

The GoWithTed Cookbook – 2023

6

Main courses – fish, poultry and meat

THE GOWITHTED COOKBOOK

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

6 Main courses –fish, poultry and meat

(i) fish and seafood

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(i) fish and seafood

Swordfish steaks with ginger, garlic and chilli

For the marinade:

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

2 swordfish steaks

1 lime (or lemon) cut into wedges

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

Serves 2

Spiced haddock and tomato

For the tomatoes:

Use the garlic tomatoes recipe on page 38. You can omit the sprig of rosemary.

For the marinade:

½ teasp cumin seeds

½ teasp fennel seeds

1 tablesp olive oil

1 tablesp yoghurt

Juice of ½ a lemon

Pinch of salt to taste

1 tablesp curry paste (see page 27 for an example or use a shop version)

Garlic tomatoes (see above)

A small knob of fresh ginger, cut into thin matchsticks

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

For the haddock:

2 haddock fillets

Marinade (see above)

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

Notes:

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

Based on a recipe in the Mother India Cookbook – Mother India at home by Monir Mohammed and Martin Gray

Spiced salmon

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

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

Variation: Spiced seared scallops. Instead of salmon, you can use freshly seared scallops. Simply fry them for about a minute on each side and serve on the cooked sauce.

For another recipe with seared scallops see Mother India's Chana Daal on page 245.

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

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

King prawns with dill and ginger

2 tablesp sunflower oil
1 medium onion, finely chopped
2 green chillies, deseeded and finely chopped
2 cloves garlic, finely chopped
1 vine tomato, roughly chopped
½ teasp cumin seeds
½ teasp fennel seeds
2 cloves, crushed
Small bunch of fresh dill
Salt to taste
½ teasp ground turmeric
150g cooked, peeled king prawns
15g fresh ginger, cut into matchsticks
Freshly ground black pepper, to taste

- heat the oil in a medium frying pan, add the onion and cook gently for 5-10mins, until soft
- add the green chillies and garlic and cook for a minute or so
- add the tomato, mix well and cook for about 3 minutes
- add the cumin seeds, fennel seeds, cloves and most of the dill, mix, and cook for a further minute, then add the salt and turmeric
- add the king prawns and ginger and stir fry for a minute. You can add a little water if the mixture is dry
- sprinkle with the black pepper, cover and cook for 2-3 minutes until the prawns are piping hot
- give the curry a final stir and serve, garnished with the remaining dill.

Serves 1 as a main dish with rice or chapatis or up to 4 people, as part of a thali.

Based on a recipe from the Mother India Cookbook Mother India at Home, with a couple of shortcuts.

Marmitako (Basque tuna and potato casserole)

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

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

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

Note:

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

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

Mackerel with redcurrant sauce.

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

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

Serves 2

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

Mackerel with paprika and garlic

The quantities are per person:

1 tablesp olive oil

1 fresh mackerel, gutted and butterflied

Salt to taste

1 garlic clove, very finely chopped,

½ teasp *pimentón dulce* (sweet Spanish paprika)

1 tablesp parsley, finely chopped

¼ lemon

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

Serves 1

To butterfly a mackerel:

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

Note:

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

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

Roast mackerel with hoisin sauce *added in 2022*

50ml hoisin sauce
50ml rice wine (or white wine)
50ml light soy sauce
2 tablesp honey
½ teasp five-spice powder
Black pepper to taste
2 mackerel fillets

- in a small bowl or jug, mix together the hoisin sauce, rice wine, soy sauce and honey, then stir in the five-spice powder
- taste, and add black pepper to taste
- pour the mixture into a roasting tray, add the mackerel, turn them once or twice to coat and set aside in a cool place for an hour
- if prepared in advance, place in the fridge, then bring to room temperature before cooking
- preheat the oven to 180°C (fan) / gas mark 6
- turn the fish in the marinade, place in the oven and bake for about 20 to 30 minutes, depending on the size of the mackerel
- during baking, about every 10 minutes, remove from the oven, spoon some marinade over the fish, and return to the oven
- Serve

Serves 1. Serve with boiled rice and a side salad

Closely based on a recipe by Nigel Slater

Smoked mackerel stuffed peppers *amended in 2022*

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

150 - 200g smoked mackerel flesh

150 - 200g cooked potato

3-4 tablesp olive oil

2-3 cloves garlic, crushed

Black pepper to taste

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

2 tablesp parsley, finely chopped

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

A little more olive oil

- pre-heat the oven to 200°C/gas mark 6
- blanche the red pepper halves in boiling water for 2 minutes, drain, and place in an ovenproof dish
- mash together the smoked mackerel, potatoes and olive oil
- add the garlic, black pepper, cheese, parsley and *pimentón* and mix well
- spoon the mixture into the pepper halves until they are full.
- drizzle a little more olive oil on top of the filling
- cook the peppers in the oven for 20-25 minutes and serve

Serves 2. Serve with a salad or green vegetables

Notes:

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

Cod stuffed peppers *amended in 2022*

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

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

150g - 200g cooked cod flesh

150g - 200g cooked potato (mashed or sliced boiled potato)

50g cooked spinach (cooked weight), finely chopped

3-4 tablesp olive oil

2-3 cloves garlic, crushed

Salt and black pepper to taste

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

A little more olive oil

- pre-heat the oven to 200°C/gas mark 6
- blanche the pepper halves in boiling water for a maximum of 2 minutes, drain, and place in an ovenproof dish
- mix the cod, potatoes, spinach and olive oil together well
- add the garlic, salt, pepper and *pimentón* and mix well
- spoon the mixture into the pepper halves until they are full.
- drizzle a little more olive oil on top of the filling
- cook the peppers in the oven for 20-25 minutes and serve

Serves 2, with a side salad or vegetables.

Salmon fishcakes

amended in 2022

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

- peel and boil the potatoes until soft, drain, then mash them roughly in the pan (no need to add anything else)
- meanwhile grill the salmon steaks until cooked (about 5-6 minutes each side) then transfer to a mixing bowl
- allow the potatoes and salmon to cool
- mash the salmon steaks with a fork, removing any leftover bones or skin
- add the mashed potato and mix well
- add most of the parsley, 2 tablesp flour, salt and pepper and mix well
- add the beaten eggs gradually, stirring into the mixture to bind it (if using large eggs 1½ should be sufficient)
- spread the remainder of the flour on a plate
- take a handful of the mixture, roll with your hands into a fishcake shape, then roll in the flour and transfer to a separate plate. Repeat with the remainder of the mixture
- place the fishcakes in the fridge for at least an hour (helps them to bind)
- heat the olive oil in a frying pan and cook the fishcakes for 3-4 minutes each side until they have browned
- serve with the remainder of the parsley as a garnish and large wedges of lemon to squeeze over the fishcakes.

