Notes:

- This marinade / sauce can be used with other white fish
- this is a mild version of the sauce. Increase the spices if you prefer

Recipe by Claudia Roden

Haddock with red pepper bulgur

1 large red pepper (about 250g)	1 tablesp sunflower oil
1 large (or two small) heads of garlic	100g fine bulgur wheat
1 level teasp cumin seeds	200ml hot water
5 anchovies in olive oil, drained	2½ tablesp coriander leaves, finely chopped
1½ tablesp rose harissa	2 tablesp parsley, finely chopped
60ml extra virgin olive oil	A pinch of chilli flakes
2 tablesp red wine vinegar	A pinch of ground cardamom
Sea salt and black pepper to taste	1 clove of garlic, crushed
1 large haddock fillet (300g), halved	

- pre-heat the oven to 220°C (200°C fan, gas mark 7)
- remove the stems, seeds and pith from the red pepper and cut the flesh into 1cm strips
- slice the top off the head of garlic to reveal the cloves
- put the sliced peppers, cumin, anchovies, rose harissa, 40ml of the oil, 1 tablesp of vinegar, into a baking dish, season with salt and pepper, and mix well
- add the head of garlic and place in the middle of the dish
- bake in the oven for 35 minutes until the pepper strips are softened and slightly charred
- squeeze the garlic cloves out of their skins, discard the skins and mash the cloves into the pepper mixture
- transfer half of the pepper mixture to a bowl and leave to cool
- while the peppers are roasting, season the haddock all over with the tablesp of sunflower oil and salt, and set aside
- add the bulgur to the pepper mixture in the baking dish, stir in the hot water, season with salt to taste and return to the oven
- cook for 8 minutes until most of the water has been absorbed, then remove from the oven
- turn on the grill to its highest setting
- lay the fish fillets skin side up on top of the pepper and bulgur mix, then grill on the highest shelf for five minutes, until the fish is cooked through
- meanwhile, stir the coriander, parsley, chilli flakes, cardamom, crushed garlic clove, the remaining 20 ml of olive oil, the remaining tablesp of vinegar and salt to taste into the bowl of reserved peppers to create a herb salsa
- remove the baking dish from the grill, spoon the herb salsa over the top of the fish and serve.

Serves 2 (or 1 very hungry person)

Note: 300g of other fish fillets can be used in place of haddock

Closely based on a recipe (for sea bream) by Yotam Ottolenghi

Spiced haddock and tomato

For the tomatoes:

Use the garlic tomatoes recipe on page 39. You can omit the sprig of rosemary.

For the marinade:

½ teasp cumin seeds

½ teasp fennel seeds

1 tablesp olive oil

1 tablesp yoghurt

Juice of ½ a lemon

Pinch of salt to taste

1 tablesp curry paste (see page 28 for an example or use a shop version)

Garlic tomatoes (see above)

A small knob of fresh ginger, cut into thin matchsticks

- Roast the cumin and fennel seeds in a dry frying pan over a medium heat for 1 minute or so
- Put the oil, yoghurt and lemon juice into a large bowl and mix together well with a fork
- Add the salt, curry paste, and roast cumin and fennel seeds
- Add the garlic tomatoes to the bowl and mix well
- Stir in the ginger

For the haddock:

2 haddock fillets

Marinade (see above)

- Dip each haddock fillet into the marinade until well coated
- Put the fillets on a baking tray, top with the remaining marinade/tomato mix
- Set aside for 30 minutes
- Meanwhile heat the oven to 190°C
- Roast the fish for about 12 minutes (or until the fish is cooked)
- Serve.

Notes:

- This is a mildly spiced dish. Feel free to add some chilli flakes to the marinade if you prefer something hotter
- This recipe also works with fresh herring fillets

Based on a recipe in the Mother India Cookbook – Mother India at home by Monir Mohammed and Martin Gray

Spiced salmon

¼ teasp mustard seeds
½ teasp cumin seeds
3 tablesp olive oil
1 medium onion, finely chopped
4 cloves garlic, finely chopped
1 plum tomato, chopped
½ teasp chilli powder, or to taste
Salt to taste
¼ teasp ground turmeric
4 salmon fillets, roughly 125g each
½ teasp crushed black pepper
A small handful of fresh coriander, chopped
Lemon wedges to garnish

- Dry fry the mustard seeds in a large frying pan over a medium heat for about a minute until they start to pop
- Add the cumin seeds and, after a few seconds, 2 tablesp of the oil
- Add the chopped onion and fry over a lowish heat for about 5 minutes until soft
- Add the garlic and cook for another few minutes
- Add the chopped tomato and the chilli powder and simmer over a low heat for about 10 minutes
- Add the salt and turmeric and stir well
- If the mixture starts to stick to the bottom of the pan at any stage, add a tablespoon of hot water to loosen it. You may have to do this two or three times. If you wish the sauce can be prepared in advance and reheated when required.
- Meanwhile, in a separate frying pan add the remaining tablespoon of oil and heat over a high heat
- When hot add the salmon fillets, sear for about a minute on the skin side and 30 seconds on the other side
- Transfer the salmon to the pan with the spiced tomato sauce
- Simmer over a low heat until the salmon is fully cooked through. This should take 5-8 minutes
- Season with the black pepper, scatter the coriander over the top, cover and simmer for a final minute or so
- Serve, with a wedge of lemon on the side. Serves 4.

Variation: Spiced seared scallops. Instead of salmon, you can use freshly seared scallops. Simply fry them for about a minute on each side and serve on the cooked sauce.

For other recipes with seared scallops see pages 132, 277 and 337.

Note: The original recipe suggested adding 1 hard boiled egg per person, halved, to the pan for the last few minutes of cooking.

Closely based on a recipe by Hajra Bibi in the Mother India Cookbook Mother India at Home..

Seared scallops, lime and basil butter

15g basil leaves plus a few extra to garnish

A pinch of sea salt

50g softened butter

lime juice

12 medium to large scallops

2 lime wedges to serve

- Finely chop the basil leaves and put them in a mortar
- Add the salt and the softened butter
- Mash together with the pestle to create a green, creamy herb butter
- Season with a few drops of lime juice and set aside in a cool place
- Heat a griddle pan, add the scallops and cook for 2 minutes (an extra 30 seconds for king scallops) until the underside is golden
- Turn the scallops over and cook the other side for 2 minutes
- Transfer the scallops to two warm plates
- Add the basil butter to the pan
- As soon as the butter has melted, pour it over the scallops
- Serve with a few more drops of lime juice, garnished with the extra basil leaves and with a wedge of lime on the side.

Serves 2 as a main course with boiled or saute potatoes, or as a starter on its own.

Note: Instead of a griddle pan the scallops can be cooked in a frying pan with a little sunflower oil.

Recipe by Nigel Slater

King prawns with dill and ginger

2 tablesp sunflower oil
1 medium onion, finely chopped
2 green chillies, deseeded and finely chopped
2 cloves garlic, finely chopped
1 vine tomato, roughly chopped
½ teasp cumin seeds
½ teasp fennel seeds
2 cloves, crushed
Small bunch of fresh dill
Salt to taste
½ teasp ground turmeric
150g cooked, peeled king prawns
15g fresh ginger, cut into matchsticks
Freshly ground black pepper, to taste

- heat the oil in a medium frying pan, add the onion and cook gently for 5-10mins, until soft
- add the green chillies and garlic and cook for a minute or so
- add the tomato, mix well and cook for about 3 minutes
- add the cumin seeds, fennel seeds, cloves and most of the dill, mix, and cook for a further minute, then add the salt and turmeric
- add the king prawns and ginger and stir fry for a minute. You can add a little water if the mixture is dry
- sprinkle with the black pepper, cover and cook for 2-3 minutes until the prawns are piping hot
- give the curry a final stir and serve, garnished with the remaining dill.

Serves 1 as a main dish with rice or chapatis or up to 4 people, as part of a thali.

Based on a recipe from the Mother India Cookbook Mother India at Home, with a couple of shortcuts.

Marmitako (Basque tuna and potato casserole)

25ml olive oil
60-80g onion, chopped
1 red or green pepper (or half of each), chopped
2 cloves garlic, chopped
250g tomatoes, peeled and chopped
1 teasp paprika
Salt and pepper to taste
1 dried red chilli
500g potatoes, peeled or rubbed, and diced
100ml white wine
75ml water
500g tuna steak, cut into chunks

- heat the oil in a casserole dish and fry the onions and peppers for a few minutes
- add the garlic and fry for a few minutes more, until the onion and peppers are soft
- add the tomatoes, paprika, salt, pepper and chilli and continue to cook for a few minutes
- when the tomatoes have somewhat reduced add the potatoes
- stir for a few minutes then add the wine and water
- cover the pot and cook on a fairly high heat for about 20 minutes, until the potatoes are nearly tender
- add the tuna, stir, cover and cook for about 5-7 minutes, until the tuna flakes easily. The potato cubes should be soft but have kept their shape
- let the casserole rest for 5 minutes or so, then serve. Remove the chilli if you wish.

Serves 2 (large portions) to 4 (regular portions)

Note:

This is a stew and should not have a great deal of liquid. A little more water can be added during cooking, if it is necessary to stop the stew sticking to the bottom of the casserole.

Closely based on a recipe by Janet Mendel Searle in Cooking in Spain.

Mackerel with redcurrant sauce.

1 tablesp olive oil
2 mackerel, filleted
150g redcurrants, stalks removed
A knob of butter
1 large sprig thyme, leaves picked (optional)
A pinch of sugar
Salt and black pepper to taste

- heat the oil in a large, non-stick frying pan over a medium heat
- season the mackerel, lay them in the pan skin side down and fry for 2-3 minutes, until the skin is golden.
- meanwhile heat the oven to about 80°C and place two serving plates and an ovenproof bowl in the oven to heat through
- turn the mackerel and fry for a minute or so on the other side then transfer them to the warmed serving plates in the oven
- turn down the heat under the frying pan, add the redcurrants, and crush them with a spatula or the back of a wooden spoon, to release their juice
- use the juice to deglaze the pan, if necessary scraping the bottom to release any crusty bits from the fish
- add the butter, thyme leaves, sugar, salt and pepper and leave to bubble for a few minutes, stirring, until soft, rich and pulpy
- remove the bowl from the oven, place a sieve over the bowl and empty the contents of the frying pan into the bowl, pressing with the back of a spoon to extract all of the juice. This should result in about 4-6 tablesp of sauce in the bowl.
- immediately remove the serving plates from the oven, spoon the sauce alongside or over the mackerel and serve.

Serves 2

Serve with a green salad or with broccoli (which takes the same time as the mackerel to cook).

Mackerel with paprika and garlic

The quantities are per person:

1 tablesp olive oil

1 fresh mackerel, gutted and butterflied

Salt to taste

1 garlic clove, very finely chopped,

½ teasp *pimentón dulce* (sweet Spanish paprika)

1 tablesp parsley, finely chopped

¼ lemon

- heat the oil in a frying pan and add the mackerel, skin side down
- add the salt, and cook for 2 minutes on each side
- serve immediately, and sprinkle the garlic, paprika and parsley on top, with the lemon on the side for squeezing
- serve with, for example, boiled new potatoes and spinach

Serves 1

To butterfly a mackerel:

- Remove the head and tail. Cut the mackerel along the backbone. Flatten the fish and carefully remove the backbone taking the bones with it. Remove any remaining bones – most likely at the head end. Pat the fish dry.

Note:

- If serving more people it may be easier to cook the fish in an oiled roasting tin in the oven for about 8-10 minutes at 200°C

Based closely on a recipe in Moro the Cookbook, by Sam and Sam Clark.

Roast mackerel with hoisin sauce

50ml hoisin sauce

50ml rice wine (or white wine)

50ml light soy sauce

2 tablesp honey

½ teasp five-spice powder

Black pepper to taste

2 mackerel fillets

- in a small bowl or jug, mix together the hoisin sauce, rice wine, soy sauce and honey, then stir in the five-spice powder
- taste, and add black pepper to taste
- pour the mixture into a roasting tray, add the mackerel, turn them once or twice to coat and set aside in a cool place for an hour
- if prepared in advance, place in the fridge, then bring to room temperature before cooking
- preheat the oven to 180°C (fan) / gas mark 6
- turn the fish in the marinade, place in the oven and bake for about 20 to 30 minutes, depending on the size of the mackerel
- during baking, about every 10 minutes, remove from the oven, spoon some marinade over the fish, and return to the oven
- Serve

Serves 1. Serve with boiled rice and a side salad

Closely based on a recipe by Nigel Slater

Smoked mackerel stuffed peppers

2 red peppers, cut in half lengthwise and the seeds and stalk removed

150 - 200g smoked mackerel flesh

150 - 200g cooked potato

3-4 tablesp olive oil

2-3 cloves garlic, crushed

Black pepper to taste

50-60g manchego (or mature cheddar) cheese, grated

2 tablesp parsley, finely chopped

½ teasp *pimentón ahumado picante* (spicy smoked paprika)

A little more olive oil

- pre-heat the oven to 200°C/gas mark 6
- blanche the red pepper halves in boiling water for 2 minutes, drain, and place in an ovenproof dish
- mash together the smoked mackerel, potatoes and olive oil
- add the garlic, black pepper, cheese, parsley and *pimentón* and mix well
- spoon the mixture into the pepper halves until they are full.
- drizzle a little more olive oil on top of the filling
- cook the peppers in the oven for 20-25 minutes and serve

Serves 2. Serve with a salad or green vegetables

Notes:

- if no *pimentón* is available use ordinary paprika with a pinch of chilli powder
- I haven't added salt – there should be enough saltiness already, between the smoked mackerel and the cheese.

Cod stuffed peppers

This is a variation of the previous recipe and is an ideal way to use up leftover cooked cod, potato and spinach.

2 green (or red) peppers, cut in half lengthwise and the seeds and stalk removed

150g - 200g cooked cod flesh

150g - 200g cooked potato (mashed or sliced boiled potato)

50g cooked spinach (cooked weight), finely chopped

3-4 tablesp olive oil

2-3 cloves garlic, crushed

Salt and black pepper to taste

½-1 teasp *pimentón ahumado picante* (spicy smoked paprika)

A little more olive oil

- pre-heat the oven to 200°C/gas mark 6
- blanche the pepper halves in boiling water for a maximum of 2 minutes, drain, and place in an ovenproof dish
- mix the cod, potatoes, spinach and olive oil together well
- add the garlic, salt, pepper and *pimentón* and mix well
- spoon the mixture into the pepper halves until they are full.
- drizzle a little more olive oil on top of the filling
- cook the peppers in the oven for 20-25 minutes and serve

Serves 2, with a side salad or vegetables.

Peppers stuffed with orzo, tuna, anchovies and capers

Added in 2025

2 red or yellow peppers, cut in half lengthwise and the seeds and stalk removed

150g orzo pasta

2 tablesp olive oil

80g chopped onion, preferably red

2 cloves garlic, crushed

A small handful of chopped parsley

4 cherry tomatoes, chopped

75 g tinned tuna in olive oil, drained

1 tablesp capers in brine, drained

2 anchovy fillets, chopped

Salt and pepper to taste

A little more olive oil

- blanch the pepper halves in boiling water for 2 minutes, drain, and place in a baking tray,
- boil the orzo in salted water for half of the recommended cooking time, drain and set aside
- meanwhile, pre-heat the oven to 180°C/fan 160°C/gas mark 4
- warm the olive oil in a frying pan, then fry the onion until soft
- add the garlic and fry for a further minute
- add the par-cooked orzo, parsley, tomato, tuna, capers, anchovies, salt and pepper, stir well and head through
- fill the peppers to the brim with the orzo mixture, cover loosely with foil and bake for 40 minutes, removing the foil for the last 10 minutes
- serve, with a little olive oil drizzled over the filling

Serves 2

Based on a recipe by Rachel Roddy

Salmon fishcakes

500g potatoes
200g boneless salmon steaks
Handful finely chopped parsley
3 tablesp plain flour
2 eggs, beaten
Salt and pepper to taste
2 tablesp olive oil
Lemons (to serve)

- peel and boil the potatoes until soft, drain, then mash them roughly in the pan (no need to add anything else)
- meanwhile grill the salmon steaks until cooked (about 5-6 minutes each side) then transfer to a mixing bowl
- allow the potatoes and salmon to cool
- mash the salmon steaks with a fork, removing any leftover bones or skin
- add the mashed potato and mix well
- add most of the parsley, 2 tablesp flour, salt and pepper and mix well
- add the beaten eggs gradually, stirring into the mixture to bind it (if using large eggs 1½ should be sufficient)
- spread the remainder of the flour on a plate
- take a handful of the mixture, roll with your hands into a fishcake shape, then roll in the flour and transfer to a separate plate. Repeat with the remainder of the mixture
- place the fishcakes in the fridge for at least an hour (helps them to bind)
- heat the olive oil in a frying pan and cook the fishcakes for 3-4 minutes each side until they have browned
- serve with the remainder of the parsley as a garnish and large wedges of lemon to squeeze over the fishcakes.

Makes about 8 fishcakes.

Notes and variations:

- an ideal way to use up leftover salmon and/or potato. Leftover vegetables can also be added eg some grated courgettes (dried with kitchen roll to remove moisture)
- this is the basic recipe and can be used for many kinds of fish, including smoked fish
- Spices and herbs can be added with the salt and pepper, to vary the flavour of the fishcakes.

