

The GoWithTed Cookbook – 2023

5

Main courses - vegetarian

THE GOWITHTED COOKBOOK

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

5 Main courses – vegetarian

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(i) vegetable dishes

Ratatouille

2 tablesp extra virgin olive oil
1 large onion, finely chopped
2 cloves garlic, crushed
1 green pepper, cored, seeded and sliced
500g courgettes, sliced
1 large aubergine, sliced
500g tomatoes, skinned and chopped (or 1 400g tin tomatoes, drained)
1 teasp dried basil and/or mixed herbs
Salt and freshly ground black pepper to taste
pinch of sugar (or more to taste)
1 tablesp tomato puree

- heat the oil in a large saucepan, add the onion and fry gently until soft
- as the onion softens, add the garlic and green pepper, stir, and cook for 1-2 minutes
- add the courgettes, aubergine and tomatoes, and stir
- add the basil and/or mixed herbs, salt, black pepper, sugar and tomato puree and mix well
- cover and simmer gently for about 30 minutes, stirring occasionally
- this is a stew, so the vegetables should be fairly soft (but not mushy) and the juices thick. Add a little water if there is not enough liquid from the vegetables.
- A few minutes before serving taste and adjust the salt, pepper and sugar, as necessary.
- serve (serves 4)

Variations:

This can be varied according to what Mediterranean vegetables are available. Courgettes and tomatoes are essential, either aubergines or peppers can be omitted, the peppers can be yellow or red. A few whole small button mushrooms can be added.

Loosely based on a Delia Smith recipe

Quick ratatouille with quinoa *added in 2022*

1 tablesp extra virgin olive oil

3 cloves garlic, peeled and sliced

300g frozen chopped vegetables for ratatouille (see note)

150ml tomate frito

Salt to taste

Spicy smoked paprika to taste

1 X 125g tub of instant white and red quinoa (see note)

A few basil leaves, torn (optional)

- heat the olive oil in a pan and add the garlic
- fry for a few minutes until it begins to brown
- add the vegetables and tomato frito and stir well
- add the salt and paprika and stir
- heat and simmer for a few minutes until the frozen vegetables are fully cooked. The time will depend on the size of the vegetable chunks
- meanwhile heat the quinoa in the microwave, according to the instructions on the packet (usually one minute cooking plus one minute resting)
- serve the quinoa on a plate, pour the ratatouille over and top with the basil leaves if you have them
- Serves 1

Note:

This is a quick in-from-the-pub-and-hungry meal. I've cooked this in Spain using a packet of frozen '*pisto de verduras para ratatouille*' – in the UK the equivalent is frozen Mediterranean (chargrilled) vegetables. The microwave quinoa may not be available in portions for one – for examples Sanisbury's sell 250g sachets.

Shakshuka *added in 2022*

2 tablesp olive oil
1 large onion, sliced
1 red pepper, deseeded and cut into long slices
1 green pepper, deseeded and cut into long slices
Salt and black pepper to taste
2 garlic cloves, finely chopped
¼ teasp cumin seeds
¼ teasp caraway seeds
A pinch of chilli powder
1 tablesp tomato puree
1 X 400g tin of chopped tomatoes
A pinch of sugar
a small bunch of coriander leaves, roughly chopped
a small bunch of parsley, roughly chopped
4 eggs

- [heat the olive oil in a frying pan with a lid](#)
- [add the onions, peppers, salt and pepper. Cover the pan, and cook over a medium heat for ten minutes or so, until they have softened \(ideally they should still have a little bite\)](#)
- [add the garlic and cook for a further two minutes](#)
- [sprinkle the caraway, cumin and chilli into the pan, stir in the tomato puree and cook for a further two minutes](#)
- [add the tomatoes and sugar, with a splash of water](#)
- [simmer the sauce, uncovered, for ten minutes or so, until it has reduced a little. It shouldn't be runny but shouldn't be too dry wither – if it does look dry add another splash of water. Check the seasoning.](#)
- [add the coriander and parsley, stir and cook for a further minute or two](#)
- [make 4 little wells in the sauce. One at a time, break the eggs into a cup and drop them carefully into the wells](#)
- [cook for a few minutes until the whites of the eggs are just set and the yolks are still runny](#)
- [serve. Serves 2](#)

Notes and variations:

- [take it easy on the chilli – it shouldn't overwhelm the other spices and herbs](#)
- [serve with some thick yoghurt on the side and/or a slice of bread to mop up](#)
- [optionally, crumble 50g of feta cheese and sprinkle over the dish when served.](#)

Recipe by the Hairy Bikers

Aubergine, mushroom and bean casserole *added in 2022*

1 tablesp sunflower oil
1 onion (approx. 100g), roughly chopped
1 garlic clove, crushed
130g chestnut mushrooms, halved
1 large aubergine (300-400g), cut into large chunks
1 X 400g tin borlotti beans, drained
2½ tablesp brown sugar
½ teasp smoked paprika
100ml vegetable stock
2 tablesp miel de caña (or pomegranate molasses, or treacle)
1 tablesp tomato puree
2 teasp dijon mustard
1 tablesp sherry vinegar
1 tablesp chopped parsley
A little salt to taste (optional - shouldn't need much)

- heat the oil in a large heavy frying pan or casserole dish
- fry the onions over a medium heat for 5 minutes or so until golden brown and softened
- add the garlic and cook for a further minute
- add the mushrooms and aubergines and cook for 10 minutes (add a little more oil or a little water if necessary)
- stir in the borlotti beans, brown sugar, paprika, vegetable stock, miel de caña, tomato puree, mustard, sherry vinegar, parsley and salt (if using), mix well and bring to the boil
- turn the heat down, cover and simmer for 45 minutes
- serve

Serves 2. Serve with flatbreads or heated potato cakes/scones

Based on a recipe by Simon Rimmer on the BBC Food website

Pesto aubergines

1 large aubergine (about 400g)

2 About 100ml olive oil

Pesto sauce (see recipe on page 21)

Grated parmesan cheese

- cut the aubergine in half lengthways
- cut slits into the aubergine in a square pattern (about 1cm squares) without piercing the skin. This lets the aubergine cook quickly.
- heat the olive oil in a frying pan until medium hot, slide in the aubergine halves, skin side up, and cook until golden and tender, about 10 minutes.
- turn the aubergines over and cook for 2 minutes more
- meanwhile make the pesto sauce (see separate recipe)
- remove the aubergines from the pan, put them flesh side up in a grill pan
- spread with plenty of pesto and cook under a fairly hot grill until the pesto just starts to bubble
- remove and serve, sprinkling grated parmesan on top to taste

Serves 1 or 2.

Notes:

Note that aubergines absorb plenty of oil, so use a good quality oil and don't use too much. Serve with a plain salad and some boiled new potatoes.

It is possible to use a good quality bought green pesto though would benefit from being garnished with some torn fresh basil leaves.

Based on a Nigel Slater recipe.

Aubergines with tomato and spinach

2-3 tablesp extra virgin olive oil
1 large aubergine (about 300g), sliced and roughly chopped
200ml tomate frito or passata
8 cherry tomatoes, halved
80g young spinach leaves
1 teasp mild paprika (pimentón dulce)
Chopped parsley to garnish

A very quick and simple stew of aubergines, tomato and spinach

- heat the oil in a non-stick frying pan, add the chopped aubergine, and cook over a medium heat for 2-3 minutes. The aubergine will absorb the oil so take care that the aubergine does not stick to the pan, and do not be tempted to keep adding more oil
- add the tomate frito and heat through
- add the tomatoes, spinach and paprika, stir, and cook for a few more minutes until the aubergine has softened (but still has some bite), the spinach has wilted, and the tomatoes have begun to soften
- Serve, garnished with chopped parsley

Serves 2 and can be served with rice or couscous. This recipe can also be used as a side dish.

Variation:

- For a spicier dish use smoked spicy paprika (pimentón ahumado picante) instead of mild paprika (or a mixture of the two, according to taste).

Zaalouk – aubergine and tomato stew *added in 2022*

Similar to the previous recipe but more spicy and cooked slowly to deepen the flavours

1 large aubergine (about 300-350g), cut into bite sized pieces
2-3 tablesp extra virgin olive oil
2 teasp spicy smoked paprika (or to taste)
1 heaped teasp ground cumin (or to taste)
Salt, to taste
250g tomate frito or passata
2 cloves garlic, roughly chopped
1 teasp lemon juice
1 teasp sugar
200g ripe tomatoes, roughly chopped
Black pepper to taste
A handful of pine kernels

- Preheat the oven to 180°C (160°C fan, gas mark 5)
- Place the aubergine on a baking tray or in a large ovenproof dish or cazuela
- Pour over the olive oil
- Add the paprika, cumin and salt and mix well to evenly coat the aubergine
- Cook in the oven for 20 minutes, turning once
- Remove from the oven and add the tomate frito, garlic, lemon juice, sugar, tomatoes and pepper
- Cover the tray or dish with foil, return to the oven and cook for about 30 minutes. Check during cooking that the mixture hasn't dried out – stir in a little water if it has
- Meanwhile toast the pine kernels in a dry frying pan
- Remove from the oven, add more salt, pepper and lemon juice if required
- Serve, garnished with the toasted pine kernels

Serves 2 served as a main with flatbreads or more people, served with other dishes s part of a meze.

To turn this recipe into a dip see page 72

Roughly based on a recipe at www.veganrecipeclub.org.uk

Stuffed peppers

A vegetarian recipe disinterred from the 1970s when herbs were the most exotic thing available, but none the worse for that

2 large peppers (red, green or yellow), about 250g each

For the stuffing:

1 egg

1 teasp Marmite (yeast extract)

125g finely ground mixed nuts

125g finely chopped onion

60g finely chopped celery

60g grated mature cheddar cheese

Salt and black pepper to taste

a large pinch of fresh thyme leaves

a pinch of dried marjoram

1 clove garlic, crushed

- in a mug beat the egg with the yeast extract
- in a bowl mix together all the other stuffing ingredients
- pour in the egg mixture and mix well and set aside until required
- meanwhile preheat the oven to 200°C
- cut the peppers in half lengthwise and remove the seeds and stalk
- blanch the pepper halves in boiling water for a maximum of 2 minutes, drain and place on a baking tray
- spoon the stuffing mix into the pepper halves until they are full
- cook the stuffed peppers for 15-20 minutes
- serve

Serves 2. Serve hot with tomato sauce (see page 17) or brown sauce (see page 37)

Variation:

- when the peppers have been stuffed top with more grated cheese before placing in the oven

For fish versions of this recipe see pages 301 and 302

Roast Cauliflower

1 small cauliflower, trimmed and separated into small florets (about 500g of florets)

1 red onion, peeled and sliced into wedges

20g pitted green olives, halved

1 teasp sweet smoked paprika

20g pumpkin seeds

2-3 garlic cloves, peeled and crushed

2 -3 tablesp olive oil

Salt and pepper to taste

10g parsley, roughly chopped

- heat the oven to 220°C (fan 200°C, gas mark 7)
- put everything except the parsley in a bowl and mix well (this can be done in advance)
- spread out on a baking tray
- roast for about 25 - 30 minutes, until the cauliflower is fairly soft and browned
- leave to cool for a minute or so, stir in the parsley and serve

Serves 2

Variations:

- use pine nuts in the mix instead of pumpkin seeds OR toast 20g pine nuts in a dry frying pan and stir in with the parsley after cooking the cauliflower
- for a simple version omit the onion and olives (you may wish to add an extra clove of garlic in this case)

Non-vegetarian version:

- add 75-100g cooking chorizo, skinned and cut into 2cm pieces

Based on a recipe by Yotam Ottolenghi

Cauliflower with saffron, pinenuts and raisins

1 medium cauliflower
3 tablesp olive oil
1 large onion, thinly sliced
1 teasp saffron strands
3 tablesp pinenuts
50g raisins
Salt and black pepper to taste

- remove the outer leaves from the cauliflower and divide into small florets. The smallest leaves can be used in the dish, as can the thinnest parts of the stalk, chopped. Altogether there should be about 350g cauliflower
- bring a large saucepan of salted water to the boil, add the cauliflower, put the lid on, bring back to the boil and blanch the cauliflower for a minute, then drain in a colander and set aside
- heat 2 tablesp of the oil in a heavy saucepan, add the onion and cook slowly for about 15-20 minutes until golden and sweet. Stir every few minutes so they cook evenly and do not stick
- while the onion is cooking infuse the saffron threads in 4 tablesp boiling water, lightly toast the pinenuts in a dry frying pan and soak the raisins in warm water
- when cooked, remove the onions but keep the remaining oil in the pan
- add the third tablesp of olive oil and re-heat until hot
- add the cauliflower and fry for a few minutes, stirring, until it begins to colour
- add the onion, the saffron-infused water, the pinenuts and the drained raisins
- toss and mix and cook for 5 minutes, stirring, until the saffron water has more or less evaporated.
- season with salt and pepper and serve

Serves 2 as a main course

Recipe from Moro the Cookbook by Sam and Sam Clark.

Asparagus, halloumi and new potatoes *added in 2022*

300g new potatoes, scrubbed and cut into small chunks

3 cloves garlic

2 tablesp olive oil

Salt and black pepper, to taste

200-250g asparagus

100-125g halloumi, cut into small cubes

1 tablesp lemon juice

A small handful of chopped parsley

- preheat the oven to 190°C (170°C fan, gas mark 5)
- put the potatoes into a roasting tray
- chop the heads off the garlic cloves, leave unpeeled, bash with the side of a knife, and add to the roasting tray
- add the olive oil, salt and pepper and toss well
- roast in the oven for 30 minutes
- meanwhile cut the woody ends from the asparagus and dispose. Chop the spears into 3cm lengths and leave the tips whole
- remove the potatoes from the oven, add the asparagus and the halloumi, and toss well
- everything in the tray should be in a single layer
- return to the oven and roast for another 15-20 minutes until the asparagus is tender
- remove from the oven and, **either**, discard the garlic, **or**, squeeze the roast garlic out of its skin into the mix
- sprinkle the mix with the lemon juice and toss again
- serve, scattered with parsley and some more black pepper

Non-veggie version:

- replace the halloumi with chorizo, skin removed and cut into bite-sized slices.