Makes about 8 fishcakes.

Notes and variations:

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

Salmon and Spinach quiche

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

- prepare a shortcrust pastry case. See the recipe on page 228
- preheat the oven to 190°C / gas mark 5
- heat the oil in a frying pan and gently fry the onions until soft
- add the spinach leaves and cook slowly until wilted.
- Meanwhile boil the peas in a little water for 3-4 minutes and drain
- Distribute the salmon in the pastry case and sprinkle with the dill
- Add the spinach and onion mix
- Add the cooked peas
- Mix the eggs, milk, salt and pepper and add to the pastry case.
Go easy on the salt – the salmon will already contain salt
- Bake in the oven for about 30 minutes, until the filling is set
- Remove from the oven and leave to rest for about 8 to 10 minutes before slicing and serving the quiche.

Smoked haddock and spinach quiche

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

- [prepare a shortcrust pastry case. See the recipe on page 228](#)
- place the haddock in a shallow pan, add 250ml of the milk with just enough water to cover the fish.
- [add the bay leaves and pepper, bring to the boil, lower the heat, then cook for 5 minutes.](#)
- turn off the heat, cover with a lid and set aside
- [meanwhile heat the oven to 190°C/gas mark 5](#)
- wilt the spinach in a pan over a low heat for a few minutes, then drain, squeeze firmly, roughly chop and set aside
- [finely chop the spring onions](#)
- drain the haddock then break into bite sized chunks and put in the prepared pastry case
- [add the spinach and spring onions](#)
- lightly beat the eggs, then beat in the remaining milk and crème fraiche
- [season with salt and pepper, then pour into the pastry case](#)
- bake the tart in the oven for about 25-30 minutes until the filling is lightly set
- [remove from the oven and leave to cool for at least 10 minutes then slice and serve.](#)

Based on a recipe by Nigel Slater

Tarte Pissaladière (onion, anchovy and olive tart)

added in 2022

1 shortcrust pastry base

3 tablesp olive oil

4 large onions(about 800g unpeeled weight), peeled, halved and sliced

Salt and black pepper to taste

2 X 30g tins anchovy fillets in olive oil, drained (about 16 fillets)

6-8 pitted black olives, sliced

- prepare a shortcrust pastry case, including baking blind. See the recipe on page 228
- heat the oil in a large frying pan with a lid
- add the onions, cover and cook over a low heat for about an hour, stirring every 5-10 minutes
- the onions should be very soft, but not at all coloured. (If they start to turn brown add 2-3 tablesp water)
- add the salt and pepper and cook uncovered briefly, until any liquid has evaporated
- meanwhile, preheat the oven to 180°C (fan)/gas mark 6
- spread the onions over the pastry base
- arrange the anchovies in a lattice pattern on top
- place the olive slices in the spaces between the lattice
- bake for 25-30 minutes
- remove from the oven, allow to cool for a few minutes and serve, cut into slices.

Makes 4 large or 8 small slices

A simplified version of a recipe by Claudia Roden.

Salmon and Harissa chickpeas

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

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

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

Variation:

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

Recipe by Justine Wall

Salmon with za'atar, tahini and spinach *added in 2022*

1 large or 2 salmon fillets (about 200g)

Salt and pepper

1½ teasp za'atar

½ teasp sumac

2 tablesp olive oil

100g baby leaf spinach

40-50g tahini

1½ tablesp lemon juice

1 clove garlic, peeled and crushed

50g water

- pre-heat the oven to 240°C (220°fan, gas mark 9)
- pat dry the fish and sprinkle with salt and pepper
- in a small bowl, mix the za'atar and sumac, then sprinkle over the top of the salmon to create a crust
- heat 1 tablesp of oil in a small frying pan, add the spinach and a small pinch of salt and pepper, and cook until just wilted (about 1½-2 minutes)
- transfer the spinach to a shallow ovenproof dish or earthenware cazuela (about 18cm in diameter), lay the salmon skin side down on top of the spinach, drizzle the remaining tablesp of olive oil over the salmon and heat in the oven for 5 minutes.
- meanwhile, mix well the tahini with a tablesp of lemon juice, the garlic, a good pinch of salt and the water in a small bowl, until smooth and quite runny
- remove the salmon dish from the oven, pour the tahini mixture all around (but not over) the salmon then return the dish to the oven
- cook for another five minutes or so, until the salmon is cooked through and the tahini is bubbling.
- drizzle over the remaining half tablesp of lemon juice and serve straight from the dish.

Serves 1

Recipe by Yotam Ottolenghi

Fish pie

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

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

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

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

Variation:

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

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

Fish and fideo

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

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

500ml fish stock

black pepper to taste

2 small white fish fillets

1 tablesp olive oil

To garnish – lemon slices and chopped parsley

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

Notes

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

Pulpo a la Gallega (Galician Octopus)

Cooking a whole fresh octopus looks like a real faff, and even buying a cooked whole octopus and preparing it can be tricky. These are two easy options.

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

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

Coarse sea salt, to taste

Extra virgin olive oil

(a) boiled

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

(b) fried

- Chop the tentacles into slices and season with salt and paprika
- Heat the oil in a frying pan, add the octopus and fry on a medium heat for 2-3 minutes each side
- serve, adjusting the seasoning as required with more salt and paprika and a splash of olive oil

Traditionally served on a wooden board on a bed of peeled, boiled and sliced potatoes, but directly on to heated plates is fine.

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

Serves 2, with potatoes, vegetables or a side salad.

Clams and beans *Added in 2022*

750g clams

salt

3 tablesp olive oil

1 medium onion, peeled and chopped

3 cloves garlic, peeled and finely chopped

300g (drained weight) of cannellini (or haricot) beans from a tin or jar, drained

200ml white wine

2 tablesp parsley, chopped

- Soak the clams in salted water for an hour then rinse under running water for a few minutes to ensure that all the sand and grit comes out of the shells
- Heat the olive oil in a frying pan until medium hot, add the onion and cook over a low heat, stirring, until very soft
- Add the garlic and cook for a minute or so, stirring
- Add the beans, the wine and a little salt, mix well and cook for about 3 minutes
- Increase the heat, add the clams, put a lid on the pan, and cook for 4-5 minutes, until the clams open
- Remove the lid and serve, discarding any clams which have not opened
- Serve sprinkled with the parsley.

