

THE WORLD IN MY KITCHEN

VOLUME I

BY BRENNAMAY

SPECIAL THANKS TO:

My husband Steve, For your love, encouragement, and honesty.

Mom, for bringing me up on very good food, and inspiring most of the rich and sweet in this book.

Dad, for teaching me I could do anything, and for holding me up to make waffles when I was too small to reach.

Lee & Carolyn Howard, for lending us your home and kitchen.

INTRODUCTION

I grew up in the beautiful state of Oregon in the United States. My mom was always cooking something beautiful, something comforting, something down home classic American.

I travelled a little when I was younger, but about five years ago I decided to follow Jesus into the adventure of a lifetime and I moved to Scotland, joined Youth With A Mission and have really, truly met with God.

Over the years in YWAM I have had the privilege of traveling to some beautiful & exotic countries, and all of them have made their impression on me. My way of remembering those people and nations is by opening my kitchen to the tastes and smells of those beautiful places, taking me back to conversations in broken arabic, muddled sign language in places like Cambodia, and moments when I forgot cultural norms for an opportunity to show Jesus' love.

So, this book is an exploration in cooking. Some are tried and true family recipes. Some are my own invention that came from what was in the fridge and a craving. Most are a take off of something I tried in some beloved country and recreated at home. I hope you will enjoy them... and of course... be adventurous and create your own.

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THE AMERICAS

BARBECUE BEEF BURGERS



The key to good beef burgers is good beef. Homegrown beef from the farmer down the street, or Aberdeen Angus will give you a much better burger than value mince from the store, but it also depends on what to put in and how you cook them.

Makes 4 – 6 burgers

Preparation:

In a large bowl, combine beef, breadcrumbs, onion, parsley, coriander, garlic, worcestershire sauce, sea salt and black pepper as well as the egg if you're using it.

Mix thoroughly with your fingers or a wooden spoon.

Break off into 4 – 6 parts, depending on the size you like, and roll into balls then work them until they flatten into a thick burger shape.

If you're not going to grill them straight away, keep them in the fridge until you're ready.

Grill for 4 – 6 minutes, turn over and grill another 4 – 5 minutes until cooked.

Serve with rolls, cheese and whatever sauce and condiments you like. Pile it high if you can fit your face around it.

Ingredients:

18oz/ 500g ground/minced beef

4 tablespoons breadcrumbs

½ onion, finely chopped, 1 tablespoon dried onion flakes, or ½ packet dry onion soup mix

½ tablespoon dried parsley

½ – 1 tablespoon worcestershire sauce

1 clove garlic, crushed

½ teaspoon ground coriander/cilantro or cumin

1 egg (optional)

pinch sea salt & black pepper





SOUTHWEST TACO SOUP



A rich, tummy warming chicken, tomato & black bean soup.

Serves 4

Preparation:

In a pan over high heat with oil, add the chopped red onion and garlic. Sautee until onions go translucent.

Add the shredded chicken & sautee for a couple minutes. Add the diced chilli and red pepper and sautee.

Add the chopped tomatoes and fresh chicken stock. Add the cumin, coriander/cilantro, lime juice and grind sea salt and black pepper over the whole thing. Stir and simmer for 5 – 10 minutes. Taste and adjust seasonings.

Garnish with sour cream and serve hot with fresh bread or tortilla chips.

Ingredients:

1 chicken breast, cooked & shredded
 1 can/14oz/400g chopped tomatoes
 1 cup/240ml cooked black beans
 1 red onion, chopped
 2 – 3 cloves garlic, crushed
 1 tablespoon olive oil
 1 cup/240ml fresh chicken stock
 1 red bell pepper/capsicum, diced
 1 fresh red chilli/jalapeno, diced or 2
 teaspoons dried red chilli flakes
 1 teaspoon ground cumin
 1 teaspoon ground coriander/cilantro
 2 teaspoons dried coriander/cilantro
 dash of lemon or lime juice
 sea salt & black pepper to taste

CHICKEN ENCHILADAS



My mother makes the most wonderful enchiladas. Living in Scotland though, posed a problem for many years on the creation of such a food. Slowly though, corn tortillas of sorts emerged, and I found it in my heart to re-create this beautiful dish. It's been quite altered from my mother's, and I have had to hand make the sauce rather than buying it in a tin at the local supermarket, so they're a different dish entirely.

Serves 6 – 8

Sauce Preparation:

Preheat oven to 350 degrees fahrenheit (180 C)

Quarter 2 onions, 4 large tomatoes, 3 cloves garlic and 2 bell peppers and place them in a slightly oiled casserole dish.

Roast in oven for an hour or so until vegetables begin to blacken and the aroma is released. Scoop vegetables into a food processor or blender and puree.

Pour sauce into saucepan or small pot and add cumin, coriander, cilantro, sea salt, pepper, lemon and dried chili and simmer until all flavors are released; 5 minutes or so. Taste and adjust seasonings as needed. Set aside.

Preparation:

In a large bowl, combine chicken, chopped tomatoes, diced bell peppers, sweetcorn, beans, 1 ½ cups cheese and a sprinkling of lemon pepper, cumin, coriander, cilantro & sea salt. Mix together.

Spread some of the prepared sauce on the bottom of a large casserole dish.

In a skillet, pour some of the sauce and heat to low.

Dip tortillas in the sauce as you are preparing the enchiladas for the tray.

Dip one tortilla and smear on both sides with sauce, then take a bit of the filling and place it in the center in an oval. Roll the tortilla up and place it in the casserole dish with the sauce.

Repeat with all the tortillas until the whole pan is full.

Cover with more of the sauce, cover with remaining cheese, and sprinkle some fresh chopped or dried coriander over the top.

Bake in oven for 35-40 minutes, until cheese is melted and the dish begins to brown on the edges.

Serve with tortilla chips and fresh salad.

Ingredients for sauce:

- 2 white onions, quartered
- 3 cloves garlic
- 4 large tomatoes
- 2 bell peppers/capsicums
- 3 teaspoons cumin
- 3 teaspoons ground coriander/cilantro
- 3 fresh chillies/jalapenos or 2 teaspoons crushed red chili
- 3 teaspoons dried coriander/cilantro
- 1 tablespoon lemon/lime juice
- 2 teaspoons sea salt
- 2 teaspoons black pepper

Ingredients for enchiladas:

- 1 lb/450g chicken, cooked & separated
- 10 large soft corn tortillas
- 1 lb/450g grated cheddar cheese (I use white, but yellow is fine)
- 2 bell peppers/capsicums diced
- 1 bunch green/spring onions
- 1 cup/240ml frozen sweetcorn
- 1 can black beans, pinto beans, kidney beans or even some white beans work.
- 1 tin peeled, chopped tomatoes
- 2 teaspoons cumin
- 2 teaspoons coriander
- 2 teaspoons fresh or dried cilantro
- 1 teaspoon lemon pepper
- 1 teaspoon sea salt





SHREDDED CHICKEN & BLACK BEAN BURRITOS



This is a really simple Mexican-American meal. It's flavorful, healthy and warms the tummy.

Serves 4 – 6

Preparation for the beans:

Soak the beans overnight, rinse the water out and put in the slow cooker with a clove of garlic, diced onion, ½ tablespoon cumin, 2 teaspoons ground coriander, ½ tablespoon dried cilantro/coriander, 2 – 3 teaspoons crushed red chilli flakes, and 1 – 2 teaspoons ground sea salt & pepper. Add some lemon or lime if you like. Cover with water and cook for 3 – 4 hours.

Alternatively, open the tins into a pot, add the garlic, spices and onion and cook over low heat for 20 minutes.

Preparation:

To cook the chicken, put it in a pot of boiling water and let it cook. If you're cooking breasts or other parts, it should only take about 10 – 15 minutes. If you're boiling a whole bird it will take longer, but simply check to see that the meat has turned white and there's no pink to it when you cut through. Remove the chicken from the broth. I like to save the broth for a soup or for other meals like curries so I would freeze it or refrigerate it until you need it. Remove the skin & bones from the chicken and shred it in a glass bowl with a couple of forks. Alternatively, this recipe can be made with the leftovers from a roasted chicken.

In a skillet or saucepan, sautee the onion, garlic & chillies until the onions turn a light brown.

Add the chicken, and sautee until it turns a light brown. 2 – 3 minutes should do. If you're cooking the chicken from raw, this will take 6 – 8 minutes.

Add the sliced bell peppers, sweetcorn, tomatoes and a sprinkling of lemon, salt, pepper, cumin & coriander. Stir and sautee for about 5 minutes.

Taste to check the seasonings and adjust as needed.

Take the tortillas, sprinkle some cheese on them and spoon a couple of tablespoons of the chicken & vegetable mixture and a couple tablespoons of the black beans to form an oval. Fold in the smaller ends of the tortilla, then fold in from the longer side of the filling, and roll it up to close it. Repeat with the other burritos.

Ingredients:

14oz/400g chicken, cooked, separated & shredded

14oz/400g dried black beans (or 1 – 2 cans)

8 – 10 large corn or flour tortillas

½ lb/225g grated cheddar cheese (I use white, but yellow is fine)

2 – 3 white or red onions, diced

¼ cup/60ml frozen sweetcorn

3 cloves garlic

1 tin/can peeled & chopped tomatoes

1 – 2 bell peppers/capsicums, sliced

1 tablespoon cumin

4 teaspoons ground coriander/cilantro

1 – 2 fresh chilis/jalepenos or 2 teaspoons crushed red chili

2 – 3 teaspoons crushed red chili flakes

1 – 1 ½ tablespoons dried coriander/cilantro

2 tablespoons lemon/lime juice

ground sea salt to taste

ground black pepper to taste

TAMALES



Tamales are a bit finicky to prepare but are anything but finicky to eat. They even freeze well.

