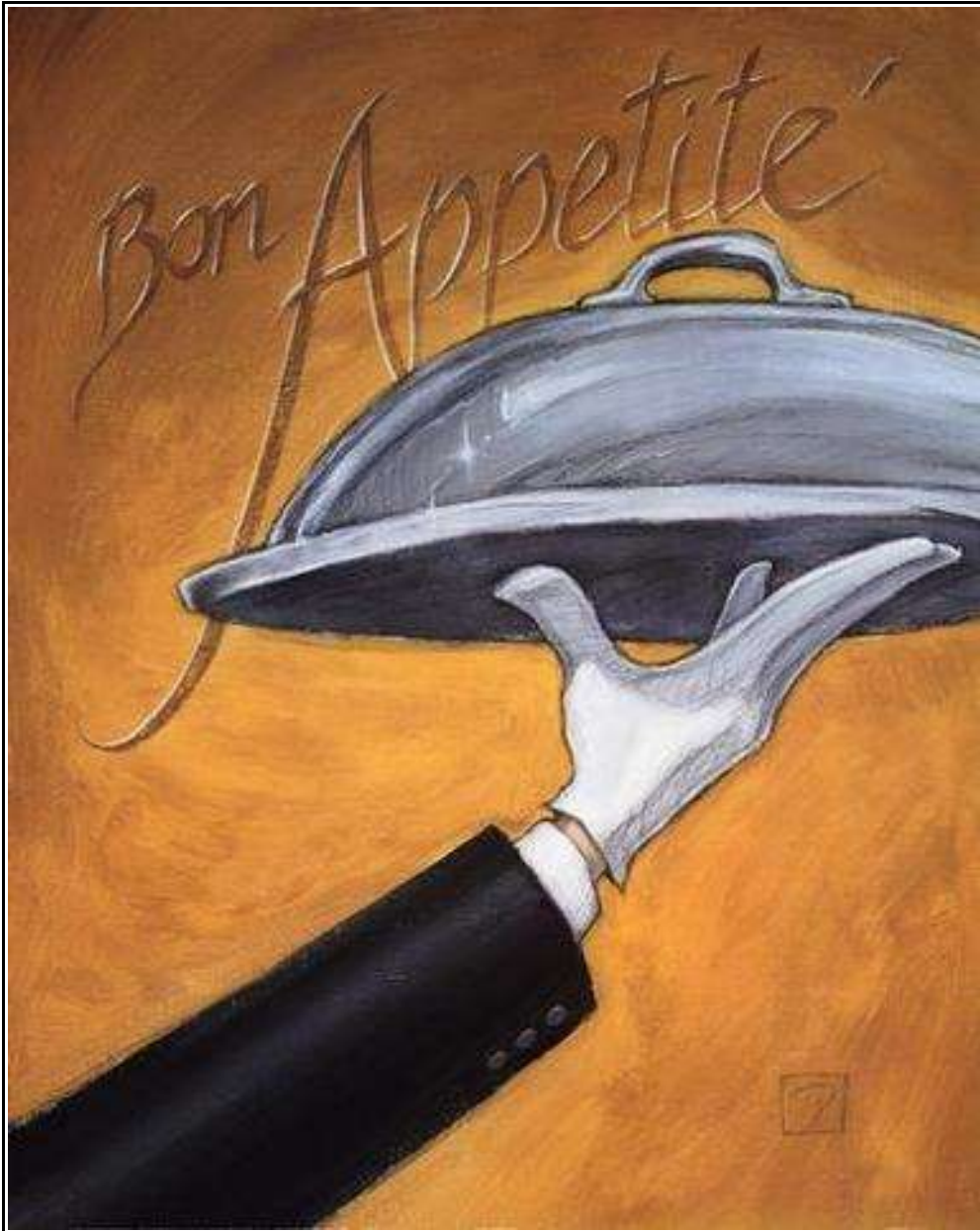


**PROMIS**



***Recipe Book***

# **PROMIS** **RECIPE BOOK**

## *Introduction*

Welcome to the PROMIS Recipe Book!

We hope that you will find this collection of recipes helpful and that you enjoy trying them out for yourselves.

All of the recipes in this book are suitable for those following a 'no sugar or white flour' diet.

PROMIS would like to thank all of our Chef's and kitchen staff for their assistance in producing this recipe book and for their continued hard work in catering for the patients, staff and guests at PROMIS.

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# CHORIZO CREAM CHEESE JALAPENOS

## Ingredients

- 1 tbsp vegetable oil
- 1 tbsp onion, finely minced
- 1 clove garlic, finely minced
- 3 chorizo
- 2 oz cream cheese, softened
- 1 tbsp sour cream
- 12 jalapeños, halved
- salt to taste

## Method

1. Heat the oil in a skillet and sauté the onion and garlic over a medium heat for 2-3 minutes, until transparent.
2. Add the chorizo and cook for a further 5 minutes, breaking up the meat with a fork as it cooks.
3. When fully cooked, remove the skillet from the heat and cool slightly.
4. Stir in the cheese and sour cream.
5. Season with salt and spoon into the jalapeños.

# CRAB ROLLS

## Ingredients

- 6 ½ oz crabmeat
- 1 egg, beaten
- ½ cup tomato juice
- 1 cup breadcrumbs
- ½ tsp salt
- 1 tsp chilli powder
- 2 tsps prepared mustard
- 1 tsp parsley, chopped

## Method

1. Flake the crab meat and remove any bones.
2. Add the egg, tomato juice, breadcrumbs and seasonings. Chill in the refrigerator for 2 - 3 hours.
3. Form the mixture into finger sized pieces. Arrange on the grill and cook 6" from the source of heat for 5 minutes on each side.
4. Serve on toothpicks.

# CROSTINI NAPOLETANI

(Makes 16 Servings)

## Ingredients

- 16 slices of Italian bread
- ¼ cup extra virgin olive oil
- ⅓ cup black or green Olivada
- OR
- ⅓ cup Calamata olives, pitted and finely chopped
- ½ lb fresh mozzarella cheese, cut into 16 ¼” slices
- ½ lb plum tomatoes, cut lengthwise into slices
- Pinch of salt and freshly ground black pepper

## Method

1. Pre-heat the oven to 400°F.
2. Brush one side of the bread slices with some of the olive oil and arrange on a baking sheet, oiled side up.
3. Bake until lightly browned and crusty, approximately 4-5 minutes.
4. Spread the Olivada or chopped olives on each toast. Cover each piece with a slice of mozzarella and top with a slice of tomato.
5. Brush the tomatoes with the remaining oil and sprinkle with the salt and pepper.
6. Bake until the cheese is melted, approximately 8-10 minutes.
7. Serve at once.

## Chef's Tip

Olivada is a purée of black or green olives packed in oil which is sold at speciality food stores. You can substitute tapenade or make your own. You can also try using a pesto sauce instead.

# GUACAMOLE

## Ingredients

- 3 large ripe avocados
- 1 tbsp lemon juice
- 1 ½ tbsp salt
- 1 tbsp onion, minced
- 1 large tomato, diced
- 1 small fresh green chilli

## Method

1. Cut the avocados in half and remove the pit. Scoop out the pulp with a spoon.
2. In a large mortar (molcajete), mash the avocados, onion, tomato and chilli.
3. The molcajete gives it a delicate spicy flavour.
4. Add the lemon juice and salt and mix thoroughly.
5. Serve with corn chips.



# **MUSHROOM PATE EN CROUTE**

(Makes 12 Servings)

## **Ingredients**

- 1 lb wholemeal puff pastry
- A little raw egg
- 1 onion
- 1 oz butter
- 2 lbs mushrooms
- 2 cloves garlic
- 2 tbsps parsley, chopped
- 4 oz dried wholewheat breadcrumbs (or 2 oz fresh)
- 2 tbsps lemon juice
- Salt and freshly ground black pepper

## **Method**

1. Pre-heat the oven to 425°F, 220°C or gas mark 7.
2. Finely chop the onion and mushrooms and crush the garlic. Fry the onion in the butter in a large saucepan until soft. Add the mushrooms and fry for 20-30 minutes, until all the liquid has evaporated.
3. Remove from the heat and add the garlic, parsley, breadcrumbs, lemon juice, salt and pepper to taste. Allow the mixture to cool.
4. Roll one third of the pastry into a 6x12” rectangle. Place on a baking sheet, spoon the mushroom mixture on top (heaping it up in the centre) and brush the edges with water. Roll the remaining pastry into a 9x12” rectangle.
5. Fold the pastry in half lengthways and make diagonal cuts to within an inch or so of the edges for a decorative finish. Ease the pastry on top of the mushroom mixture and open out to cover.
6. Press the edges together and trim away any excess pastry.
7. Brush with the egg yolk and bake for 30 minutes until golden brown.
8. Serve hot or warm.

# TAMALE BALLS

## Ingredients

- 1 lb beef mince
- 1 lb pork mince
- 1 ½ cups cornmeal
- ½ cup spelt flour
- 1 tsp garlic purée
- ¾ cup tomato juice
- 1 tbsp chilli powder
- 2 tsps salt

## For the Sauce

- 2 large cans chopped tomatoes
- 1 tbsp chilli powder
- 2 tsps salt

## Method

1. Combine the beef and the pork mince.
2. Add the remaining ingredients and mix well (it will be very dry). Roll into 1" balls.
3. Mix together the ingredients for the sauce in a saucepan and simmer for approximately 10 minutes.
4. Add the tamale balls and simmer until cooked.

# **BEEF - WHAT TO BUY & HOW TO COOK IT**

Great British roast beef with all the trimmings can be a work of art for lovers of meat. But use the wrong roasting joint and it can be disappointingly tough and tasteless. The best cut for a special occasion roast is a large sirloin, fore rib (sometimes labelled prime rib as it is known in America) or fillet. These are best when cooked rare to medium rare in a roasting tin, starting with a high oven heat to give the meat a colourful and tasty outside crust, then reducing the heat to a lower temperature to cook the inside. Leaving the bone in, especially in the sirloin and rib roasts, adds flavour and conducts the heat better. But for ease of carving and presentation, you may prefer a boned and rolled joint.

Pot roasting is another excellent and economical way of cooking a large piece of beef to serve to a group of people. The joint is usually browned on all sides in a pan on the stovetop first to add colour and flavour, then placed in a tightly covered ovenproof dish with liquid in the bottom. Covered and baked in the oven at a low temperature, the meat actually steams, thus keeping it moist while the long, slow cooking tenderises it. This method is best suited to some of the cheaper roasting cuts like silverside and topside (sometimes called round), top rump, thick flank and the brisket.

Meat for stews or casseroles may just be called braising steak and can be any of the pot roasting cuts, also chuck, shin, neck, flank or skirt, cut into smaller pieces. These are also best cooked long and slowly at a low temperature with liquid, namely stock.

Most recipes also suggest vegetables, spices, herbs or other ingredients, depending on the dish and ethnic origins.

Steaks are best cut from the more tender regions of the animal, between the shoulders and hips, and where the ribs join the backbone. The names of these cuts of steak vary from country to country, which can make ordering in a restaurant abroad quite interesting, if not confusing! In Britain, the favoured steaks are probably the sirloin and fillet, both very tender when quickly grilled or pan fried. Other cuts include the T-bone steak, cut from the short loin, and rump steak, as the name implies, cut from the rump area and not quite as tender as those from the loin.

## **Cuts for Roasting**

Sirloin, fore rib, fillet and prime rib (bone-in or boneless).

## **Cuts for Pot Roasting**

Topside, silverside, top rump, brisket, chuck (boned and rolled) and thick flank.

## **Cuts for Stewing and Braising**

Chuck, brisket, flank, shin, neck, topside and silverside.

## **Cuts for Grilling and Frying**

Fillet, sirloin, rump, T-bone and Porterhouse (a double sized T-bone or wing rib).

## **Classic Accompaniments**

Fresh horseradish or horseradish sauce, English mustard and Yorkshire pudding.

# **BAKED LASAGNE**

## **Ingredients**

- 1 lb lean ground beef or Italian sausage
- 4 tbsps olive oil
- 1 large onion, chopped
- 1 large red or green bell pepper, finely chopped
- 2 large cloves garlic, minced
- 28 oz can Italian plum tomatoes
- 6 oz can tomato paste
- $\frac{1}{3}$  cup water
- 1  $\frac{1}{2}$  tsp dried basil
- 1 tsp oregano
- 1 bay leaf, broken in half
- 15 oz fresh ricotta cheese
- 4  $\frac{1}{4}$  cups grated mozzarella cheese
- $\frac{1}{2}$  cup freshly grated Parmesan cheese
- 1 egg
- 8 whole wheat lasagne sheets
- salt and freshly ground black pepper

## **Method**

1. If using Italian sausage, remove the casings and crumble the sausage meat. Brown the meat in a large pot, stirring occasionally to break it up. Drain off any excess fat. Remove the meat and set aside.
2. Heat 3 tablespoons of olive oil in the same pot. Add the onion, garlic and bell pepper and cook over a medium heat, stirring occasionally for about 5 - 8 minutes or until the onion is tender.
3. Stir in the reserved meat, plum tomatoes, tomato paste, water, basil, oregano, bay leaf and a generous pinch of salt and pepper and bring to the boil. Cover and simmer, stirring occasionally for approximately 2 hours, or until all the flavours mingle and the mixture thickens slightly.
4. Combine the ricotta,  $\frac{1}{4}$  of a cup of Parmesan cheese and  $\frac{1}{4}$  of a teaspoon of salt and pepper in a medium bowl. Set aside.