Salmon omelette

1 tablesp sunflower oil
100g salmon fillet, skin off
15g unsalted butter
20g finely chopped onion
A pinch of cumin seeds
2 spring onions, finely chopped
1 tablesp green peas (frozen peas are fine)
1 small green chilli, finely chopped
A few coriander leaves, finely chopped
2 medium eggs, beaten with salt to taste

- Heat the sunflower oil in a frying pan
- When hot add the salmon and cook for a few minutes on both sides, until just cooked
- Remove the salmon and set aside
- Remove any excess oil from the frying pan, add the butter to the pan and cook gently until melted
- Add the onion and cook for a minute
- Add the cumin seeds and cook for a minute
- Add the spring onions, peas, green chilli and coriander leaves, mix well and cook on a gentle heat for 2-3 minutes
- Meanwhile preheat the grill to a high setting
- Add the beaten eggs to the frying pan and stir gently
- After cooking for 30 seconds place the salmon on top of the egg mixture
- Place the frying pan under the hot grill and grill for about 1 minute, until the omelette is soft and ready
- Remove carefully from the pan and serve the omelette. Serves 1.

Note:

- I haven't tried this but the original recipe states that the omelette can also be made with smoked haddock (100g fillet, skin off), or a combination of both fish.

Based on a recipe from the Mother India Cookbook – Mother India at Home by Monir Mohammed and Martin Gray

Salmon and Spinach quiche

1 shortcrust pastry case
1 tablesp olive oil
1 small to medium onion, finely chopped
150g baby spinach leaves
100g frozen peas
120g lightly smoked cooked salmon, cut into pieces.
A few dill leaves, finely chopped
3 eggs
125ml milk
Salt and pepper to taste

- prepare a shortcrust pastry case. See the recipe on page 259
- preheat the oven to 190°C / gas mark 5
- heat the oil in a frying pan and gently fry the onions until soft
- add the spinach leaves and cook slowly until wilted.
- Meanwhile boil the peas in a little water for 3-4 minutes and drain
- Distribute the salmon in the pastry case and sprinkle with the dill
- Add the spinach and onion mix
- Add the cooked peas
- Mix the eggs, milk, salt and pepper and add to the pastry case.
Go easy on the salt – the salmon will already contain salt
- Bake in the oven for about 30 minutes, until the filling is set
- Remove from the oven and leave to rest for about 8 to 10 minutes before slicing and serving the quiche.

Smoked haddock and spinach quiche

1 shortcrust pastry case
300g skinless, boneless smoked haddock loins
375ml milk
Water
2 bay leaves
Freshly ground black pepper
150g young spinach leaves
3 eggs
125g crème fraiche
Salt and pepper to taste

- [prepare a shortcrust pastry case. See the recipe on page 259](#)
- place the haddock in a shallow pan, add 250ml of the milk with just enough water to cover the fish.
- [add the bay leaves and pepper, bring to the boil, lower the heat, then cook for 5 minutes.](#)
- turn off the heat, cover with a lid and set aside
- [meanwhile heat the oven to 190°C/gas mark 5](#)
- wilt the spinach in a pan over a low heat for a few minutes, then drain, squeeze firmly, roughly chop and set aside
- [finely chop the spring onions](#)
- drain the haddock then break into bite sized chunks and put in the prepared pastry case
- [add the spinach and spring onions](#)
- lightly beat the eggs, then beat in the remaining milk and crème fraiche
- [season with salt and pepper, then pour into the pastry case](#)
- bake the tart in the oven for about 25-30 minutes until the filling is lightly set
- [remove from the oven and leave to cool for at least 10 minutes then slice and serve.](#)

Based on a recipe by Nigel Slater

Tarte Pissaladière (onion, anchovy and olive tart)

1 shortcrust pastry base

3 tablesp olive oil

4 large onions(about 800g unpeeled weight), peeled, halved and sliced

Salt and black pepper to taste

2 X 30g tins anchovy fillets in olive oil, drained (about 16 fillets)

6-8 pitted black olives, sliced

- prepare a shortcrust pastry case, including baking blind. See the recipe on page 259
- heat the oil in a large frying pan with a lid
- add the onions, cover and cook over a low heat for about an hour, stirring every 5-10 minutes
- the onions should be very soft, but not at all coloured. (If they start to turn brown add 2-3 tablesp water)
- add the salt and pepper and cook uncovered briefly, until any liquid has evaporated
- meanwhile, preheat the oven to 180°C (fan)/gas mark 6
- spread the onions over the pastry base
- arrange the anchovies in a lattice pattern on top
- place the olive slices in the spaces between the lattice
- bake for 25-30 minutes
- remove from the oven, allow to cool for a few minutes and serve, cut into slices.

Makes 4 large or 8 small slices

A simplified version of a recipe by Claudia Roden.

Salmon and Harissa chickpeas

2 tablesp olive oil
1 red onion, finely chopped
1 garlic clove, finely chopped
1 tablesp harissa paste
1 tablesp tahini
1 red pepper, finely chopped
Pinch of chilli flakes
250g salmon fillets, skin removed
400g tin chickpeas, drained and rinsed
Juice of 1 lemon
1cm piece of fresh ginger, peeled and finely chopped
1-2 tablesp chopped parsley
1 tablesp chopped coriander
Salt and black pepper to taste

- in a large frying pan, heat the oil and gently fry the onion for 5 minutes or so
- add the garlic and fry for a further minute
- add the harissa, tahini, red pepper and chilli flakes and fry for a further 5 minutes
- add the salmon fillets, whole, to the pan and fry for 5 minutes on each side
- break up the salmon gently with a fork
- add the chickpeas and stir well
- add the lemon juice, ginger, parsley and coriander and mix well,
- season to taste and serve as soon as the chickpeas are heated through

Serves 2 on its own or 4 with accompanying vegetables and salad

Variation:

Add some baby spinach leaves along with the chickpeas (they will have wilted by the time the chickpeas are ready to serve)

Recipe by Justine Wall

Salmon with za'atar, tahini and spinach

1 large or 2 salmon fillets (about 200g)

Salt and pepper

1½ teasp za'atar

½ teasp sumac

2 tablesp olive oil

100g baby leaf spinach

40-50g tahini

1½ tablesp lemon juice

1 clove garlic, peeled and crushed

50g water

- pre-heat the oven to 240°C (220°fan, gas mark 9)
- pat dry the fish and sprinkle with salt and pepper
- in a small bowl, mix the za'atar and sumac, then sprinkle over the top of the salmon to create a crust
- heat 1 tablesp of oil in a small frying pan, add the spinach and a small pinch of salt and pepper, and cook until just wilted (about 1½-2 minutes)
- transfer the spinach to a shallow ovenproof dish or earthenware cazuela (about 18cm in diameter), lay the salmon skin side down on top of the spinach, drizzle the remaining tablesp of olive oil over the salmon and heat in the oven for 5 minutes.
- meanwhile, mix well the tahini with a tablesp of lemon juice, the garlic, a good pinch of salt and the water in a small bowl, until smooth and quite runny
- remove the salmon dish from the oven, pour the tahini mixture all around (but not over) the salmon then return the dish to the oven
- cook for another five minutes or so, until the salmon is cooked through and the tahini is bubbling.
- drizzle over the remaining half tablesp of lemon juice and serve straight from the dish.

Serves 1

Recipe by Yotam Ottolenghi

Fish pie

500g potatoes	1 heaped teasp plain flour
Salt to taste	½ teasp mustard powder
Olive oil	200ml semi-skimmed milk
Unsalted butter	40g Lancashire cheese
40g onion, finely chopped	A few chilli flakes
40g carrot, finely chopped	300g mixed fish
40g fennel, finely chopped	60g kale
40g leek, finely chopped	

- peel the potatoes then boil in a pan of salted water for 15-20 minutes
- drain in a colander and leave to dry and cool
- meanwhile, melt a knob of butter and mix with a tablesp of olive oil in another pan
- add the onion, carrot, fennel and leek and cook for about 15 minutes until soft, stirring from time to time
- stir in the flour and the mustard powder and cook for a minute
- stir in the milk and bring to a simmer for a couple of minutes
- remove from the heat, crumble and stir in 20g of the Lancashire cheese and mix well, adding a little salt if you wish
- heat the oven to 180°C, gas mark 4
- meanwhile return the potatoes to their pan and mash with a knob of butter
- crumble and add the remaining Lancashire cheese and the chili flakes and mash well. You can add a little milk if necessary to make the mash smooth
- meanwhile remove any tough stalks from the kale and chop finely
- place the kale in a large ovenproof dish
- chop the mixed fish into bite-sized chunks and add to the dish, on top of the kale
- pour over the cheese and vegetable sauce, then top evenly with the mashed potato
- drizzle a little olive oil on top
- bake for 1 hour, until golden and bubbling, and the fish is cooked.
- serve

Serves 2 on its own or 4 with side veg and/or salad

Most supermarkets and fishmongers sell mixed fish chunks for fish pies. If not use a mixture of white fish, smoked fish, salmon, and possibly some prawns.

Variation:

You may wish to substitute a red cheese eg Red Leicester in the mashed potato.

The idea for the kale and the chopped vegetables comes from Jamie Oliver, who has a recipe for a fish pie for 10 people involving prosecco and a lobster.

Fish and fideo

Very easy..but it makes a change from potatoes with fish

150g *fideo* (or vermicelli broken into short 1-2cm lengths)

500ml fish stock

black pepper to taste

2 small white fish fillets

1 tablesp olive oil

To garnish – lemon slices and chopped parsley

- Boil the *fideo*/vermicelli in the fish stock until *al dente*
- Meanwhile fry the fish in the olive oil, or grill the fish with a little oil
- Drain the *fideo* (keep the stock for other uses eg for a fish soup)
- Serve the *fideo*, with the fish fillets on top and add pepper to taste
- (optional) pour a spoonful or so of fish stock over each fish
- Garnish with the parsley, and slices of lemon
- Serve with alioli (garlic mayonnaise) and a green salad

Notes

- *Fideo* is easy to obtain on the pasta shelves of Spanish supermarkets as it is used in many soups and stews. In the UK it will be easier to find vermicelli
- In Spain 1 litre cartons of fish stock (*caldo de pescado*) are easy to buy
- The fish stock will probably be salty enough to avoid the need to add any salt

Pulpo a la Gallega (Galician Octopus)

Cooking a whole fresh octopus looks like a real faff, and even buying a cooked whole octopus and preparing it can be tricky. These are two easy options.

1 X 250g pack of cooked octopus tentacles (*patas de pulpo cocido*)

Sweet or spicy smoked paprika or a mixture of the two, to taste

Coarse sea salt, to taste

Extra virgin olive oil

(a) boiled

- unpack the octopus tentacles and boil in plenty of boiling water for one to two minutes
- drain and chop into slices and place on serving plates
- season generously with the paprika, salt and a good splash of olive oil
- that's it

(b) fried

- Chop the tentacles into slices and season with salt and paprika
- Heat the oil in a frying pan, add the octopus and fry on a medium heat for 2-3 minutes each side
- serve, adjusting the seasoning as required with more salt and paprika and a splash of olive oil

Traditionally served on a wooden board on a bed of peeled, boiled and sliced potatoes, but directly on to heated plates is fine.

The cooked tentacles are available in Spanish supermarkets and in some specialist Spanish food shops in the UK.

Serves 2, with potatoes, vegetables or a side salad.

Clams and beans

750g clams

salt

3 tablesp olive oil

1 medium onion, peeled and chopped

3 cloves garlic, peeled and finely chopped

300g (drained weight) of cannellini (or haricot) beans from a tin or jar, drained

200ml white wine

2 tablesp parsley, chopped

- Soak the clams in salted water for an hour then rinse under running water for a few minutes to ensure that all the sand and grit comes out of the shells
- Heat the olive oil in a frying pan until medium hot, add the onion and cook over a low heat, stirring, until very soft
- Add the garlic and cook for a minute or so, stirring
- Add the beans, the wine and a little salt, mix well and cook for about 3 minutes
- Increase the heat, add the clams, put a lid on the pan, and cook for 4-5 minutes, until the clams open
- Remove the lid and serve, discarding any clams which have not opened
- Serve sprinkled with the parsley.

Serves 2. Could also serve 4-6 as a tapa.

Variations:

- If desired a few chilli flakes, to taste, can be added along with the beans and wine
- For a tapa recipe using coriander instead of parsley and beans see page 134

Based on a recipe by Claudia Roden

Herring in oatmeal

This is a traditional Scots recipe which my mother used to serve as a treat when herring was available.

2 tablesp fine or medium oatmeal per person

1 pair of herring fillets per person

Vegetable or sunflower oil

Black pepper

Lemon wedges

- spread the oatmeal out on a large plate
- rinse the herring fillets in cold water and shake dry
- lay the herring in the oatmeal, pressing down firmly and turning to coat the fish well
- heat a little oil in a frying pan and the cook the fish for 3-4 minutes each side
- serve, sprinkled with black pepper and with lemon wedges.

Notes:

- can also be served with Dijon mustard or horseradish sauce
- serve with buttered boiled new potatoes and spinach

This recipe is by Chrissie Lloyd at www.allrecipes.com and is the most traditional I could find.

Roast sardines, tomatoes and beans

160g cherry tomatoes

160g tinned cannellini beans, drained

3 tablesp olive oil

2 cloves garlic thickly sliced

2 sticks of fresh rosemary

Salt and pepper to taste

4 small sardines or sardine fillets (or 2 larger sardines) – preferably fresh

- heat the oven to 180°C (gas mark 4)
- halve the cherry tomatoes and spread out on a baking tray together with the beans
- add the olive oil, garlic, rosemary, salt and pepper
- cook in the oven for 15 minutes
- remove from the oven, top with the sardines, season to taste, and return to the oven for a further eight minutes
- serve.

Serves 1 (large portion) or 2 (smaller portions)

Note: If you don't have rosemary, a generous pinch of dried mixed herbs will do.

Recipe by Rebecca Seal.

Sardines, samphire and mustard dressing

For the dressing:

80ml olive oil
20ml red wine vinegar
20g Dijon mustard
Salt and pepper to taste
Lemon juice to taste

For the sardines and samphire:

1 tablesp olive oil
300g sardines or 250g sardine fillets
Freshly ground coarse sea salt, to taste
A knob of unsalted butter
90g samphire
1 tablesp chopped parsley

- for the dressing mix together well the oil, vinegar and mustard in a cup
- season with salt and pepper, add a little lemon juice to taste and mix well
- in a large frying pan heat the oil, season the sardines with the salt and fry for about five minutes, initially skin side down and turning once
- meanwhile, in a small frying pan, melt the knob of butter and fry the samphire for three minutes
- when cooked place the samphire on a plate, top with the sardines, garnish with the parsley, and add the dressing by the spoonful, to taste.

Serves 1. Serve with some bread to mop up the juices. Can also serve more people as a tapa.

Notes:

- The remaining dressing can be used to dress salads etc.
- pilchards (now marketed as Cornish sardines) can be used for this recipe
- it doesn't matter if the sardine fillets fall apart during cooking

Based very loosely on a recipe by Tom Kerridge

Harissa pilchards and green beans *added in 2024*

1 X 400g tin of pilchards in tomato sauce
2 tablesp olive oil
45g rose harissa
1 garlic clove, crushed
1 teasp ground cumin
1 teasp ground coriander
1 X 400g tin chopped tomatoes
½ teasp sugar
Salt and black pepper to taste
230ml water
200g frozen sliced green beans, defrosted

- drain the tin of pilchards, reserving the tomato sauce in a small bowl
- heat the olive oil in a pan
- add the harissa, garlic, half of the ground cumin and half of the ground coriander
- mix well and cook, stirring, for a few minutes until the mixture starts to spit
- add the tomato sauce, the tinned tomatoes, sugar, salt and pepper and cook for about 15 minutes, stirring frequently, until the mixture thickens
- pour in the water, return to a simmer, add the green beans and pilchards, and mix well
- cook for about seven minutes until the beans are tender and the sauce has thickened once more
- sprinkle the remaining cumin and coriander on top and serve
- serve with pasta, or with toast or your preferred type of bread to mop up the sauce
- Serves 2- 4

Variations:

- the thickness of the dish can be varied according to preference or what it is being served with
- chopped coriander, parsley and/or spring onions can be sprinkled on top.

Based loosely on a Yotam Ottolenghi recipe

Pasta and fish / seafood recipes

Note that these recipes can be easily adapted to use other pasta

(i) Spaghetti with tuna and tomatoes

3 tablesp olive oil

3-4 cloves garlic, crushed

10 cherry tomatoes, sliced in half

200g (½ a tin) of chopped tomatoes

1 200g tin of tuna steak in olive oil

½ teasp smoked paprika

Salt and pepper to taste

250g fresh spaghetti

A handful of fresh basil leaves, torn

- heat the olive oil on a low heat, add the chopped garlic and cook for a few minutes, taking care not to let the garlic burn
- add the cherry tomatoes and cook for a further minute
- add the chopped tomatoes and tuna steak and cook for a few minutes
- stir in the paprika and season to taste
- meanwhile heat a large pan of hot water, add a few drops of olive oil, bring to the boil and add the spaghetti
- boil for about 1½ minutes then drain
- serve the spaghetti on plates and pour the tuna and tomato sauce over
- garnish with the torn basil leaves

Serves 2

(ii) Easy spaghetti, tuna, beans and tomato *added in 2025*

A very simple meal for one, ideal for when you come in hungry from the pub

125g dried spaghetti

1 X 145g tin of tuna chunks in olive oil

1 X 212g carton of tomate frito

½ of a 400g tin of cannellini beans, drained

- Heat a large pan of water, bring to the boil, add the spaghetti and cook until al dente
- Meanwhile, in another pan, add the olive oil from the can of tuna and heat for a minute or so
- Add the tomate frito and stir well
- Add the tuna chunks and the cannellini beans, mix well and heat for a few minutes, until everything is heated through
- Drain the spaghetti and transfer to a serving bowl or plate, top with the sauce and serve

Serves 1

Variations:

- Add salt and/or black pepper to taste
- Add a few chilli flakes

(iii) Spaghetti with onions and anchovies

A knob of butter

3 tablesp extra virgin olive oil

1 large onion, peeled and sliced (about 125g peeled weight)

1 X 50g tin of anchovies in olive oil

125g spaghetti

Black pepper, to taste

- heat the butter and olive oil in a frying pan, add the onions and gently fry for about 20 minutes, until the onions are really soft
- after about 10 minutes, chop the anchovies into several pieces and add to the onions. The anchovies will disintegrate during cooking
- meanwhile, cook the spaghetti in plenty of fast boiling salted water until al dente
- drain the spaghetti, toss with the onion sauce and serve immediately
- serve with plenty of freshly ground black pepper, to taste.

