

Steve's recipe collection 2021

Section 6
MAIN COURSES –
FISH, POULTRY and MEAT

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(i) fish

Swordfish steaks with ginger, garlic and chilli

For the marinade:

- 2 clove garlicks, crushed
- 2-3cm fresh ginger, very finely chopped
- 1 spring onion, white section, very finely chopped
- Juice of ½ a lemon
- Pinch of chilli flakes, to taste
- 1 tablesp extra virgin olive oil

2 swordfish steaks

1 lime (or lemon) cut into wedges

- mix together well the garlic, ginger, spring onion, lemon juice, chilli flakes and olive oil. Make sure that the ginger and spring onion is as finely chopped as possible
- marinate the swordfish steaks in the mixture for about 30 minutes, ensuring that both sides are coated
- place the swordfish steaks on foil on a grill rack. Drizzle any remaining marinade over the steaks
- grill for 3-5 minutes each side (depending on the thickness of the steaks) under a hot grill
- serve with lime (or lemon) wedges, new potatoes and spinach or a green salad

Serves 2

Spiced haddock and tomato *added in 2020*

For the tomatoes:

Use the garlic tomatoes recipe on page 34. You can omit the sprig of rosemary.

For the marinade:

½ teasp cumin seeds

½ teasp fennel seeds

1 tablesp olive oil

1 tablesp yoghurt

Juice of ½ a lemon

Pinch of salt to taste

1 tablesp curry paste (see page 24 for an example or use a shop version)

Garlic tomatoes (see above)

A small knob of fresh ginger, cut into thin matchsticks

- Roast the cumin and fennel seeds in a dry frying pan over a medium heat for 1 minute or so
- Put the oil, yoghurt and lemon juice into a large bowl and mix together well with a fork
- Add the salt, curry paste, and roast cumin and fennel seeds
- Add the garlic tomatoes to the bowl and mix well
- Stir in the ginger

For the haddock:

2 haddock fillets

Marinade (see above)

- Dip each haddock fillet into the marinade until well coated
- Put the fillets on a baking tray, top with the remaining marinade/tomato mix
- Set aside for 30 minutes
- Meanwhile heat the oven to 190°C
- Roast the fish for about 12 minutes (or until the fish is cooked)
- Serve.

Notes:

- This is a mildly spiced dish. Feel free to add some chilli flakes to the marinade if you prefer something hotter
- This recipe also works with fresh herring fillets

Based on a recipe in the Mother India Cookbook

Spiced salmon

added in 2020

¼ teasp mustard seeds
½ teasp cumin seeds
3 tablesp olive oil
1 medium onion, finely chopped
4 cloves garlic, finely chopped
1 plum tomato, chopped
½ teasp chilli powder, or to taste
Salt to taste
¼ teasp ground turmeric
4 salmon fillets, roughly 125g each
½ teasp crushed black pepper
A small handful of fresh coriander, chopped
Lemon wedges to garnish

- Dry fry the mustard seeds in a large frying pan over a medium heat for about a minute until they start to pop
- Add the cumin seeds and, after a few seconds, 2 tablesp of the oil
- Add the chopped onion and fry over a lowish heat for about 5 minutes until soft
- Add the garlic and cook for another few minutes
- Add the chopped tomato and the chilli powder and simmer over a low heat for about 10 minutes
- Add the salt and turmeric and stir well
- If the mixture starts to stick to the bottom of the pan at any stage, add a tablespoon of hot water to loosen it. You may have to do this two or three times
- Meanwhile, in a separate frying pan add the remaining tablespoon of oil and heat over a high heat
- When hot add the salmon fillets, sear for about a minute on the skin side and 30 seconds on the other side
- Transfer the salmon to the pan with the spiced tomato sauce
- Simmer over a low heat until the salmon is fully cooked through. This should take 5-8 minutes
- Season with the black pepper, scatter the coriander over the top, cover and simmer for a final minute or so
- Serve, with a wedge of lemon on the side. Serves 4.

Note: The original recipe suggested adding 1 hard boiled egg per person, halved, to the pan for the last few minutes of cooking.

Closely based on a recipe in the Mother India Cookbook by Hajra Bibi.

Marmitako (Basque tuna and potato casserole)

25ml olive oil
60-80g onion, chopped
1 red or green pepper (or half of each), chopped
2 cloves garlic, chopped
250g tomatoes, peeled and chopped
1 teasp paprika
Salt and pepper to taste
1 dried red chilli
500g potatoes, peeled or rubbed, and diced
100ml white wine
75ml water
500g tuna steak, cut into chunks

- heat the oil in a casserole dish and fry the onions and peppers for a few minutes
- add the garlic and fry for a few minutes more, until the onion and peppers are soft
- add the tomatoes, paprika, salt, pepper and chilli and continue to cook for a few minutes
- when the tomatoes have somewhat reduced add the potatoes
- stir for a few minutes then add the wine and water
- cover the pot and cook on a fairly high heat for about 20 minutes, until the potatoes are nearly tender
- add the tuna, stir, cover and cook for about 5-7 minutes, until the tuna flakes easily. The potato cubes should be soft but have kept their shape
- let the casserole rest for 5 minutes or so, then serve. Remove the chilli if you wish.

Serves 2 (large portions) to 4 (regular portions)

Note:

This is a stew and should not have a great deal of liquid. A little more water can be added during cooking, if it is necessary to stop the stew sticking to the bottom of the casserole.

Closely based on a recipe by Janet Mendel Searle in Cooking in Spain.

Mackerel with redcurrant sauce.

1 tablesp olive oil
2 mackerel, filleted
150g redcurrants, stalks removed
A knob of butter
1 large sprig thyme, leaves picked (optional)
A pinch of sugar
Salt and black pepper to taste

- heat the oil in a large, non-stick frying pan over a medium heat
- season the mackerel, lay them in the pan skin side down and fry for 2-3 minutes, until the skin is golden.
- meanwhile heat the oven to about 80°C and place two serving plates and an ovenproof bowl in the oven to heat through
- turn the mackerel and fry for a minute or so on the other side then transfer them to the warmed serving plates in the oven
- turn down the heat under the frying pan, add the redcurrants, and crush them with a spatula or the back of a wooden spoon, to release their juice
- use the juice to deglaze the pan, if necessary scraping the bottom to release any crusty bits from the fish
- add the butter, thyme leaves, sugar, salt and pepper and leave to bubble for a few minutes, stirring, until soft, rich and pulpy
- remove the bowl from the oven, place a sieve over the bowl and empty the contents of the frying pan into the bowl, pressing with the back of a spoon to extract all of the juice. This should result in about 4-6 tablesp of sauce in the bowl.
- immediately remove the serving plates from the oven, spoon the sauce alongside or over the mackerel and serve.

Serves 2

Serve with a green salad or with broccoli (which takes the same time as the mackerel to cook).

Mackerel with paprika and garlic

The quantities are per person:

1 tablesp olive oil

1 fresh mackerel, gutted and butterflied

Salt to taste

1 garlic clove, very finely chopped,

½ teasp *pimentón dulce* (sweet Spanish paprika)

1 tablesp parsley, finely chopped

¼ lemon

- heat the oil in a frying pan and add the mackerel, skin side down
- add the salt, and cook for 2 minutes on each side
- serve immediately, and sprinkle the garlic, paprika and parsley on top, with the lemon on the side for squeezing
- serve with, for example, boiled new potatoes and spinach

Serves 1

To butterfly a mackerel:

- Remove the head and tail. Cut the mackerel along the backbone. Flatten the fish and carefully remove the backbone taking the bones with it. Remove any remaining bones – most likely at the head end. Pat the fish dry.

Note:

- If serving more people it may be easier to cook the fish in an oiled roasting tin in the oven for about 8-10 minutes at 200°C

Based closely on a recipe in *Moro the Cookbook*, by Sam and Sam Clark.

Smoked mackerel stuffed peppers

2 red peppers, cut in half lengthwise and the seeds and stalk removed

200g smoked mackerel flesh

200g cooked potato

3-4 tablesp olive oil

2-3 cloves garlic, crushed

Black pepper to taste

50-60g manchego (or mature cheddar) cheese,

grated 2 tablesp parsley, finely chopped

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

A little more olive oil

- pre-heat the oven to 200°C/gas mark 6
- blanch the red pepper halves in boiling water for a maximum of 2 minutes, drain, and place in an ovenproof dish
- mash together the smoked mackerel, potatoes and olive oil
- add the garlic, black pepper, cheese, parsley and *pimentón* and mix well
- spoon the mixture into the pepper halves until they are full.
- drizzle a little more olive oil on top of the filling
- cook the peppers in a hot oven for 15 minutes and serve

Serves 2-4 depending on hunger and accompaniments

Notes:

- If only unsmoked mackerel available it's OK, but use a smoked cheese instead
- if no *pimentón* is available use ordinary paprika with a pinch of chilli powder
- I haven't added salt – there should be enough saltiness already, between the smoked mackerel and the cheese.

Cod stuffed peppers

This is a variation of the previous recipe, and is an ideal way to use up leftover cooked cod, potato and spinach.

2 green (or red) peppers, cut in half lengthwise and the seeds and stalk removed

200g cooked cod flesh

200g cooked potato (mashed or sliced boiled potato)

50g cooked spinach (cooked weight), finely chopped

3-4 tablesp olive oil

2-3 cloves garlic, crushed

Salt and black pepper to taste

½-1 teasp *pimentón ahumado picante* (spicy smoked paprika)

A little more olive oil

- pre-heat the oven to 200°C/gas mark 6
- blanche the red pepper halves in boiling water for a maximum of 2 minutes, drain, and place in an ovenproof dish
- mix the cod, potatoes, spinach and olive oil together well
- add the garlic, salt, pepper and *pimentón* and mix well
- spoon the mixture into the pepper halves until they are full.
- drizzle a little more olive oil on top of the filling
- cook the peppers in a hot oven for 15 minutes and serve

Serves 2-4 depending on hunger and accompaniments

Salmon fishcakes.