Makes 6 tamales, serves 3 – 4

Preparation:

Put the cornhusks in a large pot and cover with water. Stick a smaller lid down in the pot to keep the husks down. Bring to a boil and then simmer for 30 – 40 minutes.

In a bowl, cream the vegetable lard and butter together. Add the corn meal and ½ teaspoon salt and mix. Add the fresh stock and cream together to make a paste. Set aside.

Chop up the chicken or beef and put it in a skillet with a bit of oil over medium high heat. Add the chilli, onion and garlic and sautee for a few minutes until chicken starts to brown. I always have some fresh stock on hand from a roast so I add that instead of a cup or two of water, but if you don't have it, add water. Add the spices and simmer until the chicken/beef starts to become tender.

With a wooden spatula, chop up the meat until it shreds. If you don't have one, transfer it to a glass or ceramic dish and shred with forks. Set aside.

Remove soaked cornhusks and put a colander on top of the pot of boiling water. Lay a few husks in the colander.

Lay husks in layers of 2 or 3. Spoon about 2 tablespoons corn paste into a bunch of husks and spread it out into an oval lengthwise. Spoon a heaping tablespoon of the chicken or beef into the centre of the corn meal, then fold the sides together. Slide the outer husks around to cover any cracks. The meat should be completely sealed inside the cornmeal, which should be completely sealed within the wrapped husk. Twist each end to seal and tie with cord or a thin strip of husk. Repeat with all the husks until the cornmeal is gone.

If you're going to freeze them, fold both ends into the center after you've wrapped it closed so it looks like a little parcel and tie closed with cord. They just keep a bit tidier this way.

Lay the tamale parcels into the colander and cover with foil. Bring pot of water back to a boil and steam cook the tamales for 40 minutes. If you increase the batch, it can take up to an hour.

Serve with black beans, roasted pepper salsa and sour cream.

Ingredients:

8 – 10 bunches (2 – 3 each bunch) dried corn husks

2 cups/480ml corn meal/masa harina

½ teaspoon salt

½ cup/100g vegetable lard or shortening

1 tablespoon butter

¾ cup/180ml fresh chicken or beef stock (if you don't have it, then pour water into the pan you cook the meat in and let it simmer about ten minutes then strain it out for the cornmeal)

10 – 14oz/300 – 400g chicken or beef

1 tablespoon olive oil

1 red chilli or jalapeno, diced

1 cup/240ml chicken/beef stock

1 small white onion, chopped

2 – 3 cloves garlic, crushed

2 – 3 teaspoons ground coriander

2 – 3 teaspoons ground cumin

small handful chopped fresh cilantro/coriander or 2 tbsp dried coriander

sea salt & black pepper to taste



BLACK BEANS



When I first moved to Scotland, the food I missed most was Mexican, and especially black beans. It took me nearly two years to find them under the name “Black Turtle Beans” in the dried whole foods section of Tesco and when I finally found them... I went straight out and bot a slow cooker so I could make them even with my busy schedule. Now you can buy them in tins at the local Morrisons and who knows where else... but I've stuck with the dried version for sake of the budget.

Serves 4 – 6 as part of a meal.

Preparation:

Soak the beans overnight, rinse the water out and put in the slow cooker with garlic, diced onion, cumin, ground coriander, ½ tablespoon dried cilantro/coriander, chillies, ground sea salt & pepper. Add some lemon or lime if you like. Cover with water and cook for 3 – 4 hours.

Alternatively, open the tins into a pot, add the garlic, spices and onion and cook over low heat for 20 minutes.

A fantastic way to spice this up is to throw in a whole dried chipotle pepper. It gives the beans a gorgeous smokey flavor. Serve alongside fajitas or tamales.

Ingredients:

14oz/400g dried black beans (or 1 – 2 cans)

1 white or red onion, diced

1 – 2 cloves garlic

1 – 2 bell peppers/capsicums, sliced

½ tablespoon cumin

2 – 3 teaspoons ground coriander/cilantro

1 – 2 fresh chillies/jalapenos or 2 teaspoons crushed red chili

small bunch fresh cilantro/coriander, chopped or 1 tablespoons dried coriander/cilantro

1 tablespoon lemon/lime juice

ground sea salt to taste

ground black pepper to taste





CHICKEN FAJITAS



Chicken fajitas are the main part of the Mexican ala carte spread of champions. If you've never had them, you're missing out. Go on, give it a try.

Serves 4 – 6

Preparation:

In a large skillet, sautee onions and garlic in olive oil for 1 – 2 minutes. Add the chicken and grind sea salt over everything. Keep stirring until the chicken turns white.

Add the sweetcorn, herbs & spices and sautee until the chicken starts to brown.

Add the bell peppers and sautee until the chicken is browned and tender. Slice open a piece of chicken to see if it's done. If there's no pink, it's ready to serve.

Garnish with fresh cilantro and serve with black beans, soft flour or corn tortillas, cheese and salsa.

Ingredients:

1lb/450g chicken, sliced
 2 – 3 tablespoons olive oil
 3 – 4 bell peppers/capsicums, sliced
 1 cup/240ml frozen sweetcorn
 2 – 3 onions, sliced
 3 cloves garlic, crushed
 1 ½ – 2 teaspoons ground cumin
 1 ½ – 2 teaspoons ground coriander/cilantro
 1 tablespoon dried cilantro/coriander
 2 – 3 teaspoons lemon pepper
 sea salt to taste

CORN FLOUR TORTILLAS



Corn tortillas are a must for authentic Mexican food. In the States, there's really no need to make them as you can buy them very inexpensively, but if you are in the UK, this is a quick recipe for corn and flour tortillas.

Makes 16 tortillas

Preparation:

Combine flour, corn meal, salt and baking powder in a bowl and mix.

Add the olive oil and mix in with your fingers. Pour the water slowly as you are mixing and knead until you get a ball of soft, slightly sticky dough. Cover with a damp tea towel and refrigerate for 30 minutes.

Roll the dough into a long tube and cut into 16 parts, or fewer for larger tortillas. Cover the sliced roll with a damp tea towel while you roll out each dough.

Make each section into a ball and then roll out between two sheets of clingfilm or wax paper and pat to thin out further until it's a couple millimeters thick and about 5 – 6 inches (13-15cm) across. The key is to pull the greaseproof paper or film back on itself and off the tortilla, flip the whole thing back on a sheet and do it again so the tortilla is loose, then quickly peel it off and place it on the hot griddle. If you have a tortilla press, even better.

Heat a skillet to high heat with a couple drops olive oil and grill each tortilla for 2 – 4 seconds on each side, checking to make sure they don't burn, but just brown slightly. Flip to cook on each side again if needed.

Ingredients:

2 cups/250g plain all-purpose flour

2 cups/250g fine corn meal

2 teaspoons salt

1 ½ teaspoons baking powder

2 tablespoons olive oil

1 ½ cups/360ml warm water, more if needed



CHICKEN & CORN CHOWDER



This recipe is an original that simply came from a craving. It has a definite Mexican influence and warms the tummy nicely.

Serves 4

Preparation:

In a large sautee pan over high heat, combine diced chicken breast and red onion with butter and some salt in the pan and cook until chicken starts to brown.

Add sweetcorn & diced potatoes. Sautee until potatoes start to brown. Add milk until it just covers the sautee mixture & stir. Add coriander & garlic. Add chicken stock. Turn down heat and let simmer until cooked (until the potatoes are soft enough to eat.)

Add salt and pepper to taste. I like to put in a bit of lemon pepper or lemon rub and chili for a kick. Sift in the corn maize while stirring until the soup thickens. Serve hot.

Ingredients:

- 1 – 2 breast of chicken
- 2 cups/400g sweetcorn
- 2 – 4 new potatoes
- 1 medium red or white onion
- 1 – 2 cups/240 – 480ml chicken stock
- ¼ cup/32g fine corn maize
- 2 tablespoons butter
- 3 – 4 cups/720 – 960ml whole milk (I sometimes add cream)
- 1 clove garlic, crushed, or 1 tsp garlic paste
- 3 teaspoons ground coriander
- 1 – 2 teaspoons lemon pepper
- black pepper & sea salt to taste





CHICKEN QUESADILLAS



I couldn't leave off one of the simplest, quick bites in the book.

Preparation:

In a skillet over medium high heat, warm up a tortilla and sprinkle it with cheese.

Scatter some shredded chicken and spoon some salsa over it.

Fold over the tortilla and grill on both size until the cheese melts.

Serve with salsa and sour cream.

Ingredients:

corn or flour tortillas

chicken

cheese

salsa

BREAKFAST TORTILLA



When I was an exchange student in Mexico, my host father would make me breakfast. He'd serve up either a breakfast tortilla or chilaquiles. They both remain favorite breakfast foods.

Preparation:

In a skillet over medium high heat, warm up a tortilla and spread it with sour cream.

Spoon some salsa over it.

Add a bit of crumbled cheese to the top.

