

BEETROOT WITH YOGHURT

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Serves 4

Ingredients:

- 500g beetroot
- a squeeze of lemon
- 1 tablespoon olive oil
- 1 small bunch fresh parsley leaves, roughly chopped
- sea salt
- pepper
- 1 garlic clove, crushed to a paste with salt
- 200g Greek yoghurt, thinned with 2 tablespoons milk
- olive oil

TIP:

This dish can also be served warm. The beetroot bleeds into the yoghurt, turning the sauce bright purple!

Method:

- Wash the beetroot carefully without piercing the skin (otherwise they will bleed).
- Place in a saucepan of cold, salted water and bring to the boil.
- Depending on the size of the beetroot, it will take anywhere from half an hour to an hour. They will be ready when you can slip a sharp knife easily into the centre. Drain and rub away the skin with your fingers under a running cold tap. If the beetroot is cooked the skin should come away very easily.
- Cut into thin rounds, arrange on a plate, and dress with the lemon juice, olive oil, parsley, salt and pepper.
- Mix the garlic with the yoghurt and season. Pour this over the beetroot and drizzle with a little olive oil.



MOROCCAN CARROT & POTATO SALAD

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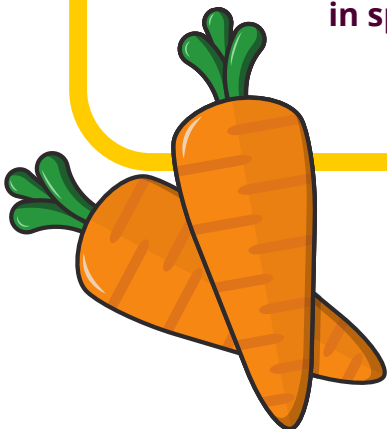
Serves 6

Ingredients:

- 350g carrots
- 350g potatoes
- Salt
- Juice of 1/2 lemon or more
- 4—5 tablespoons extra virgin olive oil
- 1/2 teaspoon cumin
- 1 teaspoon paprika
- pinch of cayenne powder
- 3 garlic cloves, crushed in a garlic crusher or finely chopped

TIP:

A pinch is the tip of a knife covered in spices.



Method:

- Peel the carrots and cut the tops off. Peel the potatoes. Cut both the carrots and the potatoes into large pieces and boil in slightly salted water for about 20 minutes, or until they are very tender.
- Drain, then cut up the vegetables and mash them with a fork or potato masher.
- Mix with the carrots and potatoes with the lemon juice, olive oil, salt, cumin, paprika, cayenne and garlic.



BROCCOLI & GARLIC STIR FRY

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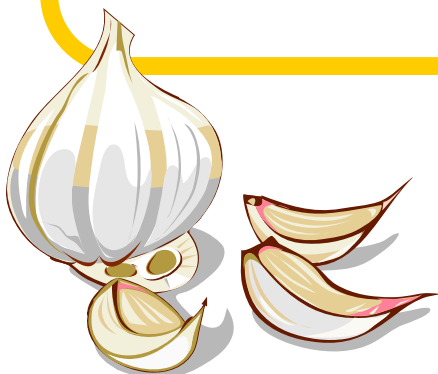
Serves 4

Ingredients:

- 4 packets of fine egg noodles
- 4 tablespoons groundnut oil
- 12 garlic cloves, cut into quarters
- 400g small broccoli florets
- 4 eggs, slightly beaten
- Self-made sauce: 8 teaspoons light soy, 4 teaspoons dark soy, 4 teaspoons oyster sauce, 4 teaspoons sugar and 4 tablespoons water
- White pepper

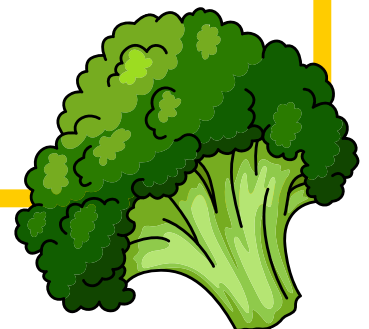
TIP:

Feel free to substitute with other vegetables you have available. Carrots, beans and peppers work well in this dish.



