

FOOD FOR THOUGHT

VOLUME TWO

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St Albans & Harpenden Food & Drink
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St Albans & Harpenden
FOOD & DRINK FESTIVAL
2016

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SA LAW PROUDLY SPONSORS THE ST ALBANS AND HARPENDEN FOOD & DRINK FESTIVAL 2016

The Food & Drink Festival celebrates the craft, diversity and creativity of food across the whole of the St Albans District. The week-long festival is a fun-filled culinary escape and a great opportunity to enjoy time with friends, family and loved ones whilst sampling the best food and drink on offer.

So what better excuse than to share a few more of our favourite recipes in our second cook book *Food for Thought Volume 2*.

This edition features a collection of not only our team's favourite recipes, but also some great contributions from friends of the firm who have kindly shared their best-loved dishes for breakfast, lunch and dinner.

Legend has it that St Albans boasts more pubs & bars per square mile than anywhere else in the Country, so it seems fitting that in this edition we have included cocktail recipes for any budding mixologists!

I hope you enjoy cooking some of our recipes and that it inspires you to get into the spirit of the St Albans & Harpenden Food & Drink Festival.



Steve Ryan
Managing Partner (Head Chef)
SA Law



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A VERY CHEESY CHEESE SCONE

By Rik Patel
Accounts Assistant
SA Law



Makes 10-12 mid-sized scones (depending on how big/small you want your scone!)

Prep Time:

15 minutes

Cooking Time:

15-20 minutes

Ingredients

250g self-raising flour
2 tsp mustard
½ tsp cayenne pepper
½ tsp salt
50g butter
175g cheddar cheese, finely
grated
1 egg, beaten
4 tbsp milk
Milk to glaze

Perfect for a mid-morning snack or an afternoon treat!

Method

1. Preheat the oven to 200°C/180°C Fan/Gas 6.
2. Sift the flour, mustard, cayenne pepper and salt into a bowl. Rub in the butter until the mixture resembles breadcrumbs.
3. Stir in 115g of the cheese, the beaten egg and the milk. Mix to a soft dough.
4. Turn onto a floured surface and knead lightly for 5 minutes. Roll out into 1.5cm thickness and cut to 5cm rounds.
5. Place on a floured baking tray, brush each scone with the milk and sprinkle with the remaining cheese.
6. Place the baking tray into the oven to cook for 15-20 minutes.
7. Transfer to a wire rack to cool.

Hints and Tips

Add extra mustard/cayenne pepper if you want to give the scones a kick!



ASIAN STYLE SALMON

By Eva Stock
Focus



Serves 2

Prep Time:
15 minutes

Cooking Time:
10-15 minutes

Ingredients

2 x 200g salmon fillets
1 tsp soy sauce
1 tsp runny honey
½ tsp sesame oil
1 clove garlic, finely chopped
1 cm fresh ginger, finely chopped
½ tsp dried chilli flakes
(or to taste)

As a busy working mother, I am always looking for a quick, easy and healthy recipe to put together at the end of the day. I came across this one as I was flicking through the Lakeland catalogue (Lakeland.co.uk) one afternoon and this modified version is now a regular part of my repertoire. It is simple enough for every day, but can equally be served at a dinner party.

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4.
2. Place the salmon fillets on a piece of aluminium foil or baking parchment and season with salt and pepper.
3. Seal the parcel(s) of fish and place in the oven for 10 – 15 minutes (depending on how well cooked you like your salmon).
4. While the salmon is in the oven, mix together the soy sauce, honey, sesame oil, garlic, ginger and chilli flakes in a small bowl.
5. When the salmon is cooked, place on a plate and drizzle over a spoonful of the sauce.

Hints and Tips

This can be served with a simple salad or basmati rice.

If you have a bit more time on your hands it is great to make the sauce a few hours ahead so that the flavours have a chance to really amalgamate. It is very easy to scale this recipe up for larger quantities. I always have to make extra sauce as my boys fight over it! They like to drizzle it on the rice and over the vegetables too (works great with broccoli).

Contains fish, soy and sesame.

BATES THAI BEEF SALAD

By Lisa Bates-Wallis
St Albans Chamber
of Commerce



Serves 2

Prep Time:

15-30 minutes

Cooking Time:

15-30 minutes

Ingredients

2 tbsp fresh lime juice
1 tbsp palm sugar
(or any sugar)
1 tbsp fish sauce
1 tbsp soy sauce
2 tsp finely grated fresh ginger
12 or so cherry tomatoes, halved
750g rump/sirloin steak
1 cucumber, sliced into batons
1 red onion, cut into thin wedges
2 fresh red chillies, halved,
deseeded, thinly sliced lengthways
1 bunch fresh coriander leaves,
chopped
6-8 Chinese leaves

*These taste great in the salad if
you can get them:*

1 bunch fresh Thai basil leaves
4 kaffir lime leaves, chopped

My Thai beef salad recipe includes good quality beef, thinly sliced. Toss with a Thai-style dressing and serve, so healthy and so easy!

Method

1. Whisk together lime juice, palm sugar, fish sauce, sesame oil, soy sauce, ginger and garlic in a bowl.
2. Taste and adjust sugar/salt/fish sauce/lime/chilli etc to taste.
3. Marinade steak with half the mixture for a while.
4. Cook the steak to your liking (I go for medium rare) - Let rest for 10 minutes or so.
5. Thinly slice the steak across the grain.
6. Put the tomato, cucumber, onion, chilli, coriander, basil and lime leaves in a bowl with the remainder of dressing and toss.

To serve:

1. Get a large serving platter.
2. Put 6-8 chinese leaves on platter.
3. Scatter the beef and salad mixture over leaves.
4. Drizzle with any remaining dressing.

BBQ FILLET STEAK & PEPPER SAUCE

By Heurelho Gomes
Goalkeeper,
Watford Football Club



**Serves as many people as
you have steaks!**

Prep Time:

30 minutes

Cooking Time:

5-8 minutes depending on how
you like your meat cooked

Ingredients

Fillet steak

For the peppercorn sauce:

2-3 tbsp peppercorns

60g butter

1 medium shallot, chopped

100ml brandy

100ml beef stock

60ml double cream

I love to cook meat on the barbecue and fillet steak is my favourite. It's a big dish in Brazil and one I enjoy all year round.

Method

1. Warm the barbecue.
2. Cook steaks on the barbecue to your liking and allow to rest.
3. Crush the peppercorns slightly using a pestle and mortar.
4. Melt the butter in a saucepan over medium high heat. Add the shallots and peppercorns and sauté until soft, about 3 minutes.
5. Add the brandy and stock on a high heat and reduce by about two-thirds. Turn down the heat, stir in the cream and allow it to thicken slightly.
6. Serve on top of the cooked steaks.



