

the hidden gardens

CULTURAL COOKERY

Recipe book

March 2022



Gigantes Plaki

**CULTURAL
COOKERY**

Ingredients

- 400g dried butter beans
- 3 tbsp Greek extra virgin olive oil plus more to serve
- 1 Spanish onion finely chopped
- 2 garlic clove, finely chopped
- 2 tbsp tomato purée
- 800g ripe tomatoes skins removed, roughly chopped
- 1 tsp sugar
- 1 tsp dried oregano
- pinch ground cinnamon
- 2 tbsp chopped flat-leaf parsley, plus extra to serve

Directions

- Soak the beans overnight in plenty of water. Drain, rinse, then place in a pan covered with water.
- Bring to the boil, reduce the heat, then simmer for approx 50 mins until slightly tender but not soft. Drain, then set aside.
- Heat oven to 180C/160C fan/gas 4.
- Heat the olive oil in a large frying pan, tip in the onion and garlic, then cook over a medium heat for 10 mins until softened but not browned.
- Add the tomato purée, cook for a further min, add remaining ingredients, then simmer for 2-3 mins. Season generously, then stir in the beans.
- Tip into a large ovenproof dish, then bake for approximately 1 hr, uncovered and without stirring, until the beans are tender.
- The beans will absorb all the fabulous flavours and the sauce will thicken. Allow to cool, then scatter with parsley and drizzle with a little more olive oil to serve.

Spanakopita Pie

**CULTURAL
COOKERY**

Ingredients

- 300gr filo pastry
- 700gr spinach washed and chopped
- 1 leek washed and chopped into half moons
- 200gr Feta cheese
- 4 eggs
- 2 ¼ tablespoons olive oil
- 100gr butter
- 1 teaspoon salt

For the finishing touches:

- 35-50gr butter (cut in cubes)
- 1 egg
- 1 tablespoon water

Directions

- Preheat the oven to 180C or 356F.
- In a frying pan, add the oil and cook the leek for approximately 5 minutes. Continue by adding the spinach in batches. Make sure you stir so that all the spinach is softened. Let the spinach and leek mixture rest.
- In a large bowl beat 4 eggs and add the crumbled feta cheese, salt and melted butter. Stir and add the leeks and spinach.
- Butter a baking tray. Remove the filo sheets out of the packaging. Cover the pastry sheets with a wet towel to prevent them from drying out.
- Lay two layers of two filo sheets placed side by side on the bottom of baking tray so that their edges are overhanging from the baking tray.
- Add roughly 3-4 tablespoons of the mixture onto the filo sheet evenly. Make sure the phyllo sheets do not get too soggy.
- Lay another phyllo sheet on top and add the pie mixture. Repeat the process until you have one filo sheet left.
- Fold in the overhanging portions of the bottom layer phyllo sheet. Lay the last filo sheet on top (the one you had set aside in the beginning) and tuck it in the corners of the baking tray.
- Beat one egg with a tablespoon of water and brush this on the surface of the pie. Place the little butter cubes on the top phyllo sheet. This will make the phyllo even crunchier.
- Pierce the pie with a fork and bake at 180C or 356F for 45-50 minutes.

Thai Lentil daal

**CULTURAL
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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* (shop bought is fine or see below for recipe)
- 1 tablespoon fresh minced ginger
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 can coconut milk
- 1/4 cup chopped coriander
- 1 tablespoon water

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.

Green curry paste

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* (shop bought is fine or see below for recipe)
- 1 tablespoon fresh minced ginger
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 can coconut milk
- 1/4 cup chopped coriander
- 1 tablespoon water

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.

Thai style tofu with basil

**CULTURAL
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Ingredients

- 1 pack firm tofu
- 1 tablespoon
- dark soy sauce
- Juice of one lime
- 1 teaspoon hot sauce like sriracha, or adjust to taste, optional
- 1 ½ tablespoons brown sugar
- 1 ½ tablespoons cornflour
- pinch of pepper
- good pinch of salt
- 1 ½ tablespoons oil
- 5-6 large garlic cloves finely chopped
- 1 inch ginger finely chopped
- 1 large red pepper sliced
- 1 large handful chopped basil, thai basil is best, otherwise normal basil is fine.

