

# The GoWithTed Cookbook 2023

## 2 **SNACKS, STARTERS AND TAPAS**

## THE GOWITHTED COOKBOOK 2023

V Vegetarian recipe

Ť Vegan recipe

Vf , Ťf Vegetarian or vegan recipe, with a fish version mentioned in the text

Vm,Ťm Vegetarian or vegan recipe, with a meat version mentioned in the text

Mv,MŤ Meat recipe, with a vegetarian or vegan version mentioned in the text

Fv, FŤ Fish recipe, with a vegetarian or vegan version mentioned in the text

VŤ Vegetarian recipe, with a vegan version mentioned in the text

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## (i) Snacks – bread toppings and fillings

### Tostada con tomate (tomato on toast)

Quantities - variable to taste

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

Tomatoes (biggish, ripe and tasty)

salt

Garlic

Extra virgin olive oil

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

#### Variations:

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

## Greek salad toasts (dakos)

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

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

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

### Optional extras:

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

### Notes:

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

*Based on a recipe by Yotam Ottolenghi.*

## **Avocado toast**

Bread (or rolls, sliced in half)

Ripe avocados

Salt to taste

Chilli flakes

Olive oil

*All quantities can be varied to taste*

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

## Avocado and blue cheese toast

Sliced wholemeal bread

Ripe avocado - ½ an avocado per slice

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

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

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

### **Note:**

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

## Avocado and chorizo toast

- 150g cooking chorizo
- 1 large ripe avocado, halved and stone removed
- lime juice, to taste
- a few drops of tabasco sauce, to taste
- 1 level tablesp extra virgin olive oil
- salt and black pepper, to taste
- 2 large thick slices of bread
- 1 clove garlic, peeled
- a pinch of ground coriander
  
- peel and chop the chorizo into bite sized pieces
- heat a frying pan, add the chorizo and dry fry for 5 minutes until golden and crisp and their oil has been released
- meanwhile scoop the avocado flesh into a bowl and roughly chop it
- add a few drops of lime juice and tabasco to taste and mix well
- add half of the olive oil and salt and pepper to taste
- meanwhile, toast the bread
- cut the garlic in half and rub the cut side on the toast, then drizzle the toast with the remaining olive oil
- top the toast with the avocado mixture, followed by the sizzling chorizo and a spoonful of their cooking juices
- top with a pinch of coriander and a few more drops of lime juice to taste and serve

Serves 1 or 2 depending on appetite

### **Note:**

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

## **Egg, avocado and tomato toast**

1 tomato

Unsalted butter

A handful of chopped chives

4 eggs, beaten

Salt and black pepper to taste

2 thick slices of sourdough or wholemeal bread

1 ripe avocado, sliced fairly thinly

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

serves 2

### **Variation:**

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

## Ciabatta and cherry tomatoes with honey and garlic

250g cherry tomatoes

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

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

3-4 tablesp extra virgin olive oil

1 teasp honey

Salt to taste

Quantities are per person

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

### Variations:

- If you have a supply of roast garlic (recipe – see page 33) you can use that.
- 2 freshly made slices of toast can replace the ciabatta roll
- for a less sweet version use the garlic tomatoes recipe on page 36

## Cannellini beans on toast

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

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

### Notes and variations:

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

### Vegan version:

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

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

## Beer cheese (pivní sýr)

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

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

### (i) as a spread

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

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

*Closely based on a recipe at [www.theglasgowscullery.com](http://www.theglasgowscullery.com)*

### (ii) build your own

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

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

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

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

## Welsh Rarebit *added in 2022*

175g mature cheddar cheese, grated

½ teasp Worcestershire sauce

1 level teasp mustard powder

Freshly ground black pepper, to taste

4 tablesp brown ale

2 slices sourdough bread

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

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

**Note:** For a vegetarian version use vegan Worcestershire Sauce

*Recipe by Susan Nowak*

## Broad beans and black pudding on toast

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

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

### Notes:

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

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

## Black pudding and egg ciabatta rolls

*Breakfast rolls with a difference:*

4 ciabatta rolls (or a ciabatta loaf quartered lengthwise)

Extra virgin olive oil

4 slices black pudding (see note)

4 large eggs

Salt

Pepper (see note)

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

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

Serves 2 hungry people or 4 with lighter appetites.

