



Thai Lentil Daal

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, diced
- 2 medium cloves crushed garlic
- 4 cups vegetable stock
- 1 cup lentils, rinsed
- 1/4 cup **Thai Green Curry Paste***
- 1 tablespoon fresh minced ginger
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 can coconut milk
- 1/4 cup chopped coriander

Directions:

- Heat the olive oil in a medium saucepan over medium heat. Add the onion and cook until translucent and beginning to brown, 7 - 8 minutes.
- Add the garlic and cook, stirring, for another minute.
- Add the vegetable broth, lentils, curry paste, ginger, coriander, and salt. Increase heat to medium-high and cook, stirring, until the soup comes to a boil. Reduce heat to medium-low and cover.
- Simmer for 25 - 30 minutes, until lentils are tender.
- Add coconut milk and return to a simmer, stirring frequently. Stir in cilantro. Serve.

Orange & Pistachio Couscous

Ingredients

- 200g couscous ,
- a large handful pistachios , toasted and chopped
- a bunch coriander
- bunch of mint
- 2 oranges , juiced and zested
- handful of golden sultans
- Splash of olive oil
- 3 oranges

Method

In a bowl add the zest and juice of the oranges to couscous, chopped sultanas and a splash of olive oil. Once the couscous is plump and ready add the chopped mint and coriander and pistachios. Toss, season to taste and serve.

Thai Green Curry Paste

Ingredients:

- 1 stalk of lemongrass
- 2 spring onions
- 1 fresh green chilli
- 2 cloves of garlic
- 3cm fresh ginger
- a small bunch of fresh coriander
- ½ teaspoon coriander seeds
- 1 tablespoon soy sauce
- ½ tablespoon fish sauce
- optional: 4 fresh or dried lime leaves

Directions:

- Trim the lemongrass stalks, peel back and discard the outer leaves, bash them a few times with the heel of your hand or a rolling pin to crush them
- Trim the spring onions
- Halve and deseed the green chillies
- Peel and roughly chop the garlic and ginger
- Set aside a few sprigs of fresh coriander
- Whiz the rest in a food processor with the lemongrass stalks, spring onions, chillies, garlic, ginger, coriander seeds and lime leaves (if using), until everything is finely chopped. Add soy sauce and fish sauce and blitz again until you have a smooth paste.

Lasagne

Ingredients

- 2 tbsp olive oil
- ½ large onion, peeled and grated
- 1 large carrot, peeled and grated
- 2 cloves garlic, peeled and crushed
- 2 pinches dried oregano
- 300g minced beef
- 1 tbsp tomato pureé
- 1 tbsp Worcestershire sauce
- 1 bay leaf
- 1 x 400g tin chopped tomatoes
- Salt and freshly ground black pepper

For the sauce

- 25g butter
- 25g flour
- 300ml milk
- Pinch of ground nutmeg
- Pinch of cinnamon
- 60g cheddar cheese, grated
- 30g parmesan cheese, gated
- 6 sheets of lasagne sheets

Method

Preheat the oven to 220°C/fan 200°C/gas mark 7.

Heat the olive oil in a hot pan.

In a frying pan with some olive oil add the onion and carrot and crush the garlic before frying together. Season with the bay leaf, a pinch of oregano, Worcestershire sauce and a little salt and pepper. Allow the onion to soften before making a well in the centre of the pan.

Place the mince in the middle of the pan and stir to break it up. Add the tomato puree and allow to cook out for 30 seconds. Continue until all the meat has browned nicely. Add the wine and cook off the alcohol before adding the tomatoes. Leave to simmer for a further 2-3 minutes.

To make the cheese sauce, first melt the butter in a saucepan. Add the flour and using a wooden spoon, stir to form a paste. Over a gentle heat add a third of the milk, whisking to prevent any lumps forming. Add the rest of the milk a third at a time, whisking as you go. Season with salt and pepper and a pinch of ground nutmeg. Allow the sauce to cook out for another minute before adding the Cheddar cheese. Stir and remove from the heat.

Place a layer of lasagne sheets at the bottom of the pan a baking sheet, spoon a layer of the cheese sauce then a layer of the meat sauce and keep stacking for five layers. (break the sheets if necessary to avoid any overlapping). Add the final layer of pasta and use the spatula to pour over the remaining cheese sauce.