BLACKPOOL BEEF STEW

By Chris Wilks
Partner,
Corporate
SA Law



Serves – Depends on how many friends you have. In Rob Ryall's case it serves two.

Prep Time:
10 minutes

Cooking Time:

Approx 2 hours – See method point 10 (assumes you are allowed to view in comfort without interjections along the lines of "Oh not this programme again!").

Ingredients

2 cloves of garlic
1 tsp dried chilli
400g diced beef
1 tbsp plain flour
1 tbsp tomato puree
400g can of chopped tomatoes
1 tbsp white wine vinegar
500ml chicken stock
1 onion, chopped
2 leeks, chopped
2 carrots, chopped
1 swede (medium sized), chopped
1 tsp sugar
1 tbsp / a fistful of Italian mixed herbs
Salt & pepper to taste
Rice to serve
2- 3 bottles of Sauvignon Blanc (optional)

A firm favourite after a stroll along the Promenade in December, accompanied by a bracing westerly wind blasting off the Irish Sea.

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4.
2. Take a bottle of sauvignon blanc from the fridge and pour a large glass for yourself.
3. Crush cloves of garlic and mix with the dried chilli and fry.
4. Throw in the diced beef, a tablespoon of plain flour (not self-raising!) and fry until brown.
5. Pour another glass of wine for yourself.
6. Add the tomato puree, the can of tomatoes, a tablespoon of white wine vinegar and a generous amount of chicken stock. Stir and bring to the boil.
7. Chop and add onions, leeks, carrots and swede and stir. Add salt, pepper, a teaspoon of sugar and a carefully measured fistful of Italian mixed herbs.
8. Pour another glass of wine for yourself.
9. Bring to the boil and transfer to the oven for 1½ to 2 hours.
10. Put the rice in the rice cooker with teaspoon of salt and put the empty wine bottle in recycling.
11. Take a second bottle of sauvignon blanc from the fridge, retire to your preferred area of comfort to watch two episodes of Game of Thrones.
12. Serve.

Hints and Tips

Try venison with/or instead of beef.

Careful with the salt; you can always add more but it's difficult to take it out...

Drink responsibly. Red wine can cause gout.



CHICKEN & APRICOT CASSEROLE

By Vanessa Crawley
Solicitor,
Corporate
SA Law



Serves 6

Prep Time:

15 minutes

Cooking Time:

50 minutes

Ingredients

8 chicken thighs
4 medium onions, peeled and sliced
18 dried apricots
3 lemons, sliced into small pieces
2 tbsp tomato puree
3 cloves garlic, crushed
2 tsp cumin
1 tsp cinnamon
1 chicken stock cube
300ml water
Vegetable oil, enough to fry
Salt and pepper to taste

This is my go to dish when I need to rustle up something quickly! The sweetness of the apricots makes the sauce so tasty it's perfect for adults and children.

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4 or 5.
2. Heat the oil and add the tomato puree, garlic, cumin and cinnamon.
3. In a separate pan, quickly fry each piece of chicken and then place the chicken pieces in a roasting dish.
4. Fry the onions in the cooked oil and spice mix and then pour over the chicken pieces in the roasting dish.
5. Mix the chicken stock with apricots, lemons and water, then add to the roasting dish. Season with salt and pepper.
6. Roast in the oven for at least 50 minutes, or until the juices run clear.

Hints and Tips

The dish is lovely served with couscous (or rice) studded with raisins.

Crusty bread does a good job of mopping up the tasty juices at the bottom of the dish!

COQ au VIN

By Steve Kenneford
Partner,
Real Estate
SA Law



Serves 4

Prep Time:

30-40 minutes (dependent upon 'chefs tipples' position)

Cooking Time:

2 hours

Ingredients

4 skinless chicken breasts, seasoned
12 shallots
8 rashers of streaky bacon
2 garlic cloves, crushed
200g button mushrooms
200ml white wine
200ml chicken stock
1 tbsp olive oil
1 tbsp butter

This is what I cook when I can't be bothered to cook as it is so simple. The only problem is that it does take a while for the best results so the finished product sometimes arrives after a few 'chefs tipples' - the ingredient quantities quoted should therefore be construed accordingly!

Method

1. Preheat the oven to 140°C/120°C Fan/Gas 1 or 2.
2. Add the butter and oil to a frying pan and heat to melt the butter.
3. Add the bacon and fry off until crispy - put aside into an oven-proof/casserole dish.
4. Add the garlic and shallots to the frying pan and brown (discard garlic once it begins to burn - as it will), then put browned shallots into an ovenproof dish/casserole.
5. Add the chicken breasts to the frying pan and brown on each side - 2/3 mins each side, then place into ovenproof dish/casserole.
6. Add the wine to the frying pan and de-glaze pan on a high heat to burn off the alcohol then add chicken stock and simmer for 5 minutes.
7. Pour the stock mixture over the ingredients in the dish and season. The stock mixture does not need to completely cover the ingredients.
8. Cover and place in the oven for 2 hours.
9. Midway through cooking time add the button mushrooms.
10. Best served with char-grilled baby courgettes and sauté potatoes.

Hints and Tips

'Chefs tipples' are highly recommended throughout but not mandatory. Perhaps with the odd glass of water...

CRAB, CHILLI & LIME CIABATTA

By Tracy Lacey-Smith
Partner,
Commercial Litigation &
Dispute Resolution
SA Law



Serves 2

Prep Time:

10 minutes

Cooking Time:

5 minutes

Ingredients

1 ciabatta, cut into 12 slices
2 tbsp extra virgin olive oil
150g white crab meat
1 red chilli, deseeded and finely
chopped
1 tbsp coriander, finely chopped
1 lime – use the zest and juice
Pinch of salt
Twist of black pepper

This delicate starter is extremely easy to make.

I have found it to be a great conversation starter at dinner parties as it is so colourful and flavoursome.

Method

1. Preheat the oven to 200°C/180°C Fan/Gas 6.
2. Put the ciabatta slices onto a baking tray, drizzle over half of the oil and add the seasoning.
3. Bake for 5 minutes until golden at the edges.
4. While the bread is warming, mix the rest of the oil with the crabmeat, chilli, coriander, lime zest and juice.
5. Spoon the mixture onto the slices of ciabatta before serving.

Hints and Tips

This recipe also works as a great canapé at a dinner party. Instead of ciabatta, try vol-au-vents.

A simple starter or light lunch, best served with a nice chilled glass of Chablis and a side salad.

FISH PIE

By Carolyn Addison
The Hospice of St Francis



Serves 4

Prep Time:

30 minutes

Cooking Time:

30 minutes

Ingredients

1kg King Edward potatoes,
peeled and sliced
Knob of butter
Splash of milk
100g butter
50g plain flour
1 or 2 onions, chopped
600ml milk
400g smoked haddock (skinless)
400g cod (skinless)
2 bay leaves
200g button mushrooms
A handful of grated cheddar

This is a recipe I have inherited from my Mum and reminds me of my childhood. It is real comfort food – delicious, warming and great eaten on dark, cold Winter nights.