Heat until the cheese softens, then serve.

Ingredients:

corn tortilla

sour cream

salsa

casero, feta or goats cheese





CHILAQUILES ROJOS



The best way I can describe chilaquiles is to say it's a corn tortilla casserole, though in Mexico it is more often eaten the way Americans would eat Oatmeal or the Brits would eat porridge. It's a fantastic way to use those day old homemade corn tortillas... and it's yum.

Serves 2

Preparation:

Cut the tortillas in wedges like a pie.

Heat the olive oil in a skillet and sautee the tortilla wedges until they are hot and begin to stiffen like chips.

Pour the salsa over the top and stir it all together. If you're salsa is chunky, you may need to pour a bit of water on top to thin it out so the tortillas can soak it up.

When the tortillas soften, pour it into a bowl and top with cheese.

Ingredients:

6 – 8 small day old or stale corn tortillas
(the wraps, not the chips)

2 cups/480ml homemade tomato or
another type of red salsa.

3 – 4 tablespoons olive oil

feta, casero or goats cheese to garnish

*this is fantastic with a mild green
tomatillo salsa or a roasted pepper salsa

FRESH TOMATO SALSA



This is a quick salsa that you can whip up in a few minutes when you've only got a tin of tomatoes and some spices.

Makes about 2 cups.

Preparation:

Put the spices, chopped onion, crushed garlic, lemon/lime juice, salt, pepper and crushed red chilli in a bowl. Add the chopped tomatoes and stir.

Serve with tortilla chips.

Ingredients:

- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 1 can/tin peeled chopped tomatoes
- 3 teaspoons cumin
- 3 teaspoons ground coriander/cilantro
- 2 – 4 teaspoons crushed red chili
- handful fresh chopped coriander/cilantro (about 3 tbsp) or 2 tbsp dried coriander
- 1 tablespoon lemon/lime juice
- 1 teaspoon sea salt
- 1 teaspoon black pepper





ROASTED PEPPER SALSA



This is a quick roasted salsa with great results every time.

Makes about 3 cups.

Preparation:

Turn on grill or broiler to high heat or turn on your oven to as high as it will go.

Quarter onion, halve and deseed bell peppers and throw into a roasting dish with 3 cloves garlic. If you're using fresh tomatoes then put them in the pan whole to roast as well. Broil for 10 minutes or roast in oven for an hour or so until vegetables begin to blacken and the aroma is released.

Scoop vegetables into a food processor or blender, add cumin, coriander, fresh cilantro, sea salt, pepper, lemon and puree.

Taste and adjust seasonings.

Serve with tortilla chips or alongside tamales

Ingredients:

- 1 red onion, quartered
- 3 cloves garlic, in skins
- 1 red bell pepper/capsicum
- 1 green bell pepper/capsicum
- 2 fresh chillies/jalapenos or 2 teaspoons crushed red chili
- 1 can/tin peeled chopped tomatoes or 3 – 4 ripe tomatoes
- 3 teaspoons cumin
- 3 teaspoons ground coriander/cilantro
- handful fresh chopped coriander/cilantro (about 3 tbsp)
- 1 tablespoon lemon/lime juice
- 1 teaspoon sea salt
- 1 teaspoon black pepper

SOURDOUGH BREAD



Sourdough is one of the beauties of the culinary world. It not only tastes wonderful, but it's healthier than ordinary bread. When Steve and I were in the Lake District on honeymoon, we went into an Artisan Bakery and came out with a gorgeous sourdough round, which we spent the next few days toasting and munching on for breakfast, lunch and dinner. This is a simple recipe for sourdough beginning with a starter.

Starter Preparation:

Pour water into a large jar. Sprinkle the yeast into the water and leave for 5 minutes. Stir to dissolve. Stir the sifted flour into the jar with the yeasted water using a wooden spoon. Cover with a tea towel and leave for 2-3 days for a milder sourdough, and 3-5 days for a stronger, San Francisco style sourdough. Stir the bubbly, sour-sweet smelling mixture twice a day. Refrigerate after you reach desired fermentation. Use what you need and replace proportionally if you wish to keep the starter on hand. If you remove a cup of starter, then replenish with ½ cup water and ½ cup flour and stir.

Old Dough Preparation:

Sprinkle the yeast into the water in a large bowl. Leave for 5 minutes, then stir with a wooden spoon to dissolve. Mix flour into water to form a stiff, sticky dough. Turn dough out onto a lightly floured surface and knead until smooth and elastic (10 min). Put the dough in a lightly oiled bowl and cover with a tea towel. Leave to rise for 3 hours. Knock back (press your knuckles into it and knead a bit). Separate the dough into two pieces. Wrap one piece for future use and add the other piece to the flour well. Old dough can be prepared in advance and frozen or refrigerated. Wrap loosely in greaseproof paper and foil, allowing room for it to expand a bit. Defrost 1½ hours before use.

Bread Preparation:

Mix the flours and salt together in a large bowl. Make a well in the center. Pour 2 cups (480ml) of the starter into the flour well and mix to form a moist, firm dough. Add water if needed, a tablespoon at a time, if the dough is too dry. Turn the dough out on to a lightly floured surface and knead until smooth and elastic. Put the dough into a lightly oiled bowl and cover with a tea towel. Leave to rise until doubled in size, about 2 hours. Knock back and leave to rest ten minutes.

Pinch off a piece of the dough for later baking. Wrap it loosely in wax paper and foil and refrigerate or freeze until you need it. Shape the dough into a round loaf, and place bottom up in a proofing basket with flour, or in a small to medium round wicker basket with a floured tea towel in it. If you have neither, lay bottom down on a floured baking sheet. Cover with a tea towel and prove until doubled in size, about an hour and a half. Preheat oven to 425 degrees fahrenheit (220 C).

Slash the dough in parallels, about ¼ inch deep. Bake for forty-five minutes to an hour until golden. Tap the dough underneath to see if it's done. It should sound a bit hollow. Leave to cool on a wire rack.

Ingredients for starter:

3 teaspoons dried yeast
1¼ cups/300ml water
1¾ cups/220g strong bread flour, sifted

Ingredients for 'old' dough:

½ teaspoon dried yeast
¼ cup/60ml water
½ cup/63g strong white bread flour

Ingredients for the dough/bread:

1 cup/125g strong white bread flour
½ cup/65g wholewheat flour
2 teaspoons salt
2.65oz/75g 'old' dough (half the old dough recipe)

* Note for shaping dough: to retain the shape of a loaf, turn it inside itself and then pinch the folds together at the bottom and place the pinched side down on the baking tray or stone.

* If you have a fan/convection oven, heat to 390F/200C.





SOURDOUGH RYE



This is a mild, french style rye bread with a sourdough starter. For simplicity, I use the same starter for this as for the standard Sourdough, the Sourdough Rye, the French Country Bread, Rye Baguette and for the Malted Grain Sourdough.

Starter Preparation:

Pour the water into a large jar. I use a wide 3 quart glass jar (2.8 liter), 1 ½ to 2 quarts will do just fine. Sprinkle the yeast into the water and leave for 5 minutes. Stir to dissolve. Stir the sifted flour into the jar with the yeasted water using a wooden spoon. Cover with a tea towel and leave for 2-3 days for a mild sourdough, and 3-5 days for a stronger sourdough.

Stir the bubbly, sour-sweet smelling mixture twice a day. Refrigerate after you reach desired fermentation. Use what you need and replace proportionally if you wish to keep the starter on hand. If you remove a cup of starter, then replenish with ½ cup water and ½ cup flour and stir.

Bread Preparation:

Sprinkle the yeast into the water in a small bowl, stir with a wooden spoon to dissolve, and leave for five minutes.

Mix the flours and salt together in a large bowl. Make a well in the center. Spoon 1 ¼ cups (300ml) of the starter into a liquid measuring jug. Add it to the flour well with the yeasted water. Replenish the starter with equal parts water and flour. Mix the flour from the sides of the bowl into the center to form a stiff, sticky dough. Add more water if needed, a tablespoon at a time, if the dough is too dry. Turn the dough out on to a floured surface and knead until smooth and elastic, about 10 minutes. Rye flour is very sticky, so make sure you constantly have flour on the work surface and on your hands. Put the dough into a lightly oiled bowl and cover with a tea towel. Leave to rise until doubled in size, about 2 hours. Knock back and leave to rest ten minutes.

Shape the dough into a round loaf and place bottom up in a proofing basket with flour, or in a small to medium round wicker basket with a floured tea towel in it. If you have neither, lay bottom down on a floured baking sheet. Cover with a tea towel and prove until doubled in size, about an hour and a half.

Preheat oven to 425 degrees fahrenheit (220 C). If you have a fan/convection oven, heat it to 390 F/200 C. Dust the loaf with flour and cut it in three parallel slashes about ¼ inch (5mm) deep across the top of the loaf, then three more in the other direction.

Bake in preheated oven for forty-five minutes to an hour until golden. Tap the dough underneath to see if it's done. It should sound a bit hollow. Leave to cool on a wire rack.

Ingredients for starter:

3 teaspoons dried yeast

1 ¼ cups/300ml water

1 ¾ cups/220g strong bread flour, sifted

Ingredients for the dough/bread:

1 teaspoon dried yeast

1 cup/240ml water

2 ¼ cups/300g rye flour

½ cup/65g strong white bread flour

1 ½ teaspoons salt

*note for shaping dough: to retain the shape of a loaf, turn it inside itself and then pinch the folds together at the bottom and place the pinched side down on the baking tray or stone.