Finish with the grated Parmesan and sprinkle with another pinch of oregano. Add a light seasoning of salt and pepper before cleaning the edges of the dish and placing in the oven to bake for 20-25 minutes, or until golden brown.

Minestrone soup

Ingredients

3 tbsp olive oil, plus extra to serve
1 onion, chopped
1 clove of garlic, crushed
2 carrots, cut into 1cm dice
1 potato, cut into 2cm dice
200g of tinned chopped tomatoes(optional)
2 sticks of celery, cut into 1cm dice
Seasonal vegetables of your choice (1 courgette, diced, handful of fresh peas or broad beans, half a head of fennel, diced, 3 large leaves of cavolo nero, shredded or ANY vegetable in your fridge)
1.5litres vegetable stock
100g cooked and drained borlotti or broad beans
100g risotto rice or rissoni or tiny pasta shapes
Grated parmesan and a few basil leaves, to serve

Directions

Heat the oil in a heavy-based pan and add the onion and garlic. Soften over a medium heat for 5 minutes, without allowing them to colour, then add the carrots and soften. Repeat with the celery.

Add the rest of the seasonal vegetables in order of cooking time (courgette and fennel will take longer than peas or fresh beans for example) and allow to soften slightly – they don't need to cook through at this point. Stir in the potato.

Add the stock, the borlotti bean and rice. Bring to the boil, then turn down the heat and simmer for about 15 minutes until the potato and rice are cooked. Season to taste.

Serve with a drizzle of olive oil, a grating of parmesan and some torn basil leaves. (If you make this ahead of time, you'll find the rice swells to absorb much of the liquid, so it's best to make it without the rice, then add it when you reheat it. Alternatively, you can loosen it with more stock.)

Pesto Sauce

Ingredients

½ a clove of garlic, chopped
sea salt and freshly ground black pepper
3 good handfuls of fresh basil, leaves picked and chopped
a handful of pine nuts, very lightly toasted
a good handful of freshly grated Parmesan cheese
2 table spoons of extra virgin olive oil
A few table spoons of water
a small squeeze of lemon juice

Directions

Put all the ingredients in a mortar and pestle and crush until you have a paste add water if the mixture is too thick.
You can use a handblender

Jalapeño Salsa

Ingredients

1 onion very finely chopped
3 cloves of garlic very finely chopped or grated
5 tablespoons of roughly chopped pickled jalapeño chillies
juice of ½ lemon
¼ teaspoon of ground cumin
salt to taste

Directions

Add all the ingredients in a bowl, cover and chill in fridge

Salsa Cruda

Ingredients

7 ripe tomatoes finely chopped
3 cloves of garlic finely chopped
1 bunch coriander leaves roughly chopped
pinch of sugar
4 Serrano chillies or 1 large green capsicum finely chopped
1 teaspoon of ground cumin
4 spring onions finely chopped
pinch of allspice
pinch of cinnamon
salt to taste

Directions

Add all the ingredients in a bowl, cover and chill in fridge

Guacamole

serves 4

Ingredients

1 ripe tomato
2 limes
2 small ripe avocados
¼ onion finely chopped
good pinch of cumin
pinch of smoked paprika
1 Serrano chilli or ½ green capsicum
1 tablespoon finely chopped coriander
salt to taste

Directions

Skin tomato by placing it in boiling water for 30 seconds. Drain. De seed and finely chop and set aside

In a bowl add the chopped flesh of the avocados and lime juice and toss well.

Add the onion, tomato, cumin, smoked paprika, chilli/pepper, coriander to the avocados

Mix well. Serve in a large bowl with corn chips and sprinkle of more coriander

Bean and sweetcorn quesadillas

Serves 6

Ingredients

1 tin of drained beans
1 tin of drained corn
2 ripe tomato de seeded and chopped
½ teaspoon ground cumin
½ teaspoon of smoked paprika
1 red capsicum finely diced
1 bunch chopped coriander
6 large flour tortillas
400 grams grated cheese
salt to taste
vegetable oil for frying

Directions

Mash beans. Add corn and the rest of the ingredients and ½ the cheese.

Add a large tablespoon of the mixture in the middle of the tortilla and sprinkle on some cheese and cover with another tortilla.