Serves 2. Could also serve 4-6 as a tapa.

Variations:

- If desired a few chilli flakes, to taste, can be added along with the beans and wine
- For a tapa recipe using coriander instead of parsley and beans see page 119

Based on a recipe by Claudia Roden

Herring in oatmeal

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

2 tablesp fine or medium oatmeal per person

1 pair of herring fillets per person

Vegetable or sunflower oil

Black pepper

Lemon wedges

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

Notes:

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

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

Roast sardines, tomatoes and beans

160g cherry tomatoes

160g tinned cannellini beans, drained

3 tablesp olive oil

2 cloves garlic thickly sliced

2 sticks of fresh rosemary

Salt and pepper to taste

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

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

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

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

Recipe by Rebecca Seal.

Sardines, samphire and mustard dressing

For the dressing:

80ml olive oil
20ml red wine vinegar
20g Dijon mustard
Salt and pepper to taste
Lemon juice to taste

For the sardines and samphire:

1 tablesp olive oil
300g sardines or 250g sardine fillets
Freshly ground coarse sea salt, to taste
A knob of unsalted butter
90g samphire
1 tablesp chopped parsley

- for the dressing mix together well the oil, vinegar and mustard in a cup
- season with salt and pepper, add a little lemon juice to taste and mix well
- in a large frying pan heat the oil, season the sardines with the salt and fry for about five minutes, initially skin side down and turning once
- meanwhile, in a small frying pan, melt the knob of butter and fry the samphire for three minutes
- when cooked place the samphire on a plate, top with the sardines, garnish with the parsley, and add the dressing by the spoonful, to taste.

Serves 1. Serve with some bread to mop up the juices. Can also serve more people as a tapa.

Notes:

- The remaining dressing can be used to dress salads etc.
- pilchards (now marketed as Cornish sardines) can be used for this recipe
- it doesn't matter if the sardine fillets fall apart during cooking

Based very loosely on a recipe by Tom Kerridge

Spaghetti and fish recipes

(i) Spaghetti with tuna and tomatoes

3 tablesp olive oil

3-4 cloves garlic, crushed

10 cherry tomatoes, sliced in half

200g (½ a tin) of chopped tomatoes

1 200g tin of tuna steak in olive oil

½ teasp smoked paprika

Salt and pepper to taste

250g fresh spaghetti

A handful of fresh basil leaves, torn

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

Serves 2

(ii) Spaghetti with onions and anchovies

A knob of butter

3 tablesp extra virgin olive oil

1 large onion, peeled and sliced (about 125g peeled weight)

1 X 50g tin of anchovies in olive oil

125g spaghetti

Black pepper, to taste

- heat the butter and olive oil in a frying pan, add the onions and gently fry for about 20 minutes, until the onions are really soft
- after about 10 minutes, chop the anchovies into several pieces and add to the onions. The anchovies will disintegrate during cooking
- meanwhile, cook the spaghetti in plenty of fast boiling salted water until al dente
- drain the spaghetti, toss with the onion sauce and serve immediately
- serve with plenty of freshly ground black pepper, to taste.

Serves 1.

Based on a Rachel Roddy recipe

(iii) Spaghetti with anchovy and mushroom sauce

Ingredients as per the previous recipe plus:

150g chestnut mushrooms, sliced

½ teasp dried mixed herbs

½ teasp cider vinegar

- cook as in the previous recipe, adding the mushrooms and dried herbs along with the anchovies
- stir in the cider vinegar just before adding the spaghetti to the sauce

Serves 1

Roughly based on a Jack Monroe recipe

(ii) poultry

Roast chicken with garlic and white wine

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

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

Chicken in red wine

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

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

West African chicken and peanut butter stew *amended in 2021*

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

1 teasp ground coriander

salt and black pepper to taste

3 tablesp olive oil

1 onion, sliced

2 garlic cloves, sliced

2 bay leaves

½ teasp chilli powder

1 red pepper, chopped

6 tablesp smooth peanut butter (about 150g)

2 tablesp tomato puree

600ml chicken stock

Chopped coriander or parsley to garnish

A few spring onion slices to garnish

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

Serves 2

Note:

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

Based on a Guardian recipe by recipespantry

Garlic fried chicken thighs

4 chicken thighs, skin on

5 cloves garlic, crushed

100ml cider vinegar

½ teasp salt

Sunflower oil

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

Serves 2

Jollof fried chicken

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

For the coating:

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

For the jollof dry spice mix:

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

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

Serves 2

From a recipe by Zoe Adjonyoh

Chicken thighs with a spicy tomato and spinach sauce

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

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

Variations:

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

Chicken and chorizo stew

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

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

Serves 4 with bread or 6 with rice or potatoes.

Closely based on a recipe on www.spanishsabores.com

Chicken breast stuffed with spinach and pine kernels

2 skinless chicken breasts

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

4 slices parma ham

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

Notes and variations

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

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

Basic chicken curry

This is a basic chicken curry using the base curry sauce and pastes (pages 30-33), followed by recipes which in turn use the chicken curry as the base.

3-4 tablesp sunflower oil

2 star anise (optional)

8cm cinnamon stick

4 black cardamoms

2 tablesp garlic and ginger paste (see page 32)

2 tablesp Kashmiri paste (see page 33)

Small bunch of fresh coriander, separated into stalks and leaves

A pinch of dried fenugreek leaves (optional)

Black pepper

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

500 ml base curry sauce (see page 30) – or if the sauce is thick then less of the sauce topped up to 500ml with water.

