

FOOD FOR THOUGHT

VOLUME THREE



A collection of our favourite recipes
in celebration of the St Albans Food
& Drink Festival 2017

SA
LAW

St Albans
FOOD & DRINK FESTIVAL
2017

HELLO...

Welcome to the bumper 3rd edition of our SA Law Cookbook, published to support the 2017 St Albans Food & Drink Festival.

This edition includes more recipes than ever before, with contributions from respected local chefs and food writers as well as SA Law team members and friends of the firm. You'll also find some intriguing wine pairings, courtesy of the excellent Julia Jenkins from Flagship Wines. www.flagshipwines.co.uk

The St Albans Food & Drink Festival celebrates it's 10th year in 2017. Once again, the Festival showcases the diversity of culinary delights and produce available across the local area. This diversity has inspired our contributors.

Inside these pages, you'll find recipes ranging from Challah Bread to Lemon Balm Cheesecake; from Persian Pomegranate Stew to Lancashire Spaghetti Bolognese.

We thank each and every contributor for taking the time to share some of their favourite recipes. There really is something for everyone and we know you'll have fun creating them.

Enjoy!

Steve

Managing Partner
(Head Chef)
SA Law

CONTENTS

- 4 Icons Key
- 5 Store Cupboard Essentials

SAVOURY

- 6 Beef Stroganoff with Sautéed Potatoes
- 7 Black Bean and Chorizo Soup
- 8 Challah Bread
- 9 Chicken, Chorizo, Prawn and Spinach Melt
- 10 Chinese-style Chicken and Sweetcorn Soup
- 11 The Famous Devlia Chicken Curry
- 12 Gammon of Thrones
- 13 Italian Panzanella Salad
- 14 Lancashire Spag Bol
- 15 Marvellous Mac'n Cheese with a twist
- 16 Mussels cooked in Red Wine
- 17 Old Delhi-Style Butter Cod
- 18 Paprika Monkfish
- 19 Persian Walnut and Pomegranate Stew
- 20 Pesto Chicken with Red Onions
- 21 Porchetta alla Franca
- 22 Red Thai Curry
- 23 Salmon En Croute
- 24 Scottish Cullen Skink
- 25 South Coast Sea Bream
- 26 Vegetable Samosas
- 27 Veggie Linguine

MEXICAN MARKETING MIX

- 28 Mexican Dips
- 29 Very Veggie Chilli
- 30 Julie's Ultimate Chilli Con Carne
- 31 Topsy Mango & Strawberry Salsa

SWEET

- 32 American Style Blueberry Pancakes
- 33 Apple and Sultana Cake
- 34 Blueberry Cheesecake
- 35 Chocolate Fondant
- 36 Chocolate Fridge Cake
- 37 Coco's Brownies
- 38 Col Conqueror Energy Bars
- 39 Gluten & Dairy Free Coffee & Walnut Cake
- 40 Ian's Two Tone Chocolate and Cherry Fudge
- 41 Lemon Balm Baked Cheesecake
- 42 My Mother's Very Cherry Pavlova
- 43 Not Your Average Bakewell
- 44 Vanilla, Orange and Port Poached Figs
- 45 Very Berry Ice Dessert
- 46 Whole Orange Cake

ICONS KEY



DESSERT



DINNER



LUNCHTIME HEROES



QUICK QUICK



SLOW



SHOWSTOPPER



SNACKS & TREATS



STARTER



VEGETARIAN

STORE CUPBOARD ESSENTIALS

CONDIMENTS, OILS AND VINEGARS

CONDIMENTS: Whole grain mustard, Dijon mustard, English mustard, soy sauce, Worcestershire sauce, ketchup, Tabasco sauce, mayonnaise, jarred pesto.

OILS: Extra virgin olive oil, olive oil, rapeseed oil, vegetable oil, coconut oil, sunflower oil.

VINEGAR: White wine vinegar, red wine vinegar, cider vinegar, balsamic vinegar.

HERB GARDEN AND SPICE RACK

SPICES: Chilli powder, ground cinnamon, ground coriander, smoked paprika, cloves, cardamom pods, garam masala, ground cumin, fenugreek, mustard seeds, fennel seeds, dried chilli, cinnamon stick, vanilla: pod, essence and extract, star anise, pink peppercorns, juniper berries.

HERB GARDEN: Dried oregano, mint, bay leaves, coriander.

SEASONING: Sea salt, black peppercorns.

BAKING & DRY GOODS

FLOUR: Bread flour, self-raising flour, plain, corn flour.

SUGARS: Caster sugar, brown sugar, icing sugar, demerara sugar.

SWEET THINGS: Honey, maple syrup, cocoa powder, chocolate: milk, dark, white, golden syrup, dried fruit, stem ginger, oats, dried fruit.

GRAINS, PULSES & PASTA: Tinned cannellini beans, tinned kidney beans, tinned black beans, tinned chickpeas, basmati rice, brown rice, easy cook rice, spaghetti, penne, semolina, noodles.

JARS & TINS: Anchovies, tomato puree, olives, capers, peanut butter, coconut milk, tinned tomatoes, creamed corn.

NUTS & SEEDS: Poppy seeds, sesame seeds, pine nuts, flaked almonds, almond flour, hazelnuts, walnuts.

OTHER: Baking powder, dried yeast, chicken, vegetable & beef broth stock cubes.

FROM THE BAR

Brandy, sherry, tequila, port, kirsch, white wine, red wine and gin.

OVEN TEMPERATURE GUIDE

	ELECTRICITY °C	ELECTRICITY (FAN) °C	GAS MARK
VERY COOL	110	90	¼
	120	100	½
COOL	140	120	1
	150	130	2
MODERATE	160	140	3
	180	160	4
MODERATELY HOT	190	170	5
	200	180	6



Gill Garrett
SA Law

**PARTNER, DIRECTOR
OF FINANCE & BUSINESS
SUPPORT**

SERVES: 4

PREP TIME:

30 minutes

COOKING TIME:

10 to 30 minutes

INGREDIENTS

100g butter
1 onion, finely sliced
180g mushrooms, the
variety of your choice
2tbsp tomato puree
1tsp Dijon Mustard
½ tsp paprika
2 tbsp flat parsley
750g sirloin steak trimmed
and cut into strips
120ml beef stock
150ml brandy
200ml soured cream
Salt and freshly ground
black pepper

FOR THE SAUTÉED POTATOES

3 tbsp olive oil
3 large potatoes peeled
and cubed
½ an onion, finely chopped

BEEF STROGANOFF WITH SAUTÉED POTATOES



This is a recipe that is a favourite in our family and I often cook this on a Saturday when the family are around after they have been to watch Luton play football. It is great after a Luton win but can be comfort food if they don't! I first saw this recipe on James Martin's Saturday Morning Kitchen and have adapted to make this my recipe.

Method

1. Heat a frying pan until hot and then add a third of the butter. When foaming add the onion and fry for 2-3 mins or until just softened.
2. Add the mushrooms and cook for 1-2 mins.
3. Add the tomato puree, mustard and the paprika and cook for a further minute.
4. Add the beef stock and bring to the boil then reduce the heat and simmer for 3 – 4 mins.
5. Season the steak with salt and freshly ground black pepper.
6. Heat a separate frying pan and add the remaining butter. When foaming add the steak and fry for 3-4 mins turning until browned all over.
7. Add the brandy and allow to flambé in the pan making sure you are careful and there is nothing flammable around the pan.
8. Add the soured cream to the onion and mushroom mixture and mix well.
9. When the flames have subsided add the beef to the soured cream mixture and cook for 1 min. Season to taste and add the flat leaf parsley.
10. For the sautéed potatoes, heat the oil in a pan until hot then add the potatoes and cook for 2 – 3 mins on each side or until tender and golden brown all over. Add the onions and season well. Stir gently to mix.
11. To serve divide the potatoes between four plates and the stroganoff too.

Tips & Hints

You can serve this with rice instead of the potatoes if you would prefer. Enjoy!

Wine Suggestion



The savoury meaty notes of the stroganoff together with the paprika peppery spice make this a delight when paired with a Cotes du Rhone that is richly aromatic with lingering flavours of dark berries and spice – try **Jean Luc Colombo Cotes du Rhone Les Forots**.

BLACK BEAN AND CHORIZO SOUP



This delicious soup is really good for you, with protein from the black beans and lots of veggies. This recipe is taken from our book, **Packed (Nourish Books)**.

Method

1. Heat the rapeseed oil in a large pan, then add the chorizo, red onion, garlic, celery and Romano pepper. Stir well and cook for 5 mins until the chorizo starts to release its red oil.
2. Add the smoked paprika and stir well.
3. Tip in the black beans, passata and water and stir well.
4. Bring to the boil, then turn down the heat and simmer for 20 mins until the soup is thickened.
5. Taste, and add black pepper, sea salt and/or more smoked paprika if you like.

Tips & Hints

This soup is delicious with a wedge of lime squeezed over, and a handful of fresh coriander if you have any. It freezes well too so ideal for supper and for a flaskful to take to work later in the week.

You only need a small amount of chorizo to add lots of flavour; choose the best quality chorizo you can find as it should be lower in fat and free from artificial preservatives.

As this soup is not blended, we like to use smooth tomato passata. If you don't have any, good old canned chopped tomatoes work really well too.

Wine Suggestion



This delicious soup full of wholesome veggie and spice flavours needs a vibrant wine with ripe red fruit characters on the nose with juicy red fruits, notes of violets and spices on the palate such as the Spanish **Merayo Mencia** from a tiny corner of Galicia, north west Spain in Bierzo.



**Becky Alexander
& Michelle Lake**

**CO-AUTHORS
OF PACKED**

**SERVES:
4 BOWLFULS**

PREP TIME:

10 minutes

COOKING TIME:

25 minutes

INGREDIENTS

1 tbsp rapeseed oil
125g cooked,
chopped chorizo
1 small red onion,
finely sliced
2 cloves of
garlic, chopped
2 celery sticks,
finely sliced
1 Romano pepper,
finely sliced
1 tsp smoked paprika
400g tin of cooked
black beans, rinsed
and drained
400g passata
300ml water
freshly ground
black pepper and
sea salt, to taste
lime wedge, for
squeezing (optional)
handful of fresh
coriander (optional)



Jacqueline Button
SA Law

**ASSOCIATE,
REAL ESTATE**

SERVES:

The recipe makes 2
Challahs which cut into
8-10 slices each

PREP TIME:

20 minutes mixing
and kneading.
2 hours rising.
20 minutes kneading,
plaiting and glazing.
20 minutes proving.

COOKING TIME:

20 minutes

INGREDIENTS

600g strong white
bread flour
1 tbsp dried yeast (exactly
the amount in one small
sachet, available in
supermarkets)
2 tsp salt
1 egg, beaten
1 tbsp clear honey, heaped
100ml vegetable oil
Warm water
2 egg yolks for glazing
4 tsp poppy and
sesame seeds
Olive oil for oiling the bowl

CHALLAH BREAD



For over 40 years I laboured under the misapprehension that bread was difficult and time consuming to make. Then my son came home from school with this recipe and insisted it was easy to follow. And so it proved (see what I did there?) Whilst you do have to organise your time in order to make bread, it certainly isn't difficult. Since that fateful day I have expanded my bread making repertoire to many other kinds but the Challah remains a family favourite.