### **Note:**

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

## Chicken liver pâté

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

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

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

### Variations:

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

## Bread/toast toppings with feta cheese

### (i) Feta with cumin and lemon

1 teasp cumin seeds

200g feta cheese

4 tablesp Greek yoghurt

½ lemon (zest and juice)

½ clove garlic, crushed

Dried red chilli flakes

Black pepper, to taste

Warm flatbreads or toasted bread

1 teasp dried oregano

Extra-virgin olive oil

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

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

*Closely based on a recipe by Anna Jones*

## **Bread/toast toppings with feta cheese, continued**

### **(ii) Feta with cucumber and pomegranate seeds**

ingredients as for the previous recipe plus:

150g cucumber

50g pomegranate seeds

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

*Loosely based on a recipe by Sabrina Ghayour*

## **Some simple bread and toast toppings**

### **(i) Anchovies on toast**

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

### **(ii) Mozzarella and Anchovy crostini**

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

### **(iii) Sardines on potato scones**

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

### **(iv) Avocado, prawns and sweetcorn on toast**

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

### **(v) dips from the next section**

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

- hummus (page 69), hot hummus with butter and pine nuts (page 70), baba ghanoush (page 71), zaalouk (page 72), guacamole (page 75), minty pea and feta dip (page 76), roast beetroot dip (page 77), tapenade (page 78), mackerel pate (page 80).

## (ii) snacks – nibbles and dips

### **Spiced roast chickpeas and pistachios**

2 X 400g tins chickpeas, well drained  
60ml sunflower oil  
1 teasp coarse sea salt  
½ teasp freshly ground black pepper  
½ teasp chilli powder  
½ teasp ground cumin  
1 teasp garam masala (see page 36)  
150g shelled pistachios

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

## Roast almonds with paprika

200g whole raw, unsalted almonds

1 teasp olive oil

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

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

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

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

*The recipe is from Moro the Cookbook by Sam and Sam Clark. The method of blanching and peeling almonds is from [www.toriavey.com](http://www.toriavey.com)*

## Cheese straws

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

2 egg yolks

½ teasp mustard powder

A pinch of chilli powder

¼ teasp paprika

Freshly ground black pepper, to taste

100g mature cheddar cheese, grated

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

Makes about 12-16 cheese straws – serves 4

*Based closely on a recipe by Jeremy Lee*

## Tzaziki

½ a cucumber

Salt to taste

2 cloves of garlic

1 teasp olive oil

250g full fat Greek yoghurt

1 teasp lemon juice

a few mint leaves, shredded

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

A few mint leaves (whole)

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

Serves 2-3

### Notes:

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

## Cucumber raita

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

½ a cucumber

Salt to taste

250g low fat natural yoghurt

1 tablesp finely chopped mint leaves

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

Serves 3-4

### Notes:

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

## Salty Lassi

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

250g plain low-fat yoghurt

About 75ml chilled water

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

1 teasp cumin seeds

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

Serves 2

### Notes:

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

Based on a recipe at [www.spiceupthecurry.com](http://www.spiceupthecurry.com)

## Hummus

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

*NB All quantities can be varied to taste.*

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

### Variations:

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

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

### Garnishes:

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

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

### Notes:

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

## Hot hummus with butter and pine nuts

Hummus (made as in the previous recipe)

1-2 tablesp pine nuts

1 tablesp butter

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

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

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

## Baba ghanoush (aubergine dip)

2 large aubergines (about 600-750g)  
2 garlic cloves, crushed  
Juice of ½ a lemon or lime (or more to taste)  
2 tablespoons tahini paste (optional)  
1-2 tablespoons natural yoghurt (plus 2 more if not using tahini)  
4 tablespoons extra virgin olive oil  
Salt to taste  
¼ to ½ teaspoon smoked paprika  
A little finely chopped parsley

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

*This will keep in a fridge for several days.*

### **Variations:**

- grill the aubergines on a barbecue for the best smoky flavour.
- if no grill is available bake the aubergines in a hot oven for about 45-60 minutes
- This is a Lebanese / Middle Eastern recipe. For an Indian flavour add some garam masala (see page 34).