Method

1. Put the fish into a frying pan and pour in 500ml of the milk and bay leaves. Bring the milk to the boil and poach for approximately 10 minutes until cooked. Lift the fish out on to a plate and leave the milk to cool. Flake the fish and put in the bottom of a baking/casserole dish. Remove the bay leaves.
2. Dice the onions and mushrooms, add half the butter and cook until the onions are transparent and the mushrooms cooked. Remove and put in a baking dish with the fish.
3. Add the remaining butter, stir in the flour and cook for 1 minute over a moderate heat. Remove from the heat and pour in a little of the poaching milk, stirring all the time until you have a smooth roux. Continue to add the milk gradually, return to the heat and bring to the boil. Cook for 5 minutes, stirring continually. Season with salt and pepper.
3. Meanwhile, boil the potatoes in salted water for approximately 20 minutes until soft. Drain, season and mash with a knob of butter and splash of milk.
3. Spoon the mashed potato on top of the fish and vegetables until it covers all of the baking dish. Fluff up with a fork and sprinkle with grated cheddar cheese. Place under a grill and brown.

Hints and Tips

This dish is delicious as a lunch or supper, served with any green, crunchy vegetables – the difficulty will be not going back for more!

FRENCH ONION SOUP WITH STOUT & LINCOLNSHIRE POACHER

By Drew Knight
Head Chef & Co-Owner
Dylan's The Kings Arms



Serves 4

Prep Time:

10 minutes

Cooking Time:

45 minutes

Ingredients

50g unsalted butter
6 onions, halved and finely sliced
1 tbsp soft brown sugar
3 cloves garlic, thinly sliced
250ml stout
1.25l roasted beef stock, boiling
3 tbsp sherry vinegar
10 stalks fresh thyme, leaves stripped and chopped
Salt and pepper for seasoning
150g grated Lincolnshire poacher (or strong cheese like mature cheddar), optional

I came up with this one lazy afternoon at Dylan's after experimenting with a few ingredients and found the poacher and onions to complement each other perfectly.

This is rich, deep, sweet and extremely frugal – definitely a king of soup!

Method

1. Melt the butter in a large saucepan. Add the onions and fry until they start to caramelise. You want to cook them low and slow so as not to burn them.
2. Once they have gone a nice colour, add sugar to the pan and continue cooking until the onions are dark golden in colour and fully caramelised.
3. Add the garlic and cook for a further 5 minutes. Followed by the stout, which you will reduce by two thirds.
4. Add boiling stock and reduce by a further half.
5. Season with sherry vinegar, thyme leaves, salt & pepper and the grated cheese.

Hints and Tips

Serve topped with grilled baguette croutons and melted cheese (or simply with grated cheese without the bread).

I recommend Lincolnshire Poacher cheese.



MUSHROOM STROGANOFF

By Clive Wilson

LandMark

Chartered Accountants



Serves 4

Prep Time:

20 minutes

Cooking Time:

30 minutes

Ingredients

250g mini portabella

mushrooms cut into quarters

250g chestnut mushrooms

cut into quarters

50g dried porcini mushrooms

soaked in boiling water then drained

Leftover water from soaking

the porcini mushrooms

½ packet of tarragon, leaves

picked and chopped

Two large shallots,
chopped

180ml dry white wine

60ml dry Marsala wine (or dry
sherry will do)

150ml sour cream

Basmati and wild rice

(4 servings)

2 tbsp rapeseed oil

(or other good oil)

I'm sure this dish must have come from a book or TV show but the original recipe is long since forgotten and now I just adapt it each time, probably never getting the same dish twice! Of course now I've written it down that will change... (No it won't!)

Method

1. Using a large frying pan, add the oil and cook the chopped shallots on a medium heat until they're translucent (about 3 minutes).
2. Add the fresh mushrooms and the rehydrated porcini mushrooms with a splash of the porcini water (taking care to avoid the grit that settles to the bottom of the water – see tips and hints) then cover pan with a lid and cook on a medium/high heat.
3. While mushrooms are cooking, get the rice on following the rice packet instructions.
4. Keep an eye on the pan, stirring occasionally then covering the pan again. The mushrooms will soften, releasing their moisture. Take care not to let the mixture dry out. You will see the softened mushrooms simmering in their juices and the porcini water. Add more porcini water when needed.
5. After 15 minutes, add the white wine and continue cooking with the pan uncovered, stirring occasionally until the liquid reduces by half.
6. Next add the sour cream and marsala wine and again cook while occasionally stirring until the liquid reduces by half.
7. Finally add seasoning to taste (just black pepper for me) then tarragon and cook for a further minute.

Hints and Tips

Follow the packet instructions to rehydrate the dried mushrooms and take care to avoid the grit that comes off these. I do this by agitating the mushrooms in the boiling water and then I just avoid disturbing the grit that settles to the bottom of the water, taking particular care when I add water to the pan.

The rice probably needs to be started 10 minutes into cooking the mushrooms but the timing isn't critical as the mushroom mix can be kept in the warm pan removed from the heat.

If there are two of you, just reduce the amount of rice. The mushroom mix is great on toast the next day so leftovers are a bonus.

Serve with crusty bread to mop up the sauce otherwise you'll have to use fingers. Very embarrassing!



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NORTH AFRICAN TAGINE

By Anthony Appleby
Brasier Freeth



Serves 4-6 (Only 4 in the Appleby household)

Prep Time:

15 minutes

Cooking Time:

3 hours

Ingredients

1kg of good quality meat, either lamb* or chicken**
Oil – either rapeseed or olive oil
1 medium onion, chopped
2 cloves of garlic, peeled and sliced
1 tsp of: Paprika, ground cumin, ground coriander, ground ginger, cayenne chilli pepper, turmeric.
1 large butternut squash, peeled and cut into chunks
A pack of dried apricots, cut into ¼s
50g of pine nuts
500ml of good quality stock, can use veg, chicken or lamb. I prefer a chicken stock
1 glass of white wine
125g of cherry tomatoes left on the vine
A small bunch of parsley, leaves removed from the stalks & finely chopped

Inspired by a 40th birthday trip to Marrakesh and buying a tagine pot in the souk market, I have been making this recipe regularly ever since. You can pretty much use a variety of different ingredients to suit, as long as they are robust but this is my favourite winning combination.