Method

1. Mix together the yeast, salt and 100ml of warm water.
2. Add this to the flour.
3. Mix together slowly either by hand or in a mixer using the dough hook.
4. Add the honey, vegetable oil and the whole beaten egg into the flour mixture.
5. Continue to knead the mixture until you end up with a smooth, shiny ball. Add warm water if needed to achieve this.
6. Transfer the dough to an oiled bowl and cover it with cling film.
7. Leave to rise in a warm place for at least 2 hours. The airing cupboard is ideal!
8. Remove the dough from the bowl and place it on the counter top. Knock it back – ie. Punch it to collapse the air out of it.
9. Divide the dough in half then separate each half into 3 pieces.
10. Knead each piece gently before rolling out into a thin sausage.
11. Line up 3 thin sausages and plait them together, tucking the ends under or squeezing them together so they look neat. Repeat with the other 3 pieces.
12. Line a baking tray with baking parchment and place the challahs on it.
13. Glaze the challahs with the egg yolks and sprinkle both with seeds.
14. The challahs now need to prove for 20 mins during which they will get slightly bigger. During the prove, pre-heat the oven to 200C/180C fan/gas 6.
15. Bake in the pre-heated oven for 20 mins or until golden brown and sounding hollow when tapped on the base.
16. Cool on a wire rack (but they are particularly delicious while still warm!)

Tips, Hints and Additional Information

We have often stretched the 2 hours at step 7 to 3 hours with very good results. For the seeds, my family like a combination of poppy and sesame but any variety works well. Suitable for vegetarians.

CHICKEN, CHORIZO, PRAWN AND SPINACH MELT



This is a great everyday meal that is quick and easy to make. The recipe is an adaptation of Joe Wicks, aka The Body Coach, Lean in 15 recipe 'Chicken, Chorizo and Spinach'. My version of this recipe includes adding some prawns and sweet potato.

Method

1. Spread the sweet potatoes on a pre-heated tray and pop them in the oven at 180C/160C fan/ gas 4 for about 30 mins.
2. Melt the coconut oil in a large frying pan, add the chicken and cook on a high heat for about 3 mins until cooked through.
3. Add the onions and continue to stir regularly for 2-3 mins.
4. When the onions are softening, add the chorizo and prawns.
5. After another couple of minutes, add the spinach and cherry tomatoes. Stir in until the spinach has completely wilted.
6. Take the cooked sweet potato from the oven and stir into the mixture in the frying pan.
7. Turn off the heat under the frying pan.
8. Create small holes in the mixture and tear up pieces of the mozzarella, scattering it randomly throughout. Allow to sit for a couple of minutes whilst the mozzarella melts.
9. Scatter pine nuts over the mixture.
10. Serve up and enjoy!

Tips & Hints

If you make this meal without the sweet potato, you can throw everything into the frying pan and have the meal ready in 10 – 15 minutes. This can be a very quick and easy dinner if you are home late from work and need something fast!

Wine Suggestion



The many flavours created by the ingredients require a wine of many facets too with a depth and breadth of flavour. Try an oaky dry white wine with layers of mouth filling nutty fruity flavour and a crisp freshness – **Luis Canas Barrel Fermented White Rioja**.



Christine Caffrey
SA Law

SOLICITOR, FAMILY

SERVES: 4

PREP TIME:

5 – 10 minutes

COOKING TIME:

25 – 30 minutes

INGREDIENTS

1 tbsp coconut oil
4 chicken breast
fillets, diced
1 chorizo sausage,
sliced thinly
15 – 20 king prawns
1 white onion, chopped
1 red onion, chopped
3 large handfuls
of spinach
15 cherry
tomatoes, halved
1 ball of buffalo
mozzarella
20g pine nuts
2 large sweet
potatoes, peeled
and chopped into
1cm pieces



Emma Gross
SA Law

**SOLICITOR,
EMPLOYMENT**

SERVES: 6-8

PREP TIME:
5 minutes

COOKING TIME:
20 minutes

INGREDIENTS

1 large onion, peeled
3 or 4 chicken stock cubes
2x 400g tins of Green Giant creamed style corn
1 - 2 chicken breasts, cooked and finely shredded
3 eggs, beaten
McDougalls thickening granules or corn flour
A dash of soy sauce
2 - 3 tbsp sherry

CHINESE-STYLE CHICKEN AND SWEETCORN SOUP



This recipe is definitely a winner in my family and goes down a treat. You don't have to be a connoisseur in the kitchen but your friends and family will think you are when they taste it! It's a great appetiser for a dinner party and one of my favourite dishes.

Method

1. Half fill a large saucepan with cold water.
2. Add the onion and bring to the boil then leave to simmer for 5 mins.
3. Add 3 or 4 chicken stock cubes to taste and the creamed corn and mix gently.
4. Add 1-2 finely shredded chicken breasts to the pan and stir.
5. Whilst the water is gently simmering, gently drip the beaten eggs off the end of a fork into the pan so that it forms little egg clusters.
6. Add a dash of soy sauce to taste.
7. Add some thickening granules or corn flour and continuously stir until you are happy with the consistency.
8. Add 2-3 tablespoons of sherry.
9. Salt and pepper to taste.
10. Remove the onion before serving.

Wine Suggestion



This flavoursome and textured soup that has creamy mouth filling rounded flavours needs a similarly flavoured wine with creamy honeyed notes and fresh acidity such as the **Les Volets Chardonnay** from Languedoc Roussillon.

THE FAMOUS DEVLIA CHICKEN CURRY



This is my dad's famous chicken curry that never fails to get everyone round the dinner table for a great family meal. This dish is particularly nice in the winter as the spices (and the chillies) will warm you up in no time!

Method

1. In a big saucepan, heat the oil and add the cloves and the cinnamon sticks. Fry for a few minutes and then add the onions and cook until brown on a low heat.
2. Add the garlic, ginger and chillies until brown – do not fry on high heat as they will burn. Then, add the tomatoes, turmeric powder, ground cumin and coriander powder, chilli powder, salt, garam masala and lemon juice. Mix well and add the water. Leave to cook for 20 mins on a low heat until the masala sauce is a nice brown colour. The more brown the colour of the curry, the better!
3. Before you add the chicken, taste the sauce. Add more garam masala/lemon juice and/or salt if required. Add the chicken and allow to cook slowly so the flavour absorbs into the chicken for around 30 mins.
4. Once the chicken is cooked, add coriander to garnish and serve with boiled rice and/or naan bread.

Tips & Hints

*You can buy this spice already mixed, but if not, use 1 tsp of coriander powder and 1 tsp of cumin powder.

The longer you allow the masala sauce to cook, the more flavoursome the curry will be (this is why a curry always tastes the best the next day!) ideally, you should cook the curry on a low heat in the morning so that the flavours sit well in the chicken by the time you eat it in the evening.

Try to buy the spices from a local Indian grocery shop – they are much better than those sold in the supermarkets.

You can add potatoes to this dish or swap the chicken for boiled eggs to make a boiled egg curry (another one of my dad's classic dishes!)

Wine Suggestion



Chillies and spice and all the myriad of flavours present in this curry demand a wine to cope and be equal in flavour terms. It calls out for a zesty limey New World Riesling such as the **Jim Barry Lodge Hill Riesling** from Australia or the unusual **U Passimient** from Sicily that is full of rich concentrated red berry fruit balanced by a lovely freshness.



Ayesha Chandegra
SA Law

SOLICITOR, CORPORATE

SERVES: 6

PREP TIME:
30 minutes

COOKING TIME:
50 minutes – 1 hour

INGREDIENTS

1 tbsp olive or rapeseed oil
Knob of butter
3 cloves
2 cinnamon sticks
2 onions, diced
1 tbsp garlic, crushed
2 tsp ginger, crushed
1 tsp chopped green chillies
400g tin of chopped tomatoes, blended
¼ tsp turmeric powder
2 tsp ground cumin & coriander powder*
1 tsp chilli powder
1 tsp salt
½ tsp garam masala powder
1 – 1 ½ tsp lemon juice
Approximately 1 – 2 ½ cups of water
8 - 10 chicken drum sticks / pack of diced chicken breast
1 - 2 handfuls of fresh coriander
Boiled rice or naan bread to serve



John Yalden
SA Law

**CONSULTANT,
REAL ESTATE**

SERVES: 4

PREP TIME:

10 minutes

COOKING TIME:

25 minutes

INGREDIENTS

A knob of butter
3 gammon steaks
chopped into 2 cm
pieces (if you're
hungry use 4)
Small bunch of flat
leaf parsley, chopped
1 medium onion,
chopped
3 or 4 large potatoes,
cooked/boiled and
diced into 2cm pieces
125g bag of
baby spinach
4 eggs
A good twist of
black pepper

GAMMON OF THRONES



You can't go wrong with gammon!
This is the perfect TV dinner.

Method

1. Melt the butter and fry the onions for 5 mins until they are translucent.
2. Add the gammon and cook for a further 10 mins until virtually cooked through.
3. Remove the onion and gammon from the pan and set to one side.
4. Add the potatoes and fry until they are golden.
5. Return the onions and gammon to the pan.
6. Add at least 5 if not 10 twists of pepper.
7. In a separate pan fry your eggs.
8. Add the spinach to the gammon, onion and potato mix and cook through.
9. Stir in the parsley.
10. Serve with the fried eggs on top.

Tips & Hints

This is a great dish for leftovers. Serve with ketchup, mustard and a mug of strong tea or a craft beer (depending on the time of day!) Any root veg will work in this dish – consider using sweet potatoes, parsnips or even carrots. The spinach can be substituted for kale, savoy cabbage or sprouts.

Make it a breakfast dish by adding mushrooms and serve with grilled tomatoes on the side.

Want to spice it up? Add ½ a tsp of paprika.

Wine Suggestion



The great combination of flavours in this simple dish using leftovers makes for a wine like a robustly fruity yet mellow Chilean **Los Tres Curas Carmenera** or soft unoaked

Los Tres Curas Chilean Chardonnay.

ITALIAN PANZANELLA SALAD



This was the first meal that my husband made for me, not long after we first met. Fifteen years, two children and many recipes later, it is still one of my favourites. It's a quick and easy dish to throw together and is great to take along to barbecues or supper with friends. The recipe comes from a wonderful book called "Eat Drink Live" by Fran Warde.

Method

1. Put the bread into a large bowl, together with the tomatoes, cucumber, red onion and chopped parsley.
2. In a separate bowl, mix together the olive oil, vinegar, lemon juice and sugar and season to taste.
3. Pour the dressing from step 2 over the bowl containing the bread and salad and mix in the olives and the capers.
4. Leave the salad to stand for 1 hour before serving. This allows the bread to soak up the juices and for the flavours to mingle.
5. Enjoy (preferably with a gin and tonic).

Tips & Hints

This is a great way to use up good quality leftover bread. You can add whatever ingredients you have in your fridge to the salad mix but I haven't (yet) found a combination that works better than the original.

Wine Suggestion



Crisp fresh salad ingredients in this dish are great when matched with a wine of similar ilk such as the **Caparrone Pecorino** from Abruzzo in Italy with its delicate floral, stone fruit and citrus aromas and taste.