Method:

- Cook the egg noodles (according to packet instructions) and drain them.
- Heat 1 tablespoon groundnut oil in a wok and fry the garlic cloves. When gold-en, remove with a slotted spoon and set aside.
- Add the noodles and the broccoli flo-rets to the oil and fry for 13 minutes, stir-ring constantly. Scramble the eggs into the wok, mixing it thoroughly with the noodles. Add the sauce and mix well, heat through for a minute.
- Sprinkle your meal lightly with white pepper and serve garnished with the garlic pieces.



BUTTERNUT SQUASH, CANNELLINI BEAN AND ROSEMARY STEW

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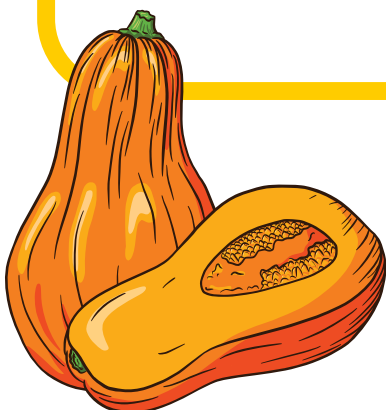
Serves 4

Ingredients:

- 1 onion
- olive oil
- 3 cloves of garlic, finely chopped
- 800g peeled, deseeded butternut squash cut into small cubes
- 2 tins of cannellini beans, drained
- 1 tin cherry tomatoes
- 1 sprig of rosemary, finely chopped
- 500ml water
- Salt and pepper

TIP:

Add breadcrumbs and parmesan cheese for extra flavor.



Method:

- Chop the onion and fry in olive oil, add the garlic towards the end.
- Add the butternut, cannellini beans, cherry tomatoes, rosemary, the water and season with salt and pepper.
- Mix, bring to the boil, then cover and simmer for about 20 minutes. Remove the lid and continue cooking until the butternut's squash is tender and most of the liquid has evaporated.
- Serve this as it is, or top with breadcrumbs and cheese if you want (grill the breadcrumbs until lightly browned).



CARROT & MUNG BEAN SALAD

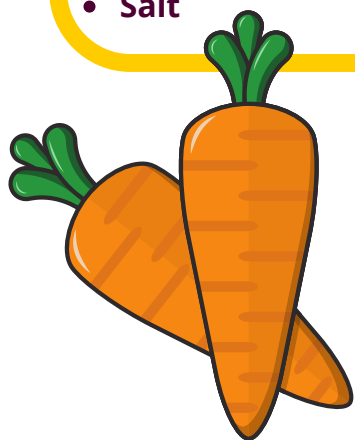
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Serves 4

Ingredients:

- 140g dried green mung beans
- Olive oil
- 1 teaspoon cumin seeds
- 1 teaspoon caraway seeds
- 1 teaspoon fennel seeds
- 2 garlic cloves, crushed
- 2 tablespoons white wine vinegar
- 1/2 teaspoon chilli flakes
- 3 large carrots, peeled and cut into sticks (320g)
- 1/2 teaspoon caster sugar
- 20g coriander, chopped
- Grated zest of 1 lemon
- 140g feta, broken into small chunks
- Salt



Method:

- Bring water to the boil, and add the mung beans. Simmer the beans for 20-25 minutes, until the beans are cooked but still retain a bite.
- While the beans are cooking, place the carrots in a pan large enough so that they form a shallow layer. Pour some water over the carrots so that they are nearly submerged, along with some oil, the sugar and 1/2 teaspoon of salt. Boil the water quickly and keep on a high heat for 10-12 minutes, The water should be (mostly) gone. Drain some liquid, if needed and set aside.
- About 3 minutes before the beans are cooked, heat 2 tablespoons of the olive oil in a small frying pan and add the cumin, caraway and fennel seeds. Cook on a medium heat, stirring often, until the seeds start to pop-about 3 minutes.
- Drain the beans, shake well and transfer to a large mixing bowl. 5. Pour oil and seeds over the hot beans, and add the carrots, coriander, garlic, vinegar, chilli flakes and 1/2 teaspoon of salt. Stir gently. Transfer the mixture to a large platter, sprinkle over the lemon zest, dot with feta.