Method

1. Mix the meat chunks with the spices and a glug of oil and refrigerate ideally overnight, minimum of 2 hours.
2. Preheat the oven to 160°C/140°C Fan/Gas 3.
3. Use a deep heavy based dish that has a lid – I use my tagine but a decent saucepan or casserole dish is fine as long as it can go in the oven. Heat some oil, brown the meat and then remove the meat from the dish.
4. Add onions to soften in the remaining oil, should take about 5 minutes. Then add the garlic and pine nuts to brown BUT do not burn.
5. Add the browned meat back in the dish, the butternut squash and apricots and stir in.
6. Then add the wine which will cook off very quickly.
7. Add the stock, cover with the lid and cook in the oven for 2-3 hours, the longer the better.
8. About 20 minutes before serving add the vine tomatoes on the top, no need to stir in or take off the vine, replace the lid and place back in the oven.
9. Remove from the oven and take the dish straight to the centre of the table, allow to rest for 10/15 minutes if you can before the big reveal.
10. Before serving, sprinkle over some parsley.

Hints and Tips

- * For lamb I prefer the shoulder (cut into chunks) as you need some fat that melts away for flavour.
- ** For chicken, try boneless/skinless thighs but you can use breast if you prefer white meat.

All you need to serve is some plain couscous to soak up the juices. I like the way Yotam Ottolenghi does it where the couscous is firstly soaked and then baked in a flat oven dish lined with grease-proof paper, covered with foil in the oven with some butter and oil for about 10 minutes to give it a nutty flavour.

My wine choice would be a simple cold, crisp Sauvignon Blanc.

ROASTED BUTTERNUT SQUASH WITH FETA

By Clare Mackay
Associate,
Commercial Litigation &
Dispute Resolution
SA Law



Serves 2

Prep Time:

10 minutes

Cooking Time:

45 minutes

Ingredients

1 butternut squash
2 red onions
3 cloves of garlic
Liberal sprinkling of dried chilli flakes
Pack of feta cheese
Dried couscous (I always estimate and never weigh!)
Handful of raisins
Zest of a lemon
Fresh mint
Olive oil

I made up this recipe one day when I opened the fridge and these were the only ingredients in there! It's now one of my regular weekday "go to" recipes as I can chop everything up, throw it in the oven, put the kids to bed and then quickly make the couscous. Any leftovers also work well in a lunchbox for the following day.

Method

1. Preheat the oven to 200°C/180°C Fan/Gas 6.
2. Peel and chop the butternut squash and red onions into bite sized chunks and tip into a baking tray, coat with olive oil and add chilli flakes and garlic.
3. Pop the baking tray in the oven and leave for 45 minutes or until the butternut squash is cooked and golden.
4. Place the couscous, raisins and lemon zest in a large bowl. Add hot water according to the couscous packet instructions. Fluff the couscous up with a fork once ready.
5. Tip the roasted butternut squash and onions into the couscous. Crumble over the feta and rip up and add the fresh mint leaves.
6. Stir everything together and you are good to go!

Hints and Tips

This recipe also works well with aubergines, in which case I also like to add a generous splash of balsamic vinegar to the baking tray. Pomegranate seeds or dried apricots are also a welcome addition to the couscous.

ROASTED CAULIFLOWER, CHICKPEA, FETA & POMEGRANATE SALAD

By Becky Alexander
Herts Advertiser



Serves 2 Lunches

Prep Time:

5 minutes

Cooking Time:

15 minutes

Ingredients

1 small cauliflower (about 325g/11oz), broken into bite-sized florets
½ x 400g/14oz can chickpeas, rinsed and drained
2 tbsp rapeseed or chilli oil
1 tsp smoked paprika
1 handful of pomegranate seeds (see tip)
1 handful of rocket leaves
1 handful of mint leaves
50g/1¾oz feta cheese, crumbled
A squeeze of lime juice
Sea salt and ground black pepper

Bored of sandwiches for lunch? This is a low-carb, veg-packed lunch, full of flavour.

This recipe is from *Packed*, the recipe book I wrote with Michelle Lake which is due to be published in January 2017 (Nourish Books). I am also the food columnist for *The Herts Advertiser*.

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4. Put the cauliflower in a bowl and add the chickpeas.
2. In another bowl, mix together the oil and paprika. Spoon this over the cauliflower and chickpeas, and mix until well coated.
3. Tip the mixture into a roasting tin and roast for 15 minutes. Remove from the oven and leave to cool for 5 minutes.
4. Add the pomegranate seeds and rocket leaves. Tear the mint leaves over the top. Add the feta cheese and lime juice, and mix everything together gently.
5. Season with salt and pepper. Transfer to two lidded containers. Take one to work and keep the other in the fridge until tomorrow.

Hints and Tips

Roast the cauliflower and chickpeas at the weekend (they will last a few days in the fridge) and add the fresh salad when you want to eat it.

You can buy pomegranate seeds ready-popped from the fruit, saving you a fiddly job. They freeze well, so if a whole pack is too much for you, keep it in the freezer and just remove a handful whenever you need them. By the time you get this salad to work, the seeds will have defrosted.

Suitable for vegetarians.

SAUSAGE PASTA

By Julie Gingell
Partner,
Director of Marketing &
Business Development
SA Law



Serves 4

Prep Time:

10 minutes

Cooking Time:

15 minutes

Ingredients

450g sausages
1 tin of chopped tomatoes
1 tbsp extra virgin olive oil
150ml white wine
½ tsp paprika
1 tsp fennel seeds
2 cloves of garlic, peeled and crushed
2 tbsp tomato puree
1 sprig of rosemary, finely chopped
300g penne pasta
Parmesan
Salt and pepper to serve

This pasta dish is a favourite in the Gingell household. It is extremely versatile, and quick to make!

Take it up a gear by leaving out the wine adding a shot of vodka and 1 tablespoon of Worcestershire sauce instead.

Method

1. Remove the sausages from their skins and crumble them into a heated pan with oil.
2. Add the fennel seeds and stir to cover the meat.
3. Once the meat begins to brown, stir in the paprika and garlic. Cook for 2 more minutes.
4. Add the tomato puree, tinned tomatoes, rosemary and white wine.
5. Use your wooden spoon to scrape the bottom of the pan and bring to the boil.
6. Simmer for 15 minutes until the sauce has reduced.
7. While this is simmering, cook the pasta in a pan of boiled water as per instructions. Reserve a table spoon of the cooking water and drain well, add the water to the sauce.
8. Mix the pasta into the sauce and serve.
9. Add salt and pepper to taste.

Hints and Tips

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



SEAFOOD PAELLA

By Domonique McRae
Solicitor,
Employment
SA Law



Serves 4

Prep Time:

10 minutes

Cooking Time:

30-40 minutes

Ingredients

400g paella rice
300g cooked seafood selection
100g chorizo, diced
1 medium sized onion, finely chopped
1 green pepper, diced
2 tomatoes, diced
1 pint of hot vegetable stock with 1 clove added
1 splash of white wine
1 tsp paprika
2 pinches saffron
1 tsp dried parsley
2 garlic cloves, finely chopped
1 tbsp olive oil
1 lemon, cut into wedges

Having spent some time growing up in Spain I have tinkered with a variety of traditional recipes to create a dish which is not only really simple to make but is also really tasty!