500g potatoes
200g boneless salmon steaks
Handful finely chopped parsley
3 tablesp plain flour
1-2 eggs
Salt and pepper
2 tablesp olive oil
Lemons (to serve)

- peel and boil the potatoes until soft, then mash them roughly in the pan (no need to add anything else)
- meanwhile grill the salmon steaks until cooked and transfer to a mixing bowl
- allow the potatoes and salmon to cool
- mash the salmon steaks with a fork, removing any leftover bones or skin
- add the mashed potato and mix well
- add most of the parsley, 2 tablesp flour, salt and pepper and mix well
- add the eggs gradually, to bind the mixture
- spread the remainder of the flour on a plate
- take a handful of the mixture, roll with your hands into a fishcake shape, then roll in the flour on the plate. Repeat with the remainder of the mixture
- place the fishcakes in the fridge for at least an hour (helps them to bind)
- heat the olive oil in a frying pan and cook the fishcakes for 3-4 minutes each side until they have browned
- serve with the remainder of the parsley as a garnish and large wedges of lemon to squeeze over the fishcakes.

Makes about 8 fishcakes.

Notes and variations:

- an ideal way to use up leftover salmon and/or potato. Leftover vegetables can also be added eg some grated courgettes (dried with kitchen roll to remove moisture)
- this is the basic recipe and can be used for many kinds of fish, including smoked fish. Spices and herbs can be added for different flavours.

Salmon and Spinach quiche

1 shortcrust pastry case
1 tablesp olive oil
1 small to medium onion, finely chopped
150g baby spinach leaves
100g frozen peas
120g lightly smoked cooked salmon, cut into pieces.
A few dill leaves, finely chopped
3 eggs
125ml of milk
Salt and pepper to taste

- prepare a shortcrust pastry case. See the recipe on page 191
- preheat the oven to 190°C / gas mark 5
- heat the oil in a frying pan and gently fry the onions until soft
- add the spinach leaves and cook slowly until wilted.
- Meanwhile boil the peas in a little water for 3-4 minutes and drain
- Distribute the salmon in the pastry case and sprinkle with the dill
- Add the spinach and onion mix
- Add the cooked peas
- Mix the eggs, milk, salt and pepper and add to the pastry case.
Go easy on the salt – the salmon will already contain salt
- Bake in the oven for about 30 minutes, until the filling is set
- Remove from the oven and leave to rest for about 8 to 10 minutes before slicing and serving the quiche.

Smoked haddock and spinach quiche

1 shortcrust pastry case
300g skinless, boneless smoked haddock loins
375ml milk
Water
2 bay leaves
Freshly ground black pepper
150g young spinach leaves
3 eggs
125g crème fraiche
Salt and pepper to taste

- [prepare a shortcrust pastry case. See the recipe on page 191](#)
- place the haddock in a shallow pan, add 250ml of the milk with just enough water to cover the fish.
- [add the bay leaves and pepper, bring to the boil, lower the heat, then cook for 5 minutes.](#)
- turn off the heat, cover with a lid and set aside
- [meanwhile heat the oven to 190°C/gas mark 5](#)
- wilt the spinach in a pan over a low heat for a few minutes, then drain, squeeze firmly, roughly chop and set aside
- [finely chop the spring onions](#)
- drain the haddock then break into bite sized chunks and put in the prepared pastry case
- [add the spinach and spring onions](#)
- lightly beat the eggs, then beat in the remaining milk and crème fraiche
- [season with salt and pepper, then pour into the pastry case](#)
- bake the tart in the oven for about 25-30 minutes until the filling is lightly set
- [remove from the oven and leave to cool for at least 10 minutes then slice and serve.](#)

Based on a recipe by Nigel Slater

Salmon and Harissa chickpeas

2 tablesp olive oil
1 red onion, finely chopped
1 garlic clove, finely chopped
1 tablesp harissa paste
1 tablesp tahini
1 red pepper, finely chopped
Pinch of chilli flakes
250g salmon fillets, skin removed
400g tin chickpeas, drained and rinsed
Juice of 1 lemon
1cm piece of fresh ginger, peeled and finely chopped
1-2 tablesp chopped parsley
1 tablesp chopped coriander
Salt and black pepper to taste

- in a large frying pan, heat the oil and gently fry the onion for 5 minutes or so
- add the garlic and fry for a further minute
- add the harissa, tahini, red pepper and chilli flakes and fry for a further 5 minutes
- add the salmon fillets, whole, to the pan and fry for 5 minutes on each side
- break up the salmon gently with a fork
- add the chickpeas and stir well
- add the lemon juice, ginger, parsley and coriander and mix well,
- season to taste and serve as soon as the chickpeas are heated through

Serves 2 on its own or 4 with accompanying vegetables and salad

Variation:

Add some baby spinach leaves along with the chickpeas (they will have wilted by the time the chickpeas are ready to serve)

Recipe by Justine Wall

Fish pie

500g potatoes	1 heaped teasp plain flour
Salt to taste	½ teasp mustard powder
Olive oil	200ml semi-skimmed milk
Unsalted butter	40g Lancashire cheese
40g onion, finely chopped	A few chilli flakes
40g carrot, finely chopped	300g mixed fish
40g fennel, finely chopped	60g kale
40g leek, finely chopped	

- peel the potatoes then boil in a pan of salted water for 15-20 minutes
- drain in a colander and leave to dry and cool
- meanwhile, melt a knob of butter and mix with a tablesp of olive oil in another pan
- add the onion, carrot, fennel and leek and cook for about 15 minutes until soft, stirring from time to time
- stir in the flour and the mustard powder and cook for a minute
- stir in the milk and bring to a simmer for a couple of minutes
- remove from the heat, crumble and stir in 20g of the Lancashire cheese and mix well, adding a little salt if you wish
- heat the oven to 180°C, gas mark 4
- meanwhile return the potatoes to their pan and mash with a knob of butter
- crumble and add the remaining Lancashire cheese and the chili flakes and mash well. You can add a little milk if necessary to make the mash smooth
- meanwhile remove any tough stalks from the kale and chop finely
- place the kale in a large ovenproof dish
- chop the mixed fish into bite-sized chunks and add to the dish, on top of the kale
- pour over the cheese and vegetable sauce, then top evenly with the mashed potato
- drizzle a little olive oil on top
- bake for 1 hour, until golden and bubbling, and the fish is cooked.
- serve

Serves 2 on its own or 4 with side veg and/or salad

Most supermarkets and fishmongers sell mixed fish chunks for fish pies. If not use a mixture of white fish, smoked fish, salmon, and possibly some prawns.

Variation:

You may wish to substitute a red cheese eg Red Leicester in the mashed potato.

The idea for the kale and the chopped vegetables comes from Jamie Oliver, who has a recipe for a fish pie for 10 people involving prosecco and a lobster.

Fish and fideo

Very easy..but it makes a change from potatoes with fish

150g *fideo* (or vermicelli broken into short 1-2cm lengths)

500ml fish stock

black pepper to taste

2 small white fish fillets

1 tablesp olive oil

To garnish – lemon slices and chopped parsley

- Boil the *fideo*/vermicelli in the fish stock until *al dente*
- Meanwhile fry the fish in the olive oil, or grill the fish with a little oil
- Drain the *fideo* (keep the stock for other uses eg for a fish soup)
- Serve the *fideo*, with the fish fillets on top and add pepper to taste
- (optional) pour a spoonful or so of fish stock over each fish
- Garnish with the parsley, and slices of lemon
- Serve with alioli (garlic mayonnaise) and a green salad

Notes

- *Fideo* is easy to obtain on the pasta shelves of Spanish supermarkets as it is used in many soups and stews. In the UK it will be easier to find vermicelli
- In Spain 1 litre cartons of fish stock (*caldo de pescado*) are easy to buy
- The fish stock will probably be salty enough to avoid the need to add any salt

Pulpo a la Gallega (Galician Octopus)

Cooking a whole fresh octopus looks like a real faff, and even buying a cooked whole octopus and preparing it can be tricky. This is the easy way.

1 X 250g pack of cooked octopus tentacles (*patas de pulpo cocido*)

Sweet or spicy smoked paprika or a mixture of the two, to taste

Coarse sea salt, to taste

Extra virgin olive oil

- unpack the octopus tentacles and boil in plenty of boiling water for one to two minutes
- drain and chop into slices and place on serving plates
- season generously with the paprika, salt and a good splash of olive oil
- that's it

Traditionally served on a wooden board, but heated plates are fine.

Also, often served on a bed of peeled, boiled and sliced potatoes.

The cooked tentacles are available in some Spanish supermarkets and in some specialist Spanish food shops in the UK.

Serves 2, with potatoes or a side salad.

Herring in oatmeal

This is a traditional Scots recipe which my mother used to serve as a treat when herring was available.

2 tablesp fine or medium oatmeal per person

1 pair of herring fillets per person

Vegetable or sunflower oil

Black pepper

Lemon wedges

- spread the oatmeal out on a large plate
- rinse the herring fillets in cold water and shake dry
- lay the herring in the oatmeal, pressing down firmly and turning to coat the fish well
- heat a little oil in a frying pan and the cook the fish for 3-4 minutes each side
- serve, sprinkled with black pepper and with lemon wedges.