Cook until brown then turn over and cook the other.

Cut into triangles and garnish with coriander.

Keep warm in oven until ready to eat.

Serve with sweet pickled peppers and salsa.

Aubergine Fajitas

Serves 2

Ingredients

1 red pepper
1 yellow pepper
1 whole red onion
1 large or 4 small aubergines
½ teaspoon smoked paprika
Olive oil
4 Tortilla bread
Sprinkle of cumin
1 lemon
5-7 sprigs coriander
50 grams of feta cheese
50 grams of cheddar cheese grated

Directions

Preheat oven to 180degrees
Cut aubergines into long slices and season with smoked paprika and salt and cook.
Put two tablespoons of oil in a frying pan and gently fry aubergines until soft.
In a separate pan add two tablespoons of olive oil and add the onions .
Once the onions are soft, add peppers and cook til soft. Add aubergines, cumin and lemon.
Dive mixture into four. Place on tortilla and wrap, sprinkle with feta and coriander and wrap.
Sprinkle with cheddar and cook in oven until cheese is golden
Serve with sour cream

Kerala Fish Curry

Ingredients

6 shallots
4 cloves of garlic
2.5 cm piece of ginger
1 fresh green chilli
750 g firm white fish
groundnut oil
1 teaspoon mustard seeds
20 curry leaves
1 tablespoon chilli powder
1 teaspoon turmeric
1 x 400 g tin of light coconut milk
1 x 400 g tin of quality chopped tomatoes
a few sprigs of fresh coriander

Directions

Peel and finely slice the shallots, garlic and ginger. Trim and finely slice the chilli. Cut the fish into chunks.

Heat two tablespoons of groundnut oil in a large pan, add the mustard seeds and curry leaves and cook until the seeds start to pop.

Add the shallot, garlic, ginger and chilli, and cook on a medium heat for 5 minutes, or until softened.

Mix the chilli powder and turmeric together with a splash of water, and stir into the pan. Fry for 1 minute, then add the fish, coconut milk and tomatoes.

Season, bring to the boil, then simmer for 20 minutes, or until the fish is cooked and the sauce has reduced.

Pick, chop and scatter over the coriander leaves. Delicious served with basmati rice and warm naan bread.

Indian Chapatis

10 servings 110 cal Preparation 15 mins. Cook 15 mins. Ready In 30 mins

Ingredients

1 cup wholemeal flour
1 cup plain flour
1 teaspoon salt
2 tablespoons of vegetable oil
3/4 cup hot water or as needed (you can substitute yogurt or milk for a softer chapatti)

Directions

In a large bowl, stir together the wholemeal flour, plain flour and salt.
Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky.
Knead the dough on a lightly floured surface until it is smooth. Let rest for 15 minutes.
Divide into 10 parts, or less if you want bigger breads. Roll each piece into a ball. Then with both hands flatten the rolls to the size of a saucer.
Heat a flat pancake or frying pan over medium heat until hot, and grease lightly.
On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin like a tortilla.
When the pan starts smoking, put a chapati on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook on the other side.
Continue with remaining dough.
Keep warm between two tea towels until ready to serve.

Shahanaz's Pakoras

Ingredients

1 aubergine diced very small
1 potato diced very small
1 large onion diced very small
Black pepper
Salt
1 teaspoon of red chilli flakes
1 teaspoon of whole cumin seeds
1 teaspoon of whole coriander seeds
1 teaspoon of whole fennel seeds
1 tablespoon of Chopped fresh coriander
4 handfuls of chopped fresh spinach
A large handful of chopped fresh fenugreek
2 cups of gram flour as required
2 tablespoons of water

Directions

Put aubergine, potato and onion in a large bowl.
Add a little gram flour and shake the bowl well.
Add all the dry spices and salt and pepper to taste. Shake well.
Add chopped spinach and fenugreek and the water.
Keep adding gram flour until mixture is well coated and sticky but not wet.
Fry in hot oil