Whilst I would recommend using a seafood selection which contains mussels, prawns and squid; this can be varied to suit individual taste.

Method

1. Heat the oil in a paella (or other non-stick) pan and gently fry the onion with the garlic until soft. Add the chorizo and fry for a few minutes before adding the pepper and tomatoes and frying for a further two minutes/or until the pepper begins to soften.
2. Add a splash of white wine and continue to fry until the liquid has been absorbed before removing the ingredients from the pan and setting to one side.
3. Place the paella rice, paprika and saffron in the pan and dry fry for 2 minutes before adding enough vegetable stock to cover the rice.
4. Add more vegetable stock only once the liquid has been absorbed (stirring occasionally) and repeat as required until the rice is cooked through.
5. Add the vegetable/chorizo mix to the rice and stir through before adding your chosen seafood selection.
6. Stir the parsley through the paella and cook over a medium heat for a further 5 minutes.
7. Take off the heat and add lemon wedges as a garnish before serving.

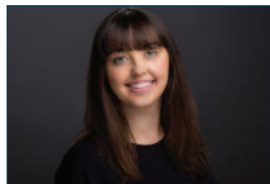
Hints and Tips

Serve with fresh bread and aioli (for a quick homemade accompaniment just add crushed garlic and lemon juice to mayonnaise).

For the truly adventurous, swap the chorizo for rabbit and the seafood for snails!

SPICY NOODLE SALAD

By Alex Kempson
Business Development
Assistant,
SA Law



Serves 8 – depending if served as a main course or as a side salad

Prep Time:

30 minutes

Cooking Time:

30 minutes – including prep time

Ingredients

2-3 reels of noodles, cooked and cooled
1 large handful of cooked and cooled peas
1 large handful of pre-prepared cooked prawns defrosted
2 chicken breasts, cooked, cooled and cut into chunks
1 bag of salad leaves
1 tin of sweetcorn
2-3 coloured peppers chopped into thin strips
1 bag of bean shoots
Sweet chilli sauce, to taste
Salt and pepper
Soya sauce

Having enjoyed a particular Marks and Spencer Salad, I then copied the ingredients with variations and have often used this as a main course, lunch or as an accompanying salad to a main meal.

Method

1. Cook and cool the noodles, peas, prawns and chicken.
2. Put the remaining ingredients other than the chilli sauce and soya sauce into a large bowl, preferably the one you are going to serve the salad in.
3. Sprinkle soya sauce and sweet chilli sauce over the salad and toss loosely.
4. Taste and then add more soya and/or chilli sauce depending on your preference.

Hints and Tips

Whilst the ingredients can be prepared in advance and chilled, the mixing of the ingredients needs to be done just before serving.

This salad does not store well if you have any left over. Double check the shelf life of the bean sprouts as these need to be as fresh as possible as they can be harmful if out of date.

This salad is very easy to prepare as a vegetarian option if preferred. Quorn or vegetables can be used in addition or to replace those stated.

If served as a main course, some nice crusty bread goes well as an accompaniment.



ST ALBANS TASTES SWEETCORN FRITTER STACK

By Mandy McNeil
Radio Verulam



Serves 2

Prep Time:

5 minutes

Cooking Time:

15 minutes

Ingredients

1 cup of milk
2 large Oaklands College eggs
1½ cups of plain Redbournbury
Mill flour
3 tsp baking powder
1 large can of creamed corn
Pinch of salt & a grind or two
of black pepper
House olive oil from
Boungiorno Italia
1 tbsp plain greek yogurt
(optional)
8-12 rashers of bacon from
your favourite farm shop
Salted butter
1 Wobbly Bottom plain goats
cheese log

Growing up in New Zealand, *The Edmonds Cookbook* is our go to kitchen bible.

This is a twist on a kiwi classic my Mum used to make and which I now make with my son!

Method

1. Sift the dry ingredients into a large mixing bowl.
2. Add the milk, eggs and creamed corn and mix well until you have a thick batter.
3. If you so desire – add the optional Greek yogurt.
4. Grease the bottom of a large non-stick frying pan with butter – add the olive oil so that there is about 1cm in the pan. Keep this mix topped up between each batch.
5. Spoon very large tablespoons of the mixture into circles in the frying pan of preheated oil (1 large tablespoon = 1 circle) and have 4-5 circles/fritters cooking at a time.
6. Fry the fritters on medium to high heat. Once bubbles start to form and burst on the top of the fritters, flip them and cook the other side. The heat should be hot enough to create a nice golden brown crunch outside.
7. Put each batch on a paper towel to absorb the excess grease while cooking the remainder of the mixture.
8. In a separate frying pan or under the broiler – cook your streaky bacon until it is well done/crispy and set aside.

Hints and Tips

Build your stack: spread your fritter with a little goats cheese, put on a rasher of bacon, put another fritter on top, spread on more goats cheese, put on a rasher of bacon – rinse and repeat until you are happy with the size of your stack, drizzle a balsamic reduction over the top to make it look pretty and add a bit of rocket on the side.

Instead of bacon, butter each fritter and add smoked salmon to each layer – topping with a dollop of crème fraîche.

Even better – build goats cheese, smoked salmon and crispy bacon layers in your stack – to die for!

You could mix it up a little by using Wobbly Bottom or garlic flavoured Peri Peri.

Alternatively, if you can't wait - eat hot straight out of the pan having buttered each fritter.

Make sure that you are serving your fritters with the Good Morning St Albans cocktail (see page 31).

TROUT WITH CAPERS

By Julia Jenkins
Flagship Wines



Serves 4

Prep Time:

10 minutes

Cooking Time:

20 minutes

Ingredients

4 thick trout fillets
(whole trout can be used but
cooking times will vary)
100g butter
A squeeze of lemon juice
A handful parsley
2 tbsp capers, rinsed
1 clove of garlic, sliced

This is a recipe I have enjoyed after a friend passed it on to me. It uses very fresh ingredients and takes little preparation and cooking.

Method

1. Preheat the oven to 200°C/180°C Fan/Gas 6.
2. Rinse the fish, then pat dry with kitchen paper. Put in a roasting tray, season, then dot with a third of the butter. Roast for 10-12 minutes.
3. When the fish is almost ready, melt the remaining butter in a frying pan and add the garlic. Turn up the heat until the garlic starts to brown and then remove. Keep heating the butter until it turns brown.
4. Take off the heat, then add the lemon juice, parsley and capers.
5. Pour over the fish, then serve with green vegetables such as peas or beans and some new potatoes.