50g tomato puree

Salt

Lime or lemon juice

garam masala (aromatic or spicy to taste – see page 36)

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

Variation:

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

Basic chicken curry (continued)

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

Roughly based on a recipe by Dan Toombs

(i) chicken saag

Oil

100g baby spinach leaves, roughly chopped

1 portion of basic chicken curry

Lemon or lime juice

Garam masala (see page 36)

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

(ii) Chicken, courgette and aubergine curry

Oil

200g courgettes, sliced

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

1 portion basic chicken curry

Lemon or lime juice

Garam masala (see page 36)

Chopped coriander leaves

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

(iii) chicken kashari *amended in 2022*

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

Oil

1 portion of basic chicken curry

3 tablesp of tarka dahl (see page 241) – a good use for any left over

Small bunch of chopped fresh coriander

6 garlic cloves (at least), very roughly chopped

1 tablesp lemon juice or vinegar

Garam masala (see page 36)

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

Notes and variations:

- If you haven't any tarka dahl just cook red lentils in water until soft, drain and add to the chicken curry, then cook for a while longer to allow the spices to mix
- Add 100g of baby leaf spinach a few minutes before the end of cooking and mix in. Cook until wilted.

Serves 1

Chilli Garlic Chicken

added in 2022

350g chicken thigh or breast fillets, cut into bite-sized pieces

3 tablesp sunflower oil

1 medium onion, finely chopped (about 60g peeled weight)

2 cloves garlic, chopped

A small piece of fresh ginger (about 10g), chopped

1 green chilli, chopped

1 level teasp cumin seeds

2 cloves, slightly crushed

1 black cardamon pod

1 small cinnamon stick

100g chopped tomatoes, from a tin

Salt to taste

A pinch of ground turmeric

A pinch of chilli powder

A small handful of fresh coriander,
chopped

A pinch of grated nutmeg

For the marinade:

1 tablesp olive oil

1 tablesp vinegar

2 teasp Patak's garlic pickle

½ teasp salt

1-2 green chillies, very finely
chopped

A pinch of black pepper

- Put all the marinade in a bowl and mix well
- Add the chicken pieces and stir to make sure they are completely coated
- Cover and leave in the fridge for a few hours or overnight
- Heat the oil in a frying pan
- Add the onions and cook gently for 5 minutes
- Add the garlic, ginger and green chilli and cook for 3 minutes
- Add the cumin, cloves, cardamom and cinnamon stick and simmer for a few minutes
- Meanwhile remove the chicken from the fridge and bring to room temperature
- Add the tinned tomatoes, salt, turmeric and chilli powder, stir and cook for 6-7 minutes
- Add the marinated chicken, stir well, cover and cook for about 10 minutes, stirring occasionally, until the chicken is cooked through
- Add the coriander and nutmeg, cover, simmer for 1 minute then serve

Serves 2, with rice

Closely based on a recipe in Mother Indias Cookbook.

This recipe is for a medium hot dish. By all means add more garlic, garlic pickle, chillies and chilli powder, to taste.

Chicken Tikka Masala

Ingredients:

For the chicken tikka:

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

For the masala sauce:

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

For the final stage:

- 1 tablesp fresh coriander, chopped
- 1 tablesp fresh mint, chopped (or 1 teasp dried mint)
- 2-3 tablesp lime juice
- ½ teasp garam masala (see page 36)
- Fresh mint leaves to garnish

RECIPE ON NEXT PAGE

CHICKEN TIKKA MASALA Continued from previous page

RECIPE

1) Marinate the chicken

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

2) Make the masala sauce

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

3) Grill the chicken

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

4) Combine, garnish and serve

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

Chicken Dhansak

For the marinade:

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

- 500g skinless chicken breasts, cubed
- 2 tablesp olive oil
- ½ large onion, very finely chopped
- 2 bay leaves
- 5cm cinnamon stick
- 1 teasp turmeric
- 1 teasp garam masala (see page 36)
- ½ teasp chilli powder
- 200g red lentils
- Boiled water
- 1 tablesp tamarind date paste
- Juice of ½ lemon
- ½ lemon, cut into 4 wedges
- 1 tablesp fresh coriander, chopped

- add the garlic, ginger, salt and chilli powder to a mixing bowl
- in a grinder mix together the coriander seeds, cumin seeds, fennel seeds, cardamoms, peppercorns, fenugreek seeds and black mustard seeds, grind, and add to the bowl
- add water gradually and mix to a paste
- add the chicken, coat well and marinate for a few hours (or overnight in a fridge)
- heat the olive oil in a large pan and fry the onion gently until it is soft
- add the bay leaves, cinnamon stick, turmeric, garam masala, and chilli powder, mix (add a little water if necessary to prevent sticking) and cook briefly
- add the lentils, stir to coat with the spices, then add 300ml of boiling water and cook for about 20 minutes or so until the lentils are soft, adding more water as necessary

CONTINUED ON NEXT PAGE

CHICKEN DHANSAK Continued from previous page

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

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

Notes, Shortcuts and Variations

- if you have garam masala to hand (see page 36) omit the ginger, chilli, coriander, cumin, fennel, cardamoms, peppercorns and fenugreek seeds from the marinade and substitute 2 tablesp of garam masala. Then omit the cinnamon stick from the lentil mix.
- A quick option (particularly if you have leftovers) is to marinate the chicken in instant curry paste (see page 27) or standard curry sauce (see page 28). Then prepare the lentils according to the plain dahl recipe (page 239). Then combine the cooked chicken and dahl and add the tamarind paste and lemon. Be careful...it is easy to end up with a dish which is too heavily spiced using this option.
- the tamarind paste can be replaced by more lemon juice and/or a tablesp of tomato puree.
- the mushiness of the lentil mixture is a matter of taste (either add more or less water and cook for more or less time), as is the spiciness of the dish. The main recipe is for a medium spiced dish.

Cinnamon and black pepper chicken thighs *added in 2022*

2 tablesp sunflower oil
1 small onion, finely chopped (about 60g peeled weight)
2 large cinnamon sticks
15-20 black peppercorns
3 black cardamon pods
8 cloves
2-3 chillies, finely chopped (red or green, to taste)
½ tablesp cumin seeds
3 cloves garlic, crushed
70ml hot water
½ a 400g tin of chopped tomatoes
1 tablesp tomato puree
Salt, to taste
1kg chicken thighs, bone in, skin optional
15g butter

- Heat the oil in a medium ovenproof pan, add the onion and cook gently for 1 minute
- Add the cinnamon stcks, peppercorns, cardamoms, cloves and chillies and cook for 5 minutes until the onions are golden
- Add the cumin seeds and garlic and cook, stirring, for 1-2 minutes
- Add the water and cook for 5 minutes
- Add the tinned tomatoes, tomato puree and salt and cook for 5 minutes, stirring from time to time as the sauce thickens
- Add the chicken thighs, stir well to coat them with the sauce
- Cover the pan with a lid, turn the heat down low and cook for 15 minutes
- Add the butter, stir well, replace the lid and cook for a further 10 minutes
- Meanwhile heat the oven to 200°C (180°C fan, gas mark 7)
- Remove the lid from the pan, then put the pan in the oven and cook for about 15 minutes
- Check that the chicken is cooked through and the juices run clear
- Serve, removing the cinnamon sticks and cardamoms

Serves 2-3. Can be served with rice, potatoes and/or salad

Closely based on a recipe in Mother India at Home by Monir Mohammed and Martin Gray.