CAULIFLOWER & POTATO (ALOO GOBI) SOUP

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Serves 4

Ingredients:

- 1 finely chopped onion
- groundnut oil
- 1 teaspoon very finely chopped fresh ginger
- 1 chopped and green chilli (without the seeds)
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 150g diced peeled potato
- 1/2 cauliflower, chopped into florets
- 750ml cold water

TIP:

The more you cut cauliflower, the more sulphurous it tastes. This can be toned down with cream or potato.



Method:

- Cook the chopped onion in the oil until soft, then stir in the ginger, the green chilli, the turmeric, coriander and cumin.
- Add the potato and cauliflower. Stir until they are coated in the spices, then add the water and bring it to the boil. Simmer for 15-20 minutes, until the vegetables are soft.
- Cool a little, then blend until smooth. Serve garnished with chopped, fresh coriander leaves.



CHARD STALKS WITH TAHINI

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Serves 4

Ingredients:

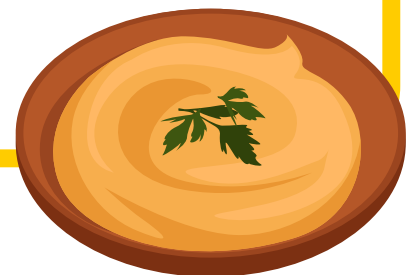
- 2 garlic cloves
- 3 tablespoons tahini paste
- Juice of 1 lemon
- 5 tablespoons water
- Sea salt
- Black pepper
- 500g chard stalks, washed and trimmed

Tahini paste is made from pounded sesame seeds and is used throughout the Middle East in a variety of ways, e.g. with fish or vegetables.



Method:

- Crush the garlic cloves to a paste on a chopping board and add some salt. Transfer to a small mixing bowl.
- Add the tahini, mix it with the garlic and thin with the lemon juice. Add water until you have the consistency of double cream. Season the tahini to your liking.
- Bring a large saucepan of water to the boil. Add the chard stalks, and cook until the stalks are tender.
- Drain the stalks in a colander and run under cold water for a short while to cool. Leave to drain. Slice stalks roughly 4cm long and 2cm thick.
- Serve mixed with the tahini sauce.



CHARD WITH GARLIC & LEMON

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Serves 4

Ingredients:

- 400g chard or rainbow chard
- 4 garlic cloves, crushed
- Juice of 1 lemon
- Extra virgin olive oil, to serve
- Salt, to taste

Traditionally people eat this dish simply with a dollop of yoghurt and a bit of bread, or you can serve it as a side dish with lamb or chicken.



Method:

- Wash and roughly chop the chard.
- Place the chard in a large pan on a medium heat with a lid on, and without any oil. The little bit of water on the leaves from washing them will help steam them. Once the water has evaporated, turn off the heat.
- Add the garlic, lemon juice and the oil.
- Season with salt and serve.



