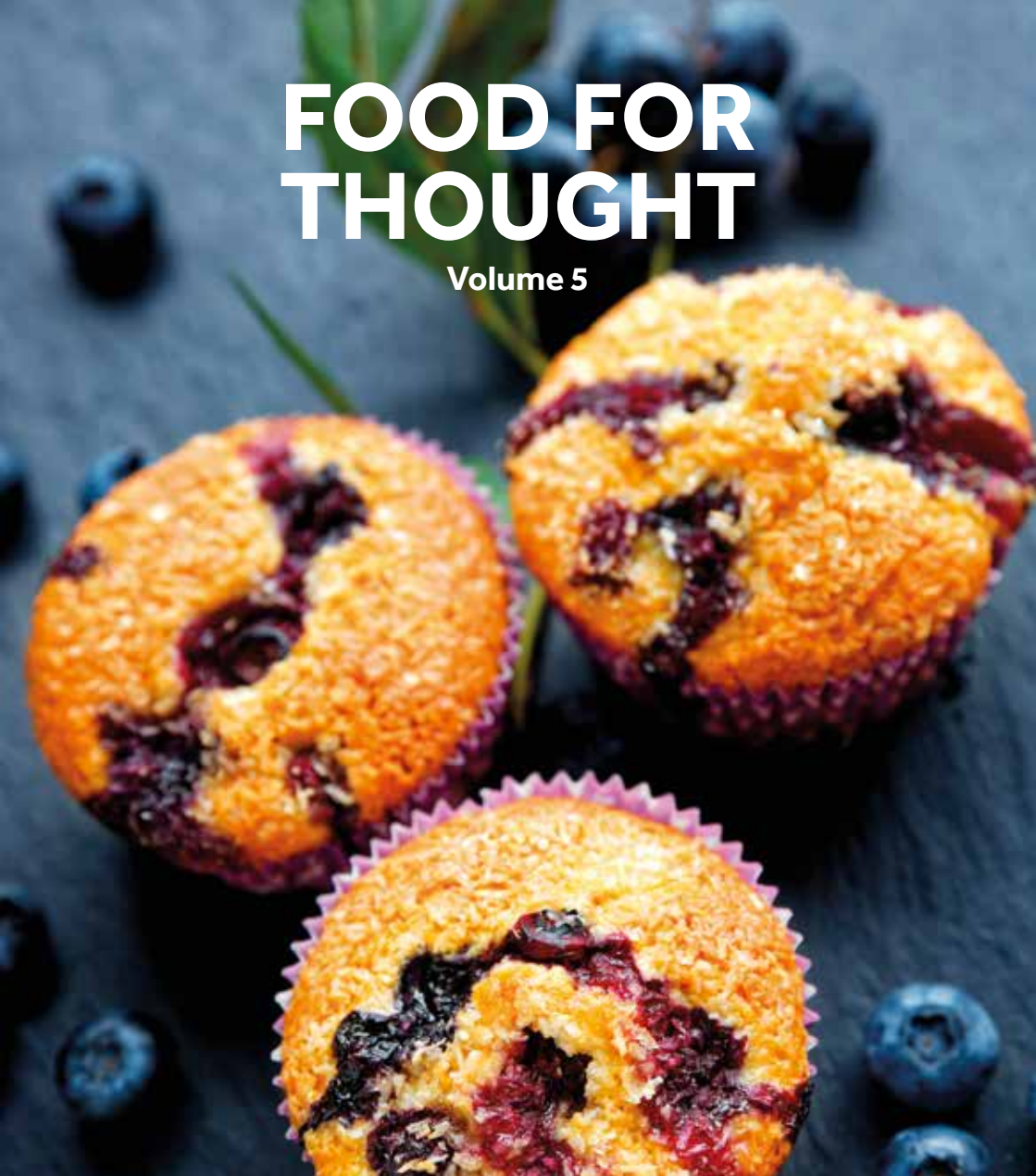
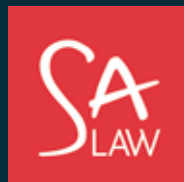


FOOD FOR THOUGHT

Volume 5



A collection of our favourite recipes
in celebration of the St Albans
Food & Drink Festival 2019



HELLO...

Welcome to the 5th edition of our SA Law Cookbook 'Food For Thought', proudly produced in celebration of the 12th annual St Albans Food and Drink Festival.

As always, we have curated some delicious recipes from well-known local chefs, food producers and local businesses, along with some family favourites from our very own team of foodies at SA Law.

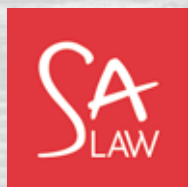
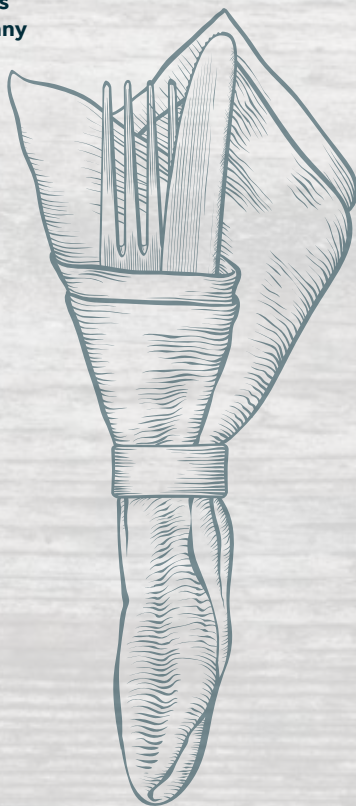
Tantalising the taste buds in this edition we have Andrei Lussmann's Pan Fried Cod Cheeks, Adrian Mariappa from Watford FC's Coconut Stew and Sarah Castleman from Hertfordshire Chamber of Commerce's Carrot and Walnut Cake, to name a few. This year's recipe contributions are inspired by cuisine from around the world, catering for all tastes and to suit every occasion.

Special thanks to all those who've taken the time to share their favourite recipes and an extra 'cheers' to Julia Jenkins from Flagship Wines (www.flagshipwines.co.uk) who has once again provided insightful wine pairings to accompany a number of the delightful recipes.

So, what are you waiting for – it's time to enter into the St Albans Food and Drink Festival spirit and get cooking! We look forward to you sharing your culinary successes with us via Twitter [@SA_Law](#) or Instagram [@SA_Lawllp](#) using [#FoodforThought](#).

Steve

Managing Partner
(Head Chef)
SA Law



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ICONS KEY



SAVOURY BREAKFAST



SWEET BREAKFAST



LUNCH



CAKES & SWEET TREATS



DINNER



DESSERT



SOUP



FROM THE BAR



STARTER/SIDE DISH



WINE SUGGESTION



VEGETARIAN

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
HOT	220	200	7
	230	210	8
VERY HOT	240	220	9

STORE CUPBOARD ESSENTIALS

Condiments, oils and vinegars

CONDIMENTS Bouillon powder, chicken stock, Chipotle paste, dark soy sauce, fish sauce, garlic paste, ginger paste, gochujang chilli paste, hot chilli sauce, HP sauce, lemon juice, light soy sauce, lime and coriander sweet chilli sauce, Lingham's chilli jam, mayonnaise, Mrs Balls Chutney, mushroom stock, Nando's Peri Peri sauce, sweet chilli sauce, tomato ketchup, tomato purée, vegetable stock.

OILS Coconut oil, extra virgin olive oil, ghee, olive oil, rapeseed oil, sesame oil, sunflower oil, vegetable oil.

VINEGAR Balsamic vinegar, japanese rice wine, red wine vinegar, sherry vinegar, white wine vinegar.

Baking and dry goods

FLOUR AND POWDERS Baking powder, bicarbonate of soda, cornflour, gluten free self-raising flour, plain flour, self-raising flour, self-raising wholemeal flour, strong flour.

SUGARS Caster sugar, demerara sugar, granulated sugar, icing sugar, light brown sugar, light muscovado sugar, soft brown, sugar.

SWEET THINGS Chocolate chips, dark, plain, milk & white chocolate, digestive biscuits, ginger nut biscuits, glace cherries, golden syrup, honey, maple syrup, mini marshmallows, rich tea biscuits, rose syrup, sprinkles, strawberry jelly, vanilla bean paste, vanilla essence, vanilla extract.

GRAINS, PULSES AND PASTA Basmati rice, brown rice, couscous, Japanese sushi rice, long grain rice, pilau rice, vermicelli.

OTHER Breadcrumbs, breadsticks, corn tacos, dehydrated rose petals, eggs, frozen peas, rolled oats.

JARS AND TINS Anchovy fillets, black & green olives, Campbells condensed chicken soup, capers, chickpeas, chopped tomatoes, coconut milk, condensed milk, cream of coconut, gherkins, jalapeno peppers,

kidney beans, Nutella, pickled ginger, piquillo peppers, pitted olives, preserved lemon, sweetcorn, tikka masala curry paste, zhoug paste.

Nuts, seeds and dried fruits

NUTS Almond flakes, cashew nuts, ground almonds, ground walnuts, hazelnuts, pine nuts, pistachios, toasted almonds, walnuts.

SEEDS Basil seeds, black sesame seeds, chia seeds, cumin seeds, ground cumin seeds, pumpkin seeds, sesame seeds, white sesame seeds.

DRIED FRUITS Cranberries, dried coconut, raisins, sultanas, sweetened dried blueberries.

Herb garden and spice rack

SPICES Bouillon powder, cayenne pepper, chaat masala, chilli flakes, chipotle powder, cinnamon, cinnamon stick, cumin powder, curry powder, fenugreek seeds, garam masala, garlic powder, ground cumin, ground nutmeg, mixed spice, mustard powder, oregano, paprika, red chilli powder, Schwartz Cajun seasoning, smoked paprika, turmeric, yellow curry powder.

HERBS Basil, bay leaves, chives, coriander, dried culinary lavender, ginger, kasoori methi, mint, mixed herbs, rosemary, tarragon, thyme.

SEASONING Black pepper, garlic salt, ground black pepper, jerk seasoning, salt, sea salt.

From the bar

Angostura Bitters, Benedictine, brandy, Campfire London Dry Gin, Carpano Antica Formula Rosso Vermouth, coconut rum, cognac, Dolin Dry Vermouth, dry sherry, Peychaud's Bitters, red wine, rum, rye whiskey, sherry, sweet vermouth, vanilla vodka.

BACON AND CHEESE QUICHE



SERVES 6 for lunch or 8 as a starter **PREP TIME** 15-20 mins
COOK TIME 30-35 mins



Marilyn Bell
SA Law

INGREDIENTS

1 tbs vegetable oil
1 large onion, finely chopped
200g rashers of smoked streaky bacon (or 200g of mushrooms for vegetarian option)
75g grated medium strength cheddar
3 eggs
400ml semi-skimmed milk
Salt and pepper
300g short crust pastry (ready rolled just is the easiest)

ADDITIONAL INFO

✓ Mushroom option suitable for vegetarians (not vegans)

! Contains gluten, dairy and egg

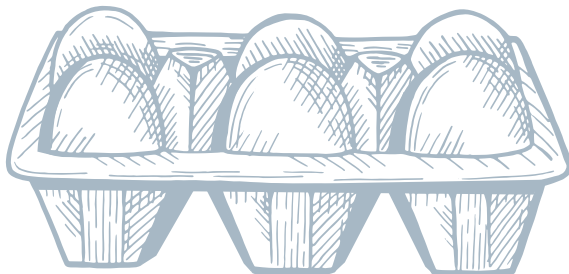
"Quick and easy. My family look forward to this each boxing day as part of a buffet lunch for about 20 of us. I make one bacon and one mushroom for the vegetarian option."

Method

- 1 Heat the oil in a frying pan and preheat oven to 200C/ 180C fan/gas 6.
- 2 Finely chop and fry the onion until soft and remove from pan and set aside.
- 3 Cut the rashers of bacon into approximately 2cm pieces and fry until cooked and set aside.
- 4 Grate the cheese.
- 5 Whisk 3 eggs with a pinch of salt and pepper.
- 6 Add sufficient milk to the whisked eggs to bring the total up to 450ml.
- 7 Roll out pastry and line quiche dish (approx. 25cm diameter dish but can be smaller to make a deeper quiche).
- 8 Add onion, bacon and cheese to pastry and pour over the egg/milk mix.
- 9 Cook immediately for 10 mins; reduce temperature to 180C/160C fan/gas 4 and cook for a further 20 to 25 mins.

Tips & Hints

- For lunch serve with salad of choice.
- Can be prepared in advance with all steps above up to adding the ingredients to the pastry base which should be left until immediately before cooking.



CAPONATA – SICILIAN AUBERGINE STEW



SERVES 4 **PREP TIME** 10 mins **COOK TIME** 20 mins



Clare Mackay
SA Law

INGREDIENTS

Olive oil
2 aubergines, chopped into chunks
1 tsp dried oregano, heaped
Salt and pepper
1 red onion, finely chopped
2 cloves of garlic, finely sliced
Small bunch of fresh flat leaf parsley
2 tbsp capers
Handful of pitted olives
3 tbsp red wine vinegar
5 large ripe tomatoes, chopped into chunks

ADDITIONAL INFO

✓ Suitable for vegetarians and vegans

"The first time I tried this dish was at Jamie Oliver's Fifteen restaurant with the sun streaming in, overlooking the stunning Watergate Bay in Cornwall. It's a recipe which conjures up long summer evenings and goes perfectly with a glass (or two) of chilled white wine. As it is vegan friendly, it is good for the planet as well as the soul. The recipe is taken from Jamie Oliver's Italy."