Serves 2

Closely based on a recipe by Hugh Fearnley-Whittingstall

Vegetable kebabs

About 300g per person roughly chopped carrot, aubergine and courgette

For the marinade: 250g plain yogurt

3 cloves garlic crushed

2 tablesp olive oil

1 tablesp seeds to taste (Cumin, coriander, mustard)

1 tablesp spices to taste (cumin, coriander, ginger, paprika)

Some chopped fresh parsley or coriander

Salt and pepper to taste

A little chilli powder (to taste)

- prepare the vegetables. Slice and roughly chop the aubergines and courgettes. Boil the carrots for 3-4 minutes, cool, and roughly chop
- prepare the marinade by mixing the ingredients in a large bowl
- add the vegetables and mix well, then marinade for a few hours or overnight
- string the vegetables on skewers in order (eg aubergine, courgette, carrot, aubergine etc
- cook the kebabs under a hot grill until the vegetables are cooked. Turn from time to time and spoon over some of the remaining marinade from time to time
- serve with plain or pilau rice and a mixed salad.

Notes/variations

- This dish is infinitely variable. Other vegetables that can be used include mushrooms, parsnips, small new potatoes, chunks of green or red pepper, squash, turnip and so on.
- hard vegetables should be cooked for a few minutes and peppers should be blanched for 1 or 2 minutes, then cooled. Soft vegetables can be marinated as they are. The end result should be vegetables with a bit of bite to them
- the marinade can be as herby or spicy as you wish. The key ingredients are the yoghurt and oil, and there should be enough so that it can be spooned over the kebabs during cooking to keep them moist.

Broccoli, fennel and chickpea stew

3 tablesp olive oil (plus more to garnish)
1 large onion, peeled and chopped
2 small fennel bulbs (250-300g), finely sliced
1 large head of broccoli (about 450g)
3 garlic cloves, crushed
1 dried red chilli or a pinch of chilli flakes
1 litre vegetable stock
1 tin (400g) chickpeas, drained
100g orzo
Salt to taste
Lemon juice

- heat the oil in a casserole and, when hot, add the onion and fennel
- cut off the broccoli stalk and chop it into small dice
- add the broccoli stalk, crushed garlic and chilli to the pot
- cook the mixture on a low to medium heat for about 20 minutes, until soft, stirring from time to time
- add the stock, chickpeas and orzo pasta, bring to the boil then reduce the heat and cook for about 5 minutes
- break up the broccoli florets into small bite sized pieces and add to the pot
- cook for about a further 5 minutes, until the stew is quite thick, and the orzo is cooked through
- season with salt
- serve by ladling into bowls and drizzle each bowl with lemon juice and olive oil, to taste
- if the fennel bulbs had fronds attached, they can be used as a garnish

Serves 4

Closely based on a recipe by Meera Sodha

Chickpea, spinach and rose harissa

1 tablesp sunflower oil
80g very finely chopped onion
80g very finely chopped sweet red pepper
3 cloves garlic, crushed
1 tablesp tomato puree
Salt to taste
A pinch of sweet paprika
½ teasp cumin
1 tablesp rose harissa (or more, to taste)
½ of a 400g tin of chopped tomatoes
1 400g tin of chickpeas, including their liquid
100g baby spinach leaves
Lemon juice, to taste

- heat the oil in a saucepan, add the onions and red pepper and fry until soft
- add the garlic and cook for a further 2 minutes
- add the tomato puree, salt, paprika, cumin and rose harissa and cook for a further 5 minutes, stirring from time to time
- add the tomatoes and cook for a further 10 minutes
- add the chickpeas and simmer for 10 minutes more
- add the spinach, mix well and cook until wilted
- check the seasoning, add lemon juice to taste and serve

Serves 2, with rice or a side salad

Notes:

- this recipe can also be used as the base for a vegetable and/or bean stew
- rose harissa works well with other chickpea recipes such as the chickpea and vegetable stri fry (page 214) and spinach and chickpeas with rice (page 232).

based on a suggestion for a stew base by Meera Sodha

Chickpea and vegetable stir-fry

1 tablesp tomato puree
¼ teasp ground ginger
½ teasp ground cumin
¼ teasp chilli powder
A little water
1 tablesp olive oil
1 400g tin chickpeas, drained
4 cloves garlic, crushed
1 small onion finely chopped
4 florets broccoli finely chopped
1 medium carrot finely chopped
1 tomato chopped
80g baby spinach leaves
Salt and pepper to taste
A few drops of lemon juice

- mix together the tomato puree, ginger, cumin, chilli powder, and water
- meanwhile heat the oil in a wok over a high heat
- add the chickpeas and stir
- add the garlic, onion, broccoli and carrot, continuously stirring
- add the tomato and spinach, stirring
- add the tomato puree and spice mixture, stirring
- add the salt, pepper and lemon juice
- stir-fry for 2 minutes and serve

Serves 2

This is a quick meal to make (basically, fling everything together in a wok) and a good way of using up leftover vegetables – the combination of vegetables can be varied.

Quick bean and vegetable mix

Another quick meal, using store cupboard tins and spices

3 tablesp olive oil
½ a large onion, chopped
3 cloves garlic, crushed
200g (½ a tin) of chopped tomatoes
One small tin of sweetcorn, drained
100g baby spinach leaves
150g cooked cannellini beans
Salt to taste
½ teasp spicy smoked paprika
½ teasp turmeric
2-3 dried red chillies
Juice of half a lime

- heat the oil in a large frying pan, then fry the onion for 5 minutes over a medium heat until softened
- add the garlic and cook for a minute
- add the chopped tomatoes, sweetcorn, spinach, and beans and mix well
- add the salt, paprika, turmeric and chillies and mix well
- cook for a few minutes until well heated through
- add the lime juice just before serving
- serve, removing the chillies

Serves 2

Non-veggie version:

Add a small tin of tuna in olive oil along with the beans.

Roast vegetables and puy lentils

1 smallish aubergine (about 300g)
2 small red peppers (about 300g)
1 medium onion (80-100g), peeled and roughly chopped
3 garlic cloves
4 tablesp olive oil
½ teasp dried marjoram
½ teasp dried oregano
½ teasp salt or to taste
Juice of half a lemon
½ teasp chilli flakes
75g frozen peas
250g pack of pre-cooked puy lentils

- heat the oven to 180°C (gas mark 4)
- chop the aubergine and peppers into bite sized pieces, and place in a large bowl together with the onion
- roughly crush the whole, unpeeled garlic cloves and add to the bowl together with two tablesp of the oil, the marjoram, oregano and half of the salt
- mix everything well until the vegetables are coated with herby oil, then tip everything out into a roasting tray (don't wash up the bowl)
- roast the vegetables for 40 minutes, stirring once, halfway through
- meanwhile make a dressing in the bowl by adding the remaining two tablesp olive oil, the lemon juice and chilli flakes and mix well
- meanwhile defrost the peas in hot water, drain and keep warm, and heat the lentil in a little water until hot
- lift the roasted garlic cloves from the tray, squeeze out the flesh, roughly chop and stir into the dressing
- tip the lentils and peas into the bowl, add the roast vegetables and the remaining salt, toss well and serve.

Serves 2.

Notes:

- if you have ready-roasted garlic (see page 35) a spoonful (to taste) can be added at the end instead of roasting new cloves
- this dish can also be served cold as a salad, in which case there is no need to heat the lentils.

Based on a recipe by Meera Sodha

(ii) Indian Vegetable Dishes

Basic vegetable curry

For curries made from any combination of the following vegetables from a single vegetable to a mixture of all of them, the instant curry paste (page 27), standard curry sauce (page 28) or a combination of the base curry sauce, garlic and ginger paste and Kashmiri paste (pages 30-33) can be used.

Cauliflower
Potatoes
Courgettes
Carrots
Green beans
Broad beans
Peas

Method (i)

- heat some oil in a saucepan
- gently fry some onions in the oil until soft (optional)
- add the curry sauce and cook for about 3 minutes
- then add the vegetables and any other sauce ingredients. (eg tomato sauce, chopped tomatoes, coconut milk)
- cook until the vegetables are ready and serve.

Method (ii)

- boil or steam the vegetables for 2 or 3 minutes (and drain if necessary)
- heat the sauce in a wok, add the semi-cooked vegetables, mix well and cook for a few minutes over a high heat, stirring, until the vegetables are ready.

Indian vegetable curry

200g karela
Cooking salt
4 tablesp sunflower oil
100g onion, finely chopped,
5cm piece of ginger, peeled and finely chopped
2 cloves garlic, crushed
1 teasp turmeric
1 teasp chilli powder
200g Okra, trimmed and sliced
200g aubergine (the small Asian kind), sliced and chopped
150g tinda, diced
Salt to taste
1 tablesp garam masala (see page 36)
300ml water

- Prepare the karela by scraping off the pointy bits, then halve lengthwise, remove the seeds, and chop into pieces 3cm long. Sprinkle generously with the cooking salt, leave for several hours if possible then rinse well
- blanch the karela in boiling water for two minutes, drain and set aside
- Heat the oil and fry the onion and ginger over a medium heat until the onion is soft and beginning to brown
- Add the garlic, turmeric and chilli powder to the onions and ginger and cook for 1-2 minutes
- Add the okra, aubergine, tinda and karela and salt and fry gently for about 10 minutes
- Add the water, cover and cook for a further 10 minutes or so until the vegetables are tender
- Sprinkle the garam masala over the curry and stir
- This should be fairly dry. If the sauce is too thin bring it to the boil and reduce it for a minute or two
- Serve. Serves 4.

Note: if you can't get hold of small aubergines use a large, peeled one.

Loosely based on a recipe in the Shish Mahal Cookbook

Dry vegetable curries

The following three dishes are dry dishes and need slightly different treatment. They are best served as a second curry, alongside a curry with more sauce.

(i) Sag Aloo (Spinach and potato curry)

250g spinach leaves
250g potatoes
3 or 3 tablespoons sunflower oil
1 small onion, thinly sliced
1-2 cloves garlic, thinly sliced
½ teaspoon ground coriander
¼ teaspoon chilli powder
½ teaspoon paprika
½ teasp ground ginger
Salt and black pepper

- prepare the vegetables. Gently cook the spinach in very little water until it wilts, then drain. Peel and chop the potatoes into roughly one-inch cubes
- heat the oil, add the onion and garlic and cook gently for 2 minutes
- add the coriander, chilli, paprika and ginger and cook, stirring, for 1 minute
- then add the potatoes and spinach and season with salt and pepper
- simmer very slowly until the potatoes have softened, and the vegetables have absorbed the spice mixture
- this dish should be very dry, and relies on the water held by the spinach, but it may be necessary to add a little water

(ii) Carrot and cashew nut curry

100 ml sunflower oil
300g carrots, cut lengthways into thick strips about 7cm long
1 medium onion, sliced (80-100g)
a 5cm piece of fresh ginger, cut into thin lengthways strips
1 teaspoon garam masala (see page 36)
1 Heaped teaspoon plain white flour
200g cashew nuts
200ml vegetable stock
Salt to taste
2 tomatoes, chopped coarsely
finely chopped parsley to garnish (optional)

- heat the cooking oil and fry the onions and carrots for 2-3 minutes, until the onions have begun to soften
- add the ginger and garam masala and stir
- add the flour, stirring
- as the mixture thickens add the cashew nuts, stock and salt
- bring to the boil and simmer, covered, for about 8-10 minutes, until the carrots are soft enough to eat
- add the tomatoes, cook for 3 minutes and serve (optional - garnished with parsley)

Serves 2 as a main course, 4 with rice or more, as part of a thali.

Note: this should have a little, fairly thick sauce, but if there is too much or it is too thin, rapidly boil it to get rid of the excess liquid. If there is too little sauce add more stock along with the tomatoes

(iii) Courgette and coconut curry

500g courgettes, sliced about 1cm thick (large courgettes should be sliced in half lengthways first)

3-4 tablespoons vegetable oil

1 medium onion, sliced

chilli powder to taste, from a pinch to a teaspoon

Salt to taste

½ teaspoon black pepper

2-3 heaped teaspoons desiccated coconut

- heat most of the oil in a frying pan, add the courgette slices and fry for a few minutes until still firm but beginning to soften, then place them to one side (cook for longer if you prefer soft courgettes)
- Fry the onions in the remaining oil until soft
- add the chilli, salt and pepper, stir and cook for 2 minutes
- then add the courgette slices, tossing them until they are fully coated.
- sprinkle the desiccated coconut over the dish and cook for a further 30 seconds until everything is hot
- serve. Serves 2 as a main course with rice, more as part of a thali.