Clare Mackay
SA Law

**ASSOCIATE, COMMERCIAL
LITIGATION & DISPUTE
RESOLUTION**

SERVES: 4

PREP TIME:

10 minutes

COOKING TIME:

1 hour (to stand)

INGREDIENTS

Half a ciabatta or
sourdough loaf, cut
into small chunks
6 large tomatoes,
cut into wedges
Half a cucumber, peeled
and cut into chunks
1 red onion, thinly sliced
Bunch of flat leaf parsley,
roughly chopped
100g pitted olives
50g capers
4 tbsp olive oil
1 ½ tbsp white
wine vinegar
Juice of ½ a lemon
1 tsp caster sugar
Sea salt and freshly
ground pepper to season



Chris Wilks
SA Law

**PARTNER,
HEAD OF CORPORATE**

SERVES: 4

PREP TIME:
10 minutes

COOKING TIME:
60 minutes

INGREDIENTS

500g of the finest Lancashire minced beef
1 onion, chopped
1 clove of garlic, crushed
A drizzle of olive oil
Splodge of tomato puree
400g tin of chopped tomatoes
1 pint of chicken stock
Dash of Worcestershire sauce
Fistful of Italian herbs or oregano/basil
1 tsp of sugar
Salt and pepper to taste
Glass of red wine (optional)
Spaghetti

LANCASHIRE SPAG BOL (FUSION CUISINE)



Ideal for a romantic, candlelit meal with a dark haired, flashing-eyed Signorina or girl from Preston. Or failing that your grandkids.

Method

1. Fill glass with Soave.
2. Fry the onion in olive oil in large pot until soft; add crushed garlic.
3. Add mince and fry until brown and then add and stir in tomato puree until all the contents of the pan are coated.
4. Add chopped tomatoes and a sensible amount of stock (see tips & hints).
5. Decide Soave is a bit bland, lament the unavailability of Frascati and switch to Sauvignon Blanc.
6. Add the Worcestershire sauce or, if you really want to go fusion, Soy sauce (warning I have never attempted this so don't blame me if you don't like it).
7. Add the herbs, sugar, salt and pepper and if you have the remains of a bottle of red wine left over from the weekend you might as well throw that in as well. Stir well.
8. Bring to the boil. Place lid on the pot and simmer for 50 mins.
9. Retire to living room with liquid refreshment; tell daughter 2 that "Power" is not acceptable viewing and put on episode of "Game of Thrones".
10. Afterwards, cook spaghetti. I'm not going to explain how to do this. Instructions are on the packet and if you don't know you really shouldn't be in the kitchen.
11. Serve and consume.

Tips & Hints

A pint of chicken stock is a guideline; add sufficient stock to ensure it doesn't boil dry or is too sloppy when served. If Steve Ryan is your dinner guest, add mushrooms. He loves them; can't get enough.

Additional Information

Probably best avoided by people who avoid meat.

Wine Suggestion



With 'fusion cuisine' try a fusion wine such as an Australian wine made from a native Italian grape such as the Barbera. The **Alpha Box & Dice Barbera from McLaren Vale** with its nose of red berries and taste of rich dark berry fruits and pepper.

MARVELLOUS MAC'N CHEESE WITH A TWIST



This is a great recipe for people who love their Mac'n Cheese but are tired of the usual way.

Method

1. Heat the butter in a large casserole dish until foaming. Add the onion and cook over a medium heat for 5 mins until soft, then stir in the chilli flakes. Turn up the heat and add the kale, cooking for 1-2 mins until glossy and just wilted.
2. Meanwhile, bring a pan of salted water to the boil and blanch the cauliflower for 2 mins. Scoop it out with a slotted spoon and set aside to drain. Add the pasta to the cooking water and boil for 5 mins then drain and run under cold water. Add the pasta and cauliflower to the pan with the kale and stir in the cheese sauce.
3. To finish, preheat the oven to 200C/180C fan/gas 6. Transfer the mixture to a large ovenproof dish about 30cm x 24cm. Mix the bread crumbs, garlic, paprika and olive oil and sprinkle over the top.
4. Bake for 20-25 mins (30-35 mins if from frozen) until bubbling.

Tips & Hints

If you want to freeze the dish to save for later, let it cool completely, then freeze for up to 3 months. To reheat from frozen, defrost overnight in the fridge.

Additional Information

Suitable for vegetarians.

Wine Suggestion



The rich creaminess of the sauce with some crunchy breadcrumbs, kale and a hint of chilli spice requires a wine of similar style – try the innate soft rich tropical fruit notes with a hint of peppery spice and a long creamy taste of a Californian Chardonnay such as the **Cycles Gladiator Chardonnay** from Monterey.



Stephanie Vogel
FOCUS

**DIRECTOR OF
MARKETING**

SERVES: 8

PREP TIME:
15 minutes

COOKING TIME:
25 minutes

INGREDIENTS

20g unsalted butter
1 onion, chopped
1 tsp chilli flakes
250g kale, thick stalks discarded
1 small cauliflower, separated into small florets
300g macaroni
3 x 350g tubs of shop-bought four cheese sauce
2-3 handfuls dried bread crumbs
1 garlic clove, crushed
¼ tsp ground paprika
2 tsp olive oil



Drew Knight
Dylan's
The Kings Arms
CHEF

SERVES: 4

PREP TIME:
10 minutes

COOKING TIME:
10 minutes

INGREDIENTS

1kg live mussels,
de-bearded &
scrubbed
5 cloves of garlic,
crushed
Handful of
parsley stalks
200ml red wine
40ml malt vinegar
100g pancetta
lardons, fried
until crispy
25g flat leaf parsley,
chopped
50g butter
50g plain flour
1 tbsp vegetable oil
Pepper for seasoning

MUSSELS COOKED IN RED WINE WITH MALT VINEGAR, PANCETTA AND PARSLEY



This is a popular dish we have created at Dylan's and proves to be a favourite with our regulars. It's a modern take on the pickled shellfish you get at the British Seaside, and the hard work of removing them from the shells has been done for you!

Method

1. Fry the pancetta lardons until nice and crispy, then put to one side and keep warm.
2. Add vegetable oil to a large saucepan with high sides and place on a high heat until smoking hot.
3. Add the mussels followed by the garlic, parsley stalks and red wine in quick succession and secure the lid of the saucepan leaving for 1 min.
4. Give the saucepan a quick shake and leave for a further 2-3 mins until the shells have all opened. Take a colander with a pan ready underneath to reserve the mussel and red wine cooking liqueur and drain the mussels.
5. Take each mussel out of its shell, disposing of the shells and place the mussel meat in a bowl ready to use later on.
6. In another saucepan, melt the butter and plain flour together to form a roux. Let this cook out for 2-3 mins whilst stirring (the roux should take on no colour).
7. Taking the mussel and red wine cooking liqueur reserved earlier on, gradually whisk this into the roux using as much of the liqueur needed for the sauce to have a consistency that would coat the back of a spoon.
8. Season with black pepper and the malt vinegar. Add to this sauce the reserved mussels, crispy pancetta lardons and chopped flat leaf parsley.
9. Serve in hot starter bowls with a spoon.

Tips & Hints

At the restaurant, we garnish this with some frisée lettuce and parsley oil with a hunk of grilled sour dough!

Wine Suggestion



To complement the fishy savoury notes of this dish cooked in red wine you need to select a wine that has fresh, lush, fruity notes such as the **Dolcetto D'Alba Colombe Renato Ratti** from Piemonte in Italy.



OLD DELHI-STYLE BUTTER COD



I adapted this original recipe by Vivek Singh by swapping chicken for cod. It's got lots of depth of flavour and works well with Monkfish too. Be careful not to overcook the fish!

Method

1. Place the tomatoes in a pan with 125ml water, the grated ginger, garlic, cardamom, cloves and bay leaf. Simmer for about 10 mins over medium heat until the tomatoes have broken down.
2. Pick out the larger spices, then blend the sauce with a hand-held blender (or pass it through a sieve) until it resembles a smooth purée. Put the purée in a clean pan, add the chilli powder and simmer for 12-15 mins. It should slowly begin to thicken.
3. Cut the cod into large chunks.
4. When the sauce is thick and glossy, add the cod and about 200ml water (depending on how thick you prefer your sauce).
5. Slowly whisk in the butter, a couple of pieces at a time, and simmer for 6-8 mins, until the cod is cooked through and the sauce turns glossy.
6. To finish the curry, add the finely chopped ginger, chillies and cream and simmer for a minute or so longer, taking care to keep the heat low so the sauce does not split. Stir in the salt, crushed fenugreek leaves and garam masala. Season to taste with salt and pepper, then add the sugar.

Tips & Hints

Serve the curry with your choice of rice or warm naan breads.

Wine Suggestion



It's often difficult to match a wine with a curry but with fish and warm spices as in this dish, an aromatic wine with distinctive quite exotic complex tropical fruit flavours would be a good match for it. The **Painted Wolf Penny Viognier** from South Africa is a good example.



Steve Ryan
SA Law
MANAGING PARTNER,
REAL ESTATE

SERVES: 4

PREP TIME:
20 minutes

COOKING TIME:
35 minutes

INGREDIENTS

FOR THE MARINADE

3-4 medium fillets of cod
(or monkfish if using)
1kg fresh tomatoes
5cm piece of fresh root
ginger, peeled, half grated
and half finely chopped
4 garlic cloves, peeled
4 green cardamom pods
5 cloves
1 bay leaf
1 tbsp red chilli powder
80g butter, diced
2 green chillies,
slit lengthways
75ml single cream
1 tsp salt
2 tsp dried fenugreek
leaves, crushed between
your fingertips
½ tsp garam masala
Salt and freshly ground
black pepper, to taste
1 tbsp sugar



**Jackie Jenks OBE****Leapfrog Mountain****CHIEF EXECUTIVE****SERVES: 4****PREP TIME:**

15 minutes

COOKING TIME:

30 minutes

INGREDIENTS

600g monkfish tails
– skinned, boned &
room temperature
4 garlic cloves, peeled
1 tbsp oil for frying
1 large egg yolk
3 medium plum
tomatoes
2 dried chillies (or 2 tsp
of dried chilli flakes)
40g shelled hazelnuts
235ml good olive oil
(extra virgin is best)
2 tbsp sherry vinegar
2 tsp paprika &
extra to taste
Salt, black pepper
& lemon juice to taste

PAPRIKA MONKFISH

I love light fish dishes especially with a rich sauce! This one I adapted from a Northern Spanish Romesco sauce where they use roasted peppers as well as the tomatoes and often almonds as well as hazelnuts. It's great any time of year and usefully goes well with both red or white wine.

Method

1. Bake garlic, tomatoes and hazelnuts on oven tray for 10 mins at 180C/160C fan/gas 4.
2. Add chillies to oven tray and cook for a further 5 mins.
3. Put all in blender, add paprika and blend.
4. Add egg yolk to blender at high speed, add olive oil slowly whilst still blending on high.
5. Pour in vinegar for few seconds to create a sauce, cover & keep warm.
6. Increase oven to 200C/180C fan/gas 6.
7. Oil fish and fry in shallow hot pan until lightly brown both sides.
8. Put fish on a baking tray on the top shelf for 10 mins (15 mins if thicker fillets).
9. Remove fish and season to taste with salt, black pepper, lemon juice and paprika.
10. Serve fish with some sauce drizzled over & rest of sauce in a jug to the side.