Method

- 1 Chop the aubergines into chunks and throw in a large pan with the olive oil and oregano. Season well with salt and black pepper.
- 2 Cook on a high heat for 5 mins, giving the pan a shake every now and again.
- 3 Once the aubergines are golden on each side, add the onion, garlic and the chopped stalks from the parsley and cook for another couple of mins.
- 4 Add the capers, olives and red wine vinegar.
- 5 Allow the vinegar to evaporate and then add the chopped tomatoes. Simmer for 15-20 mins or until the tomatoes are tender.
- 6 Drizzle with a little olive oil and then sprinkle the chopped parsley leaves over the top to serve.
- 7 Serve with a green rocket salad and warm ciabatta bread.

Tips & Hints

- Sometimes I throw in a handful of raisins to this dish or sprinkle toasted almonds over the top. It's also one of those great recipes that you can prepare in advance and then reheat if you have people coming round for supper.



Wine suggestion

It's easy to find a wine to match with this Sicilian dish as the wines of the region are made from Grillo or Catarratto grapes and have the lovely refreshing fruit and broader stone fruit, nutty notes too.



CAULIFLOWER, PEAR AND PEPPER PIE



SERVES 4 **PREP TIME** 40 mins **COOK TIME** 30 mins



Alastair Woodgate
Rumball Sedgwick

INGREDIENTS

For the filling

- 350g cauliflower florets
- 1 red pepper, sliced
- 2 ripe pears, peeled, cored and sliced
- 1 small onion, diced
- 125g vegetarian cheese, grated
- 25g butter
- 25g plain flour
- 150ml milk (approx.)
- Pinch of mustard powder
- Salt and pepper to taste

For the pastry

- 125g self-raising wholemeal flour
- 50g ground walnuts
- 50g butter
- 2 tbsp oil
- 4 tbsp cold water

ADDITIONAL INFO

- ✓ Suitable for vegetarians
- ! Contains nuts and gluten

"Although I'm not vegetarian, I love the clean flavours, colours and textures that vegetarian cooking can deliver and this recipe is no exception. The nutty nuance of the cauliflower, piquancy of the peppers and sweetness of the pears combine really well, together with the walnut pastry."

Method

For the filling

- 1 Preheat oven to 200C/180C fan/gas 6.
- 2 Cook the cauliflower florets in a little water until just tender, then drain, reserving the liquid, and chop the cauliflower roughly.
- 3 Melt the butter in a pan, add the diced onion and sliced red pepper and sauté until the onion is translucent.
- 4 Add the flour and cook, while stirring, for a further 1½ mins.
- 5 Add the milk to the reserved liquid to make up 300ml, then add to the pan and stir until thickened.
- 6 Mix in the pears, cheese, mustard powder, salt and pepper then place into a 1.2 litre pie dish.

For the pastry

- 1 Mix together the wholemeal flour and ground walnuts, rub in the butter until the mixture looks like breadcrumbs and then add the oil and water, mixing to create a firm dough.
- 2 On a lightly floured surface, roll out the dough and then place over the pie dish, crimping the edges and making a small hole in the centre.
- 3 Cook for around 30 mins, until golden.

Tips & Hints

- Serve with your favourite vegetables for a plate of food packed with flavour.



CHEESE AND SESAME GLUTEN FREE SAVOURY BISCUITS



SERVES Makes approx 24 small biscuits **PREP TIME** 10 mins, plus 1 hr chilling time **COOK TIME** 7-10 mins



Harriet Fleming

Harriet Fleming Surveyors

INGREDIENTS

110g self-raising gluten free flour (Doves Farm Gluten Free Flour recommended)

85g soft butter

85g Dolcelatte blue cheese

3 tbsp grated parmesan

55-85g sesame seeds

ADDITIONAL INFO

✓ Suitable for Coeliacs

"My daughter was diagnosed with Coeliac disease when she was two, so we very quickly had to learn a new approach to cooking. There wasn't much around in terms of easy savoury snacks, so my mother-in-law Susan Fleming (a cookery editor) adapted a recipe by one of her chef friends, Thane Price, to make it gluten free. Honestly, when she said she had made blue cheese biscuits I thought there was no chance the kids would eat them (or me to be honest) but they are a firm favourite."

Method

- 1 Place the flour, soft butter, blue cheese and parmesan into food processor bowl and whizz until it forms a dough. Chill the dough for an hour in the fridge.
- 2 Preheat oven to 220C/200C fan/gas 7.
- 3 Split the dough into 24 or so pieces then make them into small balls (about the size of a large cherry).
- 4 Roll each of the dough balls in the sesame seeds until well coated. Then squash the ball into a flat-ish biscuit shape on a greased baking sheet and bake in the oven for 7-10 mins until they are golden brown.
- 5 Cool on a wire rack (although they are usually gone before they are fully cool in our house!).

Tips & Hints

- You can use any blue cheese for this recipe, I just use a slightly milder creamier one (as I'm not a fan of full on blue). If you do decide to make this recipe, I recommend you drop into the fantastic Fleetville Larder on Hatfield Road to get the cheese as they have the best range in St Albans (in my opinion).



CHICKEN AND BROCCOLI BAKE



SERVES 4 **PREP TIME** 30-40 mins for the chicken, 10 mins for dish preparation **COOK TIME** 40 mins



Andy Tiplady
HSBC

INGREDIENTS

4 boneless chicken breasts
1 broccoli crown, boiled
170g mayonnaise
140g natural yoghurt
1 tin of Campbells condensed chicken soup
Grated cheddar cheese
Breadcrumbs

ADDITIONAL INFO

! Contains gluten

"This is a recipe we have used for many years which is relatively easy to prepare but a family favourite all year round."

Method

- 1 Preheat oven to 200C/180C fan/gas 6, then cook the chicken breasts for as long as they need. Remove from the oven and slice.
- 2 Meanwhile, place the broccoli into boiling water and cook for 6-8 mins.
- 3 Chop up the broccoli and place the florets into a buttered ovenproof dish.
- 4 Place the sliced chicken breast on top of the broccoli.
- 5 Mix the mayonnaise, yoghurt and soup together and pour over the chicken.
- 6 Sprinkle with a good helping of grated cheese.
- 7 Cover with breadcrumbs.
- 8 Bake for 40 mins or until golden brown and serve with vegetables of your choice.



Wine suggestion

A soft fruity white wine such as a lightly oaked French Chardonnay, full of pure fruit notes will be a good match for the lovely soft creamy notes of this dish.



CHICKEN CASSEROLE IN A FIELD



SERVES 16 (based on a portion of two chicken thighs per person)

PREP TIME Approx 30 mins **COOK TIME** 2-3 hrs



Simon Walsh

SA Law

INGREDIENTS

A couple of decent sized skin-on chicken thighs per person

Olive oil

Onions, chopped

Garlic, finely chopped

Carrots, diced

Celery, diced

Mushrooms, chopped

Red, orange and yellow peppers, chopped or sliced

Flour seasoned with plenty of mixed herbs, salt and pepper

Bouillon powder or chicken stock

A few bay leaves

Tomato purée

Tomato ketchup

HP sauce

Balsamic vinegar

"This is a childhood favourite – my mother's chicken casserole – upscaled to feed hungry hoards in a field on a camping trip. The last time I did it, a friend and I prepared it over a blissful afternoon when we were left in peace in the sunshine with a few beers and nothing else to do or worry about other than cooking and what music we'd play next."

Method

- 1 Get a decent amount of embers ready while you're doing your prep.
- 2 Dredge the chicken thighs in the seasoned flour to coat them completely.
- 3 Save any left over flour to thicken the sauce if needs be.
- 4 Brown the chicken and set it aside in a covered bowl to catch the juices.
- 5 Fry off the onions, carrots, celery and peppers to soften them with the bay leaves, add the garlic towards the end so it doesn't catch.
- 6 Add the purée and stir it through to cook, then add some ketchup, a bit of HP Sauce and balsamic vinegar to taste.
- 7 Add the mushrooms, stir and then put in the chicken and the juices on top.
- 8 Add enough stock so that you have approx 2cm of liquid in the bottom of the pan.
- 9 Cover the pan with foil.
- 10 Top the embers up if needs be but don't go crazy – you don't want things too hot.
- 11 Cover the cooking fire pit with the second fire pit to make an oven.
- 12 Prod periodically until the chicken is cooked through and the sauce has reduced (use the reserved flour to thicken it if you need to).



ADDITIONAL INFO

✓ You'll need a couple of fire pits and a very large paella pan. A third pit is perfect for keeping a decent supply of embers going

! Contains gluten

Tips & Hints

- Serve with jacket potatoes.
- You can also cook this casserole from the comfort of your home by cooking in the oven for 1½ hrs at a low temperature.



CHICKEN KATSU CURRY



SERVES 4 **PREP TIME** 30 mins **COOK TIME** 45-60 mins



Lizzy Trueman
SA Law

INGREDIENTS

Katsu Curry Sauce

- 15g butter
- 1 large onion, diced
- 2-3 cloves of garlic, diced
- 2 large carrots, peeled and sliced
- 2 large potatoes, peeled and sliced
- 1-2 tsp yellow curry powder
- 1 tbsp honey
- 2-3 tbsp soy sauce
- 1-2 tbsp fish sauce
- 1 lime, juiced

Chicken in breadcrumbs

- 1 chicken stock cube
- 500 ml water, boiled
- 2 tbsp flour mixed with 150ml water
- Chicken in breadcrumbs**
- 750g chicken thighs, boneless
- 100ml vegetable oil
- 2 eggs, beaten
- 2-4 slices of bread, blitzed to make breadcrumbs
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp oregano
- 1 tsp basil
- 1 tsp chilli flakes

ADDITIONAL INFO

✓ Replace chicken with butternut squash and stock for a vegetarian alternative

! Contains gluten and egg



"This is the first recipe that I learnt with my other half and we have spent the past two years perfecting it. For me, this recipe tastes like home. I hope your family enjoy it as much as mine."

Method

Katsu Curry Sauce

- 1 Fry the diced onion and garlic in a saucepan with butter until golden brown.
- 2 Add the curry powder and stir until the onions are covered.
- 3 Add the boiled water to the curry-onion mix and stir continuously to avoid lumps.
- 4 Add the honey, squeeze in the lime juice and crumble in the stock cube.
- 5 Simmer the mixture, stirring occasionally for 10 mins.
- 6 Add the sliced carrots and potatoes.
- 7 Add 1 tbsp of both the fish sauce and the soy sauce. Add the second tablespoon of the fish or soy sauce if the curry lacks flavour and add as much as is necessary for your taste.
- 8 Continue to simmer the mixture for at least 20 mins or until the vegetables are cooked.
- 9 Just before serving, mix 2 tbsp of flour with approximately 150ml of water, add to the saucepan and stir well to combine. This will thicken the curry sauce.

Chicken in breadcrumbs

- 1 Heat the oil in a frying pan. Once the oil is hot ensure that it remains on a medium heat.
- 2 Place the breadcrumbs in a bowl and mix thoroughly with the salt, black pepper, oregano, basil and chilli flakes.
- 3 In a second bowl whisk the eggs with a pinch of salt.
- 4 Dip the chicken into the egg until it is covered, then dip the egg-covered chicken into the breadcrumb mix. Ensure that the chicken is thoroughly covered in breadcrumbs.
- 5 Fry the coated chicken in the oil until the breadcrumbs are a dark brown colour on both sides and cooked thoroughly.

Tips & Hints

- I serve this dish with Japanese sushi rice, raw spinach and pickled ginger.
- You can also tear the fat off the chicken, as I do, however that's a personal preference.



Wine suggestion

Try a full fruity white with this dish and its myriad flavours. An oaky new world Chardonnay or Roussanne from South Africa with tropical fruit notes with a spice and pepper and oaky overtones will complement the dish.

COCONUT STEW, RICE & PEAS WITH FRIED PLANTAIN



SERVES 5 **PREP TIME 15 mins** **COOK TIME 45 mins**



Adrian Mariappa
Watford Football Club

INGREDIENTS

1 tbsp coconut oil
2 red onions, cut into chunks
3cm piece of fresh ginger, finely chopped
2 garlic cloves, crushed
1 red chilli, deseeded and finely chopped
3 tsp jerk seasoning
Pinch sea salt and pepper
1 medium butternut squash, peeled and cubed
2 Maris Piper potatoes, peeled and cubed
1 medium aubergine, cubed
1 courgette (zucchini), cubed
1 red bell pepper, cubed
1 x 400ml can coconut milk
295ml vegetable stock
2 tbsp tomato purée
Juice of ½ a lime
165g canned chickpeas, drained and rinsed
75g cashew nuts, toasted
Handful of spinach
100g mango, peeled and cubed

For the rice and peas

1 x 400g can kidney beans, liquid reserved
1 x 400ml can coconut milk
400ml vegetable stock
3 tbsp fresh thyme leaves
Pinch sea salt and black pepper
450g long grain rice, rinsed

For the plantain

2 medium plantains, peeled and cut into 1cm discs
2 tbsp coconut oil

Method

- 1 First make the curry: heat a large, lidded saucepan over a low heat and add the coconut oil. Once the pan is hot, add the onion, ginger, garlic and chilli. Sweat for a couple of mins while stirring. Add the jerk seasoning and a pinch of salt and pepper and cook for 2 mins more.
- 2 Now add the squash, potatoes, aubergine, courgette and pepper and sauté for 4-5 mins until the vegetables have softened slightly.
- 3 Pour one can of coconut milk, stock, tomato purée and lime. Pop the lid on and simmer for 15-20 mins, stirring every now and then.
- 4 While the stew is cooking, prepare the rice and peas: pour the can of kidney beans into a medium saucepan with the coconut milk and stock. Add the thyme and seasoning. Bring to the boil, then stir in the rice. Allow to boil for a couple of mins before popping the lid on, turning the heat down and leaving it to simmer for 15 mins, or until the rice has absorbed all the liquid and is fluffy.
- 5 After the stew has simmered for 15 mins, check the squash and potatoes are cooked. If not, continue to cook for a few more mins. When they are cooked, stir in the chickpeas, toasted cashews, spinach and mango.
- 6 Simmer for 3 more mins then turn off the heat.
- 7 Just before you're ready to serve, fry the plantain. Melt the coconut oil in a large, non-stick frying pan over a medium heat. Fry the plantain slices on both sides, until they're caramelised and golden.
- 8 Serve plenty of rice and peas, stew and plantain in large bowls, with a wedge of lime and fresh coriander sprinkled on top.