Notes:

- can also be served with Dijon mustard or horseradish sauce
- serve with buttered boiled new potatoes and spinach

This recipe is by Chrissie Lloyd at www.allrecipes.com and is the most traditional I could find.

Roast sardines, tomatoes and beans

160g cherry tomatoes

160g tinned cannellini beans, drained

3 tablesp olive oil

2 cloves garlic thickly sliced

2 sticks of fresh rosemary

Salt and pepper to taste

4 small sardines or sardine fillets (or 2 larger sardines) – preferably fresh

- heat the oven to 180°C (gas mark 4)
- halve the cherry tomatoes and spread out on a baking tray together with the beans
- add the olive oil, garlic, rosemary, salt and pepper
- cook in the oven for 15 minutes
- remove from the oven, top with the sardines, season to taste, and return to the oven for a further eight minutes
- serve.

Serves 1 (large portion) or 2 (smaller portions)

Note: If you don't have rosemary, a generous pinch of dried mixed herbs will do.

Recipe by Rebecca Seal.

Spaghetti with tuna and tomatoes

3 tablesp olive oil
3-4 cloves garlic, crushed
10 cherry tomatoes, sliced in half
200g (½ a tin) of chopped tomatoes
1 200g tin of tuna steak in olive oil
½ teasp smoked paprika
Salt and pepper to taste
250g fresh spaghetti
A handful of fresh basil leaves, torn

- heat the olive oil on a low heat, add the chopped garlic and cook for a few minutes, taking care not to let the garlic burn
- add the cherry tomatoes and cook for a further minute
- add the chopped tomatoes and tuna steak and cook for a few minutes
- stir in the paprika and season to taste
- meanwhile heat a large pan of hot water, add a few drops of olive oil, bring to the boil and add the spaghetti
- boil for about 1½ minutes then drain
- serve the spaghetti on plates and pour the tuna and tomato sauce over
- garnish with the torn basil leaves

Serves 2

(ii) poultry

Roast chicken with garlic and white wine

1 whole fresh chicken
1 or 2 heads of garlic
Salt and pepper to taste
1 bottle of dry white wine

- Preheat the oven
- Chop off the ends of the head(s) of garlic so that a little of each clove is showing, and place them inside the cavity of the chicken
- Place the chicken in a roasting tin and season the chicken to taste
- Open the bottle of wine, pour out a glass for the cook, then pour the remainder into the roasting tin
- Roast the chicken as normal, and meanwhile drink the glass of wine
- When the chicken is ready remove from the oven and stand on a plate for a few minutes to cool
- As soon as possible remove the head(s) of garlic
- Some of the garlic can be used to add to the wine and chicken juices from the roasting tin to make a gravy. The remainder can be spread on some toast as a starter while the chicken is cooling and/or added to some mashed potatoes to serve with the chicken.

Chicken in red wine

4 chicken thighs (skinless)
4 tablesp olive oil
3-4 shallots, roughly chopped
2 medium carrots, sliced
1 stick celery, sliced
1 bottle cheap red wine
1 tablesp flour
Salt and pepper to taste

- heat 2 tablesp oil in a pan, then brown the chicken pieces for a couple of minutes and remove
- heat the remaining oil in the pan and gently fry the shallots, celery and carrots for 5 minutes until slightly softened
- meanwhile mix a little wine in a cup with the flour and stir until the mixture is smooth
- pour a large glass of the wine for the cook
- add the chicken to the pan, stir, add the remainder of the wine, stir and then the wine/flour mix (to thicken the sauce), and stir
- bring to the boil, turn down the heat and simmer until the chicken is cooked (about 20-25 minutes)
- adjust the seasoning and serve (eg on a bed of mashed potatoes)

West African chicken and peanut butter stew.

750g chicken thighs, skin on (4-6 thighs depending on size)

1 teasp ground coriander

salt and black pepper to taste

2 tablesp olive oil

1 onion, sliced

2 garlic cloves, sliced

2 bay leaves

½ teasp chilli powder

1 red pepper, chopped

6 tablesp smooth peanut butter

2 tablesp tomato puree

600ml chicken stock

Chopped coriander or parsley to garnish

A few spring onion slices to garnish

- season the chicken thighs with the coriander, salt and pepper
- heat half the oil in a saucepan, add the chicken thighs, quickly brown them, then set them aside on a plate
- fry the onions, garlic and bay leaves in the remaining oil, for a few minutes, stirring, and add a few tablesp water if necessary
- add the chilli powder and red pepper, stir, cover and fry for about 5 minutes
- add the peanut butter and tomato puree and mix in
- add the browned chicken pieces and the chicken stock
- bring to the boil, then simmer for 50-70 minutes until the chicken has cooked and the sauce has thickened. Stir a few times during this period, as the peanut butter will settle at the bottom of the pot otherwise
- give the stew a final stir then serve, with rice or mashed potatoes
- garnish with chopped coriander (or parsley) and spring onions

Serves 2

Note:

The amount of chilli powder can be varied to taste, but should be kept moderate to avoid overpowering the peanut butter.

Based on a Guardian recipe by recipespantry

Garlic fried chicken thighs

amended in 2020

4 chicken thighs, skin on
5 cloves garlic, crushed
100ml cider vinegar
½ teasp salt
Sunflower oil

- rinse and pat dry the chicken thighs, and cut a few small slits in each with a knife
- mix together the garlic, cider vinegar and salt in a large bowl
- add the chicken and mix well
- leave to marinate for a few hours, stirring a couple of times to make sure the marinade has coated every piece
- remove the chicken from the marinade and pat dry
- heat oil to a depth of 2.5cm in a chip pan until hot but not smoking
- add the chicken carefully and fry over a medium heat for about 10 minutes
- turn over the chicken thighs and cook for about another 10 minutes
- the chicken is ready when it is golden brown and crispy on the outside and the juices run clear when the thickest part is pierced with a fork or knife
- remove the chicken thighs, let them dry on paper towels and serve

Serves 2

Jollof fried chicken

1 tablesp jollof dry spice mix (see below)
Salt and black pepper to taste (about ¼ teasp each)
2 tablesp olive oil
2 boneless skinless chicken breasts
125ml buttermilk
Sunflower oil for deep frying

For the coating:

75-100g cornflour
Salt and black pepper to taste (about ¼ teasp each)
½ teasp ground nutmeg

For the jollof dry spice mix:

1 teasp ground ginger
1 teasp garlic powder
½ teasp chilli flakes
1 teasp dried thyme
1 teasp ground cinnamon

- make the dry spice mix – simply mix the ingredients well together. These quantities will do for more than one meal
- mix 1 tablesp of the jollof dry spice mix with the salt, pepper, olive oil in a large bowl
- cut each chicken breast into about 8 strips and add to the bowl
- add the buttermilk and mix well to coat the chicken strips all over
- cover the bowl and leave in the fridge to marinate for at least two hours (or overnight)
- heat the sunflower oil in a deep-fat fryer or chip pan to about 180°C
- meanwhile make the coating in a separate bowl by mixing the cornflour with the salt and pepper and the nutmeg
- dip each chicken strip in the coating in batches
- fry the chicken in batches for 3-4 minutes
- remove and drain on kitchen paper then keep hot while you fry the remaining batches
- serve as a snack on its own or with salad and coleslaw as a meal

Serves 2

From a recipe by Zoe Adjonyoh

Chicken thighs with a spicy tomato and spinach sauce

6 fresh chicken thighs
3 tablesp olive oil
½ a medium onion, finely chopped
3cm fresh ginger, peeled and chopped
1-2 cloves garlic
1 teasp coriander seeds
¼ teasp chilli powder
1 teasp ground cumin
1 teasp ground coriander
½ teasp ground turmeric
2 tablesp tomato puree
1 heaped teasp tamarind paste (or 1 tablesp lemon juice)
1 tin chopped tomatoes
125g frozen chopped spinach (optional)
1 tablesp lime juice
Chopped fresh coriander or parsley to garnish

- Place the chicken thighs in a roasting tin
- Pre-heat the oven to 180°C
- Fry the onions and ginger gently in the olive oil until the onions are soft
- Add the garlic and coriander seeds and fry for a further 1 minute, taking care the garlic does not burn
- Meanwhile in a mug mix together the chilli powder, cumin, coriander, turmeric, tomato puree, tamarind paste, and a little of the chopped tomatoes to make a thick paste, add to the pan and cook for a further minute
- Add the chopped frozen spinach (if this comes in small lumps can be added directly to the pan, if it comes as a single block unfreeze it first in a separate pan.)
- Gradually add the remainder of the chopped tomatoes, mix well, and cook for a couple of minutes
- Pour the sauce over the chicken thighs, place in the oven and cook until the chicken thighs are ready. The pan may need to be covered with foil for part of the time to keep the sauce from evaporating – it should be fairly thick.
- Remove from the oven, stir in the lime juice, garnish with the fresh coriander and serve.