CORIANDER LEAF FLATBREADS

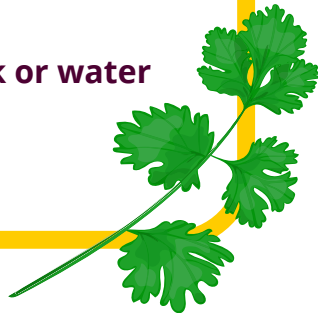
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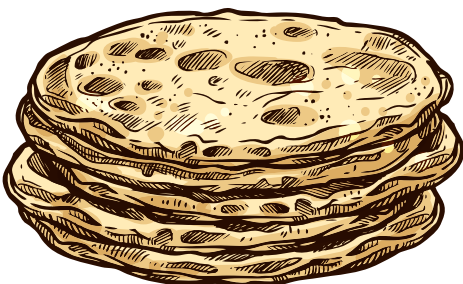
Serves 4

Ingredients:

- 225g self-raising flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 25g soft butter
- 125ml lukewarm milk or water



Coriander leaf looks like parsley but it has a bittersweet taste, and is often used as a garnish. Coriander leaf can't handle high heat and therefore needs to be added at the end of cooking.



Method:

- Put the flour in a food processor with the baking powder, salt, sugar and the butter. Mix until the mixture look like breadcrumbs. While the food processor is still running, slowly add the milk or water-er and your mixture will become a dough.
- Remove the mixture from the machine and knead for 5 minutes. Cover with a slightly wet (not dripping!) cloth and leave to rest for 20 minutes.
- Divide the dough into 4 and roll each piece into a rectangle. Add some coriander leaves on the right half of the bread, then fold the left side over the right side and gently roll out until it's as thin as it will go.
- Set the grill to high grill your flatbreads on one side for 90 seconds, then turn and grill on the other side for about 60 seconds. Now the flatbreads should have some golden patches. Brush with butter and serve

COURGETTE OMELETTE

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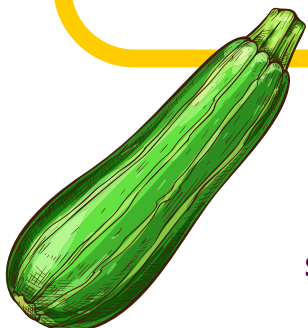
Serves 4

Ingredients:

- Pulp from 400g courgettes (about 175g pulp), very finely chopped, or 200g courgettes, coarsely grated
- Sea salt
- 3 eggs
- 50g spring onions, trimmed and thinly sliced
- 50g flat-leaf parsley, most of the stalk discarded, finely chopped
- 2 garlic cloves, peeled and crushed
- 1 tablespoon plain flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/8 teaspoon finely ground black pepper
- Vegetable oil for frying

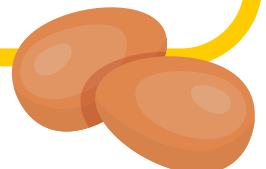
TIP:

You can vary this dish by using aubergine pulp. The only difference being that you need to sauté the aubergine pulp in a little vegetable oil to soften it before adding to the eggs.



Method:

- Sprinkle a teaspoon of salt on the courgette and rub firmly with your hands until they are soft and mushy. Squeeze between the palm of your hands to extract the excess liquid and set aside.
- Break the eggs into a mixing bowl and beat well. Add the spring onions, parsley and crushed garlic. Mix well then add the courgette, flour, spices and 2 tablespoons of water. Season with salt and mix well.
- Put enough vegetable oil in a large frying pan to shallow-fry the omelettes and place over a medium heat. When the oil is hot, drop in 2 table-spoons of the egg mixture and spread into a circle. You should be able to make 5-6 small omelettes per batch. Fry until golden on both sides, then re-move with a spatula.
- Drain the omelettes on several layers of kitchen paper.
- Serve hot or at room temperature.



COURGETTE, BASIL AND MINT PASTA

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Serves 4

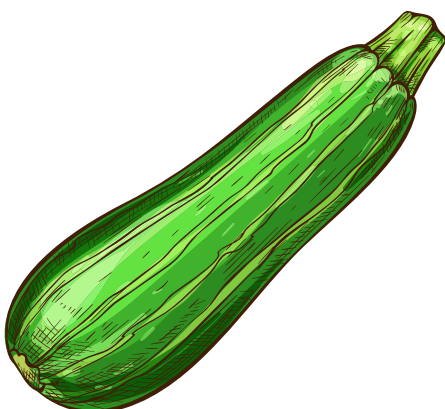
Ingredients:

- 4 courgettes
- 200g pasta
- oil
- grated parmesan cheese
- finely chopped basil and mint



TIP:

Al dente means that the pasta is firm and slightly chewy.