Serves 1.

Based on a Rachel Roddy recipe

(iv) Spaghetti with anchovy and mushroom sauce

Ingredients as per the previous recipe plus:

150g chestnut mushrooms, sliced

½ teasp dried mixed herbs

½ teasp cider vinegar

- cook as in the previous recipe, adding the mushrooms and dried herbs along with the anchovies
- stir in the cider vinegar just before adding the spaghetti to the sauce

Serves 1

Roughly based on a Jack Monroe recipe

(v) Conchigle with smoked oyster sauce *added in 2025*

For the garlic breadcrumbs:

½ tablesp olive oil
5g panko breadcrumbs
1 garlic clove, peeled and crushed
Pinch of chilli flakes
Salt and black pepper to taste

For the smoked oyster pasta:

1 tablesp olive oil
1 small onion (60g peeled weight), finely chopped
½ of a 400g tin of peeled plum tomatoes, drained and roughly chopped
Pinch of sugar
3g thyme leaves
5g parsley, finely chopped
Salt and pepper to taste
2 X 85g tins of smoked oysters in sunflower oil
80g conchigle

Garlic breadcrumbs:

- heat the oil in a frying pan add the breadcrumbs and toast over a medium heat for 3 minutes (until they start to colour)
- add the garlic, chilli flakes, salt and pepper and cook for a further minute or so
- tip on to a plate lined with kitchen paper, to drain the oil, and set aside

The sauce and pasta:

- add the oil to the same frying pan and heat
- add the onion and fry gently, stirring occasionally, for 6 minutes
- add the tomatoes, sugar, half the thyme and parsley, salt and pepper and cook gently for 10 minutes
- add the tinned oysters and their oil, stir well and take off the heat
- bring a pan of water to a boil, add the pasta and cook until al dente (about 10 minutes)
- drain the conchigle, saving two tablesp of the cooking water
- stir the pasta into the sauce
- add the rest of the thyme and parsley and toss and stir the mixture, adding some of the pasta water to loosen the sauce if necessary

To serve:

- Serve in a bowl, scatter over the garlic breadcrumbs, and add salt and pepper if necessary

Notes:

- any other tinned smoked fish can be used instead of oysters
- any other pasta of a similar size can be used

Serves 1. *Recipe by Yotam ottolenghi*

(ii) poultry

Roast chicken with garlic and white wine

1 whole fresh chicken
1 or 2 heads of garlic
Salt and pepper to taste
1 bottle of dry white wine

- Preheat the oven
- Chop off the ends of the head(s) of garlic so that a little of each clove is showing, and place them inside the cavity of the chicken
- Place the chicken in a roasting tin and season the chicken to taste
- Open the bottle of wine, pour out a glass for the cook, then pour the remainder into the roasting tin
- Roast the chicken as normal, and meanwhile drink the glass of wine
- When the chicken is ready remove from the oven and stand on a plate for a few minutes to cool
- As soon as possible remove the head(s) of garlic
- Some of the garlic can be used to add to the wine and chicken juices from the roasting tin to make a gravy. The remainder can be spread on some toast as a starter while the chicken is cooling and/or added to some mashed potatoes to serve with the chicken.

Chicken in red wine

4 chicken thighs (skinless)
4 tablesp olive oil
3-4 shallots, roughly chopped
2 medium carrots, sliced
1 stick celery, sliced
1 bottle cheap red wine
1 tablesp flour
Salt and pepper to taste

- heat 2 tablesp oil in a pan, then brown the chicken pieces for a couple of minutes and remove
- heat the remaining oil in the pan and gently fry the shallots, celery and carrots for 5 minutes until slightly softened
- meanwhile mix a little wine in a cup with the flour and stir until the mixture is smooth
- pour a large glass of the wine for the cook
- add the chicken to the pan, stir, add the remainder of the wine, stir and then the wine/flour mix (to thicken the sauce), and stir
- bring to the boil, turn down the heat and simmer until the chicken is cooked (about 20-25 minutes)
- adjust the seasoning and serve (eg on a bed of mashed potatoes)

West African chicken and peanut butter stew

750g chicken thighs, skin on (4-6 thighs depending on size)

1 teasp ground coriander

salt and black pepper to taste

3 tablesp olive oil

1 onion, sliced

2 garlic cloves, sliced

2 bay leaves

½ teasp chilli powder

1 red pepper, chopped

6 tablesp smooth peanut butter (about 150g)

2 tablesp tomato puree

600ml chicken stock

Chopped coriander or parsley to garnish

A few spring onion slices to garnish

- season the chicken thighs with the coriander, salt and pepper
- heat half the oil in a saucepan, add the chicken thighs, quickly brown them, then set them aside on a plate
- fry the onions, garlic and bay leaves in the remaining oil, for a few minutes, stirring, and add a few tablesp water if necessary
- add the chilli powder and red pepper, stir, cover and fry for about 5 minutes
- add the peanut butter and tomato puree and mix in
- add the browned chicken pieces and the chicken stock
- bring to the boil, then simmer for 50-70 minutes until the chicken has cooked and the sauce has thickened. Stir a few times during this period, as the peanut butter will settle at the bottom of the pot otherwise
- give the stew a final stir then serve, with rice or mashed potatoes
- garnish with chopped coriander (or parsley) and spring onions

Serves 2

Note:

The amount of chilli powder can be varied to taste, though it should be kept moderate to avoid overpowering the peanut butter.

Based on a Guardian recipe by recipespantry

Garlic fried chicken thighs

4 chicken thighs, skin on

5 cloves garlic, crushed

100ml cider vinegar

½ teasp salt

Sunflower oil

- rinse and pat dry the chicken thighs, and cut a few small slits in each with a knife
- mix together the garlic, cider vinegar and salt in a large bowl
- add the chicken and mix well
- leave to marinate for a few hours, stirring a couple of times to make sure the marinade has coated every piece
- remove the chicken from the marinade and pat dry
- heat oil to a depth of 2.5cm in a chip pan until hot but not smoking
- add the chicken carefully and fry over a medium heat for about 10 minutes
- turn over the chicken thighs and cook for about another 10 minutes
- the chicken is ready when it is golden brown and crispy on the outside and the juices run clear when the thickest part is pierced with a fork or knife
- remove the chicken thighs, let them dry on paper towels and serve

Serves 2

Jollof fried chicken

1 tablesp jollof dry spice mix (see below)
Salt and black pepper to taste (about ¼ teasp each)
2 tablesp olive oil
2 boneless skinless chicken breasts
125ml buttermilk
Sunflower oil for deep frying

For the coating:

75-100g cornflour
Salt and black pepper to taste (about ¼ teasp each)
½ teasp ground nutmeg

For the jollof dry spice mix:

1 teasp ground ginger
1 teasp garlic powder
½ teasp chilli flakes
1 teasp dried thyme
1 teasp ground cinnamon

- make the dry spice mix – simply mix the ingredients well together. These quantities will do for more than one meal
- mix 1 tablesp of the jollof dry spice mix with the salt, pepper, olive oil in a large bowl
- cut each chicken breast into about 8 strips and add to the bowl
- add the buttermilk and mix well to coat the chicken strips all over
- cover the bowl and leave in the fridge to marinate for at least two hours (or overnight)
- heat the sunflower oil in a deep-fat fryer or chip pan to about 180°C
- meanwhile make the coating in a separate bowl by mixing the cornflour with the salt and pepper and the nutmeg
- dip each chicken strip in the coating in batches
- fry the chicken in batches for 3-4 minutes
- remove and drain on kitchen paper then keep hot while you fry the remaining batches
- serve as a snack on its own or with salad and coleslaw as a meal

Serves 2

From a recipe by Zoe Adjonyoh

Chicken thighs with a spicy tomato and spinach sauce

6 fresh chicken thighs
3 tablesp olive oil
½ a medium onion, finely chopped
3cm fresh ginger, peeled and chopped
1-2 cloves garlic
1 teasp coriander seeds
¼ teasp chilli powder
1 teasp ground cumin
1 teasp ground coriander
½ teasp ground turmeric
2 tablesp tomato puree
1 heaped teasp tamarind paste (or 1 tablesp lemon juice)
1 tin chopped tomatoes
125g frozen chopped spinach (optional)
1 tablesp lime juice
Chopped fresh coriander or parsley to garnish

- Place the chicken thighs in a roasting tin
- Pre-heat the oven to 180°C
- Fry the onions and ginger gently in the olive oil until the onions are soft
- Add the garlic and coriander seeds and fry for a further 1 minute, taking care the garlic does not burn
- Meanwhile in a mug mix together the chilli powder, cumin, coriander, turmeric, tomato puree, tamarind paste, and a little of the chopped tomatoes to make a thick paste, add to the pan and cook for a further minute
- Add the chopped frozen spinach (if this comes in small lumps can be added directly to the pan, if it comes as a single block unfreeze it first in a separate pan.)
- Gradually add the remainder of the chopped tomatoes, mix well, and cook for a couple of minutes
- Pour the sauce over the chicken thighs, place in the oven and cook until the chicken thighs are ready. The pan may need to be covered with foil for part of the time to - keep the sauce from evaporating – it should be fairly thick.
- Remove from the oven, stir in the lime juice, garnish with the fresh coriander and serve.

Variations:

- I prefer thighs with the bones and skin on to give a richer flavor, but skinned boneless thighs would work also
- For a quicker meal, ready-cooked roast chicken thighs can be used with less time in the oven, but the chicken will have less flavour
- If the time is available prepare the sauce in advance. Let it cool fully and marinate the chicken in the sauce for a couple of hours before cooking in the oven

Chicken and chorizo stew

6 chicken thighs, bone in, skin optional
Salt and black pepper to taste
2 tablesp olive oil
450g chorizo, sliced into 1cm slices
1 large onion, thinly sliced
1 large (or 2 medium) red peppers, seeds removed and sliced
2 garlic cloves, crushed
1 teasp dried oregano
1 teasp spicy smoked paprika
1 teasp ground cumin
2 bay leaves
250ml dry white or rose wine
500ml chicken or vegetable stock
2 X 400g tins of chopped tomatoes
1 tablesp tomato puree
70g green olives, stones removed and sliced (or from a jar)

- Season the chicken thighs generously with salt and pepper
- Heat the olive oil in a large pan and, when hot, brown the chicken on all sides, then remove and set aside
- Turn down the heat slightly then add the chorizo slices and cook for 2-3 minutes until they are brown and have released their fat
- Add the onion and red pepper and fry for about 5 minutes until softened. Stir regularly to avoid burning
- Add the garlic, oregano, paprika, cumin and bay leaves and cook for a minute until aromatic
- Turn the heat up, add the wine, and stir to remove anything stuck to the bottom of the pan
- When the wine has reduced by half, add the stock, tomatoes and tomato puree. Stir well then return the chicken thighs to the pan
- Bring to the boil for about 3-4 minutes, then reduce to a simmer
- Cover the pan and leave to cook for 50 minutes
- If the sauce is still thin after this time, boil for 2 or 3 minutes to reduce further
- Add in the sliced olives, cook for a couple of minutes then serve

Serves 4 with bread or 6 with rice or potatoes.

Closely based on a recipe on www.spanishsabores.com

Chicken breast stuffed with spinach and pine kernels

2 skinless chicken breasts

For the stuffing: 1 tablesp extra virgin olive oil
1-2 cloves garlic, crushed
100g spinach leaves
Handful of pine kernels
50g feta cheese

4 slices parma ham

- carefully slit and prepare the chicken breasts so that they can be stuffed, and set aside (not easy...takes practice)
- heat the oil in a frying pan, add the garlic and heat for a few seconds
- add the spinach and cook gently until it has wilted. Roughly chop the wilted spinach. Drain and transfer to a mixing bowl and allow to cool
- meanwhile toast the pine kernels under a hot grill, then add to the mixing bowl
- crumble the feta cheese and add to the mixture
- once cool, spoon as much of the stuffing mixture as possible into each chicken breast
- wrap each chicken breast carefully in slices of parma ham
- at this stage the chicken can be set aside in the fridge for a few hours, to allow the flavours to develop (optional)
- heat the oven to 180°C, place the stuffed chicken breasts on a roasting/ baking tray and cook for about 30 minutes, or until the chicken is fully cooked
- serve. Serves 2.

Notes and variations

- Serve with potatoes and vegetables and/or salad.
- Can also be served with chicken gravy or a white or cream sauce. One quick option is to mix some Marks and Spencer's chicken gravy with an equal amount of crème fraiche and heat gently, then pour over the chicken
- A smoked cream cheese is an excellent alternative to feta.

Based on a cooking demonstration by David Taylor, Glenborrodale Castle.

Basic chicken curry *amended in 2025*

This is a basic chicken curry using the base curry sauce and pastes (pages 31-34), followed by recipes which in turn use the chicken curry as the base. This produces a mild curry. The spiciness can be increased by adding chilli powder to the base curry sauce or increasing the amount of Kashmiri paste.

3-4 tablesp sunflower oil or ghee
1 onion (about 100g peeled weight), peeled and sliced
2 star anise (optional)
8cm cinnamon stick
4 black cardamoms
2 tablesp garlic and ginger paste (see page 33)
2 tablesp Kashmiri paste (see page 34)
Small bunch of fresh coriander, separated into stalks and leaves
A pinch of dried fenugreek leaves (optional)
Black pepper
640g chicken breast or thigh fillets (4 breasts), chopped into bite size pieces (ideally 32 in total, to provide 8 per portion)
500 ml base curry sauce, with added chilli powder if preferred (see page 31). If the sauce is thick use less of the sauce topped up to 500ml with water.
50g tomato puree
Salt
Lime or lemon juice
garam masala (aromatic or spicy to taste – see page 37)

- heat the oil or ghee in a large pan, add the sliced onion and cook in the oil for five minutes or so until soft
- add the star anise, cinnamon stick, and cardamoms, stir and cook briefly until the flavours are fragrant
- add the garlic and ginger paste and kashmiri paste and cook for a minute or two, stirring
- chop the coriander stalks and add together with the fenugreek leaves and freshly ground black pepper to taste, stir and cook briefly
- add the chicken pieces and 250ml of the curry sauce and cook for a few minutes until the sauce is slightly reduced
- add the remaining curry sauce, tomato puree and salt, cover and simmer for about 20 minutes until the chicken is fully cooked. If too liquid then cook for a few more minutes, uncovered, to reduce the sauce
- set aside any of the curry that is going to be used as the base for the following recipes
- return to the heat, stir in some lemon or lime juice and a large pinch of garam masala and cook for 1 minute
- serve, garnished with chopped coriander leaves

Basic chicken curry (continued)

The above recipe makes 4 portions, either as a meal on their own or as the base for the following three curries.

Roughly based on a recipe by Dan Toombs

(i) chicken saag

(a) Method 1

Oil

100g baby spinach leaves, roughly chopped

1 portion of basic chicken curry

Lemon or lime juice

Garam masala (see page 37)

- heat a little oil in a frying pan or wok
- add the spinach and cook until wilted
- add the chicken curry and cook until the chicken is fully heated through
- just before serving add a little lemon or lime juice and a pinch of garam masala
- serve. Serves 1.

(b) Method 2 *added in 2025*

Oil

1 portion of basic chicken curry

150g tinned spinach puree

Lemon or lime juice

Garam masala (see page 37)

- heat a little oil in a frying pan or wok
- add the chicken curry and cook until the chicken is fully heated through
- add the spinach puree and heat through
- just before serving add a little lemon or lime juice and a pinch of garam masala
- serve. Serves 1.

(ii) Chicken, courgette and aubergine curry

Oil

200g courgettes, sliced

200g aubergine, sliced and/or chopped (ideally the small Indian aubergines or the long thin Chinese aubergines)

1 portion basic chicken curry

Lemon or lime juice

Garam masala (see page 37)

Chopped coriander leaves

- heat a little oil in a large pan, add the courgettes and aubergines and cook for a few minutes until they begin to soften
- add the basic chicken curry and cook, covered, until the chicken is fully heated through and the vegetables are soft
- just before serving add a little lemon or lime juice and a pinch of garam masala
- serve, garnished with the chopped coriander leaves. Serves 2.

(iii) chicken kashari

This was a speciality of the Tandoori Centre in Framwellgate Moor. I have rarely seen it elsewhere and can't find a recipe. This is as close as I can get to the taste.

Oil

1 portion of basic chicken curry

3 tablesp of tarka dahl (see page 273) – a good use for any leftovers

Small bunch of chopped fresh coriander

6 garlic cloves (at the very least), very roughly chopped

1 tablesp lemon juice or vinegar

Garam masala (see page 37)

- heat a little oil in a frying pan or wok
- add the chicken curry, the tarka dahl and half of the coriander leaves and cook, stirring, until the chicken is fully heated through
- meanwhile in a small frying pan, heat a little oil and fry the garlic until soft but not burnt
- add the fried garlic, lemon juice or vinegar and garam masala to the chicken and dahl mix.
- cook for a minute and serve, garnished with the remaining coriander.

Notes and variations:

- If you haven't any tarka dahl just cook red lentils in water until soft, drain and add to the chicken curry, then cook for a while longer to allow the spices to mix. Alternatively you can use cooked lentils from a jar, or a tin (drained)
- Use garlic pickle (at least 1 tablesp) instead of the fried garlic. This produces a sweeter curry
- Add 100g of baby leaf spinach a few minutes before the end of cooking and mix in. Cook until wilted.