Tips & Hints

Goes well with quinoa or crushed new potatoes and green beans. You could use smaller on the vine tomatoes rather than plum tomatoes, just cook for less time.

Additional Information

Not suitable for vegetarians and vegans.

Wine Suggestion

Lagar da Xestosa Godello Monterrei made from the Godello grape is mouth filling with a crisp minerally flavour full of ripe fruit and a spicy finish. It is a great match to the meaty fish and creamy rich sauce of this dish.

PERSIAN WALNUT AND POMEGRANATE STEW

A sweet and nutty chicken stew served with Persian style basmati rice – one of my favourite meals when growing up.

Method

1. Heat the oil in a large saucepan over a medium heat and fry the onions until light brown.
2. Add the chicken to the pan and seal until lightly browned.
3. Mix in the tomato puree and walnuts, stirring until all the chicken is covered.
4. Add the water to the pan, bring to the boil, season with salt and pepper, then cover with a lid and cook for an hour over a low heat.
5. Add the sugar and pomegranate molasses and stir well until all is dissolved.
6. Cover and cook for another hour, stirring regularly.
7. Garnish with pomegranate seeds and serve with basmati rice.

Additional Information

Contains nuts.

Wine Suggestion

The sweet nutty flavours of this stew are a lovely foil for the aromatic and lingering mouth filling fruit and spice notes of wines made from the Torrontes grape such as **Nieto Torrontes** from Argentina.

**Atousa Saddighzadeh****SA Law**

**TRAINEE SOLICITOR,
COMMERCIAL LITIGATION
& DISPUTE RESOLUTION**

SERVES: 6**PREP TIME:**

30 minutes

COOKING TIME:

2 hours

INGREDIENTS

3 tbsp vegetable oil
2 large onions, diced
8 chicken thighs
600g ground walnuts
3 tbsp caster sugar
450ml pomegranate
molasses
2 tbsp tomato puree
Seeds of 1
pomegranate
to garnish
Sea salt and ground
black pepper



Sue McKinnon
Oaklands College

**SCHOOL LIAISON AND
MARKETING OFFICER**

**St Albans Food
and Drink Festival
Committee Member**

SERVES: 4

PREP TIME:

15 minutes

COOKING TIME:

1 hour 25 minutes

INGREDIENTS

4 medium red onions,
thickly sliced

3 tbsp balsamic
vinegar

4 tbsp olive oil

4 skinless
chicken breasts

2 tbsp pine nuts

3 tbsp basil leaves,
shredded

½ pint chicken stock

2 tbsp basil pesto

140g sun blushed or
cherry tomatoes

Salt & pepper

PESTO CHICKEN WITH RED ONIONS



This is my go to dish for a get together with family and friends. It came from a magazine many, many years ago. It's very easy and can be prepared earlier in the day.

Method

1. Preheat the oven to 200C/180C fan/gas 6.
2. Put the red onions, balsamic vinegar, three tablespoons of oil and a good pinch of salt and pepper in a roasting tin or wide, shallow ovenproof dish for one hour.
3. Heat the remaining oil in a frying pan and seal the chicken on both sides.
4. Add the pine nuts, tomatoes, basil and chicken stock to the onions and give it a good mix.
5. Brush the chicken breasts with the pesto and put them on top of the onions.
6. Cook in the oven for 25 mins.

Tips & Hints

Serve with crusty bread to mop up the juices and a green salad.

Additional Information

Contains Nuts

Wine Suggestion



An aromatic wine for an aromatic recipe – **Rustenberg Roussanne from Stellenbosch** in South Africa has full fruit flavours and soft tannins with aromas of peach and apricot and notes of tropical fruits to fill out the palate.

PORCHETTA ALLA FRANCA (ROAST PORK WITH FENNEL AND HERBS, FRANCA STYLE)



Traditionally this dish used to be slow cooked for over 24 hours, and is served at practically every Italian festival or feast in a crusty roll. Due to its tasty popularity, you can now also buy it in supermarkets where it is still hand carved in front of you.

Method

1. Preheat oven to its highest setting.
2. Score your pork and place it skin down on a cutting board.
3. Place the fennel seeds, garlic cloves, dried chillies (optional), rosemary, salt and peppercorns into a coffee grinder and zap until everything is ground down to a semi fine powder.
4. Add some olive oil to the ground mixture, until you have a creamy substance that you can massage into the pork.
5. Roll the pork over into a sausage shape and tie it tightly with 3-5 pieces of string to keep it in place. Drizzle some more olive oil over the scored skin and season with salt.
6. Place on an oven tray and put in the oven. Immediately turn the heat down to 180C/160C fan/ gas 4. The skin will puff up and start the crackling off.
7. Continue to roast until the pork is cooked, approximately 2 hours.
8. Once cooked serve hot or cold with a good squeeze of lemon.

Tips & Hints

Alternatively you can cook the pork flat in a baking tray rather than roll it out into a sausage shape, but remember this way it will cook quicker. So keep an eye on it!

Wine Suggestion



In this recipe, the meat is infused with a delicious mixture of herbs and chilli spice during cooking to create a flavoursome dish which needs to be partnered by an equally tasty wine.

The **Visconti della Rocca Primitivo** from Puglia in Southern Italy is just the wine for this with smooth, fruity savoury spice notes.



Franca Brunetti
Radio Verulam

SERVES: 4

PREP TIME:

15 minutes

COOKING TIME:

2 hours

INGREDIENTS

2 kg pork shoulder,
de-boned and butterflied

2 tbsp fennel seeds

3 cloves of garlic

3 small dried
chillies (optional)

3 tsp rock salt

2 tbsp dried
rosemary

Or 10-12 sprigs
fresh rosemary

1 tbsp peppercorns

1 lemon

Olive oil



Sarah Howe
SA Law

**LEGAL SECRETARY,
COMMERCIAL
LITIGATION & DISPUTE
RESOLUTION**

SERVES: 4

PREP TIME:
30 minutes

COOKING TIME:
Simmer for 3 hours

INGREDIENTS

2 fresh lemongrass stalks
1 inch of ginger, finely chopped
5 pork shoulder steaks (500g to 600g)
1 lime, zest grated
2 tbsp of "Mae Ploy" red curry paste
2x 400ml tins of coconut milk
1 large red onion, chopped (chunky)

RED THAI CURRY



This meal was the first meal my fiancé cooked for me. It can be enjoyed at any time.

Method

1. Add coconut milk and curry paste to a pan.
2. Cook on a high heat until coconut milk begins to boil then turn down immediately, stirring all the while until the paste has dissolved completely.
3. Add the chopped red onion and the meat, and stir continuously.
4. Add the chopped ginger and grated lime zest to the pan.
5. Squeeze in the lime juice and keep stirring. The curry should be gently bubbling.
6. Split the lemongrass gently and add to the pan.
7. Leave to simmer with regular stirring for 2.5 hours.

Tips & Hints

Can be eaten immediately but for best results allow to cool and marinade until the next day. I tend to leave it to stand until the next day, then reheat on low for 1.5 to 2 hours.

Don't pre-cook the meat.

I find Mae Poly curry paste is the best one to use, but you can use other available red thai curry pastes.

Can swap pork for chicken or tofu.

Wine Suggestion



Although the spicy hot notes of this dish together with the calming coconut milk suggest a richly spicy Aussie Shiraz or Argentinian Bonarda would be a great match; why not try something different such as a traditional wine from Cahors in southwest France. **Ch Pineriaie Cahors** is full of intense berry fruit with plum, blackberry and lots of spice.

SALMON EN CROUTE



This is my version of a retro classic. It's great for lunch or dinner parties and can be made as individual portions using small fillets or as a centre piece dish using a whole side of Salmon fillet.

Method

1. Pre-heat the oven to 190C/170C fan/gas 5.
2. Cut each puff pastry sheet in half.
3. Place 1 fillet on each segment of puff pastry.
4. Finely chop the spring onion and fry in the olive oil for a few minutes until softened.
5. Stir in the cream cheese and add the dried dill, a little salt and a lot of freshly ground black pepper, continuing to stir the mixture until it is heated and combined.
6. Divide the mixture into four portions and place on top of each of the salmon fillets.
7. Fold the pastry over the salmon fillet and cream cheese mixture to create sealed parcels, be careful not to press down too hard on the mixture on top.
8. Trim the pastry as necessary.
9. Brush each parcel with beaten egg for a glazed finish.
10. Place the parcels onto a non-stick baking tray and bake in the oven for 30-40 mins until the pastry is golden brown.

Tips & Hints

Serve with a fresh green salad.

Wine Suggestion



The soft texture of the salmon and cream cheese filled pastry with a seasoning lift from the herbs make a white Burgundy an ideal accompaniment. A wine like **Louis Latour Macon Chameroy** is a classic example with medium bodied ripe fresh fruit & it won't break the bank either.



Ruth Abrams
SA Law

PARTNER, FAMILY

SERVES: 4

It can be for as many or as few as you wish depending on the fillet size, but this recipe is based on 4 individual portions

PREP TIME:
10 minutes

COOKING TIME:
30-40 minutes

INGREDIENTS

4 salmon fillets, skinless
200g cream cheese
2 tbsp olive oil
8 spring onions
2 tbsp dried dill, heaped
2 packets of pre-rolled puff pastry
Salt and black pepper
1 egg



Julia Jenkins
Flagship Wines
MANAGING DIRECTOR

**St Albans Food
and Drink Festival
Committee Member**

SERVES: 4

PREP TIME:
15 minutes

COOKING TIME:
15 minutes

INGREDIENTS

550g natural
smoked haddock
50g butter
400g leeks, chopped
125g onions, chopped
1.25ltrs fish stock
300g potato, cooked
and mashed
200ml double cream
Salt & black pepper
1tbs chopped parsley

SCOTTISH CULLEN SKINK



Taken from a newspaper cutting about 20 years ago from a book called Soup by Nick Sandler and Johnny Acton. I have cooked it many times and enjoyed it each time – it's a great comfort food dish that's easy to make.

Method

1. Cut the haddock into 1-2.5cm chunks.
2. Melt the butter in a large pan, add the leek & onion, cover & sweat over a gentle heat until soft.
3. Heat up the stock.
4. Stir the potato into the vegetables, then the stock & stir in the haddock.
5. Simmer for 5 mins.
6. Add the cream & chopped parsley.
7. Season to taste and serve.

Tips & Hints

It can be made prior to a meal and reheated without losing flavour or texture.

Wine Suggestion



This lovely warming dish has an overall creamy texture and so a lightly oaky white wine makes a great combination. A good choice would be **Tapiz Chardonnay** from Argentina with its lovely soft ripe fruit notes yet still fresh and elegant.

SOUTH COAST SEA BREAM WITH CHICHESTER CLAMS



This simple and delicious dish, made from sustainable fish, is easy to prepare and makes a lovely supper for two.

Method

1. Place the fillets of sea bream in a hot, lightly oiled, non-stick pan. Cook skin-side down until the skin is crisp, then turn over but do not allow to colour.
2. While the fish is cooking, separately pan fry the garlic, shallots and anchovies until golden. Add the cherry tomatoes, capers and fresh thyme to the pan and cook for a few minutes.
3. Finally, add the clams with the white wine. Cover the pan and allow to steam for 3 mins or until all the clams are open.
4. Season to taste and serve in a bowl with the bream placed on top.