ADDITIONAL INFO

! Contains nuts



CREAMY MUSHROOM SOUP



SERVES 4-6 **PREP TIME** 10 mins **COOK TIME** 25 mins



Julia Jenkins
Flagship Wines

INGREDIENTS

30g butter
2 leeks, trimmed, washed,
finely sliced
Sprig of thyme
750g mushrooms,
roughly chopped
1 small garlic clove, chopped
1 tbsp plain flour
1.2L hot mushroom or
vegetable stock
100ml double cream,
plus extra to serve
A few gratings of nutmeg
2 tbsp dry sherry
Sea salt and freshly ground
black pepper

To serve

A handful of chives,
tarragon, parsley, chopped

ADDITIONAL INFO

✓ Suitable for vegetarians

! Contains gluten

"This is an easy soup to make and full of flavour. Sadly I can't claim the recipe as my own – it is taken from River Cottage Veg Everyday."

Method

- 1 Melt butter in large saucepan over a medium heat and sweat the leeks with the thyme until soft.
- 2 Turn up the heat, add the mushrooms and a pinch of salt and sauté for a few mins.
- 3 Add the garlic and stir for 1 min, sprinkle over the flour and stir for a couple of minutes more.
- 4 Pour over the hot stock, bring to the boil and simmer gently uncovered for 20 mins.
- 5 Remove the thyme, whiz the soup in a blender until smooth (leave a quarter unblended if a soup with more texture is preferred).
- 6 Add the cream, nutmeg and then gently stir whilst reheating.
- 7 Add the sherry, adjust the seasoning adding more if necessary.
- 8 Pour into warmed bowls. Add a swirl of cream and sprinkling of chopped herbs before serving.



Wine suggestion

This rather retro mushroom soup recipe includes sherry whilst cooking and thus an ideal wine to drink whilst eating it too. The recipe calls for dry sherry though a dry Amontillado or a Palo Cortado would be more appealing to drink as the flavours of the soup and sherry style are rounder and complementary.



EGGPLANT (AUBERGINE) CURRY



SERVES 2-4 **PREP TIME** 15 mins **COOK TIME** 45 mins



Jaspreet Grewal
FOCUS

INGREDIENTS

1 large eggplant (aubergine)
1 small onion, finely chopped
3 tomatoes, finely chopped
4 garlic cloves, grated
1 tsp ginger, grated
½ tsp ground turmeric
1 tsp cumin seeds
½ tsp red chilli powder/
paprika (optional)
Salt to taste
Oil (or if you have ghee,
it's even better)

To serve

Bunch of coriander and a
lemon for garnishing

ADDITIONAL INFO

✓ Suitable for vegetarians
and vegans

"Baingan ka Bharta" as it's called in India, is a very forgiving recipe. The traditional recipe involves roasting the eggplant over a direct flame, but this can be quite messy and if you have an induction top, it's not an option. So, I prefer to grill the eggplant in the oven as it imparts a lovely flavour. In the traditional version we remove the skin, but in this recipe, we keep it."

Method

- 1 Wash and chop the eggplant into small cubes. Toss with 1 tbsp oil and put it in the oven for 30 mins at 220C/200C fan/gas 7.
- 2 While the eggplant is in the oven, heat a pan and add 2 tbsp oil/ghee and add the cumin seeds. As they darken slightly, add the chopped onions and garlic. Cook for about 8-10 mins until the onions turn translucent.
- 3 Add the ginger and tomatoes. Cook for another 10 mins, adding salt during this time will help break down the tomatoes. Sprinkle with the turmeric and red chilli powder or paprika and cook for another 5 mins and cover.
- 4 Check the eggplant now to make sure it's mushy and slightly charred and remove from the oven.
- 5 Add the eggplant to the pan and mix everything well. Cover and cook for another 10 mins to bring all the flavours together.
- 6 Garnish with chopped coriander and some lemon. Serve with nan bread or basmati rice.

Tips & Hints

- If you don't have cumin or turmeric you might have an old bottle of curry powder lying at the back of your cabinet. Use that instead. Perhaps you have some garam masala, sprinkle that as a garnish. Cumin powder works instead of cumin seeds. Like I said, this is a recipe you can play around with till you get what you like.

EGGY BREAD (DEFINITELY NOT FRENCH TOAST)



SERVES 4 **PREP TIME** 5 mins **COOK TIME** 15 mins



Team Mustard My Mustard

INGREDIENTS

4 large free-range eggs
4 tbsp semi-skimmed milk
Sea salt and black pepper
4 slices of fresh white bread
Olive oil/butter

ADDITIONAL INFO

- ✓ Suitable for vegetarians
- ✓ Can be made dairy-free and gluten-free
- ! Contains egg

"This recipe is adapted from Jamie Oliver's 'The Kitchen Garden Project' book. It is perfect for those days when you can't decide what to have for breakfast or even brunch and fancy something a little bit different (depending on how much time you have)! And the best bit is....it doesn't even have that many calories."*
***Topping dependent**

Method

- 1 Crack the eggs into a mixing bowl.
- 2 Add the milk and season with a pinch of both salt and pepper.
- 3 Lightly whisk the eggs and milk together with a fork and put to the side.
- 4 Dip 1 slice of bread into the eggy mixture at a time and allow the mixture to evenly soak in.
- 5 Simultaneously, place a frying pan on a medium heat with approx. ½ tbsp of olive oil or a tbsp of butter and swirl around to cover the bottom of the pan.
- 6 Lift the soaked bread up from the bowl and allow the excess to drip off before placing it into the pan.
- 7 Cook for 2 to 3 mins on each side, or until golden using a fish slice or spatula to flip it over.
- 8 Gently lift the bread out of the frying pan and onto a serving plate.
- 9 Et voilà! Add your favourite topping if you'd like to.

Tips & Hints

- We like ours with yoghurt and summer berries but if you are adding sweet toppings it's best to leave out the salt and pepper!
- This recipe can be made using other milks including dairy-free options. The white bread can also be substituted for your preferred choice of bread, e.g. granary, wholemeal, gluten-free.

FISH TACOS WITH CORN SALSA



SERVES 2 **PREP TIME** 10 mins **COOK TIME** 12-15 mins



Chris Cook
SA Law

INGREDIENTS

1½ tsp smoked paprika
1½ tsp garlic powder
½ tsp chipotle powder
300g cod fillet, cut into
bite-size strips or chunks
250g shelled prawns

Corn salsa

1 tin of sweetcorn, drained
1 avocado, diced
1 banana shallot, finely
chopped
1 bunch of coriander leaves,
chopped
3 tbsp olive oil
1 tbsp red wine vinegar
1 tbsp honey
Salt and pepper

To serve

Corn tacos
¼ red cabbage, shredded
finely
2 limes
Sour cream

ADDITIONAL INFO

! Contains shellfish

“Quick and easy Friday night dinner. Modified from the original in an Ideal Home magazine.”

Method

- 1 Mix together the paprika, garlic powder and chipotle powder. Toss the cod and prawns in the spice mix and marinate for at least 10 mins.
- 2 Preheat oven to 200C/180C fan/gas 6. Wrap the tacos in foil and warm in the oven.
- 3 Mix the shredded cabbage with juice from one of the limes and set aside.
- 4 For the salsa, mix the sweetcorn, avocado, shallot and coriander leaves, then stir in olive oil, red wine vinegar and honey. Season to taste.
- 5 Heat a splash of oil in a frying pan and fry the cod and prawns over a high heat for 2-3 mins.
- 6 Serve the warm tacos with the fish, cabbage, salsa, lime wedges and sour cream.

Tips & Hints

- This is a nice and easy recipe to double or even triple up if you're cooking for more than 2.
- Instead of the smoked paprika, garlic powder and chipotle powder spice mix, you could use 2½ tsp Schwartz Cajun seasoning to marinate the fish and prawns as it tastes just as good.



Wine suggestion

A zingy New World Riesling makes a great combination with the marinated spicy fish served with lime and sour cream and tacos. Forget the delicious light sweet notes of German Riesling, the wines from the same grape in Australia or New Zealand are full of floral, limey, zesty fruit with a lingering spicy taste.



FIT FOR A FRIDAY NIGHT



SERVES 4 **PREP TIME** 10 mins **COOK TIME** 20 mins



Peter McNee
Anytime Fitness

INGREDIENTS

4 chicken breasts cut into bite sized pieces

1½ tsp of Zhoug paste*

4 spring onions, finely sliced

2 inch piece of cucumber, diced

Small bunch of parsley, roughly chopped

125g pomegranate seeds

12 green olives, sliced

Handful of pistachios, roughly chopped

Packet of Tilda steamed white and brown basmati rice

For the dressing

Pinch of salt and a few twists of pepper

½ lemon, juiced

1 tbs of extra virgin olive oil

"There's nothing better on a Friday night than a very cold glass of white wine and something to eat that is easy to make and tastes great. This recipe has the added bonus of being pretty healthy as well."

Method

- 1 Preheat the oven to 200C/180C fan/gas 6.
- 2 Mix the chicken with the Zhoug paste.
- 3 In a wok fry the chicken in a splash of extra virgin olive oil until it is partly cooked then transfer to a baking tray and finish cooking the chicken in the oven – it should take around 10 mins.
- 4 In a large salad bowl add the spring onions, pomegranate seeds, green olives and cucumber.
- 5 Once the chicken is cooked and resting, cook the rice following packet instructions.
- 6 Whilst the rice is cooking whisk the olive oil and lemon juice together to make the dressing and season to taste with salt and pepper.
- 7 Add the chicken, rice, dressing, pistachios and chopped parsley to your salad bowl. Toss together and serve.

Tips & Hints

- *Zhoug paste is a little bit like pesto it is a blend of chilli, garlic and coriander and adds a zing to fish, chicken or a bowl of fusilli.
- The chicken can be swapped out for any firm white fish.

GAZPACHO



SERVES 2 PREP TIME 30 mins



Lisa Bates-Wallis
Lisa Bates Marketing

INGREDIENTS

½ cucumber, peeled,
roughly chopped
1 large yellow pepper,
roughly chopped
1 large red pepper,
roughly chopped
6 ripe tomatoes, roughly
chopped
2 shallots, roughly chopped
3 garlic cloves, roughly
chopped
100g stale white bread,
soaked in a little cold water
3 tbsp olive oil
2 tbsp sherry vinegar
1 egg, scrambled

ADDITIONAL INFO

- ✓ Suitable for vegetarians
- ! Contains gluten and egg

"What can be more refreshing on a hot Summer's day than a delicious and smooth Spanish Gazpacho. Having recently spent some time in both Barcelona and Madrid I've decided that Gazpacho is really one of my favourite things to eat when in Spain..... aside from Churros!"

Method

- 1 Blend most of the cucumber, peppers, tomatoes and shallots to a rough purée in a food processor.
- 2 Add the garlic, soaked bread, olive oil and sherry vinegar to the food processor and blend again until smooth, or to a more textured consistency if desired.
- 3 Transfer the soup to a jug, cover with cling film and chill for at least 20 mins, or until cold.
- 4 Cut the reserved vegetables into small cubes. When ready to serve, pour the gazpacho into bowls and garnish with some crumbled scrambled egg.

Tips & Hints

- Crumbled scrambled egg makes a great topping, alternatively for a vegan option save a few chunks of the vegetables to garnish. Enjoy!



HEART-WARMING SAUSAGE STEW



SERVES 4 **PREP TIME** 10 mins **COOK TIME** 60 mins



Amelia Jones
Kysen PR

INGREDIENTS

8 sausages, around 400-500g
1 onion, finely chopped
2 carrots, diced finely
1 red pepper, sliced
1 medium courgette, chopped into chunks
4 cloves of garlic, crushed
4 tbsp frozen peas
2x400g cans of chopped tomatoes
1 tbsp tomato purée
Pinch of salt, lots of black pepper
1 tsp oregano
1 tsp basil
1 tsp sugar
½ tsp of chilli flakes (or more if you like it spicy)
1 bay leaf

"Perfect dish for a mid-week autumn evening."

Method

- 1 Grill the sausages till they are nice and brown (but not burnt!).
- 2 Whilst the sausages are on, chop the onions, carrots, pepper and courgette.
- 3 Heat a large deep-frying pan with a little olive oil and sweat the onions and pepper.
- 4 Once softened, add the chopped tomatoes with half a can of water, tomato purée, carrots, courgette and garlic and simmer with the lid on until the vegetables are tender.
- 5 Wait until the sausages have cooled slightly, slice into small round chunks and add to the sauce, along with the frozen peas. Season with the salt and pepper, oregano, basil, sugar, chilli flakes and bay leaf.
- 6 Simmer for 30 mins to reduce the stew. If you like a vibrant and tasty tomato sauce reduce for longer.
- 7 Serve with brown rice, or a couple of slices of sourdough bread with a little salted butter.