Variations:

- I prefer thighs with the bones and skin on to give a richer flavor, but skinned boneless thighs would work also
- For a quicker meal, ready-cooked roast chicken thighs can be used with less time in the oven, but the chicken will have less flavour
- If the time is available prepare the sauce in advance. Let it cool fully and marinate the chicken in the sauce for a couple of hours before cooking in the oven

Chicken and chorizo stew

added in 2020

6 chicken thighs, bone in, skin optional
Salt and black pepper to taste
2 tablesp olive oil
450g chorizo, sliced into 1cm slices
1 large onion, thinly sliced
1 large (or 2 medium) red peppers, seeds removed and sliced
2 garlic cloves, crushed
1 teasp dried oregano
1 teasp spicy smoked paprika
1 teasp ground cumin
2 bay leaves
250ml dry white or rose wine
500ml chicken or vegetable stock
2 X 400g tins of chopped tomatoes
1 tablesp tomato puree
70g green olives, stones removed and sliced (or from a jar)

- Season the chicken thighs generously with salt and pepper
- Heat the olive oil in a large pan and, when hot, brown the chicken on all sides, then remove and set aside
- Turn down the heat slightly then add the chorizo slices and cook for 2-3 minutes until they are brown and have released their fat
- Add the onion and red pepper and fry for about 5 minutes until softened. Stir regularly to avoid burning
- Add the garlic, oregano, paprika, cumin and bay leaves and cook for a minute until aromatic
- Turn the heat up, add the wine, and stir to remove anything stuck to the bottom of the pan
- When the wine has reduced by half, add the stock, tomatoes and tomato puree. Stir well then return the chicken thighs to the pan
- Bring to the boil for about 3-4 minutes, then reduce to a simmer
- Cover the pan and leave to cook for 50 minutes
- If the sauce is still thin after this time, boil for 2 or 3 minutes to reduce further
- Add in the sliced olives, cook for a couple of minutes then serve

Serves 4 with bread or 6 with rice or potatoes.

Closely based on a recipe on www.spanishsabores.com

Chicken breast stuffed with spinach and pine kernels

2 skinless chicken breasts

For the stuffing: 1 tablesp extra virgin olive oil
1-2 cloves garlic, crushed
100g spinach leaves
Handful of pine kernels
50g feta cheese

4 slices parma ham

- carefully slit and prepare the chicken breasts so that they can be stuffed, and set aside (not easy...takes practice)
- heat the oil in a frying pan, add the garlic and heat for a few seconds
- add the spinach and cook gently until it has wilted. Roughly chop the wilted spinach. Drain and transfer to a mixing bowl and allow to cool
- meanwhile toast the pine kernels under a hot grill, then add to the mixing bowl
- crumble the feta cheese and add to the mixture
- once cool, spoon as much of the stuffing mixture as possible into each chicken breast
- wrap each chicken breast carefully in slices of parma ham
- at this stage the chicken can be set aside in the fridge for a few hours, to allow the flavours to develop (optional)
- heat the oven to 180°C, place the stuffed chicken breasts on a roasting/ baking tray and cook for about 30 minutes, or until the chicken is fully cooked
- serve. Serves 2.

Notes and variations

- Serve with potatoes and vegetables and/or salad.
- Can also be served with chicken gravy or a white or cream sauce. One quick option is to mix some Marks and Spencer's chicken gravy with an equal amount of crème fraiche and heat gently, then pour over the chicken
- A smoked cream cheese is an excellent alternative to feta.

Based on a cooking demonstration by David Taylor, Glenborrodale Castle.

Basic chicken curry

This is a basic chicken curry using the base curry sauce and pastes (pages 27-29), followed by recipes which in turn use the chicken curry as the base.

3-4 tablesp sunflower oil

2 star anise (optional)

8cm cinnamon stick

4 black cardamoms

2 tablesp garlic and ginger paste (see page 28)

2 tablesp Kashmiri paste (see page 29)

Small bunch of fresh coriander, separated into stalks and leaves

A pinch of dried fenugreek leaves (optional)

Black pepper

640g chicken breast fillets (4 breasts), chopped into bite size pieces (about 24-32 in total)

500 ml base curry sauce (see page 27) – or if the sauce is thick then less of the sauce topped up to 500ml with water.

50g tomato puree

Salt

Lime or lemon juice

garam masala (aromatic or spicy to taste – see page 32)

- heat the oil in a large pan, add the star anise, cinnamon stick, and cardamoms, stir and cook briefly until the flavours are fragrant
- add the garlic and ginger paste and kashmiri paste and cook for a minute or two, stirring
- chop the coriander stalks and add together with the fenugreek leaves and freshly ground black pepper to taste, stir and cook briefly
- add the chicken pieces and 250ml of the curry sauce and cook for a few minutes until the sauce is slightly reduced
- add the remaining curry sauce, tomato puree and salt and simmer for about 20 minutes until the chicken is fully cooked
- set aside any of the curry that is going to be used as the base for the following recipes
- a minute or so before serving stir in some lemon or lime juice and a large pinch of garam masala
- serve, garnished with chopped coriander leaves

Variation:

Add a sliced onion and cook in the oil for five minutes or so until soft before adding any other ingredients.

Basic chicken curry (continued)

This makes 3 full-size portions or 1 full size portion plus 3 smaller portions as the base for the following three curries. You can add any additional spices you like and chilli powder or an additional spoonful of Kashmiri paste if you want to add further heat to the base curry.

Roughly based on a recipe by Dan Toombs

(i) chicken saag

Oil

100g baby spinach leaves, roughly chopped

1 portion of basic chicken curry

Lemon or lime juice

Garam masala (see page 32)

- heat a little oil in a frying pan or wok
- add the spinach and cook until wilted
- add the chicken curry and cook until the chicken is fully heated through
- just before serving add a little lemon or lime juice and a pinch of garam masala
- serve. Serves 1.

(ii) Chicken, courgette and aubergine curry

Oil

200g courgettes, sliced

200g aubergine, sliced and/or chopped (ideally the small Indian aubergines or the long thin Chinese aubergines)

1 portion basic chicken curry

Lemon or lime juice

Garam masala (see page 32)

Chopped coriander leaves

- heat a little oil in a large pan, add the courgettes and aubergines and cook for a few minutes until they begin to soften
- add the basic chicken curry and cook, covered, until the chicken is fully heated through and the vegetables are soft
- just before serving add a little lemon or lime juice and a pinch of garam masala
- serve, garnished with the chopped coriander leaves. Serves 2.

(iii) chicken kashari

This was a speciality of the Tandoori Centre in Framwellgate Moor. I have rarely seen it elsewhere and can't find a recipe. This is as close as I can get to the taste. I usually add some chilli powder to the oil just before the chicken, as this is a fairly hot curry.

Oil

1 portion of basic chicken curry

3 tablesp of tarka dahl (see page 203) – a good use for any left over

Small bunch of chopped fresh coriander

6 garlic cloves, very roughly chopped

1 tablesp lemon juice or vinegar

Garam masala (see page 32)

- heat a little oil in a frying pan or wok
- add the chicken curry, the tarka dahl and half of the coriander leaves and cook, stirring, until the chicken is fully heated through
- meanwhile in a small frying pan, heat a little oil and fry the garlic until soft but not burnt
- add the fried garlic, lemon juice or vinegar and garam masala to the chicken and dahl mix.
- cook for a minute and serve, garnished with the remaining coriander.

Serves 1

Chicken Tikka Masala

For the chicken tikka:

- 1 teasp cumin seeds
- ½ onion, finely chopped
- 2cm piece of fresh ginger, finely chopped (or ½ teasp ground ginger)
- 3 tablesp tomato puree
- 3 tablesp lemon juice
- Salt and pepper to taste
- 2 garlic cloves, crushed
- 1 teasp chilli powder
- ½ teasp dried mint
- 750g boneless chicken, cubed

For the masala sauce:

- 2 tablesp sunflower or vegetable oil
- 1 onion, sliced and roughly chopped
- 1 tablesp mustard seeds
- 3 garlic cloves, crushed
- A little chilli powder (optional)
- 300g tinned chopped tomatoes
- 150ml crème fraiche
- 150ml coconut milk

For the final stage:

- 1 tablesp fresh coriander, chopped
- 1 tablesp fresh mint, chopped (or 1 teasp dried mint)
- 2-3 tablesp lime juice
- ½ teasp garam masala (see page 32)
- Fresh mint leaves to garnish

1) Marinate the chicken

- grind the cumin seeds in a pestle and mortar and add to a bowl
- add the onion, ginger, tomato puree, lemon juice, salt, pepper, garlic, chilli powder and mint and stir well
- add the chicken cubes, stir well, and leave to marinate for at least 2 hours

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CHICKEN TIKKA MASALA Continued from previous page

2) Make the masala sauce

- heat the oil in a large saucepan, add the onion, and cook for 5 minutes
- add the mustard seeds, garlic, and chilli powder and cook for 1 – 2 minutes
- add the tomatoes, crème fraiche and coconut milk, stir well, bring to the boil, and simmer for 20 minutes

3) Grill the chicken

- meanwhile cook the marinated chicken pieces in a grill pan under a preheated hot grill for about 15-20 mins, turning as necessary, until the chicken is tender

4) Combine, garnish and serve

- remove the chicken from the grill pan and add to the masala sauce
- under a low heat, stir in the fresh coriander, mint, lime juice and garam masala, and mix well
- garnish with fresh mint leaves and serve

Chicken Dhansak

For the marinade:

- 4 cloves garlic, crushed
- ½ teasp ginger
- Salt to taste
- ½ teasp chilli powder
- 1 teasp coriander seed
- 1 teasp cumin seed
- 1 teasp fennel seed
- 4 green cardamoms
- 10 black peppercorns
- ¼ teasp fenugreek seeds
- ½ teasp black mustard seeds
- 4-5 tablesp water

- 500g skinless chicken breasts, cubed
- 2 tablesp olive oil
- ½ large onion, very finely chopped
- 2 bay leaves
- 5cm cinnamon stick
- 1 teasp turmeric
- 1 teasp garam masala (see page 32)
- ½ teasp chilli powder
- 200g red lentils
- Boiled water
- 1 tablesp tamarind date paste
- Juice of ½ lemon
- ½ lemon, cut into 4 wedges
- 1 tablesp fresh coriander, chopped

- add the garlic, ginger, salt and chilli powder to a mixing bowl
 - in a grinder mix together the coriander seeds, cumin seeds, fennel seeds, cardamoms, peppercorns, fenugreek seeds and black mustard seeds, grind, and add to the bowl
 - add water gradually and mix to a paste
 - add the chicken, coat well and marinate for a few hours (or overnight in a fridge)

 - heat the olive oil in a large pan and fry the onion gently until it is soft
 - add the bay leaves, cinnamon stick, turmeric, garam masala, and chilli powder, mix (add a little water if necessary to prevent sticking) and cook briefly
 - add the lentils, stir to coat with the spices, then add 300ml of boiling water and cook for about 20 minutes or so until the lentils are soft, adding more water as necessary
- CONTINUED ON NEXT PAGE

CHICKEN DHANSAK Continued from previous page

- meanwhile grill or fry (in a little oil) the chicken pieces, pouring over the remainder of the marinade, until cooked (about 20 minutes)
- add the chicken pieces to the lentils and mix
- add the tamarind date paste and the lemon juice, and continue to cook for about 10 minutes, adding more water if necessary
- add the lemon wedges for the last 3 minutes of cooking time
- serve, with chopped coriander leaves as a garnish

Serves 2 on its own or 4 with rice, naan bread and chutney.