Tips & Hints

Serve with your choice of seasonal vegetables.

Additional Information

Gluten free, contains shellfish.

Wine Suggestion



The choice of wine to complement the combination of light sea bream and textured shellfish with softened onions, tomatoes & herbs suggests seeking out a dry wine with lingering ripe fruit notes such as the **Escarment Pinot Gris** from **Martinborough** in New Zealand.



Andrei Lussmann
Lussmanns
DIRECTOR

SERVES: 2

PREP TIME:
10 minutes

COOKING TIME:
20 minutes

INGREDIENTS

2 fillets of wild
sea bream (skin on)
160g fresh
clams, washed
60g shallots,
finely chopped
8g garlic, crushed
12 ripe 'on the vine'
cherry tomatoes,
sliced in half
20 capers
4 sprigs of
fresh thyme
2 anchovies
100ml white wine



Shabnam Railey SA Law

**LEGAL SECRETARY,
COMMERCIAL
LITIGATION & DISPUTE
RESOLUTION**

YIELDS:

20-25 samosas

PREP TIME:

10 minutes

COOKING TIME:

20-30 minutes

INGREDIENTS

SAMOSA FILLING

1 small onion,
finely chopped
2 carrots, diced
1 cup of frozen peas
1 cup of boiled,
diced potatoes
1 tsp minced ginger
1 tsp fresh lemon juice
1 tsp cumin seeds
1 tsp mustard seeds
½ tsp turmeric
2 tbs vegetable oil
Salt
1 tsp chilli powder or
1 green chilli, minced
½ tsp garam masala
Finely chopped coriander

SAMOSA ASSEMBLY

1 pack of readymade Samosa
Pastry (20-25 sheets)
1 tbs flour
20ml water

VEGETABLE SAMOSAS



I enjoyed making these samosas for the Cancer Research Charity event held at SA Law's offices. Everybody enjoyed eating them (they only lasted 5 minutes!) so, after persuasion from my colleagues, I decided to include my recipe in this book. Perfect for parties.

Method

1. Heat the oil in a saucepan, add cumin seeds and mustard seeds and let it flutter. Do quickly cover it as you do not want it to splatter everywhere!
2. Add onions and fry for about 1 min.
3. Add ginger and keep stirring.
4. When the onions start to look soft add the carrots and keep stirring.
5. Add the peas and about 1 tbs of water and stir.
6. Add salt, chillies and turmeric and let it cook for a while.
7. Add potatoes and chopped coriander.
8. Cover and let it cook for about 5 mins. The mixture must be completely dry.
9. Add garam masala and lemon juice.
10. Stir the mixture and let it cool.
11. Preheat the oven to 200C/180C fan/gas 6.
12. Now you are ready to use the glue mixture for your samosas.
13. Mix about 1 tbs of flour with water to make a thick glue paste. Where I say fill this pocket just spread enough glue before folding – stage 5.
14. Follow the diagram below to fold the samosas.



15. Once they are all folded, brush both sides with oil and place them on a baking tray covered with foil.
16. Bake in the centre of the oven for 20-25 mins, or until golden and crisp, turning over after every 5 mins.
17. Once ready, take out of the oven, let them cool and enjoy!

Wine Suggestion



Thoughts of Austrian wines don't naturally tend to spicy dishes but a young talented wine maker from Wachau is making wines from native grapes such as the white **Zero-G Gruner Veltliner** and red **Zero-G Zweigelt** that are just the right match for these samosas with fresh notes of white pepper, spice and berries.

VEGGIE LINGUINE



This is a good recipe to use when you have left over lasagne mixture. That's how I came up with the recipe.

Method

1. Preheat oven to 200C/ 180C fan/ gas 5.
2. Place the courgettes and peppers in a roasting tray with 30ml of olive oil and sprinkle with salt and pepper.
3. Roast for 25-30 mins until lightly caramelised.
4. Toss once or twice during cooking to get an even colour.
5. Heat the remaining 15ml of olive oil in a deep sauté pan and gently cook the onion until soft.
6. Once the onions are soft, add the garlic and the tomatoes. Add salt and pepper to season. Simmer for 20 mins or until slightly thickened.
7. Add the roasted vegetables and continue to cook for another 10 mins.
8. Whilst the tomatoes are cooking, bring a large pan of water to boil, add a pinch of salt and place the linguine in the pan. Cook the linguine as per the instructions on the pack.
9. Drain the linguine once cooked and mix with the sauce and roasted vegetables.
10. Serve with a sprinkling of parmesan.

Tips & Hints

Tastes great with tinned sweetcorn too. Add sweetcorn with the veggies that are being roasted. Spicy food lovers - add green chillies to the vegetables before roasting. Tastes even better with rosemary bread and a glass of red wine.

Additional Information

Suitable for vegetarians.

Wine Suggestion



Savoury roasted veggies in the tomato and garlic sauce are crying out for an Italian red to drink with it. Try the **Ceppi Storici Barbera** from Piemonte which is full of spicy aromas and concentrated ripe cherry fruit balanced by pepper and spice.



Deepa Patel SA Law

SOLICITOR, FAMILY

SERVES: 4

PREP TIME:

10 minutes

COOKING TIME:

60 minutes

INGREDIENTS

1 medium red
onion, diced
2 courgettes,
chopped in
1cm chunks
2 red peppers,
chopped in
1cm chunks
1 green pepper,
chopped in
1cm chunks
45ml olive oil
2 cloves of
garlic, crushed
3x 400g tins of
chopped tomatoes
400g linguine
Parmesan, grated
to serve (optional)
Salt & pepper
to season



Alex Kempson
SA Law

**BUSINESS
DEVELOPMENT
ASSISTANT**

SERVES:

Each dip serves 4

PREP TIME:

15 minutes per dip

INGREDIENTS

HOMEMADE GUACAMOLE

1 large tomato, chopped
3 ripe avocados,
deseeded and chopped
1 handful of
coriander, chopped
1 red onion, chopped
1 red or green
chilli, chopped

HOMEMADE SALSA

250g fresh
tomatoes, chopped
1 white onion, chopped
3 mild chillies, chopped
1 handful of
coriander, chopped
Salt, to taste
Lime juice, to taste
1 tbsp water

MEXICAN MARKETING MIX

MEXICAN DIPS



These are my two favourite dips.
They go well with a lot of food I love,
hot or cold. They're great on the side with a chilli or mixed
in to liven up a summer salad.

Method

1. For the guacamole, put the tomatoes, onion, chilli and coriander into a bowl. Half the avocados and remove the stone, then skin, chop and add to the mixture.
2. Mash the mixture using a fork until you're happy with the chunkiness.
3. For the salsa combine all the ingredients together in a bowl and serve.

Tips & Hints

These tasty dips are a great addition to a tray of nachos or a salad. Make sure you use a decent amount of each to enjoy their wonderful taste.

Additional Information

Suitable for vegetarians.

Wine Suggestion



Spicy dips like these two are full of flavours and a wine like **Borsao Seleccion Tinto** from Campo de Borja in Spain is a robust characterful wine tasting of berries, cherries and spice and a good match to these dips.



VERY VEGGIE CHILLI



This is something I cook when I'm
looking for an easy, quick and healthy
evening meal. You can keep things interesting by popping
in any leftover vegetables from your fridge.

Method

1. Peel & cut the sweet potatoes into bite-size chunks and fry off with the olive oil in a pan, add the diced onions until they start to brown.
2. Roughly chop all of the peppers into bite-size chunks and add to the mixture to fry off.
3. Add the finely chopped red chilli, green chilli, cumin and the 3 cloves of crushed garlic to the pan.
4. Add the diced mushrooms and the tins of tomatoes and leave to simmer for 5 mins.
5. Pour the kidney beans and chickpeas into a bowl and drain the fluid before adding to the mixture.
6. Finally add in the chopped-up coriander and leave to simmer for 10 mins, if you have any leftover add it as a topping once served.

Tips & Hints

Serve with brown rice. I go a bit 'student' here and use the microwaveable packs as I can take the leftovers in to work for lunch the next day. They are cheap, quick and the nutritional value is pretty much the same. Nice to serve with soured cream and guacamole to cool down the spiciness.

Additional Information

Suitable for vegetarians and vegans.

Wine Suggestion



A seriously spicy chilli requires a seriously full-on wine to match it so try a smooth peppery deeply fruity Aussie red **Wirra Wirra Church Block** from McLaren Vale in South Australia.



Sophie Hudson
SA Law

**MARKETING &
COMMUNICATIONS
ASSISTANT**

SERVES: 4

PREP TIME:

10 minutes

COOKING TIME:

20 minutes

INGREDIENTS

400g sweet potatoes,
peeled and cut
1 onion (red
or white), diced
1 red pepper, chopped
1 yellow pepper, chopped
1 green pepper, chopped
1 red chilli, finely chopped
1 green chilli,
finely chopped
5 chestnut
mushrooms, diced
1 bunch of coriander
400g tin of chickpeas
400g tin of kidney beans
2x 400g tins of
chopped tomatoes
3 cloves of garlic, crushed
1 tbsp olive oil
1 tsp cumin



Julie Gingell SA Law

**PARTNER, DIRECTOR OF
MARKETING & BUSINESS
DEVELOPMENT**

SERVES: 4-6

PREP TIME:
20 minutes

COOKING TIME:
1 hour 30 minutes

INGREDIENTS

450g beef or pork mince
Splash of olive oil
1 large onion, chopped
2 cloves of garlic, crushed
1 tbsp tomato puree
1 cinnamon stick
2 bay leaves
1 tsp dried oregano
A good pinch of salt
7 turns of freshly ground
black pepper
25ml of cider vinegar
A good squeeze of
tomato ketchup
2 tsp dark brown sugar
400g tin of
chopped tomatoes
400g tin of kidney beans
Cup of water

SPICE MIX

1 tsp smoked paprika
1 tsp cumin
1 tsp allspice
½ tsp cloves
1 tsp crushed dried chillies

JULIE'S ULTIMATE CHILLI CON CARNE



For many years I have been in search of the ultimate chilli con carne. This is the current version of my tried and tested recipe.

Method

1. Sweat the onions in a splash of olive oil for 5 mins or so, they should be translucent and just starting to colour. Add the garlic and cook for a further 2 mins.
2. Add the spice mix and the tomato puree, cook out for 2 – 3 mins.
3. Stir in the mince and fry for 7-10 mins until the mince starts to brown.
4. Add the kidney beans, tinned tomatoes, oregano, cinnamon stick, bay leaves, salt, pepper, cider vinegar, ketchup, dark brown sugar and water, stir and bring to the boil.
5. Cut out a circle of grease proof paper put it on top of the mince mixture, put the lid on your casserole dish and pop it into the oven for an hour and a half at 150C/130C fan/gas 4.

Tips & Hints

Occasionally my chilli is hotter than expected... To reduce the heat add half a cup of milk... If it's still too hot, add more milk. You can make this a very handy 'one pot dish' by using a casserole dish you can use on the hob and in the oven to save on washing up. The greaseproof paper is to help keep the moisture in and make the chilli nice and juicy (I do the same with spaghetti bolognese!). Best consumed in front of the TV whilst watching a really good box set. Serve with rice and an ice cold beer or a robust glass of wine.