Hints and Tips

My wine serving suggestions that go beautifully with this recipe are:

- * Pecorino Caparrone – light refreshingly dry white from Italy.
- * Kleine Zalze Vineyard Selection Chenin Blanc – crisp textured white from South Africa.
- * Lagar de Xestosa Godello - ripe lemony fruit with a crisp style from Galicia in north western Spain.

Serve with a green vegetable selection and new potatoes.

APRICOT CASHEW GRANOLA

By June Cory
My Mustard



Yields 12 portions

Prep Time:

10 minutes

Cooking Time:

2 hours

Ingredients

250g porridge oats
115g sunflower seeds
115g natural cashew nuts
25g sesame seeds
100ml sunflower or rapeseed oil
5 tbsp runny honey
Pinch of salt
1 tsp vanilla extract
150g un-sulphured dried apricots,
chopped

This is unashamedly pinched from my friend Jenny Linford's *The London Cookbook*.

I start most of my days with black coffee, Berocca and a meeting so when I get the chance to have breakfast I like to eat something quick but yummy. I am no chef but home-made granola is very easy to make and tastes so good. Delicious and nutritious served with ice cold milk.

Method

1. Preheat the oven to 150°C/130°C Fan/Gas 2.
2. In a large bowl, mix together the oats, sunflower seeds, cashews and sesame seeds.
3. In a small pan, gently heat together the oil and honey for 2-3 minutes, stirring often.
4. Stir in the salt and vanilla extract. Then pour over the oat mixture and mix in thoroughly.
5. Spread the oat mixture out on a baking tray and bake for 1½-2 hours, stirring now and then, until golden-brown and crunchy.
6. Allow to cool. Mix in the chopped dried apricots and store in an airtight container.

Hints and Tips

I swap the milk for plain yoghurt, some fresh raspberries and a few slices of banana for a weekend treat. Nom nom. Also, a great evening snack if you've missed dinner and want something quick & easy.

Suitable for vegetarians.

BANANA & WALNUT CAKE

By Deepa Patel
Solicitor,
Family
SA Law



Serves 10

Prep Time:

10 minutes

Cooking Time:

35 minutes

Ingredients

125g butter
75g caster sugar
1 tsp vanilla extract
1 egg, beaten
2 very ripe bananas, mashed
200g walnuts
190g self-raising flour
60ml milk
A sprinkle of demerara sugar

Ideal for a tea party.

Method

1. Preheat the oven to 170°C/150°C Fan/Gas 3.
2. Melt the butter, sugar and vanilla in a saucepan over a medium heat.
3. Remove from the heat and add the mashed bananas and walnuts.
4. Add the beaten egg.
5. Stir in the flour and the milk carefully.
6. Grease and line a 2lb loaf tin.
7. Pour the mixture into the tin. Sprinkle with a tablespoon of demerara sugar to give a crunchy topping.
8. Bake for 35 minutes.
9. Leave to cool and enjoy!

Hints and Tips

Double up on the demerara sugar for extra sweetness.

Suitable for vegetarians. Contains nuts.



GINGERSNAPS

By Fay Thomson
Watford Chamber of
Commerce



Adults and children enjoy these delicious ginger and orange biscuits. I make them in varying sizes. They are a great accompaniment to a dessert and a comforting addition to a lovely cup of tea.

I enjoy making them, it's an easy straight forward recipe and I hope you like them as much as my family do.

Method

1. Preheat the oven to 160°C/140°C Fan/Gas 3, then lightly grease several baking trays.
2. Sift together the flour, salt, sugar, ginger and bicarbonate of soda into a large mixing bowl.
3. Heat the butter and golden syrup together in a saucepan over a very low heat until the butter has melted. Remove the pan from the heat and leave to cool slightly, then pour the contents onto the dry mixture.
4. Add the egg and orange rind and mix thoroughly to form a dough. Using your hands, carefully shape the dough into 30 even-sized balls.
5. Place the balls well apart on the prepared baking trays, then flatten them slightly with your fingers.
6. Bake in the preheated oven for 15-20 minutes, then carefully transfer to a wire rack to cool.

Serves 30

Prep Time:

10 minutes

Cooking Time:

15-20 minutes

Ingredients

125g butter, plus extra for greasing
350g self-raising flour
Pinch of salt
200g caster sugar
1 tbs ground ginger
1 tsp bicarbonate of soda
75g golden syrup
1 egg, beaten
The rind from one orange

Hints and Tips

The biscuits can last for up to a week in a sealed container.

When I shape the dough in step 5 I tend to use an ice cream scoop so they are all uniform in size.

Avoid over-crowding the baking tray as when baking the dough balls spread out quite a lot so I'd recommend only 6 per tray.

A nice variation is to add candied ginger.

If you really want to show off, pipe white icing onto the biscuits once they are cooled.

LEMON BLISS BALLS

By Katharine Tate
The Food Teacher



Bursting with nutrition from the almonds, which contain zinc, magnesium and vitamin E all beneficial for supporting immunity, brain, heart and skin health. They are also rich in fibre so can help to keep blood sugar levels even and support digestive health.

Method

1. Grate the lemon to remove the zest and add the zest to a blender/food processor.
2. Add all the other ingredients and pulse until well combined.
3. Roll mix into teaspoon sized balls and store in the fridge before serving.

Suitable for vegetarians, vegans, dairy-free and gluten-free.

Yields 12 portions

Prep Time:

10 minutes

Ingredients

200g soft dried dates
100g ground almonds/
mixed seeds
100g desiccated coconut
1 lemon
50g chia seeds
1 tbsp honey/maple syrup
(optional)



MORNING MUNCH/ ANYTIME CRUNCH

By Rob Ryall
Partner,
Commercial Litigation
& Dispute Resolution
SA Law



Yields 10-12 portions

Prep Time:

10 minutes

Cooking Time:

40-50 minutes

Ingredients

300g jumbo oats
50g desiccated or flaked
coconuts
50g crushed almonds or any other
nuts
50g mixed seeds
Pinch of salt
3 tbsp coconut oil
2 tbsp maple syrup
2 egg whites

A homemade granola which can be eaten at anytime. Perfect for breakfast with milk or yogurt or just grab a handful for a quick snack on the go.

Method

1. Preheat the oven to 150°C/130°C Fan/Gas 2. Line a large baking tray with greaseproof paper.
2. Put all dry ingredients in a large mixing bowl. If the coconut oil has set, warm in microwave until just melted. Pour the coconut oil and maple syrup over dry ingredients and mix thoroughly. Make sure everything is well coated.
3. Whisk egg whites until frothy and pour over the oat mixture and mix thoroughly again. Spread the granola over the baking tray evenly.
4. Bake granola in the oven for 40-50 minutes turning it over after 20 minutes. Start checking after 40 minutes to see if it is ready, ie. Lightly browned and dry.
5. Remove from the oven and leave to cool completely. Gently break up the granola into clumps either big or small according to preference.
6. Store in an airtight jar. It will keep for a few weeks but is usually all gone in hours!