Cauliflower curry *added in 2022*

5 tablesp sunflower oil
1 teasp cumin seeds
½ teasp mustard seeds
1 large cauliflower (about 800g once leaves & stalk removed) cut into bite-sized florets
1 onion (about 100g peeled weight), finely sliced
4 cloves garlic, crushed
1 teasp ground ginger
2 teasp ground coriander
½ - 1 teasp chilli powder, to taste
½ teasp ground turmeric
3 red chillies (fresh or dried), sliced lengthways
400g ripe fresh tomatoes, chopped (or 1 X 400g tin chopped tomatoes)
2 tablesp tomato puree
1 teasp salt
1 tablesp dried fenugreek leaves
1 teasp garam masala (see page 36)
1 tablesp lime juice
Small bunch of fresh coriander, chopped

- heat 3 tablesp of the oil in a large saucepan
- once hot add the cumin and mustard seeds and cook for a few seconds until they pop
- add the cauliflower florets, and fry for a few minutes, until they have begun to brown. Remove and set aside.
- Turn the heat down lower, add the remaining 2 tablesp of oil (if the cauliflower has soaked up the original oil), then add the onions and cook until soft
- Add the garlic and cook for a couple of minutes, stirring
- Add the ginger, coriander, chilli, turmeric, fresh chillies, and stir
- Add the tomatoes and puree, mix well and cook for about 5 minutes, stirring from time to time
- Return the cauliflower to the pan, along with a teasp of salt. Bring to a simmer, cover and cook for about 10 minutes or until the cauliflower is tender
- This is a fairly dry curry but at this stage, if you would prefer more sauce, add some water, to taste, and mix well
- Check the seasoning and adjust the spices or salt to taste
- Once the cauliflower is tender, stir in the fenugreek leaves and garam masala, remove from the heat and leave for a couple of minutes
- Stir in the lime juice and fresh coriander and serve
- Serves 3 as a main course, more as a side dish

Sweet potato and spinach curry

500g (peeled weight) sweet potato, peeled or scraped and chopped into bite sized pieces

3 tablesp sunflower or olive oil

1 large onion, sliced, (about 150g)

4 cloves garlic, crushed

Instant curry paste, made with a little added water (see page 27)

200g baby spinach leaves

100ml boiled water

Salt to taste

1 teasp garam masala (see page 36)

1 tablesp lime juice

- Add the sweet potato to a large pan of water, bring to the boil, simmer for 5 minutes, drain and set aside
 - Meanwhile in a separate pan, fry the onions in the oil for about 7-8 minutes until soft
 - Add the garlic and cook for a minute
 - Add the curry paste and cook for a minute
 - Add the spinach and cook, stirring, until the spinach has wilted
 - Add the sweet potatoes, 100ml water and salt to taste and cook for a few minutes (if it looks dry add more water)
 - Add the garam masala, lime juice and stir well
 - Cook for a further 1 – 2 minutes and serve
- Serves 2 as a main course, 4 as a side dish*

Notes:

- This dish benefits from setting aside to allow the flavours to mingle and develop. If you have time, leave for a while before reheating and adding the lime juice and garam masala.
- Sweet potatoes soften much quicker than potatoes. Be careful not to parboil them for too long. The trick is to end up with chunks which are fairly soft but not disintegrating into mush.
- You can use your own shortcuts such as shop bought curry paste/sauce and frozen spinach

Original idea from David Webster

Spiced potatoes

500g potatoes, peeled and chopped into bite-sized pieces

2 tablesp sunflower oil

1 tablesp black mustard seeds

A pinch of fenugreek leaves

A knob of fresh ginger, peeled and chopped

3-4 cloves garlic, crushed

½ teasp chilli powder (or more, to taste)

1 teasp turmeric

1 teasp asafoteida

2 tablesp water

2 tablesp lemon juice

Salt and black pepper, to taste

Chopped coriander leaves to garnish (optional)

- parboil the potatoes in a pan for 10 minutes, drain, and set aside
- meanwhile, heat the oil in a large frying pan and add the mustard seeds
- cook over a fairly high heat until they pop
- turn down the heat then add the fenugreek leaves, ginger and garlic, and cook for a couple of minutes, stirring and taking care that the garlic doesn't burn
- add the chilli powder, turmeric, asafoteida and the water and cook for a minute or so, stirring
- add the potatoes and toss gently to ensure that they are coated with the spices
- add the lemon juice and mix
- taste, and add salt and pepper to taste
- cook for a minute or so, until the potatoes are heated through
- serve, garnished with coriander, if using

Serves 1 or 2 as a main course, up to 4 as a side dish

From a conversation with Michael Boaler and loosely based on a recipe by Veena Azmanov.

Aloo chat

200g chick peas (or 1 X 400g tin chick peas)

500g new potatoes

1 teasp cumin

1 teasp ground black pepper Salt

to taste

½ teasp dried mint

½ teasp chilli powder

½ teasp ground ginger

1 tablesp lemon juice

120g natural yoghurt

2 crisp fresh poppadoms or 5 crisp pani puri

- if using dried chick peas, soak them overnight in cold water, drain, and boil in plenty of water for about 1 hour until tender
- boil the potatoes for about 15 minutes, drain and cut into 2cm dice,
- meanwhile, if using tinned chick peas, heat them then drain
- in a bowl mix the potatoes with the chick peas, while still hot or warm
- mix the cumin, salt, pepper, mint, chilli powder, and ginger
- put a small dry frying pan on a low heat and add the spice mix. Stir until fragrant then immediately remove from the heat
- stir half of the spice mix into the potato / chick pea mix and half into the natural yoghurt
- add the lemon juice to the potato / chick pea mix and stir
- break the poppadoms / pani puri into small pieces, and stir most of them into the potato/ chick pea mix
- spoon the spiced yoghurt over the potato/chick pea mix and garnish with the remaining poppadum/*pani puri* pieces
- serve. This dish can be served and eaten hot, warm or cold

Variations:

- garnish with fresh coriander
- chop the cooked potatoes into small dice (about 0.5cm), if being eaten with chapattis or dosas
- serve with more yoghurt or cucumber raita (see page 67) on the side, to counteract the spiciness of the dish

Aubergine curry (Brinjal bhaji)

Amended in 2022

2 large aubergines (about 600g)
2 tablesp sunflower oil
1 onion, finely chopped (about 100g peeled weight)
1 teasp mustard seeds (optional)
2 cloves garlic, crushed
1 teasp ground cumin
1 teasp ground coriander
½ teasp chilli powder
2 tablesp tomato puree
Salt to taste
100ml water
½ teasp garam masala (see recipe on page 36)
1 tablesp lemon juice
A few tablesp of chopped fresh coriander

- pre-heat the oven to 200°C, gas mark 6
- meanwhile, cut the aubergines in half lengthways, lay with the flesh side down on a baking tray and lightly brush the skins with 1 tablesp of the oil
- roast them in the oven for 30 minutes, by which time the insides will have softened
- remove the aubergines from the oven and, once they are cool enough to handle, chop them into 2cm chunks – each half aubergine should provide 10 or 12 chunks
- Heat the remaining tablesp of oil in a frying pan over a medium heat, add the onion and cook until they start to soften
- If using, add the mustard seeds and cook until they pop
- Add the garlic, cumin, coriander, chilli powder, tomato puree and a little salt and cook for 1-2 minutes, stirring to mix well
- Add the roasted aubergine chunks and the water and stir well
- Bring to a simmer, cover and cook for 10 minutes, stirring occasionally
- Add the garam masala, the lemon juice and the fresh coriander, stir and cook for a minute
- Check the seasoning and adjust if necessary
- Serve

Serves 2 as a main course with naan bread, or 4 as a side dish with other curries

Based recipes by veganpunks.com and Khalid Aziz

Dosas (Indian pancakes)

For the filling:

Vegetable samosa filling – see page 94

For the batter:

100g gram flour

100g white flour

½ teasp bicarbonate of soda

2 teasp mustard seeds

Salt to taste

300ml water

Olive oil

- make the vegetable samosa filling, and keep the mixture warm
- for the batter, mix well the gram flour, white flour, bicarbonate of soda, mustard seeds and salt in a bowl
- gradually add enough water (about 300ml) to make a loose batter
- add a little oil to a non-stick pancake pan, ensuring that the oil has covered the pan by wiping it around the pan with kitchen paper, and heat it over a fairly high heat
- add a few spoonfuls of the batter mix to the pan, moving it around so that the batter spreads out to cover the pan
- as soon as there are lots of bubbles on the top add a few tablesp of samosa filling and spread thinly across the middle of the dosa.
- After a short while roll up both sides of the dosa batter over the samosa filling and serve
- Keep warm and repeat to make further dosas.

Notes:

- Makes 6-8 dosas.
- Serve 1 dosa per person as a starter or 2 as a main course
- Serve with any combination of cucumber raita (see page 67), plain yoghurt, hot mixed pickle, mango pickle, tamarind sauce or coconut chutney (see page 43).

The batter is based on a recipe at jamieoliver.com

(iii) quiches, flans and tarts

Shortcrust pastry case

amended in 2022

Method 1 (do it yourself)

250g plain white flour (or 125g white flour and 125g wholemeal flour)

salt to taste

125g unsalted butter (at room temperature)

A few tablesp water to mix

- sift the flour (if necessary) into a baking bowl, add the salt, and mix
- add the butter in pieces and rub into the flour until the mixture resembles fine breadcrumbs
- add in the water gradually and mix well until all of the mixture can be formed into a ball
- wrap in foil and chill in the fridge for at least 30 minutes
- using a rolling pin, roll out the dough on a floured surface and use to line a quiche/flan dish. This quantity will roll out to fill a 25-28cm dish
- if making smaller or individual flans or tarts, break the ball into several smaller balls, roll out and use to line the smaller dishes
- **either** bake blind **or** chill in the fridge for 15minutes, and it's ready to use in recipes.

Baking blind

This avoids the risk of a soggy pastry base and is recommended if you have the time. I

- preheat the oven to 170°C / gas mark 4
- prepare the pastry case as above and roll out into the flan dish
- line the pastry case with greaseproof paper or foil
- fill the case with ceramic baking beans – these help spread the heat evenly
- bake the case in the centre of the oven for 15 minutes, then remove from the oven, remove the baking beans and greaseproof paper/foil, and it's ready to use in recipes.

Method 2 (the easy way)

- Buy readymade shortcrust pastry and follow the instructions on the packet.

Cheese and courgette quiche

2 tablesp olive oil
1 medium onion, sliced
500g courgettes, sliced
1 shortcrust pastry quiche/flan case (see previous page)
3 eggs
150ml milk
Salt and black pepper
150g mature cheddar cheese, grated

- heat the oil in a frying pan, and gently fry the onions until soft
- add the courgettes and continue cooking for about 10 minutes, until they are coloured but not burnt, and not too soft
- meanwhile preheat the oven to 190°C/gas mark 5
- remove the courgettes and onions from the pan with a slotted spoon, and place in the shortcrust pastry case
- beat the 3 eggs with the milk, then pour into the pastry case
- season with salt and pepper and sprinkle with the grated cheese
- bake in the oven for about 30-40 minutes, until the filling is set, and the pastry is golden
- remove from the oven and leave to rest for 8-10 minutes before serving

VARIATION:

Sliced mushrooms can be used instead of, or as well as courgettes in this recipe. The mushrooms can be added raw or very lightly fried.

Broccoli and blue cheese tart

400g broccoli

1 shortcrust pastry quiche/flan case (see page 228)

6 medium eggs

250g mascarpone cheese

150g blue cheese (see note)

Salt and black pepper to taste

- preheat the oven to 220°C
- meanwhile separate the broccoli into florets, bring a pan of water to the boil, add the broccoli, boil for 2-3 minutes and drain well
- arrange over the pastry base
- beat the eggs, mascarpone and blue cheese together in a bowl with a hand blender
- add salt and pepper to taste
- pour the mixture over the broccoli and into the gaps
- cover loosely with foil or baking parchment (this is to prevent the broccoli tips from burning)
- bake in the oven for 25-30 minutes until set
- serve when cool enough to slice

This quantity makes up to 8 slices.

Note:

The original recipe used dolcelatte blue cheese. As an alternative, also with a fairly mild flavour, cambozola can be used. If you wish a stronger flavor you can use gorgonzola.

Closely based on a recipe in the New Cranks Recipe book

NOTE:

For fish-based tart and quiche recipes see pages 120, 304, 305 and 306

(iv) rice (and barley) dishes

Cheat's vegetarian paella *amended in 2022*

2 tablesp extra virgin olive oil
1 medium onion, finely chopped (about 100g peeled weight)
100g green pepper, finely chopped
2 cloves garlic, crushed
100-150g cooked chickpeas, from a tin or jar, drained
100g baby spinach leaves, roughly chopped
100g Arborio risotto rice
1 litre hot vegetable stock
A pinch of saffron threads, soaked in a little water
1 teasp of smoked paprika (sweet or spicy, to taste)
Salt and pepper to taste, if necessary

- fry the onion and green pepper in the oil over a medium heat for a few minutes until soft
- add the crushed garlic, and cook for a minute,
- add the chickpeas, stir and cook for 2 minutes,
- add the spinach leaves and cook until wilted
- add the rice, and stir
- turn the heat down low and add about 300ml of hot stock, and simmer
- add the saffron and paprika, stir well, and continue to simmer
- keep adding more stock bit by bit every few minutes, whenever the mixture is about to boil dry, until the rice is cooked and the dish is a deep yellow colour. You may not need to use the whole litre of stock
- season with salt and pepper if necessary – this will depend on the saltiness of the stock and the strength of the paprika
- serve

Serves 2

Notes and variations

- long grain or basmati rice can be used instead of risotto rice, but will take longer to cook,
- Spanish shops sell '*paellero*' sachets of paella spice blend. Part of a sachet can be used in place of the saffron and paprika. A sachet is enough for up to six portions
- A pinch of turmeric can be used in place of the saffron
- Drained cannellini or haricot beans can be used instead of chickpeas
- Swiss chard, roughly chopped, can be used in place of spinach
- Small frozen vegetables such as peas, sweetcorn or broad beans can be added.

Spinach and chickpeas with rice

This is similar to the 'paella' on the previous page, but with the rice cooked separately. It is much more liquid and is a rich red colour.

125g basmati rice
3 tablespoons olive oil
1 small onion, finely chopped
1-2 cloves garlic, crushed
½-1 tin chickpeas, drained
250g spinach leaves
½ litre hot vegetable stock
2 tablesp tomato puree
A pinch of turmeric or *paellera* coloring
1 teasp smoked *pimentón* (paprika) - hot or sweet to taste
Salt and pepper to taste

- boil the rice as normal, in a separate saucepan
- meanwhile, in a saucepan, fry the onion in the olive oil until soft
- add the garlic and cook on a low heat for a few seconds
- add the chickpeas and spinach and cook till it wilts
- mix the stock with the tomato puree, turmeric and paprika and add to the pan
- bring to the boil, then simmer for a few minutes, until the liquid is slightly reduced (this should be quite a liquid dish)
- add salt and pepper to taste
- serve on a bed of rice

Variation:

- This works well with fish – add a tin of tuna steak (try to keep in largish chunks) or chunks of fresh cod to the mixture.