5. Line the bottom of a buttered 9 x 13 x 2” pan with 4 lasagne sheets. Spread evenly with half of the ricotta mixture and sprinkle evenly with 2 cups of the mozzarella cheese. Spread with half of the tomato and meat sauce.
6. Top with the remaining 4 sheets as above so that the sauce mixture is completely covered. Evenly layer on the remaining ingredients in the same order as above. Sprinkle the top of the lasagne evenly with the remaining  $\frac{1}{4}$  of a cup of Parmesan and mozzarella cheese.
7. Bake in a pre-heated oven at 375oF for approximately 45 to 50 minutes or until the lasagne is hot in the centre.
8. Remove from the oven and leave to stand for 15 minutes.
9. Cut into squares and serve on heated plates with a green salad and wholemeal garlic bread.

# **BEEF WITH GREEN OLIVES**

(Serves 4-6)

## **Ingredients**

- 3 fl oz olive oil
- 1 ½ lb topside of beef, cut into thin steaks
- 1 small onion, finely chopped
- 1 green capsicum (sweet pepper), chopped
- 2 tbsps wholemeal flour
- salt
- 18 fl oz water
- 6 fl oz red wine vinegar
- 7 oz green olives, pitted

## **Method**

1. Heat the oil in a large frying pan until very hot.
2. Add the beef, a few slices at a time and seal on both sides. Transfer to a flameproof casserole.
3. Reheat the oil until hot again. Add the onion and pepper and sauté until golden, stirring from time to time.
4. Add the flour, mix well and cook for 1-2 minutes. Add the onion mixture to the casserole with the meat.
5. Add the water, vinegar and a little salt, partially cover and cook over a low heat for 1 hour.
6. Add the olives and continue to cook for a further 30 minutes.
7. Serve immediately.

# **BOEUF STROGANOFF**

(Serves 4)

## **Ingredients**

- 12oz onions, thinly sliced
- 8oz mushrooms, sliced
- 1 ½ lb top rump steak
- 3oz butter
- 1 tbsp oil
- salt and freshly ground black pepper
- 1 tsp mustard seeds (optional)
- 10 fl oz soured cream

## **Method**

1. Slice the beef across the grain into thin strips, about 2” long.
2. Heat the butter and oil in a large frying pan and add the onions and mushrooms and fry gently for 5 minutes.
3. Raise the heat then add the meat and brown on all sides.
4. Add the mustard seeds, salt and pepper and continue to cook gently without boiling, until warmed through.
5. Serve immediately with boiled rice.

# CRISPY STIR FRIED BEEF

(Serves 2)

## Ingredients

- 8oz rump steak
- 4oz rice noodles
- 1 stem of lemon grass
- 1 large clove of garlic
- 1 ½" piece of fresh ginger
- 6 spring onions
- 1 medium leek
- 1 medium carrot
- 2 rounded tsps cornflour
- 1 level tsp Chinese five spice powder
- 2 tsps groundnut oil or other flavourless oil
- 2 tsps soy sauce
- pinch of salt

## Method

1. The secret of a successful stir fry is speed. So what you need to do is have everything prepared before you start.
2. Firstly, prepare the rice noodles. Place them in a large bowl with a little salt, then pour warm water over them and leave to soak for exactly 15 minutes and no longer.
3. Remove the outer, tougher leaves from the lemon grass and trim off the woody tops. Slice the rest very finely. The garlic should be peeled and also finely chopped. The piece of ginger needs to be peeled, cut into thin slices and then the slices cut into tiny matchstick pieces.
4. Finely slice the white part of the spring onions, then cut the tender green part into 2" lengths and then cut the lengths into little strips. Halve the white part of the leek lengthways and cut into similar matchstick sized strips. Then cut the green, tender part of the leek into diagonals to make diamond shaped pieces. Cut the carrot lengthways and then make this too into matchsticks.



5. Cut the meat into 2” pieces and these are then cut lengthways so that the meat too is now cut into thin strips.
6. Take a small bowl and mix the cornflour and the five spice powder together. Then mix the meat in the mixture until it is well coated.
7. Drain the rice noodles, shaking off any excess water.
8. Place the wok over a high heat, without adding any oil at first. As soon as it is very hot, add 1 tablespoon of the oil and let it sizzle.
9. Add the meat and toss and stir fry it in the hot oil for approximately 2 minutes. Transfer the meat to a plate.
10. Add the remaining oil, let it sizzle and then add the lemon grass, garlic and ginger. Toss these around for about 30 seconds, then add the carrots, spring onions and leek and toss for another 30 seconds.
11. Then add the soy sauce and 2 tablespoons of water. As soon as the liquid is very hot, stir in the noodles, combining them with the vegetables.
12. Finally, return the meat to the vegetables, toss everything together a couple of times and serve immediately in hot bowls.

# **PORTUGUESE BEEF & ONIONS**

(Bifes de Cebolada)

(Serves 4)

## **Ingredients**

- 1 tbsp olive oil
- 1 lb beef shank (rump, sirloin or fillet) cut into very thin slices
- 2 large onions, thinly sliced
- 2 cloves garlic, crushed
- 1 lb tomatoes, chopped
- 1 tbsp fresh parsley, chopped
- 1 bay leaf
- salt and freshly ground black pepper
- fresh coriander (cilantro) chopped, to garnish

## **Method**

1. Heat the oil in a large frying pan until very hot. Add the beef and fry for approximately 2-3 minutes to seal on all sides.
2. Add the onions, garlic, tomatoes, parsley and bay leaf. Season with salt and pepper and heat to simmering point. Reduce the heat to low, cover and cook for 20 minutes.
3. Remove the lid, raise the heat and bring to the boil. Continue to boil rapidly uncovered for 5 minutes to reduce the amount of liquid.
4. Serve hot, sprinkled with fresh coriander.

# POT ROAST BEEF WITH ROOT VEGETABLES

(Serves 6)

An economical, filling and oh-so-satisfying meal in a pot. Once assembled, it needs little attention and makes its own gravy while it cooks. Delicious the next day for leftovers, as the flavours mature with time.

## Ingredients

- 1 ½ - 2kg rolled brisket
- 2 tbsps olive or vegetable oil
- 6 shallots, peeled and left whole
- OR
- 1 large onion, roughly chopped
- 1 large carrot, cut into 2" chunks
- 4 celery stalks, cut into 2" chunks
- 300gms swede, cut into 2" chunks
- 300gms potatoes, cut into 2" chunks
- 6 regular size, or 1 large field mushroom (cut into 1" chunks)
- 300ml vegetable stock
- 1 tbsp Worcestershire sauce
- 2 tbsps tomato purée
- 1 bay leaf
- 3 sprigs fresh thyme
- beurre manié made with 1 tbsp flour and 25gms softened butter
- salt and freshly ground black pepper

## Method

1. Pre-heat the oven to 150°C/300°F/gas mark 2.
2. Heat the oil over a high heat in a large ovenproof casserole and brown the meat on all sides. Place on a plate.
3. Add the shallots or onion, carrot and celery to the casserole and fry until they are beginning to go brown at the edges, approximately 5 minutes. Place the meat on top of the vegetables and add the swede, potatoes and mushrooms.

4. Make up the stock, add the Worcestershire sauce and tomato purée and pour over the roast. Add the bay leaf, thyme and salt and pepper and bring to the boil. Secure with a tight fitting lid and cook in the oven for 2 ½ to 3 hours.
5. Once cooked, drain off the liquid, arrange the meat and vegetables on a serving platter and keep warm.
6. Make the beurre manié by mixing the butter and flour to a paste. Bring the liquid to the boil and whisk in the beurre manié to thicken the sauce.
7. Taste for seasoning and serve with the pot roast.

## **LAMB - WHAT TO BUY & HOW TO COOK IT**

England and Wales produce some of the finest lamb anywhere in the world. New Zealand is a large producer, though imported New Zealand lamb is usually frozen by the time it reaches these shores.

By its very nature, lamb comes from young animals, therefore most of it is relatively tender. However, some cuts, such as the shoulder and shank are tougher and fatty and are better suited to stewing or braising.

Lamb should be a brownish pink colour, not as dark as beef and not grey or bloody. It is best cooked medium, unless it is being used in a slow cooked stew or casserole.

### **Cuts for Roasting**

Leg, shoulder (both leg and shoulder can be roasted whole or boneless), breast, best end of neck (called a rack of lamb), saddle and loin fillet.

### **Cuts for Stewing and Braising**

Leg and shoulder (cut into smaller pieces), chump chops, middle neck, breast, knuckle and shank.

### **Cuts for Grilling and Frying**

Cutlets, loin chops, chump chops, leg steaks (from the top end of the leg).

### **Classic Accompaniments**

Mint and mint sauce, redcurrant jelly, rosemary.

# ARNI SLOVAKIA

(Shish Kebab)

(1 Serving)

## Ingredients

- 3 lb leg of shoulder of lamb
- lemon juice
- salt and pepper
- powdered oregano
- olive oil

## Method

1. Cut the lamb into 1 ½” cubes or ½” strips, whichever you prefer.
2. Combine equal parts of salt, pepper and oregano.
3. Place the lamb in a marinating container and drizzle liberally with lemon juice. Sprinkle with plenty of the spice mixture.
4. Leave to marinate in the refrigerator for 3-8 hours.
5. Thread the meat onto skewers and grill until it is brown but still juicy, brushing with olive oil 2 or 3 times.
6. Serve with chicken flavoured rice.

# **LAMB SHANKS WITH ROSEMARY & MASHED POTATO**

(Serves 4)

The thin end of the leg, lamb shanks are back in fashion and are now being served in the trendiest of restaurants. Served on a pile of creamy mashed potatoes, this is comfort food at its best!

## **Ingredients**

- 4 lamb shanks
- 1 tbsp rosemary, finely chopped
- salt and freshly ground black pepper
- 1 tbsp wholemeal flour
- 2 tbsps oil
- 2 onions, finely chopped
- 3 stalks celery, finely chopped
- 2 organic carrots, finely chopped
- 2 cloves garlic, finely chopped
- 4 anchovy fillets
- 200ml white wine vinegar
- 300ml lamb stock
- 1 x 400gm tin chopped tomatoes
- 2 tbsps flat leaf parsley, finely chopped, to serve
- mashed potatoes, to serve

## **Method**

1. Season the flour with the rosemary and salt and pepper. Spread on a plate and roll the shanks to give a light coating.
2. Heat 1 tablespoon of the oil in a flame-proof casserole and brown the lamb on all sides. Remove from the casserole and set aside.
3. Heat the rest of the oil and fry the onions, celery and carrots until soft. Add any leftover flour and rosemary, the garlic and anchovies and stir fry for another minute.
4. Pour in the vinegar and stock and boil for about 5 minutes to reduce the liquid by half.

5. Add the tomatoes and return the lamb to the casserole. Cover and cook over a very low heat for 2 hours.
6. Check the sauce; if it seems a bit thin, remove the lid and allow it to reduce for another half an hour or so.
7. Just before serving, taste for seasoning and stir in the chopped parsley.
8. Serve one shank per person on a mound of mashed potatoes with the sauce spooned over it.



# **MODERN IRISH STEW**

(Serves 4-6)

## **Ingredients**

- 3 x packs of lamb chops (4 per pack)
- 500 gms baby onions
- 750 gms baby new potatoes
- 270 gms mini carrots
- A few sprigs of lemon thyme
- 2 tbsps wholemeal flour
- 600ml lamb stock
- Salt and freshly ground black pepper
- Chopped parsley and chives to garnish

## **Method**

1. Pre-heat the oven to 180°C/350°F/gas mark 4.
2. Brown the chops in a non stick frying pan, then layer up in a large flame-proof casserole with the vegetables and thyme, seasoning between layers.
3. Pour off the excess fat from the frying pan and add the flour.
4. Stir well to make a paste, then cook for 30 seconds. Stir in the stock to make a smooth sauce. Bring to the boil.
5. Pour the liquid over the meat and vegetables and bring to a simmer on the hob.
6. Cover and cook in the lower half of the oven for 2 hours, or until the lamb is tender.
7. Garnish with the freshly chopped herbs and serve with vegetables of your choice.

# MOUSSAKA

## Ingredients

- 1 tbsp butter
- 1 large onion, chopped
- 2 lbs lean ground lamb
- 1 ½ lbs tomatoes, peeled and sliced
- ¼ cup parsley, chopped
- 6 oz can tomato paste
- 2 large eggplants, peeled and sliced
- 2 potatoes, peeled and sliced
- 1 cup butter
- 1 cup spelt flour plus extra for flouring
- 4 x cups hot milk
- 4 eggs, slightly beaten
- 1 cup grated Mizithra or Parmesan cheese
- 1 dessert spoon nutmeg
- salt and freshly ground black pepper
- vegetable oil

## Method

1. Melt 1 tablespoon of butter in a large skillet and sauté the onion until soft.
2. Add the lamb ½ lb at a time and cook in batches until brown. Add the tomatoes, parsley and tomato paste and cook for 10 - 15 minutes. Season with salt and pepper to taste. Set aside.
3. Heat the oil in a large frying pan.
4. Flour the eggplant lightly and sauté on both sides in the hot oil until golden. Fry the potatoes in the same pan, using additional oil if necessary. Set aside.
5. Melt 1 cup of butter in a medium saucepan. Add 1 cup of spelt flour slowly, stirring to form a smooth paste. Gradually add the hot milk, stirring over a low heat until thick and smooth. Mix in the eggs and cheese and cook for 1 minute. Season with nutmeg and salt and pepper to taste.