Malaysian sweet coconut chicken curry

70g dessicated coconut
4 cloves garlic, roughly chopped
1 red chilli, roughly chopped (or chilli powder or flakes, to taste)
1 tsp fennel seeds, roughly crushed in a mortar and pestle
1 tablesp coriander seeds, roughly crushed in a mortar and pestle
½ teasp ground turmeric
3 teasp ginger paste
2 tablesp sunflower oil
120g onion, finely chopped
640g boneless and skinless chicken thigh fillets, cut into bite-sized pieces
Salt and black pepper, to taste
1 lime – zest grated and then the lime juiced and set aside
2-3 tablesp apricot jam
130ml coconut milk, plus 1 tablesp extra to serve
1 – 2 tablesp coriander leaves

- heat a large frying pan (for which you have a lid) on a medium heat and, once hot, dry-fry the dessicated coconut for 5 minutes or so until golden
- tip the coconut into a bowl, and set aside 1 tablesp to garnish
- meanwhile, add the garlic, chilli, fennel and coriander seeds, turmeric and ginger paste, together with three tablesp of water to the bowl of a blender and blitz to a coarse paste
- heat the oil in the frying pan and fry the onion until softened and lightly browned, about 7 minutes
- add the spice paste and cook for another 2 minutes
- add the chicken, about a teasp of salt (or to taste) and a generous amount of black pepper and cook, stirring from time to time, until the chicken is no longer pink on the outside, about 7 minutes
- stir in the lime zest, apricot jam, coconut milk, 120ml water and the toasted coconut
- bring the mix up to a simmer, lower the heat, put the lid on the pan and cook for 40 minutes
- remove the lid, turn the heat up to medium, and cook, stirring, for about another 7 minutes until the chicken is tender and the sauce is thick and rich
- stir in the lime juice
- transfer to serving plates and drizzle with the extra coconut milk
- sprinkle with the reserved toasted coconut and the coriander leaves and serve

Serves 3-4. Serve with plain rice or couscous

Based on a recipe by Yotam Ottolenghi which is in turn based on a recipe by Myra Waldo.

Cardamom chicken with yoghurt and almond

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

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

Notes:

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

Based on a recipe by Yotam Ottolenghi

Chicken thighs – Middle Eastern style

(i) Chicken, walnut and pomegranate stew

1 tablesp plain white flour
600g walnuts, finely ground
1.2 litres cold water
3 tablesp sunlower oil
2 large onions (about 250-300g peeled weight), diced
8 chicken thighs, bone in, skin removed
salt and black pepper to taste
3 tablesp caster sugar
450ml pomegranate molasses
Pomegranate seeds, to garnish

- heat a large saucepan over a medium heat, add the plain flour and toast for 2 or 3 minutes, stirring, until it turns pale beige
- add the ground walnuts, mix well and cook for a minute or so
- add the water and stir well
- bring the mixture to the boil, cover with a lid, turn down and simmer for an hour
- this will cook and soften the walnuts – when the natural oils of the walnuts rise to the surface the mixture is cooked
- meanwhile, heat the oil in a large frying pan and fry the onions for about 10 minutes until translucent and lightly browned
- season the chicken on both sides with the salt and pepper and add to the frying pan
- cook over a high heat for a few minutes until they are gently browned and sealed
- turn off the heat and set aside the chicken and onions until the walnuts have cooked
- when the walnuts have cooked, add the sugar and pomegranate molasses to the saucepan and stir well for a minute or two until the molasses are fully dissolved
- add the chicken thighs and onion to the walnut and pomegranate mixture, cover with a lid and simmer for about two hours. It may be necessary to add a little water.
- stir thoroughly at least every 30 minutes to ensure that you lift the walnuts from the bottom of the pan and they don't burn. During cooking the mixture will darken from beige to a rich, dark, almost chocolaty colour
- stir well, adjust the seasoning if necessary and serve, garnished generously with pomegranate seeds. Serve with basmati rice.

Serves 4 (large portions)

From a recipe provided by Ken Donald.

(ii) Pomegranate and sumac chicken

8 chicken thighs, bone-in, skin-on (approx. 1kg)

3 tablesp olive oil

3 tablesp pomegranate molasses

1 tablesp tomato puree

½ teasp allspice

1 teasp pul biber (Aleppo pepper) – see note

1 teasp sumac

2-3 garlic cloves, crushed

1½ teasp salt, or to taste

½ teasp black pepper, or to taste

- place the chicken thighs in a large bowl
- pour over all the remaining ingredients
- with your hands, massage this into the chicken, until it is evenly coated
- cover and marinate in the fridge for at least three hours
- take the chicken out of the fridge and let it come to room temperature
- meanwhile heat the oven to 200°C (180°fan, gas 6)
- place the chicken on a baking tray and roast in the oven for about 35 minutes, until the juices run clear when the thighs are pierced at the thickest part
- serve. Serve with rice and salad.

Serves 4

Note:

If you can't find pul biber (Aleppo pepper) Nigella Lawson suggests substituting ¼ teasp of sweet paprika and ¼ teasp of chilli flakes for each teaspoon of pul biber.