Singapore Noodles

Ingredients

120 gm rice vermicelli (rice noodles) - soaked 15 mins in hot water and drained.
1 1/2 cups sprouts - blanched and drained
1 cup chopped spring onions
1 capsicum - cut into strips
1 1/2 cups thinly sliced cabbage
1/2 cup thinly sliced onion
2 tsp chopped garlic
2 tsp chopped ginger
1/4 cup water or stock
2 Tbsp soya sauce or to taste
1 tsp sugar
Salt and black pepper to taste
1/2 tsp Chinese five-spice powder
2 tsp medium Madras curry powder
1/4 cup oil

Directions

In a small bowl, mix together the water/stock, soy sauce and brown sugar. Set aside.
Heat oil in a large wok and over high heat, add the curry powder, five spice and garlic. Stir-fry until fragrant.
Add the onion, stir-fry until it begins to soften.
Push to the side and add the ginger and spring onions and stir-fry until the spring onions soften.
Add the capsicum and cabbage and stir-fry till a little soft.
Stir in the bean sprouts, cook briefly, then add the noodles.
Add the sauce, tossing the ingredients carefully to mix.
If too dry, add a bit more water/stock.
Add salt and black pepper to taste. Serve hot.

Singapore Spring Rolls

Ingredients

1 1/2 tablespoons oil
2 cloves garlic crushed
6 prawns, shelled, deveined, and chopped into small pieces(optional)
1 small cabbage, finely shredded
1 carrot, finely shredded
6 long or green beans beans, finely chopped
A handful of bean shoots
Salt to taste
Sugar to taste
Ground white pepper
1 pack of frozen wonton wrappers
Oil, for deep frying

Sealing Paste:

2 tablespoon cornstarch
5 tablespoons water

Directions

Heat oil in a wok and stir fry the garlic until aromatic. Add prawns, cabbage, carrot and long beans, after a few minutes add the bean shoots. Season with salt, sugar, pepper, and cook for 2 more minutes.
To assemble the spring rolls, lay a spring roll wrapper on a clean cutting board. Put some filling in the middle and add some diced bean curd on top of the filling. Fold in the two sides and roll up the wrapper tightly to form the spring rolls.
Seal the spring roll with the sealing paste and deep fry them over medium heat until golden brown.
Drain the spring rolls on paper towels and serve them with chilli sauce.

Malaysian Kari Kay Curry

Ingredients

2 tablespoons oil
4 skinless chicken thighs
1 onion, halved, cut into thin wedges
1/4 cup Malaysian curry paste*
1 cinnamon stick
1 cup coconut milk
2 large red delight potatoes, peeled, cut into 4cm pieces
1 large carrot, halved lengthways, thickly sliced diagonally
Coriander sprigs, to serve

Directions

Heat 1/2 the oil in a large, heavy-based saucepan over medium-high heat. Add chicken. Cook for 2 to 3 minutes, each side, or until browned. Transfer to a plate. Add remaining oil to pan. Add onion. Cook for 5 minutes or until softened. Add curry paste and cinnamon stick. Cook for 2 minutes or until fragrant. Return chicken to pan. Stir to coat. Add coconut milk and 3/4 cup water. Bring to the boil. Add potato and carrot. Reduce heat to low. Simmer, covered, for 20 to 25 minutes or until chicken is cooked through and vegetables are tender.
Serve

*Malaysian Curry Paste

Ingredients

4 small shallots peeled and chopped
2 inch piece of ginger, peeled and sliced
18 cloves of garlic
5 small red birdseye chillis
40g fresh turmeric, peeled and sliced
80g fresh galangal, peeled and sliced
8-10 kaffir lime leaves
1 tablespoon lemongrass paste

Directions

Combine all ingredients in a food processor and process to an almost smooth paste. Alternatively grind all ingredients in a mortar and pestle.

Soda Farls

Ingredients

250g plain flour, plus more for kneading
1/2 teaspoon salt
1 teaspoon bicarbonate of soda
250ml buttermilk (or 250ml milk with good squeeze of lemon added and left for 5minutes)

Directions

Preheat a heavy griddle or frying pan on a medium to low heat
Sieve flour, salt and bicarbonate of soda together into a bowl
Make a well in the centre and add the milk and mix together.
Mix into a dough quickly using a wooden spoon or hands and knead very lightly on a floured surface.
Form into a flattened circle about 1 cm thick and cut into quarters with a floured knife.
Sprinkle a little flour over the base of the hot pan/griddle. Place the quarters onto the hot griddle to form a circle again.
Cook for 6-8 minutes on each side. Cover with tea towel till ready to serve. Serve with butter (and jam if you like).