6. Pre-heat the oven to 350°F.
7. In a 2 quart baking dish, arrange in alternative layers the potatoes, half the meat sauce, half the eggplants, half the meat sauce and the remaining eggplants. Pour the cheese over the top and bake until golden for approximately 50 - 60 minutes.

## **RACKS OF LAMB WITH LEMON & MINT**

(Serves 4)

### **Ingredients**

- 2 racks of lamb (approx.  $\frac{3}{4}$  lb each)
- 2 tbsps fresh mint, chopped (or 1 tsp dried)
- 1 tsp grated lemon rind
- 2 tbsps lemon juice
- 1 tbsp vegetable oil
- pinch of pepper

### **Method**

1. Place each rack of lamb, meaty side up on a cutting board.
2. Using a sharp paring knife, cut a line across the rack where the meaty portion begins, about 3" down from the rib ends. Cut off the layer of fat between the line and the rib ends.
3. Cut off the meat and the fat between the bared ribs to expose the bones.
4. Scrape the exposed rib bones clean, removing any meat and fat. Trim the fat from the meaty portion of ribs to 1/8" thickness, lifting away fat as you work.
5. With the rib ends up, press the racks together to interlock the bones. Separate the bases about 1" to stabilise. Place in a shallow dish.

### For the Lemon Mint Marinade

1. Whisk together the mint, lemon rind, juice, oil and pepper and brush over the lamb. Let it stand at room temperature for 30 minutes.
2. Place the lamb on a greased rack in a roasting pan and drizzle with any remaining marinade.
3. Cover the exposed ribs with foil to prevent them from charring.
4. Roast in a 450°F oven for 10 minutes. Reduce the heat to 325°F and roast for a further 40 minutes, or until a meat thermometer registers 140°F for rare and 150°F for medium rare.
5. Transfer to a warm platter, tent with foil and let it stand for 10 minutes.
6. To serve, remove all the foil and carve between the bones.

# **PORK - WHAT TO BUY & HOW TO COOK IT**

Pigs for the fresh pork market are killed whilst still young and tender, therefore the meat has less fat than it would from an older animal.

The flesh should be pale pink and not dark or bloody. Pork made into bacon comes from older, heavier pigs which carry more fat, and goes through a different process of salting, curing or smoking. Very young suckling pigs can be roasted or barbecued whole and the meat is extremely tender and moist.

Fresh pork is labelled with names which are similar to beef and lamb. Sausages are usually made from the fatty pieces, especially the belly.

## **Cuts for Roasting**

Tenderloin or fillet, belly roast, bone-in or boneless leg roast, bone-in or boneless loin roast, leg joint, blade or shoulder, spare rib (also sold as individual chops), hand and spring (a curious name - this cut comes from the foreleg and is usually boned and stuffed).

## **Cuts for Grilling and Frying**

Escallops (from the leg), leg steaks (thicker than escallops), loin medallions, shoulder steaks, bone-in or boneless chops and loin chops.

## **Diced Pork or Stir Fry**

From any of the leaner parts of the pig, cut into small pieces. Also used in pies and casseroles.

## **Classic Accompaniments**

Apples and apple sauce, prunes, plums, mustard and sage.

# HUNG SHAO PORK

(Serves 2)

## Ingredients

- 1 lb (450gms) lean belly pork, including the skin
- 4 tbsps dark soy sauce
- 1 dessert spoon fresh ginger, finely chopped
- 1 star anise
- 2" piece of cinnamon stick, broken into shreds
- salt

## For the Stir-Fry Vegetables

- 110 gms broccoli
- 110 gms savoy cabbage
- 1 large leek
- 1" piece of fresh ginger
- 1 large clove of garlic
- 2 spring onions
- 1 tbsp dark soy sauce
- 2 tbsps groundnut oil

## Method

1. Firstly prepare the pork. Cut into 1" cubes, making sure that each piece still has the skin attached. You don't have to eat the skin, but the gelatinous properties are very important to the flavour of the finished dish.
2. Arrange the prepared pieces of pork, skin side down in a flame-proof casserole and sprinkle them with a little salt, the soy sauce and 1 tablespoon of water.
3. Add the chopped ginger, sprinkling it all around. Then add the star anise and the cinnamon.

4. Cover the casserole, turn on the heat, and as soon as the juices start to simmer, turn down the heat to its lowest possible setting and cook the pork for 45 minutes.
5. Then turn the pieces of pork over, cover again and continue to cook very slowly for a further 45 minutes, turning the meat over once or twice more during that time.
6. Towards the end of the cooking time, prepare the vegetables. First, cut off the flowery heads of the broccoli, separating them and slicing them into small pieces. Then cut the stalks diagonally into very thin slices.
7. Remove the stalk and thinly slice the cabbage. Clean the leek, cut in half lengthways and cut diagonally into slices.
8. Peel the piece of ginger and slice this into little matchstick strips. Do the same with the garlic. Chop the white part of the spring onions into thin rounds, and the tender green part into matchstick pieces.
9. In a small jug, mix together the soy sauce and 2 tablespoons of water.
10. Just before the pork is ready, heat up a wok or a large frying pan until it is very hot. Add the oil and when hot, add the ginger and garlic, tossing it for about 30 seconds. Then add the broccoli, cabbage, leek and green part of the spring onion.
11. Stir fry for approximately 1 minute, then finally add the rest of the spring onion and the soy sauce mixture. Give it another few seconds, tossing and stirring.
12. Serve the vegetables and the pork on a bed of plain brown rice with any juices left in the wok poured over.

# **PORK & APPLE CASSAROLE**

(Serves 4)

## **Ingredients**

- 900 gms pork, cut into cubes (or ready diced pork)
- 6 tbsps spelt flour
- 2 tsps paprika
- salt and freshly ground black pepper
- 3-4 tbsps vegetable or sunflower oil
- 25 gms butter
- 200 gms mushrooms, sliced or quartered
- 1 clove garlic, chopped
- 2 medium sized carrots, peeled and grated
- 500 ml apple juice
- 200 ml crème fraiche

## **Method**

1. Season the flour with the paprika, salt and pepper and toss the pork cubes to coat all the sides.
2. Heat half of the oil in a large frying pan or flame-proof casserole and fry the pork until it has browned. You may have to do this in batches, adding a bit more oil as needed.
3. Remove the pork and set aside.
4. Melt the butter in the same pan and fry the mushrooms and garlic until just soft, for approximately 2-3 minutes.
5. Add the grated carrots and stir through.
6. Add the apple juice and bring to the boil, scraping up any bits from the bottom.
7. Simmer until reduced by about a half.
8. Stir in the crème fraiche, return the pork to the pan, cover and simmer gently for 20-25 minutes.



# **SAUSAGES WITH BLACKBERRY GRAVY** **AND LEEK & APPLE MASH**

(Serves 4)

## **Ingredients**

- 1 tbsp vegetable oil
- 1 x 454 gm pack Lincolnshire sausages
- 1 onion, thinly chopped
- 1 tbsp wholemeal flour
- 300 gms blackberries
- 300ml (½ pt) chicken stock

## **For the Mash**

- 1kg potatoes, cut into even pieces
- 1 leek, about 200 gms, thinly sliced and washed
- 25 gms butter
- 4-6 tbsps milk
- 1 Granny Smith apples, peeled, cored and finely diced
- 1 large egg, beaten
- salt and freshly ground black pepper

## **Method**

1. For the mash, cook the potatoes and leek in boiling salted water for 20 minutes, or until tender.
2. Drain, reserving 300ml (½ pint) cooking water for the gravy.
3. Return to the pan and roughly mash. Add the butter and milk over a low heat and mix well. Stir in the apple and season.
4. Heat the oil in a non stick frying pan and cook the sausages on all sides for about 10 minutes, or until evenly browned.
5. Remove from the pan and pour off all but 1 tablespoon of fat.
6. Add the onion and cook until soft and lightly golden.

6. Stir in the flour and cook for 1 minute, then stir in the blackberry juice and stock and bring up to simmer. Return the sausages to the pan and simmer uncovered for 5 minutes.
7. Just before serving, add the blackberries and season.

## **SMOKED BOILED BACON & PEASE PUDDING**

### **Ingredients**

- 1 smoked bacon collar joint weighing about 3lbs (1.35kg), all packaging and string removed
- 1 small onion, peeled and studded with a few whole cloves
- 2 bay leaves
- 1 small carrot, peeled
- 6 black peppercorns

### **For the Pease Pudding**

- 6 oz (175 gms) dried marrowfat peas (soaked overnight, drained and water discarded)
- 1 small onion, peeled and quartered
- 1 bay leaf
- 1 sprig fresh thyme
- 1 oz (25 gms) butter
- 1 large egg, beaten
- 1 whole nutmeg
- salt and freshly ground black pepper

### **For the Onion and Mustard Sauce**

- 1 large onion, peeled and chopped small
- 1 rounded tsp mustard powder
- 1 rounded tsp grain mustard
- 1 ½ oz (40 gms) butter
- 1 oz (25 gms) wholemeal flour
- 6 fl oz milk
- salt and freshly ground black pepper

## Method

1. Start off by cooking the pease pudding. Firstly, place the peas in a pan, pour in just enough water to cover, then add the onion, bay leaf and thyme (but not the salt).
2. Bring it up to a gentle simmer, put the lid on and cook for about 1 hour, or until the skins split and the peas are tender. They will be cooked more later so they don't need to be absolutely smashed.
3. Drain off the cooking water, discarding the thyme and bay leaf.
4. Put the peas and the onion into a bowl and mash them with a large fork, along with the butter, beaten egg and a seasoning of salt and pepper, plus a few good gratings of nutmeg.
5. Now transfer the mashed pea mixture to sit in the centre of a square of muslin. Gather the edges into the centre then, leaving a bit of room for it to expand, tie it securely with string, leaving enough spare to tie it to the handle of the pan.
6. Next, place the bacon in the casserole along with the small onion studded with cloves, the bay leaves, carrot and peppercorns.
7. Tie the pudding to the handle of the pan so that it sits alongside the bacon in the casserole. Cover with a lid and let it cook very slowly for 1 ¼ hours.
8. When the bacon is cooked, transfer it to a dish, cover with foil and let it rest.
9. Leave the pudding in the casserole but ladle out 6 fl oz of the water into a measuring jug.
10. Next make up the sauce. In a smallish saucepan, melt 1 oz of the butter and add the onion. Stir until it is nice and buttery.
11. Let it cook on the lowest possible heat for about 20 minutes. It's important not to let it colour, so give it a few stirs from time to time.
12. Using a wooden spoon, stir in the flour and the powdered mustard until smooth. Then add the milk a little at a time, still stirring, followed by some of the stock. Switch to a balloon whisk and keep whisking after each addition.

13. Taste and season the sauce with salt and pepper and let it barely simmer for 5 minutes. After that, stir in the grain mustard and the rest of the butter, then pour into a warmed serving jug.
14. Carve the bacon joint into slices and cut slices of the pease pudding (rather as you would do with a cake) and have some extra mustard on the table.

### **Chef's Tip**

I serve this with mashed potatoes and boiled buttered Savoy cabbage, but smaller steamed potatoes such as Anna or Charlotte would be good.

# **CHICKEN DOPIAZA**

(Chicken in a Fried Onion Sauce)

## **Ingredients**

- 2 ½ lbs chicken joints
- 4 medium onions, peeled
- 1 ½ cubes of ginger, peeled and chopped
- 6 garlic cloves, peeled
- 7 tbsps vegetable oil
- 1 tbsp ground coriander seeds
- 1 tbsp ground cumin seeds
- ½ tsp ground turmeric
- ½ tsp cayenne pepper
- 4 tbsps plain yoghurt
- 2 ½ cups water
- 2 tomatoes, peeled and chopped
- 2 tsps salt
- ½ tsp Garam Masala (essential)
- 1 tbsp fresh coriander, finely chopped

## **Method**

1. Cut the chicken into serving pieces. Whole legs should be separated into drumsticks and thighs. Whole breasts should be cut into 4-6 pieces, depending on their size. Skin all the chicken pieces.
2. Chop half of the onions coarsely. Cut the remaining onions into halves lengthwise, and then crosswise into very thin slices (this is the key step!)
3. Put the chopped onions, ginger and garlic into a food processor and blend to a paste.
4. Heat the oil in a large, wide pot or deep frying pan (non-stick) over a medium flame. When hot, put in the sliced onions and stir fry them until they are deep, reddish brown.
5. Remove the onions with a slotted spoon, squeezing out and leaving behind as much oil as possible. Set aside the onions in a plate.

6. Remove the pot/pan from the flame. Add the blended paste and return to the heat. Stir and fry the paste until it is brown, about 3-4 minutes.
7. Add the coriander, cumin, turmeric and cayenne pepper, stir once. Add 1 tablespoon of yoghurt and stir for about 30 seconds or until the yoghurt is incorporated into the sauce. Do the same with the remaining yoghurt, 1 tablespoon at a time.
8. Add the chicken pieces and stir for approximately one minute.
9. Pour in the water, add the tomatoes and salt. Stir to mix and bring to simmer. Cover, turn the heat down low and cook for 20 minutes.
10. Sprinkle in the Garam Masala and the fried onions and mix. Cook uncovered on a medium heat for approximately 7-8 minutes or until the sauce reduces and thickens.
11. Skim off the remaining fat and put the chicken in a warm serving dish.
12. Sprinkle over the fresh chopped coriander.