Closely based on a recipe by Yasmin Kahn

(iii) Chicken with Middle Eastern spices

Similar ingredients to the previous recipe, though this version is cooked on the hob

1-2 tablesp olive oil
1 medium onion, sliced
4 cloves garlic, chopped
Salt to taste
1 generous teasp allspice
1 generous teasp pul biber (Aleppo pepper)
1 generous teasp sumac
650g chicken thighs, skinned
1 X 210g carton tomate frito
About 100ml water

- heat the olive oil and soften over a medium heat (do not brown)
- add the garlic and cook gently for about a minute (do not brown)
- add the salt, allspice, pul biber and sumac and stir to mix well
- add the chicken thighs and stir to coat the chicken in the other ingredients
- add the tomate frito and water and stir again until well mixed
- bring to a simmer, cover and cook on a low heat for an hour to an hour and a half, to give plenty of time for the flavours to mingle
- stir from time to time to prevent the chicken and sauce sticking to the pot
- serve, with couscous, rice or bread

Serves 2

Notes:

- The chicken thighs can be skin-on or de-boned if preferred
- If you can't find pul biber (Aleppo pepper) Nigella Lawson suggests substituting ¼ teasp of sweet paprika and ¼ teasp of chilli flakes for each teaspoon of pul biber.
- Passata can be used as a substitute for tomate frito

Recipe by Ken Donald

Pimentón chicken with chickpeas, rice and spinach

500g chicken breasts, skinned

For the marinade: 4 tablesp olive oil

1½ tablesp white wine vinegar

2 cloves garlic, crushed

1 heaped teasp smoked hot paprika (*pimentón*)

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

Salt to taste

1 400g tin chickpeas

100g uncooked baby spinach leaves, roughly chopped

280g microwave long grain or basmati rice

Salt and pepper to taste

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

Makes 2 large or 4 small portions

Notes / variations

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

Mustard chicken

600-750g chicken thighs (5 or 6 thighs), skin-on, bone-in

3 tablesp Dijon mustard

3 tablesp olive oil

100ml brown ale (or other dark beer)

1 onion (about 80g peeled weight), chopped

1-2 cloves garlic, finely chopped

60g smoked bacon lardons

1 level tablesp plain flour

250ml chicken stock

Pinch of dried tarragon (optional)

50g full-fat crème fraiche

Salt and black pepper to taste

- in a bowl mix the chicken thighs with 2 tablesp of the mustard, making sure they are well coated. Cover and refrigerate for at least 4 hours
- heat 2 tablesp of the oil in a casserole dish. Add the chicken thighs and brown them all over, then transfer to a bowl
- deglaze the pan with the beer, then add to the chicken thighs
- preheat the oven to 180°C (160°C fan)
- meanwhile, heat the remaining tablesp of oil in the casserole dish, add the onion, garlic and bacon and fry for a few minutes until they have browned a little
- add the flour, stir and cook for a minute
- gradually add the chicken stock, stirring well after each addition to make sure there are no lumps and cook for a couple of minutes until the sauce has begun to thicken.
- return the chicken thighs to the casserole and bring to a simmer
- cover and transfer the casserole to the oven and cook for about an hour until the thighs are fully cooked
- remove the thighs from the casserole dish and keep warm
- place the casserole on the hob and heat gently. Stir in the tarragon (if using), the crème fraiche and the remaining tablesp of mustard
- stir well and cook for a couple of minutes
- return the chicken to the casserole, add a pinch of pepper and, if necessary, salt (the chicken stock may be sufficiently salty), stir then serve

The dish is fairly liquid so best served with rice or mashed potatoes

Roughly based on a Rick Stein recipe (for rabbit)

Chicken pibil tacos

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

4-5 cubes of chicken breast
2 tablesp pibil sauce (see recipe on page 34)
1 ready-made medium soft corn tortilla
2 slices mandarin orange, chopped in 2 or 3.
1 teasp finely chopped onion
A few coriander leaves
2 tablesp plain yoghurt

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

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

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

Marinades for chicken

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

Method

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

(i) Garam masala marinade

3 tablesp olive oil
1 tablesp white wine vinegar
2 cloves garlic, crushed
1 teasp garam masala (see page 36)
¼ teasp chilli powder (optional)
Salt and pepper to taste

This is the marinade used in the recipe for warm spiced chicken salad, (page 198). The quantities are for 2 diced chicken breasts.

(ii) Tomato and smoked paprika marinade

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

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

(iii) Harissa marinade

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

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

(iv) pesto and balsamic vinegar marinade

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

(v) honey and soy sauce marinade

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

Quantities are for 400g cubed chicken breast

Notes:

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

Breast of duck with pomegranate molasses

2 duck breasts, skin on
2 tablesp olive oil
2 tablesp water
2 tablesp pomegranate molasses
A pinch of ground cinnamon
Salt and black pepper to taste

- preheat the oven to 200°C (gas 7)
- Meanwhile, score the skin of the duck breasts in a criss-cross fashion, salt well, and leave for 15 minutes
- heat the oil in a large frying pan, add the duck breasts skin side down and seal for a minute until lightly browned. Turn over and seal the other side briefly
- place the breasts skin side up on a baking tray then place in the hot oven and cook for about 12-15 minutes, depending how well done you prefer the duck.
- remove and let the duck breasts rest on a warm plate, loosely covered in foil, for 5-10 minutes
- meanwhile, reheat the frying pan over a medium heat, pouring off any excess oil, then add the water, pomegranate molasses and cinnamon
- reduce for a minute and add salt and pepper to taste
- slice each duck breast at an angle into thick slices, pour the sauce over and serve.

Can be served with potatoes, rice, vegetables or salad, as you wish.

Serves 1 or 2, depending on the size of the duck breasts and hunger.

Recipe from Moro the Cookbook by Sam and Sam Clark

(iii) LAMB, BEEF and PORK

Leg of lamb with garlic, marinated in red wine

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

For the marinade:

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

For the gravy:

Knob of butter
A similar amount of plain flour

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

Lamb navarin

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

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

Serves 4, with side vegetables, salad or polenta.

