

# The GoWithTed Cookbook – 2023

## 4

### **Side dishes and salads**

## THE GOWITHTED COOKBOOK

V	Vegetarian recipe
Ť	Vegan recipe
Vf	Vegetarian recipe, with a fish version mentioned in the text
Ťv	Vegan recipe, with a vegetarian version mentioned in the text

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## (i) Side dishes

### Potatoes with rosemary and roasted garlic

500g potatoes

1 tablespoon olive oil

3 sprigs fresh rosemary (or ½teasp dried rosemary)

1 whole head of garlic

Salt to taste

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

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

**Note:**

If you have pre-prepared roast garlic (see page 35) use that. Add it to the potato and rosemary wrap before cooking.

## Roast Broccoli *amended in 2022*

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

400g broccoli florets (small to medium size)

Salt to taste

Black pepper to taste (but be generous)

1 tablesp sesame seeds

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

### Variations:

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

## Cannellini bean mash

1 X 400g tins of cannellini beans

2 tablesp olive oil

½ a small onion, finely chopped

2 garlic cloves, chopped

Salt and black pepper to taste

Up to 100ml water (or vegetable stock)

A handful of chopped parsley

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

### Variation:

- Mix in a tablespoonful of pesto

## Chickpea mash

1 400g tin of chickpeas, drained

Salt and black pepper to taste

A pinch of paprika

A pinch of cumin

1 tablesp lemon juice

1 tablesp extra virgin olive oil

- Mash the chickpeas in a bowl with a fork or potato masher
- Add the salt, pepper, paprika, cumin, lemon juice and olive oil and mix well
- Mash once more
- Taste, adjust the seasonings if necessary and mix
- Serve

Serves 2

### Notes:

- This isn't meant to be smooth (you aren't trying to make hummus), but if it's a bit too chunky then a quick blitz with a stick blender can break it down a little more. Don't overdo it.
- If you'd like a little greenery in the mash, add a little chopped parsley or chives

## Sweet potato mash

Sweet potatoes, peeled and chopped

Salt, pepper and butter to taste

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

## Brussels sprouts with potatoes and parmesan

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

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

### Variations:

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

*Based on a Cranks recipe*



## Cheat's Sauerkraut

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

1 tablesp sunflower oil

40g finely chopped onion

250g white cabbage, very thinly shredded / grated

110ml cider vinegar

40ml water

Salt to taste

½ teasp caraway seeds

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

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

*Closely based on a Rick Stein recipe*

## Asparagus a la plancha

Bunch of fresh new asparagus spears, with thin stalks

A little olive oil

Sea salt

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

### **Note:**

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

## Refried beans

2 tablesp olive oil

2 garlic cloves, roughly chopped

1 400g tin of pinto beans, drained

½ teasp cumin powder

Pinch of chilli powder (or more, to taste)

Salt to taste

Juice of ½ a lime

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

Note:

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

*Based on a recipe by MarasFlourpower at allrecipes.com*

## Okra with pomegranate molasses *added in 2022*

1 tablesp olive oil

1 clove garlic, thinly sliced

200g frozen cut okra (bhindi)

A pinch of salt

A pinch of ground cinnamon

1 tablesp pomegranate molasses

1 tablesp hot water

A small bunch of fresh coriander, roughly chopped

Salt and pepper to taste

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

Serves 1

### Notes:

- The frozen cut okra are in pieces about 1cm long. If using fresh okra, use the smallest you can find and cut into pieces 1-2 cm long
- You can add a little more water, if necessary to stop the molasses sticking to the pan
- Works well as a side dish to the Chicken Thighs Middle Eastern Style recipes (pages 337-339) and Breast of Duck with Pomegranate Molasses (page 345)

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

## (ii) salads

### French dressing / vinaigrette

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

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

#### Notes:

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

#### Variations:

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

## Coriander vinaigrette *added in 2022*

Half of a small red onion, very finely diced

A small garlic glove, crushed

60ml olive oil

1 tablesp red wine vinegar

Salt and pepper to taste

½ teasp ground coriander

A few chilli flakes (to taste)