Method:

- Take a baking tray and put enough oil on it so that the bottom is thinly covered in oil.
- Cut the courgettes into thick, round pieces and put them on the baking tray.
- Add some more oil on top of the vegetables and roast at 180°C/Gas Mark 4 for about 30 minutes. Meanwhile, cook the pasta so that it's al dente by the time the courgettes are brown on both sides.
- Drain the pasta and mix it with the courgettes and the oil in the tray.
- Add the basil, mint and parmesan cheese and stir well. You can add some garlic as well, if you like it.



CUCUMBER AND CARROT PICKLE

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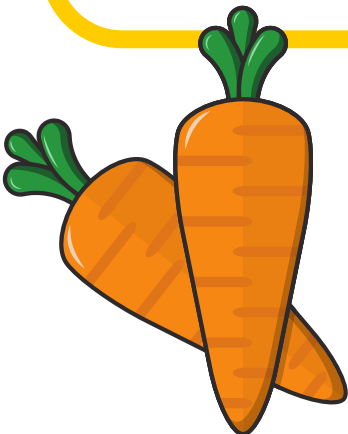
Serves 4

Ingredients:

- 4 large carrots
- 1 cucumber
- 4 teaspoons salt
- 16 tablespoons rice wine
- 4-8 tablespoons sugar

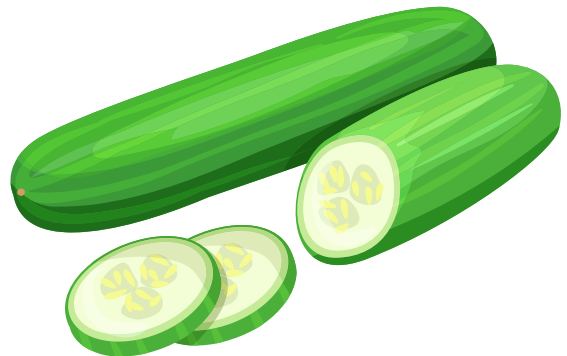
TIP:

Quick pickling is also a brilliant solution for preserving a number of vegetables from your garden. Best of all, you can adapt this simple formula for any fresh vegetables you like.



Method:

- Cut the carrots and the cucumbers into thick matchsticks. In a sieve, sprinkle them with the salt and leave for 5-10 minutes.
- Rinse, gently squeeze them dry, and mix with the rice wine and the sugar.
- Keep in the fridge until needed. Drain before using.
- Serve them grilled chicken and sticky rice or a sandwich.



GREEN BEANS IN TOMATO SAUCE

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Serves 4

Ingredients:

- 3 tablespoon extra-virgin olive oil
- 1 medium-sized onion, peeled and finely chopped
- 6 garlic cloves, unpeeled
- 400g green beans
- Sea salt
- 1 x 400g can of Italian cherry tomatoes, drained
- Pitta bread

TIP:

A pinch is the top of a knife covered in spices.



Method:

- Put the olive oil, onion and garlic in a saucepan. Place over a medium heat and fry until the onion turns golden.
- While the onion is cooking, cut the ends off the beans. Then cut them into smaller pieces. If you are using fine beans, simply cut the ends off. Rinse under cold water, then add the beans to the onions.
- Sprinkle the beans and the onions with a pinch of salt, and cook, covered with a lid, for about 5 minutes, Stir regularly, until they turn bright green and become glossy.
- Add the tomatoes and season with a little salt. Mix well and cover the pan, letting the mixture bubble gently for about 20 minutes or until the sauce has thick-ened and the beans are done to your liking.
- Serve hot, warm or at room tempera-ture, with pita bread.