# CHICKEN ENCHILADAS WITH TOMATILLO SAUCE

## Ingredients

- 1 ¼ lbs fresh tomatillos
- 2 jalapeño peppers
- 1 small onion, peeled and finely chopped
- 1 medium garlic clove, peeled and minced
- 1 tbsp vegetable oil
- 2 cups low sodium chicken broth
- ¼ tsp salt
- 2 whole chicken breasts, boned and skinned
- 2 tbsps minced onion
- ⅓ cup soured cream
- ⅓ tsp salt
- ⅓ cup vegetable oil
- 8 corn tortillas
- 1 cup sharp cheddar cheese, coarsely grated
- ½ cup crumbled Asia go cheese or substitute with additional cheddar or jack cheese

## Method

### To make the sauce

1. Husk and wash the tomatillos. Bring a pan of water to the boil, add the tomatillos and jalapeño peppers and time for 10 minutes. Drain and remove the stem ends of the peppers.
2. Put the tomatillos, peppers, onion and garlic in a food processor and process to a course purée.
3. In a large pan, heat the vegetable oil over a medium heat. Add the vegetable purée and simmer for 2 minutes. Stir in the broth and salt and simmer for a further 15 minutes, stirring occasionally. Set aside.

### To make the enchiladas

1. Place the chicken in a large saucepan and cover with cold water. Bring just to the boil, reduce the heat, cover and simmer until cooked through. Remove the chicken from the water and cool slightly. Shred the chicken and set aside.

2. Combine the cooled, shredded chicken with the minced onion, soured cream and salt. Stir in  $\frac{1}{4}$  cup of the tomatillo sauce. Set aside.
3. In a 9-10" frying pan, heat the oil over a medium high heat. Put 1 tortilla at a time in the hot oil and fry for approximately 30 seconds on each side. Drain on paper towels. Cool slightly.
4. Spread a little of the sauce in a 9x13" baking dish. Spoon some of the filling down the centre of each tortilla and roll.
5. Place in the baking dish - they should fit fairly tightly. Spoon the sauce over the enchiladas and sprinkle with the cheddar and Asia go cheeses.
6. Bake in a pre-heated oven at 350°F for 25 minutes. Cool for 5 minutes before serving.



# CHICKEN IN A CREAM & HERB SAUCE

## Ingredients

- 6 chicken thighs (1 ½ - 2 lbs), skinned and boned
- 3 tbsps butter
- 3 tbsps olive oil
- ½ cup white wine vinegar
- 1 tbsp lemon juice
- ½ cup whipping cream
- ½ tsp dried thyme
- salt and pepper to taste
- 1 tbsp minced fresh parsley
- 1 lemon, sliced (for garnishing)
- 1 tbsp capers, rinsed and drained (for garnishing)
- 1 tsp fresh parsley (for garnishing)
- wholemeal flour, seasoned with salt and pepper (for dredging)

## Method

1. Place the chicken between sheets of plastic wrap, and with a heavy wooden mallet, pound evenly and gently until the chicken is about ¼” thick. Dredge with the seasoned flour.
2. In a large skillet, heat 1 ½ tablespoons each of the butter and the oil. Add as many pieces of chicken as will fit without crowding. Cook quickly, just until the meat loses its pinkness when slashed (about 1 ½ minutes on each side). Place on a hot platter and keep warm.
3. Cook the remaining pieces, adding more butter and oil as needed. Add to the platter and keep warm. The chicken can be placed in a 200° oven while the sauce is being prepared.
4. Add the white wine vinegar and lemon juice to the skillet and simmer over a moderately high heat, stirring to blend in the browned particles. Boil and reduce to about half.
5. Add the whipping cream, thyme and parsley and boil until the sauce thickens slightly. Pour any meat juices from the warming platter into the sauce.
6. Adjust the sauce for seasoning to taste.
7. Pour the sauce over the meat and garnish with the parsley, lemon and capers.

# CHICKEN IN A PEACH SAUCE

## Ingredients

- 4 chicken breasts, boned and skinless
- 2 tbsps vegetable oil
- 1 small onion, chopped
- 1 clove garlic, crushed
- ½ red pepper
- 300ml chicken stock
- juice of 1 lemon
- 4 peaches, peeled, stoned and chopped

## Method

1. Pre-heat the oven to 180°C, 350°F or gas mark 4.
2. Heat the oil in a frying pan and fry the chicken breasts until brown. Remove from the pan and place in a large casserole dish.
3. Add the onion, garlic and pepper to the pan and fry until soft.
4. Pour in the stock and bring to the boil.
5. Remove from the heat and stir in the lemon juice and peaches.
6. Add to the casserole dish and bake for approximately 1 hour, until the chicken is thoroughly cooked.
7. Serve with brown boiled rice.

# CHICKEN WITH A SPICY FRUIT SAUCE

## Ingredients

- 1 ¼ cups unsweetened pineapple juice
- ¼ cup golden raisins
- ½ tsp crushed red pepper
- 2 cloves garlic, sliced
- 4 x 4oz chicken breasts, boned and skinned
- ¼ cup sugar free strawberry jam
- ¼ tsp cornstarch
- green onion strips

## Method

1. Combine the pineapple juice, raisins, red pepper and garlic in a large, non-aluminium skillet and bring to the boil.
2. Add the chicken, cover, reduce the heat and simmer for 10 minutes or until the chicken is cooked. Remove from the skillet and keep warm.
3. Bring the liquid to the boil, stirring occasionally and cook for approximately 7 minutes or until it has reduced to ¾ cup
4. Combine the strawberry jam and cornstarch and stir into the liquid. Cook for 1 minute or until syrupy.
5. Serve over the chicken and garnish with the green onion strips.
6. Adjust the sauce for seasoning to taste.
7. Pour the sauce over the meat and garnish with the parsley, lemon and capers.

# CHICKEN WITH RASPBERRY SAUCE

## Ingredients

- 1 cup fresh or frozen raspberries
- 1 tsp finely shredded orange peel
- ½ cup orange juice
- ½ tsp chicken bouillon granules
- ⅛ tsp ground nutmeg
- ⅛ tsp white or black pepper
- 2 tsps cornstarch
- 1 tbsp cold water
- 4 medium boned and skinned chicken breast halves (approx. 12oz total)

## Method

1. Thaw the raspberries if frozen and set aside.
2. In a large skillet, combine the orange peel, orange juice, bouillon granules, nutmeg and pepper. Bring to the boil and reduce the heat.
3. Add the chicken and cover and simmer for 15 minutes or until the chicken is tender and no longer pink. Turn the chicken after 10 minutes.
4. Remove the chicken from the skillet and keep warm.
5. Stir together the cornstarch and water and add to the skillet. Cook and stir until it has thickened and is bubbling. Cook and stir for a further 2 minutes.
6. Gently stir in the raspberries and heat through.
7. Pour over the chicken and serve.

# GORGONZOLA STUFFED CHICKEN BREASTS

## Ingredients

- 4 boneless chicken breasts, skin left on
- 150 gms (5 oz) Gorgonzola cheese, cut into 4 slices
- 4 tsps olive oil
- 16 basil leaves
- 15 gms (½ oz) unsalted butter
- 4 Cox's apples, cored and sliced into thick rings
- 16 walnut halves
- 350 gms (12 oz) spinach, wilted

## Method

1. Pre-heat the oven to 200°C, 400°F or gas mark 6.
2. Loosen the skin on each chicken breast to create a pocket and lay a slice of Gorgonzola underneath. Brush with a little oil and roast for 25 - 30 minutes.
3. Meanwhile, heat the remaining oil in a frying pan over a medium heat and fry the basil leaves for 20 seconds. Drain on kitchen paper.
4. Add the butter to the hot pan and immediately add the apples. Turn up the heat and fry for 5 minutes until golden, turning once. Add the walnuts for the final minute. Remove to a plate and keep warm.
5. Turn off the heat and deglaze the pan. Put the chicken on a plate and add the juices to the pan. Heat to make a sauce.
6. Serve the chicken sliced on top of the spinach with the apples, basil leaves, walnuts and sauce.

# **MARJORAM GRILLED CHICKEN WITH A DILL & CHIVE SAUCE**

## **Ingredients**

- 6 chicken breasts, boneless and skinless
- 2 tbsps olive oil
- 1 tbsp fresh lemon juice
- 6 tbsps fresh marjoram
- ½ tsp freshly ground black pepper
- ¾ cup soured cream
- ¾ cup plain non-fat yoghurt
- ½ tsp salt
- 2 tbsps fresh dill weed
- ¼ cup fresh chives

## **Method**

1. Rub the chicken with the olive oil and lemon juice and sprinkle with the marjoram and pepper. Marinate for at least 1 hour in the refrigerator.
2. In a skillet, on a medium high heat, sauté the chicken for 2 minutes on each side. Cook for a further 4 - 8 minutes or until the chicken is cooked through and browned
3. Combine the remaining ingredients and serve over the chicken.

# CRAB & ASPARAGUS TART

(Serves 4)

## Ingredients

- 1 x 8" wholemeal tart case
- 1 cup crab meat, chopped
- 1 cup milk, scalded
- 3 eggs, beaten
- 10 asparagus spears, tips reserved
- 4 oz parmesan cheese
- 1 dessert spoon nutmeg and cayenne pepper
- salt to taste

## Method

1. Pre-heat the oven to 180°C.
2. Place the crab meat in the bottom of a pastry shell.
3. Cut the bottom parts of the asparagus spears into half inch slices and scatter over the crab meat.
4. Scatter the parmesan cheese over the asparagus.
5. Beat the eggs and milk together and season to taste with the nutmeg, cayenne pepper and salt. Pour over the crab and asparagus mixture.
6. Arrange the reserved asparagus tips in a spoke-like pattern on top.
7. Bake in a pre-heated oven until set (approximately 45 minutes to one hour).
8. Let the tart cool for about 15 minutes before serving.

# GRATIN OF FISH DIEPPOISE

(Serves 2)

## Ingredients

- 2 tail end pieces of haddock
- 1 heaped tsp butter
- 350 gms cheese sauce
- 1 heaped tbsp crème fraiche
- 50 gms jumbo prawns, cooked
- 50 gms mussels, shelled and cooked
- 3 tbsps grated Parmesan cheese
- ½ tsp cayenne pepper
- salt and freshly ground pepper, to taste

## Method

1. Pre-heat the grill to its highest setting. Pop in a shallow gratin dish on the shelf about 4" (10cm) from the heat source and add the butter.
2. Once the butter has melted, remove the dish and place the fish fillets in it and baste the surface all over with the melted butter.
3. Season with salt and freshly ground black pepper and put the dish back under the grill for 4 minutes, or until the fish is half cooked and is becoming golden on the surface.
4. Meanwhile, in a bowl, whisk the cheese sauce and crème fraiche together.
5. Scatter the prawns and mussels on top and around the fish, then pour the sauce over, followed by the parmesan cheese and cayenne pepper.
6. Return to the grill and a further 4-5 minutes, or until the surface is golden brown and the sauce is bubbling.



# **GRILLED TUNA WITH CORIANDER & CAPER** **VINAIGRETTE**

(Serves 2)

## **Ingredients**

- 2 tuna steaks (approx. 225 gms each)
- 1 tbsp extra virgin olive oil
- salt and freshly ground pepper

## **For the Vinaigrette**

- 1 heaped tbsp coriander leaves, roughly chopped
- 1 heaped tbsp salted capers, rinsed and drained
- grated zest and juice of 1 lime
- 1 tbsp white wine vinegar
- 1 clove garlic, peeled and finely chopped
- 1 shallot, peeled and finely chopped
- 1 heaped tsp wholegrain mustard
- 2 tbsps extra virgin olive oil
- salt and freshly ground black pepper

## **Method**

1. Brush the grill pan with a little olive oil, then place it over a very high heat and let it pre-heat until very hot (roughly 10 minutes).
2. Meanwhile, wipe the fish steaks with kitchen paper and then place them on a plate. Brush them with the remaining olive oil and season both sides with salt and freshly ground black pepper.
3. When the grill pan is ready, place the tuna steaks on it and cook for about 2 minutes on each side.
4. Meanwhile, to make the vinaigrette, place all the ingredients in a small saucepan and whisk them together over a gentle heat. No actual cooking is needed here, all it needs is to be warm.
5. When the tuna steaks are ready, remove them from the grill and place on a warm serving plate.
6. Pour over the vinaigrette and serve with steamed new potatoes.

# MUSSELS WITH GARLIC BUTTER

(Serves 6)

## Ingredients

- 3 lbs fresh mussels, scrubbed and de-bearded
- 10 tbsps butter
- ¾ cup shallots, finely chopped
- 6 large cloves garlic, minced
- 4 tbsps fresh parsley, chopped
- 2 tbsps fresh lemon juice
- 1 tsp grated lemon peel
- freshly ground black pepper

## Method

1. Place the mussels in a heavy, large pan. Cover and cook over a high heat until the mussels open, shaking the pan occasionally (approximately 5 minutes). Drain the mussels, reserving the liquid.
2. Transfer the mussels to a bowl and discard any that do not open. Tent the bowl with foil.
3. Melt the butter in the same pan over a medium high heat.
4. Add the shallots and garlic and sauté, until tender for about 3 minutes.
5. Add 3 tablespoons parsley, lemon juice, lemon peel and the reserved liquid from the mussels. Bring to the boil. Season to taste with freshly ground black pepper.
6. Drizzle the garlic butter over the mussels and sprinkle with 1 tablespoon of parsley.

