

THE GOWITHED COOKBOOK

New recipes added for 2026 edition

V	Vegetarian recipe
Ť	Vegan recipe
Mv	Meat recipe, with a vegetarian version mentioned in the text

		Page
2 Snacks, starters and tapas		47
(i) snacks – bread toppings and fillings		48
Miso spinach toast	V	59
(ii) snacks – nibbles and dips		66
Chilli, garlic and soy dip for gyoza	Ť	74
(iii) starters		85
Cauliflower balls (polpette)	V	88
Filo triangle fillings – spicy aubergine	Ť	104
Tomato and Bulgur Fritters	Ť	108
Haggis and potato patties	Mv	112
Korean fried chicken wings		117
(iv) tapas		118
Espinacas a la Catalana (Catalan-style spinach)	Ť	126
3 Soups		148
Tomato Garlic Broth (Rasam)	Ť	167
Quick Sambar	Ť	168
4 Side dishes and salads		182
(i) side dishes		183
Miso and gochujang butter pak choi	V	192
5 Main courses – vegetarian		220
(i) vegetable dishes		221
Roast tomatoes, chickpea puree and tahini dressing	Ť	239
Butter beans, piquillo peppers and spinach.	Ť	241
Noodles with spring greens and gochujang	V	244
(ii) Indian vegetable dishes		245
Sag Aloo	Ť	254
Aloo methi (Potatoes with fenugreek)	Ť	255
(v) pulses (lentils and beans), nuts and tofu		270
Tamarind chickpeas with cavolo nero	Ť	285
Bean stew	Ť	287
Tofu, black bean paste and noodles	Ť	296
Tofu hoisin wraps	Ť	297
Miso roasted tofu with sweet potato	Ť	298

THE GOWITHTED COOKBOOK
New recipes added for 2026 edition

6 Main courses –fish, poultry and meat		331
(i) fish and seafood		332
Peppers stuffed with orzo, tuna, anchovies and capers		345
Harissa pilchards and green beans		360
Easy spaghetti with tuna, beans and tomato		362
Conchigli with smoked oyster sauce		364
(ii) poultry		365
Chicken saag – method 2		374
Chicken and yoghurt curry (dahl murg)		377
Chicken meatballs with feta and olives		390
(iii) lamb, beef and pork		397
Lamb methi		403
Lamb meatballs with oloroso and piquillo pappers		405
Stir-fry beef and vegetables		408
Pork meatballs with pasta and peas		416
Sausages, mash and kale (Dutch stamppot)		417