Bhoona lamb or beef

250g onion, sliced
30g fresh ginger, chopped finely
100ml sunflower or vegetable oil
4 cloves garlic, crushed
1 black cardamom
½ teasp mustard seeds
5 cloves
5cm cinnamon stick
1 teasp cumin seed
½ teasp turmeric
2 teasp chilli powder (or more or less to taste)
1kg stewing beef or lamb, trimmed and cubed
250g tomatoes, roughly chopped
1 tablesp tomato puree
½ teasp sugar
Salt to taste
150ml water
1 tablesp garam masala (or more, to taste) - see Page 36
1-2 tablesp lemon juice

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

Serves 4

Recipe from the Shish Mahal, Glasgow

Lamb and Indian Vegetables *amended in 2022*

Ingredients:

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

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RECIPE

- fry the onion and ginger in the oil over a medium heat until the onions are soft
 - add the garlic, cardamoms, mustard seeds and cumin seeds and fry for a minute. Take care that the garlic does not burn and add a little water if necessary
 - add the turmeric, chilli, coriander and black pepper and cook for about 5 minutes, stirring. Make sure spices do not burn or stick and add a little water if necessary
 - add the lamb and cook over a moderate heat until the lamb pieces are browned
 - add the tomatoes, aubergine, tomato puree, tamarind paste, sugar, salt and 125ml of water, bring to a simmer, cover the pan and cook for about an hour until the lamb is cooked. If necessary add more water during cooking
 - Up to this point the meal can be cooked in advance (though this is not essential) and left for a few hours to let the flavours develop
 - meanwhile top and tail the okra and fry in a little oil in a separate pan for 2 minutes and set aside
 - once the lamb is fully cooked, add the okra to the pan and simmer for 2-3 minutes. Overcooking will cause the okra to disintegrate into mush
 - meanwhile check the spicing and seasoning and adjust if necessary
 - cut any large whole tinda into half, then add the tinda to the pan and cook through until hot
 - just before serving add the lemon juice, mix through and serve
- Serves 4 with rice, naan or chapattis

Notes and variations:

- careful with the spices...this should be medium hot at most, to allow the lamb and vegetable flavours through
- Punjabi tinda are a type of small gourd, that look like white tomatoes. They don't have much flavour themselves, but they are excellent at absorbing flavours from sauces and spices and become very tasty
- An additional vegetable which can be added alongside the tinda (also available in tins) is Karela
- If you are able to locate fresh tinda and/or karela prepare them and add towards the end of the cooking time. Allow time for them to soften
- You may be able to find frozen cut okra which can be added directly to the curry towards the end of cooking time
- An alternative approach is to use the base curry sauce (400ml), garlic and ginger pastes (2 cubes of each) and Kashmiri paste (3 tablesp) – see pages 30-33. Taste after adding and add spices to taste

Lamb Balti

3 tablesp vegetable oil
½ teasp mustard seeds
cinnamon stick (about 6 cm)
1 bay leaf
4 black cardamoms
4 green cardamoms
4 cloves
300g onions, very finely chopped 2 cloves garlic, crushed
300g lamb, diced into cubes
200g chopped tomatoes (ie half a tin)
1 tablesp tomato puree
½ teasp chilli powder
½ teasp ground ginger
1 teasp ground cumin
1 teasp ground coriander
Salt to taste
100g plain yoghurt
75g coriander leaves, chopped
Pinch of garam masala (see page 36)

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

Based loosely on a Guardian recipe for Goat Balti

Lamb Haleem

added in 2022

This is a cross between a thick broth, porridge and a stew and is delicious:

6 lamb chops (about 600g)

240ml sunflower oil

2 cubes garlic paste (see recipe on page 32)

1 X 50g packet of Shan haleem mix

3 litres water

200g bulghur wheat

100g Chana dahl (split yellow lentils)

1 medium onion (80-100g peeled weight), sliced and roughly chopped

- prepare the chops. Firstly remove the bones and set aside. Remove the largest strips of fat and dispose. Leave the pieces of meat whole. This should provide about 400g of lamb meat and 200g of bones
- heat 180ml of oil in a large soup pot, add the lamb meat, lamb bones garlic paste, and haleem mix, and fry for a few minutes until the lamb is browned
- add the water, wheat and lentils and bring to the boil
- turn down the heat, cover and simmer on a low heat for about 5 hours until the lamb has largely disintegrated. Stir occasionally
- remove the bones, any pieces of meat and strips of fat that have not disintegrated
- dispose of the bones and fat
- flake the meat into small flakes with a wooden spoon or fork, return to the pot and mix well
- cook on a low heat, uncovered, for one hour. Stir occasionally and add more water if needed
- after 45 minutes heat the remaining 60ml of oil in a small frying pan, fry the onion until golden, pour into the haleem and stir well
- cover and simmer on a low heat for 20 minutes
- Serve in pasta bowls and eat with naan breads

Serves 4-6

Notes:

- There is no need to add salt – there is plenty in the haleem mix
- A few crushed cloves of garlic can be used in place of garlic paste
- How thick you wish the haleem is a matter of taste, but it isn't a soup
- Haleem can also be made with chicken or beef, with bones. Take an hour or so off the cooking time for chicken
- It is very tasty but not particularly attractive looking. Finely chopped coriander, parsley, ginger or green chillies can be added as a garnish. Another option is to add 150g of chopped baby spinach leaves and stir into the haleem for the final few minutes of cooking.

Based on a recipe by Shan foods

Spanish beef stew

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

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

Note:

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

Variation:

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

Beef adobo

500g diced beef
150ml dark soy sauce
250ml white wine vinegar
320ml chicken stock
4 garlic cloves, crushed
1cm piece ginger, peeled and finely chopped
2 spring onions, finely chopped
1 tabsp ground black pepper
A pinch of chilli flakes
3 bay leaves
1 star anise (optional)
1 heaped teasp caster sugar
2 tablesp sunflower oil

- in a large bowl mix all the ingredients except the sunflower oil and leave to marinate in the fridge for a few hours or, preferably, overnight
- lift out the beef with a slotted spoon
- heat the oil in a large frying pan, and brown the beef
- in a large saucepan add the marinade and the browned beef and bring to the boil
- turn down the heat and simmer gently, covered, for an hour until the beef is tender
- lift out the beef with a slotted spoon and keep warm
- remove the bay leaves and star anise
- turn up the heat under the sauce and boil rapidly, uncovered, for a few minutes until the sauce is reduced to a coating consistency
- stir the beef back into the sauce, warm through and serve.

Serves 4. Serve with plain rice and side veg or salad.

Moroccan Style Meatballs

For the meatballs:

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

For the sauce:

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

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

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

Variations and cheat's version on next page

Moroccan style meatballs continued

Variations and cheat's version

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

Based on recipes by Jane Baxter and the Hairy Bikers

Spanish pork and bean stew

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

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

Notes and variations:

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

Pork stew with figs and soy sauce

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

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

Notes:

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

Afelia (pork stew with red wine and coriander)

400g lean pork, cubed

1 small glass red wine

1 heaped teasp dried coriander

1 bay leaf

3 tablesp extra virgin olive oil

A pinch of cinnamon

Salt and pepper to taste

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

Serves 2

Variations

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

Pork with mint and cumin

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

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

The marinade is based on a Yotam Ottolenghi recipe.