Tips & Hints

- Feel free to include any other vegetables you have left over in the fridge – for example, leeks and celery go well in this dish too and will give it further flavour.
- This is a meat recipe, but it equally goes down a treat with gluten-free, Quorn, or alternatively, turkey sausages.



Wine suggestion

A wine from the south of France would go well with this lovely dish full of comforting flavours so head to the Languedoc Roussillon region for a red such as Carignan that is smooth and full of fruit or a Fitou, a Faugeres or Caramany – lots of wines to experiment with from here that are great food wines.

HOMEMADE NANDO'S PERI PERI CHICKEN BURGER



SERVES 2 **PREP TIME** 40 mins (including 30 mins marinating time) **COOK TIME** 25-30 mins



Muhammad Allybokus
SA Law

INGREDIENTS

2 chicken thighs, boneless and skinless

Marinade

Handful piquillo peppers, chopped

2 red chillies

1 tbsp paprika

1 tbsp cayenne pepper

1 tbsp garlic salt

½ tbsp chilli flakes

1 tbsp dried oregano

½ tbsp salt

6 tbsp garlic paste

2 tbsp ginger paste

8 tbsp extra virgin olive oil

Freshly squeezed lemon juice from a medium sized lemon

For assembling the burger

Burger buns

1 tbsp butter

Halloumi cheese (about 4 slices per burger)

1 vine tomato, sliced

3 large gherkins, thinly sliced

1 red onion, sliced

Romaine lettuce hearts

Handful Jalapenos

Mayonnaise

Nando's Peri Peri sauce

2 tbs sunflower oil for frying

"Perfect for a last-minute dinner when you feel like a succulent juicy chicken burger but the kids are already in bed and Nando's won't deliver."

Method

- 1 Blend the marinade ingredients until you have a near smooth paste and pour into a large container.
- 2 Add the chicken to the marinade (ensuring the chicken is fully covered). Leave in the fridge for a minimum of 30 mins but overnight if you want a really flavoursome chicken burger.
- 3 When ready to cook, preheat oven to 220C/200C fan/gas 7 and place chicken on a preheated foil lined oven tray (scraping all leftover marinade from the container on to the chicken) and put in the oven. Cook for 25-30 mins depending on the thickness of the chicken.
- 4 In the meantime, fry sliced onions until crisp in a small amount of sunflower oil. Around 10 mins before the chicken is ready, heat the butter in a pan on a medium to high heat. Place halloumi slices in pan and turn over once slightly browned. Remove when browned on both sides but still soft inside to ensure that the moisture is not lost. Keep an eye on the halloumi to avoid burning.
- 5 Next, assemble the burger: Spread mayonnaise on both sides of the burger buns. Place the chicken on the bottom part of the bun straight from the oven. Drizzle on some Nando's sauce.
- 6 Place halloumi slices on the chicken and drizzle with some more Nando's sauce.
- 7 Add sliced gherkins, jalapeno and tomatoes. Finish off with 2 slices of lettuce before adding the top bun.

Tips & Hints

- Side suggestions: potato wedges, sweet potato fries, corn on the cob.
- Perfect with a "Ferrero Rocher Nutella milkshake" – blend 4 Ferrero Rochers, 4 tbsp Nutella, 700ml milk and 2 scoops of vanilla ice cream. Serve topped with whipped cream and Askeys café curls.





SERVES 4 -6 depending on appetite and size of lamb shoulder!

PREP TIME 10 mins **COOK TIME** 3-4 hrs



Vincent Billings
SA Law

INGREDIENTS

- 1 shoulder of lamb
- 1 tsp salt
- ¼ tsp pepper
- 3 bay leaves
- 1 tsp ground cinnamon
- 1 tsp oregano

"This recipe is a traditional Greek dish that I have enjoyed many times cooked by my mother-in-law, Dora. It was one of the first dishes she introduced me to when I met my wife, Emily. It's a simple but delicious dish, making it perfect for entertaining as minimal effort is involved allowing you to spend time with your guests."

Method

- 1 Preheat your oven to 200C/180C fan/gas 6.
- 2 Place your shoulder of lamb in a cast iron casserole dish with lid or an ovenproof tray.
- 3 Smother the lamb with the salt, pepper, bay leaves, cinnamon and oregano, rubbing everything into the lamb well.
- 4 Cover securely with the lid or foil if using oven proof tray.
- 5 Place into the middle of the oven and slow cook for 3-4 hours until the meat is tender and falling apart. You will need to check the meat at the 3-hour mark to see how it's cooking.

Tips & Hints

- This is delicious served with some roast potatoes and a Greek village salad.



Wine suggestion

A classical Greek dish often cooked for family meals deserves a classical wine to go with it. However, this needn't be predictable. Pinot Noir is often recommended to accompany lamb dishes as its soft light styles are a good flavour match. To complement the herbs and spice of this dish choose a Pinot Noir from New Zealand especially from Martinborough in the North Island that has a deep mushroomy textured flavour with a hint of pepper on the finish.



KOREAN CHICKEN



SERVES 4 **PREP TIME** 10 mins **COOK TIME** 10 mins



Steve Ryan
SA Law

INGREDIENTS

600g chicken fillets
5cm ginger, grated
Salt and pepper
50g cornflour
Vegetable oil for frying

For the sauce

3 tbsp brown soft sugar
2 tbsp gochujang chilli paste
4 tbsp soy sauce
1 garlic clove, chopped
5cm ginger, grated
2 tsp sesame oil
2 tbsp mint, chopped
2 tbsp coriander, chopped

To serve

1 tbsp of black sesame seeds
1 tbsp of white sesame seeds
3 spring onions, sliced
2 tbsp mint, chopped
2 tbsp coriander, chopped

"This simple, punchy chicken dish is full of flavour and quick to pull together. I'd love to take the credit for this one – but it's a trusty James Martin recipe from his show 'Saturday Morning'!"

Method

- 1 Heat a deep fat fryer to 180°C.
- 2 Place all the sauce ingredients into a pan over a medium heat, bring to the boil then gently cook for 3 mins.
- 3 Season the chicken with salt, pepper and ginger, toss in the cornflour then deep fry for 5 mins until cooked and golden, then drain.
- 4 To serve, pile the chicken onto a platter, drizzle over the sauce and sprinkle with sesame seeds, spring onions, coriander and mint.

Tips & Hints

- I learnt my lesson when I once made this dish and didn't weigh the cornflour for frying the chicken... safe to say it was extra crispy! I've stuck to the recommended 50g since.



Wine suggestion

The tantalising meld of spice, herbs and rich soy sauce, etc. can be enhanced by selecting a wine that has a similar flavour dichotomy of richness and spice such as lightly oaked South African Viognier full of ripe rich fruit.



MAPLE AND BALSAMIC LAMB



SERVES 4 **PREP TIME** 30 mins **COOK TIME** 10-30 mins



Andrea Holmes
Rayner Essex LLP

INGREDIENTS

2 racks of lamb or 8 lamb cutlets, French trimmed
Several sprigs of thyme
Salt and pepper
Extra virgin olive oil
25g butter
2 tbsp maple syrup
1 tbsp balsamic vinegar
1 bunch spring onions, trimmed and sliced
50g flaked almonds
100g couscous
A packet of feta cheese
10-15 fresh mint leaves
125g pomegranate seeds

ADDITIONAL INFO

! Contains nuts

"I cook this recipe quite often as it can be thrown together without measuring ingredients, it's very tasty, super quick and looks quite 'restauranty' so people will think you've spent ages on it. It's so easy my daughter cooked it in a competition when she was 11 years old and won!"

Method

- 1 Sprinkle the thyme over a large plate with a little salt and pepper, then squish the lamb chops or cutlets into the mix, turning them over to coat both sides.
- 2 Place a large frying pan on a medium heat with a good glug of oil. Fry the lamb chops for about 3-4 mins on the first side or until they are golden brown. Flip the lamb over and leave to cook for a further 3-4 mins depending how you like them cooked.
- 3 Meanwhile, tip the couscous into a medium bowl, add boiling water, cover with cling film and set aside for about 5 mins.
- 4 For the glaze, put the butter, maple syrup and balsamic vinegar into a small saucepan over a high heat. Bring to the boil and then reduce to simmer, leaving it to bubble away for about 3 mins, stirring from time to time. When the glaze is thickened and syrupy (a little thinner than golden syrup) remove from the heat and keep warm.
- 5 Check the couscous grains have absorbed all the water and are tender then fluff it up with a fork. Crumble in the feta cheese, season with salt and pepper and add a good drizzle of extra virgin olive oil. Stir together and re-cover to keep warm.
- 6 Cut into the centre of one of the lamb chops or cutlets to check that they are cooked to your liking. When ready, transfer them onto a plate to rest for a few mins. Add the spring onions and flaked almonds to the frying pan used to cook the lamb and fry on a medium heat for 1-2 mins, stirring every now and then. Remove from the heat when the spring onions are wilted and the almonds golden brown.
- 7 Divide the couscous among four serving plates. Place two lamb chops on top of each plate and drizzle the glaze (and any resting juices) over the top. Scatter over the onion and almond mixture and tear over the mint leaves.
- 8 Top with the pomegranate seeds and serve.

Tips & Hints

- I sometimes add a bit of stock to the couscous rather than just water to give it a fuller flavour.



Wine suggestion

This dish seems to combine flavours of Eastern Europe and North Africa so my thoughts turn to wines from Domaine des Tourelles in the Lebanon, especially the white blend that is full flavoured yet refreshing.

MURG TIKKA LABABDAR



SERVES 2 **PREP TIME** 5 mins **COOK TIME** 30 mins



Darshit Hora
Veer Dhara Restaurant

INGREDIENTS

250g boneless chicken cubes, cooked tender
60g refined oil
1 tsp cumin powder
125g onion, grated
125g tomato, grated
1 tsp chilli powder
1 tsp garam masala
½ tsp ground cumin seeds
½ tsp kasoori methi or fenugreek seeds
60g white butter
50ml fresh cream
Salt to taste

To serve

Coriander, chopped
Ginger, shredded
Tomato, sliced

"This is amongst the top selling items on the menu and was also ordered by Tom Cruise on his visit to the restaurant in 2012. Our executive head chef has picked this dish from his past experience with Taj Group of Hotels, India."

Method

- 1 Heat oil in a pan. Sauté ground cumin seeds and the onion in the pan until brown.
- 2 Add the tomatoes and cook until fat separates.
- 3 Add the cumin powder, chilli powder, garam masala and kasoori methi or fenugreek seeds. Stir in the chicken.
- 4 Cook over a low heat for 10-15 mins until the chicken is cooked, then remove from heat.
- 5 Pour the butter and cream over the top.
- 6 Garnish with shredded ginger, chopped coriander and sliced tomato. Serve hot.



Veer Dhara
Corporate Hotel Indian - Punjab (Restaurant) | De. Khanna

PAN FRIED COD CHEEKS



SERVES 2 **PREP TIME** 10 mins **COOK TIME** 10 mins



Andrei Lusmann
Lusmanns

INGREDIENTS

Cod cheeks, 2 portions

1 lime (½ for garnish,
½ grated and juiced)

4g garlic

10g red chilli

½ bunch spring onions

"This dish is a simple stir-fry of (Marine Stewardship Council-approved) cod cheeks, spring onions, garlic and chilli with lime. Cooking from the whole fish is a good way to help keep food costs down and reduce waste, while also introducing tasty dishes that are sometimes off-radar. Plus, eating cod cheeks shows true dedication to head-to-toe cooking."

Method

- 1 Finely slice the spring onion, red chilli and garlic.
- 2 Finely zest the lime.
- 3 In a hot pan add a little olive oil, then sauté the cod cheeks in the pan with the chilli, garlic and spring onion, season with salt and pepper.
- 4 When the fish is cooked, after about 4 mins, remove from the heat and add the juice from the grated half of the lime.
- 5 Finely chop the remaining half of lime and cook gently in a separate pan to release the fruit sugars, until caramelised.
- 6 Transfer the fish to a plate, garnish with the caramelised lime and serve with rice, potatoes or crusty bread.



Wine suggestion

The mouthfilling fish with vibrant zesty lime, chilli and garlic notes go well with the lovely fruity textured notes of an Austrian Gruner Veltliner or a New Zealand Albarino with citrus aromas and flavours.

LUSSMANN'S
FISH & GRILL

POLLO ALLA CACCIATORA AKA CHICKEN CACCIATORA



SERVES 4-6 **PREP TIME** 20-30 mins **COOK TIME** 1½ hrs



Terence Ritchie
SA Law

INGREDIENTS

2kg chicken thighs,
boneless and skinless
Salt and pepper
8 bay leaves
2 sprigs fresh rosemary
2 cloves of garlic, crushed
½ bottle of chianti or other
Italian red
Flour, for dusting
Olive oil
Tin of anchovy fillets
2 handfuls of black olives
2 x 400g tins of chopped
plum tomatoes
1 tsp dried chilli flakes
(optional)

ADDITIONAL INFO

! Contains gluten

"A great winter warmer but to be honest, can be adapted for year round use. One of our family favourites and relatively easy to prepare and then leave to its own devices."

Method

- 1 Preheat oven to 200C/180C fan/gas 6.
- 2 Season chicken with salt and pepper, dust with flour, shaking off any excess.
- 3 Fry the chicken in olive oil until lightly browned all over and then remove chicken from pan and put to one side.
- 4 Gently fry the garlic and then add the anchovies, olives, tomatoes, red wine and the chicken pieces. At this stage you can also add your optional chilli. Bring to the boil.
- 5 Add the rosemary and bay leaves then cover the pan with a lid or a layer of foil and transfer to the oven for 1½ hrs.
- 6 Serve with whatever you want! A good bread and a green salad works well or rosemary roasted potatoes and tenderstem broccoli are a great combination.