Hints and Tips

The granola uses natural maple syrup for sweetness. You can add dried fruit but this will up the sugar content. Try using fresh fruit including bananas, strawberries and blueberries. Experience suggests using 2 baking trays as it is easier to spread out.

Contains nuts.

NO BAKE VERY CHOCOLATEY BROWNIES

By Lynne Misner
Small Acts of Kindness



Serves 8-10

Prep Time:

5 minutes

Cooking Time:

10 minutes plus 1 hour
minimum chill time

Ingredients

100g butter or non dairy
alternative
75g golden syrup
25g cocoa
50g raisins
200g sweet biscuits – I use
digestives
100g plain chocolate or
50g plain and 50g milk chocolate

Recipe can easily be doubled

Our family have been making this recipe or variations of it for as long as I can remember. They are incredibly easy to make, taste delicious and although they keep well in the fridge for at least a week, they never seem to last that long. Enjoy large slices for dessert or small ones as bite size tea time (or any time) treats.

Method

1. Grease and line a 15cm square tin or layer with baking parchment.
2. Place biscuits in a large freezer bag, push out the air and seal with a knot or tag.
3. Crush the biscuits to crumbs – I use a rolling pin to do this.
4. Place butter, syrup, cocoa and raisins in a small pan and gently heat until the butter has melted.
5. Remove from heat and stir in the crumbled biscuits until all the crumbs are covered.
6. Push into tin to form an even layer.
7. Allow to cool slightly.
8. Gently melt the chocolate in a pan and spread over the mixture in the tin.
9. Allow to cool for at least an hour in the fridge.
10. Cut into squares and serve.

Hints and Tips

It is easier to cut the brownies up if you take them out of the fridge for about 15 minutes before you slice them.

Try adding mini marshmallows at the same time as the biscuits for a twist on the recipe.

Tastes just as delicious made with dairy free ingredients just swap butter for a dairy free alternative and use plain chocolate instead of milk chocolate.



PEACHY BREAKFAST

By Helen Webb
Webb Strategy



Serves 2 although it's best eaten with friends so just multiply the numbers to suit the group.

Prep Time:

5-10 minutes

Cooking Time:

As long as it takes to make toast! Or about 10 minutes for the winter version.

Ingredients

200g ricotta
1 tbsp olive oil
1 – 2 tbsp lemon juice – to taste
2 peaches; one chopped into 1 cm cubes and one sliced into 1cm segments
1 avocado, sliced
2 slices granary bread
1 tbsp mint, roughly chopped
A handful of baby spinach (raw)
A few flaked almonds (or broken walnuts) to garnish
Smoked salmon or parma ham (optional)

I was brought up on sturdy breakfasts and subscribe to the view that a day starts better with a healthy meal. I love this recipe because it's healthy yet filling. It looks good and tastes delicious, with creamy ricotta, the fresh sweetness of peach and the zing of lemon and mint. In the summer, I make it with peaches or melon. In the winter, I use peeled orange segments – or make the warm version for a healthy twist on a 'full English'.

Method

1. Mix the ricotta, olive oil and lemon juice, then add the peach cubes and mint.
2. Toast the bread and cover each slice with baby spinach.
3. Divide the ricotta mixture on top of each slice of toast and sprinkle with almonds (or walnuts). If using almonds, lightly fry in a splash of olive oil for extra crunch.
4. Fan the peach slices on top of one side of the ricotta mixture and the avocado on the other.
5. For those with large appetites, serve with a side helping of smoked salmon or parma ham.
6. Enjoy!

Hints and Tips

Adding the olive oil and lemon to the ricotta gives it a lovely creamy consistency, with a fresh, tangy taste. I think it tastes great, but if I'm counting the calories, I serve the ricotta 'neat', just adding the fruit and mint, before piling it on the spinach.

For a warm, winter variation, heat the ricotta gently in a pan, then replace the peach with a tomato, (cubed and sliced as for the peach, then lightly fried), and replace the avocado with mushrooms, fried in a splash of olive oil. Serve with grilled bacon or halloumi as an accompaniment.

Contains dairy and nuts (optional). Essentially a vegetarian recipe, a peachy breakfast can easily be adapted to cater for different tastes and appetites. Don't remove the spinach though – not only is it a yummy superfood, it also helps ensure the toast stays crisp.

RAMBLERS FLAPJACK

By John Moore
Partner,
Real Estate
SA Law



Serves 8 decent sized wedges

Prep Time:

10 minutes

Cooking Time:

20 minutes

Ingredients

120g butter or margarine
70g demerara sugar
5 tbsp golden syrup
225g porridge oats
2 tbsp honey
Packet of dried cranberries
(or any other fruit desired)

A good friend of mine recently moved to the South of France and I am fortunate enough to be able to visit him a couple of times a year. We both had a love of walking in the Lakeland Fells, and now his local walks are based in the foothills of the Pyrenees. Just as the munchies were setting in out in the hills, my friend would produce this wonderful and healthy snack from the depths of his rucksack!

Method

1. Preheat the oven to 190°C/170°C Fan/Gas 5 and grease a round 20cm sandwich tin.
2. Melt butter in a large pan and stir in the sugar, syrup and honey.
3. Stir in the porridge oats.
3. When the mixture has blended together well, spread evenly over the base of the tin and smooth over.
3. Bake for 20 minutes.
3. Cool for at least 15 minutes in the tin, then remove and score into 8 wedges.

Hints and Tips

If going out for a walk in colder weather then a slug of brandy in the mix works well.

You can try all sorts of fruit combinations to add into the mixture other than dried cranberries. Apricots are a good option.



RHUBARB & CINNAMON JAM

By Helen Burridge
St Albans Council
Community
Engagement Officer



Makes 3 small jars

Prep Time:

10 minutes (plus overnight)

Cooking Time:

20 minutes

Ingredients

1kg rhubarb, leaves and root removed and chopped into 1" pieces
1kg granulated sugar
1 cinnamon stick OR one knob of preserved ginger in sugar syrup, finely chopped
Juice of 1 lemon

Equipment

Sterilised jam jars with lids (unbearably hot straight from the dishwasher is fine, but if you're feeling enthusiastic, you can wash them in warm soapy water and then put them in a low oven on a baking tray lined with a tea towel while you cook up your jam on the second day).

Preserving makes you feel utterly indulgent and domesticated. I love making jam with the abundance of in-season fruit I can get in bulk from the St Albans market: wait until the end of the day when heaped bowls are going for a song. When I first started jamming, I was overwhelmed by the demands of thermometers, muslin bags and jam funnels. This recipe is easy as can be, and was the first jam recipe I made successfully. And still do.