Pork with cider and apricots

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

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

Serves 2

Based on a Nigel Slater recipe

Variations:

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

(iv) Other meats and cooked meats

Venison steaks in red wine gravy

2 tablesp sunflower oil

2 venison haunch steaks (150-200g each)

4 tablesp red wine

4 tablesp balsamic vinegar

Salt and pepper to taste

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

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

Lentils with serrano ham and pimentón

300g green/brown lentils

4 tablesp extra virgin olive oil

1 medium onion, finely chopped

5 cloves garlic, thinly sliced

1 large or 2 small carrots, finely chopped

180 g chopped or cubed serrano ham

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

Cooking liquid from the lentils (or water)

Salt and pepper to taste

1 tablesp finely chopped parsley

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

Notes:

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

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

Pancetta and courgette carbonara

4 medium courgettes

200g spaghetti

3 medium eggs

Salt and black pepper to taste

75g grated parmesan, plus extra to serve

100g smoked pancetta cubes

3 cloves garlic, peeled and finely chopped

Roughly chopped parsley, to serve

- chop each courgette into two or three pieces, then chop each into long, thin strips, weighing about 500g in total. The central core of the courgettes can be discarded if they are very seedy.
- bring a pan of salted water to a boil and cook the spaghetti for about 10 minutes. Do not drain.
- meanwhile, beat the eggs in a bowl, add salt and pepper to taste (but generously) and stir in the cheese
- In a large frying pan, dry fry the pancetta over a medium heat for 5 minutes. The pieces will have released their fat
- add the garlic and cook for another few minutes until the pancetta and garlic are golden. (If the spaghetti is not yet cooked remove the frying pan from the heat, then return to the heat once the spaghetti is ready)
- use tongs or forks to transfer the spaghetti to the pancetta pan, reserving the pasta cooking water
- add the courgettes to the pan with a couple of spoonfuls of the cooking water and stir well for a few minutes, coating everything with the garlicky oil, until the courgette strips have begun to soften
- remove the pan from the heat, stir in the egg and cheese mixture and gradually add spoonfuls of the cooking water to reach a creamy consistency
- transfer to serving plates or bowls, sprinkle with a little extra parmesan and the parsley and serve immediately.

Serves 3 – 4. For one person use a third of the quantities.

Based closely on a recipe by Thomasina Miers.

Spaghetti with nduja, fennel and olives *added in 2022*

1½ tablesp olive oil, plus a drizzle
2 garlic cloves, very thinly sliced
80-100g fennel, halved and sliced
40 – 50g nduja, crumbled
100g cherry tomatoes, halved
40g black olives, pitted and sliced
1 heaped teasp tomato puree
1 teasp red wine vinegar
Salt and black pepper, to taste
Freshly boiled water
200g spaghetti
25g grated pecorino, plus extra to serve
Small handful of basil leaves, torn

- put 1½ tablesp oil, the garlic cloves, sliced fennel, nduja, tomatoes, olives, tomato puree, vinegar, salt and pepper in a saucepan and mix well
- add 200ml water, mix and bring the sauce to a simmer
- simmer, uncovered, for 10-12 minutes until the sauce reduces. Add some more water if the sauce becomes too thick or dries out
- meanwhile boil the spaghetti in plenty of water in a separate pan until al dente
- drain the spaghetti, add to the sauce and mix well
- stir in the 25g pecorino and the basil, and serve
- serve with an extra drizzle of oil and a sprinkle of pecorino
- serves 2

Note:

If using sliced olives in brine from a jar, drain and rinse them before adding to the sauce

Based on a recipe by Carrie Best on BBC Good Food

Chorizo, chickpea and tomato stew

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

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

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

Notes:

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

Recipe by MarmadukeScarlet

Chorizo and potatoes *added in 2022*

1 large onion (about 140g peeled weight), chopped
3-4 tablesp olive oil
200g cooking chorizo, sliced
2-3 cloves garlic, chopped
500g potatoes, peeled and cut into bite sized pieces
½ - 1 teasp pimentón picante (spicy smoked paprika)
Salt to taste

- Fry the onion in the oil in a large frying pan over a low heat, stirring regularly, for about 20 minutes until it is really brown
- Add the chorizo slices and garlic and cook, stirring, for about 2 minutes
- Add the potatoes and cook for 5 minutes, stirring and turning
- Add the pimentón / paprika and salt (see note) and stir
- Add enough water to cover
- Bring to the boil, turn down, and simmer over a low heat, uncovered, for about 30 minutes until the potatoes are tender and the liquid has reduced considerably. Stir and turn from time to time to ensure the potatoes are cooked through
- You should be left with a sizzling sauce that coats the potatoes and chorizo. If there is too much liquid, increase the heat to reduce it
- Adjust the seasoning if necessary and serve.

Serves 2

Notes and variations:

- As an alternative you can use spicy (picante) chorizo and sweet (dulce) paprika
- Take care with the pimentón and the salt. Some chorizo includes more of either or both of them than others
- Add 200g cannellini beans from a tin or alubias blancas from a jar for the final ten minutes. It becomes more like a *fabada* in this case (see next page)

Closely based on a recipe by Claudia Roden. The original recipe is from La Rioja.

Quick Fabada Asturiana

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

1 small onion, chopped

1 medium carrot, diced

1 small potato, diced

1 garlic clove, finely sliced

1 bay leaf (optional)

Few strands of saffron

Pinch of sweet smoked paprika

500ml water, vegetable or ham stock

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

Salt to taste

Chopped parsley to garnish (optional)

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

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

Notes on next page:

Fabada Asturiana continued

Notes:

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

Variation:

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

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

Chorizo and baked eggs (huevos a la flamenco)

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

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

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

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

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

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

Black pudding and chickpea balls

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

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

Serves 2

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

Corned beef pasta bake

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

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

Serves 2

Macaroni cheese and corned beef

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

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

Serves 1 – 2 One large helping or 2 smaller portions

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

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

Loosely based on a recipe from Good Food magazine.

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

1 tin (420g) meatballs

Instant curry paste, made with tomato puree and tamarind paste, or with tomato frito (see page 27)

1 packet microwaveable basmati or pilau rice

Pinch of garam masala (optional) – (see page 36)

Lemon juice (optional)

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

Takes about 3 minutes in total

Variations:

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

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

Mmmm!