MALTED GRAIN SOURDOUGH



This is a malted wholegrain sourdough that comes from the same starter as the Sourdough and the French Country Bread.

Starter Preparation:

Pour the water into a large jar. I use a wide 3 quart glass jar (2.8 liter), 1 ½ to 2 quarts will do just fine. Sprinkle the yeast into the water and leave for 5 minutes. Stir to dissolve. Stir the sifted flour into the jar with the yeasted water using a wooden spoon. Cover with a tea towel and leave for 2-3 days for a mild sourdough, and 3-5 days for a stronger sourdough.

Stir the bubbly, sour-sweet smelling mixture twice a day. Refrigerate after you reach desired fermentation. Use what you need and replace proportionally if you wish to keep the starter on hand. If you remove a cup of starter, then replenish with ½ cup water and ½ cup flour and stir.

Bread Preparation:

Sprinkle the yeast into the water in a small bowl, stir with a wooden spoon to dissolve, and leave for five minutes.

Mix the flours and salt together in a large bowl. Make a well in the center. Spoon 1 ¼ cups (300ml) of the starter into a liquid measuring jug. Add it to the flour well with the yeasted water. Replenish the starter with equal parts water and flour. Mix the flour from the sides of the bowl into the center to form a stiff, sticky dough. Add more water if needed, a tablespoon at a time, if the dough is too dry. Turn the dough out on to a lightly floured surface and knead until smooth and elastic, about 10 minutes. Put the dough into a lightly oiled bowl and cover with a tea towel. Leave to rise until doubled in size, about 2 hours. Knock back and leave to rest ten minutes.

Shape the dough into a round loaf and place bottom up in a proofing basket with flour, or in a small to medium round wicker basket with a floured tea towel in it. If you have neither, lay bottom down on a floured baking sheet. Cover with a tea towel and prove until doubled in size, about an hour and a half.

Preheat oven to 425 degrees fahrenheit (220 C). If you have a fan/convection oven, heat it to 390 F/200 C.

Dust the loaf with flour and cut it in 2 parallel slashes about ¼ inch (5mm) deep across the top of the loaf, then 2 more in the other direction.

Bake in preheated oven for forty-five minutes to an hour until golden. Tap the dough underneath to see if it's done. It should sound a bit hollow. Leave to cool on a wire rack.

Ingredients for starter:

3 teaspoons dried yeast

1 ¼ cups/300ml water

1 ¾ cups/220g strong bread flour, sifted

Ingredients for the dough/bread:

1 teaspoon dried yeast

1 cup/240ml water

½ cup/63g strong white bread flour

2 ¼ cup /325g malted grain bread flour

1 ½ teaspoons salt

*note for shaping dough: to retain the shape of a loaf, turn it inside itself and then pinch the folds together at the bottom and place the pinched side down on the baking tray or stone.

Ingredients for malted grain flour:

If you can't buy malted grain flour in a mix, you can make your own by combining the following:

4 cups wholewheat bread flour

½ cup malted wheat flakes

½ cup flaked barley

¼ cup kibbled rye grains

¼ cup rye flour

¼ cup malt flour

2 tablespoons linseeds

1 tablespoon sunflower seeds

1 tablespoon millet





SPELT & POTATO BREAD



This is a recipe I came up with in preparation for moving back to America, where I am slightly intolerant to the common strand of wheat, and for my friend Shawna, who has a gluten-free diet.

Preparation:

Peel and dice the potatoes into $\frac{3}{4}$ inch cubes. Cover with water in a pan and boil with some salt until soft, 10 – 15 minutes. Scoop out the potato and pour the starchy water into a measuring jug. Add butter and yoghurt or crème fraiche to the potatoes, rice or mash thoroughly and set aside.

Sprinkle the yeast into a $\frac{1}{4}$ cup of the cooled starch water in a small bowl, stir with a wooden spoon to dissolve, and leave for five minutes.

Put the flour and salt together in a large bowl. Make a well in the center and add the yeasted water. With a wooden spoon, pull a bit of the flour into the yeasted water and mix to form a fluffy paste. Leave for 20 minutes for the yeast to affect the flour. It will become frothy and rise a bit and resemble a sponge.

Add the mashed potatoes and mix the flour in from the sides of the bowl into the center to form a soft, sticky dough. Add more starch water if needed, a tablespoon at a time, if the dough is too dry, or spelt flour if too wet. Knead until elastic, about 10 minutes.

Put the dough into a lightly oiled bowl and cover with a tea towel. Leave to rise until doubled in size, about 2 hours. Knock back and leave to rest ten minutes.

Shape the dough into a round loaf and place bottom up in a proofing basket with flour, or in a small to medium round wicker basket with a floured tea towel in it. If you have neither, lay bottom down on a floured baking sheet. Cover with a tea towel and prove until doubled in size, about an hour and a half.

Preheat oven to 425 degrees fahrenheit (220 C). If you have a fan/convection oven, heat it to 390 F/200 C.

Dust the loaf with flour and cut it in three parallel slashes about $\frac{1}{4}$ inch (5mm) deep across the top of the loaf, then three more in the other direction.

Bake in preheated oven for forty-five minutes to an hour until golden. Tap the dough underneath to see if it's done. It should sound a bit hollow. Leave to cool on a wire rack.

Ingredients:

1 lb/450g baking/boiling potatoes

1 $\frac{1}{2}$ teaspoons salt

2 tablespoon butter

1 – 2 tablespoon crème fraiche or natural yoghurt

2 teaspoon dried yeast

3 cups/13oz/370g wholegrain spelt flour, more for kneading

gluten-free bread flour or plain flour for kneading & dusting, depending on your dietary needs. I like to work in some rye flour at the end.

* for shaping dough: to retain the shape of a loaf, turn it inside itself and then pinch the folds together at the bottom and place the pinched side down on the baking tray or stone.

* for an extra crusty crust, put a baking dish full of ice cubes in the oven on a rack under the bread for the first 15 minutes of baking.

BANANA BREAD & MUFFINS



This is a slightly heartier banana bread recipe, but one that I love. It works well for muffins too!

Makes 1 loaf or 1 tray of muffins.

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

Grease loaf tin or muffin tin with shortening (veg lard)

In a medium size bowl, mix flours, salt & baking soda. Set aside.

In another bowl or in a food processor, blend sugar, butter and eggs until smooth. Add bananas and blend.

Add mix to flours and mix with a spoon until it becomes like batter. If it's too dry, add ¼ cup milk and a teaspoon of lemon.

Bake 45 min to an hour for loaves, or 20-30 minutes for muffins.

Ingredients:

2 cups/260g seeded mill flour (can be a mix of plain/all-purpose, wheat, oat flour or spelt flour with a tablespoon of linseeds)

1 teaspoon baking soda (bicarbonate of soda)

½ teaspoon salt

½ cup/100g butter

¾ cup/160g brown sugar

2 eggs, beaten

3 mashed, overripe bananas

shortening or vegetable lard for greasing





LEMON POKE THE HOLES CAKE



Here by popular demand, another recipe from my mom. In Scotland, this became known as Lemon Kick in the Face Cake... Steve's work. I was hesitant to put it in, as it's basically a glorified box cake, but I received puppy dog eyes from some friends (you know who you are), so here it is. Unfortunately, I was never able to find lemon box cake or lemon jello in Scotland so I don't know if it's possible to make it without carrying it over in a suitcase. I've been working on a substitute for some time and will put out a new recipe once I create something that compares.

Serves 12 – 18

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

Combine cake mix, jello, eggs, oil and water and beat/mix for 2 – 3 minutes until smooth.

Pour into a greased & floured 10 inch pan.

Bake 25 – 30 minutes to an hour, depending on size of pan. Check with a toothpick to see if it's done. It should come up completely clean and the cake should be spongy and bounce back when you touch it.

Set aside to cool completely. Poke holes with forks all over the cake. I use two forks, one to keep the cake down with the flat of it and the other to slide through the prongs of the first fork and make the holes.

For the frosting, whisk the powdered sugar and lemon juice together until it's about the consistency of runny maple syrup or a bit thinner than golden syrup.

Pour over the cake, making sure to let it sink into the holes. Let it set, cut and serve in small pieces.

Ingredients:

- 1 package lemon cake mix
- 1 3-ounce package lemon Jell-o (Jell-y)
- 4 eggs
- $\frac{3}{4}$ cup/180ml vegetable oil
- $\frac{3}{4}$ cup/180ml water

For the Frosting:

- 2 – 4 cups/480 – 960ml powdered/icing sugar and lemon juice

MOM'S CARROT CAKE



This is another recipe from my mom. Carrot cake was a favorite growing up and it's still on the top of my list. I could not improve upon this; it is so rich, and dark and has gorgeous texture. Again, as with many of my mom's recipes, I tend to do a half batch.

Serves 4

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

Mix sugar and eggs. Add oil and mix well. Add baking soda, salt, flour, cinnamon, cloves, allspice, nutmeg and mix. Add vanilla, carrots, nuts, raisins and coconut and mix well.

Pour into a greased & floured 10 inch pan or two 8 inch spring-form pans.

Bake 30 minutes to an hour, depending on size of pan. Check with a toothpick to see if it's done. It should come up completely clean and the cake should be spongy and bounce back when you touch it.