Wine Suggestion



The ultimate chilli recipe with vibrant spice and 'bite' deserves a wine to match so try the **Tapiz Bonarda** from Mendoza in Argentina that has a ripe juicy berry and damson fruit aroma and taste balanced by sweet tannins and good length.



TIPSY MANGO & STRAWBERRY SALSA



This tipsy treat is almost too easy to make! It is prepared in a matter of minutes, and is a particularly good low-maintenance dessert for accompanying main courses that take a while to cook, as this allows the tequila to soak in nicely and for the fruit to get to room temperature before serving without you needing to clock-watch. It is a lovely colourful addition to your Mexican-themed spread. Inspired by a Thomasina Miers recipe.

Method

1. Add your peeled and chopped mango to a large bowl.
2. Cut the hulled strawberries in half and add to the bowl with the mango.
3. Sprinkle over the sugar, lime juice and tequila.
4. Cover the bowl with cling film and pop in the fridge for 10mins to soak.
5. Bring the dish out of the fridge in good time before serving so it gets to room temperature. (At least 30mins).
6. Finally, scatter over the roughly chopped mint leaves.

Tips & Hints

Not a fan of Tequila? Swap it out for Pimms. Make sure the mangoes are perfectly ripe. It works really well as a pavlova topping too (take a look at Jo's Pavlova recipe on page 42).

Wine Suggestion



Fresh tropical fruit flavours and tangy lime with tequila go well with an aromatic dessert wine: **Seifried Estate Sweet Agnes Riesling** from New Zealand with appealing lively spicy richness and apricot and peach fruit on the nose and palate.



Victoria Thomson SA Law

**COMMUNICATIONS
& EVENTS MANAGER**

**St Albans Food and
Drink Festival
Committee Member**

SERVES: 6

PREP TIME:
10 minutes

INGREDIENTS

3 ripe mangoes,
peeled and cut
into chunks
1x punnet of
strawberries, hulled
1-2 tbsp unrefined
caster sugar
Juice of 1 lime
A few generous
splashes of tequila
A large handful
of mint leaves,
roughly chopped



Mary Phillips
SA Law

**ASSOCIATE,
REAL ESTATE**

SERVES:

Makes 15-20
small pancakes

PREP TIME:

10 minutes

COOKING TIME:

5-10 minutes

INGREDIENTS

250g self-raising flour
½ tsp baking powder
1 tbsp sugar
2 eggs
275ml whole milk
50g coconut oil or
butter (melted), plus a
little extra for cooking
Generous handful
of blueberries (fresh
or frozen)
2 bananas, sliced
Maple syrup

AMERICAN STYLE BLUEBERRY PANCAKES



A delicious weekend breakfast treat.

This is an adapted version of a recipe from
the River Cottage cookbook, by Nikki Duffy.

Method

1. Mix together the flour, baking powder and sugar.
2. Beat the eggs and milk together, then pour into the flour mixture and whisk to form a smooth batter.
3. Stir in the melted coconut oil/butter and the blueberries.
4. Heat a small quantity of coconut oil/butter in a non-stick frying pan on a medium heat.
5. Pour small ladlefuls of the batter into the pan and cook for 2-3 mins, until small air bubbles appear on the surface of the pancakes. Flip the pancakes and cook for another 2-3 more mins, then remove to a warmed plate and repeat with the remaining batter.
6. Top the warm pancakes with the sliced bananas and maple syrup, and serve.

Tips & Hints

For a healthier version, try using wholemeal self-raising flour (or half and half) and blitz in a handful of spinach leaves using a hand blender before adding the blueberries. This is also a sneaky way to get fussy little ones to eat some greens – 'Mummy's Magic Green Pancakes' go down well with my toddler!

Wine Suggestion



A treat at any meal these pancakes will go well with an aromatic dessert wine with deep richness and some fresh acidity such as the **Costa Diva Moscatel** from Spain.

APPLE AND SULTANA CAKE



This was a family favourite when my children were young. It was adapted from a McDougall's flour recipe book which was free if you saved the tokens from their flour packets. It was actually my mum that did all the token saving and sent off for the books for both of us!

Method

1. Preheat oven to 180C/160C fan/gas 4.
2. Cream margarine & sugar together, then add the beaten eggs.
3. Stir in the flour, spices, salt and sultanas along with the milk.
4. Put half the mixture in the lined cake tin.
5. Add the apple slices evenly on top.
6. Top the apples with the remainder of the cake mixture making a slight well in the middle to allow the cake to rise.
7. Sprinkle with a little more sugar before placing on the middle shelf of the oven for 1 hour – 1 hour 15 mins.

Tips & Hints

You may need to cover the cake with foil or baking parchment half way through cooking so the cake does not get too brown on top.

Wine Suggestion



Like many successful recipes this one has survived the passage of time and its timelessness means it is a great accompaniment to **Pineau des Charentes Blanc** 5 year old from Chateau du Beaulon, a fortified wine with delicate floral aromas and delicious textured honey and apricot flavours.



Sheila McEntee
SA Law

ADMINISTRATOR

SERVES:

12-15 slices

PREP TIME:

20 minutes

COOKING TIME:

1 hour – 1 hour
15 minutes

INGREDIENTS

175g margarine
175 demerara sugar
3 medium
eggs, beaten
100g McDougall's
self-raising flour
100g McDougall's
plain flour
600g sultanas
1 tsp mixed spice
1 tsp cinnamon
Pinch of salt
1-2 eating apples
(depending on size)
peeled, cored
and thinly sliced
1 tbsp milk
EQUIPMENT:
18cm round cake
tin, lined



Hasmita Chauhan
SA Law

LEGAL SECRETARY

SERVES:

10-12 (but I say 10 as I love bigger portions!)

PREP TIME:

20 minutes plus
30 minutes cooling
time for the base.

COOKING TIME:

40 minutes plus 10
minutes cooling time.

INGREDIENTS

175g digestive
biscuits

75g butter, melted

175g blueberries (plus
extra for decorating)

450g cream cheese

150g caster sugar

1 tsp vanilla extract

4 eggs, lightly beaten

Icing sugar to dust

EQUIPMENT:

24 cm (9 ½ inch)
diameter loose-
bottomed tin.

BLUEBERRY CHEESECAKE



This is a great dessert to make at dinner parties,
suitable for any time of the year.

Method

1. Preheat the oven to 180C/160C fan/gas 4. Butter the sides and base of the cake tin.
2. Place the biscuits in a food processor and whiz until quite fine. Alternatively place them in a plastic zip-lock bag and bash with a rolling pin (which is what I prefer to do to let out any frustration!). Mix the crushed biscuits with the melted butter and press down into the base of the tin so that it is nice and even. Spread the blueberries over the base and allow to chill in the fridge for at least 30 mins.
3. To make the topping, beat the cream cheese, sugar, vanilla extract and the eggs together in a large bowl until smooth and creamy. Pour over the top of the chilled base and blueberries. Bake in the oven for 40 mins or until it is pale golden and should wobble very slightly when you gently shake the tin.
4. Allow to cool in the tin for about 10 mins then run a knife around the edge to loosen it and carefully remove the cheesecake from the tin. Transfer to a serving plate. Sprinkle over a few blueberries for decoration, if you wish, then dust with icing sugar. Cut into slices to serve.

Tips & Hints

You can use all kinds of sweet biscuits or cookies for the base. Try using a chocolate biscuit base. You can also substitute blueberries for raspberries or blackberries.

This cheesecake is best eaten at room temperature so make sure you allow plenty of time for it to cool before serving.

Additional Information

Suitable for vegetarians.

Wine Suggestion



Loupiac Gaudiet from near Bordeaux is a traditional dessert wine with citrus fruit and honey flavours and a long, fresh finish that makes a great accompaniment to this recipe.

CHOCOLATE FONDANT



This recipe has always been my go to dessert to wow customers and friends! It's fantastic all year round and can be served with so many different combinations of accompaniments. It makes what can be a daunting dish, easy to make and delicious.

Method

1. Preheat the oven to 180C/160C fan/gas 4.
2. Melt the chocolate, butter and honey in a bowl over boiling water. Leave to cool to room temperature.
3. Separate the eggs and mix the yolks with the cooled chocolate mix.
4. Sieve the flour and baking powder together, then add to the chocolate, ensuring there are no lumps.
5. Butter six individual ramekin dishes with the soft butter, then coat with cocoa powder.
6. Whisk the egg whites to a peak, then fold into the chocolate by thirds. Pour the mix into the dishes.
7. Cook in a pre-heated oven for 10 mins, making sure the middle is soft and runny.
8. Serve immediately with ice cream.

Tips & Hints

I recommend pistachio ice cream with this dish.

Wine Suggestion



This unctuously rich chocolatey pud is well matched with the **Deen de Bortoli Botrytised Semillon** from Australia that displays luscious, intense flavours of citrus, apricot and honey.



Martin West
Oaklands College

CHEF

SERVES: 6

PREP TIME:

20 minutes

COOKING TIME:

10 minutes

INGREDIENTS

200g dark chocolate

125g unsalted butter

80g honey

6 eggs

2 tbs of plain flour

2 tsp baking powder

10g soft butter

for brushing

Cocoa powder

for dusting



Abi Hall
Brasier Freeth
HEAD OF MARKETING

SERVES:

Makes 20 squares

PREP TIME:

10 minutes

COOKING TIME:

10 minutes plus
1 – 1.5 hours in fridge

INGREDIENTS

450g digestive biscuits, crushed
225g margarine (Stork)
3 tbsp cocoa powder
6 tbsp golden syrup
250g Cadbury's Dairy Milk Chocolate

CHOCOLATE FRIDGE CAKE



A good friend of mine made these a few years ago for her daughter's party and as I was heavily pregnant with a sweet tooth at the time, I ate far more than my fair share! My husband and children also tucked in and having convinced my friend to part with her family recipe I have been making them ever since. They are really simple to make and now a firm favourite in the Hall household. These delicious treats are guaranteed to get you in the good books of anyone you choose to make them for!

Method

1. Melt the margarine in a large saucepan over a low heat.
2. Once melted add the cocoa powder and syrup and stir.
3. Add the crushed biscuits and stir until all crumbs are covered.
4. Press the mixture into a (standard size rectangular) baking tray with a metal spoon until you have a flat even layer.
5. Break the chocolate into squares and melt in the microwave (start off by doing 30 seconds then check and stir every 10 seconds taking care not to overheat).
6. Pour the chocolate over the pressed mixture ensuring all the biscuits are covered.
7. Place in the fridge for 1-1.5 hours.
8. Once set, rest at room temperature for 10 mins then divide the tin into squares.
9. Serve and enjoy!
10. Store remainder in fridge.

Tips & Hints

Warning: Don't dare replace Cadbury's Dairy Milk with a cheaper shop branded milk chocolate – I once did and have yet to hear the end of it. Not that I'm allowed to deviate from this winning formula but you could try adding raisins, nuts or marshmallows for something different. Size of the portion squares depends on personal preference – I make big squares for adults and half them for children.

Wine Suggestion



An unusual dessert wine to go with this concentrated chocolate cake is the **Chateau de Cabidos Petit Manseng Doux** from the south of France with its textured flavours of richly fruity marzipan.