*Based on a recipe in the Moro cookbook*

## Zaalouk dip (aubergine and tomato dip) *added in 2022*

See page 206 for the ingredients and recipe for zaalouk (aubergine and tomato stew)

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

### **Note:**

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

## **Cannellini bean, basil and parmesan dip**

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

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

## **Obatzda (cheese, onion and beer dip)**

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

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

### **Variation**

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

*Marie-Joelle Schmidt*

## Guacamole

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

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

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

### **Variations:**

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

## Minty Pea and Feta dip

200g frozen peas

1 tablesp lemon juice

A handful of roughly chopped fresh mint leaves

100g feta cheese, cubed or crumbled

2 tablesp olive oil

Salt and pepper to taste

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

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

## Roast beetroot dip

150g beetroot (chopped weight)

1 tablesp olive oil

60g roughly chopped walnuts

3 cloves garlic, roughly chopped

50g grated parmesan cheese

2 tablesp lemon juice

Salt and pepper to taste

About 6 tablesp of extra virgin olive oil

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

### Notes and variations:

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

*Based on a recipe by Delphine Fortin*

## Tapenade (black olive dip) *added in 2022*

160g pitted black olives, drained if in a jar

1 tablesp capers, drained

2-3 anchovy fillets in olive oil

50ml extra virgin olive oil

1 teasp red wine vinegar

Black pepper to taste

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

### Notes:

- can be used as a dip for crudities or spread on slices of warm crusty bread
- this recipe could also be used as a sauce for pasta
- optional extras include 1 or 2 crushed cloves of garlic, and/or herbs of your choice (either mixed in or sprinkled on top)
- keeps in the fridge for several days
- This recipe can be used as a sauce for pasta. Add garlic as above, heat up the tapenade and serve. For other pasta and anchovy recipes see page 317

*Based on a recipe on the BBC Good Food website*

## **Anchovy dip (anchoïade)**

1 clove garlic, peeled and crushed

A 50g tin of anchovies, drained and roughly chopped

2 tablesp extra virgin olive oil

1½ teasp sherry vinegar

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

Serves 1 - 2

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

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

*Based on a recipe by Kerry Saretsky*

## Mackerel pâté

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

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

### Note:

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

### Variations:

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

### (iii) starters

#### **Risotto Balls (Arancine)**

30g unsalted butter

1 small onion finely

chopped 150g risotto rice

500ml hot vegetable stock

75g mozzarella cheese, drained and cubed

60g parmesan cheese, grated

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

1 teasp lemon juice

Salt and pepper to taste

1 medium egg

75g fine white breadcrumbs

Vegetable or sunflower oil for deep frying

- melt the butter in a pan, add the onion and rice and fry for 2-3 minutes
- stir in a ladleful of the stock and cook, stirring occasionally, until the rice has absorbed the stock
- add another ladleful and repeat. Keep repeating until the rice is tender and all the stock is absorbed
- transfer the risotto to a bowl, cool slightly, then stir in the cheeses, herbs, lemon juice, salt and pepper, then leave to cool completely.
- use floured hands to shape the risotto mixture into 12 about balls, and refrigerate until needed
- beat the eggs on a plate and spread the breadcrumbs on another plate
- heat the oil in a heavy pan or chip pan until hot enough for deep frying
- remove the risotto balls from the fridge, dip each first in the egg, then the breadcrumbs and deep fry the balls in batches, turning, until golden all over
- drain on kitchen paper, and keep hot on a baking tray in a medium oven while you cook the remainder
- serve warm or cool

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

#### **Variations:**

- add a tablesp of fresh tomato sauce to the mixture for added colour
- can be served with a mild chilli jam
- the mozzarella can be replaced by cooked (well drained) spinach and blue cheese
- other variations include cubes of hard cheese eg edam, cheddar, and non-vegetarian versions include cubed cooked chicken, ham or salami. In this case form each ball by making a well in the middle of the risotto mixture, placing the cubed meat or cheese in the well and shaping the ball around the cube

*Based on an Ursula Ferrigno recipe.*

## Parmesan balls

120g grated parmesan cheese

15g white breadcrumbs

Black pepper to taste

2 egg whites

30g plain flour

1 egg, beaten

Sunflower oil for deep frying

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

Makes about 12-14 balls.