Set aside to cool completely.

For the cream cheese frosting, beat the cream cheese and butter together in a mixing bowl. Add 4 cups powdered sugar and 4 tablespoons milk/lemon juice and beat. Add more powdered sugar or more milk if needed. Beat until smooth.

Pour frosting on top of the cake, then with a wooden knife or thin spatula knife, spread it around to the edges in a scalloped motion and then in thin serpentine on the top.

Ingredients:

2 cups/450g sugar

4 eggs

1 ½ cups/360ml vegetable oil

1 teaspoon salt

2 teaspoons baking soda

2 tablespoons cinnamon

2 teaspoons ground cloves

1 teaspoon allspice

1 teaspoon nutmeg

2 teaspoons vanilla

2 cups/250g plain all-purpose flour

3 cups/720ml grated carrots

1 cup/150g chopped walnuts

1 cup/180g raisins

¾ cup/100g coconut flakes or desiccated coconut

For the Frosting:

8oz/226g cream cheese

½ cup/100g butter

4 cups/600g icing/powdered sugar

4 tablespoons milk or lemon juice (or a mix)







CINNAMON ROLLS



This is a recipe from my mom. Her cinnamon rolls are so good that she got some friends to roof our house when I was a kid because she promised to make them every day. This recipe has a potato variations well as the original ingredients for my mom's cinnamon rolls. I typically do a half batch and roll them out thinner than hers to have smaller sized portions.

Makes 1 large tray

Preparation:

Combine yeast & 1 teaspoon sugar in a bowl with warm water. Let stand 10 minutes.

In the microwave or in a pan over high heat, scald 1 cup milk. Add ½ cup (100g) shortening, and ¼ cup butter or margarine and stir until melted. Let cool to 85 degrees fahrenheit (30 C). (if using potato recipe, add potato to milk mixture now and mix together)

Combine ½ cup (100g) sugar, 3 beaten eggs, 1 teaspoon salt and beat well.

Add milk mixture and yeast mixture and beat.

Slowly add the flour (and potato mixture) while mixing. Beat for 5 minutes with a dough hook in mixer or knead.

If the dough is too sticky or more resembles pancake batter, add flour and knead until it becomes a ball of soft dough.

Place in a greased & foil-covered bowl in the refrigerator overnight or all day.

Just before baking, take out the dough & roll out on a floured countertop.

Brush with melted butter, dust with sugar and cinnamon mixture.

Sprinkle with raisins (optional).

Roll up into a tube and then slice into 1 inch (2-3cm) portions.

In the bottom of a baking pan, put in ¼ - ½ cup melted butter, spread evenly, then sprinkle with brown sugar.

Place spirals into bottom of pan and bake at 325 – 350 degrees fahrenheit (160-175 C) until lightly browned. Ovens vary, but it can take anywhere from 30-45 minutes.

Add a glaze of powdered sugar (icing sugar) and milk once they've cooled a bit.

Ingredients:

1 package (7g) yeast
¼ cup/60ml warm water
1 teaspoon sugar
1 cup/240ml milk
½ cup/100g margarine or butter
½ cup/113g sugar
3 beaten eggs
1 teaspoons salt
5 cups/625g plain all-purpose flour

Also need:

Butter, brown sugar, cinnamon & sugar mix, icing sugar & milk mix for filling & glazing the rolls & the bottom of the pan

Ingredients for potato rolls:

1 package (7g) yeast
½ cup/120ml warm water
1 teaspoon sugar
1 cup/240ml milk
½ cup/100g shortening
¼ cup/50g butter
¾ cup/170g sugar
1 cup/200g mashed/riced potatoes
2 beaten eggs
2 teaspoons salt
6 – 7 cups/750 – 875g plain all-purpose flour

Also need:

Butter, brown sugar, cinnamon & sugar mix, icing sugar & milk mix for filling & glazing the rolls & the bottom of the pan

SOUR CREAM PIE CRUST



I discovered this recipe in my first ever attempt to make a pie without my mother. I love her pie crust, but as I can't let anything be... and as I was in Australia meeting Steve's family, I desperately wanted to impress... I mean bless them. I added some sour cream and brandy and out came one of the loveliest apple pies I've ever tasted. The crust can be finicky, so I sometimes employ the help of wax paper or clingfilm (cellophane) in the process.

Makes enough crust for one medium two-crust pie. Serves 8

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

With pastry blender or wire mixer attachment, blend margarine, shortening & sour cream with salt and flour. When mixture is crumbly (don't let it get doughy), add well-mixed egg-brandy-lemon juice-water mixture. Refrigerate 4 hours or overnight.

Divide dough into two parts.

Roll out first part on cling film or wax paper with a bit of flour. When it looks like it will fit over your pie plate, turn the plate over and place it in the centre of the rolled out doe, and flip the whole thing over.

Fill with sugared apple, peach or berry mixture, or whatever fruit you like.

Roll out remaining dough in the same way on the wax paper, and this time flip the whole thing over onto the filled pie.

Cut around edge of pie creating about 2cm ($\frac{3}{4}$ inch) of overhanging dough.

Taking your thumb and index finger of one hand and the thumb of your other hand, press in the edges of the dough until the whole pie is 'sealed'.

Cut some personalized holes in the top so the pie doesn't explode in the oven.

Bake in preheated oven for 1 hour or until crust begins to brown. Fan ovens are a bit stronger so I usually bake for 45 minutes.

Ingredients:

$\frac{1}{2}$ cup/100g margarine

$\frac{3}{4}$ cup/150g shortening (veg lard, Copha, Trex, Crisco)

3 cups/375g plain flour

1 $\frac{1}{2}$ teaspoon salt

1 egg

2 tablespoons sour cream

1 tablespoon brandy

1 tablespoon lemon juice

1 tablespoon cold water

*To glaze the top, whip another egg with some milk and brush over the top of the pie before baking.



APPLE PIE



There's nothing that says Christmas to me like an apple pie. During my first trip to spend Christmas with Steve's family, I found I couldn't quite get into the Christmas spirit with all the gorgeous summer sun, heat and water fights... that is until I made an apple pie. I've done it two years in a row now and I'm sure it will become a tradition. That being said, it's a fantastic treat all year round.

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

For the crust, refer to the sour cream pie crust recipe.

Toss apples with sugar, flour and cinnamon in a large bowl to evenly coat. Either place in a baking dish and top with "crisp" or place filling in a 9-10 inch pie plate with a bottom crust, then add the top crust and seal the edges. Make sure you make venting holes with a sharp knife. Brush crust with milk/egg mixture. Bake for an hour until the crust begins to brown.

My mom's classic apple pie fits 10-12 cups into a 10 inch pie plate.

Ingredients:

10 – 15 peeled and sliced Granny Smith or other tart apples

1/3 cup/42g plain all-purpose flour

¾ – 1 cup/170 – 225g sugar, depending on how sweet or tart you prefer.

1 – 2 teaspoons cinnamon to taste

To glaze the top, whip an egg with some milk and brush over the top of the pie before baking.





BLACKBERRY PIE



Oregon blackberries are absolutely scrumptious. I happen to be a pro at picking them, as I spent hours and hours of my childhood doing so and falling into the prickly bushes. If you have the discipline to fill a big bowl and not eat them all, then a blackberry pie is a wonderful reward.

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

For the crust, refer to the sour cream pie crust recipe.

Lightly toss berries with sugar and flour in a large bowl to evenly coat. Either place in a baking dish and top with “crisp” or place filling in a 9-10 inch pie plate with a bottom crust, then add the top crust and seal the edges. Make sure you make venting holes with a sharp knife. Brush crust with milk/egg mixture. Bake for an hour until the crust begins to brown.

In my family we tend to go overboard so I usually cram about 10 cups or so into a pie... more if it's a larger plate.

Ingredients:

8 – 12 cups/1 kilo fresh blackberries, picked over and cleaned.

1/3 cup/42g plain all-purpose flour

¾ – 1 cup/170 – 225g sugar, depending on how sweet or tart you prefer.

To glaze the top, whip an egg with some milk and brush over the top of the pie before baking.

PEACH PIE



I'm not sure why I didn't grow up on peach pie. Maybe it's because I have an uncle who hates peaches with a passion. I lived in Virginia for a couple of years but even what southern influence was there we still didn't add it to the pie repertoire. It's glorious as a summer dessert and hails as one of my all time favorite pies. So here goes... the redemption of peaches.

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

For the crust, refer to the sour cream pie crust recipe.

To blanch the peaches, set a pot of water to boil, with a bowl of ice cold water nearby. Drop the peaches into the boiling water for 45 seconds to a minute and then scoop them out with a slotted spoon. Drop them in the bowl of cold water for about 15 seconds until cool and then remove. Repeat with the other peaches. When that's finished, take a small knife and cut a cross in the bottom of the peach opposite the stem. The skins should peel right off. Slice them in wedges and remove the pits.

Toss peaches with sugar, flour, cinnamon and nutmeg in a large bowl to evenly coat. Either place in a baking dish and top with "crisp" or place filling in a 9-10 inch pie plate with a bottom crust, then add the top crust and seal the edges. Make sure you make venting holes with a sharp knife. Brush crust with milk/egg mixture. Bake for an hour until the crust begins to brown.

Ingredients:

12 – 15 peaches, blanched, peeled & sliced

1/3 cup/42g plain all-purpose flour

¾ – 1 cup/170 – 225g sugar, depending on how sweet or tart you prefer.

