

# FOOD FOR THOUGHT



A COLLECTION OF THE SA LAW TEAMS' FAVOURITE RECIPES IN  
CELEBRATION OF THE ST ALBANS AND HATFELDEN FOOD &  
DRINK FESTIVAL 2015.





# SA Law proudly supports the St Albans and Harpenden Food & Drink Festival 2015

Since the launch of SA Law in 2005 we have seen a food and drink revolution in the City and have been delighted to support such great businesses both as legal advisors and as customers.

The festival showcases and celebrates the culinary delights and produce available throughout St Albans and the surrounding areas and has inspired us to put our heads together to create some of our most-loved, cherished and special recipes. I hope you enjoy them – especially the Lemon Dribble Cake!

## **Steve Ryan**

Managing Partner  
SA Law

The history of St Albans is entwined with catering and hospitality, from the safe haven provided by St Alban himself, through the multitude of pubs and inns that formed the basis of its economy for many hundreds of years since. The Charter Market itself is steeped in history with a special Royal Charter granted in 1553, though the market is well documented as far back as the 9th century. This year, the Food & Drink Festival is going back to its roots, inviting local people to shop at the market to make and use seasonal food in celebration of getting your kitchen dirty and your tummy happy; which is why the SA Law 'Food for Thought' recipe book is so special and I hope will encourage and inspire more people to get into the kitchen!

## **Helen Burridge**

Community Engagement Officer  
St Albans City and District Council



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# BOBOTIE

By Bev Joubert  
Credit Controller  
Finance Team



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**Serves 4-6**

**Prep Time:**  
40 minutes

**Cooking Time:**  
55 minutes

## Ingredients

750g minced beef  
2 Slices of white bread  
375ml milk  
1 egg  
1 large onion  
4 tsp curry powder  
½ tsp turmeric  
½ tsp sugar  
½ cup seedless sultanas  
2 tsp salt  
15ml Worcester sauce  
2 tbsp apricot jam  
3 bay leaves

## *For the custard on top*

200ml milk  
2 eggs  
1/3 tsp turmeric

This is a South African dish of spiced minced meat baked with an egg based topping. It was brought to South Africa by colonists from the Dutch East India Company and adapted by the Cape Malay community. This was the first recipe my mum taught me.

## Method

1. Preheat your oven to 180°C
2. Tear up the slices of bread and pour the milk over it
3. Fry onion in oil until translucent
4. Add curry powder and turmeric and fry for a few more minutes
5. Break up the mince and add to the pan with the salt and sugar and fry until brown
6. Add the jam, sultanas and Worcester sauce to the mixture and remove from the heat
7. Squeeze the milk from the bread and mash up the bread (keep the milk)
8. Add the bread to the pan mixture and mix well
9. Break the egg into the milk, then add to the mince and mix well
10. Turn this mix into a greased oven dish and push 3 bay leaves into it for taste
11. Bake for 40 minutes
12. Take out the mixture
13. In a separate bowl, whisk the 2 eggs into the additional milk with a bit of turmeric and pour over the mince mixture.
14. Bake for another 15 minutes until the mixture has set into a custard
15. Serve with yellow rice and a green salad. Chutney can be added depending on taste.

BUTTER &

SAGE

FARFALLE

By Jade Ryan  
Accounts Support  
Finance Team



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#### Serves 4

**Prep Time:**  
5 - 10 minutes

**Cooking Time:**  
12 minutes

#### Ingredients

Zest of 2 lemons (juice optional to taste)  
400g farfalle (or whichever pasta you prefer)  
2 large handfuls sage leaves, roughly chopped and save some whole leaves for garnish  
150g butter  
4 chicken breasts, chopped into bitesize chunks  
1 pack pancetta (usually 14 rashers, cut into bitesize slices)  
1 large handful pine nuts  
3 garlic cloves, finely chopped)  
Parmesan ,for grating  
Salt & pepper

This recipe has been adapted from a delicious meal discovered in Lake Como, Italy, whilst on a family holiday.