COCO'S BROWNIES



I am a self-confessed chocoholic and I became particularly partial to baking a batch of these whilst pregnant with my daughter Coco. These are perfect with a cup of coffee for elevenses or can be turned into a smart pudding.

Method

1. Pre heat the oven to 180C/160C fan/gas 4 and line a tin (approx. 10x6 or 8x8 inches) with aluminium foil or baking paper. I tend to use foil as it is easier to mould around the shape of the tin.
2. Melt the butter and chocolate together over a low heat in a saucepan or in the microwave.
3. Beat together the eggs, sugar and vanilla essence.
4. Pour over the melted chocolate and butter. Stir or beat briefly to combine.
5. Finally stir in the flour with a wooden spoon and throw in the chocolate chunks and give a further stir to combine.
6. Pour into a your prepared baking tin and bake for about 20-25 mins depending on how gooey you like them, but make sure they still have a slight wobble in the middle part when removing from the oven.

Tips & Hints

I chop the white chocolate into large chunks myself as chocolate chips are quite small and don't give the same chocolatey hit.

You can replace the chopped white chocolate with the same quantity of milk chocolate, dark chocolate, macadamia nuts, walnuts and/or mars bars to name but a few.

To turn this into a pudding, serve the brownies with vanilla ice cream and some chocolate or salted caramel sauce, maybe even a sprinkle of toasted nuts. If serving like this, I prefer to serve the brownies and sauce warm but it's also delicious cold.

Additional Information

Suitable for vegetarians but contains wheat and dairy.

Wine Suggestion



The soft gooey chocolatey middles of the brownies goes well with the soft rich mid palate of one of Chile's best value dessert wines **Vistamar Late Harvest Moscatel**.



Amy Sevier
SA Law
ASSOCIATE, PROPERTY DISPUTE RESOLUTION

SERVES: 12 – 16

PREP TIME:

20 minutes

COOKING TIME:

20 – 25 minutes

INGREDIENTS

200g dark chocolate
200g salted butter
3 eggs (medium or large)
250g soft brown sugar
1 tsp vanilla essence
125g self-raising flour
200g white chocolate chopped



Simon Walsh
SA Law

**SENIOR ASSOCIATE,
COMMERCIAL
LITIGATION & DISPUTE
RESOLUTION**

SERVES:

12 bars or approx.
30x bite size pieces

PREP TIME:

10 – 15 minutes

COOKING TIME:

10 – 15 minutes

INGREDIENTS

FOR THE BASE:

120ml sunflower oil
200g soft dark brown sugar
2 tbsp golden syrup
1 tbsp peanut butter (decent quality with no added sugar is best)
½ tsp vanilla extract, you can add more if you like

FOR THE FLAVOURING:

50g flaked almonds
50g sultanas
3 tbsp glacé cherries
3 tbsp stem ginger, plus a healthy slug or two of the syrup they're in
225g thick cut porridge oats

COL CONQUEROR ENERGY BARS



Fed up with energy gels and the never ending supply of Haribos on sportives, I decided to come up with my own take on energy products to fuel a four day trip to the French Alps to ride Tour de France climbs. Tried and tested over 308 miles and 32,910 feet of climbing, including the mighty Cols de la Croix de Fer, du Télégraphe and du Galibier in a day, they were declared a success! My flavourings are a variation on the Global Cycling Network's original.

Method

1. Gently heat the oil over a low heat in a decent size pan (too small and stirring the dry ingredients in will be a nightmare).
2. Melt the rest of the base ingredients in the order they're listed.
3. Stir in the flavourings once the base ingredients are thoroughly combined.
4. Add the oats a little at a time and keep stirring until they're coated in the mix – this will give you a great arm workout!
5. Transfer the resulting mix to a 25cm x 15cm baking tin lined with baking parchment.
6. Spread the mix with a fork, making sure it's pressed down firmly and evenly, right up to the edges and corners – caution, it will be very hot and sticky so no picking!
7. Bake in an oven at 180C/160C fan/gas 4 for 10 – 15 mins. Keep an eye on them so they don't get over done and dry out at the edges.
8. Leave to cool in the tin before removing, cutting to bite size pieces and storing in an air tight container. I've kept them for up to a month without any issues.

Tips & Hints

For the porridge oats, forget the quick cook stuff, it's not substantial enough and the bars will crumble in your jersey pockets. GCN's original version uses different flavourings, which are equally nice and a bag of mixed flavours keeps you guessing as you reach into your pocket for a bite while you tap out a climb. Search on YouTube to see how GCN do it: <https://youtu.be/jMJElWV3VQ>

Additional Information

Disclaimer: The bars contain many things that will make you itch if you're allergic to them and fat if you don't exercise enough!

GLUTEN & DAIRY FREE COFFEE & WALNUT CAKE



When I was younger my gran used to bake this cake but not Gluten or Dairy Free and I absolutely loved it. When I was diagnosed with Crohns this was the one thing I missed with a cup of coffee. I then found this recipe online by Becky Excell and it tastes just as good. It's perfect with a cup of coffee anytime of the day and it is so light and tasty!

Method

1. Heat oven to 180C/160C fan/ gas 4.
2. Mix the two separate quantities of coffee and leave to one side to cool.
3. Prepare two cake tins.
4. Cream the margarine & brown sugar together until light & fluffy. Ideally using a hand mixer.
5. Gradually add the 4 beaten eggs to avoid the potential of curdling. Keep mixing all together until fully combined.
6. Fold in the gluten free flour & baking powder gently with a metal spoon.
7. Add the coffee and fold it into the mixture.
8. Add the toasted & chopped walnuts, fold them in.
9. Divide the cake mix equally between the two prepared cake tins.
10. Bake in the oven for 25 mins on the middle shelf of the oven. They should be beautifully risen.
11. Take out of oven and briefly leave to cool in tins before transferring to a cooling rack.
12. For the icing, beat the dairy free margarine until soft and creamy. Add in the icing sugar, mix together then add in the remaining coffee prepared earlier.
13. Evenly top one sponge with plenty of the coffee butter cream then place the other sponge on top. Don't be sparing, you want it to ooze a little at the edges. Yummy!
14. Spread the rest of the coffee butter cream on the top of the cake then add some walnut halves on top to finish.

Tips & Hints

This is just a great base to use for any Gluten free dairy free cake. Instead of coffee try dairy free chocolate and hazelnuts or carrot and walnut. Delicious!

Wine Suggestion



Barbeito Reserve Boal Madeira is a naturally pure dessert wine with vibrant flavours and is medium-sweet in style, with a barley sugar and a touch of crème caramel on the palate is a great pairing to this cake. Madeira has a textured palate like cake too so it really complements it well.



Kate Ford
Fitness First

PERSONAL TRAINER

SERVES:

Depends how big you make the slices!!!

PREP TIME:

1hr Approx.

COOKING TIME:

25 mins

INGREDIENTS

FOR THE CAKE

225g dairy free soft margarine
225g light brown sugar
4 eggs, beaten
225g gluten free plain flour
3 tsp gluten free baking powder
2 tbsp instant coffee (mixed with 1 tbsp of boiling water)
100g walnut halves, toasted & chopped

FOR THE COFFEE BUTTER CREAM DAIRY FREE ICING

165g dairy free soft margarine
425g icing sugar
2 tbsp instant coffee (mixed with 1 tbsp of boiling water)
Walnut halves for topping



Ian Daniells
Owner,
Rock Pop Candy

SERVES:

That depends on how greedy you are!

PREP TIME:

30 minutes

COOKING TIME:

Overnight cooling

INGREDIENTS

50g white chocolate, grated
75g good quality dark chocolate, grated
40g unsalted butter
75g glacé cherries (try to use darker, natural varieties)
275ml double cream
500g caster sugar
3 tbsp water

EQUIPMENT:

17cm/7 inch square tin
Heavy bottomed pan
Sugar thermometer
Metal bowl

IAN'S TWO TONE CHOCOLATE AND CHERRY FUDGE



I love everything sweet... hence why I have a sweet shop! We buy sweets from all over the world and stock excellent Devon fudge but on a day off, there's nothing I like more than to create some sweet treats at home. They're never quite as beautiful as those made on a larger scale but I found this recipe a while back and it's our family down-time treat... just for us... you can't buy it in the shop but now you can have a go at making your own at home.

Method

1. Grease the tin with butter and line with parchment or a non-stick sheet.
2. Cut 2/3 of the cherries in half and set aside. Finely chop the remainder.
3. Use a deep heavy bottomed pan and add the sugar, cream and butter together with 3 tablespoons of water. Heat gently for 5 to 10 mins until all of the sugar is dissolved.
4. Once dissolved, bring the mixture to the boil. Add the sugar thermometer to check you bring it to the right temperature: 113 degrees C or 235 degrees F.
5. Take off the heat and pour out one third into a metal bowl.
6. Add the grated dark chocolate to the pan mix and the white chocolate to the metal bowl, stir each separately.
7. Pour the dark chocolate mix into the tin and sprinkle in the finally chopped cherries.
8. Spoon over the white chocolate mix to make an even topper. Use a skewer to swirl the two together a little to marble the fudge.
9. Add the cherry halves evenly over the top, allow to cool at an ambient temperature then place in the fridge overnight until set firm.
10. Divide and share... if you have to!

Tips & Hints

Temperature is important so use the sugar thermometer and don't guess. Equally, cooling time is really important too. Don't rush this delight and do chill as well as cool. It's worth the wait, I promise!

Additional Information

Suitable for vegetarians.

Wine Suggestion



Mouthwatering melt in the mouth sweetness of this treat is well matched with the sweet notes of ripe luscious Semillon from New Zealand in the **Morton Estate Late Harvest Semillon**.

LEMON BALM BAKED CHEESECAKE



I love to grow my own herbs, fruits and vegetables and when spring is finally here and the early summer sun is making my garden smell sweet, I love to collect the fresh herbs and bake up a cheesecake to enjoy with a cup of coffee in the afternoon sunshine, whilst sat by the back door watching the bees start to get busy. This is my first summer bake of the year and also my favourite.

Method

1. Pre-heat the oven to 200C/180C fan/gas 6.
2. Pick off all the leaves from the lemon balm and remove the hard stems. Chop finely and set a little aside for garnish.
3. Cream the butter and sugar together and gradually stir in all of the eggs.
4. Mix the semolina with the baking powder and stir into the wet mixture.
5. Stir in the lemon zest and the juice together with the chopped lemon balm, quark and salt. Make sure it is well mixed.
6. Grease the tin and dust with semolina (this really stops it sticking far better than grease alone).
7. Pour in the mix into the tin and smooth it out.
8. Bake in the centre of the oven for 50-60 mins. After 40 mins cover the top with foil, turn off the oven and leave to stand for 20 mins with the oven door slightly ajar to allow the heat out.
9. Take the cake out and allow to cool completely on a cooling rack.
10. Plate and dust with icing sugar then sprinkle some of the lemon balm leaves on the top or decorate with edible flowers. Be as creative as you like.

Tips & Hints

Check the top of the cheese cake after 30 minutes to see how it's doing. The centre will still be moist as there's the additional 20 minutes cool time in the oven that firms it up, so as long as it's not runny when you turn the oven off, it will firm up ok.

Additional Information

Suitable for vegetarians.