Directions

- Place tofu between paper towels or tea towel and cover with plate and heavy object to release the liquid for around 20 minutes. This will help in getting rid of excess moisture and tofu will absorb the flavors better.
- In a bowl whisk together dark soy sauce, lime juice, sriracha and brown sugar . Set the sauce aside.
- Once the tofu has been pressured for 20 minutes, chop it into cubes. Then add it to a bowl along with cornflour, pepper powder and salt. Toss to combine so that tofu pieces are coated with the cornflour.
- Put a wok or large frying pan on medium heat. Once it is hot, add the oil. Add the tofu pieces.
- Let the tofu become lightly browned and crisp for a few minutes then flip the tofu over.
- Then add the garlic, ginger and red pepper. Stir and cook for 2 to 3 minutes until ginger-garlic start changing colour.
- Stir in the prepared sauce. Mix well and cook for 30 seconds or so until all the tofu is well coated with the sauce.
- Remove pan from heat and stir in the chopped basil and mix.

Garbanzos con Espinacas Recipe (Spinach and Chickpeas)

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Ingredients

- 1 tin of chickpeas
- Around 300 grams or 10 ounces of fresh, washed spinach
- 3 slices of day-old bread
- ¼ cup of tomato passata or watered down tomato purée
- 2 tablespoons of Sherry vinegar
- 3 garlic cloves
- 15 unsalted almonds
- Extra virgin olive oil
- 1 teaspoon ground cumin
- Cayenne pepper
- Seasalt
- Black pepper

Directions

- Heat up around 3 tablespoons of extra virgin olive oil and add the washed spinach.
- Sauté the spinach until it is just wilted and remove it from the heat.
- Heat up another 3 tablespoons of extra olive oil. Remove the crust from the bread and add it to the pan, together with the raw almonds. Fry until the bread and the almonds are crispy.
- Cut the garlic and add it to the pan as well as one teaspoon of ground cumin, cayenne, and black pepper. Sauté until the garlic turns brown.
- Transfer the ingredients to a blender and add two tablespoons of Sherry vinegar.
- Blend everything until you have a thick paste.
- Add the paste together with chickpeas and 1/4 cup of tomato sauce to the pan.
- Stir carefully until the chickpeas are covered with the paste and tomato sauce.
- Add the spinach to the pan, season with sea salt and pepper, and stir until everything is well mixed.

Berenjenas con Miel: Fried Eggplant With Honey

**CULTURAL
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Ingredients

- 1 large eggplant
- 1 to 2 tsp. salt
- Oil for frying
- 1 cup of plain flour
- 1 tablespoon of honey

Directions

- Rinse the eggplant well and dry it with a towel. Slice the eggplant into rounds approximately 1/8-inch thick (3 mm).
- Pour olive oil into a medium frying pan and heat on medium-high heat.
- Put flour onto a large plate. When the oil is hot enough, dredge slices of eggplant in the flour on both sides, using tongs. Shake off excess flour, then fry in oil, turning when bottom begins to turn a golden color.
- Remove the eggplant slices from the oil and place on paper towels to absorb the excess oil.
- When all slices have been fried, arrange them on a serving plate and drizzle honey over the top of them for a truly distinctive taste.

Patates Bravos

**CULTURAL
COOKERY**

Ingredients

For the sauce

- 3 tablespoons olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 227g can chopped tomatoes (½ tin)
- 1 tablespoon tomato purée
- 2 teaspoon sweet paprika
- good pinch chilli powder
- pinch sugar
- chopped fresh parsley, to garnish

For the potatoes

- 900g potatoes, cut into small cubes
- 2 tablespoon olive oil

Directions

- Heat the oil in a pan and fry the onion for about 5 mins until softened. Add the garlic, chopped tomatoes, tomato purée, sweet paprika, chilli powder, sugar and a pinch of salt, then bring to the boil, stirring occasionally. Lower to a simmer and cook for 10 mins until pulpy. Can be kept chilled for up to 24 hrs.
- Heat oven to 200C/180C fan/gas 6. Pat the potatoes dry with kitchen paper, then tip into a roasting tin and toss in the olive oil and some seasoning. Roast for 40-50 mins until crisp and golden. Tip the potatoes into serving dishes and spoon over the tomato sauce. Sprinkle with some fresh parsley to serve