## **Piedmontese roast peppers**     *added in 2022*

A little olive oil for the baking tray

1 large red pepper

2 medium tomatoes, skins removed

2 tinned anchovy fillets, drained and chopped into several pieces

1 clove garlic, thinly sliced

2 tablesp extra virgin olive oil

Freshly ground black pepper, to taste

A few basil leaves, torn

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

### **Vegan alternative:**

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

### **Note:**

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

*Recipe by Delia Smith*

## **Pani puri with potato and onion stuffing and spinach chutney**

***amended in 2022***

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

### **Potato and onion stuffing**

250g potatoes

60g onion, very finely chopped

1 tablesp coriander leaves, finely chopped

1 teasp ground cumin

A pinch each of ground coriander, chili powder, ginger & asafoetida (or more, to taste)

Salt, to taste

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

This makes enough for about 10-12 pani puri. Your own combination of spices can be used if preferred.

### **Spinach chutney**

200g baby spinach leaves, chopped very finely

2.5cm/1 inch ginger, peeled and chopped (or ½ to 1 teasp ground ginger)

1 tablesp tamarind paste

1 teasp ground coriander

½ teasp chilli powder

½ teasp dried mint

1 teasp cumin powder

a pinch of sugar, or more to taste

50 – 100 ml water

salt to taste

**Continued on next page**

## Pani puri continued

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

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

### To serve and eat:

- crack open the top of each puri carefully with the back of a teaspoon
- add 2 teasp of the boiled potato /onion filling to each puri
- stir the spinach chutney and add a teasp to each puri
- eat each stuffed puri with your hands

### Variations:

- alternative stuffings that can be used are vegetable samosa filling (page 94) or leftover channa dahl (pages 245-247)
- alternative sauces that can be used are the dips for pakora (pages 87, 89) or coriander chutney (page 42)

*Vaguely based on a recipe by dassana at [www.vegrecipesofindia.com](http://www.vegrecipesofindia.com)*

## Bhel puri

*amended in 2022*

2 or 3 new potatoes (about 150g)

250g *mammra mix*

1 small onion, finely chopped (about 40g)

Chilli powder to taste

Handful chopped coriander leaves

2 or 3 tablesp tamarind paste

150g natural yoghurt

100g pomegranate seeds

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

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

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

## **Onion Pakora**

### **For the pakora:**

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

### **For the dipping sauce:**

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

### **The Pakora**

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

### **The dipping sauce**

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

***Continued on next page***

## Onion Pakora (continued)

### Notes:

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

## Spinach, onion and potato pakora

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

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

## Vegetable, chicken or fish pakora

*Amended in 2022*

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

## Alternative dips for pakora

- Mix together 4 tablesp tomato ketchup, 2 tablesp vinegar, 2 tablesp water, 1-2 teasp mint sauce, ½teasp chilli powder, ½ teasp sugar and 2-3 tablesp yoghurt. This produces a dip which is both sharper and sweeter. *Based on recipes by curryqueen and JivyJ*
- Mix together plenty of ground black pepper and ground cumin with a little water (and yoghurt to thicken if wished).
- Very finely chop (in a chopper) ½ of a small onion, 1 de-seeded green chilli and a handful of fresh coriander. Then mix in 2 heaped tablesp of tamarind paste and the juice of ½ a lime. Slowly add 1-2 tablesp of water, mixing, until a dipping consistency is reached.
- Coriander chutney (see recipe on page 42) can also be used as a dip for pakora.

## **Haggis Pakora**

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

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

150g gram flour

½ teasp chilli powder

¼ teasp ground ginger

1 heaped teasp ground cumin

1 heaped teasp ground coriander

Salt to taste

150g natural yoghurt

A squeeze of lemon juice

Water (about 125-150ml)

Sunflower oil for deep frying

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

Partly based on a recipe by philipallan at [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

## **Aloo bonda**

### **For the potato balls:**

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

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

### **For the batter:**

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

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

Makes about 20 aloo bonda

## **Broad beans in garlic ghee**

*Simple but tasty*

1 heaped tablesp vegetable (vegan) ghee

2 cloves of garlic, crushed

100g broad beans (frozen are fine)

Salt to taste

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

That's it.