1 – 2 teaspoons nutmeg to taste (optional)

1 – 2 teaspoons cinnamon (optional)

To glaze the top, whip an egg with some milk and brush over the top of the pie before baking.





MOM'S OATMEAL COOKIES



I must take this opportunity to brag about my mother. She is amazing, intelligent, funny, incredibly hard working and full of energy. She is working on her fifth degree, a Doctorate in Theology, whilst running her horse farm, looking after a 9 year old foster child, and doing medical transcription to help ends meet. On top of all those things, she is an amazing cook and baker. Her oatmeal cookie recipe won her a blue ribbon at the county fair when I was too young to remember (I probably wasn't even born) but more important than that... is that they've ruined me for almost every other homemade or store-bought cookie on the planet. Thank you, mom, for making me the world's biggest cookie snob. I love you.

Preparation:

Preheat oven to 325 degrees fahrenheit (160 C)

Cream shortening, margarine and sugars.

Add eggs and mix.

Add soda, salt, vanilla and mix.

Add flour and mix.

Add oats and mix.

Add nuts and mix.

Add raisins or chips and mix.

Scoop by spoonfuls and roll them into balls, but don't handle too long. If you're an over-handler, just drop them by spoonfuls onto the greased cookie sheet. Too much handling changes the texture of the cookie.

Bake at 325 degrees fahrenheit for 10-12 minutes, or until center is just set.

Don't over cook them, if they begin to brown on the edges, take them out immediately and set them in their tray on the stove to cool. They continue to bake on the tray. If you brown them, the texture will be crispy, rather than chewy.

Ingredients:

½ cup/100g shortening

½ cup/100g margarine

1 cup/200g brown sugar

1 cup/225g granulated sugar

2 eggs

1 teaspoon baking soda

1 teaspoon salt

1 teaspoon vanilla

1 ½ cups/188g plain all-purpose flour

3 cups/300g old fashioned jumbo oats

1 ½ – 2 cups/200 – 250g chopped walnuts

2 cups/350g raisins, or semi-sweet (plain) chocolate chips, or butterscotch chips, or semi-sweet (plain) chocolate chunks.

ESPRESSO COOKIES



These are hands down my favorite cookie. Steve's as well. My beautiful mother came up with this recipe for me... and she doesn't even like coffee. Consequently, this recipe is a little stronger on the espresso (double) and has white chocolate instead of dark chocolate chips. They're intense, and thankfully both the dough and the cookies freeze well. For the originals... you'll just have to wait until mom opens her cookie cafe.

Preparation:

Preheat oven to 325 degrees fahrenheit (160 C)

Cream shortening, margarine and sugars.

Add eggs and mix.

Add soda, salt, vanilla and mix.

Add flour, espresso & cocoa and mix.

Add white chocolate chips and mix.

Scoop by spoonfuls and roll them into balls and flatten slightly. Place on greased cookie sheets and chill in freezer for 10 minutes.

Bake at 325 degrees fahrenheit for 10-15 minutes, depending on size of cookies. They are done when center is just set.

Take them out immediately and set them in their tray on the stove to cool. They continue to bake on the tray.

Ingredients:

1 cup/200g margarine, or ½ & ½ shortening & margarine

1 cup/200g brown sugar

1 cup/225g granulated sugar

2 eggs

1 teaspoon baking soda

½ teaspoon salt

2 teaspoon vanilla

2 heaping tablespoons finely ground coffee or espresso

1 cup/200g baking cocoa

2 cups/250g plain all-purpose flour

2 cups/350g white chocolate chunks/chips





DARK CHOCOLATE MINT COOKIES



These are an evolution of the espresso cookie and a household favorite. Both the dough and the cookies freeze well. If you would like to make these mint espresso cookies, just add the 1 – 2 tablespoons espresso back in alongside the cocoa.

Preparation:

Preheat oven to 325 degrees fahrenheit (160 C)

Cream shortening, margarine and sugars.

Add eggs and mix.

Add soda, salt, vanilla, mint and mix.

Add cocoa, flour and mix.

Add chocolate chips and mix.

Scoop by spoonfuls and roll them into balls and flatten slightly. Place on greased cookie sheets and chill in freezer for 10 minutes.

Bake at 325 degrees fahrenheit for 10-15 minutes, depending on size of cookies. They are done when center is just set.

Take them out immediately and set them in their tray on the stove to cool. They continue to bake on the tray.

Ingredients:

1 cup/200g margarine, or ½ & ½ shortening & margarine

1 cup/200g brown sugar

1 cup/225g granulated sugar

2 eggs

1 teaspoon baking soda

½ teaspoon salt

2 teaspoons vanilla

2 teaspoons peppermint extract

1 cup/200g baking cocoa

2 cups plus 2 tbsp/255g plain all-purpose flour

2 cups/350g mint chocolate chunks

EUROPE

ROAST CHICKEN WITH ROSEMARY



Everyone loves a Sunday roast. I had never heard of it as a weekly tradition until I moved to Scotland. Usually they will do a beef or lamb roast, but this harkens back to my mother's turkey dinner meals, which are so good they make grown men cry. Anyway, I love a roast chicken, and so does my husband Steve... so this recipe is just one variation on the theme. It goes well served with a nice spinach salad or roast potatoes and vegetables.

Serves 4 – 6

Preparation:

Preheat oven to 350 degrees fahrenheit (180 C)

For the rice stuffing:

In a french skillet over medium to high heat, sautee 2 onions and garlic in olive oil with some sea salt. When onions are browned, add the arborio rice, rosemary, thyme and chicken broth.

Simmer for 20-25 minutes, topping up with water to make sure rice stays covered. Once the rice seems about ready, let the water cook out.

It's ready to stuff the bird!

Find a nice deep roast pan that you can fit the chicken into. One with a lid is preferable but if you don't have one, foil will do to cover the roast.

Rub the bottom of the pan with 1 tablespoon olive oil and then scatter the sliced and halved onion.

If it is a large pan, center the chicken so that you can add the potatoes and vegetables later on in the cooking process. The one I'm cooking with today just fits the bird.

Spoon the rice mixture into the cavity, seal the bird with string, a skewer or a pin, or just leave it open if you like, but be aware you'll have cascading stuffing. In this case, I have a small pan so I've just surrounded the bird with the extra risotto stuffing.

I've basted the bird with butter and rosemary, but you can also do it with olive oil.

Place into the oven. If you're using foil, check every half hour or so to make sure the bird stays moist. Spoon some of the liquid over the bird to baste it.

A stuffed bird takes longer to roast than an unstuffed bird, so at 1.5 kilo (3.3lbs) I roasted this bird for 1 ¾ hours.

To check the chicken, pierce the skin to see if the juices run clear. If they have a rosy color, put it back in, if they're clear, it's finished and ready to serve!

Ingredients:

1 whole chicken, giblets removed

2 white onions, diced

1 white onion, sliced and halved.

3 cloves garlic, crushed

3 cups/720ml chicken broth

1 handful fresh rosemary

1 tbsp fresh thyme or 1 tsp dried thyme

1 ½ – 2 cups / 300 – 400g arborio rice, depending on size of the bird.

2 teaspoons sea salt





ROASTED BUTTERNUT SQUASH



For a light and delicious autumn supper. Serve as a side to a roast or with salad for a light & simple meal.

Serves 2 – 4

Preparation:

Preheat oven to 400 degrees fahrenheit (200 C).

Put the butternut squash into an oven or roasting pan, insides facing up.

Put the garlic cloves in the pan and drizzle everything with olive oil (and a bit of butter if you like).

Sprinkle with ground sea salt, cracked black pepper & thyme leaves.

For a bit of a kick, sprinkle over some paprika or ground chilli. Roast in the oven for 45 minutes to an hour.

When the squash is done, peel open the garlic cloves and smash them into the olive oil/butter and mix. Either drizzle over the squash or serve in a bowl and spoon out as an individual garnish.

*Waste not want not: save the seeds when you clean out the squash, clean them, sprinkle with sea salt and black pepper and drizzle with some olive oil and roast in the oven on a separate tray for 10 – 15 minutes for a salty snack.

Ingredients:

1 – 2¼lb/450g – 1kg unpeeled
butternut squash, cleaned & cut into
wedges lengthwise

1 – 2 tablespoons fresh thyme, chopped,
or 1 ½ – 1 tablespoon dried thyme

2 – 3 tablespoons extra virgin olive oil

1 tablespoon butter (optional)

2 – 4 whole cloves garlic, with the skin
on

cracked black pepper to taste

ground sea salt to taste

2 teaspoons paprika or 1 ½ teaspoons
ground chilli (optional)

CHICKEN & BACON STEW



Great for warming cold bodies, this stew is simple and hits the spot.

Serves 4

Preparation:

In a large skillet or saucepan, add the diced bacon and red onion. When the juices start to fill the pan, add the chicken and sautee until both begin to cook. The chicken will start to turn opaque and the bacon will begin to crisp.

Sprinkle everything with ground sea salt, cracked black pepper and thyme. Add the diced swede and sautee for a minute or two.

Add the chicken stock and stir everything up a bit. Let simmer for 5 minutes.

Add the quartered potatoes & white beans, cover with water and let simmer for 15 – 20 minutes, until potatoes are cooked.