Serves 1

Chicken and yoghurt curry (Dahl murg)

added in 2024

A quick and easy mild chicken curry

125ml natural yoghurt

½ teasp salt (or to taste)

½ teasp garam masala (see page 37)

Pinch of turmeric

Pinch of chilli powder (or to taste)

2 cloves garlic, crushed

300g boneless, skinless chicken thighs, cut into bite sized pieces

1½ tablesp sunflower oil

1 teasp cumin seeds

8 cherry tomatoes, halved

10g coriander leaves, finely chopped

- mix the yoghurt, salt, garam masala, turmeric, chilli powder and garlic in a bowl
- add the chicken and mix well to coat
- marinate for an hour or so (or prepare in advance, refrigerate and return to room temperature)
- heat the oil in a pan and add the cumin seeds
- once they start to sizzle, add the tomatoes and cook for 4-5 minutes, until they begin to soften
- add the chicken and the marinade, mix well and bring to the boil
- cover the pan, reduce the heat and simmer for 15 minutes, until the chicken is cooked through
- sprinkle with the coriander and serve

Serves 2. Serve with rice or naan.

Closely based on a recipe by Chetna Makan

Chilli Garlic Chicken

350g chicken thigh or breast fillets, cut into bite-sized pieces

3 tablesp sunflower oil

1 medium onion, finely chopped (about 60g peeled weight)

2 cloves garlic, chopped

A small piece of fresh ginger (about 10g), chopped

1 green chilli, chopped

1 level teasp cumin seeds

2 cloves, slightly crushed

1 black cardamon pod

1 small cinnamon stick

100g chopped tomatoes, from a tin

Salt to taste

A pinch of ground turmeric

A pinch of chilli powder

A small handful of fresh coriander, chopped

A pinch of grated nutmeg

For the marinade:

1 tablesp olive oil

1 tablesp vinegar

2 teasp Patak's garlic pickle

½ teasp salt

1-2 green chillies, very finely chopped

A pinch of black pepper

- Put all the marinade in a bowl and mix well
- Add the chicken pieces and stir to make sure they are completely coated
- Cover and leave in the fridge for a few hours or overnight
- Heat the oil in a frying pan
- Add the onions and cook gently for 5 minutes
- Add the garlic, ginger and green chilli and cook for 3 minutes
- Add the cumin, cloves, cardamom and cinnamon stick and simmer for a few minutes
- Meanwhile remove the chicken from the fridge and bring to room temperature
- Add the tinned tomatoes, salt, turmeric and chilli powder, stir and cook for 6-7 minutes
- Add the marinated chicken, stir well, cover and cook for about 10 minutes, stirring occasionally, until the chicken is cooked through
- Add the coriander and nutmeg, cover, simmer for 1 minute then serve

Serves 2, with rice

Closely based on a recipe in Mother Indias Cookbook.

This recipe is for a medium hot dish. By all means add more garlic, garlic pickle, chillies and chilli powder, to taste.

Chicken Tikka Masala

Ingredients:

For the chicken tikka:

- 1 teasp cumin seeds
- ½ onion, finely chopped
- 2cm piece of fresh ginger, finely chopped (or ½ teasp ground ginger)
- 3 tablesp tomato puree
- 3 tablesp lemon juice
- Salt and pepper to taste
- 2 garlic cloves, crushed
- 1 teasp chilli powder
- ½ teasp dried mint
- 750g boneless chicken, cubed

For the masala sauce:

- 2 tablesp sunflower or vegetable oil
- 1 onion, sliced and roughly chopped
- 1 tablesp mustard seeds
- 3 garlic cloves, crushed
- A little chilli powder (optional)
- 300g tinned chopped tomatoes
- 150ml crème fraiche
- 150ml coconut milk

For the final stage:

- 1 tablesp fresh coriander, chopped
- 1 tablesp fresh mint, chopped (or 1 teasp dried mint)
- 2-3 tablesp lime juice
- ½ teasp garam masala (see page 37)
- Fresh mint leaves to garnish

RECIPE ON NEXT PAGE

CHICKEN TIKKA MASALA Continued from previous page

RECIPE

1) Marinate the chicken

- grind the cumin seeds in a pestle and mortar and add to a bowl
- add the onion, ginger, tomato puree, lemon juice, salt, pepper, garlic, chilli powder and mint and stir well
- add the chicken cubes, stir well, and leave to marinate for at least 2 hours

2) Make the masala sauce

- heat the oil in a large saucepan, add the onion, and cook for 5 minutes
- add the mustard seeds, garlic, and chilli powder and cook for 1 – 2 minutes
- add the tomatoes, crème fraiche and coconut milk, stir well, bring to the boil, and simmer for 20 minutes

3) Grill the chicken

- meanwhile cook the marinated chicken pieces in a grill pan under a preheated hot grill for about 15-20 mins, turning as necessary, until the chicken is tender

4) Combine, garnish and serve

- remove the chicken from the grill pan and add to the masala sauce
- under a low heat, stir in the fresh coriander, mint, lime juice and garam masala, and mix well
- garnish with fresh mint leaves and serve

Chicken Dhansak

For the marinade:

- 4 cloves garlic, crushed
- ½ teasp ginger
- Salt to taste
- ½ teasp chilli powder
- 1 teasp coriander seed
- 1 teasp cumin seed
- 1 teasp fennel seed
- 4 green cardamoms
- 10 black peppercorns
- ¼ teasp fenugreek seeds
- ½ teasp black mustard seeds
- 4-5 tablesp water

- 500g skinless chicken breasts, cubed
- 2 tablesp olive oil
- ½ large onion, very finely chopped
- 2 bay leaves
- 5cm cinnamon stick
- 1 teasp turmeric
- 1 teasp garam masala (see page 37)
- ½ teasp chilli powder
- 200g red lentils
- Boiled water
- 1 tablesp tamarind date paste
- Juice of ½ lemon
- ½ lemon, cut into 4 wedges
- 1 tablesp fresh coriander, chopped

- add the garlic, ginger, salt and chilli powder to a mixing bowl
- in a grinder mix together the coriander seeds, cumin seeds, fennel seeds, cardamoms, peppercorns, fenugreek seeds and black mustard seeds, grind, and add to the bowl
- add water gradually and mix to a paste
- add the chicken, coat well and marinate for a few hours (or overnight in a fridge)
- heat the olive oil in a large pan and fry the onion gently until it is soft
- add the bay leaves, cinnamon stick, turmeric, garam masala, and chilli powder, mix (add a little water if necessary to prevent sticking) and cook briefly
- add the lentils, stir to coat with the spices, then add 300ml of boiling water and cook for about 20 minutes or so until the lentils are soft, adding more water as necessary

CONTINUED ON NEXT PAGE

CHICKEN DHANSAK Continued from previous page

- meanwhile grill or fry (in a little oil) the chicken pieces, pouring over the remainder of the marinade, until cooked (about 20 minutes)
- add the chicken pieces to the lentils and mix
- add the tamarind date paste and the lemon juice, and continue to cook for about 10 minutes, adding more water if necessary
- add the lemon wedges for the last 3 minutes of cooking time
- serve, with chopped coriander leaves as a garnish

Serves 2 on its own or 4 with rice, naan bread and chutney.

Notes, Shortcuts and Variations

- if you have garam masala to hand (see page 37) omit the ginger, chilli, coriander, cumin, fennel, cardamoms, peppercorns and fenugreek seeds from the marinade and substitute 2 tablesp of garam masala. Then omit the cinnamon stick from the lentil mix.
- A quick option (particularly if you have leftovers) is to marinate the chicken in instant curry paste (see page 28) or standard curry sauce (see page 29). Then prepare the lentils according to the plain dahl recipe (page 271). Then combine the cooked chicken and dahl and add the tamarind paste and lemon. Be careful...it is easy to end up with a dish which is too heavily spiced using this option.
- the tamarind paste can be replaced by more lemon juice and/or a tablesp of tomato puree.
- the mushiness of the lentil mixture is a matter of taste (either add more or less water and cook for more or less time), as is the spiciness of the dish. The main recipe is for a medium spiced dish.

Cinnamon and black pepper chicken thighs

2 tablesp sunflower oil
1 small onion, finely chopped (about 60g peeled weight)
2 large cinnamon sticks
15-20 black peppercorns
3 black cardamon pods
8 cloves
2-3 chillies, finely chopped (red or green, to taste)
½ tablesp cumin seeds
3 cloves garlic, crushed
70ml hot water
½ a 400g tin of chopped tomatoes
1 tablesp tomato puree
Salt, to taste
1kg chicken thighs, bone in, skin optional
15g butter

- Heat the oil in a medium ovenproof pan, add the onion and cook gently for 1 minute
- Add the cinnamon sticks, peppercorns, cardamoms, cloves and chillies and cook for 5 minutes until the onions are golden
- Add the cumin seeds and garlic and cook, stirring, for 1-2 minutes
- Add the water and cook for 5 minutes
- Add the tinned tomatoes, tomato puree and salt and cook for 5 minutes, stirring from time to time as the sauce thickens
- Add the chicken thighs, stir well to coat them with the sauce
- Cover the pan with a lid, turn the heat down low and cook for 15 minutes
- Add the butter, stir well, replace the lid and cook for a further 10 minutes
- Meanwhile heat the oven to 200°C (180°C fan, gas mark 7)
- Remove the lid from the pan, then put the pan in the oven and cook for about 15 minutes
- Check that the chicken is cooked through and the juices run clear
- Serve, removing the cinnamon sticks and cardamoms

Serves 2-3. Can be served with rice, potatoes and/or salad

Closely based on a recipe in Mother India at Home by Monir Mohammed and Martin Gray.

Malaysian sweet coconut chicken curry

70g dessicated coconut
4 cloves garlic, roughly chopped
1 red chilli, roughly chopped (or chilli powder or flakes, to taste)
1 tsp fennel seeds, roughly crushed in a mortar and pestle
1 tablesp coriander seeds, roughly crushed in a mortar and pestle
½ teasp ground turmeric
3 teasp ginger paste
2 tablesp sunflower oil
120g onion, finely chopped
640g boneless and skinless chicken thigh fillets, cut into bite-sized pieces
Salt and black pepper, to taste
1 lime – zest grated and then the lime juiced and set aside
2-3 tablesp apricot jam
130ml coconut milk, plus 1 tablesp extra to serve
1 – 2 tablesp coriander leaves

- heat a large frying pan (for which you have a lid) on a medium heat and, once hot, dry-fry the dessicated coconut for 5 minutes or so until golden
- tip the coconut into a bowl, and set aside 1 tablesp to garnish
- meanwhile, add the garlic, chilli, fennel and coriander seeds, turmeric and ginger paste, together with three tablesp of water to the bowl of a blender and blitz to a coarse paste
- heat the oil in the frying pan and fry the onion until softened and lightly browned, about 7 minutes
- add the spice paste and cook for another 2 minutes
- add the chicken, about a teasp of salt (or to taste) and a generous amount of black pepper and cook, stirring from time to time, until the chicken is no longer pink on the outside, about 7 minutes
- stir in the lime zest, apricot jam, coconut milk, 120ml water and the toasted coconut
- bring the mix up to a simmer, lower the heat, put the lid on the pan and cook for 40 minutes
- remove the lid, turn the heat up to medium, and cook, stirring, for about another 7 minutes until the chicken is tender and the sauce is thick and rich
- stir in the lime juice
- transfer to serving plates and drizzle with the extra coconut milk
- sprinkle with the reserved toasted coconut and the coriander leaves and serve

Serves 3-4. Serve with plain rice or couscous

Based on a recipe by Yotam Ottolenghi which is in turn based on a recipe by Myra Waldo.

Cardamom chicken with yoghurt and almond

8 chicken thighs, unskinned and on the bone
Sea salt
2-3 tablesp sunflower oil
1 large onion, chopped finely
10g fresh ginger, chopped finely
4 whole cloves
3 cinnamon sticks (approx. 4cm each)
7 green cardamom pods, lightly crushed
3 cloves garlic, crushed
Pinch of dried red chilli flakes (no more)
300ml water
100g packet of toasted flaked almonds
350g Greek yoghurt
2 limes, halved

- rub salt into the chicken thighs (½ tablesp or to taste)
- heat a little oil in a large, heavy pan until hot, add the chicken, turn heat to medium, and sear all over for 6 minutes. This may have to be done in two batches. Remove the chicken.
- to the same pan, add the remaining oil, onion, ginger, cloves, cinnamon sticks and cardamoms, and fry for 5 minutes on a medium heat until onions are soft
- add the garlic and chilli flakes and cook for 2 minutes, stirring, ensuring that it doesn't stick or burn
- return the chicken to the pan, add the 300ml water, bring to a gentle simmer, cover the pan, and cook for 20 minutes, stirring occasionally
- meanwhile, grind almost all the almonds to a fine powder, and place in a blender
- add the yoghurt and blend until smooth, then transfer the sauce to a large bowl
- add a ladle of the hot cooking juices from the pan and stir well
- repeat twice, then pour the now warm sauce into the chicken pan
- bring to a very gentle simmer and cook, uncovered, for 5-10 minutes, until the sauce has slightly thickened
- serve, garnished with the remaining almonds, and squeeze the lime juice over the dish
- serves 4, and can be served with rice, egg noodles or potatoes

Notes:

- take care with the chilli flakes. This is not meant to be a spicy dish and they should not overwhelm the flavor of the cardamoms, cloves and cinnamon
- the original recipe replaced 100g of the yoghurt with double cream, which makes a very rich dish, but adds to the risk of the sauce separating.

Based on a recipe by Yotam Ottolenghi

Chicken thighs – Middle Eastern style

(i) Chicken, walnut and pomegranate stew

1 tablesp plain white flour
600g walnuts, finely ground
1.2 litres cold water
3 tablesp sunlower oil
2 large onions (about 250-300g peeled weight), diced
8 chicken thighs, bone in, skin removed
salt and black pepper to taste
3 tablesp caster sugar
450ml pomegranate molasses
Pomegranate seeds, to garnish

- heat a large saucepan over a medium heat, add the plain flour and toast for 2 or 3 minutes, stirring, until it turns pale beige
- add the ground walnuts, mix well and cook for a minute or so
- add the water and stir well
- bring the mixture to the boil, cover with a lid, turn down and simmer for an hour
- this will cook and soften the walnuts – when the natural oils of the walnuts rise to the surface the mixture is cooked
- meanwhile, heat the oil in a large frying pan and fry the onions for about 10 minutes until translucent and lightly browned
- season the chicken on both sides with the salt and pepper and add to the frying pan
- cook over a high heat for a few minutes until they are gently browned and sealed
- turn off the heat and set aside the chicken and onions until the walnuts have cooked
- when the walnuts have cooked, add the sugar and pomegranate molasses to the saucepan and stir well for a minute or two until the molasses are fully dissolved
- add the chicken thighs and onion to the walnut and pomegranate mixture, cover with a lid and simmer for about two hours. It may be necessary to add a little water.
- stir thoroughly at least every 30 minutes to ensure that you lift the walnuts from the bottom of the pan and they don't burn. During cooking the mixture will darken from beige to a rich, dark, almost chocolaty colour
- stir well, adjust the seasoning if necessary and serve, garnished generously with pomegranate seeds. Serve with basmati rice.

Serves 4 (large portions)

From a recipe provided by Ken Donald.

(ii) Pomegranate and sumac chicken *amended in 2025*

8 chicken thighs, bone-in, skin-on (approx. 1kg) – see note 1

3 tablesp olive oil

3 tablesp pomegranate molasses – see note 2

1 tablesp tomato puree

½ teasp allspice

1 teasp pul biber (Aleppo pepper) – see note 3

1 teasp sumac

2-3 garlic cloves, crushed

1½ teasp salt, or to taste

½ teasp black pepper, or to taste

2 tablesp pomegranate seeds (optional)

- place the chicken thighs in a large bowl
- pour over all the remaining ingredients
- with your hands, massage this into the chicken, until it is evenly coated
- cover and marinate in the fridge for at least three hours
- take the chicken out of the fridge and let it come to room temperature
- meanwhile heat the oven to 200°C (180°F, gas 6)
- place the chicken on parchment paper on a baking tray and roast in the oven for about 25 minutes, or until the juices run clear when the thighs are pierced at the thickest part
- serve. Serve with rice and salad or with okra and pomegranate molasses. Pomegranate seeds can be sprinkled on top if wished

Serves 2 – 4 depending on hunger

Notes:

- (1) if you prefer substitute with 6 boneless, skinless chicken thighs, which can be cut into bite-sized pieces. The other quantities remain the same
- (2) In Spain I used miel de caña instead of pomegranate molasses, and it worked
- (3) If you can't find pul biber (Aleppo pepper) Nigella Lawson suggests substituting ¼ teasp of sweet paprika and ¼ teasp of chilli flakes for each teaspoon of pul biber.