Serves 2

## **Filo triangles**

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

60g butter

Filling (see below)

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

### **Fillings:**

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

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

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

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

**More fillings on the following pages**

## **(b) Filo triangle fillings - vegan empanadas**

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

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

### **Variation:**

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

**More fillings on the following page**

### **(c) Filo triangle fillings - Spanakopita**

200g spinach leaves  
1 tablesp extra virgin olive oil  
1 small onion, finely chopped  
100g feta cheese  
1 teasp ground dill (optional)  
A pinch of ground nutmeg  
Salt and freshly ground black pepper to taste

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

### **(d) Filo triangle fillings - Variations:**

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

#### **Note:**

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

## Sweetcorn cakes

1 325g tin of sweetcorn, drained

1 egg

50g self-raising flour

50g onion, finely chopped

Salt and pepper to taste

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

1 tablesp of sunflower oil

2 lemon wedges

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

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

## **Avocado Vinaigrette**

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

1 ripe avocado

Vinaigrette dressing (see recipe on page 175)

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

Serves 2

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## **Potato scones with courgettes and goats cheese**

4 potato scones (Irish potato farls)

1 medium courgette

1 tablespoon extra virgin olive oil

100g round goats cheese, sliced into 4 round slices

Salt and pepper

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

Serves 4

## **Wee beasties of the glen (haggis balls)**

*This is an easy way of using up leftover haggis.*

225g cooked haggis

Black pepper (to taste)

1 egg yolk, beaten

1 whole egg, beaten

6 tablesp medium oatmeal OR porridge oats

Sunflower oil

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

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

### **Vegetarian / vegan option:**

- use a vegetarian / vegan haggis

### **Variations:**

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

*Recipe from Macsweens, [www.macsween.co.uk](http://www.macsween.co.uk), makers of excellent traditional and vegetarian haggis. Their vegetarian haggis is vegan.*

## Lamb and pistachio patties with sumac yoghurt

### for the sumac yoghurt:

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

### for the patties:

30g (shelled weight) pistachios  
15g rocket leaves  
40g onion  
1 large clove garlic  
250g minced lamb  
Salt and pepper to taste  
1 tablesp olive oil

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

Serves 2 as a starter (5 patties per person)

*Closely based on a recipe by Yotam Ottolenghi*

## Marbled Tea Eggs

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

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

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

*A Ken Hom recipe*

## Tamarind Honey Prawns

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

Vegetable oil for frying

### **For the marinade:**

25g tamarind paste

20g clear honey

1 small clove garlic, crushed

½ tablesp brown sugar

1 tablesp olive oil

Pinch of chilli flakes (optional)

Sea salt flakes to taste

### **For the garnish:**

½ teasp sesame seeds

1 tablesp fresh coriander, roughly chopped

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

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

Serves 2 as a starter

*Recipe from Sirocco*

## Hot and spicy chicken wings

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

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

*Based on a recipe from BBC Good Food.*

## (iv) tapas

### Garlic mushrooms

200g mushrooms (chestnut or button mushrooms)

1-2 tablesp extra virgin olive oil

2-3 cloves garlic, finely sliced

Salt and pepper to taste

1 tablesp *vinaigre de Jerez* (sherry vinegar)

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

1-2 tablesp finely chopped parsley

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

Serves 2

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## Berenjena con miel (fried aubergine with molasses)

1 aubergine

Salt

75ml olive oil

4-5 tablespoons plain white flour

1 tablespoon *miel de caña*

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

### **Note:**

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

### **Variations:**

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

## Pimientos de Padrón *added in 2022*

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

200g Padrón peppers  
2 tablesp extra virgin olive oil  
Sea salt flakes

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

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

### **Note:**

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

## **Pimientos del piquillo aliñados (marinated piquillo peppers)**

225g jar of piquillo peppers (see note)