Rice with coriander and mint

225g basmati rice
½ teasp saffron threads
120ml sunflower oil
A 5cm stick of cinnamon
4 cloves
A 7cm piece of fresh ginger, peeled and chopped finely
300g natural yoghurt
1 medium onion, chopped
2 tablesp chopped coriander leaves
2 tablesp chopped mint
Salt and black pepper to taste

- cover the rice with water in a heavy saucepan, add the saffron threads and bring to the boil
- boil for about 8-10 minutes (i.e. before the rice is fully cooked), remove from the heat and drain off the water
- meanwhile heat the oil in a large saucepan until hot, reduce the heat and throw in the cinnamon and cloves. Cook on a low heat for about a minute
- add the ginger and stir in well
- add the semi-cooked rice and stir in well, ensuring that the grains are well coated with the mixture
- pour in the yoghurt and mix in well (NB the heat must be low enough that the yoghurt does not separate)
- add the coriander, mint, onion, salt and pepper to the pan
- cover the saucepan with a tight lid, increase the heat slightly, shaking constantly
- as soon as the excess liquid is absorbed and the rice is cooked, the dish is ready to serve
- this can be used as an accompaniment to curries, it is best served in a separate bowl, to get the full flavour of the rice.

Alternatives:

- ½ teasp ground turmeric can be used if no saffron is available
- the fresh ginger can be replaced by ½teasp of ground ginger.
- fresh coriander is essential, and fresh mint much preferable but ½-1 teasp of dried mint can be used at a push

Based on a recipe by Khalid Aziz

Kimchi fried rice

1 tablesp sunflower oil
1 215g jar of Korean kimchi (fermented cabbage)
Kimchi juice from the kimchi jar
1 tablesp gochujang chilli paste
2 teasp soy sauce
300g (cooked weight) cooked short-grain white rice
2 teasp roasted seame seed oil
2-3 spring onions, finely chopped
1-2 teasp toasted seame seeds
1-2 tablesp of roasted crispy seaweed

- heat the oil in a wok over a high heat
- if necessary, chop the kimchi into bit size pieces
- add the kimchi (NOT the juice) and stir-fry for 3 minutes, stirring constantly
- in a bowl mix the kimchi juice, gochujang paste and soy sauce, then add them to the wok
- add the cooked rice and mix everything together until well combined
- reduce the heat to medium-low and cook for another couple of minutes, stirring, until the rice has absorbed all the flavours
- stir in the sesame oil and remove from the heat
- to serve mix most of the spring onions into the rice then plate up, with the remaining spring onions, sesame seeds and seaweed scattered over the top

Serves 2-3

Variations:

- the original recipe suggested adding a fried egg on top of the rice before scattering the garnish, but it didn't seem necessary to me
- add 200g of chopped mix vegetables after the kimchi and stir-fry

Notes:

- this tastes much better than it sounds
- this is an ideal use for leftover boiled rice
- like any other stir-fry make sure everything is prepared beforehand, due to the short cooking time and constant stirring.
- supermarkets sell 'roasted crispy seaweed' which is usually kale. Alternatively buy some kelp from Chinese supermarkets, soak, cut into small pieces, roast in the oven on a baking tray until crisp, then chop finely.

Closely based on a recipe by Jordan Bourke and Regina Pyo.

Leek, spinach and gorgonzola risotto

1 large leek
1 tablesp olive oil
1 small knob of butter
2 cloves of garlic, crushed
200g Arborio risotto rice
1 litre of vegetable stock
120g baby spinach leaves, washed, drained and roughly chopped
80g gorgonzola picante
Salt and pepper to taste

- top and tail the leek, remove the outer layer, wash carefully, then finely slice to produce about 130-150g of sliced leek
- heat the oil and butter over a medium heat in a large, heavy pan, add the leeks and slowly cook them for about 10 minutes until they are soft and sweet
- add the garlic and cook for another 5 minutes, stirring as necessary
- meanwhile, in a separate pan, bring the vegetable stock to the boil and keep on a simmering heat
- add the risotto rice to the leeks and stir well to coat the rice in the oil
- add a small ladleful of stock to the rice pan and stir well over a fairly low heat until all the liquid is absorbed
- repeat several times with further small ladlefuls until the rice is *al dente* ie firm with a little bite. (You may or may not have to use all the stock to reach this stage)
- when the rice is cooked turn down the heat to very low, add the spinach leaves to the top of the dish, cover the pan and let the spinach wilt for a few minutes
- meanwhile crumble the gorgonzola, then add to the pan together with salt and pepper to taste
- stir the spinach and gorgonzola through the rice and keep stirring until the cheese has melted
- mix well, adjust the seasoning to taste and serve.

Serves 2 (large portions)

Variations:

- you can use sweet gorgonzola (gorgonzola dolce) rather than spicy (gorgonzola picante) if you prefer
- this method can be used for umpteen variations on risotto. Possible additions include wild mushrooms, sweetcorn or lightly toasted pine nuts.

Based on a recipe at www.thegreenroomrecipes.wordpress.com

Spring vegetable risotto

1 litre vegetable stock
4 tablesp olive oil
3 spring onions, sliced (both green and white bits)
Salt to taste
100g small or baby courgettes, sliced (and halved if necessary)
150g peas (fresh or frozen)
30g unsalted butter
175g risotto rice
1 small glass of white wine
30g parmesan cheese, grated
1 heaped teasp chopped fresh herbs (or ½tesp dried mixed herbs)
Lemon juice to taste

- prepare the stock from cubes, stockpots or from fresh veg, heat and place in a jug
- heat 2 tablesp olive oil in a pan, add ¾ of the spring onions and cook for a couple of minutes
- add salt to taste, the courgettes and the peas, stir for 2 minutes then add 200ml of the warm stock
- simmer for a few minutes until the vegetables are soft, with only a little liquid left, then set aside and keep warm
- meanwhile, in another pan, heat the remaining 2 tablesp olive oil and 15g of the butter until the butter foams
- add the remaining spring onion and fry over a medium heat for a minute or so
- add the rice and stir well until heated through and every grain is coated with the oil/butter mix
- add the wine, which should sizzle as it hits the pan, then stir until it has been absorbed
- add the remaining stock about 200ml at a time, stirring until it is absorbed before adding the next.
- this process will take about 15 minutes
- with the final ladleful of stock add the cooked vegetables and cook for about 3-4 minutes until the liquid is absorbed
- turn off the heat, add the remaining butter, the parmesan and the herbs and a few drops of lemon juice
- cover the pan with a lid, wait for one minute, uncover and stir vigorously
- taste, add salt if necessary and serve

Serves 2

From a recipe by Rachel Roddy.

Barley risotto with marinated feta

200g pearl barley
30g butter
6 tablesp olive oil
2 celery stalks, sliced and chopped
½medium onion, finely chopped
4 garlic cloves, chopped
Pinch of dried thyme, or 4 sprigs fresh thyme
½teasp smoked *pimentón* (paprika) - sweet or spicy, to taste
1 bay leaf
A pinch of chilli flakes
Juice of half a lemon
400g tin of chopped tomatoes
700ml vegetable stock
300ml *passata* or *tomate frito*
½ tablesp salt
1 tablesp caraway seeds
300g feta, roughly cubed
A pinch of dried oregano

- [rinse the barley with cold water and drain](#)
- melt the butter and 3 tablesp of olive oil in a large frying pan and cook the celery, onions and garlic over a gentle heat for 5 minutes or until soft
- [add the barley, thyme, paprika, bay leaf, chilli flakes, lemon juice, tomatoes, stock, passata and salt and stir to combine](#)
- bring the mixture to a boil, then reduce to a very gentle simmer and cook for 45-60 minutes, until the barley is tender and most of the liquid is absorbed
- [stir regularly and take care, particularly towards the end of the cooking time that the risotto does not catch and stick on the bottom of the pan](#)
- meanwhile, toast the caraway seeds in a dry pan for 2-3 minutes
- [then lightly crush them so some whole seeds remain](#)
- in a bowl mix the caraway seeds and 3 tablesp olive oil with the feta cheese
- [when the risotto is ready check the seasoning and serve](#)
- top each plateful with some of the marinated feta and sprinkle it with a little oregano.

Serves 4

Alternative:

[An alternative to the marinated feta is to top each bowl with a dollop of hummus \(see page 69\) and surround it with some chopped fresh basil leaves.](#)

Closely based on a Yotam Ottolenghi recipe

(v) pulses, (lentils and beans), nuts and tofu

Sag Dhal

2-3 tablespoons sunflower oil

1 medium onion, sliced thinly

1 clove garlic, sliced thinly

1-2 teaspoons ground coriander

1-2 teaspoons ground cumin

1-2 teaspoons ground turmeric

½ - 1 teasp chilli powder

4 black cardamoms (or more to taste)

4 cloves

A 5cm stick of cinnamon

225g red lentils, washed well

500ml (or more if necessary) hot water or vegetable stock

salt

200g packet of washed baby leaf spinach

1-2 tablespoons tomato puree

- heat the oil in a large frying pan
- add the onion and fry for a few minutes
- when it softens, add the garlic (taking care that it does not burn), the coriander, cumin, turmeric and chilli powder, mixing in well
- carefully add a little water if necessary, to prevent the spices and garlic from burning
- then add the cardamoms, cloves and cinnamon and stir
- add the lentils and 250ml water or stock and stir rapidly to ensure the spices mix in well
- continue to cook, at a low heat, and add salt to taste
- add the spinach bit by bit (the leaves will shrivel leaving room to add more)
- then stir in the tomato puree
- continue to cook until the lentils have begun to soften – with a little bite remaining but not hard (Some people may prefer fully soft lentils)
- during this time add more water as necessary to prevent the dish sticking to the pan. The final consistency should be that of a very thick lentil soup.
- serve, taking care not to eat the cardamoms, cloves or cinnamon.

Variation:

Green lentils can be used instead of red, but they should be pre-soaked for several hours or overnight.

Notes and more dahl recipes on next page

Sag Dahl (continued)

Notes:

- The amount of spices can be varied to taste. Plain yoghurt can be added at the end if the dish is too spicy, or provide a side dish of plain yoghurt or cucumber raita (see recipe on page 67). If someone likes it stronger than others add a pinch of chilli flakes to their plate.
- finely chopped root ginger can be added with the garlic
- fresh coriander can be added as a garnish
- Make plenty. Like a good soup, this dish can be reheated and served the following day, when the flavours will have deepened. Liven up reheated dahl by mixing in the juice of half a lemon.

Plain dahl

A simpler dish, prepared as above, but omitting the spinach and tomato puree

Even plainer dahl

Omit the cardamoms, cloves and cinnamon also

Masoor dahl

Plain dahl (see above)

100g desiccated coconut

125ml water

2 tomatoes

- make the plain dahl as above
- blend the desiccated coconut with the water until fairly smooth and add to the dahl. Bring back to simmering.
- chop the tomatoes into quarters and add to the dahl just before serving.

Variation:

Replace the desiccated coconut and water with 100ml coconut milk. A little desiccated coconut can be added to the mixture if you like the texture.

Masoor dahl based on a recipe by Khalid Aziz

Coconut and lime dahl *added in 2022*

140g red lentils
1 level teasp ground turmeric
1 X 400ml tin coconut milk
80g desiccated coconut
200ml boiling water
1 clove garlic, sliced
Salt to taste
1 medium onion, thinly sliced (about 60g peeled weight)
1 teasp ground cumin
1 tablesp olive oil
100g baby leaf spinach, roughly chopped
Zest and juice of 2 limes plus lime wedges to serve

- pre-heat the oven to 180°C fan / gas mark 6
- add the lentils, turmeric, coconut milk, desiccated coconut, boiling water, garlic and salt to a small roasting tin, lidded casserole dish or cazuela and mix well
- mix the onions, cumin and oil in a small bowl then scatter them over the lentil mix
- cover tightly with foil or a lid. Transfer to the oven and cook for 45 minutes
- remove from the oven and stir through the baby leaf spinach until it has just wilted. This will also stir the onions through the mix
- stir in the lime zest and juice, adjust the salt if necessary and serve. Serve with lime wedges to squeeze.

Serves 2

Notes:

- serve with naan bread or chapatis
- this is not meant to be a spicy dish but feel free to add a few chilli flakes if you wish

Based on a recipe by Rukmini Iyer.

Tarka Dahl

This is a mild dahl in which the aromatic spice mixture is poured over cooked lentils.

250g red lentils, rinsed
3 tablesp ghee (or a mixture of sunflower oil and butter)
4 black cardamoms
1 teasp cumin seeds
1 cinnamon stick
1 medium onion, finely sliced
4 garlic cloves, finely chopped
2 tablesp aromatic garam masala (see page 36)
½ teasp ground turmeric
Salt and freshly ground black pepper

- put the lentils into a pan and pour over about 500ml water
- simmer over a medium heat for about 20-25 minutes until tender, removing any foam that forms on top. A little more water may have to be added from time to time if the lentils are beginning to stick to the pan.
- meanwhile, in a frying pan, melt the ghee and add the cardamoms, cumin seeds and cinnamon stick. Stir well so that the ghee soaks up the flavor of the spices
- add the onion and fry for about 5 minutes until light brown
- add the garlic, garam masala and turmeric and sizzle until the garlic is soft
- season the cooked lentils with salt and pepper, then pour the ghee mixture over the lentils to serve (removing the cardamoms and cinnamon stick)

For a spicy version use spicy garam masala (see page 36) or simply add chilli powder to taste with the turmeric

Closely based on a recipe by Dan Toombs.

Lentil and rice cakes

This is an easy way to use up leftover dahl (from the previous recipes) and boiled rice

Leftover dahl

Leftover boiled rice

1 beaten egg (optional)

Flour

Sunflower oil for frying

- simply mix the dahl and rice together well
- depending on the consistency of the leftovers you may need to add beaten egg and/or flour to bind the mixture together
- form the mixture into balls or patties with your hands and leave in fridge for a couple of hours
- on a floured board roll the balls / patties in flour
- heat the oil in a frying pan and fry the patties / balls for a few minutes, turning at least once
- serve with a side salad, chutneys, yoghurt, and/or cucumber raita (see page 67) as you prefer.

Dahl with eggs

Eggs can be added to any of the above dahl recipes as follows. There are two options. Add one large egg per person to the recipe.