Notes, Shortcuts and Variations

- if you have garam masala to hand (see page 32) omit the ginger, chilli, coriander, cumin, fennel, cardamoms, peppercorns and fenugreek seeds from the marinade and substitute 2 tablesp of garam masala. Then omit the cinnamon stick from the lentil mix.
- A quick option (particularly if you have leftovers) is to marinate the chicken in instant curry paste (see page 24) or standard curry sauce (see page 25). Then prepare the lentils according to the plain dahl recipe (page 202). Then combine the cooked chicken and dahl and add the tamarind paste and lemon. Be careful...it is easy to end up with a dish which is too heavily spiced using this option.
- the tamarind paste can be replaced by more lemon juice and/or a tablesp of tomato puree.
- the mushiness of the lentil mixture is a matter of taste (either add more or less water and cook for more or less time), as is the spiciness of the dish. The main recipe is for a medium spiced dish.

Cardamom chicken with yoghurt and almond

8 chicken thighs, unskinned and on the bone
Sea salt
2-3 tablesp sunflower oil
1 large onion, chopped finely
10g fresh ginger, chopped finely
4 whole cloves
3 cinnamon sticks (approx. 4cm each)
7 green cardamom pods, lightly crushed
3 cloves garlic, crushed
Pinch of dried red chilli flakes (no more)
300ml water
100g packet of toasted flaked almonds
350g Greek yoghurt
2 limes, halved

- rub salt into the chicken thighs (½ tablesp or to taste)
- heat a little oil in a large, heavy pan until hot, add the chicken, turn heat to medium, and sear all over for 6 minutes. This may have to be done in two batches. Remove the chicken.
- to the same pan, add the remaining oil, onion, ginger, cloves, cinnamon sticks and cardamoms, and fry for 5 minutes on a medium heat until onions are soft
- add the garlic and chilli flakes and cook for 2 minutes, stirring, ensuring that it doesn't stick or burn
- return the chicken to the pan, add the 300ml water, bring to a gentle simmer, cover the pan, and cook for 20 minutes, stirring occasionally
- meanwhile, grind almost all the almonds to a fine powder, and place in a blender
- add the yoghurt and blend until smooth, then transfer the sauce to a large bowl
- add a ladle of the hot cooking juices from the pan and stir well
- repeat twice, then pour the now warm sauce into the chicken pan
- bring to a very gentle simmer and cook, uncovered, for 5-10 minutes, until the sauce has slightly thickened
- serve, garnished with the remaining almonds, and squeeze the lime juice over the dish
- serves 4, and can be served with rice, egg noodles or potatoes

Notes:

- take care with the chilli flakes. This is not meant to be a spicy dish and they should not overwhelm the flavor of the cardamoms, cloves and cinnamon
- the original recipe replaced 100g of the yoghurt with double cream, which makes a very rich dish, but adds to the risk of the sauce separating.

Based on a recipe by Yotam Ottolenghi

Pimentón chicken with chickpeas, rice and spinach

500g chicken breasts, skinned

For the marinade: 4 tablesp olive oil

1½ tablesp white wine vinegar

2 cloves garlic, crushed

1 heaped teasp smoked hot paprika (*pimentón*)

½ sachet (2g) *paellero* paella spice mix

Salt to taste

1 400g tin chickpeas

100g uncooked baby spinach leaves, roughly chopped

280g microwave long grain or basmati rice

Salt and pepper to taste

- dice the chicken breasts into bite size pieces
- mix the marinade ingredients in a bowl, add the chicken pieces, stir to coat them well and marinate for a few hours
- Place the chicken pieces in a frying or grill pan and pour over any remaining marinade.
- grill or fry the chicken breasts for about 20 minutes, turning at least once until cooked
- meanwhile heat the chickpeas in a pot until hot in a little water
- turn the heat down low, add the spinach and cook till it wilts
- meanwhile microwave the rice for two minutes
- add the rice and salt to the chickpeas and spinach, mix well, and cook slowly for a minute or so until the water is absorbed. Time this to coincide with the chicken being ready
- serve the chicken separately from the rice chickpea spinach mix on individual plates

Makes 2 large or 4 small portions

Notes / variations

- the spiciness of the dish can be varied to taste by using a mixture of hot and sweet paprika
- an alternative to *paellero* mix is a few strands of saffron or a pinch of turmeric

Chicken pibil tacos

The quantities below are for one taco – simply multiply by the number of tacos desired.

4-5 cubes of chicken breast
2 tablesp pibil sauce (see recipe on page 30)
1 ready-made medium soft corn tortilla
2 slices mandarin orange, chopped in 2 or 3.
1 teasp finely chopped onion
A few coriander leaves
2 tablesp plain yoghurt

- marinate the chicken cubes in the pibil sauce – ideally for a few hours
- cook the chicken in an oven or under a grill for 15-20 minutes, spooning over some of the marinade
- meanwhile heat the tortilla, according to the instructions on the packet
- place the chicken pieces on top of the warm tortilla (to one side, if folding in half, in the middle if wrapping)
- top with the orange pieces, then the onion, coriander and yoghurt
- serve

Serve, one or two tacos per person, with a side salad and 2 or 3 mandarin slices.

Based on a meal at Café Caramba, Santa Cruz de Tenerife

Marinades for chicken

The following marinades for chicken can be used for cubed chicken breast or chicken thighs and drumsticks. The quantities of marinade can be varied depending on the quantity of chicken.

Method

- mix the marinade ingredients in a bowl
- add the chicken pieces, stir well to ensure the pieces are coated well, and leave for at least 30 minutes to allow the flavours to mix
- place the chicken on a baking tray. Any remaining marinade can be poured over the chicken pieces before and during cooking
- cook the chicken in the oven or under a grill or fry, turning at least once
- serve when the chicken is cooked

(i) Garam masala marinade

3 tablesp olive oil
1 tablesp white wine vinegar
2 cloves garlic, crushed
1 teasp garam masala (see page 32)
¼ teasp chilli powder (optional)
Salt and pepper to taste

This is the marinade used in the recipe for warm spiced chicken salad, (page 151). The quantities are for 2 diced chicken breasts.

(ii) Tomato and smoked paprika marinade

2 tablesp tomato and smoked paprika paste
2 tablesp natural yoghurt
A little lemon juice, to taste

I use ready-made Belazu tomato and smoked paprika paste, but a home-made version can be made with olive oil, tomato puree, onion, garlic, sweet and/or spicy smoked paprika blended together.

(iii) Harissa marinade

2 tablesp harissa
2 tablesp natural yoghurt
A little lemon juice, to taste

Ready-made harissa is fine, though a home-made version can be made by blending red peppers, olive oil, chilli, smoked paprika, cumin and coriander.

(iv) pesto and balsamic vinegar marinade

3 tablesp green pesto
1 tablesp olive oil
2 tablesp balsamic vinegar

(v) honey and soy sauce marinade

4 teasp honey
4 teasp dark soy sauce
Pinch of ground ginger (optional)
1 clove garlic, crushed

Quantities are for 400g cubed chicken breast

Notes:

Salt pepper and/or garlic can be added to any of these marinades to taste
If there is no time to marinate the chicken, they can be used as a glaze, spreading some on the chicken as it is put into the oven or grill, again when the chicken pieces are turned and if necessary basting from time to time.

(iii) LAMB, BEEF and PORK

Leg of lamb with garlic, marinated in red wine

Whole or half leg of lamb, on the bone – about 1.5-2kg
3 cloves garlic, finely sliced
Salt and black pepper

For the marinade:

1 bottle of cheap red wine, less one small glass for the cook
4 tablesp extra virgin olive oil
2 tablesp lemon juice
About 10 stalks of fresh rosemary, removed from the stalks
About 10 stalks of fresh thyme, removed from the stalks
Small handful parsley, finely chopped
15 juniper berries, slightly squashed with the back of a spoon
4 black peppercorns, slightly squashed with the back of a spoon
1 small onion (or 2 shallots), finely chopped
2 bay leaves
Salt and pepper to taste

For the gravy:

Knob of butter
A similar amount of plain flour

- Make some slits in the leg of lamb and bury a slice of garlic in each
- Rub in salt and pepper to the lamb
- Mix all of the marinade ingredients in a large bowl
- Place the lamb in the marinade, and marinate for at least 24 hours. Turn the lamb occasionally if the marinade does not fully cover the joint
- When ready to cook, pre-heat the oven to 190°C
- Remove the lamb from the marinade, place it in a roasting tin and roast for approx. 25 mins per ½kg plus 25 minutes. Baste the lamb from time to time with a spoonful of the marinade.
- Meanwhile pass the marinade through a colander into a bowl, add the peppercorns and a few of the juniper berries, bin the remainder and keep the liquid for the gravy
- When the lamb is ready, remove from the oven and let it stand for 10-15minutes before carving
- Meanwhile make a gravy. Melt the butter over a low heat, then add the flour and mix well, and stir for a minute.
- Then add the juices from the roasting tin and a few tablespoons of the marinade, bring to the boil and reduce.
- Adjust the seasoning, and add more of the marinade if necessary
- Serve .