GREEN SAUCE

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Serves 6

Ingredients:

- half a bunch of curly parsley
- half a bunch of flatleaf parsley
- half a bunch of mint
- a quarter bunch of dill
- 1 small tin of anchovy fillets, finely chopped
- 12 cloves of garlic, peeled and finely chopped
- a handful of capers, roughly chopped (if extra-fine keep whole)
- extra-virgin olive oil
- crushed black pepper

Green sauce can be paired with many things! Try it with meat or vegetables (roast, boiled or cold).



Method:

- **!Never use a food processor to make Green Sauce: you will end up with an unappetising texture!**
- Chop your herbs finely, but not too finely, and mix with the anchovy, garlic, and capers.
- Add olive oil to reach a loose, still spoonable, but not runny or oily consistency.
- Taste and season with black pepper (the anchovies should remove the need to add salt).



ISRAELI SALAD

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Serves 4

Ingredients:

Try a combination of 3 of the following vegetables:

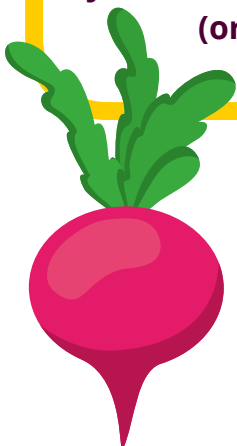
- cucumber, spring onions, radish, carrot, tomato, peppers, beetroot, turnip, celeriac, spinach
- Leafy herbs of your choice
- Salt
- Lemon juice

Method:

- Scrub the vegetables
- Chop them into little cubes
- Add roughly chopped herbs
- Mix and season with salt and lemon juice



This dish is made with a selection of raw vegetables, that are finely chopped and dressed with lemon juice, mint, parsley and coriander (or any leafy herbs).



LEGUME SOUP

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Serves 8

Ingredients:

- 200g canned chickpeas, (drained weight)
- 200g canned butterbeans, (drained weight)
- 80g butter
- 2 large onions, thinly sliced
- 10 garlic cloves, thinly sliced
- 1 teaspoon ground turmeric
- 225g yellow split peas
- 2 litres vegetable stock
- 35g parsley, chopped
- 35g coriander, chopped
- 15g dill, chopped
- 100g trimmed spring onions, thinly sliced
- 150g baby spinach
- 150g sour cream, plus 1 tsp per portion to finish
- 1 1/2 tablespoons white wine vinegar
- 4 limes, halved
- salt and black pepper



Method:

- Drain and rinse the chickpeas and butterbeans. Bring two pans of water to the boil and cook the chickpeas and butterbeans separately: this should take anywhere between 20 and 40 minutes. Drain and set aside.
- Put the butter, onion and garlic in a large pan and place on a medium heat. Cook for 20 minutes, stirring occasionally, until soft and golden-brown. Stir in the turmeric, a teaspoon of salt and some black pepper and remove a third of this mix from the pan to use later.
- Add the chickpeas and butterbeans to the pan, then add the split peas and stock. Simmer for about 35 minutes or until the peas are tender.
- Add the herbs, spring onion and spinach, stir well and cook for another 15 minutes; add more stock or water if the soup is very thick. Add the noodles if you want them, and cook for about 10 minutes so that they are just done. Stir in the sour cream and vinegar.
- Serve at once.

MINT AND GARLIC DHAL

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Serves 4

Ingredients:

- 4 garlic cloves
- vegetable oil or ghee
- 3/4 teaspoon cayenne pepper
- 185g red lentils
- 1/2 teaspoon turmeric
- 750ml water
- 3-4 tablespoons chopped mint
- 3-4 sliced green chillies
- 1 teaspoon salt

Ghee is a type of clarified butter and traditionally used in Asian cooking. It's usually made from cow's milk.