Lesley's Gran's Shortbread

Ingredients

200g soft margarine (stork or other soft baking marg)
100g icing sugar
100g cornflour
200g plain flour

Method

Preheat oven to 180 degrees (160 degrees fan oven)
Cream sugar and margarine together.
Sieve flours together and add a bit at a time to margarine and sugar mixing well.
Turn out mixture onto floured surface, scraping it all out of bowl and knead till smooth.
Divide mixture into 4 pieces and roll out 1 at a time using pastry cutters to cut shapes and place on baking sheet.
Gather all the trimmings together and knead together, roll out and cut into shapes and place on baking sheet.
Bake for 12-20 minutes - depending on size and thickness.
Place shortbread on cooling rack and sprinkle with caster sugar.

Potato Scones – Tattie Scones

(A real Scottish delicacy!)

Ingredients

500g potatoes – (Floury potatoes such as Kind Edwards, Rooster, Maris Piper)
100g plain flour
½ tsp salt
½ tsp baking powder
50g butter or equivalent

Method

Peel potatoes and cut into small chunks and boil until soft then mash with butter.
Sieve flour and baking powder together and mix into potatoes with the salt. Divide dough into 4 pieces. Shape each piece into a round (about size of small tea plate) using your hands and a rolling pin on a floured surface. Cut the round into quarters and cook the potato scones on a lightly greased hot girdle or frying Pan for 3 minutes each side.

(It is the Glaswegian habit to then fry the cooked potato scones in hot oil but this is not necessary and they are nice eaten as they are or toasted)

This recipe makes 16.

Cullen Skink soup

Ingredients

1 tablespoon butter
1 medium onion
2 medium potatoes, peeled and cut into 1cm cubes
300ml water
250g smoked haddock
250ml milk
salt and pepper to taste
2 tablespoons finely chopped parsley or chives

Directions

Melt butter in a saucepan over medium heat, then add onion and fry gently until transparent. Cook for about 5 minutes but do not allow to brown.

Add potatoes and water and bring to boil. Simmer for 10-15 minutes.

Meanwhile in another pan, cover the haddock with the milk and cook gently for about five minutes until just tender. Remove from the milk and, when cool enough to touch, flake gently into large pieces, removing bones.

Add milk and flaked fish to saucepan containing potatoes and other ingredients and cook for a further 5 minutes. Season with salt and pepper and sprinkle with chopped parsley.

Serve with crusty bread and butter.

Lebanese Falafel

Ingredients

200g dried chickpeas - soaked overnight to cover, drained and rinsed
2 garlic cloves – crushed
1 small onion – finely chopped
1 tbsp chopped fresh coriander
1 tbsp chopped fresh parsley
1 tbsp ground cumin
½ tsp salt
½ tsp ground pepper
1 tsp dried mint
1 tsp ground coriander
2 tbsp sesame seeds
½ tsp bicarbonate of soda
Oil for frying

Directions

Put all of the ingredients apart from sesame seeds into a food processor and process until smooth and thoroughly combined. Mix in sesame seeds. Put mixture into bowl and press down. Cover with clingfilm and chill in fridge for 2 hours or preferably overnight. Use falafel mould to make falafels or shape into small patties by hand. Heat oil in deep pan and fry in batches till golden brown.

(The mixture freezes well so it is as well to make a big batch– just defrost thoroughly before using)

Baba Ganoush (Aubergine Dip)

Ingredients

2 large aubergines (700g in total)
2 garlic cloves
½ tsp fine salt
2 tbsp lemon juice
2 tbsp tahini
Large pinch ground cumin
Pinch ground white pepper
2 heaped tbsp yogurt (optional)
Extra virgin olive oil, to serve
Chopped dill parsley, to serve

Method

Preheat the grill or oven to high. Prick the aubergines with a fork and grill them, turning occasionally, until the skin blisters and blackens all over. When cool, peel off the skin. Leave the aubergine flesh in a colander for 15 minutes to drain off excess liquid.