Lamb navarin

4-5 tablesp sunflower oil
700g diced lamb
1 tablesp sugar
2 tablesp plain flour
1 bottle (750ml) red wine
Salt and pepper to taste
Large pinch of mixed dried herbs
150g chopped tomatoes
3 cloves garlic, crushed
400ml meat or vegetable stock
2 tablesp chopped parsley

- heat the oil in a large, heavy saucepan, add the oil and brown the lamb over a high heat
- add the sugar and cook for a few minutes, stirring. If it is necessary to stop the juices sticking to the bottom of the pan add a little water
- add the flour and reduce the heat to medium, and cook for about 5 minutes, stirring
- add the red wine and stir constantly to thicken
- add salt and pepper, herbs, tomatoes and garlic and cook for a further ten minutes
- add the stock, bring to the boil, then reduce the heat, cover the pan and simmer for about one hour until the meat is tender
- uncover, increase the heat and let the sauce reduce to the desired consistency
- add the parsley, adjust the seasoning if necessary and serve.

Serves 4, with side vegetables, salad or polenta.

Bhoona lamb or beef

1kg stewing beef or lamb, trimmed and cubed
250g onion, sliced
30g fresh ginger, chopped finely
100ml sunflower or vegetable oil
4 cloves garlic, crushed
1 black cardamoms
½ teasp mustard seeds
5 cloves
5cm cinnamon stick
1 teasp cumin seed
½ teasp turmeric
1 teasp chilli powder (or more, to taste)
250g tomatoes, roughly chopped
1 tablesp tomato puree
½ teasp sugar
Salt to taste
150ml water
1 tablesp garam masala (or more, to taste) - see Page 32
1-2 tablesp lemon juice

- fry the onion and ginger in the oil until the onion is soft and golden brown
- add the garlic, cardamoms, mustard seed, cloves, cinnamon stick, cumin seeds, turmeric and chilli powder and cook for about 10 mins, stirring frequently (you may have to add a little water from time to time to prevent them sticking)
- add the meat, tomatoes, tomato puree, sugar and salt, and cook over a moderate heat until the meat is browned
- add the water, cover and simmer slowly until the meat is tender. It should be fairly dry, but add more water if necessary
- sprinkle over the garam masala and lemon juice, stir and serve

Recipe from the Shish Mahal, Glasgow

Lamb and Indian Vegetables

125g onion, very finely chopped
2.5cm fresh ginger, very finely chopped
3 tablesp sunflower oil
3 cloves garlic, crushed
2 black cardamoms
¼ teasp mustard seeds
1 teasp cumin seeds
½ teasp turmeric
½ teasp chilli powder
½ teasp coriander
½ teasp black pepper
500g lamb, trimmed and cubed
125g cherry tomatoes, quartered
200g aubergine, sliced and roughly chopped
2 tablesp tomato puree
1 tablesp tamarind paste
½ teasp sugar
Salt to taste
¼ to ½ pint water, boiled
100g okra
1 tablesp sunflower oil
1 400g tin Punjabi tinda, drained and rinsed
1 tablesp lemon juice

- fry the onion and ginger in the oil over a medium heat until the onions are soft
- add the garlic, cardamoms, mustard seeds and cumin seeds and fry for a minute. Take care that the garlic does not burn and add a little water if necessary
- add the turmeric, chilli, coriander and black pepper and cook for about 5 minutes, stirring. Make sure spices do not burn or stick and add a little water if necessary
- add the lamb and cook over a moderate heat until the lamb pieces are browned
- add the tomatoes, aubergine, tomato puree, tamarind paste, sugar, salt and 125ml of water, bring to a simmer, cover the pan and cook for about an hour until the lamb is cooked. If necessary add more water during cooking
- Up to this point the meal can be cooked in advance (though this is not essential) and left for a few hours to let the flavours develop
- meanwhile top and tail the okra and fry in a little oil in a separate pan for 2 minutes and set aside
- once the lamb is fully cooked, add the okra to the pan and simmer for 2-3 minutes. Overcooking will cause the okra to disintegrate into mush
- meanwhile check the spicing and seasoning and adjust if necessary

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- cut any large whole tinda into half, then add the tinda to the pan and cook through until hot
 - just before serving add the lemon juice, mix through and serve
- Serves 4 with rice, naan or chapattis

Notes:

- careful with the spices...this should be medium hot at most, to allow the lamb and vegetable flavours through
- Punjabi tinda are a type of small gourd, that look like white tomatoes. They don't have much flavour themselves, but they are excellent at absorbing flavours from sauces and spices and become very tasty.

Lamb Balti

3 tablesp vegetable oil
½ teasp mustard seeds
cinnamon stick (about 6 cm)
1 bay leaf
4 black cardamoms
4 green cardamoms
4 cloves
300g onions, very finely chopped 2 cloves garlic, crushed
300g lamb, diced into cubes
200g chopped tomatoes (ie half a tin)
1 tablesp tomato puree
½ teasp chilli powder
½ teasp ground ginger
1 teasp ground cumin
1 teasp ground coriander
Salt to taste
100g plain yoghurt
75g coriander leaves, chopped
Pinch of garam masala (see page 32)

- heat the oil in a pan, and when hot add the mustard seeds, cinnamon, bay leaf, cardamoms and cloves and stir
- mix the onions and garlic, add to the pan and stir
- add the lamb, stir to coat, and cook for about 5 minutes on a high heat, constantly stirring
- turn down the heat, add the tomatoes and tomato puree, stir, cover with a lid and simmer for 20 minutes
- take off the heat, add the chilli, ginger, cumin and ground coriander, stir to mix well
- add the yoghurt, spoonful by spoonful, and 50g of the coriander leaves, stir, cover again, return to the heat, and let it simmer for about 30 minutes or until the meat is tender
- just before serving stir in the remaining coriander leaves and the garam masala
- serve with naan or chapattis. Serves 2.

Based loosely on a Guardian recipe for Goat Balti

Spanish beef stew

2 tablesp olive oil
1 medium onion, chopped
4 cloves garlic, crushed
2 sticks celery, sliced
2-3 medium carrots, sliced
½ courgette, sliced
1 *nabo* (spring turnip or mouli), chopped
600g stewing beef, cubed
500g jar cooked white beans (or a 400g tin cannellini beans), drained
10 cloves
Salt to taste
1 heaped teasp *pimentón picante ahumado* (hot smoked paprika)
200g *tomate frito* (or 2 tablesp tomato puree)
Water
A 5cm stick of cinnamon

- Heat the oil in a large pan and fry the onion until soft
- Add the garlic and cook for a further minute on medium heat
- Add the celery, carrots, courgette and *nabo* and cook for a further minute
- Turn the heat up, add the beef, and fry until browned, then turn down the heat again
- Add the beans and cloves and cook for a minute
- Add the salt, paprika, *tomate frito* and about 250ml water, and stir well.
- Add the cinnamon stick
- Bring to the boil then turn down to a simmer, cover the pot, and cook for about 2 hours or until the meat is tender
- Serve

Note:

The amount of liquid may need to be adjusted. A little can be added earlier to stop ingredients sticking to the pan. If the cooked stew is too liquid, remove the lid and cook under a high heat for a few minutes to reduce the liquid.

Variation:

I haven't tried it yet, but I reckon that this would work well with lamb.

Moroccan Style Meatballs

amended in 2020

For the meatballs:

1 small onion, finely chopped
3 tablesp olive oil
2 garlic cloves, crushed
1 pinch chilli flakes to taste
500g minced lamb
100g fresh breadcrumbs
1 teasp ground fennel seeds
1 teasp paprika
1 teasp ground cumin
1 teasp ground coriander
Salt and pepper to taste
1 beaten egg

For the sauce:

1 tablesp olive oil (if necessary)
3 cloves garlic, thinly sliced
1 pinch saffron
1 tin (440g) chopped tomatoes
1 cinnamon stick
Salt and black pepper to taste
200ml vegetable or chicken stock
Chopped coriander and mint to garnish

- in a small frying pan, gently fry the onion in 1 tablesp olive oil for about 10 minutes, until transparent
- add the garlic and chilli flakes, fry for another minute, remove from the heat and allow to cool
- meanwhile, in a large bowl mix well the remaining meatball ingredients, except the egg
- add the onion and garlic, then the beaten egg, and mix well
- roll the mixture into small balls, about the size of a golf ball
- at this stage if necessary the balls can be stored in the fridge until needed.
- Heat the remaining tablesps of oil in a larger frying pan, add the meatballs and brown them well, turning to ensure they are browned all over. Remove from the pan with a slotted spoon and keep warm
- For the sauce, add the olive oil to the frying pan (if necessary), add the garlic and saffron and cook for a few minutes, taking care not to burn the garlic.
- Add the tomatoes, the cinnamon, salt and pepper and turn up the heat and cook quickly for 5 minutes, to reduce the sauce.
- Reduce the heat, add the stock and bring to a simmer
- Return the meatballs to the pan and cook for about 10 minutes until the meatballs are cooked through
- Serve, garnished with coriander (or parsley) and mint

Makes about 16 balls. Serve with couscous, rice, patatas bravas, or oven cooked potatoes with rosemary and roast garlic.