#### Method

1. Boil kettle. Preheat oven to 190°C. Heat butter in a large frying pan
2. Pour the boiled water into a saucepan, add salt and cook according to packet instructions.
3. Put the chicken, pancetta and garlic in a frying pan with butter on a medium-high heat
4. Season the chicken mix with salt and pepper whilst the pan sizzles. Stir pasta.
5. Evenly spread the pine nuts on baking paper and place in the oven for 5 minutes or until golden
6. When chicken is cooked through turn down the heat and add chopped sage and lemon zest
7. Drain the pasta and add to the frying pan along with the toasted pine nuts.
8. Taste and add lemon zest or season if necessary
9. Plate up quickly and grate over parmesan and scatter over the whole sage leaves.

#### Hints and Tips

To check if chicken is cooked through, I make sure there is one much larger chunk, about twice the size of the rest, and cut this in half when I think it is done.

A healthier option is to swap out the butter for extra virgin olive oil. Add a few good plugs and just add more if it seems dry.

# CHARLIE'S

## SALAD

By Julie Gingell  
Partner  
Director of Marketing &  
Business Development



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**Serves 4**

**Prep Time:**

5 minutes

**Cooking Time:**

5 minutes

**Ingredients**

100g bag of rocket  
25g parsley  
100g sun-blushed tomatoes  
cut into strips  
10 cherry tomatoes cut in half  
50g green beans cut in half  
½ tsp of black mustard seeds  
2 tbsp extra virgin olive oil  
Juice of ½ a Lemon  
Pinch of salt

In 2013 I was lucky enough to visit Charlie Bigham's food preparation plant on the Park Royal estate in North London. After spending a couple of hours with him discussing his business; how he markets his products and what his plans were for the future, he served us some lunch. Here's my take on the salad he served us to go with his delicious Moroccan Tagine.

**Method**

1. Blanche the beans in boiling water for 2 - 3 minutes – drain and plunge into ice cold water
2. In a salad bowl, add the rocket and separate the parsley leaves from the stalks and add to the bowl
3. Add the sun-blushed tomatoes, cherry tomatoes and the green beans to the salad bowl
4. Mix the extra virgin olive oil and lemon juice and drizzle over the salad
5. Add salt and the black mustard seeds and toss the salad to combine all the ingredients

**Hints and Tips**

This dish works as a great accompaniment to meat or fish.

Add shaved Parmigiana Reggiano and serve with ciabatta bread for a tasty lunch (a glass of Chablis is optional but encouraged!)

# CHICKPEA

# CURRY

By Julie Gingell  
Partner  
Director of Marketing &  
Business Development



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**Serves 4**

**Prep Time:**  
5 minutes

**Cooking Time:**  
30 minutes

## Ingredients

1 tbsp vegetable oil  
1 medium onion, chopped  
1 clove of garlic, crushed  
1 thumb-size piece of grated ginger  
1 chilli, deseeded and finely chopped  
1 tsp of ground cumin  
1 tsp of ground turmeric  
1 tsp of hot paprika  
1 tsp of garam masala  
400g tin of chopped tomatoes  
400g tin of chickpeas, drained and rinsed  
200ml of water  
Juice of ½ a lemon  
200g of spinach (optional)  
Pinch of salt  
A good twist of ground black pepper

This dish is an ideal winter warmer and a favourite in the Gingell household.

## Method

1. Heat a deep sauce pan or a medium sized wok and add the oil followed by the onion, garlic and chilli and sweat for 5 minutes or until soft
2. Add the ginger, cumin, turmeric and paprika, (and salt and pepper if you wish) and cook for a further 2 minutes – add a splash of water if the spices are catching on the bottom of the pan
3. Add the chickpeas, tomatoes, and 200ml of water and cook for 20 minutes
4. Finally, add the lemon juice, garam masala and spinach and cook for a further 4-5 minutes or until the spinach has wilted.

## Hints and Tips

Best served with rice, naan bread, onion bhaji, raita and an Indian Pale Ale.