Add the red wine about ten minutes after the potatoes, if you're using it, and cook for another 5 – 10 minutes.

Serve with fresh bread.

Ingredients:

14oz/400g chicken, cooked & cubed

8½ oz/240g thick bacon, cubed

2 red onions, roughly chopped

2 cloves garlic, crushed

5oz/140g peeled, diced swede (or turnip)

2 cups/480ml chicken stock

8 – 10 baby new potatoes, quartered

1 can/tin cannellini beans or other white beans

1 teaspoon dried thyme or ½ tbsp chopped fresh thyme

2 tbsp - ¼ cup red wine (optional)

sea salt to taste

black pepper to taste





PORTUGUESE PAELLA



This is another creation for my friend Sarah... I did this once years ago and she loved it... so this is take two!

Serves 4 – 6

Grill sausages, set aside.

In a large pan, sautee onion, garlic & olive oil, over medium to high heat.

Add diced peppers & sautee

Dice chicken to pan & sautee

Add sliced sausages to pan & sautee

Add corn, peas or broad beans to pan.

Add cannellini beans

Add uncooked arborio rice & lower heat to medium low.

Add chicken broth

Add the wine if using it, and the herbs & spices

Cover with water and let simmer 20-25 minutes until water is absorbed & evaporates. Keep an eye that it doesn't burn, and add water as needed.

If using seafood, this is the time to add it.

Arrange in pan the prawns, mussels, squid, octopus or scallops, whatever you desire and simmer until cooked. 10 minutes or so in the pan is fine.

Ingredients:

1 – 2 chicken breasts

6 – 8 sausages

2 – 3 white/yellow onions

3 – 4 cloves garlic

2 bell peppers/capsicums

½ cup/100g frozen peas, corn, or broad beans

1 can/14oz/400g cannellini beans

3 cups/720ml chicken broth

½ cup/120ml white wine (optional)

2 cups [½ cup (100g) per person] arborio rice

2 bay leaves

1 tbsp coriander leaf

pinch saffron

½ tsp crushed chillies

2 tsp rosemary or 1 tbsp fresh rosemary

2 tsp parsley

salt and pepper to taste

Seafood: 1 – 1.3lbs/450 – 600 g total

prawns, scallops, lobster, mussels, clams, squid, octopus are all great additions in a classic portuguese paella.

PIZZA AUX QUATRE FROMAGES



Some would hate me for saying this, but the best pizza I have ever eaten I had in a little restaurant called L'Aubergine in a little town called St. Paul Trois Chateaux in the south of France. France? Really? Not Italy? Not New York? Chicago? Actually downtown New York hosts a pizza that runs a close race, but I haven't had it since I was six... so what do I know? Regardless, this is a stinking good pizza. Yay the four cheeses. Yay the French.

Preparation:

Preheat oven to 425 degrees Fahrenheit (220 C)

For the sauce, use the recipe for "Tomato Pulp" on page 96.

For the dough: In a bowl of the water, dissolve yeast and add sugar. In a large bowl with the flour, make a well and put the salt in it. Gradually pour the yeasty water into the flour, while working it with your fingers. Once all the water is added, use your hands and form a ball of sticky dough. Remove it to a floured surface and knead for 5 minutes or so. Place the dough back into the large bowl and cover with a damp tea towel. Let it rest for an hour and a half in a warm place until doubled in size. Lay on work surface and knock down with fingertips to let out excess air. Knead for about 30 seconds. Divide dough in half and spread each half out into a circle, pull edges toward center to form 2 smaller balls. Let dough rest again for 15-30min, covered by the damp towel.

Prepare the cheese by cutting the mozzarella in discs (if you have block mozzarella, just grate it.) Depending on the other cheeses you use, either grate them or cut them similarly in circles. Parmesan, Pecorino and Tallegio are all harder grating/shaving cheeses, so one of these is a fun choice for the arrangement. Roquefort, gorgonzola and gruyere are a bit softer and do well with slicing. Chevre is very soft and has fantastic flavor so with a sharp knife carve out some slices or scoops for the pizza.

In a skillet, sautee ½ a red onion and a clove of garlic in olive oil. When the onion turns translucent, add some sea salt and the tomato pulp sauce. Simmer for 1 – 2 minutes and set aside.

Lightly oil a baking sheet or stone with olive oil. Roll out one of the dough balls into a thin circle. If you're making two pizza's, do the same with the second dough. You can freeze the other dough if you only plan to make one pizza. Brush the dough with a bit of extra virgin olive oil.

Spread on the tomato pulp sauce, sprinkle with parsley and arrange the tomato pulp wedges. Arrange your pizza with your choice of cheeses, then sprinkle with a bit of ground pepper, sage and thyme. If you'd like to add vegetables, aubergine, red pepper and red onion all go nicely.

Bake the pizza for 15-25 minutes, depending on your oven and how heavily you've layered the cheeses (& optional toppings). Watching carefully and take it out when it begins to brown lightly. Slice and serve.

Ingredients for the dough:

4 cups/500g plain flour
1 ¼ cup/300ml warm water
1 tablespoon extra virgin olive oil
1 teaspoon sugar
1 ½ teaspoons salt
1 teaspoon dried yeast

Ingredients for the topping:

1 lb/450g firm, ripe red tomatoes, peeled, seeded and juiced (tomato pulp)
½ red onion, finely chopped
1 clove garlic, crushed
4 of the cheeses below
1 tablespoons extra virgin olive oil
1 teaspoon minced parsley
1 teaspoon thyme
1 teaspoon sage
sea salt to taste
crushed black pepper to taste

Fromage! (Cheese!)

mozzarella (try to get wet)
parmesan
pecorino
tallegio
roquefort
gorgonzola
chevre (french goats cheese)
goats cheese
gruyere





RATATOUILLE



Ratatouille is a beautiful mediterranean dish, when done well. There seem to be many ways of making it, but this recipe is inspired by Julia Child. I can say it is worth all the preparation, time and care required.

Preparation:

Preheat oven to 325 degrees fahrenheit (160 C)

I try to get similarly sized aubergine & courgette for the sake of presentation. Slice off the ends of the aubergine & courgette, then make 1cm slices, and place all vegetables in a large bowl and toss with 1 tsp sea salt. Let stand 30 minutes. Drain & dry slices on a paper towel.

Blanching the tomatoes to make pulp: put on a pot of water to boil and have a bowl of cold water ready. Rinse tomatoes, and once the pot is boiling rapidly, place one or two at a time in the water, bring to a boil, and boil for ten seconds. Remove the tomatoes with a slotted spoon and place them in the cold water. Repeat with the other tomatoes. Cut out the stem with a small knife, cut a ½ inch cross in the skin at the other end, and strip off the peel. Save the peels in a bowl for the sauce. Throw the stem away. Quarter the peeled tomato through the stem end and halve the quarters lengthwise into wedges. Lay each wedge flat and slide your knife just under the pulp and seeds to remove them, leaving a smooth wedge to use for the arrangement of the dish. Slice the wedges about 1cm wide. Put the seeds and juice in the bowl with the peels. Blend the juice, seeds & peels together. Set aside.

To prepare the peppers, onions & tomato pulp, core and round slice the bell peppers (capsicum) 1 cm thick. Set aside. Thinly slice the onions and set aside.

One layer at a time, saute the aubergine & courgette in a skillet with hot olive oil for about a minute per side. Set aside.

In the same skillet, cook the onions and peppers slowly for about 10 minutes until tender but not browned. Stir in the garlic and salt & pepper to taste. Layer the sliced tomatoes over the onions and peppers. Season with salt and pepper. Cover the skillet and cook over low heat for 5 minutes or until tomatoes have begun to render their juice. Uncover and baste the tomatoes with the juices, raise the heat and boil for a minute or so until juices have almost evaporated.

To layer the casserole, spread the tomato sauce (from the peels, seeds & pulp) over the bottom of the casserole and sprinkle with parsley. Arrange the eggplant, zucchini, onions, tomato pulp wedges and peppers either in consecutive layers, or like a box full of recipe cards. Sprinkle with parsley and ground sea salt.

Cover the casserole and put it in the oven for 10 minutes. Uncover, tip casserole and baste with the juices. Add seasoning if needed. Cook uncovered for 10 minutes more, basting a few times, until juices have mostly evaporated, leaving just a spoonful or two of juices. Do not let vegetables scorch in bottom of the casserole. Set aside uncovered. Serve either cold or reheated.

Ingredients:

1 lb/450g eggplant/aubergine
1 lb/450g zucchini/courgette
2 – 3 bell peppers/capsicums
½ lb thinly sliced red or white onions
2 cloves garlic, crushed
4 tablespoons extra virgin olive oil
1 – 1 ½ lb/450 – 680g firm, ripe red tomatoes, peeled, seeded and juiced
3 tablespoons minced parsley
sea salt to taste
crushed black pepper to taste

* Tomato Pulp recipe on p.96

CALZONE



Calzone is a fantastic man food. It's really an everyone food, but I make it for my husband when I want a reaction to my cooking. That “Ooohmmmmhhhh” reaction that only comes when you serve up steak or something he can hold with his hands.

Serves 6

Preparation:

To make the dough, dissolve yeast in a small bowl with water. In a large bowl, mix flour, sugar and salt. Add oil and yeasted water and stir together. Knead on a lightly floured surface for about 5 minutes until it is smooth and elastic. Lay dough in a lightly oiled bowl and then flip so the whole dough is lightly coated in olive oil. Cover with a tea towel and let rise for 40 minutes or until doubled.