Pound the garlic and salt until smooth with a pestle and mortar. Place in large bowl and add the aubergine flesh, lemon juice, tahini, cumin, pepper and yogurt, if using. Mash to a thick purée. Adjust the seasoning. Transfer to a serving bowl, drizzle with oil, sprinkle with dill and serve

Fattoush Salad

Ingredients

5 cups toasted pita bread, torn into 1 inch pieces
2 tomatoes, diced
1 cucumber, diced
1/4 cup parsley, chopped
1/4 cup green onions, chopped
1/4 cup green pepper, diced
1 half head of romaine lettuce, torn into small pieces
3 cloves garlic, crushed
1/2 cup lemon juice
3/4 cup olive oil
1/4 cup fresh mint, chopped
salt and pepper to taste

Directions

For the salad:

In a large bowl, combine lettuce, bread, cucumber, tomatoes, green peppers, onions, and parsley together. Toss gently.

For the dressing:

In a small bowl combine garlic, olive oil, lemon juice, and mint. Mix well.

Pour dressing over salad and serve.

Tabouli

Ingredients

4 cups cracked wheat (bulgur)
4 cups very hot water
2 large tomatoes, chopped
1 bunch green onions (8) sliced
1 cup fresh chopped mint
4 cups fresh chopped parsley

For the dressing:

1 cup fresh lemon juice
1 cup extra virgin olive oil
2 tablespoon red pepper flakes
1 tablespoon salt, or to taste

Directions

Soak the cracked wheat in the hot water until the water is absorbed, about 30 minutes.

When it's ready, drain any excess water, if necessary, and squeeze dry.

Meantime, prepare the vegetables for the salad and mix the dressing ingredients together. Set aside.

Stir the prepared bulgur, other salad ingredients, and dressing together in a medium bowl.

Serve chilled or at room temperature.

Salatka Jarzynowa (Vegetable Salad)

Ingredients

2 Potatoes
2 Carrots
2 Parsley Roots or Parsnip
1 small Celeriac
4 Eggs
4 Cucumbers in brine (Pickles)
1 cup sweet corn
Small Leek
1 apple

Directions

Peel and boil carrots, potatoes, parsnip, and celeriac until soft, cool down. Boil eggs, cool down. Cut everything in small cubes and mix all ingredients together. Add salt and pepper and sauce, mix well.

To make Sauce:

6 tbsp Mayonnaise
6 tbsp Yogurt
1 tsp Mustard
Salt, Pepper

Barszcz**(Polish borscht)****Ingredients**

4 beetroot, washed, or 2 cups sliced
canned or jarred beets
4 cups meat or vegetable stock
1 minced clove garlic
1 teaspoon sugar
2 tablespoons fresh lemon juice or 1
tablespoon red-wine vinegar
Salt and black pepper

Directions

If using fresh beets, heat oven to 200 degrees. Wrap 4 beets in aluminium foil and roast until tender, about 30 to 45 minutes. When cool enough to handle, peel and slice into strips or julienne.

In a medium pot, bring 4 cups or vegetable stock to boil, add cooked and sliced beets or 2 cups sliced canned or jarred beets, the minced garlic, sugar, lemon juice or 1 red-wine vinegar, and salt and pepper to taste. Simmer for 10 minutes.

Pierogi Dough**Ingredients**

2 cups flour
1 egg
half cup warm water
1 teaspoon salt
2 tablespoons oil

Directions

Mix all ingredients together lightly in bowl. Knead until smooth. Let rest, covered, 30 minutes. Using half of the dough at a time, roll out to 1/8 inch thickness. Cut circles with biscuit cutter or floured glass. Fill with a golf-ball sized hunk of filling, pinch to seal. Boil 5-8 minutes, until floating. Drain.

Russian Pierogi**Potato & Cheese Filling****Ingredients**

4 medium size potatoes, boiled
2 tablespoons finely minced onion sauteed
in 1 tablespoon butter
250g room-temperature dry curd or farmer's
cheese
Salt to taste
Pepper to taste

Directions

Boil the peeled potatoes in water until soft. Drain the water, mash the potatoes. Stir in mashed cheese, sauted onion, salt and pepper. Mash again until smooth.