Okonomiyaki

Japanese cabbage pancakes

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Ingredients

- 3 large free-range eggs
- 3 tablespoon plain flour
- ½ teaspoon sea salt
- ½ teaspoon dark soy sauce
- ½ teaspoon toasted sesame oil
- 2 large spring onions, thinly sliced
- 275g white cabbage, finely shredded
- sunflower oil

Directions

- To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth.
- Fold the spring onions and cabbage into the batter until everything is well coated.
- Heat enough oil to just cover the bottom of a large frying pan over a medium-high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper.
- Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain.
- Fry in batches until you've run out of mixture – you should get about eight pancakes.

Vegetarian Gyoza

**CULTURAL
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Ingredients

Dough

- 140g Plain Flour
- 125ml Recently Boiled Water

Filling

- 140g Plain Flour
- 125ml Recently Boiled Water
- 1/2 Cabbage (Shredded)
- 100g Mushrooms (Chopped Small)
- 1 Carrot (Grated)
- 1tsp Grated Ginger
- 1tbs Sesame Seeds
- 2tbs Soy Sauce

Directions

- First, start by making your dough. In a bowl, combine the flour with water and mix using a fork. Once it comes together, dust your work surface with flour. Now knead the dough until well combined, adding flour so it isn't sticky. This should take around 6/7 minutes. Roll the dough into a ball and set aside in a bowl covered with cling film.
- Now, chop and grate your vegetables. Add 1tsp oil into a pan and add the cabbage, carrot, mushrooms and ginger. Cook for 5 minutes on a low/medium heat. Once it looks cooked, add the soy sauce and sesame seeds and stir. Now cook until the liquid has evaporated. Leave aside to cool.
- Back to the dough. Place on your floured work surface and roll into a long sausage shape. Now cut into 18 individual portions. Put some water in a small bowl next to the dough, you will need this soon.
- Flour the surface well and add one piece of dough. Now roll out into a circle as thin as you can. Take the dough in your hand and spoon a small amount of the filling into the centre. Now for the water, wet the tip of a finger and dab it around one half of the edge. Then fold the other half over and pinch the edges together, you should end up with a semi circle shape. Place bottom down on the work surface to make a flat bottom, this will make a good base when frying.
- Heat a frying pan on a medium heat, make sure you have a lid that fits the pan. Add 1tsp of oil to the frying pan and then place the gyoza in one at a time to the pan. Cook for 1-2 minutes until the base is nice and brown. Now, add some water to the frying pan and cover with the lid immediately. Steam for 3-4 minutes. Serve with some dipping sauce.

Radish, Ginger and Carrot salad

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Ingredients

- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon soy sauce
- 2 teaspoons maple syrup or honey
- 1 teaspoon finely grated ginger
- 1 crushed garlic clove
- ¼ teaspoon salt
- 1 tablespoon olive oil
- 3 cups julienne cut or shredded carrots
- 1 cup julienne cut watermelon radishes, or any variety radish including Daikon

Daikon

- ½ cup flat leaf parsley leaves

Directions

- Whisk vinegar, maple syrup/honey, soy, ginger, garlic and salt in a large bowl. Whisk in oil. Add carrots, radish and parsley and toss to coat.

Fried rice with egg & ginger

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Ingredients

- 3 tbsp sunflower oil
- 100g ginger , finely sliced
- 50g garlic , finely sliced
- 100g small peeled cooked prawn (optional)
- 1 bunch spring onions , whites and greens separated and sliced
- 3 eggs, beaten
- 600g cooked rice (300g/11oz uncooked)
- 50ml rice wine or dry sherry
- 50ml light soy sauce

Directions

- Heat the oil in a wok.
- Add the ginger and garlic, then stir-fry briefly until just coloured.
- Add the prawns (if using) and the whites of the spring onions, and cook for a further 3 mins.
- Pour in the beaten egg, let it set for a couple of seconds, then break it up and stir well to scramble. Add the cooked rice and stir-fry everything together for 10 mins. Add the rest of the spring onions, rice wine and soy, then toss everything together well. Serve immediately.