Method:

- Crush 2 garlic cloves.
- Cook the garlic with the cayenne pepper in 2 tablespoons oil. When the garlic starts to sizzle, add the lentils, turmeric and water.
- Stir the mixture, bring it to the boil, then simmer until the lentils are tender. Add the mint, green chillies and the salt.
- Simmer gently while you fry 2 sliced garlic cloves in 2 tablespoons of vegetable oil until they have a golden colour.
- Add these to the lentils, stir and cook, covered with a lid, for a minute or two more.



PARSLEY, LEMON & CANNELLINI BEAN SALAD

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Serves 4

Ingredients:

- 100g red quinoa
- 20g parsley, finely shredded
- 20g mint leaves, finely shredded
- 50g spring onion, finely sliced
- 250g cooked cannellini beans, drained (tinned are fine)
- 1/2 large lemon, skin and pips removed, flesh finely chopped (70g)
- 1/2 teaspoon ground allspice
- 60ml olive oil
- salt and black pepper

TIP:

The red quinoa looks great against the cannellini! You can also use white quinoa, which needs to be cooked for about 9 minutes.

Method:

- Bring a medium saucepan of water to the boil.
- Add the quinoa and cook for 11 minutes.
- Drain in a fine sieve, refresh under cold water and set aside to dry completely.
- Transfer the cooked quinoa to a large bowl, along with 3/4 teaspoon of salt and some black pepper.
- Stir together and serve.



PIEDMONT PEPPERS

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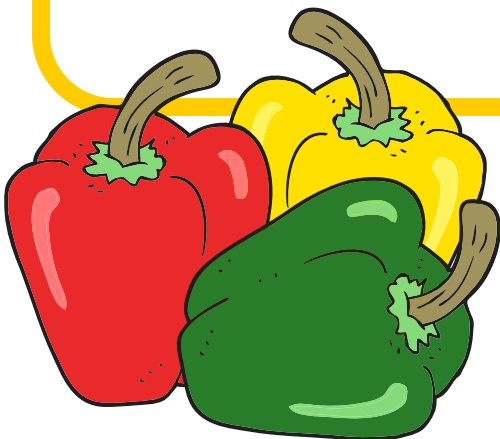
Serves 4

Ingredients:

- red, yellow or green peppers
- sliced garlic
- raw tomatoes
- anchovy filets cut into pieces (optional)
- butter
- olive oil
- salt
- parsley

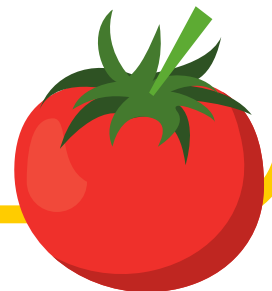
TIP:

Al dente means that the vegetables are firm and slightly chewy.



Method:

- Cut some peppers in half (lengthways). Leave the stalks in place, but take out all the seeds and wash the peppers. If they are large, cut in half again.
- Into each piece put 2 or 3 slices of garlic, 2 sections of tomato, about half a fillet of anchovy cut into pieces (if you want), a bit of butter, a tea-spoon olive oil and some salt.
- Arrange the peppers on a flat baking dish and cook them in an oven for about 30 minutes. The peppers don't have to be completely cooked, al dente is fine.
- Serve them cold, each garnished with a little parsley.



POTATOES WITH CUMIN

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Serves 4

Ingredients:

- 400g unpeeled new potatoes
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 teaspoon salt
- 2 tablespoons chopped fresh coriander leaves



Method:

- Boil the potatoes until just tender, drain, and dry them.
- Cut the potatoes into halves or quarters. 3
- Fry cumin seeds and salt in the oil until browned.
- Garnish with the coriander leaves

This is a Indian potato dish, called "jeera aloo".