## Chef's Tip

Garlic is the perfect accompaniment to shellfish in this easy dish. Mop up the juices with fresh wholemeal bread.

# PISSALADIERE

(makes enough for 6 with 2<sup>nd</sup> helpings all round)

## Ingredients

- ½ kilo of fresh spelt puff pastry
- 6 sweet red peppers
- At least 12 large fresh sardines, filleted, pin boned with the skin left on by your friendly fishmonger.
- 200gr (approx ½ lb) fresh anchovies (marinated in oil in jars)
- 6 medium white onions (this quantity could be doubled)
- 130gr (4 oz) best pitted black olives
- 675gr (1 1/2lb) ripe tomatoes

## Method

1. On an A4 size baking sheet lined with baking parchment, lay your carefully rolled out ½ kilo of pastry (freeze the gathered trimmings). Refrigerate or freeze the pastry whilst you get on with the remaining preparations.
2. Peppers. Quarter them and remove pith and seeds. Brush them with olive oil and grill or high roast till nice and burned. Either cover the hot peppers with a wet towel or store in a plastic bag to make their skinning easy. So skin then and slice them very finely. Reserve.
3. Onions. Peel them, cut in half and slice very finely. Sauté them in unsalted butter for a long nice time until they are starting to caramelise. This procedure will probably take about a quarter of an hour. Reserve them.
4. Tomatoes. Score them and blanch in boiling water. Skin them, cut them in half, squeeze out the pips and chop the flesh finely. Reserve.
5. Get the pastry out of the refrigeration/freezer and spread the caramelised onions over the surface. Place the sardines skin side up and the anchovies on the top of the onions and fill the gaps between them with the pepper strips, tomatoes and olives.
6. Preheat oven to high (240<sup>c</sup>) and bake this delicious pastry for approx twenty minutes. The golden edges of the tart and the lovely smell from the baking will tell your instincts when things are ready.

# **ROASTED COD ON A LEMON & PARSLEY MASH**

(Serves 4)

## **Ingredients**

- 4 x 175 gm pieces of cod fillet, skinned
- juice and rind of 1 lemon
- 50 gms butter, melted
- 75 gms fresh white breadcrumbs
- 6 tbsps parsley, finely chopped
- salt and freshly ground black pepper
- 700 gms King Edward potatoes, peeled and cut into chunks
- ¼ pt milk

## **Method**

1. Place the fish in a shallow oven proof dish and pour over the lemon juice.
2. Mix together the breadcrumbs with half of the parsley, half of the lemon rind and the seasoning. Stir in the melted butter.
3. Press the breadcrumb mixture over the fish to form a crust.
4. Pre-heat the oven to 425°F/220°C or gas mark 7 and cook for 15-20 minutes.
5. Meanwhile, cook the potatoes in a pan of lightly salted boiling water for 20 minutes, or until tender. Drain the potatoes.
6. Heat the milk to boiling point and then pour over the potatoes and mash until smooth.
7. Stir in the remaining parsley and lemon rind and season to taste.
8. Serve the fish on the mash immediately.

## **Chef's Tip**

Instead of using cod, substitute with a fish of your choice, e.g. Salmon. Dill can also be used instead of parsley.

# **SCALLOPS WITH GINGER & JALAPENO**

(1 Serving)

## **Ingredients**

- 1 ½ lbs scallops
- 3 tbsps peanut oil
- 3 cloves garlic, minced
- 1 ½ tsps minced jalapeño pepper
- 4 scallions (spring onions), greens trimmed to 3” and split
- 3 thin slices ginger
- ¼ red bell pepper, chopped
- 1 tsp cumin
- 1 ½ tsps curry powder
- 2 tsps Thai seasoning
- 2 tsps fresh parsley, chopped
- freshly ground black pepper

## **Method**

1. Warm the oil in a heavy pan over a medium heat.
2. Add the garlic and jalapeño and cook to soften for about 30 seconds.
3. Add the scallions, ginger, red bell pepper, cumin, curry powder, Thai seasoning and salt and pepper.
4. Add the scallops, increase the heat to high and cook, stirring constantly until the scallops are just cooked through, about 2-3 minutes.
5. Remove to a warm platter and garnish with the parsley.

# **SKEWERED KING PRAWNS** **WITH A STRAWBERRY & CHILLI DRESSING**

(Serves 2)

## **Ingredients**

- 8 large tiger prawns
- 1 tsp sesame oil
- 1 tbsp sunflower oil
- ¼ tsp salt
- 1 fat or long chilli, deseeded and finely chopped
- 100 gms strawberries, hulled and chopped
- 2 tbsps cider vinegar
- 50 gms baby leaf salad

## **Method**

1. Carefully remove the shells from the prawns, leaving the tails intact. Drain the prawns then butterfly them by cutting down the back, almost right through, and opening them out flat.
2. Set the grill to high.
3. Mix the sesame and vegetable oils together with salt and rub into the prawns. Thread the prawns onto the skewers.
4. Put the chilli, strawberries and vinegar into a food processor and blend to a purée. Chill until needed.
5. Grills the prawns for 1 minute on each side. Lower the heat to medium and give them a further 1 ½ minutes on each side.
6. Arrange the salad on plates. Place the skewered prawns on top and serve drizzled with the dressing.

# WILD SALMON & CAPER FISHCAKES WITH WATERCRESS HOLLANDAISE

(Serves 2)

## Ingredients

- 213 gms wild red salmon fillets
- 1 rounded dessert spoon small capers
- 3 good pinches cayenne pepper
- 85 gm pack watercress
- 450 gms mashed potato
- 2 tbsps wholemeal flour, seasoned
- 1 ½ tbsps groundnut oil
- 1 tsp butter
- salt and freshly ground black pepper

## To Serve

- 200 gms Hollandaise sauce
- a good squeeze of lemon juice
- lemon quarters
- salt and freshly ground pepper

## Method

1. Firstly, chop the salmon into small pieces and squeeze the excess moisture out of the capers. Then poach the salmon and capers with the cayenne pepper and salt and pepper.
2. Reserve about ¼ pack of watercress for later. Chop the remaining packet, preferably using a food processor, then add a tablespoon of the watercress to the salmon, along with the mashed potato and mix everything really well with a fork until it is evenly distributed.
3. Put the seasoned flour on a large plate and transfer the fish cake mixture to a board. Divide and shape the mixture into 6 little rounds. Once done, give each one a good coating of flour to stop them from sticking to your hands. Of you are not using them straight away, cover and leave the fish cakes on a floury plate in the fridge, but for no longer than an hour.

4. When you are ready to cook the fishcakes, it is important to get the oil really hot in a large frying pan, then add the butter. As the butter turns to foam, add the fishcakes.
5. Turn the heat down to a medium heat and then cook them for 2-3 minutes on each side, or until they are golden brown. The fishcakes are quite delicate so turn them over very carefully, preferably using a fish slice and a fork. Once they are cooked, transfer them onto a piece of crumpled kitchen paper to drain and keep warm whilst you make the sauce.
6. Squeeze the sauce out into a small saucepan and heat it gently without letting it come to the boil. Season with salt, freshly ground black pepper and a good squeeze of lemon juice.
7. At the last minute, stir in the rest of the chopped watercress.
8. Place the fishcakes on a bed of green leaves and drizzle the sauce on and around them.
9. Serve with fresh garden vegetables.



# GUIDE TO ASPARAGUS

1. Asparagus is best eaten on the very day it is picked.
2. A potato peeler is the most efficient tool with which to peel asparagus stems.
3. At PROMIS we only use asparagus seasonally. It is grown locally, sold loose and so needs sorting and grading and a good thorough soaking in cold water to wash off the sandy soil.
4. For asparagus risotto, it is a more luxurious idea to use white asparagus. White asparagus needs further peeling of the stalks which have a more woody and stronger flavour than those of their green cousins.
5. If boiling asparagus, make sure the stalks are evenly peeled (from near their tips to base) and put into salted boiling water for a very short while (a couple of minutes) and then remove with a slotted spoon or tongs onto a linen/tea towel. They will still be cooking while cooling! Always test one spear to check the asparagus is crispy, crunchy, cooked and not soggy!
6. Asparagus, (green or white) is perfectly delicious simply steamed, sprinkled with and served with melted butter, or a simple combination of balsamic vinegar and extra virgin olive oil and sea salt to taste, and perhaps, shavings of parmesan cheese.

## ASPARAGUS RISOTTO

(Serves 6)

### Ingredients

- (at least) 2 pints fresh vegetable stock (made with asparagus peelings, carrot peelings, shallot trimmings and other spare vegetables to hand)
- ½ kilo wholegrain organic Italian rice
- 1 handful of peeled shallots, finely chopped
- 3 bunches (approximately 3 lb) fresh asparagus, peeled, bases trimmed

- ½ lb unsalted butter
- ½ lb fresh grated parmesan cheese
- olive oil and sea salt

## Method

1. Prepare the stock. Trim all asparagus spears to the same length and reserve the trimmings for stock. Use a potato peeler to peel the green stems down to the white centre. Place all trimmings (with herb stalks and other vegetable trimmings) in a pan, cover with cold water and simmer for approximately half an hour. Strain back into the pan and heat to a gentle simmer.
2. Prepare the trimmed asparagus. Carefully cut off the spear trips (2”) and cut stalks into little ½ inch pieces. A ¼ inch is approximately half the length of a cigarette filter. Either briefly cook the stalk pieces in simmering stock, remove and drain/cool OR give them a vigorous quick steam to soften them up, then do the same with the spear tips. Season asparagus with sea salt. Reserve for later use.
3. Cook the Risotto over a moderate to high flame in a heavy pan/casserole (‘Le Creuset’ ideally), heat a small cup of olive oil and approximately 2oz butter and throw in the shallots. Cook until pale golden and then add the rice, stirring to coat it consistently. Add all the simmering stock, sufficient to cover the rice, and keep stirring. Adjust the heat to a gentler simmer and leave the rice (uncovered) to cook for at least half an hour. Check the rice still has a crunchy chalky bite - it may need another 10 to 15 minutes.

Note: one wants the rice ‘crunchy not gluey’. This method differs from the slow absorption process used in cooking arborio white rice. When the rice is thus nearly cooked, take it off the heat, stir in most of the parmesan (keep some back for sprinkling over your servings!), the cooked asparagus stem pieces and put the remaining 6oz butter over the rice. Cover the pan and rest it for 10 minutes (off the heat).

4. Stir the risotto to mix ingredients evenly and serve with cooked asparagus spears and grated parmesan.

# **BAKED AVOCADO WITH CURRIED NUT & RAISIN STUFFING**

## **Ingredients**

- 1 large onion, chopped
- 4 tbsps vegetable broth
- OR
- 4 tbsps extra virgin olive oil
- 2 cups barley, cooked
- ¼ cup raisins
- ¼ cup cashews, chopped
- 1 tbsp curry powder
- 3 tbsps black olives, sliced
- 6 large ripe avocados, skinned, stoned and sliced lengthwise
- 1 pt 'cheesy' sauce

## **Method**

1. In a large saucepan, sauté the onion in the broth or oil over a medium high heat for 5 minutes.
2. Add the remaining ingredients, except the avocados and 'cheesy' sauce, and stir well until warm.
3. Put the sautéed ingredients in a greased baking dish and place the avocados over the mixture. Top with the 'cheesy' sauce.
4. Bake in a 325oF oven for 20 minutes.
5. Serve with tomato salsa.

# CHEESE & LEMON PASTA WITH OLIVE PESTO

## Ingredients

- 350 gms (12 oz) wholewheat pasta shapes
- 1 x 200 gm pack of extra light soft cheese
- finely grated zest of 1 lemon
- juice of ½ lemon
- black olive pesto
- wild rocket or baby spinach leaves
- freshly ground black pepper to taste

## Method

1. Cook the pasta according to the packet instructions. Drain, reserving 150 ml (¼ pt) cooking water.
2. Melt the soft cheese with the lemon zest and juice and sufficient reserved water to make a thin sauce.
3. Add the pasta and season to taste with the freshly ground black pepper.
4. Serve each portion topped with a dollop (about 1 tbsp) of black olive pesto and a handful of wild rocket or baby spinach leaves.

# CHEVRE MILLEFEUILLE

## Ingredients

- ½ kilo fresh spelt pastry
- 250g/8oz light creamy goats cheese (use only farmhouse, light and creamy)
- Egg/milk for glaze
- Some fresh thyme for baking aromatics

## Method

1. Organise baking trays lined with baking parchment. They will need to fit your fridge for resting the parcels before baking.
2. On a cold/chilled flour surface, roll out the pastry to approximately A4 size, evenly. The pastry should not be much thicker than a pound coin. Cut out six 6” discs, place on the baking sheet and chill for a while.
3. Brush to the edges of the discs with egg glaze. Place some cheese over half the disc, fold over the pastry to form a crescent and place the edges down. Chill again before lightly scoring the surfaces with a small sharp knife and brush with the glaze.
4. Chill the millefeuilles while pre-heating the oven to high (250°). Bake the parcels for approximately ten to fifteen minutes until risen and golden. The cheese might leak a bit but don't worry too much. Throw some of the thyme branches over the baking tray for aromatic uplift.
5. Serve these lovely items with a lovely simple salad dressed perhaps with a walnut oil dressing.