Tips & Hints

- I always prepare for 6 even though there are only 4 in our family, the reason being, the residual sauce is perfect for pasta. So, put some aside, freeze it and then enjoy at a later date with a pasta of your choice. The sauce tastes even better the day after!
- If you don't have a pan/casserole dish that can be used on the hob as well as in the oven; you can transfer from a pan to a separate oven proof dish before putting the chicken into the oven.



Wine suggestion

One of the rules of thumb of food and wine matching is to choose a wine to cook with that you are happy to drink so if you use a Tuscan wine such as Chianti make sure it's not just cooking wine which might add off flavours to the dish anyway and certainly wouldn't be worth drinking! Wines such as Col di Sasso also from Tuscany would be good as it has layers of fruit but is light in style.



PRAWN, PINK GRAPEFRUIT AND CHICORY SALAD



SERVES 4 PREP TIME 10 mins



Tracy Lacey-Smith
SA Law

INGREDIENTS

1 pink grapefruit, peeled and chopped into small bites
1 head of chicory, finely shredded
90g (one small bag) of rocket
2 spring onions, finely chopped
150g of cooked Atlantic prawns
Salt and pepper
Extra virgin olive oil

"This is a great recipe that can easily be adapted from a starter to a lunch. The flavours are delicious and so refreshing on a warm summer's evening."

Method

- 1 Place the shredded chicory, rocket, spring onions and prawns in a bowl.
- 2 Remove the peel and pith of the grapefruit and chop into small bite size pieces and add to the other ingredients – try and capture any of the juice that escapes this can be added to the dressing.
- 3 In a small bowl add a glug of extra virgin olive oil (perhaps a tablespoon and a bit) salt, pepper and the captured grapefruit juice and whisk to create the dressing.
- 4 Add the dressing to the salad and combine.

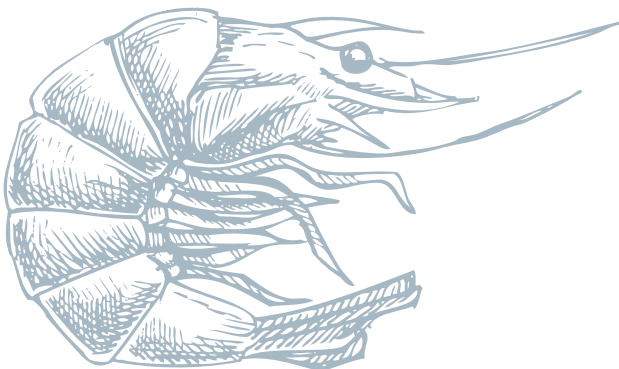
Tips & Hints

- The addition of an avocado and some croutons turns this from a starter into a lunch or a light dinner.
- Add a chopped red chilli if you fancy something a bit spicy.



Wine suggestion

The refreshingly light yet citrus fruit notes with apples and pears on the palate make Muscadet a lovely match with this summery dish.



PRESERVED LEMON AND CHICKPEA COUSCOUS



SERVES 4 **PREP TIME** 15 mins **COOK TIME** 40 mins



Phoebe Mason
Grandad Digital

INGREDIENTS

Olive oil

1 red onion, peeled and finely sliced

2 carrots, peeled and finely chopped

1½ garlic cloves, peeled and sliced

Sea salt and ground black pepper

400g tin of chopped tomatoes

400g tin of chickpeas, drained

½ vegetable stock cube

1 stick of cinnamon

1 preserved lemon, halved, seeds removed

Handful of raisins

100g of couscous

Small bunch of fresh parsley, leaves picked and chopped

4 tbsp natural yoghurt

ADDITIONAL INFO

✓ Suitable for vegetarians.

To make vegan omit the yoghurt or replace with a vegan alternative.

"This is one of my favourite dishes that I adapted from an Ann Jones recipe book. The depth of flavour tastes as if it has been slow cooked for hours but is in fact very quick and simple to cook. The warming Arabic spices makes this perfect for a cold evening. Hope you enjoy this recipe as much as I do."

Method

- 1 Heat a splash of olive oil in a pan over a medium heat.
- 2 Add the chopped onions, carrots, 1 clove of chopped garlic and a pinch of salt. Cook for 10 mins until the onion is soft.
- 3 Add the tomatoes and chickpeas. Fill both cans with water and add to the pan too.
- 4 Add the stock cube, cinnamon stick, preserved lemon halves and raisins.
- 5 Simmer on a medium heat for 15-20 mins.
- 6 When the tomato broth has thickened slightly, add the couscous. Cook for a further 10 mins, making sure you top the pan up with another can of water if necessary.
- 7 Meanwhile, put the yoghurt into a bowl along with the remaining chopped garlic, pinch of salt and some of the parsley (save some for the couscous).
- 8 After 10 mins the couscous should be cooked. Check for seasoning and add salt and pepper if needed. Stir through the remaining parsley and remove both halves of the lemon and the cinnamon stick.
- 9 To serve, ladle the couscous into bowls and top with a good spoonful of yoghurt.

Tips & Hints

- For an extra touch, top with a handful of rocket and toasted pine nuts.

Grandad

'PROPER' VEGETARIAN CHILLI



SERVES 4 **PREP TIME** 20 mins **COOK TIME** 45 mins



Sam Walsh
SA Law

INGREDIENTS

1 tsp vegetable oil
1 red onion, chopped
1 red pepper, diced
1 green pepper, diced
2 celery sticks, diced
4 garlic cloves, finely chopped
500g quorn mince
1 tsp oregano
1 bay leaf
1 tbsp ground cumin
1 tbsp chipotle paste
200ml red wine
400g tin of chopped tomatoes
250ml vegetable stock
400g kidney beans, drained
15g dark chocolate
Sea salt and black pepper

To serve

Lime wedges
Fresh coriander, chopped
Half-fat crème fraîche (optional)
75g reduced-fat cheddar cheese, grated



"Deciding what to have for dinner seems to be a daily challenge in our house! We all want something different, but this Hairy Bikers veggie chilli always gets everyone's vote when it's on the menu. The Hairy Bikers call it 'Proper Chilli'. It's from their Go Veggie book. We like it because it uses quorn as a meat substitute rather than just vegetables."

Method

- 1 Heat the oil in a large saucepan.
- 2 Add the onion, peppers and celery and cook them over a low heat for 5 mins, until they're starting to soften, then add the garlic and the quorn mince.
- 3 Turn up the heat and quickly brown the quorn.
- 4 Add the oregano, bay leaf, cumin and chipotle paste and stir until the vegetables and quorn are well coated with the spices and paste.
- 5 Pour in the red wine and allow it to bubble up and boil off, then add the tomatoes and vegetable stock.
- 6 Add the drained kidney beans and season with salt and pepper.
- 7 Bring everything to the boil, then cover the pan and leave the chilli to simmer over a low heat for 20 mins.
- 8 Remove the lid and continue to simmer gently for another 10 mins to reduce and thicken the sauce.
- 9 Add the chocolate for the last 5 mins, stirring until it has melted into the sauce.
- 10 Serve with rice or cauliflower rice and as many of the garnishes as you like.

Tips & Hints

- We prefer to serve the chilli in flour tortillas and make up wraps with guacamole, sour cream, grated cheese (usually cheddar) and I personally like to throw in some jalapeños for added heat. The children love serving themselves and putting all the ingredients together in their wraps.
- One word of advice though – don't overfill them as they can get rather messy!... but I guess that's all part of the fun.



Wine suggestion

Bonarda, an Argentinian grape variety that is getting better known has a full rich spicy flavour without being too 'heady' and so would be a great match to the lovely flavours in this Hairy Bikers dish.

PUGH'S PERFECT PORK SOUVLAKI



SERVES 4 **PREP TIME** 15 mins plus 30 mins marinating
COOK TIME 15-20 mins on the BBQ or on a griddle pan



Julie Gingell
SA Law

INGREDIENTS

For the pork souvlaki

400g pork shoulder, diced

For the pork marinade

½ lemon, juiced

2 tsp dried oregano

A good pinch of salt

Tomato and feta salad

½ large red onion,
finely sliced

4 very large tomatoes

½ packet of feta cheese

Pinch of salt

1 tbsp Greek olive oil

1 tsp balsamic vinegar
(I know it's Italian but it
works the best)

Classic Greek lettuce salad

1 Romaine lettuce

2 large spring onions

Small bunch of dill

Pinch of salt

1 tbsp Greek olive oil

1 tsp Greek red wine vinegar

"My friend Clare Pugh taught me to prepare these dishes whilst on holiday together in Crete. We still cook them together now and it makes for a delicious family BBQ."

Method

Pork souvlaki

- 1 Mix the lemon juice, oregano and salt in a bowl to create the marinade. Add the diced pork, cover and leave for at least 30 mins.
- 2 Whilst the pork is marinating make the tomato and feta salad and the classic Greek lettuce salad (see below), then:
- 3 Thread the marinated meat on to skewers.
- 4 Cook the pork skewers on a BBQ or in a griddle pan until the pork is cooked through, usually about 15-20 mins.

Tomato and feta salad

- 1 Finely slice the red onion, chop the tomatoes into chunks and chop the feta into cubes.
- 2 Add the tomatoes and onion to a salad bowl. Add a splash of water and the salt then set aside while you make the other salad and cook the pork.
- 3 Just before serving, drizzle on the oil and the vinegar and scatter with feta.

Classic Greek lettuce salad

- 1 Separate out the lettuce leaves and lay them on top of each other on the chopping board.
- 2 Trim the spring onions.
- 3 Lay the spring onions and the dill in the middle of the lettuce stack and roll into a big cigar.
- 4 Slice through the roll in a chopping motion – this will combine flavours and mix all the ingredients together.
- 5 Add the ingredients into a salad bowl then sprinkle with salt and drizzle with the oil and the vinegar just before serving.

Tips & Hints

- Best served on a hot summer's evening with an ice-cold Mythos (Greek beer).



Wine suggestion

This Greek BBQ idea with its combination of meat and fresh salad flavours can be ideally matched with a light fresh vibrant red such as an Alfrocheiro from Portugal or Chinon from the Loire Valley.



SAVOURY OR SWEET SAMOSAS



MAKES 24 **PREP TIME** 30–40 mins **COOK TIME** 10 mins



Kiran Beeharry
SA Law

INGREDIENTS

For the dough

2–3 cups of strong flour
1 tsp salt
2 tsp oil
1½ cups of hot water
Vegetable oil for frying

For the filling

450g potatoes, cubed and boiled
2 carrots, cubed
1 cup of peas, optional
2 large onions, sliced and cubed
2 tsp garlic
1 tsp ginger
Chilli, optional

For the paste

1 tsp ground cumin
½ tsp ground turmeric
½ tsp garam masala
2 tbsp vegetable oil
Salt, to taste
Dash of water

ADDITIONAL INFO

- ✓ Suitable for vegetarians
- ! Contains gluten



“Growing up on special occasions my mum would make samosas as a treat whenever we had family visiting or to accompany a curry.”

Method

To make the dough

- 1 Mix the flour, salt and oil with the water to make the dough – keep mixing until all the flour is coated.
- 2 It should be soft – knead for about 5 mins until it is smooth.
- 3 Form in a ball and let it rest for 30 mins, cover with cling film.

To make the filling

- 1 Heat 2 tbsp of oil on a medium heat.
- 2 Add the onion, garlic and ginger.
- 3 Mix the cumin, turmeric and garam masala in a separate bowl with a little water to make the paste.
- 4 Then add the potatoes, carrots and peas or any vegetables of your choice and cook for 10 mins.
- 5 Let it cool down so that you can then assemble the samosas.
- 6 Create a glue to stick the pastry with by using 2 tsp of flour to water to make a paste.

To make the samosa

- 1 Divide the dough into 8 equal portions.
- 2 Roll each portion into a disc very thinly by using a rolling pin.
- 3 From each disc cut out 3 rectangular strips and discard off cuts.
- 4 Take a strip and fold one corner over another to make a triangular pouch then add filling.
- 5 Fold the excess of the pastry strip over the pouch.
- 6 Spread the flour glue across the edge of the pasty to seal.
- 7 Chill for 20 mins.
- 8 Deep fry until golden brown.

Tips & Hints

- The filling can be adapted to anything you like such as vegetables, tuna or minced beef. Or serve with a chilli sauce – mix ⅔ of tomato sauce to ⅓ hot chilli sauce and a teaspoon of mint jelly (add more if required).
- If you are feeling brave you can adapt the recipe to make a sweet samosa by filling with cooked apples or cherries with sugar. Butter the samosa and bake. If you want to save time, shop bought puff pastry will do. Serve with a scoop of ice cream.

SEARED TUNA STEAKS IN SMOKED PAPRIKA



SERVES 2 **PREP TIME** 20 mins **COOK TIME** 5 mins



Dave Foulkes
Business Film Booth

INGREDIENTS

2 x 450g tuna steaks
Smoked paprika for coating
1 lemon, juiced
1 tbsp vegetable oil

To serve

Sweet chilli or lime and
coriander sweet chilli sauce,
to serve

"This is my favourite summer dish that can go perfectly with a light salad and salsa."

Method

- 1 Sprinkle out a layer of smoked paprika onto a plate and coat your tuna steaks on both sides until the meat is completely covered.
- 2 Heat a griddle pan with the oil on full, until hot.
- 3 Sear the tuna on one side for about 1 min.
- 4 Squeeze the lemon juice over the uncooked top, then turn the tuna over and cook for 1 min or until the cooked sides are done but still leaving a little bit of pink in the middle.
- 5 Pop the steaks on a small plate and put them in the freezer for 20 mins so that the steaks are cold to the touch.
- 6 Slice thinly with a boning knife and fan over a salad of your choice to expose the pink inside.
- 7 Dress with sweet chilli or lime and coriander sweet chilli sauce.