1 garlic clove, thinly sliced

1 tablesp sherry vinegar

2 tablesp olive oil

A handful of roughly chopped flat-leaf parsley

Salt and black pepper to taste

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

Serves 4 as a small tapa

### **Note:**

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

*Recipe from Moro the Cookbook by Sam and Sam Clark*

## Beans, piquillo peppers and paprika *added in 2022*

75ml extra virgin olive oil

4-5 shallots, peeled and chopped

2 garlic cloves, peeled and sliced

1 tablesp spicy smoked paprika

Salt to taste

50ml tomate frito

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

3 tablesp sherry vinegar

150g piquillo peppers, rinsed and sliced

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

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

### **Note:**

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

*Roughly based on a recipe by Selin Klazim*

## Pipirrana *added in 2022*

*A simple summer salad tapa*

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

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

Serves up to 6 as a tapa

### Notes:

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

## Porra Antequerana

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

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

3 cloves of garlic, very finely chopped

150g ripe tomatoes, skinned, and roughly chopped

75ml extra virgin olive oil

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

2 – 3 teasp lemon juice

Salt

1 egg for every 2 people

Serves 6-8

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

### Note:

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

### Variations:

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

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

## Espinacas con Garbanzos (spinach and chickpeas)

½ a medium onion, diced

4 cloves garlic, finely chopped

2 tablesp olive oil

300g young spinach leaves, roughly chopped

1 400g tin chickpeas, drained

½ teasp cumin powder

½ teasp salt

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

Serves 6 as a tapa

### Variation:

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

## Migas

4 thick slices stale bread (white or wholemeal)

Salt and pepper to taste

4 tablesp extra virgin olive oil

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

100g diced *jamón*

½ a red pepper, seeded and chopped

*Pimentón dulce* (sweet paprika), to taste

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

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

### Notes:

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

## Chickpeas and tuna in tomato

250-300g cooked *garbanzos* (chickpeas)

210g carton *tomate frito*

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

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

Pinch of oregano

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

Serves 4 as a tapa.

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

## Hake Roe (huevas)

### (a) cold tapas

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

1 teasp very finely chopped onion per person

Olive oil (or vinaigrette for the variations)

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

#### Variation (i)

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

#### Variation (ii)

- Place the roe on a lettuce leaf in a tapas dish
- Top with the chopped onion and a little chopped parsley
- Pour 1 tablesp of vinaigrette (see recipe on page 159) over each tapa
- Serve with bread

#### Variation (ii)

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

### (b) fried roe

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

Olive oil for frying

Plain flour

1 egg, beaten

Chopped parsley and lemon wedges to garnish

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

## Tortillitas de Camarones (prawn fritters)

100g gram (chickpea) flour

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

1 tablesp parsley, very finely chopped

Pinch of *pimentón dulce*(sweet paprika)

Pinch of salt

water

200g small, peeled, cooked prawns

Olive oil for deep frying

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

### Note:

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

Based on a recipe at [www.spanish-food.org](http://www.spanish-food.org)

## **Gambas Pil Pil (garlic and chilli prawns) *added in 2022***

75ml olive oil

4 cloves garlic, thinly sliced

1 teasp chilli flakes

1 teasp smoked spicy paprika (pimentón ahumado picante)