## Walnut oil dressing

- 1 tsp Dijon mustard
- Salt and pepper
- Splash of balsamic vinegar (and whisk in some walnut oil)

# COUSCOUS WITH SPICY BAKED AUBERGINE & CHICKPEA STEW

## Ingredients

- 1 ¼ pts vegetable stock
- 12oz couscous
- 1 lemon, grated rind only
- 60ml/4 tbsp olive oil
- 50g/2oz flaked almonds, lightly toasted
- 75g/3oz canned breakfast apricots, chopped
- 3 tbsp sultanas
- 3 tbsp fresh parsley, chopped
- Salt and freshly ground black pepper, to taste

## For the Aubergines

- 1 large aubergine cut into 2.5cm/1" cubes
- 1 bunch fresh mint, finely chopped
- 2 lemons, juice only
- 4 cloves garlic, finely chopped
- 2 tbsp ground coriander
- 2 tsp paprika
- 2 tsp ground cumin
- 2 tsp ground black pepper
- 1 tsp cayenne pepper
- 1 tsp harissa paste
- ½-1 tsp salt
- 4 tbsp olive oil

## For the Chickpea Stew

- 2 onions, sliced
- 2 tbsp olive oil
- 2 cloves garlic, chopped
- 1 tsp paprika
- 1 pinch of cayenne pepper
- 1 x 14oz can of chopped tomatoes
- ¼ pt vegetable stock
- 3 tbsp tomato purée
- 1 x 14oz can of chickpeas, drained
- 1 bay leaf
- 2 tbsp fresh parsley, finely chopped
- Salt to taste

## Method

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Heat the stock in a large saucepan until boiling. Pour the couscous in and stir in the lemon rind. Remove from the heat, cover and leave to stand for 5 minutes. Fluff the couscous up with a fork - it should absorb most of the liquid.
3. Drizzle over the olive oil and fold in the almonds, apricots, sultanas and parsley. Season to taste. Cover with foil and bake in the oven for 20 minutes. Remove the foil and fluff up the grains again. Keep warm until needed.
4. Place the aubergine in a shallow oven proof dish. Mix together all the remaining ingredients and toss the aubergine to cover. Seal tightly with clingfilm and leave for at least half an hour to marinade.
5. Remove the clingfilm and place the marinated aubergine in the pre-heated oven and bake for 30 minutes, until tender.
6. For the chickpea stew: Fry the onions in the oil until soft and golden. Add the garlic and spices and fry for 2 minutes longer.
7. Add the tomatoes and stock and simmer gently until well cooked and starting to thicken.
8. Stir in the tomato purée, chickpeas and bay leaf. Simmer for 5 minutes more. Season to taste and stir in the chopped parsley.
9. Spread the couscous on a large platter and ladle the chickpea stew over the top.
10. Top the stew with the baked aubergines and serve.

# **FETA & MINT FRITATTA WITH COURGETTES**

This speedy Italian style omelette is ready in less than 30 minutes and combines courgettes, mint and crumbly feta cheese.

## **Ingredients**

- 6 free range medium eggs
- 150 ml semi skimmed milk
- 3 medium courgettes, grated
- ½ x 20 gm pack of fresh mint, chopped
- 150 gm pack of feta cheese, drained and crumbled
- 1 tbsp olive oil

## **Method**

1. Pre-heat the grill to a medium heat.
2. In a large bowl, beat together the eggs and milk and season well. Stir in the courgettes, mint and half the feta cheese.
3. Heat the oil in a 20 cm non-stick frying pan and pour in the egg mixture. Cook over a low heat for 8-10 minutes without stirring, or until the frittata begins to set.
4. Sprinkle the remaining feta over and place the pan under the hot grill. Cook for a further 2-3 minutes until the top is golden and the frittata is completely set.
5. Allow to stand for 3-4 minutes before slicing into thick wedges.
6. Serve with mixed salad leaves and whole baby vine tomatoes that have been drizzled with extra virgin olive oil and grilled until just starting to soften.

## **Chef's Tip**

For extra speed, grate the courgettes in a food processor. Try thinly slicing 2 chicken breasts and stir fry in the oil for 6-8 minutes, before adding the egg mixture.



# GORGONZOLA & MASCAPONE SOUFFLE PANCAKES WITH DAMSON RELISH

(8 Pancakes)

## Ingredients

### Pancakes

- 8oz spelt flour, with a pinch of salt
- 3 whole eggs
- 18fl oz milk
- 2oz melted, unsalted butter

### Cheese Filling

- Approximately 1oz spelt flour (30gms)
- 8 whole eggs (size 2)
- ½ pint milk (300ml)
- 6oz Gorgonzola dolce and Mascarpone
- Salt and pepper

### Damson Relish

- Stone ½lb damsons
- Juice of 4 oranges (or blood oranges)

## Method

### Pancakes

1. Sift the flour into a mixing bowl, make a well in the centre into which you drop the eggs, beat the eggs into the flour, gradually pouring the milk as you go, to make a smooth batter. Melt the butter and whisk it into the batter. Allow the mixture to rest for at least one hour in a warm place before use.
2. Pancake making in a 6” cast iron pan only requires patient practise. The heat under your pan should be quite high, not full blast. Gas is easiest

to control. Begin by pouring a little flavourless (groundnut) oil on the pan, allow to heat and wipe the pan clean with kitchen paper. Place the pan over the heat again, then a drop of oil, and then pour about an egg cup's worth of batter into the pan and circulate the pan about over the flame until you have shaped your first and hopefully thin, pancake. Cook the first side for about 20 seconds, slide a palette knife under it and turn over to cook the second side for another 20 seconds.

### Cheese Filling & Damson Relish

1. Separate the eggs and reserve the four whites.
2. Whisk together the flour, two egg yolks and the milk with seasoning (don't overdo the salt) in a saucepan over a low heat until the mixture slowly thickens. Do not allow it to boil (so as with cooking processes which require attention, don't answer the doorbell or any telephone calls.) Crumble the cheese into the mixture and continue stirring and remove from the heat. Pour into a completely clean mixing bowl.
3. In another immaculately clean bowl, whisk the four egg whites with a pinch of salt until they are very stiff. (If you tip your bowl with stiff whisked whites upside down, they will not fall out).
4. Fold the whites with a metal spoon into the cheese mixture, rotating the bowl in quarter turns to achieve an even mix.
5. Poach the damsons in the orange juice with a splash of balsamic vinegar and allow to 'cool'.

### Assembly

1. Pre-heat the oven to 220°C - (high).
2. Spread the pancakes over a surface. Ladle the cheese soufflé mix onto one half of the pancake and fold over with other half to form a crescent shape parcel. Lay the pancake parcels onto a baking sheet lined with the essential baking parchment and cook for 5 - 7 minutes. When cooked, the pancakes will deflate a little. They have a wonderfully airy, light, and with the Gorgonzola and Mascarpone used, sweet flavour. Serve of course with the delicious damsons.

# MUSHROOM STROGANOFF

## Ingredients

- 1 medium red onion, cut into strips
- 2 cloves garlic, crushed
- 2 tbsps olive oil
- 500 gms chestnut mushrooms or mixed mushrooms, halved
- 500 gms Alpro soya dairy free alternative to yoghurt
- 1 tbsp creamed horseradish
- salt and freshly ground black pepper
- 1 good handful of flat leaf parsley, roughly chopped

Alpro soya plain dairy free alternative to yoghurt is used in this dish to give the classic sour yoghurt flavour. Choose chestnut mushrooms for flavour or use a mixed selection for variety. Serve the stroganoff on a bed of brown rice with some watercress garnish or alternatively, pour over a baked potato. This recipe is not suitable for home freezing.

## Method

1. Gently sweat the onion and garlic in the olive oil over a gentle heat for 10 minutes, or until soft, but not browned.
2. Add the mushrooms and continue sweating for a further 10 minutes, until the mushrooms are just soft.
3. Stir in the Alpro soya yoghurt and seasonings.
4. Bring to a gentle simmer and serve with brown rice.

# TOMATO AND PARMESAN TART

(Serves 8-10)

## Ingredients

### Pastry Case

(To be baked in a 12" fluted pastry tin, with a detachable base, lining pastry with baking parchment weighted down with approximately 1lb of rice).

- 10oz Spelt flour
- Teaspoon of salt
- 6oz unsalted butter - cut into tiny pieces and chilled
- 1 egg (size 2)
- 1 egg yolk

### Tomato & Parmesan Filling

- Olive Oil
- 4lb vine tomatoes - skinned, deseeded and roughly chopped
- 4 cloves peeled garlic cloves - finely chopped
- ½ cinnamon stick
- Handful each of roughly chopped oregano and mint
- Dessert spoonful of coriander seeds, crushed
- 3 Eggs - 1 egg yolk
- 1 pint double cream (not U.H.T!!)
- 8oz finely grated fresh parmesan cheese
- Sea salt and pepper

## Method

1. Cut the chilled butter into salted flour with a knife, work quickly with your finger tips to make a fine crumble. Add the egg and yolk, stirring to combine ingredients into a dough ball. Work the dough briefly, cling wrap and chill/refrigerate for approximately ½ hour. This process can be executed in the same order in a Magimix. (N.B. Use pulse button to make the crumble, adding egg and yolk and processing until a ball forms.)
2. Pre-heat the oven to 180°C.

3. Roll the chilled dough between two sheets of cling film to achieve an even, fine pastry disk of sufficient diameter (well over 12"). Remove the top cling, collect the pastry disk on your roller and lower it into the pastry tin. Carefully remove the cling film and press the pastry carefully into the fluted sides of the tin. Trim the excess. Refrigerate the pastry case for approximately ten minutes. Line the case with baking parchment and fill with rice to maintain the pastry shape during baking. Blind bake the case for approximately fifteen minutes, then remove the parchment and rice and finish baking until the pastry is evenly dried and cooked through. Allow the case to cool completely before filling.

### Tomato and Parmesan Filling

1. Get the tomatoes sorted out. (Blanch skin and scoop out seeds. Rough chop tomatoes flesh)
2. Prepare the coriander seeds and herbs.
3. In a heavy pan, lightly fry the garlic in the olive oil adding the herbs and coriander seeds, cook gently. Add the tomatoes, seasoning well with fresh ground pepper and sea salt. Cook the tomato pieces slowly, stirring the mixture evenly. Try to keep the tomato pieces intact. Remove from the heat.
4. Mix the eggs and cream and season well with fresh ground pepper. Mix in 6oz of the parmesan and stir in the cooked tomatoes.

### Baking the Tart

1. Pre-heat the oven to 180°C.
2. Using a ladle, fill the 'cool' pastry case with the tomato and cheese mixture in batches until the mixture reaches the brim (reserve some filling to top up the tart during baking, should there be some leaking). Top the tart with extra parmesan. Place the case on a tray to minimise cream leakages (if any!) Bake until the tart is set (approximately 20/30 minutes). Leave the tart to cool in the kitchen (not the fridge) and serve while it is still warm, if possible. It is most delicious with a simple green salad dressed with the best olive oil and lemon!

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# APRICOT BALSAMIC SAUCE

## Ingredients

- ½ oz sugar free apricot jam
- 2 tbsps balsamic vinegar
- 1 tbsp soy sauce
- ¼ tsp orange peel - grated
- 1 tbsp mustard

## Method

1. In a medium bowl, mix all the ingredients together.
2. Serve with chicken.
3. Makes approximately 1 ¼ cups.

# **BALSAMIC VINAIGRETTE**

(Makes approximately 12 servings)

## **Ingredients**

- 1 tbsp Dijon style mustard
- ¼ cup balsamic vinegar
- 2 tbsps water
- 2 tbsps fresh lemon juice
- ¼ tsp dried leaf tarragon
- 1 clove garlic, minced
- 2 tbsps safflower oil
- 2 tbsps extra virgin olive oil
- salt and pepper to taste

## **Method**

1. In a jar, combine the mustard, vinegar, water, lemon juice, tarragon and garlic.
2. Shake well to combine.
3. Add the oils and shake again.
4. Season with salt and pepper.
5. Chill before serving.



## **BARBEQUE SAUCE FOR CHICKEN**

### **Ingredients**

- ½ cup peanut oil
- ½ cup vinegar
- 1 tbsp sugar free jam
- 2 tbsps tomato paste
- 1 tbsp mustard
- 3 drops hot pepper sauce
- 1 tsp garlic salt or plain salt if preferred

### **Method**

1. Combine the ingredients and beat with a whisk until well blended.
2. Use as a baste or marinade for grilled chicken.

## **BASIL & SUN-DRIED TOMATO DRESSING**

(Makes approximately 1 cup)

### **Ingredients**

- 1 cup light sour cream
- 2 tbsps chopped fresh basil
- 1 to 2 tbsps finely chopped sun dried tomatoes

### **Method**

1. Stir the sour cream with the basil and the sun dried tomatoes.
2. Stir before serving as the colour from the tomatoes may darken the sour cream.
3. Serve over a bowl of fresh greens or use as a dip for vegetables.
4. The dressing will keep, well covered and refrigerated for up to 3 days.