(i) boiled eggs

- while the dahl is cooking hard boil (about 10 mins) one egg per person.
- cool the eggs under cold water, then peel
- halve each egg, lengthwise
- add the eggs yolk-down to the dahl for the final five minutes of cooking – enough time for them to heat through
- if the dahl is sufficiently liquid spoon some of the dahl over the eggs so that they take on the colour of the sauce
- take care when serving that the egg halves remain in one piece

(ii) baked eggs

- 5-7 minutes before the dahl is ready to serve, make wells in the dahl, and crack an egg into each well
- if the dahl is quite liquid and runny you can make the wells by using a pastry/cookie/scone cutter to create the space, crack the egg into it, then remove the pastry cutter.
- cover the pan and continue to cook
- the eggs are ready when the whites are firm and the yolks are still runny (about 5-7 minutes)

Gobi Dahl (lentils with cauliflower)

225g red lentils, washed well
1 small cauliflower, cut into small florets
2 medium onions, finely chopped
120ml cooking oil
½ - 1 teaspoon chilli powder
1 teasp ground black pepper
½ tablesp ground cumin
½ tablesp ground coriander
1 heaped teaspoon ground turmeric
½ lemon
500ml vegetable stock
50g desiccated coconut
½ tablesp flour
Salt to taste
100g cashew nuts

- heat the oil in a large saucepan add fry the onions
- as they soften add the chilli, pepper, cumin, coriander and turmeric
- stir in well and cook for 30 seconds
- add the lentils, and stir well to coat each grain
- squeeze in the lemon juice
- add the cauliflower florets, vegetable stock and desiccated coconut
- bring to the boil and simmer for about 10-15 minutes
- mix the flour with some of the liquid from the saucepan to form a smooth paste and pour into the saucepan
- add the salt and cashew nuts
- cook for a few more minutes until the lentils have formed a thick sauce, and serve

Khalid Aziz

Mother India's Chana Daal

100g chana daal (split yellow gram / chickpea lentils)
1 teasp salt
¼ - ½ teasp chilli powder
½ teasp ground turmeric
1 tablesp sunflower oil
60g onions, sliced
3 cloves garlic, sliced
1 green chilli, sliced lengthways (optional)
15g butter
½ teasp ground cumin
4 cloves
1 small cinnamon stick
¼ of a 400g tin of chopped tomatoes
A few coriander leaves to garnish, roughly chopped
Freshly ground black pepper, to taste

- soak the chana daal in lukewarm water for 1 hour, then wash it in cold water and drain
- fill a medium pan with 600ml water, add the chana daal, bring to the boil and skim off any froth that gathers on the surface
- add the salt, chilli powder and turmeric, reduce the heat and simmer for 25 minutes, or until the daal is cooked through
- meanwhile, in another pan, heat the sunflower oil and add the onion.
- cook gently for 8 minutes, then add the garlic, green chilli if using and butter
- after another 3 minutes remove about a quarter of the onion mixture and reserve it for garnish
- add the cumin, cloves and cinnamon stick to the pan, stir thoroughly and cook for a further 2 minutes
- add the tomatoes and cook for a further 2 minutes
- add the contents of this pan to the pan of daal
- cook, stirring for a final 10 minutes (until the daal lentils are soft to the touch)
- add the coriander leaves, season with the black pepper, garnish with the reserved onion and serve

Serves 1 as a large portion, 2 with salad, rice or chapatis and more as part of a thali of dishes.

Seafood version – Chana Daal with Scallops:

Mother India's serves this dish with scallops. Heat two tablesp of olive oil, when hot add the scallops, sear for 30 seconds on one side and 20 seconds on the other. Serve the scallops on the chana daal and garnish with the reserved onion.

Recipe from Mother India at Home by Monir Mohammed and Martin Gray, the cookbook from Mother India's restaurant and café, Glasgow.

Channa dahl 2

A second recipe for Channa Dahl with a different combination of spices...which I've also tried and it works

250g channa dahl (split chickpeas)
½ teasp ground turmeric
Salt to taste
2 tablesp sunflower oil
1 teasp black mustard seeds
2 medium onions (preferably red), very finely chopped
3 cloves garlic, crushed
1 large tomato, finely chopped
½ teasp ground ginger
1 teasp ground coriander
1 teasp ground cumin
½ teasp aromatic garam masala (see page 36)
½ - 1 teasp chilli powder
Few coriander leaves to garnish, roughly chopped

- soak the channa dahl in cold water for 10 minutes, then wash it in cold water so that all the starch comes out
- fill a deep pan with 1 litre of water, add the channa dahl, the turmeric and salt and bring to the boil
- reduce the heat and simmer for 30-40 minutes until the dahl is cooked. At the end of the cooking there should be very little liquid.
- meanwhile, in another pan, heat the oil and add the mustard seeds
- when they pop, add the onions and soften slowly on a low/medium heat – make sure they are soft but do not burn
- add the garlic and continue to cook for a few minutes
- add the chopped tomato and cook for a further 2 or 3 minutes
- add the ginger, coriander, cumin, garam masala, chilli powder and salt and cook for a further 3-4minutes
- throughout the cooking stir frequently, so that the mixture doesn't get burnt or stick to the bottom of the pan. If necessary, add a few drops of hot water from time to time
- the sauce should be more of a paste than a liquid
- add the onion/spice paste to the cooked channa dahl, mix well, cover and cook on a very low heat for 3-4 minutes, adding a little more salt if necessary
- serve, garnished with a few coriander leaves

Serves 2, with a small bowl of cucumber raita (see page 67) and a side salad or in heated pitta bread pockets. Can also be served as part of a thali of several dishes.

Closely based on a recipe by Romy Gill

Cheat's channa dahl

This is a quicker version of the previous recipe and uses tinned whole chickpeas instead of channa dahl (split chickpeas)

- 1 240g tin chickpeas, drained
- 2 tablesp sunflower oil
- 1 teasp black mustard seeds
- 2 medium onions (preferably red), very finely chopped
- 3 cloves garlic, crushed
- 1 large tomato, finely chopped
- ½ teasp ground turmeric
- ½ teasp ground ginger
- 1 teasp ground coriander
- 1 teasp ground cumin
- ½ teasp aromatic garam masala (see page 36)
- ½ - 1 teasp chilli powder
- Salt to taste
- Few coriander leaves to garnish, roughly chopped

- heat the oil in a pan and add the mustard seeds
- when they pop, add the onions and soften slowly on a low/medium heat – make sure they are soft but do not burn
- add the garlic and continue to cook for a few minutes
- add the chopped tomato and cook for a further 2 or 3 minutes
- add the turmeric, ginger, coriander, cumin, garam masala, chilli powder and salt and cook for a further 3-4minutes
- throughout the cooking stir frequently, so that the mixture doesn't get burnt or stick to the bottom of the pan. If necessary add a few drops of hot water from time to time - the sauce should be more of a paste than a liquid
- Meanwhile heat the chickpeas in water until they boil, then drain and set aside (they should still be warm when added to the onion/ spice mix)
- add the chickpeas to the onion/spice mix, mix well, cover and cook on a very low heat for 3-4 minutes
- serve, garnished with a few coriander leaves

Serves 2, with a small bowl of cucumber raita (see page 6) and a side salad or in heated pitta bread pockets. Can also be served as part of a thali of several dishes.

Lentil and nut burgers

A 1970s style veggie recipe...but it tastes good

sunflower oil

1 medium onion, finely chopped

2 cloves garlic, crushed

Spices to taste (eg chilli powder, cumin, coriander)

125g red lentils

Water, boiled

125g mixed nuts, ground

75g very finely chopped vegetables to taste, eg carrot, celery

A handful of chopped fresh parsley or 1 teasp of dried parsley

Salt and black pepper, to taste

1 beaten egg

Plain flour

- heat the oil in a frying pan, add the onions and fry gently until soft
- add the garlic, spices, lentils and a little water and stir
- add more water from time to time if the mixture is becoming dry and cook until the lentils begin to soften
- meanwhile, in a mixing bowl mix the nuts, chopped vegetables, and parsley
- allow the lentils to cool then add to the mixing bowl and mix
- add salt and pepper to taste
- add the beaten egg and mix
- form the mixture into balls/burger shapes and roll them one by one in the flour
- transfer the floured balls to the fridge for a couple of hours or overnight
- fry the burgers in a little sunflower oil over a medium heat for a few minutes each side, until browned
- serve

Serve with some potatoes and/or on a bed of spinach and with tomato, brown, piquant or paprika sauce (see recipes on pages 17 and 37)

Makes about 10 burgers

Note: This makes quite crunchy burgers. For a smoother finish either grate the vegetables or chop them finely and fry to soften before adding to the mixing bowl.

Green lentil fritters

Similar to the previous recipe, and quicker

A 400g tin of green lentils, drained

70g plain flour

1 egg

3 tablesp chopped chives

1 teasp caraway seeds

1½ teasp paprika

1 clove garlic, finely chopped

200g carrot, coarsely grated

Salt to taste

1 tablesp sunflower oil

2 tablesp plain yoghurt

½ teasp harissa

- in a bowl, mix together the lentils, flour, egg, chives, paprika, garlic, carrot and salt. This can be done in advance.
- heat the oil in a large frying pan
- for each fritter, dollop into the pan a heaped tablesp of the mixture, flatten slightly and fry in batches for about 3-4 minutes on each side
- meanwhile, mix the yoghurt with the harissa
- serve the fritters, with a generous spoonful of the harissa yoghurt.

Makes about 12 fritters. Serves 2 as a main course, with a side of veg or salad.

Variation:

- another herb (eg parsley) or finely chopped spring onions can be used instead of chives.

Based on a Guardian recipe for 'terrific tins'.

Lentils served two ways

250g green or brown lentils
3 tablesp extra virgin olive oil
80g onion, very finely chopped
40g carrot, very finely chopped
40g celery, very finely chopped
2 garlic cloves, very finely chopped
1 bayleaf
Salt and black pepper to taste

- rinse the lentils, and if you have time soak them in water for a few hours then drain
- heat the oil in a large frying pan then add the onion, carrot, celery, and garlic and cook gently over a low heat until they are soft
- add the lentils and the bay leaf, stirring for a minute or two until they glisten with oil
- cover with about $\frac{3}{4}$ litre of water, bring to the boil and reduce to a simmer
- cook until they are tender (about 30 mins) but not mushy, adding more water if necessary. At the end there should be a little liquid left in the pan.
- add the salt and pepper to taste (this needs quite a bit of salt)

Meal One

Additional ingredients: 125g pasta
1-2 tablesp extra virgin olive oil
Grated parmesan

- Gently reheat half of the lentils
- meanwhile cook the pasta in plenty of boiling water until al dente then drain. (Long pasta such as spaghetti should be chopped into short lengths, about 3cms)
- mix the cooked pasta with the lentils, adding a little water if necessary so that it is not too dry.
- serve in bowls, with the olive oil poured over the top, and topped with plenty of grated parmesan. Serves 2.

Meal two

Additional ingredients: handful of chopped parsley
2-3 tablesp olive oil
2 eggs

- gently reheat the other half of the lentils, adding the parsley and 1-2 tablesp olive oil
- meanwhile fry the eggs in a little oil
- serve in bowls, each one topped with a fried egg. Serves 2.

Variation: add a few chilli flakes and/or a few halved cherry tomatoes to either meal

Recipe that I found in a cutting from the Guardian, I don't know who by.

Falafels

3 tablespoons olive oil
2 medium onions, finely chopped
1 small to medium green pepper, finely chopped
1 small to medium red pepper, finely chopped
2-3 cloves garlic, crushed
2 X 400g tins of chickpeas, drained and rinsed
2 teasp ground cumin
2 teasp ground coriander
4 tablesp parsley, finely chopped
2 slices wholemeal bread, crusts removed and ground into breadcrumbs
Salt and pepper to taste
2 tablesp lemon or lime juice
2 beaten eggs
a few tablesp white flour

- heat 1 tablesp of the oil on a low heat and gently fry the onions, and green and red peppers until soft
- add the garlic for the final 1-2 minutes
- remove and place in a mixing bowl and allow to cool
- mash or grind the chickpeas
- add the chickpeas, cumin, coriander, parsley to the bowl and mix
- add the breadcrumbs, salt, pepper and lemon juice and mix
- add the eggs gradually – you may not need the whole quantity
- place the flour on a plate

CONTINUED ON NEXT PAGE

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- form the mixture into patties or balls with your hands, then roll each falafel in a little flour and place them in a fridge for 30 minutes or until needed
- heat the remaining oil in a frying pan, and fry the patties /balls for about 3 minutes each side, then serve

Makes about 12 small burger sized patties, or 18-24 balls.

Serve the patties as veggieburgers with tomato sauce (page 17) or brown sauce (page 37) and side vegetables.

Serve the balls with some lettuce and chopped tomato in pitta bread pockets topped with a little hummus (page 69), yoghurt or chilli jam (page 40).

Notes:

- The key to success is making the mixture the right consistency so that the falafels do not break up during cooking. Ground or mashed chickpeas are naturally quite dry and crumbly so you need to add ingredients to bind them together. The eggs, lemon juice, breadcrumbs and flour all help to do this.
- If the falafels have been in the fridge for some time sprinkle a little lime juice over them as they are being fried.

Variations:

Add other herbs or spices to the mixture to vary the taste.

Mejadra

250ml sunflower oil
4 medium onions, thinly sliced
250g green or brown lentils
1½ tablesp coriander seeds
2 teasp cumin seeds
200g basmati rice
2 tablesp olive oil
½ teasp ground turmeric
1½ teasp ground allspice
1½ teasp ground cinnamon
1 teasp sugar
Salt and black pepper
350ml water
Greek yoghurt (optional)

Serves four (at least)

- heat the sunflower oil in a medium saucepan
- add ⅓ of the sliced onion, fry 5-7 minutes, stirring occasionally with a slotted spoon, until the onion is golden brown and turns crispy
- transfer the onion to a colander and sprinkle with salt
- repeat with two more batches of onion
- meanwhile boil the lentils in plenty of water and cook for 12 – 15 minutes until softened but with a little bite, drain into a colander
- wipe clean the saucepan used for the onion, add the cumin and coriander seeds and toast over a medium heat for a minute or two
- add the rice, olive oil, turmeric, allspice, cinnamon, sugar, ½teasp of salt and plenty black pepper.
- stir to coat the rice with oil, then add the cooked lentils and water
- bring to a boil, cover and simmer on a very low heat for 15 minutes.
- remove from the heat, lift off the lid, cover with a tea towel, seal tightly with the lid and set aside for 10 minutes.
- tip the rice and lentils into a large mixing bowl, add half the fried onion, and stir gently with a fork
- pile up in a shallow serving bowl and top with the rest of the onion
- spoon over some Greek yoghurt to taste.