A small handful of fresh coriander leaves, roughly chopped

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

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

## Bean salad

1 400g tin cannellini beans

1 400g tin borlotti beans

60g sweetcorn

½ a green pepper, very finely chopped

6 cherry tomatoes, chopped

Small handful parsley, very finely chopped

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

Vinaigrette (see previous recipes)

Salt and black pepper, to taste

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

### Variations:

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

## **Potato salad**

(all quantities variable to taste)

Olive oil  
White wine vinegar  
Dijon mustard  
Salt and pepper  
1 clove garlic  
Potatoes  
1 chopped shallot  
Flat-leaf parsley

- make a vinaigrette by mixing olive oil, white wine vinegar, Dijon mustard, salt and pepper (see page 175)
- add a clove of garlic, peeled but uncut
- store the vinaigrette until ready to eat
- cook and drain the potatoes and cut them while they are still hot
- Leave potatoes to cool
- add a chopped shallot and the vinaigrette (remove the garlic at this point) to the potatoes
- sprinkle with chopped flat-leaf parsley.

### **Variation:**

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



## **Coleslaw**

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

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

### **Notes:**

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

## **Tomato salad**

500g tomatoes, as ripe and fresh as possible  
1 tablesp grated onion (optional)  
6 tablesp extra virgin olive oil  
2-3 tablesp lemon juice  
1 clove garlic crushed  
1-2 tablesp chopped fresh basil  
1 tablesp chopped fresh parsley (optional)  
Salt and black pepper to taste  
A pinch of sugar

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

## **Khatta kheera (cucumber salad)**

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

Cucumber

Garam masala (see page 36)

Cumin powder

Salt

Lime juice

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

*Based on a recipe by Irfan Kahn*

## Courgette salad

100g courgettes

2 tablesp extra virgin olive oil

1 tablesp lime juice

Salt to taste

A few mint and basil leaves

- chop the courgette into fine ribbons
- drizzle them with the olive oil and lime juice
- add the salt and chopped mint and basil
- leave for 5 minutes, then eat

Serves 1 (or 2 as a starter)

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

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

## Mushroom and Crouton Salad

Extra virgin olive oil

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

2 cloves garlic (crushed)

Paprika

125g small button mushrooms, chopped in half

Cos or romaine lettuce (quantity to taste)

½ cucumber

125g cherry tomatoes, chopped in half

A handful of fresh parsley, finely chopped

½ teasp sumac (optional)

Juice of ½ lemon

Salt to taste

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

### Notes:

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

## Mushroom and baby sweetcorn salad

100g baby sweetcorn  
1 spring onion, finely chopped  
100g chestnut mushrooms, sliced  
100g mixed red and green pepper, finely chopped  
50g cucumber, chopped.

### **For the dressing:**

2 tablesp olive oil  
3 cloves garlic, finely chopped  
1 tabsp fresh basil leaves, finely chopped  
Juice of half a lemon  
1 teasp sugar  
Salt and pepper to taste

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

*Based on a recipe by Tarla Dalal*

## Sweetcorn, kidney bean and avocado salad

150g frozen sweetcorn

2 tablesp extra virgin olive oil

Salt to taste

½ teasp spicy smoked *pimentón* (paprika)

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

100g cucumber, cut into small chunks

1 avocado, peeled and roughly chopped

Coriander leaves, roughly chopped

Juice of 1 lime

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

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

## Anchovy and egg salad

2 large eggs

2 thick slices, wholemeal bread, crusts removed

1 tablesp olive oil

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

Salt to taste

1 X 50g tin anchovy fillets in olive oil

2 tablesp

vinaigrette (see page 175)

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

Serves 2

### Variations:

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



## Tuna Salad

200g tomatoes

Salt to taste

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

1-2 tablesp extra virgin olive oil

Fresh oregano or basil leaves

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

Serves 1 (or two as a starter)

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

*Closely based on a recipe by Joe Wright*

## Viennese Herring Salad (Wiener Heringsalat)

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

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

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

Variations and simple and vegetarian versions on next page.