Ginger Sweet Tofu with Pak Choi

**CULTURAL
COOKERY**

Ingredients

- 250g fresh firm tofu, drained
- 2 tbsp vegetable or sunflower oil
- 1cm piece ginger , sliced
- 200g pak choi , leaves separated
- 1 tbsp rice wine
- 1 tbsp rice vinegar
- ½ tsp dried chilli flakes
- cooked jasmine rice, to serve

For the marinade

- 1 tbsp grated ginger
- 1 tsp dark soy sauce
- 2 tbsp light soy sauce
- 1 tbsp brown sugar

Directions

- Gently prick a few holes in the tofu with a toothpick (this will help the marinade to soak into it, giving better flavour), then cut into bite-size cubes.
- Mix the marinade ingredients together in a bowl and toss in the tofu pieces. Set aside to marinate for 10-15 mins.
- Heat a wok over high heat and add half the groundnut oil. When the oil starts to smoke, add the ginger slices and stir-fry for a few secs. Add the pak choy leaves and stir-fry for 1-2 mins. Add a small splash of water to create some steam and cook for 2 mins more. When the leaves have wilted and the stems are cooked but still a little crunchy, season with salt and transfer to a serving dish.
- Rinse the wok under cold water, then reheat it and add the remaining oil. When it starts to smoke, add the tofu pieces (retaining the marinade liquid) and stir-fry for 5-10 mins. Take care not to break up the tofu as you toss it to get it browned evenly on all sides. Season with the rice wine and rice vinegar. Add the remaining marinade liquid, bring to the bubble and let the liquid reduce. Sprinkle over the chilli flakes and toss well. Spoon onto the pak choy and serve immediately with jasmine rice, if you like.

Vegetarian spring rolls

**CULTURAL
COOKERY**

Ingredients

- vegetable oil for frying
- 3 cloves of garlic, crushed
- Small bunch of spring onions
- 2 carrots
- ½ small white cabbage
- 1 pack of fine green beans
- 1 pack of beansprouts
- 2-3 handfuls of prawns (optional)
- 1 pack of spring roll pastries
- 1 tsp salt
- 2 tbs cornflour and 2tbs water (if deep frying)
- Sweet soy sauce

Directions

- Chop the carrots into the size of matchsticks and finely slice the spring onions, green beans and cabbage.
- Heat a tablespoon of vegetable oil in a wok on a medium heat add spring onions, cabbage, green beans and carrots and fry for a few minutes but don't let the garlic brown.
- Then drain in a colander and transfer to the bowl that holds the beans.
- Gently fry the bean sprouts for a few minutes and add to the other vegetables
- Open the pack of pastries and place them onto a plate using a damp cloth to cover them - the pastries mustn't dry out.
- Take one pastry and place it on a board and take a tablespoon of the vegetable filling and place it near the end of the pastry that is closest to you, leaving a gap of about an inch and a half all around. Try not to overfill the pastry or it might break during cooking.
- Fold the end of the pastry over the vegetables then fold in the left and right side of the pastry.
- If you want to deep fry the spring rolls make a paste out of the corn flour and water and place a little along the far edge of the pastry so that when you roll it up the end is glued shut and won't open during frying.
- Roll the pastry tightly to form a tube shape.
- In a wok, heat up the vegetable oil, drop a small amount of pastry in and if it has turned golden brown after 10 seconds you're ready to deep fry.
- Carefully place 3-4 spring rolls into the oil seam side down but don't try to cook too many at once or they'll stick together.
- After a minute turn the spring rolls over - once they've turned golden brown remove them from the wok and place on some kitchen paper to absorb the excess oil.
- Serve with sweet soy sauce and sweet chili sauce or allow to cool and transfer to your freezer to enjoy later.

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