# COCONUT

# CHICKEN

# CURRY

By Kelli McGarry  
Legal Secretary  
Family Team



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**Serves 4**

**Prep Time:**

10 minutes

**Cooking Time:**

3 hours 40 minutes

**Ingredients**

1 onion, finely diced  
8 chicken thighs (skinless, but keep the bones in for extra flavour)  
1 tin of coconut milk  
1 chicken stock cube made up with 250ml hot water  
1 tbsp ground coriander  
1 tbsp ground cumin  
1 star anise  
1 green chilli deseeded and finely chopped  
Thumb-size knob of ginger, finely grated  
2 cloves of garlic, chopped finely  
8 new potatoes  
10 cherry tomatoes  
Handful of spinach  
Salt and pepper to taste

This is a recipe from “Eat. Nourish. Glow” by Amelia Freer, which I have slightly adapted (the one in the book uses beef, but I prefer it with chicken).

It is a really simple dish to prepare and is great for when you want to make something that’s really satisfying but you don’t need to camp out in the kitchen to prepare.

**Method**

1. Put all the ingredients, except for the potatoes, tomatoes and spinach, into a lidded oven dish and cook for 3 hours at 160°C.
2. After 3 hours, add the potatoes, tomatoes and spinach and give it a good stir
3. Return to the oven for a further 30 - 40 minutes.

**Hints & Tips**

I like to cook the chicken thighs on the bone as it gives extra flavour.



COLD

CHICKEN

CURRY

By Sam-Alexander Lyon  
Trainee Legal Executive  
Real Estate



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**Serves 4 - 6**

**Prep Time:**  
15 minutes

**Cooking Time:**  
30 – 90 minutes depending on whether you cook a whole chicken, individual chicken breasts or use a shop-bought pre-cooked chicken!

**Ingredients**  
1 small chicken cooked, cooled and stripped into bite-sized pieces  
1 onion, finely chopped  
2 cloves garlic, crushed (or as many as you like to taste)  
1 level tbsp of curry powder (strength to taste)  
¼ pint chicken stock  
1 rounded tbsp tomato puree  
Juice of ½ lemon  
1 rounded tbsp apricot jam  
½ pint mayonnaise  
3 tbsp single cream

This recipe is ideal for picnics, as it makes a change from salads and sandwiches, and can be served with cold rice that has had chopped coriander stirred through it.

### Method

1. Lightly fry onion and garlic and then mix in curry powder
2. Blend stock and tomato puree into this mixture
3. Add lemon juice and jam
4. Simmer for 5 minutes
5. Liquidise and then allow to cool
6. When cooled add mayonnaise and cream – mix well
7. Fold in chicken
8. Chill
9. Enjoy!

### Hints and Tips

I generally use a medium strength curry powder but if you prefer a hotter version then use a hot curry powder...similarly, for a milder curry, use a mild curry powder.

Also, if you prefer - instead of using a whole cooked chicken you could use 4 - 6 (depending on size) cooked chicken breasts, cooled and cut into bite-sized chunks.

# DIET COKE CHICKEN

By Gemma Cosnett  
Credit Controller  
Finance Team



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**Serves 4**

**Prep Time:**  
10 minutes

**Cooking Time:**  
30 minutes

## Ingredients

1 green pepper  
1 onion, chopped  
4 chicken breasts  
1 can of diet coke – 330ml  
7 tbsp passata  
2 tsp Worcester sauce  
2 tbsp sweetener  
Sprinkle of chilli flakes to taste  
Frylight or other cooking oil

This was a recipe handed to me by a friend of mine. She had read about it from Slimming World (it is sin free!) and passed it on to me after I asked her for an easy, tasty meal to cook for the family.

Now it is a favourite in the Cosnett household!

## Method

1. Fry the chicken in frylight (or other cooking oil) until brown
2. Add the chopped up onion and pepper and cook for a few more minutes
3. Pour in the diet coke and keep simmering
4. Add the passata and stir
5. Then add the sweetener, chilli flakes and Worcester sauce
6. Simmer for 20 - 25 minutes
7. Serve with vegetables and sweet potato fries.