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

## Viennese Herring Salad continued

### Variations:

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

### Vegetarian version – Potato and apple salad:

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

### Herring and apple salad – Simpler version

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

A 275g jar of herrings in dill pickle  
1 Granny Smith apple, cored and chopped  
125g soured cream  
1 tablesp of fresh dill, chopped  
A little black pepper

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

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

## Warm chicory salad

500g (about 8) new potatoes, medium size

150ml olive oil

15 ml red wine vinegar

1 teasp coarse grain mustard

2 large chicory

2 teasp capers

1 tablesp parsley, chopped

Salt and pepper

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

### Variations:

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

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

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

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

garnish with one or two caper berries per serving.

*Based on Guardian recipe by Angela Hartnett*

## Warm halloumi, chickpea and lime salad

100g green beans

1 400g tin chickpeas, drained and rinsed

Zest and juice of 1 lime

4 tablesp extra virgin olive oil

A pinch of chilli flakes, to taste

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

2 roasted red peppers from a jar, drained and sliced

100g cherry tomatoes, halved

A handful of rocket leaves

A small bunch of parsley, chopped

140g halloumi cheese, sliced

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

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

*Recipe from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)*

## Aromatic courgette salad

4 medium courgettes

2 tablesp olive oil

2-3 cloves garlic, finely chopped

½ teasp chilli flakes

1 teasp black mustard seeds, slightly crushed

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

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

50g parmesan cheese, cut into shavings

Salt and pepper to taste

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

### Variations:

Instead of mustard seeds use any of the following:

- fennel seeds
- cumin seeds
- caraway seeds

*Based closely on an Ursula Ferrigno recipe*

## Tabbouleh

150g bulgur wheat

Salt and pepper

Juice of 2 lemons

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

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

60 ml olive oil

1 tablesp white wine vinegar (optional)

1-2 large bunches of parsley, finely chopped

250g cherry tomatoes

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

## **Bulgur Wheat, harissa and olive salad**

*amended in 2022*

150g bulgur wheat  
Up to 75g rose harissa, to taste (see note)  
100g goats cheese, crumbled  
75g red peppers, finely chopped  
250g pitted green olives, drained  
5 sundried tomatoes, chopped  
40g pumpkin seeds  
2 tablesp extra virgin olive oil  
Juice of half a lemon  
Salt to taste

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

### **Notes:**

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



## Ezme salad

*amended in 2022*

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

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

### **Note:**

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

*Recipe by Anna Jones*

## Fattoush

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

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

### Variations

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

## Tomato, bread, anchovy and caper salad

110ml olive oil

4 cloves garlic, crushed

6 anchovy fillets in oil, drained and finely chopped

½ teasp salt flakes

100g sourdough bread, thickly sliced

500g ripe tomatoes, roughly chopped

1 lemon, zest grated, then juiced

1 tablesp capers, drained and roughly chopped

5g parsley leaves, finely chopped

5g basil leaves, finely chopped

A pinch of chilli flakes, to taste

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

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

*Closely based on a recipe by Yotam Ottolenghi*

## Warm spiced chicken salad

2 chicken breasts, skinned

For the marinade: 3 tablesp olive oil

1 tablesp white wine vinegar

2 cloves garlic, crushed

1 teasp garam masala (see page 36)

¼ teasp chilli powder (or to taste)

Salt and pepper to taste

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

6 cherry tomatoes, halved or quartered

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

1 small handful chopped parsley

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

1-2 tablesp vinaigrette (see page 175)

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

### Notes:

- serves two as a main course salad
- serves four as a starter. In this case omit the cannellini beans to keep the dish light
- keep the vinaigrette to a minimum. The bulk of the flavour should come from the chicken pieces and juices.