# **BLUE CHEESE DRESSING**

(Makes approximately 1  $\frac{3}{4}$  cups)

## **Ingredients**

- 2  $\frac{1}{2}$  oz blue cheese or Roquefort, crumbled
- 2 tbsps Dijon mustard
- 1  $\frac{1}{2}$  cups mayonnaise or mayonnaise style salad dressing
- 1 tbsp Worcestershire sauce
- 2 tbsps balsamic vinegar

## **Method**

1. Mix all the ingredients together and keep refrigerated until ready to use.
2. Serve as a dressing over crisp mixed greens

# **CEASAR SALAD DRESSING**

(Makes approximately 12 servings)

## **Ingredients**

- 1 egg
- 1 tsp minced garlic, more to taste if you prefer
- ¼ tsp ground white pepper
- 6 anchovy fillets
- ½ tsp Worcestershire sauce
- 3 tbsps grated Parmesan or Romano cheese
- ¾ cup olive oil
- 3 tbsps balsamic vinegar
- ¼ cup freshly squeezed lemon juice
- 2 handfuls mint, roughly chopped

## **Method**

1. Bring some water to the boil in a small pot over a high heat and cook the egg for exactly 2 minutes.
2. Remove the egg and break it into a blender or food processor, scraping out any congealed white.
3. Add the garlic, pepper, anchovy fillets, Worcestershire sauce and cheese and blend for 30 seconds.
4. With the motor still running, add the oil in a slow and steady stream (the dressing will begin to take on the appearance of a mayonnaise).
5. Add the vinegar and lemon juice and blend until incorporated.
6. Remove the dressing and place in a bowl.

# **CUCUMBER & FENNEL SALAD WITH ORANGE & MINT DRESSING**

(Makes approximately 6 servings)

## **Ingredients**

- 1 cucumber, peeled, halved, seeded and diced
- 1 small fennel bulb, trimmed and finely slivered
- 1 Granny Smith apple, cored, quartered and sliced
- 2 tsps lemon juice
- 2 tbsps walnuts, chopped and toasted
- 2 tbsps orange juice
- 2 tbsps walnut oil
- 1 tbsp fresh mint
- 1 tbsp coriander, chopped
- $\frac{1}{8}$  tsp paprika, sweet or hot
- salt and pepper

## **Method**

1. Combine the salad ingredients in a serving bowl, except for the walnuts and gently mix.
2. In a small bowl, whisk all the dressing ingredients until they have emulsified.
3. Season with salt and pepper and pour over the salad.
4. Serve immediately or marinate, covered in the fridge for 1 to 2 hours.
5. Toss before serving and garnish with toasted nuts.

# GARLIC VINAIGRETTE

## Ingredients

- 1 tbsp tarragon vinegar
- 1 tsp mild mustard
- 100 ml olive oil
- 2 medium garlic cloves, crushed
- salt and pepper

## Method

1. Mix the tarragon vinegar with the mustard.
2. Gradually pour in the oil, stirring continuously until it thickens.
3. Season with a little salt and pepper, then stir in the crushed garlic.
4. Leave to stand for 20-30 minutes before serving.

# HARISSA

## Ingredients

- 1 oz dried red chillies
- 1 clove garlic, chopped
- 1 tsp caraway seeds
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 pinch of salt
- olive oil

## Method

1. Soak the chillies in hot water for 1 hour.
2. Drain well and pat dry.
3. Grind to a smooth paste with the garlic, spices and salt.
4. Add enough olive oil to cover the surface.
5. Cover and store in a cool place for up to 2 months.

# LIME & CUMIN VINAIGRETTE

## Ingredients

- 2 tbsps fresh lime juice
- 1 tbsp fresh lemon juice
- ½ tsp cumin
- ½ tsp chilli pepper
- ½ tsp salt
- ⅓ cup vegetable oil

## Method

1. In a bowl, whisk together the lime juice, lemon juice, cumin and chilli powder and salt.
2. Add the oil in a stream, whisking continuously.
3. Continue whisking until the vinaigrette has emulsified.

# SPANISH TOMATO SAUCE

## Ingredients

- 1 tbsp butter or margarine
- ¼ of a small onion
- ¼ of a small green pepper
- ½ clove garlic
- 10 oz can tomatoes, undrained
- 6 oz can tomato paste
- 1 tsp sugar
- ½ tsp dried oregano leaves, crushed
- ½ tsp pepper
- 1 dessert spoon salt

## Method

1. Put all of the ingredients in a blender container and blend until the onion and green pepper are finely chopped.
2. Transfer to a saucepan and simmer, covered for 30 minutes.
3. Serve over meat or fish.



# BASIC PASTRY MIXTURE

## Ingredients

- 1 lb spelt flour
- ½ lb butter (cold)
- 1 egg
- 1 tbsp white vinegar
- Iced water

## Method

1. Place the flour in a large bowl.
2. Cut the butter into 1” cubes and add to the flour.
3. Using a pastry blender or 2 knives, mix the butter with the flour until it resembles the consistency of course breadcrumbs.
4. Make a well in the centre and place the egg, iced water and vinegar into this all at once. Whisk to break up the egg and blend with the water.
5. Using a fork, work until all the dry ingredients are moist.
6. Using your hands, gather the dough into a firm ball and knead, ensuring you do not over mix.
7. Wrap the dough in cling-film and refrigerate until well chilled, at least 30 minutes but preferably overnight.
8. Well wrapped pastry will keep in the refrigerator for at least a week, or in the freezer for several months.

# **BASIC WHOLE WHEAT PASTRY DOUGH**

## **Ingredients**

- 1 cup whole wheat pastry flour
- 1 pinch salt
- 1 tsp olive oil
- ¼ cup water

## **Method**

1. Knead all the ingredients together until smooth. This can be done either by hand or in a food processor.

## **Chef's Tip**

A ¼ of the flour could be substituted with either kamut or buckwheat to add extra flavour.

Try adding chopped spinach, herbs or tomato paste.

# PATE A CHOUX

(Makes 1 Batch)

## Ingredients

- 2 cups water
- 1 cup butter
- 1 pinch salt
- 1 ½ cups spelt flour
- 1 large eggs

## Method

1. Boil the water with the butter and salt.
2. Add the flour all at once and beat vigorously until the dough pulls away from the sides of the pan and forms a ball.
3. Remove the pan from the heat and beat in the eggs, one or two at a time, until thoroughly mixed and smooth.

# PIZZA DOUGH

## Ingredients

- 1 ½ lb spelt flour
- 1 sachet of dried yeast
- 2 teaspoons of salt
- 2-3oz olive oil
- ¾ pint of water

## Method

1. Mix together the salt, flour and yeast.
2. Pour in the oil and lightly rub into the flour.
3. Add most of the water and with your hands work the mixture into dough, adding the remaining water if necessary. When the dough is not sticking to your fingers or the bowl and you know that you have the correct consistency.
4. Turn the dough out onto a well-floured surface and knead well for 10 minutes, or alternatively place into an electric mixing machine and knead with a dough hook for 5 minutes. The machine however, may not be capable of kneading small quantities of dough. If it gathers around the dough hook and barely touches the sides of the bowl then it will be best kneaded by hand. Machines such as the Kenwood Chef need at least a 3lb mix.
5. Place the dough back into the mixing bowl and cover with a damp cloth. Alternatively place into a lightly oiled plastic bag and leave in a warm place until the dough has doubled in size.
6. Give the dough a good thump and watch it deflate. Place once again on a lightly floured surface and gently knead for a minute.
7. Return it to its container and place into a refrigerator until you need to use it.

# PUFF PASTRY

Puff pastry is made from flour and butter of equal weight. The butter is encased in a flour dough and rolled out carefully, folded like a business letter and this procedure is repeated a total of five times to give the pastry a total of six turns.

## Ingredients

- 500g Spelt flour
- 500g unsalted butter (have the butter out of the fridge ahead and at softening room temperature)
- a generous pinch of table salt
- 275ml cold water, with a generous splash of white wine vinegar

## Method

1. Pour the flour with the salt onto a cold metal/marble surface. Make a well in the centre, pour the water and vinegar into the well and with your fingertips, quickly work the flour into the liquid, carefully gathering it as you do into a dough ball. Cling film the dough and refrigerate for a while.
2. Flour your working surface and roll the dough out into four directions to form enveloping leaves. Place softish butter on the centre of the dough and wrap it with the dough. Now gently roll out the dough encasing the butter to approximately A4 size. Fold like a business letter, flour the surface and the pastry and carefully roll out again. Fold again, cling and rest/chill for half an hour (if your fridge is not particularly cold, chill the dough for an hour).
3. Allow the pastry some room temperature before giving it the next two turns, and wrap and refrigerate the pastry for another half to one hour before repeating the last two turns.
4.  $1 * 3 * 9 * 27 * 81 * 243 * 729$ . The 6 turns gives you 729 layers of fat between the flour dough and baked in a very hot oven, the dough is forced up to give you a lovely light butter pastry. The key to making it is, as usual, patience. The butter must be pliable/softened to allow it

to be rolled out and spread within the chilled dough encasing it. Always roll the dough along and across evenly. This is much easier if you don't use one of those silly rolling pins with handles. You need to feel the gradual spread of the fat as you work it with your hands. The rests between the first two and the third and fourth and the fifth and sixth turns are essential.

## **SCONES**

(Makes 8 Servings)

### **Ingredients**

- 2 cups spelt flour
- 1 tsp baking powder
- ¼ tsp salt
- 2 level dessert spoons butter
- ¾ cup milk
- Extra milk for glazing

### **Method**

1. Measure out 2 cups of the flour, baking powder and ¼ teaspoon of salt. Rub in the butter.
2. Add the milk and mix lightly to a soft dough.
3. Place the dough on a floured surface and minimally handle it to form a ¾" thick slab.
4. Cut the dough into 8 shapes and glaze with the milk.
5. Place close together on a greased and floured baking tray.
6. Bake in a pre-heated oven at 400-450°F for 12 - 15 minutes.

# WHOLE WHEAT RAISIN BREAD

(Serves 5)

## Ingredients

- 2 cups boiling water
- 2 tsps baking powder
- 1 tsp salt
- 1 ½ cups sugar free Mirebelle jam
- 2 cups raisins
- 2 cups whole wheat flour
- 2 tsps baking soda
- 2 large eggs

## Method

1. Pour the boiling water over the raisins in a small bowl. Let it stand until cooled.
2. Stir together the whole wheat flour, baking powder, baking soda and salt.
3. Beat together the eggs and sugar free jam in a mixing bowl until light. Stir in the raisin mixture and dry ingredients and continue stirring until just moistened.
4. Bake in a pre-heated oven at 180°C for 40 minutes or until a cake tester comes out clean when inserted in the middle.
5. Remove and cool on a wire rack.

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# APPLE & CINNAMON CAKE

(Serves 12)

## Ingredients

### Cake

- 6 Discovery apples
- 3lbs Kentish Bramleys
- 8 Eggs
- ½ pint groundnut oil
- 12oz wholemeal Spelt flour
- 2 teaspoons baking powder
- 3 teaspoons ground cinnamon
- 1 cinnamon stick
- 80z sultanas
- 4oz unsalted butter

### Sauce

- 1 pint blood orange juice
- 1lb Discovery apples

## Method

1. Peel the Bramley apples. Rough cut the apple slices off each core and into a heavy pan and sweat the apple pieces with 4oz of butter and the broken cinnamon stick. Continue cooking the apples over a very low heat with the saucepan covered until the apples purée of themselves (approximately 15 minutes), and allow to burn the normal way a little. Allow to cool.
2. Beat the eggs and whisk into beaten eggs.
3. Pre-heat the oven to 180°C and line the base of a lovely cake tin with baking parchment, greasing the inside rim with softened butter.
4. Add the cinnamon and baking powder to the spelt flour and mix thoroughly. Mix into the egg oil thoroughly. When the apples have puréed, allow the mixture to cool and remove the cinnamon stick

before adding to the egg/oil/flour cake mixture. Stir these thoroughly whilst adding the sultanas. Pour the mixture into a cake tin.

5. Peel, core and quarter the Discovery apples and cut into thick slices to decorate the top of the cake, pressing the slices into the top of the cake mixture in a concentrically fanning pattern. Bake the cake for approximately 45 minutes. Brush the top of the cake with the fruit purée (See No. 6) during the last 15 minutes of baking so that the cake has a nice shine!
6. To make the sauce, simmer the Discovery apples (cored and roughly chopped) in the orange juice until the apples soften. Liquidise and chill. This mixture makes a delicious soft drink. For saucing purposes, reduce the liquidised apples over a medium heat to concentrate it, and then chill.

# BANANA & WALNUT CAKE

## Ingredients

- 9oz spelt flour
- 4oz sugar free mirabelle jam
- 1 teaspoon of bicarbonate of soda
- 3oz crushed walnuts
- 3 eggs
- 2 teaspoons of cinnamon
- 1 teaspoon of salt
- 5 fl oz oil
- 1 teaspoon of vanilla essence
- 4 sliced ripe bananas

## Method

1. Simple place everything into a mixing bowl and mix well until everything has been combined.
2. Pour into a cake tin and bake for 1 ½ - 2 hours possibly longer. To test if it is cooked insert a knife into the cake. If it is dry then it's done. This should be done at more than one point because if you happen to insert the knife into a piece of banana then it will not come out dry.
3. Turn out the cake onto a cooling rack and let it cool before serving.