Bean and mushroom goulash

2-3 tablesp olive oil

1 onion, chopped

2 cloves garlic, crushed

400g mushrooms (closed cap chestnut mushrooms are ideal), halved

2 heaped teasp paprika (ideally smoked paprika, but not the spicy version)

125ml vegetable stock or water (probably won't all be used)

1 tin (400g) red kidney beans

1 tin (400g) borlotti beans

1 tin (400g) chopped tomatoes

2 tablesp tomato puree

Salt to taste

4 tablesp *crème fraiche*

Chopped fresh dill to garnish (optional)

- heat the oil in a saucepan over a medium heat and fry the onions until soft, adding the garlic for the final minute
- add the garlic and mushrooms and cook for 30secs-1 minute
- add the paprika and stir well until the mushrooms are well coated
- you may have to add a little water or stock from time to time to prevent the mixture sticking to the pan
- add the beans and stir
- add the tomatoes, and tomato puree and salt and stir
- bring to the boil, turn down the heat to low and simmer for 5-10 mins
- add the *crème fraiche*, stir, and cook for a few more minutes until hot
- serve, garnished with the dill

Notes:

- this is the quick and easy version. This can also be made with dried beans soaked overnight and cooked until soft, and with chopped fresh tomatoes (in which case add some passata).
- this benefits from being made in advance to develop the flavours. Do everything except the last two steps, leave for a few hours, then add the *crème fraiche* and reheat.

Variations:

This can be made with different beans or combinations of vegetables.

It can be spiced up by mixing ordinary strength with hot paprika. Chopped parsley can be used instead of dill.

Butter bean and mushroom casserole

2-3 tablesp olive oil
1 medium onion, roughly chopped
1 medium carrot, roughly chopped
2 cloves garlic, thinly sliced
150g chestnut mushrooms, sliced
1 X 400g can chopped tomatoes
1 X 400g can butter beans
Salt and black pepper to taste
30g porridge oats
30g stale-ish white breadcrumbs
3 tablesp grated parmesan cheese

- heat the oil in a deep pan, add the onions, and cook over a moderate heat until they start to soften
- add the carrots and garlic and cook for a further 2-3 minutes
- add the sliced mushrooms, stir well, and cook for a minute or so
- meanwhile rinse the butter beans
- add the tomatoes, the butter beans and a can-full of water
- add the salt and pepper and bring to the boil, then lower the heat and simmer for about 30 minutes, until the mixture is quite thick
- meanwhile heat the oven to 180°C / gas mark 4
- transfer the bean mixture to an ovenproof dish or cazuela and bake for about 30 minutes
- meanwhile mix the oats, breadcrumbs and parmesan
- scatter the mixture over the casserole and continue cooking for a further 30 minutes
- if necessary to crisp and brown the topping, place the dish under a hot grill for 2 or 3 minutes
- serve. Serves 2.

Tomato and rose harissa butter beans *added in 2022*

3 tablesp extra virgin olive oil
3 cloves garlic, crushed
300g tomatoes, halved and grated (discard the skins)
1 tablesp rose harissa paste
A pinch of chilli flakes, to taste
2 teasp red wine vinegar
1 tablesp tomato puree
1 X 400g tin of butter beans, not drained
Salt to taste
10g fresh dill, finely chopped
1 tablesp lemon juice

- put 2 tablesp of the oil in a saucepan on a medium heat
- once hot add the garlic and cook for a minute or two (take care not to burn the garlic – it should be pale gold)
- add the grated tomatoes, rose harissa paste, chilli flakes, vinegar and tomato puree and cook for about 8 minutes, until the tomatoes have reduced to a paste-like consistency
- add the butter beans and the liquid from the tin, bring back to the boil and simmer for about 8 minutes
- add salt to taste
- meanwhile, mix together in a small bowl the dill, lemon juice, the remaining tablesp of oil, and a little salt
- transfer the beans to serving bowls, spoon over the lemon and dill oil and serve.

Serves 2. Serve with flatbreads to mop up the sauce.

Based on a recipe by Meera Sodha

Kurdish Style Baked Beans

2 tablesp butter
1 medium onion, finely chopped
2 celery sticks, finely chopped
1 medium carrot, finely chopped
Salt and pepper to taste
2 cloves garlic, crushed
1 teasp ground coriander
1 teasp ground cumin
¼ teasp ground cinnamon
¼ teasp chilli flakes
50g sundried tomatoes, chopped
1 400g tin chopped tomatoes
250ml boiling water
1 400g tin cannellini beans
Parsley, finely chopped, to garnish

- melt the butter in an ovenproof dish, then add the onion, celery and carrot, salt and pepper, and fry over a medium heat, stirring regularly
- meanwhile preheat the oven to 180°C, gas mark 4
- add the garlic , coriander, cumin, cinnamon and chilli and fry for a further 2 minutes
- add the tomatoes, bring to a boil, add the water and simmer for 10 minutes
- Mix in the beans and transfer the dish to the hot oven, uncovered, and bake for about 20 minutes
- Let the dish rest for a few minutes, garnish with the chopped parsley and serve

Serves 2 as a main course with rice, or 4 as a side dish

From a recipe in the Guardian.

Nut Roast

A recipe straight from the 1970s, but I tried it recently and it's tasty

2 tablesp olive oil
100g onions, finely chopped
2-3 cloves garlic, crushed
225g ground mixed nuts
225g wholemeal breadcrumbs
3 eggs beaten
1-2 teasp yeast extract
1 teasp thyme, finely chopped
1 teasp parsley, finely chopped
Salt and black pepper to taste

- Preheat the oven to 180°C
- Meanwhile, fry the onions in the oil until soft but not brown
- Add the garlic and cook for a minute
- Place the nuts and breadcrumbs in a bowl
- Add the onions and garlic and mix well
- Beat up the eggs with yeast extract, thyme, parsley, salt and pepper, mix well and add to the nut mixture
- Knead the mixture into a ball then leave to stand for 15 minutes
- Place the mixture on an oiled baking sheet and shape into a rectangular loaf shape
- Bake in the preheated oven for 40-45 minutes until it is brown
- Cut into 4 thick slices and serve with a brown sauce (see recipe on page 37)
- Serve with a salad or vegetables

Serves 4

Variation:

- Add 100g grated cheddar cheese (mild or mature according to taste) to the mixture before kneading.

Black pepper tofu

350-400g fresh tofu

Flour

Sunflower oil

1 small/medium onion, peeled and thinly sliced

4 red chillies, thinly sliced

6 garlic cloves, crushed

2 tablesp black peppercorns, crushed or roughly ground

1 tablesp sugar

4 tablesp soy sauce (ideally a mixture of light, dark and sweet sauces)

½ teasp ground ginger

4 spring onions, green bits cut into segments 2cm long, white bits finely sliced.

- Drain and cut the tofu into blocks, about 2cm by 1cm (about 24 in total) and toss them in the flour
- pour enough oil into a frying pan, until about 0.5cm deep, and heat
- fry the tofu in batches in the oil, turning from time to time, for a few minutes
- Once they are golden all round and have a thin crust, transfer to a paper towel to remove excess oil
- Heat a little oil in another frying pan, add the onions, chillies and garlic, and fry slowly until soft, stirring occasionally, until soft
- meanwhile crush the peppercorns in a pestle and mortar or grinder – they should be quite coarse
- add the soy sauces and the sugar, and stir
- stir in the black pepper and ginger
- add the tofu and heat through in the sauce for about a minute
- finally add the spring onion and stir through
- serve with plain boiled rice and/or a side salad. A side dish of plain yoghurt can help cool the tastebuds.

Serves 2 (large portions) – 4 (smaller portions)

Variations:

- Vary the spiciness by changing the number of chillies (the original recipe used 12)

Based on a Yotam Ottolenghi recipe

Black bean and tofu scramble

100g cherry tomatoes, chopped
Pinch of chilli flakes
Salt and pepper to taste
1-2 limes
1 ripe avocado, peeled and stone removed
1 tablesp olive oil
2 spring onions, chopped
2 cloves garlic, chopped
1 small bunch coriander, leaves and stalks separated
½ teasp spicy smoked paprika
200g cooked black beans from a tin or packet, drained
200g tofu, roughly crumbled
2 flour or corn tortillas

- mix the tomatoes with a few chilli flakes, salt and pepper and the juice of half a lime and set aside
- mash the avocado with salt and pepper and the juice of a lime and set aside
- heat the oil and fry the onions, garlic and chopped coriander stalks for 2 minutes
- add the paprika, salt and pepper and fry for a further minute
- add the beans and tofu, stir well and cook until hot and the tofu has coloured slightly
- meanwhile warm the tortillas in a microwave or oven, as set out on the packet
- place each tortilla on a serving plate, top with the bean and tofu mix, garnish with a few more chilli flakes (and more lime juice if wished) and the coriander leaves
- top each with a spoonful or two of the tomatoes and the avocado mash, and serve

Serves 2

Based on a recipe by Anna Jones

Ma po tofu *added in 2022*

70ml water

1½ teasp plain flour

2 tablesp sunflower oil

1 fresh (or dried) red chilli, chopped

A few Sichuan peppers, whole or slightly crushed

200g block of tofu drained and cut into bite sized cubes

2 cloves garlic, sliced

1 heaped tablesp broad bean paste

2 spring onions, chopped (white bits chopped finely, green less so)

- In a cup mix together the water and flour and set aside
- Add the oil to a wok and heat
- Once hot add the chilli and Sichuan peppers and cook for a minute
- Add the tofu and cook, stirring for 4-5 minutes, until it begins to brown slightly
- Add the garlic, and cook for a minute, stirring. Take care not to burn the garlic
- Add the bean paste, stir to coat the tofu and cook for a further minute or two to heat through
- Add the spring onions, stir and cook for a few seconds more
- Add the water/flour mix gradually, to thicken the sauce, until the desired thickness is reached
- Serve with noodles or rice. Serves 1

Note:

You may have noticed few Chinese recipes in this cookbook – this is simply due to a lack of effort and experience on my part. This is a simple version of a recipe from my friend Ken's website www.kgdhome.net . Ken lived in China for 12 years and the Chinese cooking section of the site has many delicious and authentic Chinese recipes.

(vi) pasta and pizza

Pasta with garlic, goats cheese and thyme

Serves 2

1 head of garlic (large, with plump, pink cloves if poss)

50ml extra virgin olive oil

6 sprigs of fresh thyme (NB NOT dried)

175g dried pasta (eg spirals)

175g spreadable goats cheese

- separate the garlic cloves. Crush each one lightly by pressing down hard with the flat of a knife blade. Skins will be loosened. Remove.
- pour the oil into a small pan and add the garlic
- cook over a VERY gentle heat for 20-25 minutes, until the cloves are tender, golden and sweet. NB They must not burn.
- strip the thyme leaves from their branches and add to the garlic, about 15 minutes after it has started cooking
- meanwhile cook the pasta in boiling, salted water until it is *al dente*
- drain and toss gently with the olive oil, garlic and thyme mixture
- stir in the goats cheese and serve

Variations:

Use crumbly goats cheese

Try Lancashire or Caerphilly (ie white, crumbly) cheese.

Nigel Slater

Spaghetti aglio e olio

amended in 2022

The most basic spaghetti dish – with oil and garlic, and optional extras

Ingredients per person:

100-150g spaghetti (fresh if possible)

2 tablesp olive oil (extra virgin if possible)

4 cloves garlic, sliced

Salt and black pepper to taste

Don't skimp on anything – if using more appeals, use more.

1 Basic version:

- cook the spaghetti in plenty of boiling salted water until *al dente*. 1 -2 minutes for fresh spaghetti, 8-10 mins for dried spaghetti.
- meanwhile heat the olive oil in a pan and add the sliced garlic. Cook on a low heat for a minute or two. Do not burn.
- drain the spaghetti and transfer to a large, warmed, serving bowl, add the garlic and oil, mix, season and serve. Drizzle a little more olive oil on top if you wish.

Garnishes/variations:

- This dish is most commonly served with plenty of grated or shaved parmesan cheese (or grana padano for a milder alternative)
- Garnish with toasted pine kernels
- Add a pinch of chilli flakes
- add a spoonful of pesto sauce (from a jar or see recipe page 21)
- other types of pasta can be used instead of spaghetti

2 with spinach:

- heat a generous dash of olive oil in a pan and add 100g of baby spinach leaves per person, cook for a minute or so until wilted, then set aside while the garlic is cooked
- Add to the garlic then mix with the spaghetti as above.

Variations:

- Add about 8cherry tomatoes per person, cut in half, to the spinach
- Add plenty of pesto (to taste) to the spinach/garlic mixture, heat through, mix with the spaghetti and garnish with toasted pine kernels

Vegan alternative:

- Substitute vegan spaghetti and, if using, vegan cheese.

Penne with fried aubergine and ricotta

200g dried penne (or other dried or fresh pasta)

1 small aubergine, diced

1-2 tablesp olive oil

2-3 fresh tomatoes, chopped

A few torn leaves of basil

2 garlic cloves, chopped

Ricotta

Salt and pepper

- Cook the penne in plenty of boiling salted water until al dente
- Meanwhile fry the aubergine in the olive oil in a frying pan for a few minutes
- add the tomatoes, basil and garlic and let it cook over a lowish heat for 3-4 minutes
- add the drained pasta to the sauce, season to taste, and mix in several tablespoons of ricotta just before serving.
- garnish with more torn basil leaves.