Wine Suggestion



The fresh zestyness of the lemon and the richness of the cheesecake filling need to be matched with a wine that has a blend of these elements such as the **Baumard Coteaux du Layon** from the Loire Valley with its very attractive honeyed nose and with fresh fruit notes.



Anastasia Daniells
Owner,
Rock Pop Candy

St Albans Food
and Drink Festival
Committee Member

SERVES:

At least 8 depending how many slices you'd like to eat or share?

PREP TIME:

Approximately 30 minutes

COOKING TIME:

1 hour

INGREDIENTS

200g of butter
250g of caster sugar
1 unwaxed lemon, (you'll need the zest & 3 tbsp of the lemon juice)
1 bunch of fresh lemon balm
6 eggs
125g fine semolina
1 tsp baking powder
2 tbsp icing sugar
1kg of low fat quark
A pinch of salt
Edible flowers to decorate (I use pansies but borage or similar looks just as pretty)

EQUIPMENT:

Spring form cake tin
26cm in diameter



Jo Tupper
SA Law

FINANCE MANAGER

SERVES: 8

PREP TIME:
30 minutes

COOKING TIME:
1 hour plus
cooling time

INGREDIENTS

FOR THE MERINGUE:

4 egg whites
250g caster sugar
1 tsp white wine vinegar
1 tsp cornflour
1 tsp vanilla extract

FOR THE CHERRY TOPPING:

175g caster sugar
100ml brandy
1 orange, zested and juiced
1 cinnamon stick
1 vanilla pod, halved
450g cherries, pitted

FOR THE CREAM TOPPING:

350ml double cream
1 tbsp icing sugar

MY MOTHER'S VERY CHERRY PAVLOVA



This recipe reminds me of my mum, she makes the best pavlova ever, we even call her the pavlova queen! I have picked a cherry topping as they are currently in season and are tasting delicious at the moment.

Method

1. Heat the oven to 150C/130C fan/gas 2. Using a pencil draw around the circumference of a dinner plate on to baking paper, place the paper on a baking tray and set aside.
2. Whisk the egg whites until they form stiff peaks, then add 1 tbsp of sugar at a time until the meringue looks glossy. Whisk in the vinegar, cornflour and vanilla.
3. Carefully spread the meringue inside the circle on the baking paper, create a crater in the middle by making the sides a little higher. Bake for 1 hour, then turn off the oven leaving the pavlova to cool inside the oven.
4. To make the cherry topping, put the sugar, brandy, orange juice, cinnamon, vanilla and 75ml of water in a pan. Cook over a low heat, stirring until the sugar has dissolved. Bring back to the boil and cook until thick and syrupy. Reduce the heat again and add the orange zest and cherries. Cook until the cherries have softened slightly then leave to cool.
5. For the cream topping, whip the cream and icing sugar together until it thickens and forms soft peaks.
6. To assemble the pavlova, spread the cream over the meringue and top with the syrup and cherries.

Tips & Hints

For that perfect light and glossy meringue mixture, make sure you don't get any yolks in your egg whites. When separating the eggs use a different bowl than your whisking bowl. Whisk in the sugar lightly and ensure all sugar has dissolved. Test by rubbing a small amount of mixture between your fingers, if it feels gritty it needs more whisking. To add flavour to your cherry topping, make it a few days before and store the mixture in a sterilised jam jar and keep at room temperature.

Wine Suggestion



The light sweet meringue, rich cream and cherries need a light dessert wine with a low acidity and intense sweetness, that is delicate and refreshing, such as the **Vidal Fleury Muscat de Beaumes de Venise** from the south of France.

NOT YOUR AVERAGE BAKEWELL



I roll this recipe out for dinner parties and picnics as you can prepare it quickly in advance, allowing more time for your guests (and wine!). It's adapted from a Leon recipe.

Method

1. Pre-heat oven to 150C/130C fan/gas 2.
2. Cream together the butter and sugar. You can use a food processor but I tend to do it by hand.
3. Slowly add the eggs, and then the egg yolks. Mix gently – be careful that the mixture does not split.
4. Add the ground almonds to the mixture, and then the lemon zest. Mix gently and not for too long.
5. Add a small amount of flour to the mixture and mix in so it is not too wet. You want a butter cream texture.
6. Roll out the pastry until it is about 4mm thick or if using pre-rolled pastry then you just need to ensure it fits the size of your pastry case. It may or may not need rolling out a bit more.
7. Grease the pastry case and then line with pastry. I find that if you scatter a small amount of flour on the pastry case before lining with the pastry it ensures the pastry has a good texture when baked. Prick the pastry with a fork on the base about 5 times (in an even manner).
8. Scatter some fruit on the bottom of the pastry case and add the almond mixture on top. I like to save about a third of the fruit for decorating the top in whatever pattern you like.
9. Bake for about 45 mins until golden on top. You don't want the oven too hot as you are not blind baking the pastry. You can test whether the almond cream is cooked by using a knife – you want the knife to come out clean.
10. Serve warm or allow to cool before serving. Greek yogurt or crème fraîche are nice accompaniments as they counteract the sweetness.

Tips & Hints and Additional information

Adapt the quantity of plain flour depending on how soft the fruit is and the size of the eggs. Raspberries and blackberries can be used whole, but with other fruits I tend to at least chop them in half. I prefer using short crust pastry as I find sweet pastry makes it too sweet. *You can also make your own pastry if you have time. Suitable for vegetarians.

Wine Suggestion



Try a Tokaji from Hungary such as the **Disznoko Late Harvest Tokaji** that is rich, but perfectly balanced; quite broad and creamy with a lovely long finish and will complement the dessert's flavours well.



Helen Young
SA Law

SOLICITOR, COMMERCIAL LITIGATION & DISPUTE RESOLUTION

SERVES: 6 – 8

PREP TIME:
10 minutes

COOKING TIME:
45 minutes

INGREDIENTS

1 pack of short crust or sweet pastry (block or pre-rolled)*
150g caster sugar
150g unsalted butter
150g ground almonds
2 whole eggs
2 egg yolks
Zest of one lemon
2 – 3 tbsp of plain flour
250g soft fruit (Raspberries, blackberries, gooseberries, apricots, plums etc.)



Phil Thompson
Thompson
St Albans

HEAD CHEF / OWNER

SERVES: 4

PREP TIME:

10 minutes

COOKING TIME:

10-15 minutes

INGREDIENTS

12 figs
250ml port
250ml red wine
250ml water
100g demerara sugar
1 orange, juice & zest
1 vanilla pod
1 cinnamon stick
1 bay leaf
2 cloves
2 juniper berries
4 pink peppercorns
1 star anise
Vanilla ice cream
(optional, to serve)

VANILLA, ORANGE AND PORT POACHED FIGS



This is a take on a dessert I had at my first 3 Michelin star restaurant experience in Barcelona. When it came out and the waiter lifted the lid the smell was amazing, I couldn't believe something as beautiful as a fig with a few simple ingredients could create something so memorable. Every time I smell this dish it takes me back to Barcelona.

Method

1. Remove the eye from the base and score a cross 2/3 of the way into the fig.
2. Place all the other ingredients into a large pan and bring to the boil and turn heat down to a simmer.
3. Place the figs in the liquor and top with a cartouche of grease proof paper.
4. Allow to simmer gently for 5-8 mins until the figs soften slightly.
5. Remove the figs and strain the liquor into another pan.
6. Reduce the liquor by half to a thicker syrup.
7. Place the figs back into the syrup to glaze.
8. Serve warm with some julienne orange peel and some rich vanilla ice cream.

Tips & Hints

You could also replace the fig with pear or apple as an alternative just allow a little longer cooking time for the fruit to soften.

Additional Information

This is a good dish for vegetarians, vegans or anyone with allergies as it can be dairy, gluten and nut free.

Wine Suggestion



This warm dessert has lovely rich concentrated raisiny figgy notes together with a marmaladey zesty orange flavour that would be complemented well by a fortified Muscat such as the **Yalumba Museum Muscat** from Australia with a fruity soft luscious texture.

VERY BERRY ICE DESSERT



This is the perfect light dessert for when you want a little bit of something sweet. A fitting conclusion to a summer barbeque.

Method

1. Tip the frozen fruit into a food processor and add the custard, Greek yogurt and honey.
2. Pulse until smooth.
3. Scoop out into glasses and decorate with a drizzle of honey and a mint sprig.
4. Enjoy with shortbread.

Hints and Tips

If it's a weekend – why not add a splash of kirsch!

Tip: If it needs a bit of firming up, pop it in the freezer for 10-15 minutes.

Other flavour combinations that work equally as well are banana or a tropical fruit mix such as mangoes and lime. Or try a frozen version of Victoria's mango and strawberry salsa mix from page 31!

You can buy bags of combinations of frozen fruit from supermarkets or peel, chop and freeze your own at home.



Mike Lewis
SA Law

**SENIOR ASSOCIATE,
HEAD OF PROPERTY
DISPUTE RESOLUTION**

SERVES: 4

PREP TIME:

10 minutes

COOKING TIME:

N/A

INGREDIENTS

500g frozen mixed summer fruits
200ml chilled custard
2 tbsp Greek natural yogurt
4 tbsp runny honey
4 mint sprigs, to decorate
Kirsch (optional)
Shortbread biscuits





Ruth Dutton
Chirp
Communications

DIRECTOR

SERVES:

8-10 servings

PREP TIME:

1 hour for the orange
10 minutes making
the cake

COOKING TIME:

40-45 minutes

INGREDIENTS

FOR THE CAKE

1 small orange
140g caster sugar
3 eggs
85g self-raising flour
100g ground almonds
50g butter, melted

FOR THE ICING

85g icing sugar
Juice of 1 small orange
(or enough to make a
smooth pouring icing)
Crème fraiche to
serve (optional)

WHOLE ORANGE CAKE



This cake has added medicinal benefits of vitamin C... Because of this, the calories don't count. Perfect! Inspired by a recipe in BBC GoodFood Cakes and Bakes.

Method

1. Put the orange in a pan and cover with cold water. Bring to boil, cover and simmer for 1 hour.
2. Remove the orange and cool.
3. Preheat oven to 180C/ 160C fan / gas 4.
4. Line a 20cm round, deep cake tin with baking paper.
5. Roughly chop the cooked orange, discarding the pips. Whizz in a food processor until smooth.
6. Whisk the sugar and eggs until light and fluffy.
7. Sift flour and ground almonds into the egg mixture.
8. Use a large metal spoon to gently fold, then add the orange mixture and melted butter.
9. Fold again until just mixed, then pour into the cake tin.
10. Bake for 40-45 mins until brown and the surface bounces back when pressed.
11. Cool in tin for 5 mins then turn out and cool on a wire rack.
12. Mix together icing sugar and orange juice, drizzle over the cooled cake to make a random lattice effect.
13. Allow to set, serve with crème fraiche.

Wine Suggestion



A sherry like the **Gonzalez Byass Alfonso** which is an oloroso seco with warm spicy aromas and pronounced orangey nutty richness on the palate is a great accompaniment to this cake.

FOOD FOR THOUGHT



We hope you enjoyed this collection of the SA Law Teams' favourite recipes in celebration of the St Albans Food & Drink Festival 2017. You can download all of SA Law's Recipe Books from:

**salaw.com/
foodforthought**

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