Variations and cheat's version on next page

Moroccan style meatballs continued

Variations and cheat's version *amended in 2020*

- ½ teasp ground cinnamon can replace the fennel seeds. For the sauce a pinch of turmeric can replace the saffron. Parsley is an alternative to coriander for the garnish
- you can use Ras El Hanout spice mixture to replace most of the spices – but check as different varieties have a different combination of spices.
- an alternative to frying the meatballs is to preheat an oven to 200°C (180°C fan oven), place the meatballs on a greased baking tray and cook in the oven for 15 minutes, until well-browned and cooked through
- you can use shop-bought ready-made meatballs (12-16 beef or lamb meatballs) as follows:
 - fry the onion and garlic in the olive oil
 - then add the spices and saffron and cook for a couple of minutes
 - add the meatballs and brown them, stirring, and adding a little water if anything starts to stick to the pan
 - add the tomatoes, cinnamon, salt and pepper and simmer for 20 minutes.

Based on recipes by Jane Baxter and the Hairy Bikers

Spanish pork and bean stew

3 tablesp olive oil
1 medium onion, chopped
6 cloves garlic
1 heaped teasp *pimentón ahumado picante* (hot smoked paprika)
500g stewing pork, cubed
1 400g tin chopped tomatoes
300g drained tinned cannellini beans
100g carrots, sliced
200g young spinach leaves
Salt to taste
Chopped parsley to garnish

- Heat the oil in a large pan and fry the onion until soft
- Crush 3 cloves garlic, add and cook for a further minute on medium heat
- Add the *pimentón* and cook, stirring, for a further minute
- Turn the heat up, add the pork, and fry until browned, stirring to ensure that it is coated with the pimento, then turn down the heat again
- Add the tomatoes, 150g of the cannellini beans, the carrots, spinach and salt
- Bring to the boil then turn down to a simmer, cover the pot, and cook for about 1½-2 hours or until the pork is tender
- After an hour or so add the remaining cannellini beans (most of the first lot will disintegrate and thicken the stew)
- Chop the remaining 3 cloves of garlic into 3 or 4 pieces each, and add for the final 10-15 minutes of cooking time
- Serve, garnished with chopped parsley

Notes and variations:

- this should be a thick and rich stew and suits fatty cuts of pork (In Spain I use *costilla carnosa de cerdo*, *troceada*, meaty chopped pork ribs on the bone)
- a little tomato puree can be added in if the stew needs thickening
- drained tinned chickpeas can be used instead of cannellini beans – in this case they should all be added with the tomatoes.
- this is similar to the Spanish bean stew recipe, and both recipes can be mixed and matched to taste. The same recipes can also be made into a curry by adding spices and a stick of cinnamon along with the *pimentón*, plus some garam masala and a little lemon juice for the final few minutes.

Pork stew with figs and soy sauce

3 tablesp olive oil
1 medium onion, finely chopped
3cm ginger, peeled and finely chopped
4 cloves garlic – 2 crushed and 2 sliced
4 - 500g stewing pork, cubed
2 tablesp soy sauce or to taste (you can start with less and add more later)
2 tablesp tomato puree
300ml water
150g dried figs, halved
75g chopped spinach or chard
Salt and black pepper to taste
Chopped parsley to garnish

- Heat the oil in a large pan and fry the onion and ginger until the onion is soft
- Add the garlic and cook for a further minute on medium heat
- Turn the heat up, add the pork, and fry until browned, then turn down the heat again
- Add the soy sauce, tomato puree, water and figs and mix well
- Bring to the boil then turn down to a simmer, cover the pot, and cook for at least 1 hour, preferably more, until the pork is tender
- Ten minutes before the end of the cooking time add the spinach, chard (or other greens), stir in well and bring back to a simmer.
- Check the taste, add salt and pepper to taste and more soy sauce if desired.
- Serve, garnished with chopped parsley. Serves up to 4

Notes:

- like the previous recipe this should be a thick and rich stew and suits fatty cuts of pork
- this improves with time and can be prepared in advance or half kept for a later meal.

Afelia (pork stew with red wine and coriander)

400g lean pork, cubed

1 small glass red wine

1 heaped teasp dried coriander

1 bay leaf

3 tablesp extra virgin olive oil

A pinch of cinnamon

Salt and pepper to taste

- Place the pork in a mixing bowl. Add the wine, coriander, and bayleaf. Mix and leave to marinate for a few hours or overnight
- Heat the olive oil in a medium pan. Drain the pork, saving the marinade. Add to the pan and brown the pork on all sides for a few minutes
- Pour the marinade over the pork, add the cinnamon, salt and pepper
- Simmer the pork for about 40-45 minutes on a low heat until it is tender. Taste from time to time and add more red wine or coriander if necessary. It may be necessary to add a little water if the sauce is too thick.
- Serve. Goes well with a few boiled new potatoes and lightly fried courgettes.

Serves 2

Variations

- Add a few lightly crushed black peppercorns and coriander seeds
- Garnish with chopped parsley or coriander

Pork with mint and cumin

5 tablesp lemon juice
6 garlic cloves, crushed
1 tablesp paprika
A pinch of ground fenugreek (optional)
2 teasp ground cumin
25g mint leaves
15g coriander leaves
4 tablesp olive oil
Salt and black pepper to taste
500g cubed pork

- in a bowl mix together all of the ingredients except the pork
- blend to a thick paste with a stick blender
- stab the pork cubes with a knife or fork
- add the pork to the bowl and make sure it is thoroughly covered with the paste
- cover the bowl and refrigerate for a few hours (preferably overnight)
- when ready to cook heat a grill to 180°C
- place the marinated pork on a baking tray and cook for about 25-30 minutes (depening on the size of the pork cubes)
- during cooking check a couple of times and baste the pork with the juices and oil (which will have run from the marinade). You can also turn the pork cubes over once
- serve. Serves 2-4 depending on accompaniments.

The marinade is based on a Yotam Ottolenghi recipe.

Pork with cider and apricots

1 tablesp olive oil
400g lean pork, cubed
Salt and black pepper to taste
350ml fizzy cider
10 juniper berries, crushed
100g dried apricots

- preheat the oven to 200°C (gas mark 6)
- in a casserole dish on the hob, heat the oil on a medium heat
- season the pork with salt and pepper, add to the dish and brown the meat
- pour in the cider, add the juniper berries and apricots and mix
- cover with a lid and transfer to the oven
- bake for about an hour, until the pork is tender
- in the meantime drink the remainder of the cider
- serve (with potatoes and veg, or rice)

Serves 2

Based on a Nigel Slater recipe

Variations:

- pork chops can be used instead (this was the original Nigel Slater recipe)
- this reminded me of a student staple that I haven't cooked for about 40 years. Very similar but used only pork, a tin of apricots (including juice), and a couple of tablespoons of soy sauce. Exotic food, 1970s style. When I reheated the leftovers of the above dish I added a tablespoon of soy sauce and it worked.

(iv) Other meats and cooked meats

Venison steaks in red wine gravy

2 tablesp sunflower oil

2 venison haunch steaks (150-200g each)

4 tablesp red wine

4 tablesp balsamic vinegar

Salt and pepper to taste

- heat the oil in a frying pan and fry the venison steaks for 2½ minutes each side
- remove the steaks and place on a plate in a warm oven
- add the red wine and balsamic vinegar to the oil and juices in the frying pan and cook quickly until reduced
- season to taste
- to serve pour the gravy over the steaks

Serves 2, serve with boiled small new potatoes and broccoli or another green vegetable.

Lentils with serrano ham and pimentón

300g green/brown lentils

4 tablesp extra virgin olive oil

1 medium onion, finely chopped

5 cloves garlic, thinly sliced

1 large or 2 small carrots, finely chopped

180 g chopped or cubed serrano ham

Plenty (about 2 teasp) of *pimentón ahumado* (smoked paprika) - a mixture of spicy –*picante* - and sweet – *dulce* - to taste

Cooking liquid from the lentils (or water)

Salt and pepper to taste

1 tablesp finely chopped parsley

- Boil the lentils in plenty of water over a high heat until just tender (about 30 minutes)
- Drain, but keep the cooking liquid
- Heat the olive oil over a medium heat add the onions, garlic and carrot, and cook gently for about 10 minutes
- Add the serrano ham and cook for a few minutes
- Add the *pimentón* and a few tablesp of the cooking liquid, mix well and simmer for 5 minutes
- Stir the lentils into the mixture, with more of the cooking liquid as necessary
- Add salt and pepper to taste and the chopped parsley, mix well and simmer for a further few minutes.
- serve

Notes:

- A quicker option is to use leftover cooked lentils. Jars of cooked lentils are easily available in Spanish supermarkets and are another shortcut
- The original recipe adds some chopped tomatoes and white wine with the *pimentón*.