Serves 2

Macaroni with broccoli and herbs

50ml olive oil
4 cloves garlic, peeled, 3 finely sliced and 1 crushed
1 head broccoli, stalks removed (200-250g net), broken into small (2cm) florets
2 teasp lemon juice
Salt and black pepper to taste
250ml vegetable stock
100ml white wine
A knob of unsalted butter (about 15g)
200ml water
125g macaroni
25g grated parmesan
10g basil leaves, finely chopped
10g parsley, finely chopped
20g baby spinach leaves, finely chopped
A pinch of chilli flakes

- heat 35ml of the oil in a large pan, add the sliced garlic and fry gently for about 5 minutes, until golden
- add the broccoli florets, about ½ teasp lemon juice, salt and plenty of pepper and cook, stirring often, for four minutes
- Add the stock, wine, butter and water, bring to a simmer and cook for 5 minutes, until the broccoli begins to soften
- stir in the pasta, half of the parmesan and some more salt
- turn down the heat, cover the pan, and cook for 12 minutes or so, until the macaroni is al dente and the broccoli is soft and breaking down into the sauce
- meanwhile, in a small bowl, mix the basil, parsley and spinach, the crushed garlic clove and about ½ teasp of lemon juice, then stir into the pasta
- serve into two serving bowls, and top each bowl with the remaining parmesan and lemon juice and a few chilli flakes, then drizzle the remaining oil on top

Serves 2

Non-vegetarian option:

- roughly chop two anchovies in olive oil from a tin and add to the pan with the broccoli

Note:

- this recipe is suitable for any small pasta shapes, The original recipe used orecchiette

Based on a Yotam Ottolenghi recipe.

Orzo, tomatoes and onions *added in 2022*

2 tablesp olive oil
2 medium onions, halved and sliced (about 200g peeled weight)
1 X 400g tin of chopped tomatoes
2 teasp ras el hanout
300g cherry tomatoes, halved
Salt and black pepper to taste
200g orzo (small, short macaroni will do as an alternative)
2 heaped tablesp Greek yoghurt

- warm the oil in a frying pan, add the onions and cook for 25 minutes until deep gold and sticky
- meanwhile, add the chopped tomatoes to a large pan, add the ras el hanout and bring to the boil
- add the cherry tomatoes, season with salt and pepper, turn down the heat and simmer for 15 minutes, stirring from time to time
- meanwhile, in a separate large pan, bring plenty of water to the boil, add the orzo, and cook for about 10 minutes
- drain the orzo and stir into the tomato sauce, stir in half of the cooked onions, and check the seasoning
- divide between two serving bowls, top each with a tablespoon of yoghurt and half of the remaining onions
- Serve. Serves 2

Based loosely on a Nigel Slater recipe

Spaghetti with mushrooms and harissa

150g spaghetti

Salt to taste

5-6 tablesp extra virgin olive oil

300g chestnut mushrooms, thinly sliced

2 cloves garlic, crushed

4 spring onions, thinly sliced

2 tablesp harissa paste

Grated parmesan to garnish (optional)

- bring a deep pan of water to the boil, add salt then the spaghetti and cook for 8-10 mins
- meanwhile, warm the oil in a large frying pan, add the sliced mushrooms and fry for 5-6 minutes until brown
- add the garlic and cook for a further minute until the garlic is fragrant
- add the spring onions, stir well and cook for another 2 minutes or so, until the onions are soft
- stir in the harissa paste
- drain the spaghetti, toss with the mushrooms and serve
- garnish with a little grated parmesan to taste, if desired

Serves 2

Note: The original recipe uses pappardelle rather than spaghetti, but I couldn't get hold of it during lockdown

Based closely on a recipe by Nigel Slater

Spaghetti with courgettes and tomato sauce

250g fresh spaghetti
2-3 tablespoons extra virgin olive oil
1 medium onion, finely chopped
2 cloves garlic, crushed
250g courgettes, sliced
400g tin of chopped tomatoes
1 teasp dried oregano
Fresh basil, leaves torn
Salt and freshly ground black pepper

- in a frying pan, fry the onion in the olive oil for a few minutes until soft
- add the garlic and courgettes and cook until the courgettes are just beginning to soften
- add the tin of tomatoes and the oregano and continue to cook under a low heat
- season with salt and pepper to taste, if necessary
- meanwhile bring a large pan of water to the boil, and add 1 tablesp of olive oil
- add the spaghetti, return to the boil, and cook for 1-2 minutes
- drain the water from the spaghetti and serve on individual plates or bowls
- top with the tomato/courgette sauce, and garnish with fresh basil

serves 2

Variations:

- use tagliatelle, tagliolini or any other ribbon-type pasta
- the sauce can be thickened by adding a tablespoon of tomato puree
- add a little chilli powder for a spicier dish
- garnish with grated mature cheddar or parmesan cheese
- the pasta and sauce can be mixed prior to serving in a large bowl for people to help themselves.

Spaghetti alla puttanesca

2 tablesp extra virgin olive oil
1 small onion finely chopped
2-3 cloves garlic, finely chopped
400g tin tomatoes
Salt and pepper to taste
375g spaghetti
2-3 teasp capers
A pinch of chilli flakes
10 black olives, chopped
Chopped parsley to garnish

- in a saucepan heat the olive oil, add the onion and garlic and cook for a few minutes until soft (but not coloured)
- add the tin of tomatoes, season with salt and pepper and simmer for 10 minutes, until it becomes a nice thick sauce
- meanwhile, cook the spaghetti in a pan of boiling salted water, until al dente (about 2 minutes for fresh pasta, about 10 minutes for dried pasta)
- while the spaghetti is cooking, add the capers, chilli and black olives to the tomato sauce
- drain the pasta well, toss in with the sauce and serve, garnished with parsley

Serves 3-4

Non-vegetarian version:

- add a 50g tin of anchovies in olive oil as the pasta is being served

From a recipe by Angela Hartnett

Spaghetti or pasta with broccoli sauce

Similar ingredients to the macaroni with broccoli recipe (see page 265), but this is a separate sauce to pour over spaghetti or larger pasta shapes

160g broccoli

3 tablesp olive oil, plus a little to drizzle

3 cloves garlic, chopped or crushed

Pinch of chilli flakes

1 tablesp grated lemon zest

½ tablesp lemon juice

Salt and pepper to taste

100g spaghetti or pasta per person

Grated parmesan to taste

- divide the broccoli into small florets. If using any stalks chop them finely.
- steam for 6-8 minutes until tender
- heat the oil in a pan
- add the garlic, chilli flakes, lemon zest and juice, salt and papper and fry for 2-3 minutes
- add the broccoli and mix well
- meanwhile boil sufficient spaghetti or pasta for one or two people in salted water until *al dente*
- drain the spaghetti / pasta, reserving the cooking water
- if the sauce is a little dry add a couple of tablesp of the cooking water
- plate up the spaghetti / pasta and pour the broccoli sauce over
- to serve, sprinkle each plate with some grated parmesan and drizzle with a little olive oil

makes 2 small portions or 1 large portion

based on a recipe suggestion by Dale Berning Sava.

Pizza with rocket and goats cheese (pizza con caprine e rucola)

1 X 30cm thin crust pizza base, ready made or made in a bread-maker
2 X 70g round goat's cheeses
Extra virgin olive oil (lots)
85-100g drained weight pitted black olives
2 tablesp finely chopped parsley
1 small red chilli finely chopped, or pinch dried red chilli flakes
1 teasp red wine vinegar
Pinch dried mixed herbs
½ ciabatta roll, crusts removed
1 tablesp fresh thyme leaves
35g rocket
Salt and pepper
Lemon juice

Serves 2. To make more pizzas simply double / treble the quantities as necessary.

- [prepare the pizza dough base \(if not ready-made\)](#)
- slice the cheeses horizontally into 4 slices, place in one layer in a shallow dish, and cover with olive oil
- [place the olives in a bowl, add the parsley, chilli, vinegar and mixed herbs, and cover with olive oil. Stir to combine and leave to marinate](#)
- place the bread into a coffee/nut grinder and grind into coarse breadcrumbs.
- [add the thyme to the breadcrumbs and mix well](#)
- meanwhile pre-heat the oven to 230°C / gas mark 8
- [gently roll the cheese in the breadcrumbs to coat completely](#)
- place the cheese on the pizza base, and sprinkle over the remaining thyme and breadcrumb mixture and the marinated olives
- [drizzle over some of the marinating olive oil, season with salt and pepper, and bake in the oven until the cheese is melted and the crust is crisp, about 8 minutes](#)
- meanwhile dress the rocket leaves with a tablesp of olive oil and a few drops of lemon juice, and season with salt and pepper
- [place the rocket on top of the hot pizza and serve.](#)

Variations:

Black olives are not essential and can be replaced by green olives or capers or omitted altogether. However the marinated parsley mixture is essential.

Notes:

Keep the chilli to a minimum. The idea is to taste some heat once every few bites but it should not dominate the dish

The olive oil used to soak the cheeses can be used in other dishes for a few days. Any leftover thyme leaves can be added to the oil.

Based on a River Café Cook Book Green recipe

Simple pizzas

These are simple and quick recipes making use of ready made pizza bases and a quick home made tomato topping.

Tomato topping:

1 tin chopped tomatoes

2-3 tablesp tomato puree

A little salt

A pinch of sugar

A pinch of dried oregano

1 tablesp extra virgin olive oil

2 cloves garlic, crushed (optional, depending on the recipe)

- Mix everything together well. If you prefer a smooth topping use a stick blender to blend the ingredients.
- use in one of the recipes on the following pages. Note that all quantities can be varied to taste and depending on the size and type of pizza base.

i) tomato and mushroom pizza

1 ready made pizza base (10-12inch)

75g Tomato topping without garlic

100g grated mozzarella cheese

Extra virgin olive oil

1 tomato finely sliced

100g mushrooms, finely sliced

3-4 cloves garlic, crushed

Salt and pepper to taste

Rocket leaves (optional)

Lemon juice

- Heat the oven to 200°C
- Spread the tomato topping on the pizza base
- Top with the mozzarella cheese
- Cook in the oven for 5 minutes (place a tray on a shelf below to catch any drips/melting cheese)
- Add the sliced tomato, the mushroom and the garlic, drizzle with some olive oil
- Return to the oven for about 5 mins
- Meanwhile dress the rocket with a little olive oil, lemon juice salt and pepper (optional)
- Remove from the oven, drizzle a little more olive oil on top, and if using top with the rocket leaves, and serve.

ii) capers, olives and sun dried tomato pizza

1 ready made pizza base (10-12inch)
100g Tomato topping without garlic
100g grated mozzarella cheese
3-4 tablesp capers, drained
8-12 olives (green or black), without stones, cut in half
1 sundried tomato per slice
3-4 cloves garlic, crushed
Extra virgin olive oil
Salt and pepper to taste

- Heat the oven to 200°C
- Spread the tomato topping on the pizza base
- Top with the mozzarella cheese
- Cook in the oven for 7-8 minutes (with a tray on a shelf below to catch any drips/melting cheese)
- Add the capers, olives, sundried tomatoes and the garlic, drizzle with some olive oil
- Return to the oven for about 6-7 mins
- Remove from the oven, season with salt and pepper to taste, and drizzle a little more olive oil on top
- Cut into slices as necessary and serve

(iii) three cheese and capers pizza

1 ready made pizza base (10-12inch)
75g Tomato topping with garlic
100g grated mature cheddar cheese
100g grated or flaked parmesan cheese
100g crumbled gorgonzola or other blue cheese
3-4 tablesp caper berries, drained
Extra virgin olive oil
Salt and pepper to taste
Lambs lettuce (optional)
Lemon juice

- Heat the oven to 200°C
- Spread the tomato topping on the pizza base
- Top with the three cheeses and the capers, with each ingredient on a separate quarter of the base
- Cook in the oven for 10 minutes (with a tray on a shelf below to catch any melting cheese)
- Meanwhile dress the lambs lettuce with a little olive oil, lemon juice salt and pepper (optional)
- Remove from the oven, drizzle some olive oil on top, and, if using top with the lambs lettuce (2-3 leaves per slice), and serve.

(iv) goats cheese and spinach pizza

100g baby spinach leaves

1 ready made pizza base (10-12inch)

100g Tomato topping with garlic

100g goats cheese, broken into small cubes or lumps

Salt and pepper to taste

Extra virgin olive oil

- Add the spinach to a pan with a little water, bring to the boil and cook for a couple of minutes until it wilts
- Drain well and roughly chop
- Meanwhile, heat the oven to 200°C
- Spread the tomato topping on the pizza base
- Top with the spinach and cheese, spreading them out across the topping
- Cook in the oven for 10 minutes (with a tray on a shelf below to catch any melting cheese)
- Remove from the oven, add salt and pepper to taste, drizzle some olive oil on top, and serve.

(vii) potato dishes

Patatas a lo pobre

1 kilo potatoes, peeled (optional), and sliced
100 ml olive oil
10 black peppercorns, crushed
2 cloves garlic
¼ teasp cumin
½ teasp paprika
50ml water
1 teasp salt
1 tablesp white wine vinegar

- heat the oil in a frying pan, add the potatoes, and fry them slowly, turning frequently, until they are tender and slightly browned
- add the peppercorns and stir
- crush the garlic and add to the water along with the cumin and paprika and stir
- add to the potatoes, together with the salt and vinegar,
- cook a few minutes more, until the liquid has reduced, and serve hot.

Serves 4 with a side salad.

Variations:

- Garnish with spring onions and/or parsley
- add chopped green peppers (blanched if preferred) and cook with the potatoes
- add some sliced mushrooms just before the water/garlic mixture.

Pan haggerty

500g potatoes

A few tablesp olive oil

1 large onion, chopped finely

200g mature cheddar cheese, grated

Salt and pepper to taste

- boil the potatoes for 3-4 minutes, then drain, and when cool enough slice finely
- heat the oil in a large frying pan until warm, remove from the heat, then add a layer of potatoes
- add salt and pepper to taste
- add a layer of chopped onions, then a layer of cheese
- repeat with another layer of potatoes, then onion and cheese
- top with salt and pepper to taste and drizzle a little olive oil over the top
- cover the frying pan and cook over a very low heat for about 30-45 minutes or until the potatoes are soft
- serve

Stovies

The classic 'leftovers' dish in parts of Scotland. Also used to line stomachs with stodge and for a hangover breakfast.