Tips & Hints

- Don't let it cook all the way through as it will taste dry and lifeless!
- You can tell how far tuna steaks have cooked as the edges will turn white and the white will creep up the sides. Make sure the middle of the sides stay pink.



Wine suggestion

This summer dish served with a salad and salsa needs a wine match that has similar characteristics – the lovely 'meaty' fish texture with the subtle paprika spice... try a New Zealand Albarino with its complex spicy yet elegant fruit or the same Albarino grape from Portugal where some wines from this grape have a ripe peachy note with a hint of pepper on the finish.



SOUTH AFRICAN BOBOTIE



SERVES 4-6 **PREP TIME** 5 mins **COOK TIME** 30 mins



David Healey
HSBC

INGREDIENTS

500g lean beef steak mince
½ small onion, diced into small pieces
Rapeseed or other oil
1 garlic clove or ½ tsp of prepared garlic from a jar
50g of sultanas or raisins
A few dollops of Mrs Balls Chutney (available at Tesco) or equivalent fruit chutney
1 jar of Tikka Masala curry paste
1 carrot, peeled and diced into small pieces
½ cup fresh or frozen peas
3 large eggs
100ml semi skimmed milk (plus extra if needed)
½ tsp parsley
½ tsp basil
½ tsp ground black pepper
2 slices regular white bread

ADDITIONAL INFO

! Contains gluten, dairy and egg

"A recipe with a difference – get a taste of exotic South Africa with a fusion mix of cultures including Dutch and Cape Malay."

Method

- 1 Preheat oven to 200C/180C fan/gas 6.
- 2 Place the white bread on a plate and lightly soak with water – leave to one side.
- 3 Place a small amount of oil in a pan on the hob.
- 4 Cook the garlic and onion until lightly browned.
- 5 Add the beef mince, dice up and flatten until in small pieces and cook until lightly browned.
- 6 Drain any excess liquid away.
- 7 Add ¾ of the jar of curry paste until all the mince is coated – add the rest if necessary.
- 8 Add the carrots and peas and stir in.
- 9 Add the sultanas, 2-3 tbsp of chutney, parsley, basil and black pepper.
- 10 Allow to simmer for 2-3 mins, stirring as required.
- 11 At this point there should not be much excess liquid if at all.
- 12 Squeeze the excess water out of the bread over the sink and add to the pot in small pieces.
- 13 With a large spoon, mix the bread into the mixture until absorbed.
- 14 Take a glass ovenproof dish (or large rectangular loaf cake pan) and put the mixture into it – flatten it down with a spoon so all the edges are covered.
- 15 Mix the eggs with the milk and pour over the top of the mixture.
- 16 Add black pepper over the top.
- 17 Bake in the oven for 15-20 mins or until the egg topping starts to thicken and brown.
- 18 Serve with pilau rice and a garden salad.

Tips & Hints

- Make sure to have a few tastes as you go and add more of any spices or herbs as necessary.
- Quorn mince works just as well in this dish for a vegetarian friendly version.



Wine suggestion

This traditional dish has the character that would go with the crisp textured Chenin Blanc or the soft yet robust flavours of Pinotage from South Africa where this dish originates.



SPICY CHICKEN, ROASTED SQUASH, BEETROOT AND FETA SALAD



SERVES 4 **PREP TIME** 30 mins (plus marinating time)
COOK TIME 30 mins



Abi Hall
Girarkle Marketing

INGREDIENTS

8 boneless and skinless chicken thighs

½ bottle of Nando's* peri-peri marinade

1 butternut squash, cut into cubes

2 x 100g bags of baby leaf salad

200g feta cheese, cut into cubes

4 cooked beetroot, cut into small chunks

Olive oil

* Other brands of marinade are available

For the dressing

6 tbsp of extra virgin olive oil

Pinch of salt and freshly ground black pepper

1 lemon, juiced

ADDITIONAL INFO

! Can be adapted for vegetarians (remove chicken)

! Contains dairy

"A vegetarian version of this salad was once served at a friend's BBQ and it went down a treat. I've adapted the original recipe (to keep my meat-eating Nando's loving family happy), but it can easily be omitted to cater for vegetarians. Suitable for lunch or dinner, this salad is an absolute winner."*

Method

- 1 Place chicken thighs in a bowl and add half a bottle of peri-peri marinade – mix well to ensure all the chicken is covered.
- 2 If time allows marinate the chicken in the fridge for a couple of hours.
- 3 Cut squash into 2cm cubes and place on a baking tray, drizzle with olive oil.
- 4 Once the chicken is marinated place the thighs on a second baking tray, pouring the excess marinade over the top.
- 5 Place both baking trays in the oven and cook for 30 mins (or until chicken is cooked through and squash is soft).
- 6 Whilst the chicken and squash are cooking place baby leaves in a large bowl.
- 7 Add the feta and beetroot to the baby leaves.
- 8 In a glass or jam jar mix the olive oil, lemon, salt and pepper.
- 9 Once the chicken is cooked, cut the thighs into small pieces and add to the leaves along with the squash cubes.
- 10 Add the dressing and mix well.
- 11 Serve on a large plate and invite diners to dig in.
- 12 Enjoy!

Tips & Hints

- The beauty of this salad is the ingredients don't need to be precise – add or omit what you like to suit your tastes.
- If you like things hot add some chilli flakes to the roasted squash.
- Vegetarians could substitute chicken with avocado.
- Add additional dressing to suit tastes.
- Add toasted pine nuts if you're looking to impress!



Girarkle Marketing

SWEETCORN FRITTERS



SERVES 3-4 **PREP TIME** 10 mins **COOK TIME** 5-7 mins



**Liam Judge &
Christopher Evans**
HATCH

INGREDIENTS

Sweetcorn fritters

200g sweetcorn

2 spring onions,
finely chopped

1 courgette, grated

1 tsp smoked paprika

50g self raising flour

1 egg

40ml milk

Pinch of salt and pepper

Perfect poached egg

1 egg

Splash of white wine vinegar

To serve

Rocket

1 ripe avocado, sliced

Drizzle of Lingham's
chilli jam

ADDITIONAL INFO

✓ Suitable for vegetarians

! Contains gluten, dairy
and egg

"This dish was introduced to our all-day brunch menu last year. Perfect at any time of the day these savoury pancakes with sweetcorn and courgette are now a firm favourite on the HATCH menu."

Method

- 1 Mix together the flour, sweetcorn, spring onions, courgette, egg, milk, smoked paprika and seasoning in a large bowl.
- 2 Heat a little oil in a large pan and ladle in evenly sized spoons of the fritter batter, allowing room for them to spread. Once browned on one side, flip over and cook for around another 3 mins so that the middle is cooked through.
- 3 To poach the perfect egg, add a little white wine vinegar to a pan of water that is simmering gently. We use St Ewe free range eggs delivered directly from their farm in Cornwall twice a week – the fresher the eggs the better. Poach for 3 mins – if the egg is fresh you'll need nothing else to help it hold together. When the egg comes to the top of the pan, it's ready.
- 4 To serve, stack the fritters at least two high – more if you're hungry – with a drizzle of chilli jam and some sliced avocado between each fritter. Top with a poached egg and add some peppery rocket to garnish.

Tips & Hints

- Delicious with some grilled halloumi or bacon.



TANTALISING TURKEY MEATBALLS WITH A CUCUMBER YOGHURT DRESSING



SERVES 4 **PREP TIME** 30 mins **COOK TIME** 30 mins



Priya Lakhani
SA Law

"I love making healthy and tasty food that isn't boring. I make these turkey meatballs regularly as they are simple to make yet they taste delicious and can be prepared in advance."

Method

- 1 Preheat the oven to 200C/180C fan/gas 6.
- 2 Add the turkey mince into a bowl, along with the crushed garlic, chopped chillies, chopped coriander, salt and black pepper, freshly squeezed lemon and olive oil and mix thoroughly.
- 3 Once mixed, shape the mixture into 16 golf-ball sized balls and then transfer to a baking tray.
- 4 Place the turkey balls into the oven to cook for 30 mins, turn the turkey balls half way through so that they cook evenly.

INGREDIENTS

For the turkey meatballs

4 tsp olive oil or sunflower oil
Sea salt and freshly ground black pepper
5 garlic cloves, crushed
1 – 2 red or green chillies, chopped
½ lemon, squeezed
400g turkey mince (preferably turkey breast mince)
½ bunch fresh coriander, leaves only, finely chopped

For the dressing

½ cucumber
250g natural or greek yoghurt
Salt and black pepper
Chaat masala (optional)

To make the cucumber yoghurt dressing

- 1 Grate half a cucumber and squeeze out the excess water.
- 2 Place the grated cucumber in a bowl with the yoghurt and season with salt, black pepper and chaat masala and mix thoroughly.
- 3 Once the turkey balls are cooked, serve with warm pitta bread and yoghurt dressing.

Tips & Hints

- If you are trying to be good, forgo the pitta bread and have it with salad.
- If you are not keen on turkey mince, then this can be substituted with minced lamb or beef.
- If you do not have fresh chillies to hand, then red chili flakes or paprika can be used.



Wine suggestion

A dish of light meat mixed with herbs and spice to create an edgy flavour would go well with an Eastern Mediterranean wine such as one of the contemporary Lebanese reds from Domaine des Tourelles. This wine is full of soft light berries and blackcurrants with a vibrant note to match the food.

ADDITIONAL INFO

! Contains dairy



TERIYAKI BEEF



SERVES 4 **PREP TIME** Overnight marinade – 10 mins,
on the day prep – 10 mins **COOK TIME** 15 mins



Alex Kempson
SA Law

INGREDIENTS

500g rump steak, trimmed
and cut into strips
2 tbsp sunflower oil
1 large onion, thinly sliced
1 red pepper, halved,
deseeded, and cut into strips
2 springs onions, sliced
lengthways, to garnish
300g rice

Marinade

125ml dark soy sauce
90ml Japanese rice wine,
white wine vinegar or dry
sherry
2 tbsp caster sugar
1 tbsp of chilli flakes

"I originally found this recipe in my Mary Berry cookbook that literally contains everything you could ever think of. I have adapted it quite a lot since first trying it out, but this is my go-to dinner if we have friends and family round and fancy something a little different. It's so easy to cook and the flavour is completely delicious."

Method

- 1 Make the marinade: in a bowl combine the soy sauce, rice wine, white wine vinegar or dry sherry, sugar and chilli flakes. Place the rump steak into the bowl and press it down into the marinade ensuring all the steak is covered. Cover the bowl and leave in the fridge overnight.
- 2 Boil some water for the rice, once at boiling point add the rice and start cooking.
- 3 Remove the steak strips, reserving the marinade.
- 4 Heat 1 tbsp of the oil in a wok, add the onion and red pepper and stir fry for 2 mins. Remove from the wok with a slotted spoon and set aside.
- 5 Heat the remaining oil and stir fry the steak strips for 5 mins or until just cooked through.
- 6 Return the onion and red pepper to the wok with the marinade and cook for 2 mins or until heated through. This is where you can add more chilli flakes if you want it a little spicier.
- 7 Garnish with the spring onions before serving with the cooked rice.



Wine suggestion

Steak cooked with soy sauce, chilli and sherry deserves a wine to match in terms of depth, breadth of flavour and style – try an Australian Cabernet Sauvignon from Margaret River or a Chilean Reserva, both of which are packed with flavour but with a backbone of tannin and acidity to match the meaty spicy food.



BLUEBERRY AND PUMPKIN SEED FLAPJACK BARS



SERVES Approx 8 **PREP TIME** 10 mins **COOK TIME** 20-30 mins



Alex Wyatt
SA Law

INGREDIENTS

175g butter
110g soft brown or demerara sugar
4 tbsp golden syrup
350g rolled oats
50g pumpkin seeds
110g sweetened dried blueberries

ADDITIONAL INFO

! Contains dairy

"This is a favourite of my young son, as a snack at any time of the day, or for taking out and about on days out. It's also really easy to make, so great for getting children involved in cooking. (Just be careful of the very hot sugar/syrup!)."

Method

- 1 Preheat the oven to 190C/170C fan/gas 5.
- 2 Grease a 27 x 20cm lined baking tray.
- 3 In a saucepan heat the butter, sugar and syrup until the sugar dissolves.
- 4 Take the pan off the heat and add the oats, pumpkin seeds and dried blueberries.
- 5 Mix the ingredients together well and press into the greased and lined baking tray.
- 6 Bake for 20-30 mins until golden brown.
- 7 Cut into bars while still warm, then allow to cool in the tray until firm.
- 8 Once firm remove from the tray and allow them to get cold.
- 9 Then eat! They can be kept in an airtight container for 1-2 weeks.

Tips & Hints

- This is a recipe that can easily be adapted to suit different tastes.
For example:
 - with different fruit (e.g. cranberries rather than blueberries, dried coconut)
 - served slightly warm with cream or ice cream
 - melt cooking chocolate in a bowl and dip the cooked flapjacks for a chocolate base
 - drizzle icing on top.

Experiment and decide what is your favourite.



BLUEBERRY MUFFINS



MAKES 12 muffins **PREP TIME** 15 mins **COOK TIME** 20-25 mins



Jacqueline Button
SA Law

INGREDIENTS

250g self-raising flour
100g caster sugar
2 tsp baking powder
250ml milk
90ml oil
150g blueberries (large ones are especially good)
1 egg

ADDITIONAL INFO

! Contains dairy and gluten

"My son started food tech at school this year. I had been warned by other parents to expect emergency trips to supermarkets to buy obscure ingredients and for the result of his efforts to have more in common with biology experiments than food fit for human consumption. However, other than a late-night vanilla extract crisis and the case of the missing Tupperware, lessons are going well, and I have been presented with some truly delicious creations such as these blueberry muffins. They are easy to make, very tasty and literally ooze fruity goodness."