Closely based on a recipe by Yasmin Kahn

(iii) Chicken with Middle Eastern spices *amended in 2025*

Similar ingredients to the previous recipe, though this version is cooked on the hob

1-2 tablesp olive oil
1 medium onion, sliced
4 cloves garlic, chopped
Salt to taste
1 generous teasp allspice
1 generous teasp pul biber (Aleppo pepper)
1 generous teasp sumac
650g chicken thighs, skinned
1 X 210g carton tomate frito
About 100ml water

- heat the olive oil and soften the onions over a medium heat (do not brown)
- add the garlic and cook gently for about a minute (do not brown)
- add the salt, allspice, pul biber and sumac and stir to mix well
- add the chicken thighs and stir to coat the chicken in the other ingredients
- add the tomate frito and water and stir again until well mixed
- bring to a simmer, cover and cook on a low heat for an hour to an hour and a half, to give plenty of time for the flavours to mingle
- stir from time to time to prevent the chicken and sauce sticking to the pot
- serve, with couscous, rice or bread

Serves 2

Notes and variations:

- The chicken thighs can be skin-on or de-boned if preferred
- If you can't find pul biber (Aleppo pepper) Nigella Lawson suggests substituting ¼ teasp of sweet paprika and ¼ teasp of chilli flakes for each teaspoon of pul biber.
- Passata can be used as a substitute for tomate frito
- a few tablesp of pomegranate molasses can be added with the tomate frito and/or pomegranate seeds can be sprinkled on top to serve

Recipe by Ken Donald

Pimentón chicken with chickpeas, rice and spinach

500g chicken breasts, skinned

For the marinade: 4 tablesp olive oil
 1½ tablesp white wine vinegar
 2 cloves garlic, crushed
 1 heaped teasp smoked hot paprika (*pimentón*)
 ½ sachet (2g) *paellero* paella spice mix
 Salt to taste

1 X 400g tin chickpeas

100g uncooked baby spinach leaves, roughly chopped

280g microwave long grain or basmati rice

Salt and pepper to taste

- dice the chicken breasts into bite size pieces
- mix the marinade ingredients in a bowl, add the chicken pieces, stir to coat them well and marinate for a few hours
- Place the chicken pieces in a frying or grill pan and pour over any remaining marinade.
- grill or fry the chicken breasts for about 15-20 minutes, turning at least once until cooked
- meanwhile heat the chickpeas in a pot until hot in a little water
- turn the heat down low, add the spinach and cook till it wilts
- meanwhile microwave the rice for two minutes
- add the rice, salt and pepper to the chickpeas and spinach, mix well, and cook slowly for a minute or so until the water is absorbed. Time this to coincide with the chicken being ready
- serve the rice, chickpea and spinach mix on individual plates and top with the chicken and any remaining juices from the grill or pan.

Makes 2 large or 4 small portions

Notes / variations

- the spiciness of the dish can be varied to taste by using a mixture of hot and sweet paprika
- an alternative to *paellero* mix is to add a few strands of saffron or a pinch of turmeric to the rice and spinach mix for the final minute of cooking and stir well.

Chicken meatballs with feta and olives

added in 2026

For the meatballs:

600g minced chicken
150g feta, crumbled
50g black pitted olives, chopped
4 spring onions, trimmed and roughly chopped
2 cloves garlic, peeled and chopped
2 tablesp tomato puree
2 teasp pul biber (Aleppo chilli)
1 teasp dried oregano
Salt and pepper to taste

For the sauce:

680g tomato passata
2 teasp pul biber (Aleppo chilli)
2 teasp dried oregano
1 clove garlic, peeled and crushed
Salt and pepper to taste
50g feta, crumbled
1 small handful finely chopped parsley leaves

- put all the meatball ingredients in a blender or food processor and blitz until smooth, then form into about 16 meatballs
- meanwhile heat the oven to 200°C (180°C fan, gas mark 6) and preheat the baking dish or toasting tray
- add a few tablesp of the passata to the base of the baking dish
- mix the remaining passata, with the pul biber, oregano, garlic, salt and pepper
- arrange the meatballs in the baking dish, then pour over the sauce
- bake for about 20 minutes until the meatballs are cooked
- serve, garnished with the feta and parsley

Serves 3-4. Serve with salad, pasta or potatoes

Notes;

- the meatballs can be made beforehand, kept in the fridge and brought to room temperature before cooking
- I have a fairly small blender so blended the chicken mince and the other ingredients separately, then mixed together well with a fork in a mixing bowl

Recipe by John Gregory-Smith

Mustard chicken

600-750g chicken thighs (5 or 6 thighs), skin-on, bone-in

3 tablesp Dijon mustard

3 tablesp olive oil

100ml brown ale (or other dark beer)

1 onion (about 80g peeled weight), chopped

1-2 cloves garlic, finely chopped

60g smoked bacon lardons

1 level tablesp plain flour

250ml chicken stock

Pinch of dried tarragon (optional)

50g full-fat crème fraiche

Salt and black pepper to taste

- in a bowl mix the chicken thighs with 2 tablesp of the mustard, making sure they are well coated. Cover and refrigerate for at least 4 hours
- heat 2 tablesp of the oil in a casserole dish. Add the chicken thighs and brown them all over, then transfer to a bowl
- deglaze the pan with the beer, then add to the chicken thighs
- preheat the oven to 180°C (160°C fan)
- meanwhile, heat the remaining tablesp of oil in the casserole dish, add the onion, garlic and bacon and fry for a few minutes until they have browned a little
- add the flour, stir and cook for a minute
- gradually add the chicken stock, stirring well after each addition to make sure there are no lumps and cook for a couple of minutes until the sauce has begun to thicken.
- return the chicken thighs to the casserole and bring to a simmer
- cover and transfer the casserole to the oven and cook for about an hour until the thighs are fully cooked
- remove the thighs from the casserole dish and keep warm
- place the casserole on the hob and heat gently. Stir in the tarragon (if using), the crème fraiche and the remaining tablesp of mustard
- stir well and cook for a couple of minutes
- return the chicken to the casserole, add a pinch of pepper and, if necessary, salt (the chicken stock may be sufficiently salty), stir then serve

The dish is fairly liquid so best served with rice or mashed potatoes

Roughly based on a Rick Stein recipe (for rabbit)

Chicken pibil tacos

The quantities below are for one taco – simply multiply by the number of tacos desired.

4-5 cubes of chicken breast

2 tablesp pibil sauce (see recipe on page 35)

1 ready-made medium soft corn tortilla

2 slices mandarin orange, each chopped into 2 or 3 pieces.

1 teasp finely chopped onion

A few coriander leaves

2 tablesp plain yoghurt

- marinate the chicken cubes in the pibil sauce – ideally for a few hours
- cook the chicken in an oven or under a grill for 15-20 minutes, spooning over some of the marinade
- meanwhile heat the tortilla, according to the instructions on the packet
- place the chicken pieces on top of the warm tortilla (to one side, if folding in half, in the middle if wrapping)
- top with the orange pieces, then the onion, coriander and yoghurt
- serve

Serve, one or two tacos per person, with a side salad and 2 or 3 mandarin slices.

Based on a meal at Café Caramba, Santa Cruz de Tenerife

Marinades for chicken

The following marinades for chicken can be used for cubed chicken breast or chicken thighs and drumsticks. The quantities of marinade can be varied depending on the quantity of chicken.

Method

- mix the marinade ingredients in a bowl
- add the chicken pieces, stir well to ensure the pieces are coated well, and leave for at least 30 minutes to allow the flavours to mix
- place the chicken on a baking tray. Any remaining marinade can be poured over the chicken pieces before and during cooking
- cook the chicken in the oven or under a grill or fry, turning at least once
- serve when the chicken is cooked

(i) Garam masala marinade

3 tablesp olive oil
1 tablesp white wine vinegar
2 cloves garlic, crushed
1 teasp garam masala (see page 37)
¼ teasp chilli powder (optional)
Salt and pepper to taste

This is the marinade used in the recipe for warm spiced chicken salad, (page 209). The quantities are for 2 diced chicken breasts.

(ii) Tomato and smoked paprika marinade

2 tablesp tomato and smoked paprika paste
2 tablesp natural yoghurt
A little lemon juice, to taste

I use ready-made Belazu tomato and smoked paprika paste, but a home-made version can be made with olive oil, tomato puree, onion, garlic, sweet and/or spicy smoked paprika blended together.

(iii) Harissa marinade

2 tablesp harissa
2 tablesp natural yoghurt
A little lemon juice, to taste

Ready-made harissa is fine, though a home-made version can be made by blending red peppers, olive oil, chilli, smoked paprika, cumin and coriander.

(iv) pesto and balsamic vinegar marinade

3 tablesp green pesto
1 tablesp olive oil
2 tablesp balsamic vinegar

(v) honey and soy sauce marinade

4 teasp honey
4 teasp dark soy sauce
Pinch of ground ginger (optional)
1 clove garlic, crushed

Quantities are for 400g cubed chicken breast

(vi) tomato and tamarind marinade

150-175g tomate frito (or passata)
2 tablesp tamarind and date sauce
A pinch of chilli flakes (to taste)

An alternative to the chilli flakes is a tablespoon (or to taste) of gochujang paste.

Quantities are for 3 chicken thighs

(vii) red mojo marinade

130g red mojo sauce – see the recipe on page 19 but use a little less water for a thicker marinade. Quantity for 250-300g chicken.

Notes:

Salt pepper and/or garlic can be added to any of these marinades to taste
If there is no time to marinate the chicken, they can be used as a glaze, spreading some on the chicken as it is put into the oven or grill, again when the chicken pieces are turned and if necessary basting from time to time.

Breast of duck with pomegranate molasses

2 duck breasts, skin on
2 tablesp olive oil
2 tablesp water
2 tablesp pomegranate molasses
A pinch of ground cinnamon
Salt and black pepper to taste

- preheat the oven to 200°C (gas 7)
- Meanwhile, score the skin of the duck breasts in a criss-cross fashion, salt well, and leave for 15 minutes
- heat the oil in a large frying pan, add the duck breasts skin side down and seal for a minute until lightly browned. Turn over and seal the other side briefly
- place the breasts skin side up on a baking tray then place in the hot oven and cook for about 12-15 minutes, depending how well done you prefer the duck.
- remove and let the duck breasts rest on a warm plate, loosely covered in foil, for 5-10 minutes
- meanwhile, reheat the frying pan over a medium heat, pouring off any excess oil, then add the water, pomegranate molasses and cinnamon
- reduce for a minute and add salt and pepper to taste
- slice each duck breast at an angle into thick slices, pour the sauce over and serve.

Can be served with potatoes, rice, vegetables or salad, as you wish.

Serves 1 or 2, depending on the size of the duck breasts and hunger.

Recipe from Moro the Cookbook by Sam and Sam Clark

(iii) LAMB, BEEF and PORK

Leg of lamb with garlic, marinated in red wine

Whole or half leg of lamb, on the bone – about 1.5-2kg

3 cloves garlic, finely sliced

Salt and black pepper

For the marinade:

1 bottle of cheap red wine, less one small glass for the cook

4 tablesp extra virgin olive oil

2 tablesp lemon juice

About 10 stalks of fresh rosemary, removed from the stalks

About 10 stalks of fresh thyme, removed from the stalks

Small handful parsley, finely chopped

15 juniper berries, slightly squashed with the back of a spoon

4 black peppercorns, slightly squashed with the back of a spoon

1 small onion (or 2 shallots), finely chopped

2 bay leaves

Salt and pepper to taste

For the gravy:

Knob of butter

A similar amount of plain flour

- Make some slits in the leg of lamb and bury a slice of garlic in each
- Rub in salt and pepper to the lamb
- Mix all of the marinade ingredients in a large bowl
- Place the lamb in the marinade, and marinate for at least 24 hours. Turn the lamb occasionally if the marinade does not fully cover the joint
- When ready to cook, pre-heat the oven to 190°C
- Remove the lamb from the marinade, place it in a roasting tin and roast for approx. 25 mins per ½kg plus 25 minutes. Baste the lamb from time to time with a spoonful of the marinade.
- Meanwhile pass the marinade through a colander into a bowl, add the peppercorns and a few of the juniper berries, bin the remainder and keep the liquid for the gravy
- When the lamb is ready, remove from the oven and let it stand for 10-15minutes before carving
- Meanwhile make a gravy. Melt the butter over a low heat, then add the flour and mix well, and stir for a minute.
- Then add the juices from the roasting tin and a few tablespoons of the marinade, bring to the boil and reduce.
- Adjust the seasoning, and add more of the marinade if necessary
- Serve .

Lamb navarin

4-5 tablesp sunflower oil
700g diced lamb
1 tablesp sugar
2 tablesp plain flour
1 bottle (750ml) red wine
Salt and pepper to taste
Large pinch of mixed dried herbs
150g chopped tomatoes
3 cloves garlic, crushed
400ml meat or vegetable stock
2 tablesp chopped parsley

- heat the oil in a large, heavy saucepan, add the oil and brown the lamb over a high heat
- add the sugar and cook for a few minutes, stirring. If it is necessary to stop the juices sticking to the bottom of the pan add a little water
- add the flour and reduce the heat to medium, and cook for about 5 minutes, stirring
- add the red wine and stir constantly to thicken
- add salt and pepper, herbs, tomatoes and garlic and cook for a further ten minutes
- add the stock, bring to the boil, then reduce the heat, cover the pan and simmer for about one hour until the meat is tender
- uncover, increase the heat and let the sauce reduce to the desired consistency
- add the parsley, adjust the seasoning if necessary and serve.

Serves 4, with side vegetables, salad or polenta.

Bhoona lamb or beef

250g onion, sliced
30g fresh ginger, chopped finely
100ml sunflower or vegetable oil
4 cloves garlic, crushed
1 black cardamom
½ teasp mustard seeds
5 cloves
5cm cinnamon stick
1 teasp cumin seed
½ teasp turmeric
2 teasp chilli powder (or more or less to taste)
1kg stewing beef or lamb, trimmed and cubed
250g tomatoes, roughly chopped
1 tablesp tomato puree
½ teasp sugar
Salt to taste
150ml water
1 tablesp garam masala (or more, to taste) - see Page 37
1-2 tablesp lemon juice

- fry the onion and ginger in the oil until the onion is soft and golden brown
- add the garlic, cardamoms, mustard seed, cloves, cinnamon stick, cumin seeds, turmeric and chilli powder and cook for about 10 mins, stirring frequently (you may have to add a little water from time to time to prevent them sticking)
- add the meat, tomatoes, tomato puree, sugar and salt, and cook over a moderate heat until the meat is browned
- add the water, cover and simmer slowly until the meat is tender. It should be fairly dry, but add more water if necessary
- sprinkle over the garam masala and lemon juice, stir and serve

Serves 4

Recipe from the Shish Mahal, Glasgow

Lamb and Indian Vegetables *amended in 2025*

Ingredients:

125g onion, very finely chopped
2.5cm fresh ginger, very finely chopped
3 tablesp sunflower oil
3 cloves garlic, crushed
2 black cardamoms
¼ teasp mustard seeds
1 teasp cumin seeds
½ teasp turmeric
½ teasp chilli powder
½ teasp coriander
½ teasp black pepper
500g lamb, trimmed and cubed
125g cherry tomatoes, quartered
200g aubergine, sliced and roughly chopped
2 tablesp tomato puree
1 tablesp tamarind paste
½ teasp sugar
Salt to taste
Freshly boiled water, as required
100g okra
1 tablesp sunflower oil
1 400g tin Punjabi tinda, drained and rinsed
1 tablesp lemon juice

RECIPE ON NEXT PAGE

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RECIPE

- fry the onion and ginger in the oil over a medium heat until the onions are soft
 - add the garlic, cardamoms, mustard seeds and cumin seeds and fry for a minute. Take care that the garlic does not burn and add a little water if necessary
 - add the turmeric, chilli, coriander and black pepper and cook for about 5 minutes, stirring. Make sure spices do not burn or stick and add a little water if necessary
 - add the lamb and cook over a moderate heat until the lamb pieces are browned
 - add the tomatoes, aubergine, tomato puree, tamarind paste, sugar, salt and 125ml of water, bring to a simmer, cover the pan and cook for about an hour until the lamb is cooked. If necessary add more water during cooking
 - Up to this point the meal can be cooked in advance (though this is not essential) and left for a few hours to let the flavours develop
 - meanwhile top and tail the okra and fry in a little oil in a separate pan for 2 minutes and set aside
 - once the lamb is fully cooked, add the okra to the pan and simmer for 2-3 minutes. Overcooking will cause the okra to disintegrate into mush
 - meanwhile check the spicing and seasoning and adjust if necessary
 - cut any large whole tinda into half, then add the tinda to the pan and cook through until hot
 - just before serving add the lemon juice, mix through and serve
- Serves 4 with rice, naan or chapattis

Notes and variations:

- careful with the spices...this should be medium hot at most, to allow the lamb and vegetable flavours through
- Punjabi tinda are a type of small gourd, that look like white tomatoes. They don't have much flavour themselves, but they are excellent at absorbing flavours from sauces and spices and become very tasty
- An additional tinned vegetable which can be added alongside the tinda is Karela
- If you are able to locate fresh tinda and/or karela prepare them and add towards the end of the cooking time. Allow time for them to soften
- You may be able to find frozen whole or sliced okra, tinda or karela which can be added directly to the curry towards the end of cooking time
- An alternative approach is to use the base curry sauce (400ml), garlic and ginger pastes (2 cubes of each) and Kashmiri paste (3 tablesp) – see pages 31-3. Taste after adding and add spices to taste

Lamb Balti

3 tablesp vegetable oil or ghee
½ teasp mustard seeds
cinnamon stick (about 6 cm)
1 bay leaf
4 black cardamoms
4 green cardamoms
4 cloves
300g onions, very finely chopped
2 cloves garlic, crushed
300g lamb, diced into cubes
200g chopped tomatoes (ie half a tin)
1 tablesp tomato puree
½ teasp chilli powder
½ teasp ground ginger
1 teasp ground cumin
1 teasp ground coriander
Salt to taste
100g plain yoghurt
75g coriander leaves, chopped
Pinch of garam masala (see page 37)

- heat the oil in a pan, and when hot add the mustard seeds, cinnamon, bay leaf, cardamoms and cloves and stir
- mix the onions and garlic, add to the pan and stir
- add the lamb, stir to coat, and cook for about 5 minutes on a high heat, constantly stirring
- turn down the heat, add the tomatoes and tomato puree, stir, cover with a lid and simmer for 20 minutes
- take off the heat, add the chilli, ginger, cumin and ground coriander, stir to mix well
- add the yoghurt, spoonful by spoonful, and 50g of the coriander leaves, stir, cover again, return to the heat, and let it simmer for about 30 minutes or until the meat is tender
- just before serving stir in the remaining coriander leaves and the garam masala
- serve with naan or chapattis. Serves 2.