# LASAGNE

By Victoria Thomson  
Marketing Co-ordinator  
Marketing Team



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**Serves 4**

**Prep Time:**  
25 minutes

**Cooking Time:**  
35 - 45 minutes

## Ingredients

### *For the ragu*

500g beef mince  
2 cloves of garlic, crushed  
1 white onion, chopped  
A packet of fresh or dry lasagne sheets  
1 red pepper  
A handful of mushrooms  
1tsp of tomato puree  
1 tin (400g) chopped tomatoes  
1 vegetable or beef stock cube, crushed (optional)  
Dash of Worcester Sauce  
Dash of red wine vinegar  
½ tsp Sugar  
Dried chilli flakes  
Grated parmesan or Italian hard cheese to your own taste  
Salt and pepper to taste

### *For the white sauce*

25g butter  
25g plain flour  
600ml milk  
Salt, white pepper, nutmeg.

(Alternatively use 1x 400g jar of shop-bought white sauce)

This is one of those dishes that becomes a bit of a ritual.  
A classic winter warmer and all-round comfort food!

## Method

1. Heat oven to 180°C/fan 160°C/gas 4
2. Chop pepper, mushroom, onion and crushed garlic and put to one side
3. Cook the mince until browned (optional to add a crushed stock cube at this point)
4. Add the onion and garlic followed by the pepper after a few minutes and cook for 5 minutes
5. Add the mushrooms, tomato puree and tinned tomatoes
6. In no particular order add the dash of Worcester sauce, red wine vinegar and sugar
7. Bring to boil, then simmer for up to 15 minutes whilst you prepare the white sauce
8. Melt the butter in a saucepan, stir in the flour until combined to form a smooth paste. Take the pan off the heat and gradually stir in the milk until smooth. Return to the heat and bring to the boil whilst continuously stirring. Simmer gently for 8-10 minutes and season with salt, white pepper and nutmeg
9. With your cooking dish ready to hand, spoon in a third of the ragu then cover with lasagne sheets. Gently spread one quarter of the white sauce on the top of the lasagne sheets. Add grated parmesan and repeat until you have 3 layers of pasta. Cover with the remaining white sauce, making sure you can't see any pasta poking through. At this point I add (even more!) cheese, cracked black pepper, salt and some chilli flakes
10. Pop dish into the oven. Check it after 35 minutes then let it cook for a further 10 minutes. If you use dry lasagne sheets it may need slightly longer.

## Hints & Tips

Can be frozen once cooled. If I'm feeling lazy (or super-organised depending on how you look at it!) I freeze portions of the white sauce and ragu (separately) then defrost and re-heat as I need it.

You can swap meat for quorn or vegetables to make it vegetarian friendly, and forego the Worcester sauce in favour of a vegetarian soy sauce.

If using dry lasagne sheets I don't tend to pre-cook them, but check the packet instructions just in case.

# MENEMEN

By Tijen Ahmet  
Solicitor  
Immigration Team



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**Serves 4**

**Prep Time:**  
10 minutes

**Cooking Time:**  
15 - 20 minutes

**Ingredients**

1 ½ chopped onions  
8 free-range eggs (good quality)  
1tbsp butter  
1 punnet of sweet cherry tomatoes  
2 long sweet pointed red peppers  
½ tsp of paprika  
Salt and pepper to taste

This Turkish breakfast dish is one of my favourites because it reminds of my childhood in Cyprus. It's light, nutritious and tastes like summer. A Mediterranean twist on scrambled eggs, it's quick and easy to make and despite being so tasty is very easy on the waistline. I like to whip this dish together on a Saturday morning with friends after the Friday night out before.

**Method**

1. Beat the eggs in a bowl and dice the onions and peppers
2. Cut the cherry tomatoes in half or quarters depending on your preference
3. Melt the butter in a large pan and fry the chopped onion and peppers on a medium heat
4. After 3 - 4 minutes add the chopped tomatoes and paprika - sauté until soft for a further 7 - 8 minutes
5. Add the beaten eggs to the pan and reduce the heat slightly, stirring continuously until the eggs become firm
6. Season with salt and pepper to taste and serve with warm fresh bread.

**Hints and Tips**

Use a wooden spoon when stirring and continuously stir to ensure the eggs are evenly cooked through.

No need for a fork, use your bread and scoop for extra yumminess.

Warning: highly addictive!