# **BREAD WITHOUT BUTTER PUDDING**

(Serves 4 persons)

## **Ingredients**

- 250 ml single cream OR Alpro soya dairy free can be used as an alternative
- 2 thick slices of stale bread
- 2 eggs
- 1 tsp vanilla essence
- 1 tsp mixed spice
- 60 gms Mirebelle sugar free jam
- 100 gms mixed raisins and sultanas
- 50 gms margarine

## **Method**

1. Pre-heat the oven to 180°C
2. Cut the crust from the bread and spread generously with the margarine and sugar free jam.
3. Place in the bottom of a well greased casserole dish (approximately 10cm x 15cm).
4. Beat together the remaining ingredients and pour over the bread.
5. Place in a roasting pan half filled with simmering water.
6. Cook for approximately 30 minutes until the top is crusty and the filling is soft.

# CARROT CAKE

(12 portions)

## Ingredients

- 1 ¼ lb carrots grated
- 1 pint groundnut oil - (also used to seal meal and for dressings)
- 10floz flour (organic stone ground wholemeal - very fine)
- 6 whole eggs
- ½ Jar Mirabelle or Dalfour Jam
- 2 tsp baking powder (heaped)
- 2 tsp cinnamon
- 2 tsp, mixed spice
- 6oz Sultanas - (Poached in apple juice)
- 5oz walnuts - crushed

## Method

1. Butter a 10¼ “ (26cm) baking tin. In a big bowl, pour in the oil and the jam, add the eggs and whisk until all the ingredients are thoroughly mixed together. Stir in the flour, mixed spice, cinnamon and baking powder, then add the walnuts, sultanas and grated carrots and mix together.
2. Bake in a 200° oven (medium speed) for 30 to 40 minutes.
3. To make a sauce, simmer the juice of 12 oranges until they are reduced to a thick liquid. Pour over the cake.

# **CRUMBLES**

(10-12 Portions)

## **Ingredients**

### **Crumble Topping**

- 12oz spelt flour
- 8oz almond slivers
- 8oz unsalted butter

## **Method**

### **Crumble Topping**

1. Magimix the flour and almonds and pulse the butter, already cut into small pieces (chilled) into the crunchy flour mix. Keep a careful eye on things so that you have a fine textured crumble evenly pulsed (or evenly rubbed if doing it by hand). I mention this because if you over blend/rub the mix, it will start to form a dough ball (like a pastry but without the egg) which happens to be usefully useful. An overworked crumble ball can be rolled out the usual way (between cling film) and laid on any cooked and chilled lovely fruit mix. It will look like a pastry but emerge after baking with the texture of an extremely fine crumble.
2. Building crumbles. I prepare the fruit mix first so that it can cool down before adding the topping.
3. Fruit crumbles are ideal puddings for food disorders because good quality fruits don't require sugar added to them anyway. So those suffering food disorders are not deprived of anything so long as they use good quality seasonal fruits. Some handy hints;

## **Apple Crumble**

Apples in their English season cooked with a cinnamon stick. For 12 people, peel 12 Cox/russet/or Discovery and slice large chunks off the core. Melt 2-3 oz unsalted butter in a large enough pan and cook covered with the cinnamon till apples are softened. Cool/chill and cover with crumble. Cook in preheated oven (200c) for at least ½ hour, or till the fruit starts to bubble through the surface.

## **Plum Crumble**

Plums - the best of all are greengages and mirabelles (between July and September). The only time consuming operation is pipping the plums. Allow ½ lb plums per head. To funk up the flavour if your plums taste on the dull side, poach them in fresh orange juice and a few bashed up cardamom seeds.

## **Apricot Crumble**

Apricots make delicious crumbles. ½ lb per head, pre-poached in fresh orange juice. To make an apricot crumble for 12 people, de-pip 6 lb apricots, poached in juice of 6 oranges, chill the usual way and carry on from there.

# FRUIT CAKE

## Ingredients

- 2 cups Spelt flour
- 2 tsps baking powder
- ¼ tsp salt
- ⅓ cup low fat margarine
- 1 cup mixed dark and light raisins
- ½ cup almonds, chopped
- ½ cup hazelnuts, chopped
- Rind of 1 orange, finely grated
- 1 ¾ cups grated carrots
- ½ tsp mixed baking spices
- ¼ tsp ground cinnamon
- ½ cup sugar free Mirebelle jam
- 2 eggs, beaten
- 3 tsps orange juice

## Method

1. Heat the oven to 350°F. Mix the flour, baking powder and salt together and rub in the margarine until the mixture resembles fine breadcrumbs.
2. Add the fruit, nuts, orange rind, carrots and spices and mix well.
3. Mix the jam into the eggs and beat into the dry ingredients. Add enough orange juice to make a soft dough.
4. Put the mixture into an 8" round or 7x7" non stick cake pan and bake for 50-60 minutes (or use a larger pan and reduce the cooking time). When ready, the cake should be firm to the touch and a metal skewer should come out clean. Cool in the cake pan.
5. Turn out upside down, make a few small holes in the bottom and spoon in any leftover orange juice. Store in an upright container.
6. Suggested icing is made with apples and cottage cheese.



# GREENGAGE AND ALMOND SPONGE

## Ingredients

- 4 eggs
- ½ pint whipping cream (not U.H.T.!!)
- 10oz ground almonds
- 1oz melted unsalted butter
- 1oz spelt flour
- 2lb greengages - cut in half with the stones removed
- 4 oranges

## Method

1. Pre-heat the oven to 200°C.
2. Whisk the cream and eggs in a large bowl.
3. Stir the ground almonds into the cream mix.
4. Stir in the sifted flour.
5. Stir the melted butter thoroughly into the batter.
6. Lightly grease a lovely cake tin and line base with baking parchment and pour the mixture into the cake tin.
7. Arrange the plum halves skin side down, pressing them into the batter. Bake for approximately 40 minutes.
8. To make the sauce, simmer the remaining greengages in the fresh orange and then blend in the liquidiser. Use some of this sauce to brush the top of the clafoutis cake during the last 15 minutes of baking and chill the remaining sauce to serve with the cake.

# ICED DATE & WALNUT CAKE

## Ingredients

- 6 oz dates, stoned and chopped
- 1 tsp bicarbonate of soda
- 1 oz butter
- 8 oz plain spelt flour
- 2 tsps baking powder
- ¼ tsp salt
- 1 tsp mixed spice
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- ½ tsp nutmeg
- 1 large egg
- 4 oz Mirebelle sugar free jam
- 1 tsp vanilla extract
- 3 oz ground almonds
- 3 oz chopped walnuts
- walnut halves, for decorating

## For the Icing

- grated rind of ½ lemon
- ½ oz melted butter
- 1 tbsp lemon juice
- 1 dessert spoon single cream

## Method

1. Pre-heat the oven to 350°F, 180°C or gas mark 4.
2. In a small bowl, pour 8 fl oz of boiling water over the dates. Add the bicarbonate of soda, then the butter and stir until the butter has melted. Leave to cool.
3. Meanwhile, sift the flour with the baking powder, salt and spices. Beat the egg in a large bowl, add the sugar and beat well again. Add the cooled date mixture and all the other cake ingredients.
4. Stir well to mix everything thoroughly together and then pour the mixture into a greased baking tin. Put it in the oven just below the

centre shelf and cook for approximately 1 - 1 ¼ hours or until the top is nicely browned and the centre feels springy. Let the cake stand for a couple of minutes and then turn it out onto a wire rack to cool.

5. For the icing, thoroughly mix all the ingredients together.
6. Stand the cake on an upturned plate and cover the top with the icing. Let it spread itself evenly over and dribble lavishly down the sides.
7. Leave it to set for an hour or so and finish off by arranging a few walnut halves around the top of the cake.

# LEMON YOGHURT CAKE WITH SUMMER BERRIES

(Serves 10)

This has to be the easiest cake in the world! It will stay fresh for 2-3 days if kept in an airtight container. If you want to freeze it, do so before decorating, but make sure you defrost it at room temperature.

## Ingredients

- 100 ml (4 fl oz) natural yoghurt
- 200 gms (7 oz) Mirebelle sugar free jam
- 100 gms (3 ½ oz) butter, melted
- 2 medium free range eggs
- grated zest of 1 unwaxed lemon
- 250 gms (6 oz) spelt flour
- 100 gms (3 ½ oz) sugar free lemon curd (or to taste)
- summer berries to serve
- Greek style yoghurt, crème fraiche or double cream to serve as an optional extra

## Method

1. Pre-heat the oven to 180°C/350°F/gas mark 4.
2. Lightly oil and base line an 18cm (7") spring form cake tin with baking paper.
3. In a large bowl, whisk together the yoghurt, jam, melted butter, eggs and lemon zest, then quickly but thoroughly beat in the flour.
4. Pour the cake mixture into the prepared tin and cook in the centre of the oven for about 1 hour, or until a skewer inserted into the centre of the cake comes out clean.
5. Leave the cake to cool in the tin for 10 minutes, then transfer to a cake rack to cool completely.
6. When cold, cut the cake in half to make 2 equal discs, then sandwich them back together using the lemon curd.
7. Dust the top with the lemon zest.
8. Serve with the summer berries.

# STRAWBERRY ICE CREAM

## Ingredients

- 4 fresh eggs (White only)
- 1 pint double cream
- 2 jars of St Dalfour no added sugar Strawberry jam (10oz jar)

## Method

1. Find 2 large mixing bowls and 1 small one.
2. Separate egg whites into large bowl and yolks into small bowl.
3. Pour cream into large bowl (lick cream off lid as you open the pot).
4. Mix whites on high mixer setting until stiff - takes about five minutes.
5. Whip the cream until thick - takes about three minutes.
6. Add strawberry jam mixing as you go.
7. Gently fold in the egg whites until evenly blended.
8. Pour into a freezable container and freeze over night.

# STRAWBERRY TART

## Ingredients

- $\frac{1}{3}$  -  $\frac{1}{2}$  kilo fresh puff pastry
- $\frac{1}{2}$  jar Mirabelle sugar free jam
- Decent proper English strawberries, not Spanish (3 x  $\frac{1}{2}$ lb punnet at least)
- Egg/milk glaze

## Method

1. Roll out the puff pastry on a chilled/flour surface to cover a baking pastry case of approx 10-12 inches diameter. It's best to roll the pastry as thin as you can manage
2. Put onto a tart base and turn. (You can always freeze your trimmings).
3. Pre-set oven to 230<sup>c</sup>.
4. Mix the egg with a splash of milk and brush over the pastry. Prick surface evenly with a fork and bake until a light golden glaze shine for - approximately fifteen minutes.
5. Cool pastry and brush with Mirabelle.
6. Hull strawberries and then cut off to allow you to place strawberries onto Mirabelle brushed pastry. Pack the strawberries tightly to cover the surface of the pastry tart.
7. Blend the strawberry trimmings to make a pure strawberries sauce. Serve the tart with sauce and some whipped cream. If the strawberries are more than half decent in the English season, you won't be needing any sugar to improve their flavour.

# TUNISIAN ORANGE CAKE

(Serves 6-8)

## Ingredients

- 50 gms (2 oz) slightly stale breadcrumbs
- 200 gms (7 oz) Mirebelle sugar free jam
- 100 gms (3 ½ oz) ground almonds
- 1 ½ tsps baking powder
- 200 ml (7 fl oz) sunflower oil
- 4 eggs
- finely grated zest of 1 large unwaxed orange
- finely grated zest of ½ unwaxed lemon
- whipped cream or Greek style yoghurt to serve as an optional extra

## For the Citrus Syrup

- juice of 1 unwaxed orange
- juice of 1 unwaxed lemon
- 75 gms (3 oz) Mirebelle sugar free jam
- 2 cloves
- 1 cinnamon stick

## Method

1. Line the base of a 20.5cm (8”) round and 5cm (2”) deep tin with greaseproof paper, then grease and flour the tin.
2. Mix the breadcrumbs with the jam, almonds and baking powder.
3. Whisk the oil with the eggs, then pour into the dry ingredients and mix well. Add the orange and lemon zest.
4. Pour the mixture into the tin, place in a cold oven and turn on the heat to 180°C/350°F/gas mark 4.

5. Bake for 45 minutes to 1 hour or until the cake is golden brown; a skewer inserted into the centre should come out clean. Allow to cool for 5 minutes before turning out onto a plate.

#### To Make the Citrus Syrup

1. Put all the ingredients into a saucepan and bring gently to the boil, stirring until the jam has completely dissolved. Simmer for 3 minutes. Remove the cinnamon stick and cloves from the syrup.
2. While the cake is still warm, pierce it several times with a skewer then spoon the hot syrup over the cake, allowing it to run into the holes. Leave to cool.
3. Spoon any excess syrup back over the cake every now and again until it is soaked up.
4. Serve with whipped cream or a dollop of Greek style yoghurt, if desired.



# USEFUL INFORMATION

## Oven Conversion Chart

	F	C	Gas Mark
Cool	300	150	1-2
Warm	325	170	3
Moderate	350	180	4
Fairly Hot	375-400	190-200	5-6
Hot	425	220	7
Very Hot	450-475	230-240	8-9

## Weight Conversion Information

1 Ounce = 28.35 grams

1 Pound = 0.4536 kilograms

## Metric Conversion

Conventional	Standard Metric
¼ tsp	1 ml
½ tsp	2 mls
1 tsp	5 mls
2 tsp	10 mls
1 tbsp	15 mls
2 tbsp	30 mls
3 tbsp	45 mls