Based loosely on a Guardian recipe for Goat Balti

Lamb Methi *added in 2024*

3 tablesp vegetable oil or ghee
cinnamon stick (about 6 cm)
1 bay leaf
6 green cardamoms
200g onions, very finely chopped
4 cloves garlic, crushed
400g shoulder of lamb, diced into cubes
200g chopped tomatoes (ie half a tin)
1 tablesp tomato puree
½ teasp chilli powder
½ teasp ground ginger
1 teasp ground cumin
½ teasp ground coriander
½ teasp ground turmeric
Salt to taste
2½ tablesp dried fenugreek leaves (kasuri methi)
Pinch of garam masala (see page 37)
1 tablesp lemon juice

- heat the oil or ghee in a pan, and when hot add the cinnamon, bay leaf and cardamoms and stir
- add the onions and cook for 5 minutes over a medium heat
- add the garlic, stir and cook for a minute
- add the lamb and cook for about 5 minutes on a high heat, constantly stirring to brown the meat
- turn down the heat, add the tomatoes, tomato puree, chilli, ginger, cumin, coriander, turmeric and salt, and bring to a simmer
- cover with a lid and simmer for about an hour, stirring occasionally, until the lamb is tender. A little water can be added if the curry becomes dry
- add the fenugreek leaves, mix well, and simmer for a further 10 minutes
- add and the garam masala, lemon juice, stir well and serve
- serve with rice, naan or chapattis. Serves 2.

Lamb Haleem

amended in 2024

This is a cross between a thick broth, porridge and a stew and is delicious:

6 lamb chops (about 600g)

240ml sunflower oil

2 cubes garlic paste (see recipe on page 33)

1 X 50g packet of Shan haleem mix

3 litres water

200g bulghur wheat

100g Chana dahl (split yellow lentils)

1 medium onion (80-100g peeled weight), sliced and roughly chopped

- prepare the chops. Firstly remove the bones and set aside. Remove the largest strips of fat and dispose. Leave the pieces of meat whole. This should provide roughly 400g of lamb meat and 200g of bones
- heat 180ml of the oil in a large soup pot, add the lamb meat, lamb bones, garlic paste, and haleem mix, and fry for a few minutes until the lamb is browned
- add the water, bulghur wheat and chana dahl and bring to the boil
- turn down the heat, cover and simmer on a low heat for about 4 to 5 hours, until the lamb has largely disintegrated. Stir occasionally
- remove the bones, and any pieces of meat and strips of fat that have not disintegrated
- dispose of the bones and fat
- flake the meat into small flakes with a wooden spoon or fork, return to the pot and mix well
- cook on a low heat, uncovered, for one hour. Stir occasionally and add more water if needed
- after 45 minutes heat the remaining 60ml of oil in a small frying pan, fry the onion until golden, pour into the haleem and stir well
- cover and simmer on a low heat for 20 minutes
- Serve in pasta bowls and eat with naan breads

Serves 4-6

Notes:

- There is no need to add salt – there is plenty in the haleem mix
- A few crushed cloves of garlic can be used in place of garlic paste
- How thick you wish the haleem is a matter of taste, but it isn't a soup
- Haleem can also be made with chicken or beef, with bones. Take an hour or so off the cooking time for chicken
- It is very tasty but not particularly attractive looking. Finely chopped coriander, parsley, ginger or green chillies can be added as a garnish. Another option is to add 100-150g of chopped baby spinach leaves and stir into the haleem for the final few minutes of cooking.

Based on a recipe by Shan foods

Lamb meatballs with oloroso and piquillo peppers *added in 2025*

400g lamb mince
25g white breadcrumbs
2 garlic cloves, peeled and crushed
1 teasp sweet smoked paprika (pimentón dulce)
3 tablesp finely chopped parsley
1 teasp dried oregano
1 tablesp lemon juice
1 medium egg
Salt and black pepper to taste
2 tablesp extra virgin olive oil,
1 onion, peeled and finely chopped (about 80g peeled weight)
150ml oloroso sherry
2 X 400g tins of chopped tomatoes
2 teasp sherry vinegar
1 X 240g jar piquillo peppers, drained and sliced

- In a bowl put the lamb mince, breadcrumbs, garlic, paprika, 1 tablesp of the parsley, oregano, lemon juice, egg, salt and pepper.
- Mix well with your hands then shape into approx. 16 small balls
- If you wish, these can be made in advance and kept in the fridge
- Put the oil in a large frying pan on a medium to high heat and fry the meatballs, turning often, for about 5 minutes, until browned all over
- Transfer to a plate, leaving the fat behind in the pan
- Add the onion to the pan and cook, stirring, for about 10 minutes, until softened
- Add the sherry and bubble until reduced by half
- Add the tomatoes and salt and pepper to taste and bubble for 10 minutes
- Stir in the vinegar and mix well, then return the meatballs to the pan, together with the piquillo peppers
- Leave to cook, stirring gently from time to time, for about 15 minutes, by which time the sauce will have thickened
- Serve, scattered with the remaining chopped parsley

Serves 2 (large portions) to 4 (small portions). Serve with crusty bread to mop up the sauce. *Based closely on a recipe by José Pizarro.*

Spanish beef stew

2 tablesp olive oil
1 medium onion, chopped
4 cloves garlic, crushed
2 sticks celery, sliced
2-3 medium carrots, sliced
½ courgette, sliced
1 *nabo* (spring turnip or mouli), chopped
600g stewing beef, cubed
500g jar cooked white beans (or a 400g tin cannellini beans), drained
10 cloves
Salt to taste
1 heaped teasp *pimentón picante ahumado* (hot smoked paprika)
200g *tomate frito* (or 2 tablesp tomato puree)
Water
A 5cm stick of cinnamon

- Heat the oil in a large pan and fry the onion until soft
- Add the garlic and cook for a further minute on medium heat
- Add the celery, carrots, courgette and *nabo* and cook for a further minute
- Turn the heat up, add the beef, and fry until browned, then turn down the heat again
- Add the beans and cloves and cook for a minute
- Add the salt, paprika, *tomate frito* and about 250ml water, and stir well.
- Add the cinnamon stick
- Bring to the boil then turn down to a simmer, cover the pot, and cook for about 2 hours or until the meat is tender
- Serve

Note:

The amount of liquid may need to be adjusted. A little can be added earlier to stop ingredients sticking to the pan. If the cooked stew is too liquid, remove the lid and cook under a high heat for a few minutes to reduce the liquid.

Variation:

I haven't tried it yet, but I reckon that this would work well with lamb.

Beef adobo

500g diced beef
150ml dark soy sauce
250ml white wine vinegar
320ml chicken stock
4 garlic cloves, crushed
1cm piece ginger, peeled and finely chopped
2 spring onions, finely chopped
1 tabsp ground black pepper
A pinch of chilli flakes
3 bay leaves
1 star anise (optional)
1 heaped teasp caster sugar
2 tablesp sunflower oil

- in a large bowl mix all the ingredients except the sunflower oil and leave to marinate in the fridge for a few hours or, preferably, overnight
- lift out the beef with a slotted spoon
- heat the oil in a large frying pan, and brown the beef
- in a large saucepan add the marinade and the browned beef and bring to the boil
- turn down the heat and simmer gently, covered, for an hour until the beef is tender
- lift out the beef with a slotted spoon and keep warm
- remove the bay leaves and star anise
- turn up the heat under the sauce and boil rapidly, uncovered, for a few minutes until the sauce is reduced to a coating consistency
- stir the beef back into the sauce, warm through and serve.

Serves 4. Serve with plain rice and side veg or salad.

Stir-fry beef and vegetables *added in 2024*

2 tablesp sunflower oil
350g Stir-fry beef strips
2 garlic cloves, finely chopped
1 teasp salt
125ml beef stock (or water)
120g green pepper, thinly sliced
100g thinly sliced celery
100g thinly sliced onion
200ml Coca Cola (not diet)
100g cherry tomatoes, halved
1 tablesp plain white flour
1 tablesp soy sauce
Black pepper, to taste

- Heat the oil in a large saucepan or wok (which has a lid)
- Add the beef and stir-fry for about 6-7 minutes, until browned
- Add the garlic and salt and cook for a minute
- Add the stock (or water), cover, turn down the heat and simmer for 15-20 minutes
- Stir in the green pepper, celery and onion and 150ml Coke
- Cover and simmer for 5 minutes – do not overcook the vegetables
- Add the tomatoes, stir and cook for 2 minutes
- Meanwhile, blend the flour with the remaining 50ml Coke and the soy sauce
- Add gradually to the meat and veg until the sauce has thickened to taste
- Add the black pepper and, if necessary, add more salt and soy sauce to taste
- Serve. Serves 3 with rice

Variation: for a spicy dish add chilli flakes or crispy chilli in oil, to taste

Based closely on a recipe by Sue Lowe

Moroccan Style Meatballs

For the meatballs:

1 small onion, finely chopped
3 tablesp olive oil
2 garlic cloves, crushed
1 pinch chilli flakes to taste
500g minced lamb
100g fresh breadcrumbs
1 teasp ground fennel seeds
1 teasp paprika
1 teasp ground cumin
1 teasp ground coriander
Salt and pepper to taste
1 beaten egg

For the sauce:

1 tablesp olive oil (if necessary)
3 cloves garlic, thinly sliced
1 pinch saffron
1 tin (440g) chopped tomatoes
1 cinnamon stick
Salt and black pepper to taste
200ml vegetable or chicken stock
Chopped coriander and mint to garnish

- in a small frying pan, gently fry the onion in 1 tablesp olive oil for about 10 minutes, until transparent
- add the garlic and chilli flakes, fry for another minute, remove from the heat and allow to cool
- meanwhile, in a large bowl mix well the remaining meatball ingredients, except the egg
- add the onion and garlic, then the beaten egg, and mix well
- roll the mixture into small balls, about the size of a golf ball
- at this stage if necessary the balls can be stored in the fridge until needed.
- Heat the remaining tablesps of oil in a larger frying pan, add the meatballs and brown them well, turning to ensure they are browned all over. Remove from the pan with a slotted spoon and keep warm
- For the sauce, add the olive oil to the frying pan (if necessary), add the garlic and saffron and cook for a few minutes, taking care not to burn the garlic.
- Add the tomatoes, the cinnamon, salt and pepper and turn up the heat and cook quickly for 5 minutes, to reduce the sauce.
- Reduce the heat, add the stock and bring to a simmer
- Return the meatballs to the pan and cook for about 10 minutes until the meatballs are cooked through
- Serve, garnished with coriander (or parsley) and mint

Makes about 16 balls. Serve with couscous, rice, patatas bravas, or oven cooked potatoes with rosemary and roast garlic.

Variations and cheat's version on next page

Moroccan style meatballs continued

Variations and cheat's version

- ½ teasp ground cinnamon can replace the fennel seeds. For the sauce a pinch of turmeric can replace the saffron. Parsley is an alternative to coriander for the garnish
- you can use Ras El Hanout spice mixture to replace most of the spices – but check as different varieties have a different combination of spices.
- an alternative to frying the meatballs is to preheat an oven to 200°C (180°C fan oven), place the meatballs on a greased baking tray and cook in the oven for 15 minutes, until well-browned and cooked through
- you can use shop-bought ready-made meatballs (12-16 beef or lamb meatballs) as follows:
 - fry the onion and garlic in the olive oil
 - then add the spices and saffron and cook for a couple of minutes
 - add the meatballs and brown them, stirring, and adding a little water if anything starts to stick to the pan
 - add the tomatoes, cinnamon, salt and pepper and simmer for 20 minutes.

Based on recipes by Jane Baxter and the Hairy Bikers

Spanish pork and bean stew *amended in 2024*

3 tablesp olive oil
1 medium onion, finely chopped
6 cloves garlic
1 heaped teasp *pimentón ahumado picante* (hot smoked paprika)
500g stewing pork or pork belly slices, chopped into bite-sized pieces
1 400g tin chopped tomatoes
1 400g tin cannellini beans, drained
100g carrots, sliced
200g young spinach leaves
Salt to taste
Chopped parsley to garnish

- Heat the oil in a large pan and fry the onion for a few minutes until soft
- Crush 3 cloves garlic, add and cook for a further minute on medium heat
- Add the *pimentón* and cook, stirring, for a further minute. If necessary to avoid sticking add a little hot water
- Turn the heat up, add the pork, and fry until browned, stirring to ensure that it is coated with the *pimentón*, then turn down the heat again
- Add the tomatoes, 150g of the cannellini beans, the carrots, spinach and salt
- Bring to the boil then turn down to a simmer, cover the pot, and cook for about 1½-2 hours or until the pork is tender
- After an hour or so add the remaining cannellini beans (most of the first lot will disintegrate and thicken the stew)
- Chop the remaining 3 cloves of garlic into 3 or 4 pieces each, and add for the final 10-15 minutes of cooking time
- Serve, garnished with chopped parsley

Notes and variations:

- this should be a thick and rich stew and suits fatty cuts of pork (In Spain I use *costilla carnosa de cerdo*, *troceada*, meaty chopped pork ribs on the bone)
- a little tomato puree can be added in if the stew needs thickening
- jars of Spanish white beans or tinned chickpeas can be used instead of cannellini beans – chickpeas should all be added with the tomatoes.
- this is similar to the Spanish bean stew recipe, and both recipes can be mixed and matched to taste. The same recipes can also be made into a curry by adding spices and a stick of cinnamon along with the *pimentón*, plus some garam masala and a little lemon juice for the final few minutes.

Pork stew with figs and soy sauce

3 tablesp olive oil
1 medium onion, finely chopped
3cm ginger, peeled and finely chopped
4 cloves garlic – 2 crushed and 2 sliced
4 - 500g stewing pork, cubed
2 tablesp soy sauce or to taste (you can start with less and add more later)
2 tablesp tomato puree
300ml water
150g dried figs, halved
75g chopped spinach or chard
Salt and black pepper to taste
Chopped parsley to garnish

- Heat the oil in a large pan and fry the onion and ginger until the onion is soft
- Add the garlic and cook for a further minute on medium heat
- Turn the heat up, add the pork, and fry until browned, then turn down the heat again
- Add the soy sauce, tomato puree, water and figs and mix well
- Bring to the boil then turn down to a simmer, cover the pot, and cook for at least 1 hour, preferably more, until the pork is tender
- Ten minutes before the end of the cooking time add the spinach, chard (or other greens), stir in well and bring back to a simmer.
- Check the taste, add salt and pepper to taste and more soy sauce if desired.
- Serve, garnished with chopped parsley. Serves up to 4

Notes:

- like the previous recipe this should be a thick and rich stew and suits fatty cuts of pork
- this improves with time and can be prepared in advance or half kept for a later meal.

Afelia (pork stew with red wine and coriander)

400g lean pork, cubed

1 small glass red wine

1 heaped teasp dried coriander

1 bay leaf

3 tablesp extra virgin olive oil

A pinch of cinnamon

Salt and pepper to taste

- Place the pork in a mixing bowl. Add the wine, coriander, and bayleaf. Mix and leave to marinate for a few hours or overnight
- Heat the olive oil in a medium pan. Drain the pork, saving the marinade. Add to the pan and brown the pork on all sides for a few minutes
- Pour the marinade over the pork, add the cinnamon, salt and pepper
- Simmer the pork for about 40-45 minutes on a low heat until it is tender. Taste from time to time and add more red wine or coriander if necessary. It may be necessary to add a little water if the sauce is too thick.
- Serve. Goes well with a few boiled new potatoes and lightly fried courgettes.

Serves 2

Variations

- Add a few lightly crushed black peppercorns and coriander seeds
- Garnish with chopped parsley or coriander

Pork with mint and cumin

5 tablesp lemon juice
6 garlic cloves, crushed
1 tablesp paprika
A pinch of ground fenugreek (optional)
2 teasp ground cumin
25g mint leaves
15g coriander leaves
4 tablesp olive oil
Salt and black pepper to taste
500g cubed pork

- in a bowl mix together all of the ingredients except the pork
- blend to a thick paste with a stick blender
- stab the pork cubes with a knife or fork
- add the pork to the bowl and make sure it is thoroughly covered with the paste
- cover the bowl and refrigerate for a few hours (preferably overnight)
- when ready to cook heat a grill to 180°C
- place the marinated pork on a baking tray and cook for about 25-30 minutes (depening on the size of the pork cubes)
- during cooking check a couple of times and baste the pork with the juices and oil (which will have run from the marinade). You can also turn the pork cubes over once
- serve. Serves 2-4 depending on accompaniments.

The marinade is based on a Yotam Ottolenghi recipe.

Pork with cider and apricots

1 tablesp olive oil
400g lean pork, cubed
Salt and black pepper to taste
350ml fizzy cider
10 juniper berries, crushed
100g dried apricots

- preheat the oven to 200°C (gas mark 6)
- in a casserole dish on the hob, heat the oil on a medium heat
- season the pork with salt and pepper, add to the dish and brown the meat
- pour in the cider, add the juniper berries and apricots and mix
- cover with a lid and transfer to the oven
- bake for about an hour, until the pork is tender
- in the meantime drink the remainder of the cider
- serve (with potatoes and veg, or rice)

Serves 2

Based on a Nigel Slater recipe

Variations:

- pork chops can be used instead (this was the original Nigel Slater recipe)
- this reminded me of a student staple that I haven't cooked for about 40 years. Very similar but used only pork, a tin of apricots (including juice), and a couple of tablespoons of soy sauce. Exotic food, 1970s style. When I reheated the leftovers of the above dish I added a tablespoon of soy sauce and it worked.