# MOROCCAN

## LAMB

## MEATBALLS

By Steve Ryan  
Managing Partner  
Real Estate Team



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**Serves 4**

**Prep Time:**  
25 minutes

**Cooking Time:**  
30 minutes

### Ingredients

#### *For the meatballs:*

500g mince lamb  
1 red onion, very finely chopped  
4 cloves garlic, finely chopped  
1 tsp each of ground ginger,  
ground cumin, paprika, chilli  
powder (½ tsp of chilli powder  
to make it more mild)  
1 handful fresh coriander leaves,  
chopped  
1 handful fresh parsley leaves,  
chopped  
1 egg yolk  
Salt and pepper

#### *For the sauce:*

2 tbsp olive oil  
1 red onion, finely chopped  
4 tbsp tomato puree  
800g (2 cans) chopped tomatoes  
2 tbsp runny honey  
4-6 eggs  
200g green beans, chopped

I adapted this recipe from BBC's Hairy Bikers. It is a firm family favourite and a great one-pot recipe.

### Method

1. Put all the meatball ingredients into a large bowl and mix thoroughly with hands until well combined
2. Shape into small balls (approximately golf ball sized) by rolling with the palms of your hands, and set aside
3. In a tagine (or large heavy-bottomed casserole dish) heat olive oil and add onion, then cook slowly over a low heat for a few minutes
4. Add the meatballs and brown over medium-high heat
5. Next, add tomato puree, chopped tomatoes and honey. Stir in gently taking care not to break the meatballs
6. Cover and simmer for 10 minutes
7. Stir in green beans. Carefully crack whole eggs on the top of the stew, try not to split the yolks
8. Turn heat down low and cover for 10 minutes or until the eggs are cooked to your liking
9. Serve in bowls with scattered herbs and pitta breads

### Hints and Tips

Swap green beans for frozen peas or other greenery if preferred.

I like to add fresh chopped coriander and parsley to garnish. It is nice to serve with lightly toasted pitta breads.

# Mum's BACON HOT Pot

By Keely Rushmore  
Associate  
Employment Team



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**Prep Time:**  
10 minutes

**Cooking Time:**  
30 minutes

## Ingredients

4-6 large potatoes  
1 tin (400g) of chopped tomatoes  
1 large / 2 medium onions  
8 slices of bacon (preferably smoked)  
Approximately 600ml of hot stock (any type is fine)  
Mixed herbs (around 1 tsp)  
Seasoning  
Worcestershire / brown sauce for serving (optional)

This is a comforting dish, perfect for winter, and really easy to make. It was my favourite dish as a teenager, and I would always ask my mum to make it for me when I came home from university. She passed away in 2010, and although she was an excellent cook (and the hotpot didn't really trouble her cooking skills) this is the one meal that always reminds me of her.

## Method

1. Peel and slice the potatoes (they should be around ½ cm thick)
2. Roughly chop the onion(s) - they don't need to be chopped finely
3. Scatter a layer of chopped onions at the bottom of a large saucepan then place a layer of sliced potatoes over them. Repeat the layers of onion and potato until they've all been used up
4. Pour the chopped tomatoes over the potatoes and onions
5. Scatter a teaspoon or so of mixed dried herbs over the top
6. Add the stock until the potatoes are just covered and season as necessary
7. Place the bacon slices in a layer over the top of the other ingredients
8. The mixture should then be cooked on the hob (with a lid – otherwise the bacon dries out) for around 30 minutes, or until the potatoes are tender

## Hints and Tips

This dish tastes even nicer when re-heated the next day and the potatoes have soaked up the juices. Great served with brown sauce (or Worcestershire sauce) on the side for extra flavour.

Season well and use flavoursome stock to ensure it doesn't taste bland.

# MY MOTHER'S CURRY

By Simon Walsh  
Senior Associate  
Commercial Litigation Team



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**Serves: 2 Children with some left over for peckish parents**

**Prep Time:**  
15 - 20 minutes

**Cooking Time:**  
30 - 40 minutes

## Ingredients

### For the curry

1 small onion, peeled and chopped  
1 clove of garlic, peeled  
2 cardamom pods  
1-2cm fresh ginger, peeled and roughly chopped  
1-2 tsp diced fresh red chilli (use discretion on type and heat)  
8 cherry or small plum tomatoes  
¼-½ tsp turmeric  
¼-½ tsp ground cumin  
1 tbsp sunflower oil  
225g diced chicken meat  
75-125ml chicken stock  
Mango chutney  
Lemon juice (fresh is best)  
Freshly ground black pepper  
Rice – basmati is nice