Method

- 1 Preheat the oven to 200C/180C fan /Gas 6.
- 2 Put 12 muffin cases in a muffin tray.
- 3 Mix the self-raising flour, caster sugar and baking powder together in one bowl.
- 4 Mix the milk, oil and egg together in another bowl.
- 5 Pour the combined wet ingredients into the dry ingredients and mix thoroughly.
- 6 Wash the blueberries and then stir them into the mixture.
- 7 Divide the mixture equally between the muffin cases.
- 8 Bake for 20-25 mins until golden and the blueberries are molten and gooey.
- 9 Allow to cool before diving in.

Tips & Hints

- Any fruit can be substituted for the blueberries, including dried and tinned varieties and any spices can be added.



CARROT & WALNUT CAKE



SERVES 8-10 **PREP TIME** 15-20 mins **COOK TIME** 40 mins



Sarah Castleman
Hertfordshire Chamber
of Commerce

INGREDIENTS

For the cake

250ml sunflower oil
4 large eggs
225g light muscovado sugar
200g grated carrots
200g self-raising flour
2 tsp baking powder
2 tsp mixed spice or cinnamon
75g walnuts, chopped

For the icing

50g butter
250g icing sugar
250g full fat soft cheese
1 tsp vanilla essence

ADDITIONAL INFO

! Contains nuts, egg, dairy
and gluten

"This recipe is ideal for any sort of gathering at all times of year. It is nice to serve up as a treat for after dinner, or to have with a cup of tea at any time of day. It is special to me because it is my Nan's recipe and has been passed down in order to share the deliciousness throughout the generations!"

Method

- 1 Preheat oven to 180C/160C fan/gas 4.
- 2 Grease and line 2 sponge tins with greaseproof paper.
- 3 Put the oil, eggs and sugar into a large mixing bowl and whisk until fully combined, lighter and thicker.
- 4 Gently fold in the carrots, then add in the flour, baking powder, mixed spice or cinnamon and chopped walnuts. Give it a good stir to mix well.
- 5 Spoon the mixture equally between the 2 tins.
- 6 Bake in the oven for 35 mins. The cakes should have risen and be shrinking away from the sides of the tins. If not sure then prod with a knife, if the knife comes out clean it is done, if not bake for another 3-5 mins.
- 7 Once you've taken the cakes out of the oven, remove from the tins and leave on a wire rack to cool.
- 8 To make the icing, whisk the butter, icing sugar, soft cheese and vanilla essence together until smooth.
- 9 When the cakes are cool, sandwich them together using the icing, and smooth the rest on top.

Tips & Hints

- If the frosting looks quite runny, chill for half an hour or so until thicker and it will set better on the cake.

CHOCOLATE FIREWORKS AND SPARKLERS



SERVES 4 **PREP TIME** 10 mins **COOK TIME** 5 mins



Amy Sevier
SA Law

INGREDIENTS

150-200g chocolate (white, milk or dark), melted
Selection of sprinkles (at least 4 teaspoons)
1 packet of breadsticks
Fresh fruit (orange segments, hulled and halved strawberries, banana slices and grapes all work well)
Wooden skewers
2 x Ramekins per child

ADDITIONAL INFO

! Contains gluten

"This is a do-it-yourself pudding or party snack for children. Perfect for bonfire night or Halloween (by calling the breadstick creations magic wands instead of sparklers!)."

Method

- 1 Arrange plates so that each child has 2 ramekins on their plate. Pour sprinkles into one ramekin (saving one for the chocolate). If you have more types of sprinkles add more ramekins and fill them!
- 2 Put the fresh fruit on skewers so each child has 1-2 skewers of fruit.
- 3 Place 4-5 breadsticks onto each plate.
- 4 Melt the chocolate and divide between the empty ramekins so everyone has their own pot of chocolate. You can use more than one type of chocolate if you like.
- 1 Assembling your fireworks and sparklers:
Dip a breadstick into the melted chocolate and then dip it into the sprinkles – you've made a 'sparkler'!
Now make some 'fireworks' by dipping the fruit in sprinkles or chocolate too.
- 5 Eat gooey straight away or leave them to set.

Tips & Hints

- You can add marshmallows to your 'firework' skewers too. If you don't have ramekins to hand, little bowls or cupcake cases work well too.



CHOCOLATE FRIDGE CAKE



SERVES 6 **PREP TIME 30 mins** **CHILL TIME 2 hrs**



Sally Merridan
St Albans BID

INGREDIENTS

Base

225g plain cooking chocolate, melted
85g rich tea biscuits, crushed
85g digestive biscuits, crushed
55g butter
30g caster sugar
3 tbsp brandy, rum or sherry
1 egg

Topping (optional)

150ml double cream, whipped
Glace cherry halves/pieces
Flaked almonds

ADDITIONAL INFO

! Contains nuts, egg and gluten

"This is a delightfully yummy, chocolatey cake that can be eaten as a dessert or tasty snack. It needs no baking just cooling to help it set."

Method

For the base

- 1 Line a small tin (approx. 9 x 19 cms) with greaseproof paper.
- 2 Crush the biscuits with a rolling pin.
- 3 Melt the chocolate in a bowl over a pan of hot water.
- 4 Cream the butter and sugar then add the egg and beat well together.
- 5 Beat in the melted chocolate and crushed biscuits.
- 6 Stir in the brandy, rum or sherry.
- 7 Smooth the mixture into the tin and place in the fridge to cool and set.

Topping (optional)

- 1 When set, tip the cake upside-down onto a plate.
- 2 Whip the double cream until thick and pipe/spread it on top of the cake then decorate with the glace cherry pieces and flaked almonds.

Tips & Hints

- To make the cake child friendly leave out the alcohol! It still tastes great!

EASY PEASY LEMON SQUEEZY DRIZZLE CAKE



SERVES 8 **PREP TIME** 10 mins **COOK TIME** 45 mins



Helen Burridge
St Albans Bid

INGREDIENTS

For the cake

125g unsalted butter
175g caster sugar
2 large eggs
Zest of 1 lemon
175g self-raising flour
Pinch of salt
4 tbsp of whole milk

For the syrup

1½ lemons, juiced
100g icing sugar

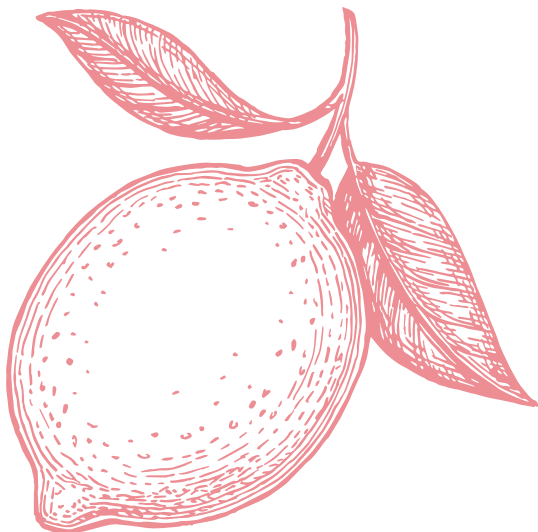
ADDITIONAL INFO

! Contains egg and gluten

"We eat a lot of cake here in the BID office. This recipe is great with lemons fresh from the market and if you use milk from glass bottles and butter wrapped in paper, it's a plastic-free feast too!"

Method

- 1 Preheat your oven to 200C/180C fan/gas 6.
- 2 Cream butter and sugar and add lemon zest and eggs, beating together well.
- 3 Gently fold in the flour and the salt.
- 4 Add the milk and mix thoroughly.
- 5 Spoon the batter into your prepared tin and bake for around 45 mins or until a skewer comes out clean.
- 6 While it's cooking, make your syrup by putting the lemon juice and icing sugar into a saucepan and heat gently until the sugar has dissolved.
- 7 As soon as the cake is out of the oven, skewer all over and pour over the syrup.
- 8 Be patient as it will be a bit soggy! Leave the cake to completely cool before removing from the tin.



FALOODA



SERVES 3 **PREP TIME** 15 mins

COOK TIME 30 mins plus waiting time 45 mins until the jelly sets



Kiran Hussain

SA Law

INGREDIENTS

750ml whole milk

1 tbsp sugar (optional)

30g vermicelli

1 tsp chia seeds

5 tbsp rose syrup

1 packet strawberry
flavoured jelly

To serve

Pistachios, crushed

Dehydrated rose petals

Vanilla ice cream

3 large milkshake glasses
(or similar)

ADDITIONAL INFO

! Contains nuts, gluten
and dairy

"This dish is my go-to dessert on Eid as it is light and it is perfect on a summer's day as the weather starts to warm up."

Method

- 1 Place a pan on medium heat and add the milk, if you're using the optional 1 tbsp of sugar add it to the pan at this point. Boil the milk until it thickens then remove from the heat and leave to cool.
- 2 Place the vermicelli in boiling water and cook for 5 mins until soft.
- 3 Remove from the heat and drain. Place the pan in a bowl of ice so the vermicelli does not cook further. When cool, cut into 1-inch pieces.
- 4 Make the jelly according to the instructions on the packet.
- 5 Pour 2 inches of jelly into the 3 large milkshake glasses and place in the fridge to set.
- 6 Put the chia seeds in a bowl with $\frac{3}{4}$ cup of warm water, stir and leave aside to soak until the jelly has set. The seeds should gradually increase in size.

To serve

- 1 Remove your chilled glasses with the set jelly from the fridge.
- 2 Equally distribute the rose syrup, chia seeds and the vermicelli between the glasses.
- 3 Pour the cooled milk into each glass, leaving enough space for a scoop of ice-cream.
- 4 Once you have added your ice cream, sprinkle the crushed pistachios and dehydrated rose petals on top.

Tips & Hints

- I serve this dish with a scoop of my favourite vanilla ice-cream and decorate it with some dehydrated rose petals. Pistachio ice-cream goes really well too.
- Falooda is the sort of consistency that you can drink with a straw or eat with a spoon, if you want a thicker consistency then you can use condensed milk instead of whole milk in step one of the method.
- You can use basil seeds instead of chia seeds.



FLOURLESS CHOCOLATE CAKE



SERVES 6-8 **PREP TIME** 10 mins **COOK TIME** 35-40 mins



Robin Leigh
SA Law

INGREDIENTS

4 eggs, separated
200g dark chocolate
(can be Bournville)
200g unsalted butter
175g caster sugar
Icing sugar, to serve

ADDITIONAL INFO

- ✓ Suitable for Coeliacs
- ! Contains egg

"This cake is a firm favourite in my family, especially when my wife bakes it. This recipe is from the Aquitaine region in France and was originally published in a collection of recipes from the book 'France - the beautiful cookbook'."

Method

- 1 Preheat the oven to 180C/160C fan/gas 4.
- 2 Separate the eggs into 2 bowls, one for the yolk and one for the whites.
- 3 Break-up the chocolate and melt with the butter, either in a microwave or over a low heat on the hob. Leave to one side to cool.
- 4 Next, whisk two thirds of the sugar with the egg yolks.
- 5 Once the melted chocolate/butter mixture has cooled, whisk it into the egg/sugar mix.
- 6 Whisk the egg whites until they form stiff peaks and then stir in the remaining third of the sugar.
- 7 Very carefully blend the egg whites into the chocolate mixture.
- 8 Pour the cake mixture into a lined 24cm loose bottom tin and bake for 35-40 mins.
- 9 Sprinkle with icing sugar before serving.

Tips & Hints

- Be aware that the cake will most probably collapse on cooling.



Wine suggestion

Chocolate is notoriously difficult to match with wine but a red dessert wine such as Pineau des Charentes has flavours of soft black cherries and blackcurrants and a mouth filling 'chocolatey' texture is the obvious choice.



HAZELNUT TORTE



SERVES 6 **PREP TIME** 20 mins **COOK TIME** 35 mins



Louise Beddoes

WMT – Chartered Accountants

INGREDIENTS

100g hazelnuts, skinned
50g plain flour, sifted
50g ground almonds
150g light soft brown sugar
65g unsalted butter, softened
175g Greek-style yoghurt
(or soured cream for a little more decadence)
1 tsp baking powder, sifted
1 medium-sized egg
Icing sugar for dusting

ADDITIONAL INFO

! Contains nuts, gluten, dairy and egg

"This is very much a dessert for grown-ups. I found it in a Sainsbury's cookbook called 'Not-so-wicked desserts' about 20 years ago and it's been a favourite with nut-loving friends ever since. A thin tart with its surface set with hazelnuts, it is delicious on its own or with some good quality vanilla ice cream and goes very well with a glass of dessert wine if you're that way inclined."

Method

- 1 Preheat the oven to 190C/170C fan/gas 5.
- 2 Butter a 20cm spring form cake tin (if possible, use a modern tin with a rubber seal, or place your tin on a baking tray as sometimes a little of the mixture leaks through).
- 3 Toast the hazelnuts in the oven for 5-6 mins – they should be about to colour without actually doing so.
- 4 When cool enough to handle, chop them in half.
- 5 Combine the flour, ground almonds, sugar and butter in a bowl and rub into coarse crumbs (or pulse in a food processor). Scatter half this mixture over the base of the cake tin.
- 6 In a separate bowl, whisk together the yoghurt or sour cream, baking powder and egg, then thoroughly mix in the remaining crumbs.
- 7 Gently tip this over the crumbs in the cake tin so you don't disturb them. Tap the tin on the worksurface to level the liquid ingredients and scatter the hazelnuts over the surface.
- 8 Bake in the oven for 30-35 mins until lightly browned.
- 9 Carefully remove the springform collar and allow to cool.
- 10 Dust with icing sugar and serve with vanilla ice cream, crème anglaise or crème fraîche.