Pork meatballs with pasta and peas

added in 2025

Three spring onions, very finely chopped
Two garlic cloves, peeled and finely chopped
50g breadcrumbs
Four tablesp parsley, finely chopped
A few mint leaves, finely chopped
400g pork mince
Grated zest and juice of 1 lemon
Salt and pepper to taste
Three tablesp olive oil
A litre of vegetable stock
180g of very small pasta or fideo
150g frozen peas
40g parmesan cheese, grated

- add the onions, garlic, breadcrumbs, half of the parsley and mint, pork mince, lemon zest, salt and pepper and mix well
- form into approx. 12 meatballs
- add the oil to a frying pan and fry the meatballs for about 10 minutes, turning regularly, until well browned
- in a large pot add the stock and bring to a boil
- transfer the meatballs to the pot, add the pasta and peas, bring back to the boil, and simmer for about 7 minutes, until the pasta is tender and the meatballs are cooked through
- off the heat, stir in the lemon juice, taste the broth and adjust the seasoning if necessary
- stir in the remaining parsley and mint
- serve, topped with the grated cheese

Serves 4

Notes:

- The meatballs can be made in advance and kept in the fridge until required
- As a shortcut you can use ready made supermarket-bought meatballs

Closely based on a recipe by Georgina Hayden

Sausages, mash and kale (Dutch Stampot) *added in 2025*

This is a simple recipe based on the Dutch Stampot. The basis is the three main ingredients which can be cooked according to preference and taste.

300-400g potatoes

A bunch of kale, stalks removed to leave 150-200g

2 large (or 4 smaller) good quality pork sausages

Salt and pepper to taste

- peel the potatoes, chop into pieces if necessary and boil for 20 minutes
- meanwhile, finely chop the kale and steam for 10 minutes
- meanwhile, cook the sausages as you prefer (eg fry, grill, oven)
- roughly mash the potatoes and add salt and pepper to taste
- mix together the mashed potatoes and kale
- serve the sausages whole on top of a bed of the mashed potato and kale

Serves 2

Notes:

- this is a very simplified version of Dutch Stampot – the key ingredient is the mix of potatoes and kale
- the type of sausages can be varied. The typical Dutch recipe uses smoked sausage
- supermarkets sell 150-200g bags of ready chopped curly kale. While this avoids some of the preparation, the kale needs to be chopped further.
- the potatoes can be roughly mashed as above or smoothly mashed with the addition of butter and milk or cream
- some recipes add a little gravy poured over the dish.

Based on a recipe by Ken Donald

(iv) Other meats and cooked meats

Venison steaks in red wine gravy

2 tablesp sunflower oil

2 venison haunch steaks (150-200g each)

4 tablesp red wine

4 tablesp balsamic vinegar

Salt and pepper to taste

- heat the oil in a frying pan and fry the venison steaks for 2½ minutes each side
- remove the steaks and place on a plate in a warm oven
- add the red wine and balsamic vinegar to the oil and juices in the frying pan and cook quickly until reduced
- season to taste
- to serve pour the gravy over the steaks

Serves 2, serve with boiled small new potatoes and broccoli or another green vegetable.

Lentils with serrano ham and pimentón

300g green/brown lentils

4 tablesp extra virgin olive oil

1 medium onion, finely chopped

5 cloves garlic, thinly sliced

1 large or 2 small carrots, finely chopped

180 g chopped or cubed serrano ham

Plenty (about 2 teasp) of *pimentón ahumado* (smoked paprika) - a mixture of spicy –*picante* - and sweet – *dulce* - to taste

Cooking liquid from the lentils (or water)

Salt and pepper to taste

1 tablesp finely chopped parsley

- Boil the lentils in plenty of water over a high heat until just tender (about 30 minutes)
- Drain, but keep the cooking liquid
- Heat the olive oil over a medium heat add the onions, garlic and carrot, and cook gently for about 10 minutes
- Add the serrano ham and cook for a few minutes
- Add the *pimentón* and a few tablesp of the cooking liquid, mix well and simmer for 5 minutes
- Stir the lentils into the mixture, with more of the cooking liquid as necessary
- Add salt and pepper to taste and the chopped parsley, mix well and simmer for a further few minutes.
- serve

Notes:

- A quicker option is to use leftover cooked lentils. Jars of cooked lentils are easily available in Spanish supermarkets and are another shortcut
- The original recipe adds some chopped tomatoes and white wine with the *pimentón*.

Based on a Rick Stein recipe (Rick Stein's Spain)

Pancetta and courgette carbonara

4 medium courgettes

200g spaghetti

3 medium eggs

Salt and black pepper to taste

75g grated parmesan, plus extra to serve

100g smoked pancetta cubes

3 cloves garlic, peeled and finely chopped

Roughly chopped parsley, to serve

- chop each courgette into two or three pieces, then chop each into long, thin strips, weighing about 500g in total. The central core of the courgettes can be discarded if they are very seedy.
- bring a pan of salted water to a boil and cook the spaghetti for about 10 minutes. Do not drain.
- meanwhile, beat the eggs in a bowl, add salt and pepper to taste (but generously) and stir in the cheese
- In a large frying pan, dry fry the pancetta over a medium heat for 5 minutes. The pieces will have released their fat
- add the garlic and cook for another few minutes until the pancetta and garlic are golden. (If the spaghetti is not yet cooked remove the frying pan from the heat, then return to the heat once the spaghetti is ready)
- use tongs or forks to transfer the spaghetti to the pancetta pan, reserving the pasta cooking water
- add the courgettes to the pan with a couple of spoonfuls of the cooking water and stir well for a few minutes, coating everything with the garlicky oil, until the courgette strips have begun to soften
- remove the pan from the heat, stir in the egg and cheese mixture and gradually add spoonfuls of the cooking water to reach a creamy consistency
- transfer to serving plates or bowls, sprinkle with a little extra parmesan and the parsley and serve immediately.

Serves 3 – 4. For one person use a third of the quantities.

Based closely on a recipe by Thomasina Miers.

Gnocchi, pancetta and mushrooms

2 tablesp olive oil

100g diced pancetta

4-5 cloves garlic, thinly sliced

250g mushrooms, roughly chopped

210g tomato frito (or passata)

300g ready made potato gnocchi

Salt and black pepper to taste

Grated parmesan cheese, to taste (optional)

- heat the oil in a frying pan, add the pancetta, and fry for 2 minutes
- add the garlic and fry for another minute or so, until soft, but not burnt
- add the mushrooms, mix well, and cook for 2 minutes
- add the tomato frito, stir well and simmer for a minute or two
- meanwhile, bring a large pan of water to the boil, add the gnocchi and cook for 2-3 minutes (or according to the onstructions on the packet)
- drain, add the gnocchi to the frying pan and stir well
- season with salt and pepper, cook for a final minute or two and serve, sprinkled with the grated parmesan

Serves 2

Vegetarian version: simply omit the pancetta

Spaghetti with tomato sauce and nduja

50-60g nduja

2-3 tablesp extra virgin olive oil

1 red onion, peeled and finely chopped (about 100g peeled weight)

1 X 400g tin of chopped tomatoes

Salt and pepper to taste

200-250g spaghetti

50g grated parmesan cheese

A few leaves of fresh basil

- remove the nduja from its skin, place in a bowl and mash it with a fork
- heat the olive oil in a saucepan
- add the red onion and cook over a low heat for a few minutes until soft
- add the nduja in small pieces and cook for a couple of minutes until it melts. Add a little hot water if it is too dry
- add the tin of tomatoes and heat for a couple of minutes until it bubbles
- turn the heat down and simmer for about 20 minutes until the sauce has reduced a little
- season with salt and pepper to taste
- meanwhile heat a pan of hot water until it boils
- add the spaghetti and cook until 'al dente'
- drain the spaghetti, toss it in the pan with the nduja sauce and mix well
- serve immediately, topped with the grated parmesan and basil leaves

Serves 2

Notes:

- nduja is seriously spicy (though it may vary depending on its source). If it is too spicy, or not spicy enough, adjust the quantity
- fresh chopped tomatoes can be used instead of tins, as can passata
- other pasta such as macaroni or penne can be used in place of spaghetti

based on a recipe by Jacqueline de Bono at www.the-pasta-project.com

Spaghetti with nduja, fennel and olives

1½ tablesp olive oil, plus a drizzle
2 garlic cloves, very thinly sliced
80-100g fennel, halved and sliced
40 – 50g nduja, crumbled
100g cherry tomatoes, halved
40g black olives, pitted and sliced
1 heaped teasp tomato puree
1 teasp red wine vinegar
Salt and black pepper, to taste
Freshly boiled water
200g spaghetti
25g grated pecorino, plus extra to serve
Small handful of basil leaves, torn

- put 1½ tablesp oil, the garlic cloves, sliced fennel, nduja, tomatoes, olives, tomato puree, vinegar, salt and pepper in a saucepan and mix well
- add 200ml water, mix and bring the sauce to a simmer
- simmer, uncovered, for 10-12 minutes until the sauce reduces. Add some more water if the sauce becomes too thick or dries out
- meanwhile boil the spaghetti in plenty of water in a separate pan until al dente
- drain the spaghetti, add to the sauce and mix well
- stir in the 25g pecorino and the basil, and serve
- serve with an extra drizzle of oil and a sprinkle of pecorino
- serves 2

Note:

If using sliced olives in brine from a jar, drain and rinse them before adding to the sauce

Based on a recipe by Carrie Best on BBC Good Food

Chorizo, chickpea and tomato stew

1 red onion, finely chopped
1 tablesp olive oil
150g *chorizo*, roughly chopped
2 cloves garlic, finely chopped
2 teasp *pimentón ahumado* (smoked paprika)
400g tin chopped tomatoes
400g tin chickpeas, drained and rinsed
300ml vegetable stock
Splash of red wine
1 bay leaf
Pinch of dried thyme or 2 sprigs fresh thyme
Salt and black pepper to taste
Fresh parsley, chopped

- in a large pan, gently fry the onions in the oil until just soft – about 10 minutes
- add the *chorizo* and garlic and continue to fry for a couple of minutes
- add the smoked paprika, stir and cook for a further minute
- add the tomatoes and chickpeas, stir and cook for a further minute
- add the stock and red wine
- bring to the boil and then reduce to a simmer and add the bay leaf and thyme
- simmer for about 20 minutes (add more stock if needed)
- season to taste and serve, sprinkled with parsley.

Serves 2 on its own or 4 with side vegetables or salad

Notes:

- This tastes even better on the second day
- Both *chorizo* and *pimentón ahumado* (smoked paprika) come in *dulce* (sweet), *picante* (spicy) or *agridulce* (bittersweet) versions, and they can be varied to taste. I used a medium spiced chorizo, 1 teasp of bittersweet paprika and 1 teasp of spicy paprika, which produced quite a hot dish.

Recipe by MarmadukeScarlet

Chorizo and potatoes

1 large onion (about 140g peeled weight), chopped

3-4 tablesp olive oil

200g cooking chorizo, sliced

2-3 cloves garlic, chopped

500g potatoes, peeled and cut into bite sized pieces

½ - 1 teasp *pimentón picante* (spicy smoked paprika)

Salt to taste

- Fry the onion in the oil in a large frying pan over a low heat, stirring regularly, for about 20 minutes until it is really brown
- Add the chorizo slices and garlic and cook, stirring, for about 2 minutes
- Add the potatoes and cook for 5 minutes, stirring and turning
- Add the pimentón / paprika and salt (see note) and stir
- Add enough water to cover
- Bring to the boil, turn down, and simmer over a low heat, uncovered, for about 30 minutes until the potatoes are tender and the liquid has reduced considerably. Stir and turn from time to time to ensure the potatoes are cooked through
- You should be left with a sizzling sauce that coats the potatoes and chorizo. If there is too much liquid, increase the heat to reduce it
- Adjust the seasoning if necessary and serve.

Serves 2

Notes and variations:

- As an alternative you can use spicy (picante) chorizo and sweet (dulce) paprika
- Take care with the pimentón and the salt. Some chorizo includes more of either or both of them than others
- Add 200g cannellini beans from a tin or alubias blancas from a jar for the final ten minutes. It becomes more like a *fabada* in this case (see next page)

Closely based on a recipe by Claudia Roden. The original recipe is from La Rioja.

Quick Fabada Asturiana

1 packet (250-300g) *compangas asturianas* meats (see note 1 below)

1 small onion, chopped

1 medium carrot, diced

1 small potato, diced

1 garlic clove, finely sliced

1 bay leaf (optional)

Few strands of saffron

Pinch of sweet smoked paprika

500ml water, vegetable or ham stock

1 400g tin cannellini beans (see note 2 below)

Salt to taste

Chopped parsley to garnish (optional)

- poke the sausages in the *compangas asturianas* with a fork so they don't burst
- put the meats, onion, carrot, potato, garlic, and bayleaf in a pot, cover with the water or stock and bring to the boil.
- lower the heat, add the saffron and paprika and simmer for about 15 minutes, until the vegetables are tender
- meanwhile drain and rinse the beans
- take out the meats and put them on a plate, and discard the bayleaf
- blend the vegetable broth to create a thick soup
- taste and add salt if necessary (unlikely as the meats and stock will already contain salt)
- cut up the meats into bite size pieces and add them back to the broth
- add the beans and cook everything together over a fairly low heat for about 5 minutes or so
- serve and sprinkle with parsley if using, or store and reheat later – like most stews this improves with time.

Serves 2. For larger numbers just increase the quantities of everything.

Notes on next page:

Fabada Asturiana continued

Notes:

- 1) Spanish supermarkets sell *compangas astrurianas* which consist of a cooked *chorizo* sausage, a cooked *morcilla* (black pudding) sausage and a piece of pork belly (*pancetta or tocino*). The packs can alternatively be called '*preparado de cocido artesano*'. They are available online in the UK, and probably in Spanish delis.
- 2) A tin of canellini beans is fine. In Spain supermarkets sell jars of cooked white beans (*alubias*). The giant white beans or fabada beans are ideal if you can find them.

Variation:

The recipe above is the quick version. Stews can benefit from slow cooking and the alternative is to buy uncooked beans and soak them overnight, and uncooked meats which can be seared in olive oil. The stew can then be cooked until the beans are fully soft – this could be up to two hours. The meats can be cut up towards the end of the cooking time.

Based on recipes at www.tienda.com by Lauren Aloise at www.spanishsabores.com

Chorizo and baked eggs (huevos a la flamenco)

4 tablesp olive oil
1 small onion, chopped
1 clove garlic, chopped
100g finely chopped ham
1 teasp *pimentón picante ahumado* (hot smoked paprika)
1 400g tin chopped tomatoes
1 teasp tomato puree
100g drained tinned peas
2 or 3 eggs
6 slices *chorizo*
1 tinned red pepper (*pimiento del piquillo*), drained
Salt and pepper to taste
2 thick slices French stick or Spanish *barra* per person
1 clove garlic, halved
Finely chopped parsley to serve

- heat 3 tablesp olive oil in a large frying pan and cook the onion and garlic over a low to medium heat for 5-10 minutes, until soft
- add the ham and *pimentón* (paprika) and fry for three minutes
- add the tomatoes and tomato puree, cover the pan, and cook for 10 minutes
- scatter the peas over the tomato sauce
- make slight wells in the sauce and break an egg into each
- peel the sliced *chorizo*, and arrange the slices between the eggs
- cut the pepper into strips and arrange between the eggs and chorizo
- season with salt and pepper to taste
- cook over a medium heat with a lid on the pan for ten minutes, until the eggs are set
- meanwhile rub each side of the bread slices with garlic and brush with the remaining tablesp of olive oil, and griddle in a dry frying pan
- serve, garnished with the parsley and with the bread on the side to mop up the sauce.

Serves 2-3, but can be scaled up or down – 1-2 eggs per person

This is the basic version and can be amended with quality ingredients eg chopped *serrano* ham, fresh tomatoes skinned and chopped, and fresh or frozen peas or baby broad beans (they may need boiled in water for a few minutes and the beans peeled, before adding to the pan).

A **vegetarian version** can be made by leaving out the ham and *chorizo* and increasing the peppers, peas and beans.

Based on a recipe by Rick Stein, from Rick Stein's long weekends.

Black pudding and chickpea balls

amended in 2025

200g black pudding
1 400g tin of chickpeas
Black pepper
1 tablesp tahini (optional)
200g cherry tomatoes
Pinch of salt
2 tablsps extra virgin olive oil
A few basil leaves to garnish

- crumble the black pudding into a bowl
- grind 200g of the chickpeas into crumbs and mix with the black pudding
- add a little freshly ground black pepper to the mixture and mix well
- form the mixture into balls, adding the tahini if necessary to bind the balls together. This quantity should make 8-10 balls
- the balls can be made in advance and stored in the fridge until required
- meanwhile heat the oven to 200°C/180°C fan/gas mark 6
- chop the cherry tomatoes in half, place in an ovenproof dish, and sprinkle them with a little salt
- place the black pudding balls on top
- scatter the remaining chickpeas on top
- drizzle the olive oil over everything and bake for about 20 minutes in the oven
- serve, with a few basil leaves on top.

Serves 2

Note: freshly toasted pine kernels can also be used as a garnish.

Variation:

The balls by themselves (i.e. without the tomatoes) can be served as a starter (2-3 balls per person). Place them on a baking tray lined with parchment and bake in the oven. They can be served with a dip of your choice.

Corned beef pasta bake

1 tablesp olive oil
4 cloves garlic, peeled and thinly sliced
1 400g tin of chopped tomatoes
A pinch of chilli flakes, to taste
1 tablesp tomato puree
150g corned beef
200g penne
30g grated parmesan cheese

- heat the oil in a pan and fry the garlic for a few minutes until softening
- add the chopped tomatoes, chilli flakes and tomato puree, mix well and simmer for 5 minutes
- roughly chop the corned beef, add to the tomatoes and continue to cook for a few minutes
- meanwhile, heat the oven to 200°C
- meanwhile cook the penne in 2 litres of water and boil for about 10 minutes (check the pack), then drain
- tip the pasta into an ovenproof dish and stir in the tomato / corned beef Mix
- top with the grated parmesan and bake for 25 minutes
- serve

Serves 2

Macaroni cheese and corned beef

125g macaroni
35g unsalted butter
1 heaped tabbsp plain white flour
300 ml whole milk
120g extra mature cheddar, grated
A pinch of mustard powder
A few chilli flakes
½ teasp marmite (optional)
Salt to taste
120g corned beef, diced into small cubes

- Cook the macaroni in boiling water for about 8 -10 mins (a minute or so less than you normally would)
- Heat the oven to 220° (200°fan, gas mark 8)
- Meanwhile make a cheese sauce as follows:
 - (i) Melt 25g of the butter in a saucepan until it begins to sizzle
 - (ii) add the flour and cook for a few minutes over a medium heat until you have a paste
 - (iii) add the milk in stages, stirring to remove lumps
 - (iv) As the milk heats up, thickens and begins to bubble add the cheese, mustard powder, chilli flakes, marmite and salt and cook for a few minutes, constantly stirring
- Drain the macaroni
- Line a baking dish with the remainder of the butter
- Add the macaroni and corned beef and mix well
- Pour over the cheese sauce and mix well
- Cover the baking dish with foil and cook in the oven for 15 minutes
- Remove the foil and cook for a further 15 minutes
- Remove from the oven, allow to cool slightly for a few minutes and serve

Serves 1 – 2 One large helping or 2 smaller portions

A **vegetarian version** can be made simply by omitting the corned beef.