Basic Recipe:

800g potatoes, peeled

3-4 tablesp vegetable oil or a mixture of oil and butter

1 onion, thinly sliced or chopped

1 teasp mustard

Salt and pepper to taste

300g vegetable or beef stock or water

NB: All quantities and timings are approximate and can be varied

- slice the potatoes, then dice about half of them so that there a mixture of larger and smaller pieces
- heat the oil and butter in a pan and fry gently till soft
- add the potatoes, mustard, salt, pepper and stock and mix
- turn the heat down to the lowest setting
- let the mixture cook for about 1½ hours, stirring from time to time
- serve. By this time the diced potatoes will be mush, but the sliced potatoes will be soft but retain some of their shape.

Variations / additions

- **Non- veggie:** add 250g chopped corned beef, leftover cooked mince or chopped leftover roast beef, along with the potatoes
- **Veggie:** add some grated mature cheddar or parmesan cheese towards the end of the cooking time
- **Add whatever else you feel like**

Serve on its own, with oatcakes or with a green side salad.

Potato Arrabbiata

About 10 baby potatoes (depending on size and hunger), skin on

Salt to taste

1 tablesp olive oil

1-2 garlic cloves, sliced

A pinch of chilli flakes

200g passata

Black pepper

75g baby spinach leaves

- cook the potatoes in a pan of salted water for about 10-12 minutes, until cooked through, and drain
- in a separate pan, ideally one that can be eaten directly from, heat the olive oil
- add the garlic and fry over a medium heat for a few minutes, until it starts to brown
- add the chilli flakes, passata and cooked potatoes
- adjust the salt if necessary and add black pepper to taste
- simmer gently for about 10 minutes
- add the spinach and simmer for a further minute, until wilted
- squash each potato slightly with the back of a fork
- remove from the heat and serve

Serves 1

Closely based on a recipe by Miguel Barclay.

(viii) egg dishes

Sumac Eggs

3 tablesp olive oil

2 small onions, finely sliced

2 teasp thyme leaves (optional) 2

garlic cloves, crushed

¼ teasp chilli flakes

1 400g tin chopped tomatoes

Salt and pepper

4 eggs

1 teasp sumac

150g feta cheese, crumbled

Small handful of coriander (or parsley) leaves, finely chopped

- in a frying pan, warm the oil over a lowish heat and gently fry the onion, until softened
- add the thyme, garlic, and chilli, stir for less than a minute
- add the tomatoes, season and simmer for about 5-6 minutes until thickened slightly
- break an egg into a saucer, and slide it carefully into the sauce, then repeat with the other eggs
- sprinkle on half the sumac over the dish, and some salt and pepper onto the eggs, and cook gently until the eggs are poached
- remove from the heat, crumble over the cheese, sprinkle on the coriander, and sprinkle the remaining sumac over the eggs
- serve with bread to mop up the sauce

Serves 2, as a light meal eg lunch, or a weekend breakfast

Variations:

- the onions can be omitted, particularly if being cooked as a breakfast dish
- half a green pepper, very finely chopped and fried in the oil is an alternative or addition to the onions
- at the end melt a small knob of butter, add the remaining sumac to the melted butter, and trickle over the eggs

Based on a Hugh Fearnley-Whittonstall recipe

Parsee scrambled eggs

6 medium eggs
1 small onion, finely chopped
2 tablesp sunflower oil
1 red chilli, finely chopped
½ teasp ground ginger
½ teasp ground turmeric
½ teasp black pepper
Salt to taste
2 tablesp chopped coriander leaves

- heat the oil in a saucepan and fry the onion gently until it begins to soften
- add the chopped chilli and stir
- add the ginger and stir for 30 seconds
- meanwhile, beat the eggs together with the turmeric, pepper and salt, and then beat in the coriander leaves
- pour into the saucepan and mix well with the onion
- then cook as for scrambled eggs, scraping the eggs from the sides and bottom of the pan
- serve as soon as the eggs are cooked

Variation:

- use chilli powder or chilli flakes (¼-½ teasp to taste) instead of a chopped chilli. Chilli powder should be beaten in with the eggs.

Sesame and za'atar scrambled eggs *added in 2022*

2 teasp sesame seeds
3 large eggs
A dash of milk
A pinch of salt
A knob of unsalted butter
2 teasp za'atar
1 teasp tahini
Chilli flakes, to taste (optional)
Toast or pitta breads, to serve

- Dry-fry the sesame seeds in a small frying pan, for a few minutes over a medium heat, until lightly browned, then set aside in a small bowl
- Beat the eggs, milk and salt together in a mug
- Melt the butter in a pan over a high heat, then pour in the egg mix
- Stir constantly until the eggs have scrambled
- Tip on to a serving plate, sprinkle the za'atar on top, drizzle over the tahini and scatter on the toasted sesame seeds and the chilli flakes
- Serve with hot toast or pitta bread

Serves 1-2, depending on hunger

Note:

If you make your scrambled eggs differently (eg in a microwave or with oil) then do so, and add the other ingredients at the end, as above

Recipe by Tamal Ray

Scrambled egg with spinach and tomatoes

125g baby spinach leaves
1 tablesp olive oil
1-2 cloves garlic, crushed
10 cherry tomatoes
3 large eggs
Salt and pepper to taste
A few chilli flakes (optional)
A small knob of unsalted butter

- wilt the spinach leaves over a low heat, drain as well as possible, and roughly chop
- heat the olive oil over a lowish heat and gently fry the garlic, taking care not to burn
- chop the cherry tomatoes in half, and add to the frying pan with the spinach, and stir and cook for a minute
- meanwhile, beat the eggs in a mug
- add the eggs and continue to cook slowly, stirring the mixture with a fork to ensure it doesn't stick to the pan
- as the eggs begin to scramble add the salt, pepper, chilli flakes and the knob of butter, and continue to stir
- serve as soon as the butter has melted and the eggs have scrambled
- serves 1 on its own, or 2 people on toast, or with a side salad

Variation:

For a breakfast version the garlic and chilli flakes can be omitted.

Huevos revueltos con espinaca

A Spanish version of scrambled eggs with spinach. This and the previous recipe and be mixed and matched to taste.

2 tablesp olive oil

30g onion, very finely chopped

100g young spinach leaves, roughly chopped

3 eggs

Salt and pepper to taste

- heat the oil in a frying pan and add the chopped onions
- after a few minutes when the onions are soft, add the spinach to the pan and cook until it has wilted
- meanwhile beat the eggs, together with the salt and pepper
- add the eggs to the pan, mix well and stir until the eggs are cooked
- serve

Serves 1. Two eggs per person are sufficient if being served as part of a meal, on toast, or with a side salad. The original recipe suggests serving with a couple of slices of manchego cheese.

Note: Add milk to the eggs if you prefer. I prefer it without.

Based on a recipe at www.cookpad.com

Huevos Rancheros

2 tomatoes, deseeded and finely chopped
A small handful of chopped chives
A small handful of fresh coriander leaves, chopped
10 slices of chopped jalapeños in vinegar, drained and chopped
Juice of 2 limes
3 cloves garlic, crushed
Salt to taste
1 400g tin of black beans, drained and rinsed
Chilli flakes, to taste
Olive oil
1 18cm corn tortilla per person
1 large egg per person
1 ripe avocado, sliced
25g feta cheese, crumbled, per person

- make a salsa in advance by mixing together the tomatoes, chives, coriander, jalapeños, the juice of 1 lime, 1 crushed garlic clove and salt. Mix well, cover and refrigerate
- heat the oven to 190°C
- heat 1 tablespoon of oil, fry the two remaining cloves of garlic for a few minutes, add the black beans and chilli flakes, mix well and heat through. (if this is too dry add a few spoonfuls of vegetable stock). Transfer to a bowl in the oven
- in the same frying pan (adding more oil if necessary), fry the tortillas one at a time over a high heat on each side for a maximum of 1 minute, until the edges begin to crisp, then transfer to the oven to keep warm.
- fry the eggs in the same pan, adding more oil if necessary
- On each serving plate place a tortilla, top with the black bean mix. Add a fried egg in the centre and surround by spoonfuls of the salsa and the avocado slices
- crumble the feta cheese and sprinkle some lime juice over each serving.
- serve and eat immediately

Notes:

- any remaining salsa and black bean mixture can be used in other recipes
- refried beans (see recipe on page 173) can be used as an alternative to the black bean mix. Cooked dried black beans or a can of black bean soup (Frijoles Negras), drained, are other alternatives
- guacamole can be used as an alternative to fresh avocado
- if this needs spicing up add more chilli flakes, or have chilli sauce on the table for people to add to taste.

Huevos rotos (Spanish fried eggs and potatoes)

500g potatoes, peeled

50ml olive oil

1 small onion, finely chopped

3 - 4 cloves garlic, crushed

Salt to taste

½ teasp paprika (or sweet or spicy smoked pimenton) to taste

2 medium tomatoes, roughly chopped (or 12 cherry tomatoes, halved)

4 eggs

- parboil the potatoes for 8 to 10 minutes, drain and allow to cool
- slice the potatoes
- meanwhile heat the olive oil in a large frying pan
- add the potatoes, onion, garlic, salt, paprika and tomatoes and fry for about 10 minutes until the potatoes and onions are soft
- if the potatoes begin to stick to the frying pan add more olive oil
- break the eggs on top of the sliced potatoes and cook for a couple of minutes, until the whites have fried but the yolks are still soft
- with a fork and knife break the yolks and egg whites into small pieces and mix, on top of the potatoes
- serve immediately

Serves 2

Notes:

- If you prefer the paprika / *pimentón* can be added at the end, by sprinkling on the dish before serving
- the essential ingredients are eggs and potatoes fried in olive oil. The others are extras and can be varied
- this may look like someone has been sick on the plate, but it tastes excellent

Based on watching the chefs at La Ponderosa, Cuenca, and initially recreated by Dave Kerridge.

Egg burgers

All ingredients are approximate – the important thing is to get the consistency of the mixture right so that it holds its shape. The flour isn't essential and is only added if needed to hold the burger shape

1 large egg per burger
Some porridge oats or muesli base
Grated feta cheese
Finely chopped onion
Parsley, finely chopped
Salt and pepper to taste
Flour (optional)
Olive oil

- Beat the eggs in a large bowl
- Add the oats, cheese, onion, parsley, salt and pepper and mix well
- Mould into burger shapes
- Roll in a little flour if necessary
- Heat the oil in a frying pan over a medium heat.
- Add the burgers and heat for 3-4 minutes
- Turn over and cook the other side. Flip from side to side as necessary until both sides are golden brown
- Serve, on their own or in a bun with salad

Variations:

- add some hot smoked paprika
- top with sweet chilli jam (see recipe on page 40)

Frittata

(i) New potato and spring onion frittata

4 tablesp olive oil

400g new potatoes, washed and cut into thin slices

4 spring onions, white and light green bits, chopped

4 eggs

Salt and black pepper to taste

1 tablesp chopped parsley

- warm the oil in a non-stick frying pan, add the potatoes and cook slowly, turning occasionally, until the potatoes are golden on each side and they are cooked through to the middle
- add the chopped spring onions and cook slowly for a few minutes, until they are tender
- meanwhile beat the eggs lightly with the salt and pepper
- add the beaten eggs and the parsley to the frying pan and cook under a low heat until the eggs have formed a crust on the outside – the eggs in the centre should still be almost liquid
- meanwhile heat the grill
- remove the pan from the hob and place it under a hot grill for 2-3 minutes, until the eggs have set
- remove from the heat and leave for a minute
- slice the frittata into portions and serve

Serves 2 as a main course either with tomato, cucumber and a spoonful of pesto or with broccoli and a spoonful of mustard. Serves 4 on its own as a starter.

Any remaining slices of frittata can be served cold.

(ii) Asparagus Frittata

Replace 200g of the potatoes with 200g asparagus tips, which can be very lightly steamed then added with the spring onions.

(iii) Non – veggie version: Piquillo Peppers and Chorizo Frittata

Replace 200g of the potatoes with an 80g tin of piquillo peppers and 50g finely chopped cooked chorizo (or ham).

Note:

Frittata is essentially an open slow-cooked omelette and can be made with a wide variety of vegetables. The fillings in quiche recipes can also be adapted as a frittata.

The main recipe is based closely on a Nigel Slater recipe

Kuku (Persian tortilla)

6 eggs
125g mashed potato (fresh or leftover)
30g chopped fresh coriander
30g chopped parsley
30g finely sliced chives
100g baby spinach leaves, finely chopped
2-3 cloves garlic, crushed
Pinch of ground cumin
Salt and pepper to taste
30g butter

- pre-heat the oven to 180°C (gas mark 4)
- beat the eggs in a mixing bowl
- whisk in the mashed potato, coriander, parsley, chives, spinach, garlic, cumin, salt and pepper and mix well
- melt the butter in an ovenproof dish – let it run round the sides
- pour in the egg mixture
- bake in the oven until the middle is set (about 30 mins)
- let it sit for 5-10 mins before serving
- serve warm, or cold, in slices. Serves 4-6.

Note:

The proportions of coriander, parsley and chives can be varied according to taste

Based on a recipe by Allegra McEvedy

Masala Omelette

added in 2022

2 - 3 large eggs

1 green chilli, finely chopped

1 spring onion, finely chopped

3-4 cherry tomatoes, finely chopped

2 tablesp coriander leaves, chopped

Salt and black pepper, to taste

1 tablesp sunflower oil

- in a bowl beat the eggs
- add the chilli, spring onion, cherry tomatoes, coriander leaves, salt and black pepper and mix well
- heat the oil in a small frying pan over a medium heat
- add the egg mixture to the pan and leave to set
- gently fold the omelette to cook through
- serve by sliding the omelette from the pan on to a plate

Serves 1

Notes and variations:

- Cook more slowly (ie lower heat) than a French omelette, to give the ingredients time to cook
- A pinch of chilli flakes or chilli powder to taste can be used instead of the green chilli
- add a finely chopped clove of garlic and/or a pinch of asafoetida

Based on a recipe by Asma Khan