### For the "Sun Ball"

½ a red or white onion, finely diced  
1 medium tomato, diced  
3-4cm cucumber, diced  
2-3 tbsp desiccated coconut  
A sprinkling of sugar  
Ground black pepper & salt

Cold milk

Growing up in the far west of Cornwall, I was one of the few children that enjoyed curry as part of my diet. This is my version of a simple recipe used to introduce my children to the food my mother grew up on in Bangalore.

## Method

### For the curry

1. Pre-heat oven to 200°C/fan 180°C/ Gas Mark 6. Put the onion, garlic, spices, chilli and tomatoes in to a blender and blend to a paste. If making for children start with ¼ tsp of each spice and ginger and add more of each to taste to stop the mix getting too spicy for little mouths
2. Heat the oil in an oven proof frying pan and gently brown the chicken, seasoning it while it browns. Set aside
3. Add the curry paste to the frying pan and stir for 1-2 minutes to cook the paste out, then add the chicken, and the juices that will have come out of it, back to the pan, stir together then add 75ml of the stock
4. Put the uncovered pan into the oven and get the rice on to cook as per its packet
5. Leave the pan in the oven for about 20 minutes, stirring occasionally
6. Remove curry from the oven and put on a low heat on the hob
7. Stir well to get any caramelised bits off the side of the pan and add a good dollop of mango chutney to sweeten it all up. Balance the chutney with lemon juice so you get a nice, flavourful sauce

### For the "Sun Ball"

1. Mix the onions, cucumber, tomatoes and coconut in a bowl then add enough milk to cover, then sprinkle the sugar over the top together with a dash of pepper and salt
2. Stir again and leave in the fridge to chill a bit while the curry and rice cook
3. Serve the curry and rice together with the Sun Ball on the side. Garnish with fresh coriander (and your children will eat it!)

## Hints and Tips

Chicken thighs and drumsticks work best for children as they have more flavour and don't dry out. Alternatively, prawns are a good substitute for chicken. If you use uncooked prawns, cook them quickly with the paste to get their flavour in the sauce but remove them before you put the pan in the oven, then add once it's out of the oven. Pre-cooked prawns are best added once the curry sauce has been cooked to stop them turning into bullets in the oven!

I tend to make my own chicken stock, it's simple to make using the bones from the chicken - boil them with some onion, carrot and celery together with a bay leaf and a few peppercorns.

# MY SPECIAL

## JAMBALAYA

By Peter Goodman  
Partner  
Corporate Team



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**Serves 4**

**Prep Time:**  
15 minutes

**Cooking Time:**  
60 - 75 minutes

### Ingredients

Cooking Oil  
1 large white onion, finely chopped  
1 large green pepper, chopped  
250g brown rice  
1 tin (400g) chopped tomatoes  
½ litre stock (I use vegetable)  
2 bay leaves  
250g prawns  
250g chorizo (or 250g of smoked haddock) diced or sliced into small pieces  
Salt & pepper

I've been cooking this dish regularly for more than 40 years. Even now I cook it 25 - 30 times a year. It's a Cajun recipe from the bayou of the Mississippi River and the main ingredients are local to the area – spicy pork from wild boar and prawns/shrimps from the river and lakes.

### Method

16. Soften the onion in the oil in a large frying pan and then add the pepper and your seasoning. Cook around 10 minutes
17. Add the rice and cook until it is fully integrated with the onion, pepper and seasoning
18. Add tomatoes and cook for 5 minutes
19. Add the stock and the bay leaves
20. Bring to the boil and simmer for around 30 minutes
21. Remove the bay leaves
22. Add the prawns and the chorizo (or smoked haddock if making the pescatarian version)
23. Simmer for around 15 minutes until the liquid is absorbed - I don't like the dish too dry
24. An option is to add chopped parsley five minutes before serving. Other folks like it served with cold parsley as a topping, anything goes providing you stick to the main ingredients. This dish is a work of art, not a scientific experiment.