JAMAICAN CRUNCH PIE



SERVES 12 **PREP TIME** 20 mins **CHILL TIME** Overnight



Amanda Bonham
SA Law

INGREDIENTS

150g gingernut biscuits,
crushed

75g butter, melted

175ml double cream

105ml lemon juice

1 can of condensed milk

Zest of 1 lemon

ADDITIONAL INFO

! Contains dairy and gluten

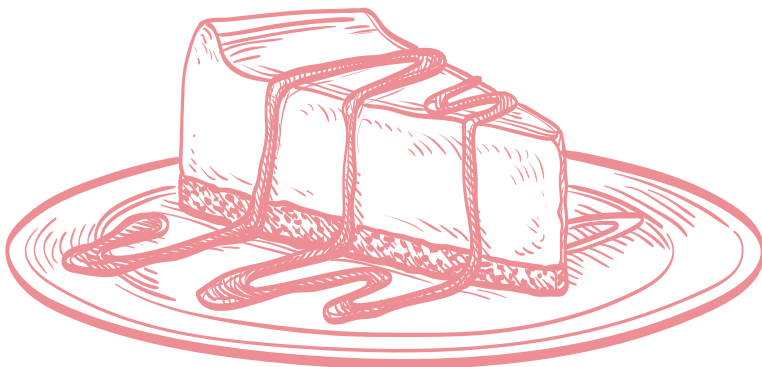
"This is an all-time favourite dessert of my family. I discovered it in a WI recipe book almost 30 years ago and to this day when I bring it out, the smiles appear!"

Method

- 1 Line a 10cm cake tin.
- 2 Crush the gingernut biscuits and blend with the melted butter.
- 3 Add the biscuit mixture to the cake tin and press down firmly so it is even.
- 4 Lightly whip the cream, fold in the condensed milk, lemon juice and zest. Beat until smooth.
- 5 Pour the cream mixture into the cake tin on top of the biscuit mixture. Smooth the cream mixture out evenly and chill overnight in the fridge.

Tips & Hints

- For decoration, pipe on cream swirls or glaze some lemon slices.



LAVENDER CRÈME BRULEE



SERVES 6 **PREP TIME** 5 mins **COOK TIME** 55 mins
CHILL TIME 60 mins



Ruth Dutton
Chirp Communications

INGREDIENTS

240ml cream
1 tbsp dried culinary lavender
8 egg yolks
120g granulated sugar
½ tsp vanilla extract

ADDITIONAL INFO

! Contains nuts, gluten,
dairy and egg

"Summer is lavender season and there's nothing I enjoy more than watching the bees buzzing around the scented blue flowers. Research suggests that lavender may be useful for treating anxiety, insomnia, depression, and restlessness – so I like to think that this indulgent dessert is really good for you too!"

Method

- 1 Preheat the oven to 150 C/130C fan/gas 2.
- 2 Arrange 6 ramekins in a large roasting pan.
- 3 Put the cream and dried lavender in a pan and bring to the boil. Immediately remove it from the heat.
- 4 Allow it to cool to room temperature for 45 mins.
- 5 Pour the lavender-infused cream through a fine-mesh sieve into a clean bowl and set it aside for a moment. Discard the used lavender.
- 6 Whisk the egg yolks in a large bowl until they turn frothy and bright yellow. Slowly whisk 70g of the sugar, the lavender cream and vanilla extract into the beaten eggs and beat for 90 seconds.
- 7 Pour the eggs and cream through the sieve. Divide the mixture between 6 ramekins and fill the large pan with hot water half-way up the sides of the ramekins.
- 8 Bake the custard in the hot-water bath for 55 mins until the custard is set but still moves a bit in the centre when jiggled. Cool the custard in the water bath for 20 mins, then refrigerate until chilled.
- 9 Sprinkle the remaining 50g of granulated sugar over the top of the custards and caramelise the sugar with a small, handheld kitchen torch. Serve immediately.



chirp

SOFT CHOCOLATE CHIP MARSHMALLOW COOKIES



MAKES Approx 12 **PREP TIME** 5-10 mins
COOK TIME Between 8-11 mins, depends on size of cookie



Emma Ryan
SA Law

INGREDIENTS

125g unsalted butter, softened
185g soft light brown sugar
60g granulated sugar
1 large egg
1 tsp vanilla extract or vanilla bean paste
375g plain flour
1 tsp bicarbonate of soda
½ tsp baking powder
½ tsp salt
1 bag chocolate chips or a large bar of chocolate chopped into chunks
1 bag mini marshmallows

"This is a friend's favourite that has always gone down well and is pretty simple to make. Also, this recipe leaves a lot of room for experimenting with ingredients – as we all know anything and everything goes with cookies! Inspiration taken from old blog post from themamaneedsake.com – a website name I can truly appreciate!"

Method

- 1 Preheat oven to 190C/170C fan/gas 5 and grease baking tray.
- 2 Beat together softened butter, brown sugar and granulated sugar until smooth.
- 3 Add in egg and vanilla extract and mix until combined.
- 4 Slowly sieve in flour, bicarbonate of soda, baking powder and salt.
- 5 Gently blend ingredients together, being careful not to overmix as this can make the cookies tougher.
- 6 Using a spoon, gently stir in the chocolate chunks/chips and the mini marshmallows.
- 7 Using a cookie scoop or spoon or even just your hands, place small balls of dough onto baking tray.
- 8 Bake for about 11 mins or until tops and edges of cookies are golden.
- 9 Let them cool before moving onto cooling racks as they will still be very soft and hot.

Tips & Hints

- Replace 1 tsp of vanilla extract for 1 vanilla bean pod. Cut it in half lengthways, scrape out the delicious fresh vanilla seeds.
- These cookies are prone to spreading on the baking tray when baking so ensure they have enough space to do what they need to do!
- The size of your cookie dough balls will affect cooking time and also the yield of the recipe. If you want to get more cookies out of the batch, roll them quite small and bake for about 8 mins – keep an eye on them to make sure they cook properly and don't burn. If, like me, you like to make big cookies, that's also fine and all you need to do is roll them bigger – but make sure you give them more space on the baking tray.
- If you're feeling slightly healthier, take out the marshmallows and add some raisins/dates and maybe some nuts too. However, if you do this and it doesn't taste nice, I have nothing to do with it, I only bake unhealthy cookies!



THE GREAT KIWI PAV



SERVES 8 PREP TIME 10-15 mins **COOK TIME** 1 hr
COOL TIME 30 mins



Mandy McNeil
St Albans City & District
Council Portfolio Holder
for Business, Culture
and Tourism

INGREDIENTS

- 1 tsp vanilla extract
- 1 tsp brown vinegar
- 1 cup of sugar
- 4 egg whites
- 1 tsp of food colour – red, yellow, whatever you fancy

To serve

- Fresh whipped cream,
- Strawberries and/or kiwi fruit

ADDITIONAL INFO

- ! Contains dairy and egg

"This is my maternal grandmother Betty's recipe. She was a fabulous cook and I learned to bake with her. My Dad is also a great pav maker (as is my Mum), he took Nana Daily's recipe and added a surprise twist on our birthdays. The great kiwi pav is the ultimate and is always demanded as our birthday treat. You'll find it on almost every NZ table at Christmas and other special occasions. Because it is my Dad's recipe, it's pretty much seat of the pants versus scientific method."

Method

- 1 Preheat oven to moderate temperature, around 120-150C, depending on your oven and don't use fan.
- 2 Take a baking tray/sheet and put on aluminium foil, shiny side up – set to one side on your countertop.
- 3 Mix the vanilla, brown vinegar and sugar together in a bowl and set aside.
- 4 Take 4 egg whites and put into a large mixing bowl (ideally stainless steel or copper). Beat egg whites with a mixer, medium speed.
- 5 Once egg whites start to get fluffy, go to slow mixing speed, slowly spoon in the sugar mixture, one dessert spoonful at a time, while still beating the eggs.
- 6 When the mixture starts to form stiff, glossy peaks, it's ready.
- 7 Take a small bowl and put in ¼ of the meringue mixture, add in 1 tsp of food colouring, then very, very slowly mix in the colour then stop.
- 8 Take the cold, foil covered oven tray, spoon the coloured meringue mixture into the centre to gently form a mound. Then, using a clean spoon, cover the mound with the rest of the plain meringue mix, including the sides (you are concealing the colour – because it's a surprise)!
- 9 Shape the pav with a spatula, smoothing out the edges and the top (leaving a slight dip in the top). The pav should be a circle shape about 8 inches round in diameter.
- 10 Once your oven is up to heat, put your pav in (middle/centre rack) and then immediately lower the heat to circa 120C. Bake for up to 1 hr (but keep an eye on it as you don't want it to be brown), turn the oven off, keep door closed and leave the pav in the oven for another 30 mins to cool down, as this will help to prevent cracking.
- 11 Remove from the oven and let it cool down. Place the meringue on a serving platter, pile on fresh whipped cream and strawberries (or kiwi fruit, or both), then serve it up and eat. When you slice the pav up, there will be a colourful secret surprise!

CAMPFIRE BONE DRY MARTINI



SERVES 1

PREP TIME Soak garnish for 10 hrs, 5 mins to prepare the martini



Kate Marston
Puddingstone Distillery

INGREDIENTS

60ml Campfire London Dry Gin
(room temperature)

5ml Dolin Dry Vermouth
(fridge temperature)

Carpano Antica Formula
Rosso Vermouth

Sweet orange, peel for garnish

Ice

"In January our Campfire bone dry martini recipe won the World's Best Martini Challenge 2019. We were up against some strong competition and during the final, held in Soho, we had to serve a classic recipe to martini fans and also present our showstopper recipe to spirits industry judges who would decide on the winner. Sean and Roberto from Dylans Kings Arms in St Albans joined us for the evening and provided extra bar support. Our recipe was devised by Ben following a bone dry style of martini which is made with a mere hint of vermouth."

Method

- 1 Prepare garnish 10 hrs in advance – remove peel from an orange and then remove as much pith as possible from the peel. Cut the peel into small flowers using an icing cutter.
- 2 Place the orange peel in a small dish and add some rosso vermouth, just enough to cover the peel. Leave for 10 hrs to soak.
- 3 When you are ready to serve your bone dry martini combine the gin and dry vermouth with ice in a mixing glass and stir. Aim for dilution equalling approximately 15ml of water.
- 4 Strain into a pre-chilled martini or Nick and Nora glass and garnish with the orange peel flowers. The rosso vermouth will slowly infuse flavour as you drink.
- 5 Cheers!

Tips & Hints

- Keep your glasses in the fridge so you are always prepared! Or add some ice to the glass to chill it down while you are stirring and discard before pouring in your martini.
- Remember – always stir, never shake. Shaking causes shards of ice to break off which are difficult to strain – the martini should be crystal clear.
- Always use tongs with ice and never fingers!



COCONUT MARTINI



SERVES 1 PREP TIME 5 mins



**Liam Judge &
Christopher Evans**
HATCH

"This cocktail is great before dinner or at a BBQ. It goes really well with spicy Asian inspired food."

Method

- 1 Shake all the ingredients with ice in a cocktail shaker and strain into a chilled martini glass.
- 2 Top with grated lime zest.

Tips & Hints

- If you find it too sweet add another squeeze of fresh lime to taste.

INGREDIENTS

35ml vanilla vodka

25ml coconut rum

2 heaped tsp of cream
of coconut

Splash of pineapple juice

Squeeze of fresh lime



VIEUX CARRE (PRONOUNCED 'VUU KARRAY')



SERVES 1 PREP TIME 5 mins



Joe Holdsworth
Suckerpunch St Albans

INGREDIENTS

21.3ml rye whiskey
21.3ml cognac
21.3ml sweet vermouth
1 barspoon Bénédictine
2 dashes Peychaud's bitters
2 dashes Angostura bitters
Lemon peel

"This is a classic cocktail recipe and one of our absolute favourites here at Suckerpunch. The name translates directly from the French term for New Orleans' French Quarter; 'Old Square'. It was created in 1938 by the great Walter Bergeron."

Method

- 1 Add all ingredients to a mixing glass and stir down with ice. Once diluted to the correct taste, decant into an Old Fashioned glass with cubed ice. Twist the lemon peel over the glass so the oils spray into the drink and enjoy!

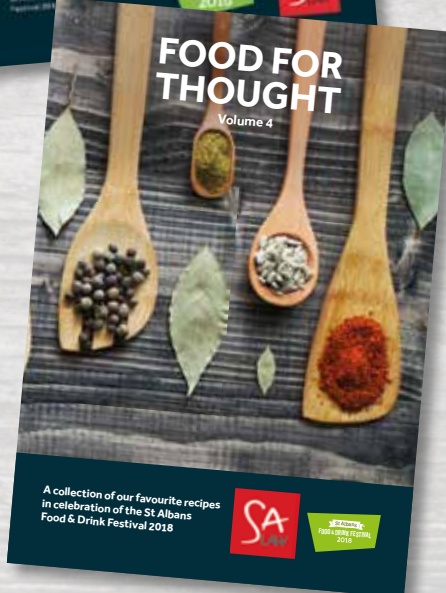
Tips & Hints

- Don't drink Pornstars, they are terrible.



THE COMPLETE COLLECTION

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St Albans +44 (0)1727 798000
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