Sauerkraut and mushroom filling**Ingredients**

500 grams sauerkraut
2 tablespoons butter
1 small finely chopped onion
300 g mushrooms
1/4 teaspoon salt (or to taste, remembering
that the kraut is salty)
1/4 teaspoon black pepper

Directions

Boil sauerkraut for about 20 minutes, drain, and cool down. Cut onion and mushroom very finely. Fried onion on butter until soft and add mushrooms. Boiled sauerkraut must be squeeze from rest of the juices and finely chop. Then add it to onion and mushroom. Add some salt and pepper to taste

Kofte

Ingredients

(Serves four)

2 small onions
1 small bunch of parsley
1 small bunch of mint, leaves only
750g lamb shoulder, finely minced (or see above)
50g toasted pine nuts, roughly chopped
1½ tsp ground cinnamon
1½ tsp ground allspice
½ tsp grated nutmeg
1½ tsp black pepper
1½ tsp salt
Oil, to grease

Method

Grate the onions, and squeeze out most of the liquid through a sieve. Put in a large bowl. Finely chop the parsley and mint, and add.

Mix in the meat, pine nuts, spices and salt until thoroughly combined. Shape into fingers, patties, meatballs or around flat skewers, cover and chill for at least an hour, or up to 12.

Heat a frying pan, griddle or barbecue greased with a little oil. Cook the kebabs until golden brown on all sides, and cooked through to your liking. Eat immediately with flatbreads and yoghurt.

Baklava

Ingredients

3 1/2 cups of mixed walnuts and pistachio nuts
1 cup sugar plus
1/2 cup honey
1 cup butter
1 package, frozen filo dough, thawed
1 cup water
squeeze of lemon juice
2 teaspoons rosewater (might need more of less depending on the strength of the rosewater)
cinnamon

While the baklava is cooking make the syrup:

Combine 1 cup of sugar, lemon juice, and water and honey in a medium saucepan. Bring to a boil, and allow to boil for 10 minutes.

Add rosewater and bring to a boil.

Remove from heat immediately. Allow to cool.

Preparation:

Preheat oven to 160 degrees

Combine 1/2 cup sugar and nuts in a bowl.

Grease bottom of 9x12 pan with butter.

Place two sheets of dough in the baking dish.

Brush dough with butter and repeat until you have 8 sheets buttered and stacked.

Spread about 1 cup of nut mixture over the last layer of dough.

Place two sheets of filo and brush with butter. Continue until filo is finished.

Cook for 50 minutes or until golden brown.

Once Baklava is browned, remove from oven and pour syrup over top of baklava and allow to seep and saturate for 20 minutes.

Grilled aubergines with spicy chickpeas & walnut sauce

Ingredients

4 tbsp olive oil
1 onion finely chopped
1 red chilli, deseeded and finely chopped
2cm piece ginger finely chopped
½ tsp each ground cumin, coriander and cinnamon
400g can chickpeas, rinsed and drained
200g tomatoes, chopped
juice ½ lemon
2 aubergines, sliced lengthways

For the walnut sauce

200g tub Greek-style yogurt
1 garlic clove, crushed
25g walnuts, chopped
handful coriander leaves, roughly chopped

Method

Heat 2 tbsp oil in a pan, add the onion and fry until soft and lightly browned, about 10 mins. Add the chilli, ginger and spices and mix well. Stir in the chickpeas, tomatoes and 5 tbsp water, bring to the boil, then simmer for 10 mins. Add a little salt and pepper and the lemon juice.

Arrange the aubergines over a grill pan. Brush lightly with oil, sprinkle with salt and pepper, then grill until golden. Flip them over, brush again with oil, season and grill again until tender and golden.

Mix the yogurt with the garlic, most of the walnuts and coriander and a little salt and pepper. Arrange the aubergine slices over a warm platter and spoon over the chickpea mix. Drizzle with the walnut sauce and scatter with the remaining walnuts and coriander.

Kisir (Turkish Bulgur Wheat Salad)

Ingredients

6 cups bulgur wheat
6 cups boiling water
6 tablespoons olive oil
5 tablespoons lemon juice
5 cups fresh parsley (half a bunch, chopped)
4 large tomatoes (seeded and diced)
8 green onions (chopped)
3 teaspoons salt
Black pepper
Cayenne pepper
3 tablespoons red pepper paste (or Ajvar)

Method

Pour water over Bulgur, once absorbed add rest of ingredients and mix thoroughly. Serve on lettuce leaves.