Note: A Spanish cazuela is ideal for this (about 20cm in diameter). The macaroni can be eaten straight from the dish. If serving 2 people two smaller dishes can be used.

Loosely based on a recipe from Good Food magazine.

In-from-the-pub, starving, and-fancy-something-spicy instant meatball curry. *Amended in 2024*

1 tin (420g) meatballs

Instant curry paste, made with tomato puree and tamarind paste, or with tomato frito (see page 28)

1 packet microwaveable basmati or pilau rice

Pinch of garam masala (optional) – (see page 37)

Lemon juice (optional)

- Empty the tin of meatballs into a saucepan and heat gently
- Meanwhile make the instant curry paste (see page 28) in a mug then add to the saucepan, and continue to heat through
- When the meatball curry is hot, microwave the rice
- Sprinkle the garam masala and lemon juice on the meatball curry (optional) and serve
- Serve the curry on a bed of rice

Takes about 3 minutes in total

Variations:

- If you can only find a tin of Fray Bentos meatballs and can't face them even when pissed, use a tin of stewed steak instead
- If you have a few cherry tomatoes (halved) and/or some baby spinach leaves add them to the meatballs before the sauce and mix well. Other optional additions are tinned cannellini beans or chickpeas
- Hide a stick of cinnamon in the rice before microwaving it for extra flavour
- Not so quick but tastes better – use bought or homemade meatballs

If you have some leftovers (must have been a good night) and you fancy them for breakfast or brunch mix the leftover curry and rice together, heat through and serve sprinkled with some lemon or lime juice to freshen it up.

Mmmm!

7

BAKING

Beer bread

200g white bread flour
180g wholemeal bread flour
4½ teasp baking powder
1½ teasp salt
4 tablesp soft dark brown sugar
1 500ml bottle of pale ale
A little unsalted butter (to grease the loaf tin)

- pre-heat oven to 180°C gas mark 4
- sift the flour into a large mixing bowl
- add the baking powder, salt and sugar and mix well
- pour in 330ml of the beer and stir until a stiff batter is formed
- lightly grease a loaf tin with a little butter
- scrape the dough into the loaf tin
- bake in the oven for about 50 minutes (until a skewer inserted into the middle of the loaf comes out clean)
- meanwhile drink the remainder of the beer
- turn out onto a wired rack, and allow to cool for 10-15 mins before eating.

Note: This should be a fairly dense bread, for soups and stews. It's not meant to be light and fluffy, but it should rise and it's not meant to be like a biscuit either. Sifting the flour makes the difference. Any wholemeal grains that can't go through the sieve should be spooned into the mixing bowl.

Variations:

- Try different kinds of beer

Bentley's soda bread

150g plain white bread flour
150g wholemeal bread flour
1 teasp salt
1½ teasp bicarbonate of soda
90g porridge oat flakes
2 teasp clear honey
2 teasp black treacle
300ml buttermilk

- preheat the oven to 200°C (180°C fan oven), gas mark 6
- line a baking tray with baking parchment / greaseproof paper
- mix the flours, salt, bicarbonate of soda, and oats in a large bowl
- make a well in the centre of the dry mixture then add the honey, treacle and buttermilk and mix well, lightly with your hands, until you have a loose and wet dough
- flour your hands then shape the dough into a round
- lift onto the parchment lined baking tray and flatten slightly
- use a sharp knife to make a small cross on top of the loaf
- bake for about 40 minutes. Test using a large skewer through the thickest part which should come out clear
- transfer the loaf to a wire rack and allow to cool.

Makes one medium loaf.

Based on a recipe from David Taylor of Glenborrodale Castle. Who Bentley is or was I do not know.

Easy Flatbread

100g self raising flour

100g plain yoghurt

salt to taste

plain flour for rolling out

- mix the self raising flour, yoghurt and salt in a bowl and use your hands to form into a ball of dough. Add a little more flour if it is too sticky.
- divide into two smaller balls
- at this point the balls can be kept in the fridge until they need to be used
- roll out one of the balls on a floured surface with a rolling pin until about 15 cm diameter
- place in a hot dry frying pan, flatten with a spatula and cook for a couple of minutes
- toss and cook the other side
- remove and keep warm
- repeat with the second ball of dough
- serve.

Makes 2 flatbreads.

Notes:

- it doesn't matter whether which type of yoghurt (fat free etc) is used
- it also doesn't matter whether the breads are round or a rough shape

Variations:

- add 2-3 crushed cloves of garlic to the initial mixture
- spread the hot flatbreads with unsalted butter

Parmesan Cornbread

300g frozen sweetcorn
100g grated parmesan cheese
100ml whole milk
240ml plain yoghurt
3 eggs
100g plain flour
180g quick-cook polenta
1½ teasp salt
1 tablesp baking powder
80g butter, plus an extra knob
Ground black pepper, to taste

- pre-heat the oven to 200°C (gas mark 7)
- while you are preparing the other ingredients heat a casserole dish in the oven
- blitz the sweetcorn kernels in a blender/chopper until coarsely chopped, then transfer to a bowl
- add 75g of the parmesan, stir in the milk, yoghurt and eggs and mix well
- in a separate bowl, combine the flour, polenta, salt and baking powder, then stir into the sweetcorn mixture
- melt the 80g butter in a small pan
- to complete the cornbread batter, add the melted butter and pepper to the bowl and mix well
- remove the casserole dish from the oven, add the extra knob of butter and swirl around the dish – it should sizzle
- pour the cornbread batter into the casserole dish, smooth the top and scatter over the remaining parmesan
- return to the oven and bake for about 30-40 minutes, until the top is golden and a skewer inserted into the cornbread comes out clean
- leave to rest for 5-10 minutes, cut the cornbread into six wedges and serve

Serves six.

Notes:

- This works well with garlic tomatoes (see page 39) spread on top. They can be baked in the oven on a lower shelf at the same time as the cornbread.
- Leftovers can be reheated or served cold

Recipe by Thomasina Miers

Scones

2 alternative basic scone recipes, and three varieties of scone that can be made with either

(a) Plain scones

100g plain flour
100g wholemeal flour
2 teasp English mustard powder
¼ teasp pepper
½ teasp salt
1 teasp brown sugar
50g unsalted butter

- place all the ingredients in a bowl and rub together until it resembles breadcrumbs
- meanwhile heat an oven to 200°C/gas mark 6
- add the remaining ingredients (see options below), and mix until it comes together as a soft dough
- roll out the dough on a floured surface until about 2cm thick
- using a scone cutter cut into rounds and place on a floured baking tray, brush the top with a little milk and place in the oven
- bake for about 20 minutes, until golden on top
- cool for about 5 minutes, then eat warm, with butter

(b) Oaty scones

75g porridge oats
150ml water
5 tablesp milk
350g plain flour
3 teasp baking powder
½ teasp salt

- put the oats in a saucepan with the water and bring to the boil
- as soon as the water is absorbed remove and place in a mixing bowl, stir in the milk and set aside for 20-30 mins to cool,
- meanwhile heat an oven to 200°C/gas mark 6
- add the flour, baking powder and salt and mix
- add the remaining ingredients (see options below), and mix until it comes together as a soft dough
- roll out the dough on a floured surface until about 2cm thick
- using a scone cutter cut into rounds and place on a floured baking tray, brush the top with a little milk and place in the oven
- bake for about 20 minutes, until golden on top
- cool for about 5 minutes, then eat warm, with butter

Garlic butter and cheese scones

2 cloves garlic, crushed
150g mature cheddar cheese chopped into small (½-1cm) cubes
1 large egg
About 4 tablesp plain yoghurt

- add the garlic and cheese to the flour mixture
- in a jug beat the egg and the yoghurt together and add to the mixture

Based on a Dan Lepard recipe

Parsley cheese scones

1 large egg
50ml sunflower oil
1 large bunch parsley, very finely chopped
5-6 spring onions, finely chopped
200g mature cheddar, grated

- beat the egg and oil until smooth and add to the flour mixture
- add the parsley, spring onions and cheese

Based on a Dan Lepard recipe

Marmite and Red Onion scones

1 red onion, peeled and diced
25g butter
1 tablesp marmite
1 medium egg
2 tablesp plain yoghurt
3 tablesp milk

- Melt the butter in a frying pan over a medium heat, add the onions and sweat until soft
- set aside to cool, then add to the flour mixture
- mix together the marmite, egg, yoghurt and milk and stir into the mixture

Cheese and thyme scones

Makes 12 scones

50g butter

225g strong white flour

Pinch of salt

1 tablesp baking powder

110g strong cheddar, grated

1 teasp English mustard powder

2 teasp fresh thyme leaves

Pinch of cayenne

150ml milk

- heat the oven to 200°C, gas mark 6
- rub the butter into the flour, add salt and baking powder
- add $\frac{2}{3}$ of the cheese, the mustard powder and cayenne
- gradually cut in the milk – you may not use all – you want a soft dough
- roll out the dough to 1.5cm thick, then cut out scones with a pastry cutter
- put the scones on a baking tray, sprinkle with the remaining cheese, and bake for 12-15 mins
- leave to set on a wire rack for 5 minutes, then eat hot with butter.

Scots pancakes (drop scones)

125g plain flour

½ teasp bicarbonate of soda

1 teasp cream of tartar

1 tablesp sugar

2 teasp vegetable or sunflower oil

1 egg, beaten

About 150ml milk

A little butter

- Sift the flour with the bicarbonate of soda and cream of tartar into a mixing bowl
- stir in the sugar and oil
- mix the milk and the beaten egg together, then add to the flour mixture, slowly, beating, until a thick batter is formed
- heat a girdle or frying pan until hot
- wrap a little butter in a piece of kitchen paper, and use to slightly grease the girdle / frying pan between frying each batch of pancakes
- drop batter onto the hot girdle, a spoonful at a time, in batches of four
- cook for about a minute until golden brown on the underside, and bubbles rise on the top side
- turn over, and briefly cook the other side
- serve hot, with butter and/or maple or golden syrup.

Makes about 12-16

Oatcakes

125g medium oatmeal
Up to ½ teasp salt, to taste
Pinch of bicarbonate of soda
15g unsalted butter
75ml water

- mix the oatmeal, salt, and bicarbonate of soda in a bowl
- melt the butter, add and mix
- meanwhile boil the water and add gradually
- mould the mixture into a ball with your hands until it holds together. You may have to add more water or oatmeal at this stage
- roll out with a rolling pin, using more oatmeal as necessary to avoid sticking to the surface
- cut into rounds (about 6cm diameter) with a pastry cutter
- bake on a hot girdle for a few minutes, taking care not to burn, and turn once
- serve.

Makes about 8 oatcakes. You will probably have to experiment to get the consistency correct so that they do not break up

Oven-baked cheese oatcakes

100g plain flour (plus more for rolling)

100g medium oatmeal

½ teasp bicarbonate of soda

Up to ½ teasp salt, to taste

50g grated mature cheddar cheese

100g unsalted butter, brought to room temperature (plus a little to grease the baking tray)

A little water

- mix the flour, oatmeal, bicarbonate of soda, salt and cheese in a bowl
- rub the butter into the rest of the ingredients and mix well
- add a little water and mix, until the mixture can be formed into a ball
- it may be easier to roll out if the ball is placed in the fridge for 20 minutes at this stage
- on a floured surface roll out with a floured rolling pin
- cut into rounds (about 6 – 7 cm diameter) with a pastry cutter
- meanwhile heat the oven to 180°C
- place the rounds on a greased (buttered) baking tray and bake for about 20-25 minutes, until the oatcakes just begin to brown a little
- serve. Makes about 20 oatcakes.

Gingerbread

200g plain white flour

2 heaped teasp ground ginger

1 teasp ground cinnamon

1 teasp bicarbonate of soda

A pinch of salt

50g butter (at room temperature), plus a knob to grease the loaf tin

50g sugar

1 tablesp treacle

2 tablesp golden syrup

1 large egg

150ml warm water

- sieve the flour, ginger, cinnamon, bicarbonate of soda and salt into a large bowl
- rub in 50g of butter
- add the sugar and mix well
- preheat the oven to 180°C
- in a mug beat the egg, add the treacle and syrup, stir well and pour into the dry ingredients
- pour the water into the same mug (to loosen any remaining treacle) then pour into the dry ingredients
- mix everything in the bowl well
- grease a loaf tin with the knob of butter, then transfer the wet mixture from the bowl to the loaf tin
- bake at 180°C for 45 minutes
- remove, turn out on to a wire rack, allow to cool, then serve in slices, spread with a little butter

Note: keeps for ages in a cake tin.

Recipe by Steve's late mother May Gillon

Date and walnut loaf

225g pitted dates, chopped
1 teasp bicarbonate of soda
Pinch of salt
250ml hot water
275g self-raising flour
100g unsalted butter
50g chopped walnuts
100g dark soft brown sugar
1 beaten egg

- put the dates, bicarbonate of soda and salt in a bowl, pour over the hot water, and set aside to cool
- preheat the oven to 180°C / gas mark 4
- meanwhile sift the flour into a mixing bowl. Add the butter in pieces and rub into the flour
- stir in the walnuts and sugar and mix thoroughly
- mix the dry ingredients into the cooled date mixture and beat in the egg
- pour into a greased 1kg loaf tin and bake for 1 - 1¼ hours (until a skewer inserted into the centre comes out clean)
- turn out on to a wire rack and leave to cool
- serve sliced and spread with butter
- keeps well and improves with age if stored in an airtight tin

Another recipe handed down by Steve's mum, and probably by granny before then.

Cloutie dumpling

My mother used to make this when I was a kid. This is my first attempt and it worked pretty well, though I will check out other recipes.

You will need:

a large tea towel, baking cloth or a square of muslin
2 long lengths of baking parchment / greaseproof paper
String

Ingredients:

175g fresh white breadcrumbs
175g self-raising flour (plus extra for dusting)
175g beef suet (or vegetarian alternative)
100g dark soft brown sugar
½ teasp salt
1 teasp ground mixed spice
2 teasp ground cinnamon
1 teasp ground ginger
1 teasp bicarbonate of soda
100g currants
175g sultanas
150ml milk
1 large egg
2 tablesp treacle
1-2 tablesp of sunflower oil

Recipe on next page

Cloutie dumpling recipe:

- add the breadcrumbs, flour, suet, sugar, salt, mixed spice, cinnamon , ginger, bicarbonate of soda, currants and sultanas to a large bowl and mix well
- in a separate bowl mix the milk, egg and treacle well with a fork
- stir the wet mixture gradually into the dried ingredients and mix well with the blade of a cutlery knife to make a soft dough. Note that you may not need all of the milk mixture
- wet the tea towel and greaseproof paper under the tap then squeeze out the excess moisture
- spread out the teatowel on the work surface, then place the two pieces of greasproof paper in a cross on top, covering the teatowel
- lightly oil the greaseproof paper
- meanwhile place an upturned plate in the base of a very large soup pot, add plenty of water and bring to the boil
- dust the greaseproof paper generously with sifted flour
- place the dough in the centre of the cross and shape into a round with your hands
- bring the paper up round the dough, tie at the top with string and trim off any excess paper with scissors
- wrap in the tea towel and tie the towel with string
- lower into the pan of simmering water, cover with a lid and boil for three hours until firm
- the water should cover the dumpling. Check the water level every so often and top it up if necessary
- heat the oven to 180°C (fan 160°C, gas mark 4)
- tip the dumpling into a colander to drain
- carefully peel off the tea towel and paper
- place the dumpling on an ovenproof dish and bake for 15 minutes to dry it off. This will also produce a skin on the dumpling
- Serve once it is cool enough to slice

Serve on its own or with cream, ice cream or custard. Can be eaten hot or cold and keeps for several days. Serves plenty of people.

The recipe is by Sara Buenfeld on BBC Good Food.

Bara brith (fruit loaf)

250ml strong black tea

450g mixed dried fruit (sultanas, currants, raisins)

1 egg, beaten

Zest of 1 lemon

200g dark brown sugar

1 teasp baking powder

200g wholemeal flour

A few grams of butter

- heat the oven to 180°C (160°C fan, gas 4)
- make the black tea with a teabag but brew for longer than usual so it is strong
- put the dried fruit in a large bowl, pour over the tea and leave it to soak for at least an hour, overnight if possible
- if there is any soaking liquid remaining, drain it off and set aside
- mix the egg into the soaked fruit and add the lemon zest
- sift the sugar, baking powder and flour in a separate bowl to remove any lumps, then mix into the fruit and eggs
- if there was liquid remaining to be drained off, add 2 tablespoons of it to the mix and mix well
- grease a 900g loaf tin with the butter and pour in the mix
- bake for 90 minutes – it is ready when a skewer inserted comes out clean
- turn out on to a wire rack and leave to cool for 10 minutes
- serve sliced and spread with butter

Variation: other dried fruit can be included in the mix eg chopped dates, chopped apricots, cranberries

Recipe by Anna Jones