### Hints and Tips

While this dish does not work for vegetarians it works well for pescatarians if the chorizo is replaced by smoked haddock.

You will learn to adjust the quantities to suit your appetite and the taste you want. Currently I add a little salt at the beginning together with sliced fresh garlic and herbes de provence.

It's essential to use a white onion and a green pepper. Many people prefer the taste of red onions and red peppers but they change the look and taste of the dish. The classic Italian tricolore of green pepper, white onion and red tomatoes is the heart of the dish.



# SWEET POTATO AND SPINACH BAKE

By Sue Turner  
Legal Secretary  
Real Estate Team



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**Serves 6**

**Prep Time:**

20 minutes

**Cooking Time:**

45 – 55 minutes

**Ingredients**

300ml single cream (or double cream for a really creamy texture)

1 garlic clove

5 sprigs of thyme or rosemary

250g bag frozen spinach

A good pinch of freshly grated nutmeg

850g sweet potatoes peeled and thinly sliced (about 3mm thick)

25g grated hard cheese such as cheddar or parmesan.

I've served this dish a few times when at dinner parties as a vegetable accompaniment and each time I've been asked for the recipe! This dish can be served as a lunch with salad or as a vegetable dish to accompany a main meal.

**Method**

1. Heat oven to 200C/180C fan/gas 6
2. Put the cream, garlic and herb sprigs into a small saucepan and slowly bring to just below boiling. Turn off the heat, season and leave to infuse
3. Put the spinach into a colander, pour over the boiling water and leave to drain for a few minutes
4. Then squeeze out as much water as possible. Season with salt, pepper and freshly grated nutmeg
5. Grease an ovenproof dish generously with butter and spread half the sweet potato slices across the bottom. Top with a layer of spinach, then the remaining potato
6. Pour over the cream mixture, through a sieve to remove the garlic and herbs, then sprinkle with cheese
7. Bake for 45 - 55 minutes until golden and tender.

# THE BEST EVER FAKE CHICKEN PIE

By Sophie Hudson  
Marketing Administrator  
Marketing Team



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**Serves 6+**

**Prep Time:**  
15 minutes

**Cooking Time:**  
30 minutes

**Ingredients**  
500g of quorn chicken  
150ml single cream  
75ml vegetable stock  
1 white onion, chopped  
1 leek, chopped  
2 carrots, chopped  
100g mushrooms, chopped  
2tbsp tarragon, freshly  
chopped  
1tbsp cornflour  
1tbsp English mustard  
250g ready rolled puff pastry  
1 medium free range egg

This is a perfect cheat's guide to making a pie.

It is really simple, quick and delicious. I often adjust the vegetables that go in it depending on the time of year, but I think this pie works best as a winter warmer served with a mulled cider!

## Method

1. Preheat oven to 200°C/gas mark 6. Fry the quorn chicken and onion together until cooked (7 minutes) then add carrots, leek and mushrooms – cook for a further 5 minutes.
2. Put cooked mixture into a bowl, add the cream and stock as well as the cornflour, mustard & tarragon
3. Spoon mixture into a pie dish and unroll the pastry over it to cover
4. Brush beaten egg over the pastry and cook for 30 minutes or until the pastry is golden brown
5. Ready to eat!

## Hints and Tips

If you're not vegetarian, replace the quorn chicken for real chicken (diced) and feel free to add chopped ham to the mix too.

Best served with steamed vegetables and creamy mash potato.

# Food for thought

We at SA Law are proud to support the St Albans and Harpenden Food & Drink Festival;

That's why we said to the team "We knead your recipes quick

And cooking puns that will crack you up

So we can sauce them all together

And whip up a recipe book of food for thought".

So with the heat now firmly on

We knew they'd rise to the occasion

With more than just half-baked suggestions

And we hoped they might just break the mould!

Using cutting edge concepts

And the skillet to bring it together

With just a sprinkling of thyme

Now we've sponged off their ideas for your enjoyment

And stirred up more than a few.

We might be a gluten for punishment

But really it's the yeast we could do.

Just remember that it's all ingest!

We hope you've enjoyed the grate read.

**By Ross Hayward**

Solicitor

Corporate Team



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