ROASTED SQUASH WITH SPICES

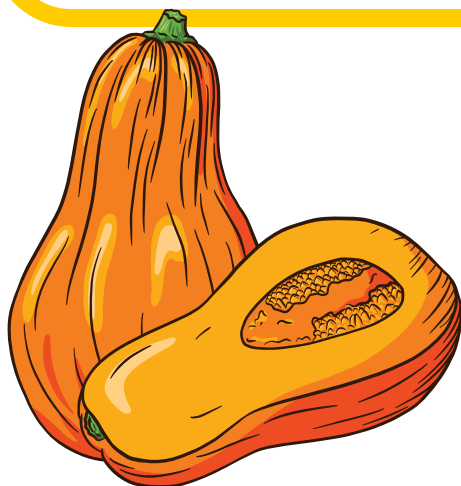
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Serves 4

Ingredients:

- 20g unsalted butter
- 1 tablespoon olive oil
- 1 large red onion, thinly sliced (170g)
- 1 large butternut squash, peeled and cut into 3cm chunks (1kg)
- 30g pumpkin seeds
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground turmeric
- 1 large cinnamon stick
- 1 green chilli, halved lengthways
- 1 tablespoon caster sugar
- 200ml vegetable stock
- 150g Greek yoghurt
- 1 tablespoon coriander, chopped
- salt



Method:

- Preheat the oven to 220°C/200°C Fan/Gas Mark 7.2.
- Put the butter and oil in a large pan on a medium heat. Add the onion and fry for about 8 mins, until soft. Add the squash, increase the heat to medium-high and cook for a further 10 mins, stirring occasionally, until it starts to colour.
- Remove from the heat and add the pumpkin seeds, the cumin, coriander, turmeric, cinnamon, chilli, sugar and 3/4 teaspoon of salt. Mix well and transfer to a baking tray large enough to hold the vegetables in a single layer, about 25cm x 30cm.
- Pour over the stock and bake in the oven for 30 mins, until the squash is tender. Set aside for about 10 mins: the liquid in the tray will continue to be absorbed.
- Serve warm, with the yoghurt spooned on top or on the side, along with a sprinkling of the coriander.

VINAIGRETTE (SALAD DRESSING)

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makes approximately 300ml

Ingredients:

- 2 cloves garlic
- 1 1/2 dessert spoons Dijon mustard
- A pinch of sea salt and pepper
- Juice of 1 lemon
- 1 dessert spoon white wine vinegar
- 300ml extra virgin olive oil

When you eat lettuce with this, wash the lettuce but don't leave it to soak. Drain it in a salad spinner or a colander.

Method:

- You can do this in a kitchen mixer or by hand.
- Crush the garlic finely (you don't want chips of garlic in your dressing), add the mustard, salt, pepper, lemon juice, and vinegar, then as you mix, slowly add the oil so you get an emulsion.
- Once all the oil is added, check the dressing for taste; you can add more salt and pepper, lemon juice or vinegar to taste at this point.



BEETROOT, APPLE AND GINGER CHUTNEY

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Makes about 5 x 500ml jars

 about 1 hour

Ingredients:

- 400g apples, washed and grated*
- 400g beetroot, washed and grated*
- 400g onion, peeled and grated*
- 200g currants/raisins
- 1.5 tbsp ground ginger
- 1.5 tsp ground allspice
- 1.5tsp salt
- 500ml distilled malt vinegar
- 300g demerara sugar

*you can also chop into small pieces with a knife or food processor

TIP:

While the chutney is cooking, design labels with the name and date and wash the jars and lids in hot, soapy water. Dry the jars upside-down in an oven for at least 15 minutes at 140°C.

Method:

- Put all the ingredients into a saucepan. and bring to a boil over a medium heat, stirring occasionally, to help the sugar dissolve.
- Once it has dissolved you can turn up the heat to a fast boil
- Boil until there is hardly any free liquid, stirring occasionally.
- Pull a wooden spoon across the base of the pan. If you can see the bottom of the pan for a second or so before the liquid runs back over it, the chutney is ready.
- When the chutney is ready put it into the warm/hot jars. Use oven gloves to handle the jars. You can ladle the chutney straight into the jars through a jam funnel or into a heatproof jug, and then pour it from this into the jars. Screw on the lids. When they are cool, wipe the jars clean, then stick on the labels.