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

Salt and black pepper to taste

1 tablesp finely chopped parsley

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

### **Notes:**

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

## Chipirones (baby squid) a la Plancha

*amended in 2022*

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

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

### **Method 1**

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

### **Method 2 (quicker)**

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

### **Notes:**

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

## **Almejas à Bulhão Pato Clams, coriander and white wine**

***Added in 2022***

500g clams

3 cloves garlic, peeled and roughly chopped

2 tablesp olive oil

A bunch of coriander

150ml white wine

Lemon and bread to serve

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

Serves 2 as a tapa or 1 as a starter

### **Notes:**

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

*Based on a recipe at [saboresdehoy.com](http://saboresdehoy.com)*

## Crab tarts with tomato and garlic

*added in 2022*

### For the tomato sauce:

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

### For the shortcrust pastry tart cases:

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

### To finish:

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

- Make a thick tomato sauce by heating the oil in a saucepan, add the garlic and cook for 30 seconds. Add the tomatoes, tomato puree, chilli flakes, sugar, salt and pepper and stir. Bring to the boil, cover partially with a lid, turn down the heat and simmer for at least 30 minutes. The sauce will have reduced to about 200g. Note that this is not a smooth sauce
- Meanwhile, make the shortcrust pastry tart cases by sifting the flours, rubbing in the butter and adding a little water until it can be rolled into a ball. Wrap in foil and chill in the fridge for at least 30 minutes. See the recipe on page 228.
- Remove the pastry from the fridge and divide into 10 small balls.
- On a floured surface, use a rolling pin to roll out the pastry thinly
- Use a pastry cutter to cut out rounds of pastry. If the base of each tartlet tin is about 4-5cm in diameter the rounds of pastry should be about 7-8cm in diameter
- Lightly grease tartlet tins with the remaining butter
- Meanwhile pre-heat the oven to 200°C, gas mark 6
- Line each tartlet tin with a round of pastry then line each one with foil
- Place in the oven and cook for 10 minutes, then remove and set aside.
- In a bowl mix together the tomato sauce, the crab meat and the parsley. Taste and adjust the seasoning if necessary
- Mix together the breadcrumbs and the olive oil
- Remove the foil from the tartlets and fill each one with the crab and tomato sauce mixture
- Sprinkle a little of the breadcrumb and oil mixture on top of each tartlet
- Return to the oven and bake for 6-7 minutes
- If necessary, place the tartlets under a hot grill for 1 minute so that the topping is golden
- Remove, allow to cool for a couple of minutes and serve warm

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

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

## White bean croquettes

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

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

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

## Fried Egg and Chorizo.

Per person:

1 potato scone

Olive oil

1 large egg

50g diced *chorizo*

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

### Notes:

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

## Boiled eggs with cumin

6 eggs

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

Salt (if using sea salt should be finely ground)

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

Serve 1 or 2 eggs per person.

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

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

## Huevos Rellenos 1 - Stuffed eggs with tuna

4 large eggs

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

100g tinned tuna, drained and flaked

4 green olives, finely chopped

½ teasp lemon juice

Salt and black pepper to taste

50ml mayonnaise

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

Serves 4 as a tapa with a slice of bread

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

*From a recipe by Janet Mendel Searl*

## Huevos Rellenos 2 - Stuffed eggs with anchovies

2 large eggs

30g tinned anchovies, finely chopped

1 teasp olive oil

A few drops of lemon juice

½ teasp Dijon mustard

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

2 tablesp mayonnaise

1 tablesp parsley, finely chopped

Salt and black pepper to taste

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

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

*From a recipe by Rosie Sykes*

## **Queso con membrillo (cheese with quince jelly)**

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

### **(i) with manchego cheese**

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

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

### **(ii) with soft white cheese**

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

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

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

## Cauliflower and Garlic

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

Dressing:

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

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

*As served in Beni's bar, Campillos*

## Chicken livers and hearts (higados y corazones de pollo)

450g chicken livers and hearts

1-2 tablesp olive oil

½ medium onion, chopped

1-2 cloves garlic chopped

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

Salt and pepper to taste

125ml red wine

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

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

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

## Riñones al jerez (kidneys with sherry)

4 tablesp olive oil

1 meduim to large onion, finely chopped

2 garlic cloves, finely sliced

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

150g dry sherry

salt and pepper to taste

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

finely chopped parsley to garnish

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

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

Serves 6 as a tapa.

## Pinchos morunos

500g pork, trimmed of fat

Marinade: 4 tablesp olive oil

1 teasp ground coriander

1 teasp ground cumin

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

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

½ teasp ground turmeric

½ teasp dried oregano

½ teasp dried thyme

A pinch of salt

A pinch of sugar

1 large lemon, cut into 6 wedges

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

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

### **Note:**

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

*Closely based on a recipe by Rachel Kelly*

## Torreznos de Soria

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

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

Salt or garlic salt, and pepper to taste

Plenty of olive oil

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

### Notes:

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

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

230g packet of Torreznos de Soria precocinado

500ml olive oil

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

## Aceitunas a la Sevillana (Sevillan olives)

160g (drained weight) large pitted Spanish green olives

4 peeled cloves garlic

¼ teasp dried rosemary

½ teasp ground cumin

½ teasp dried oregano

½ teasp dried thyme

2 bay leaves

½ teasp fennel seed

4 tablesp white wine vinegar

Water

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

### Variation – stuffed Seville olives

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

*Based on a recipe by Penelope Casas*