Cauliflower fritters with Coriander and coconut chutney

Ingredients

1 large cauliflower broken into florettes
Sunflower oil for deep frying
Lime wedges to serve

Ingredients for Chutney

2 onion peeled and chopped
4 cloves of garlic peel and chopped
Leaves of one large bunch of coriander
5 tablespoons of desiccated coconut
2 teaspoons sugar
Juice of one lemon
Sea salt

Ingredients for the Batter

2 cups gram (chickpea) flour
3 teaspoons turmeric
2 teaspoons ground coriander
2 teaspoons ground fenugreek
2 teaspoons cayenne pepper
1 teaspoon baking powder
3 teaspoons crushed cumin seeds
Salt and black pepper

Directions for Chutney

In a pestle and mortar pound the onion, garlic and salt. Then add and pound in coriander till it forms a paste. Stir in coconut, sugar and lemon juice and add little water to form a smooth paste.

Directions

Sift gram flour with the ground spices and baking soda into a bowl. Add the cumin seeds and seasoning and add water slowly to form a thick paste, stirring all the time. Heat in a wok or pan oil and bring to high temperature. Dip the cauliflower into batter and drop them into the oil and cook until brown. Work in batches. Don't over fill pan. Set aside to drain on kitchen paper. Serve hot with chutney

Turkish Yogurt Soup

Ingredients

2 cups yogurt
2 tablespoons flour
1 egg
Salt, to taste
3 cups water
1 cup cooked rice
½ cup cooked chickpeas
½ cooked brown lentils
1 tsp olive oil
1 tablespoon Red pepper paste(optional)
A few fresh and dry mint leaves
1 tablespoon butter or oil

Directions

Take a bowl and mix in flour, yogurt, salt, egg and a little water. Boil the rice and lentils in the water until soft. Slowly pour in into the yogurt mixture and stir constantly to avoid any lumps. Cook for 10-15 minutes, stirring constantly.

For tempering:

Saute redpepper paste, fresh mint leaves and dry mint leaves in a tsp of olive oil or butter. Pour the tempering over the soup and serve.

Pink Coleslaw

Ingredients

½ red cabbage, thinly shredded
3 beetroots (fresh or cooked), grated
4 large carrots, grated
5 tablespoons of yogurt, crème fresh or mayonnaise
Salt to season
Black pepper

Directions

Mix all ingredients together, adding as little or more yogurt/creme fresh or mayonnaise

Season and serve

Lemon and Potato Mackerel Salad

Ingredients

2 pieces of smoked mackerel
2 lemons
4 large potatoes cooked
½ red onion thinly sliced
4 tablespoons crème fresh
4 radishes thinly sliced
2 tablespoons of oil
Black pepper
Handful of chopped parsley

Directions

In a bowl break the mackerel into bite size pieces, removing the skin
Add the juice of one lemon and the zest of two lemons
Break potatoes into bite size pieces, add onions, radishes and oil and mix all ingredients well with lots of black pepper
Serve with a good sprinkle of chopped parsley

Blueberry Cheese Cake

Ingredients

100g butter, melted, plus a little extra for the tin
200g crunchy biscuits
600g soft cheese
100g icing sugar, plus extra to taste
2 tsp vanilla extract
300ml pot double cream
400grams of blueberries

Directions

Put the biscuits into a bag and bash with a rolling pin until finely crushed. Add melted butter and mix. Spoon the biscuit base into a cake tin.
Put the soft cheese, icing sugar and vanilla in a bowl, then beat with an electric mixer until smooth. Tip in the cream and continue beating until mixture is combined. Scatter over 200g of the blueberries. Using a spatula, fold in with just a few folds – as you assemble the cheesecake they'll ripple through more.

Spoon the cream mixture onto the biscuit base, working from the edges inwards. Smooth the top of the cheesecake down with the back of a dessertspoon or spatula. Leave to set in the fridge overnight.

Bring the cheesecake to room temperature about 30 mins before serving. If using a loose-bottomed tin, unmould by placing on top of a can, then gradually pull down the sides of the tin. Slip the cheesecake onto a serving plate, removing the lining paper and base. Scatter the remaining blue berries over the cheesecake and serve the rest alongside.

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