Based on a Rick Stein recipe (Rick Stein's Spain)

Chorizo, chickpea and tomato stew

1 red onion, finely chopped
1 tablesp olive oil
150g *chorizo*, roughly chopped
2 cloves garlic, finely chopped
2 teasp *pimentón ahumado* (smoked paprika)
400g tin chopped tomatoes
400g tin chickpeas, drained and rinsed
300ml vegetable stock
Splash of red wine
1 bay leaf
Pinch of dried thyme or 2 sprigs fresh thyme
Salt and black pepper to taste
Fresh parsley, chopped

- in a large pan, gently fry the onions in the oil until just soft – about 10 minutes
- add the *chorizo* and garlic and continue to fry for a couple of minutes
- add the smoked paprika, stir and cook for a further minute
- add the tomatoes and chickpeas, stir and cook for a further minute
- add the stock and red wine
- bring to the boil and then reduce to a simmer and add the bay leaf and thyme
- simmer for about 20 minutes (add more stock if needed)
- season to taste and serve, sprinkled with parsley.

Serves 2 on its own or 4 with side vegetables or salad

Notes:

- This tastes even better on the second day
- Both *chorizo* and *pimentón ahumado* (smoked paprika) come in *dulce* (sweet), *picante* (spicy) or *agridulce* (bittersweet) versions, and they can be varied to taste. I used a medium spiced chorizo, 1 teasp of bittersweet paprika and 1 teasp of spicy paprika, which produced quite a hot dish.

Recipe by MarmadukeScarlet

Quick Fabada Asturiana

1 packet (250-300g) *compangas asturianas* meats (see note 1 below)

1 small onion, chopped

1 medium carrot, diced

1 small potato, diced

1 garlic clove, finely sliced

1 bay leaf (optional)

Few strands of saffron

Pinch of sweet smoked paprika

500ml water, vegetable or ham stock

1 400g tin cannellini beans (see note 2 below)

Salt to taste

Chopped parsley to garnish (optional)

- poke the sausages in the *compangas asturianas* with a fork so they don't burst
- put the meats, onion, carrot, potato, garlic, and bayleaf in a pot, cover with the water or stock and bring to the boil.
- lower the heat, add the saffron and paprika and simmer for about 15 minutes, until the vegetables are tender
- meanwhile drain and rinse the beans
- take out the meats and put them on a plate, and discard the bayleaf
- blend the vegetable broth to create a thick soup
- taste and add salt if necessary (unlikely as the meats and stock will already contain salt)
- cut up the meats into bite size pieces and add them back to the broth
- add the beans and cook everything together over a fairly low heat for about 5 minutes or so
- serve and sprinkle with parsley if using, or store and reheat later – like most stews this improves with time.

Serves 2. For larger numbers just increase the quantities of everything.

Notes on next page:

Fabada Asturiana continued

Notes:

- 1) Spanish supermarkets sell *compangas astrurianas* which consist of a cooked *chorizo* sausage, a cooked *morcilla* (black pudding) sausage and a piece of pork belly (*pancetta or tocino*). The packs can alternatively be called '*preparado de cocido artesano*'. They are available online in the UK, and probably in Spanish delis.
- 2) A tin of cannellini beans is fine. In Spain supermarkets sell jars of cooked white beans (*alubias*). The giant white beans or fabada beans are ideal if you can find them.

Variation:

The recipe above is the quick version. Stews can benefit from slow cooking and the alternative is to buy uncooked beans and soak them overnight, and uncooked meats which can be seared in olive oil. The stew can then be cooked until the beans are fully soft – this could be up to two hours. The meats can be cut up towards the end of the cooking time.

Based on recipes at www.tienda.com by Lauren Aloise at www.spanishsabores.com

Chorizo and baked eggs (huevos a la flamenco)

4 tablesp olive oil
1 small onion, chopped
1 clove garlic, chopped
100g finely chopped ham
1 teasp *pimentón picante ahumado* (hot smoked paprika)
1 400g tin chopped tomatoes
1 teasp tomato puree
100g drained tinned peas
2 or 3 eggs
6 slices *chorizo*
1 tinned red pepper (*pimiento del piquillo*), drained
Salt and pepper to taste
2 thick slices French stick or Spanish *barra* per person
1 clove garlic, halved
Finely chopped parsley to serve

- heat 3 tablesp olive oil in a large frying pan and cook the onion and garlic over a low to medium heat for 5-10 minutes, until soft
- add the ham and *pimentón* (paprika) and fry for three minutes
- add the tomatoes and tomato puree, cover the pan, and cook for 10 minutes
- scatter the peas over the tomato sauce
- make slight wells in the sauce and break an egg into each
- peel the sliced *chorizo*, and arrange the slices between the eggs
- cut the pepper into strips and arrange between the eggs and chorizo
- season with salt and pepper to taste
- cook over a medium heat with a lid on the pan for ten minutes, until the eggs are set
- meanwhile rub each side of the bread slices with garlic and brush with the remaining tablesp of olive oil, and griddle in a dry frying pan
- serve, garnished with the parsley and with the bread on the side to mop up the sauce.

Serves 2-3, but can be scaled up or down – 1-2 eggs per person

This is the basic version and can be amended with quality ingredients eg chopped *serrano* ham, fresh tomatoes skinned and chopped, and fresh or frozen peas or baby broad beans (they may need boiled in water for a few minutes and the beans peeled, before adding to the pan).

A **vegetarian version** can be made by leaving out the ham and *chorizo* and increasing the peppers, peas and beans.

Based on a recipe by Rick Stein, from Rick Stein's long weekends.

Black pudding and chickpea balls

200g black pudding
1 400g tin of chickpeas
Black pepper
1 tablsps tahini (optional)
200g cherry tomatoes
Pinch of salt
2 tablsps extra virgin olive oil
A few basil leaves to garnish

- crumble the black pudding into a bowl
- grind 200g of the chickpeas into crumbs and mix with the black pudding
- add a little freshly ground black pepper to the mixture and mix well
- form the mixture into balls, adding the tahini if necessary to bind the balls together. This quantity should make 8-10 balls
- meanwhile heat the oven to 200°C
- chop the cherry tomatoes in half, place in an ovenproof dish, and sprinkle them with a little salt
- place the black pudding balls on top
- scatter the remaining chick peas on top
- drizzle the olive oil over everything and bake for about 20 minutes in the oven
- serve, with a few basil leaves on top.

Serves 2

Note: freshly toasted pine kernels can also be used as a garnish.

Corned beef pasta bake

added in 2020

1 tablesp olive oil
4 cloves garlic, peeled and thinly sliced
1 400g tin of chopped tomatoes
A pinch of chilli flakes, to taste
1 tablesp tomato puree
150g corned beef
200g penne
30g grated parmesan cheese

- heat the oil in a pan and fry the garlic for a few minutes until softening
- add the chopped tomatoes, chilli flakes and tomato puree, mix well and simmer for 5 minutes
- roughly chop the corned beef, add to the tomatoes and continue to cook for a few minutes
- meanwhile, heat the oven to 200°C
- meanwhile cook the penne in 2 litres of water and boil for about 10 minutes (check the pack), then drain
- tip the pasta into an ovenproof dish and stir in the tomato / corned beef Mix
- top with the grated parmesan and bake for 25 minutes
- serve

Serves 2

Macaroni cheese and corned beef *added in 2020*

125g macaroni
35g unsalted butter
1 heaped tabbsp plain white flour
300 ml whole milk
120g extra mature cheddar, grated
A pinch of mustard powder
A few chilli flakes
½ teasp marmite (optional)
Salt to taste
120g corned beef, diced into small cubes

- Cook the macaroni in boiling water for about 8 -10 mins (a minute or so less than you normally would)
- Heat the oven to 220° (200°fan, gas mark 8)
- Meanwhile make a cheese sauce as follows:
 - (i) Melt 25g of the butter in a saucepan until it begins to sizzle
 - (ii) add the flour and cook for a few minutes over a medium heat until you have a paste
 - (iii) add the milk in stages, stirring to remove lumps
 - (iv) As the milk heats up, thickens and begins to bubble add the cheese, mustard powder, chilli flakes, marmite and salt and cook for a few minutes, constantly stirring
- Drain the macaroni
- Line a baking dish with the remainder of the butter
- Add the macaroni and corned beef and mix well
- Pour over the cheese sauce and mix well
- Cover the baking dish with foil and cook in the oven for 15 minutes
- Remove the foil and cook for a further 15 minutes
- Remove from the oven, allow to cool slightly for a few minutes and serve

Serves 1 – 2 One large helping or 2 smaller portions

A **vegetarian version** can be made simply by omitting the corned beef.

Note: A Spanish cazuela is ideal for this (about 20cm in diameter. The macaroni can be eaten straight from the dish. If serving 2 people two smaller dishes can be used.

Loosely based on a recipe from Good Food magazine.

In-from-the-pub, starving, and-fancy-something-spicy instant meatball curry.

1 tin (420g) meatballs

Instant curry paste, made with tomato puree and tamarind paste, or with tomato frito (see page 24)

1 packet microwavable basmati or pilau rice

Pinch of garam masala (optional) – (see page 32)

Lemon juice (optional)

- Empty the tin into a saucepan and heat gently
- Meanwhile make the instant curry sauce See the recipe in the sauce section. The ingredients can be added to directly to the saucepan, and continue to heat through
- When the meatball curry is hot, microwave the rice
- Sprinkle the garam masala and lemon juice on the meatball curry (optional) and serve
- Serve the curry on a bed of rice

Takes about 3 minutes in total

Variations:

- If you have a tomato and/or some baby spinach leaves add them to the meatballs before the sauce and mix well. This is the healthy version
- Hide a stick of cinnamon in the rice before microwaving it for extra flavour.

If you have some leftovers (must have been a good night) and you fancy them for breakfast or brunch mix the leftover curry and rice together, heat through and serve sprinkled with some lemon or lime juice to freshen it up.

Mmmm!