Method

1. Put the rhubarb in a non-metallic bowl and cover with the sugar. Drape a tea towel over the top and leave overnight (not in the fridge).
2. The next day, the acid in the rhubarb will have dissolved the sugar and created a beautiful pink juice, seemingly from nowhere.
3. Tip the contents into a large saucepan, add the ginger or cinnamon and the lemon juice. Bring slowly to the boil, stirring all the while.
4. Boil rapidly for about 20 minutes.
5. Pour into the hot jars and tighten the lids quickly. The button on the top of the lid will pop in as it cools.

Hints and Tips

Keep stirring the boiling jam – I've lost a few batches to thinking I can wander off and only return when there's a burning smell in the air...

Best enjoyed on market-fresh crusty bread while basking in your own domesticated brilliance.

TIRAMISU

By Jackie Withey
Brown Withey LLP



Serves 10-12

Prep Time:

25 minutes

Cooking Time:

3 to 4 hours chilling in the fridge or overnight

Ingredients

6 egg yolks
100g golden caster sugar
150ml Marsala dolce sherry
500g mascarpone
250ml freshly brewed coffee
Italian sponge fingers
Cocoa powder
Dark chocolate

*Serving bowl or tin – 20cm x 20cm
or 1.5 litres*

Reminds me of Italian holidays we have enjoyed and this dessert is my partner Andrew's favourite. So much so that I make a large size to last several days.

I saw this recipe in a Waitrose magazine a while back, it's easy to do and is a crowd pleaser.

Method

1. Whisk egg yolks and caster sugar in a large bowl set over lightly simmering water until very thick and frothy – circa 3 to 4 minutes (ensure the bottom of the bowl does not touch the water).
2. Take off the heat and slowly pour in 100ml of Marsala dolce sherry then whisk for 5 minutes.
3. Then beat in the mascarpone.
4. Make the freshly brewed coffee and mix with the remaining 50ml Marsala dolce sherry. Dip each sponge finger in the coffee/sherry mix and arrange a third of the dipped sponges in the base of a deep serving bowl or tin.
5. Spoon over a third of the mascarpone mixture and dust with cocoa powder.
6. Repeat for another two layers. On the final layer dust the cocoa powder and finally shave chocolate over the top and chill for at least 3 hours or overnight.

Hints and Tips

An easy alternative to shaving chocolate is to buy a Flake or Ripple chocolate bar and crumble over the dessert.

TORTA di NADA

By Steve Ryan
Managing Partner,
SA Law



Serves 10

Prep Time:
10-15 minutes

Cooking Time:
45-50 minutes

Ingredients

4 large eggs (room temp)
270g sugar
180g unsalted butter, melted
115ml extra virgin olive oil
155ml milk
1 vanilla pod, seeds removed or
1 tsp pure vanilla extract
400g unbleached all-purpose flour
1½ tsp baking powder
Good pinch of sea salt
Zest of 2 lemons
Zest of 2 oranges
600g fresh blueberries or small
sweet grapes such as muscat
or fragola
Butter and flour for preparing
cake tin (25cm/9½ inch)

This is a firm family favourite. The use of olive oil is slightly unusual in baking but it makes for an extremely moist and quite dense cake which is not too sweet, and with the citrus and berries is not too savoury. Goldilocks would love it! We are often asked to whip one of these up for family and friends' gatherings, and office bake sales of course; there is no occasion which cannot be made better with cake!

This recipe was originally published in Jamie Oliver's *Jamie's Italy*.

Method

1. Preheat the oven to 190°C/175°C Fan/Gas 5. Generously butter the cake tin and line with baking paper.
2. Beat the eggs and sugar for about 3 minutes or until thick and pale yellow; by hand or with an electric whisk.
3. Add the butter, olive oil, milk and vanilla seeds. Mix well then sift in the flour, baking powder and salt.
4. Add the lemon and orange zest and stir in with a wooden spoon until well combined. Leave aside for 10 minutes so that the flour absorbs the liquid.
5. Stir about a quarter of the blueberries into batter and spoon into a cake tin, smoothing the top with a spatula.
6. Bake in the centre of the oven for 15 minutes. Then remove and scatter remaining blueberries over the top. Gently push down into the cake.
7. Return to the oven and bake for a further 30-40 minutes until the top is a deep golden brown and the cake feels quite firm.
8. Place on a rack to cool for 10 minutes then run a knife along sides of tin and turn out the cake. Enjoy!

Hints and Tips

Delicious served with vanilla ice cream or cream with a little citrus zest grated over.

Alternatives to cow's milk such as almond and hazelnut also work well.



DYLAN'S APEROL COOLER

By Sean Hughes, Co-Owner of Dylan's The Kings Arms

Serves 1 **Prep Time:** 3 minutes

This is the recipe for my favourite cocktail. Best tasted on a warm September Friday Evening when you finish your commute from work and need a quick and refreshing fix... And if you have had a really hard day, I can recommend two!

Ingredients

50ml Aperol
25ml Tanqueray Gin
20ml Elderflower cordial
100ml prosecco
Dash of soda water

Method

1. Fill a large wine glass with ice to the brim, add the Aperol, Tanqueray & elderflower cordial.
2. Top with 100ml prosecco and soda to taste. I would normally add around 50ml of soda.
3. Add a sprig of rosemary and a wedge of grapefruit to garnish (optional).
4. Sit back and enjoy!



GOOD MORNING ST ALBANS COCKTAIL – KERRY'S EXTRA SPICY BLOODY MARY

By Kerry Cobb, Presenter, Radio Verulam

Serves 1 **Prep Time:** 5 minutes (plus overnight)

Bloody Mary is my traditional airport drink when I'm off on my hols...but it has to be extra spicy! I would probably throw a few more shakes of Tabasco in but this one is a bit more cautious for first timers.

Ingredients

1.5oz vodka (Belvedere preferably but any will do!)
4oz organic tomato juice
Garlic salt
Freshly ground cracked black pepper
8 shakes of Worcestershire sauce
2 shakes of hot pepper or tabasco sauce
¼ tsp grated horseradish
½ lime juice

Method

1. Combine the tomato juice, lime juice, horseradish, salt, pepper, Worcestershire sauce, tabasco and blend until smooth.
2. Refrigerate for at least 2 hours, preferably overnight.
3. When ready to serve fill each glass with ice, add the vodka then top up with the bloody Mary mix.

Hints and Tips

Garnish with a wedge of lime and celery stick and ENJOY your cocktail with brunch whilst listening to your favourite radio station playing your favourite song!

P*RNSTAR MARTINI

By Ursula Malone

Serves 1 **Prep Time:** 2 minutes

Ingredients

1 part vanilla vodka
½ parts passion fruit liqueur
3 parts pineapple juice
Lemon juice to taste
Prosecco

Method

1. Shake all ingredients together in Shaker.
2. Serve chilled with a shot of Prosecco.



FOOD FOR THOUGHT



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



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