While dough is rising, sautee the onion & sausage in a skillet until both brown. Add the mushrooms, tomato and garlic. Sprinkle with basil, oregano and rosemary or thyme. Sautee. Salt and pepper to taste. Let cool a bit.

Preheat oven to 400 degrees fahrenheit (200 C)

When dough has risen, punch it down and divide into two pieces. On a lightly floured surface, roll out each piece into a circle, sprinkle with cheese and then spoon in the meat filling. Fold over and press in edges with a fork to seal.

Beat the egg and milk together and brush over each calzone. Place on a lightly greased baking sheet or a baking stone and bake in preheated oven for 25-30 minutes.

*You can fill calzone with whatever you like. Salami & pepperoni are both nice and much quicker, or you can do a spinach & ricotta cheese calzone which is lovely. Steve's favorite is meatballs in a thyme, rosemary & white wine tomato sauce.

Ingredients:

- 1 ½ teaspoons dried yeast (7 g sachet)
- 2 ½ cups/313g all-purpose/plain flour
- 1 ½ teaspoons salt
- 1 teaspoon sugar
- 1 tablespoon olive oil
- 1 cup/240ml warm water
- 1 egg, beaten
- 1 tablespoon milk
- 1 cup grated cheddar
- freshly ground black pepper
- 14oz/400g ground/minced italian sausage
- 8 closed cup mushrooms, sliced
- 1 white onion, diced
- 2 cloves garlic, crushed
- 1 – 2 tomatoes, diced (or 1 tin chopped)
- 2 teaspoons basil
- 2 teaspoons oregano
- 1 teaspoon thyme or rosemary





SPINACH & RICOTTA CANNELLONI



This is a dish that when done well, is one that will leave you full and sighing with satisfaction. This one has a cream sauce rather than a tomato based sauce, which I find a nice change. I made a version of this with chicken in it the first time I visited my Australian family... and it won them over. So, Lindy, here's your Birthday dish, minus the clucker!

Serves 6 – 8

Preparation:

Preheat oven to 350 degrees fahrenheit (180 C)

For the mornay sauce:

Heat the butter in a saucepan and add the garlic.

Add the flour while stirring.

Add the milk and continue stirring until the béchamel sauce thickens.

Now add the parmesan, cheddar or pecorino romano and spice/herbs.

{Adding the cheese makes it a mornay sauce.}

Remove garlic and season with sea salt.

For the cannelloni and filling:

Cook the pasta for just a few minutes, and pull out while still a bit firm.

In a large bowl, combine the spinach, ricotta, egg & parmesan

Spoon into the cannelloni tubes and place in a buttered/oiled baking tray.

Pour the mornay sauce over the top, and sprinkle with some fresh pepper or parsley.

Bake in the oven for 30-40 minutes.

Ingredients for mornay sauce:

5 ½oz/150g butter

1 garlic clove, halved

½ cup/63g flour

2 ¾ cup/660ml milk

3 tablespoons grated parmesan

1 – 2 teaspoon ground black pepper

1 teaspoon ground sea salt

¼ teaspoon herbs de provence

Ingredients for the cannelloni & filling:

1lb/450g spinach, cleaned, blanched & dried

10oz/300g ricotta

9oz/250g cottage cheese

1 egg, beaten

3 tablespoon grated parmesan

20 cannelloni tubes

FETTUCCHINE ROMANO



This dish, which I renamed because I don't really know Italian, would by Romans be called "Fettuccine Cacio e Pepe." Translated it means fettuccine with cheese and pepper. This is one of the most classic Roman pasta sauces, and though it is very simple, it requires great care and quick moving hands. Just pasta, cheese, pepper, and salty, starchy pasta water. The final ingredient is where the dish gets its creamy consistency. If you desire authenticity, please don't add any oil.

Serves 6

Preparation:

Set a pot of water to boil. When it boils, salt it and cook the pasta.

When the pasta is done, drain it and transfer it to a heated bowl before the pasta water has drained completely from the colander.

Briskly stir in the grated cheese, a bit at a time so it doesn't clump. There should be enough liquid for the cheese to become creamy, if there isn't, add a few spoonfuls of boiling pasta water.

Stir in the pepper, top with the remaining grated cheese and a bit more pepper, and it's ready to serve.

*Note on the cheese. It may not seem like much, but if you try to grate a whole wedge into a meal for two people, you will walk away feeling as though you swallowed a brick. Pecorino is a very heavy, rich cheese. If you're going to err on the side of caution, err under. The classic Roman sauce calls for about 3 ½ ounces for 6 people.

Ingredients:

21oz/600g fettuccine (spaghetti, linguini or tagliatelle are all fine choices as well).

5oz/140g grated pecorino romano

freshly ground black pepper (as much as you like)

salt for pasta water (a few tablespoons from the pasta water makes the sauce creamy)





POTATO GNOCCHI



Gnocchi is basically an italian dumpling used in place of pasta. Most of the time it is made with potato, but you'll find semolina gnocchi as well as spinach and other vegetable infused versions of it. It is great served with fresh basil and a bit of garlic and olive oil or gorgeous with a crème sauce.

Serves 4 – 6

Preparation:

Fill a pot of water and add about a teaspoon salt. Bring to a boil. Cook the potatoes in boiling water for 10 – 15 minutes or until soft and tender. You want them to mash easily.

Mash the potatoes until smooth and creamy. I use a hand blender. Add a teaspoon salt, the egg and butter and mix. Add half the flour and mix/blend thoroughly.

Transfer to a lightly floured surface and knead, adding the remaining flour as you go until you have a slightly sticky, yet smooth dough. If you're not going to make the dumplings straight away, then refrigerate the dough. I think this helps regardless as potato dough's are incredibly wet and sticky.

With well floured hands, roll the dough into $\frac{3}{4}$ – 1 inch (2 – 2.5cm) rolls. Cut into $\frac{1}{2}$ inch pieces. Dip a fork in flour and press the top of each dumpling with the prongs gently to press down and create the gnocchi shape. Lay out on a floured tea towel. Alternatively, just cut them into 1cm cubes if you don't care for the fork marks, and it's much easier.

Bring another pot of salted water to boil and then turn down to a simmer. Add the little dumplings and cook a few at a time for 2 – 3 minutes or until they float to the top.

Ingredients:

2lbs/1kg floury potatoes, peeled and cut into 1 inch cubes.

$\frac{1}{4}$ cup/50g butter

1 egg, beaten

$2\frac{1}{2}$ cups/313g plain all-purpose flour

2 teaspoons salt

flour for kneading



BAKED GNOCCHI



This is a somewhat quick dish if your gnocchi is prepared ahead of time. I use the simple square cut gnocchi for this as it's much less finicky and it's a covered dish so the particular shape of the dumpling doesn't matter.

Serves 6 – 8

Preparation:

Preheat oven to 350 degrees fahrenheit (180 C)

For the crème sauce:

Heat the milk and olive oil in a saucepan and add the garlic.

Add the flour while stirring.

Add the creme and continue stirring until the sauce thickens.

Now add the parmesan, gran padano or pecorino romano and spice/herbs.

Add the wine and stir in before removing the garlic (optional) and season with sea salt.

For the casserole:

You can use pulped tomatoes, or just a tin of tomatoes for a quicker put together. If you do the latter, sprinkle the tomatoes with celery salt or sea salt.

Layer the bottom of the dish with two thirds of the tomatoes. Sprinkle with chopped onion, parsley and sea salt.

Coat the cooked gnocchi with olive oil and then layer half of them on top of the tomato sauce. Add the chopped courgette/zucchini and then layer the chopped thyme. Add a layer of washed spinach and then the other half of the gnocchi.

Pour the remaining tomatoes over the top, and then arrange the chopped leek.

Pour the creme sauce over the top, and sprinkle with some fresh pepper or parsley.

Bake in the oven for 30-40 minutes.

Ingredients for crème sauce:

1 tablespoon olive oil

1 garlic clove, halved

¼ cup/33g flour

1½ cup/360ml milk

1 tablespoon heavy cream

¼ cup/60ml white wine

2 tbsp grated parmesan or gran padano

1 – 2 teaspoon ground black pepper

1 teaspoon ground sea salt

¼ teaspoon parsley

Ingredients for the casserole:

½ lb/200g spinach, washed

½ chopped onion

1.75lbs/800g gnocchi

1 small zucchini/courgette, quartered and chopped

½ leek, chopped

1 tin tomatoes

1 tablespoon parsley

small handful chopped fresh thyme or 1 tbsp dried thyme

celery salt

sea salt and black pepper to taste



TOMATO & BASIL GNOCCHI



This is a gorgeous, simple way to prepare homemade gnocchi. The gruyere can enhance the taste but can take away from the presentation. It is entirely optional.

Serves 4

Preparation:

Once you've boiled your homemade gnocchi and set it aside, heat olive oil in a skillet over medium high heat.

Add onion and garlic and sautee until onion turns translucent. Add the chopped thyme, and stir for a minute. Add the gnocchi and sautee for a couple minutes until it begins to brown a wee bit. Grind sea salt and black pepper over the whole sautee.

Add cherry tomatoes and basil and sautee a couple more minutes.

Serve topped with gruyere or stir it in before serving.

Ingredients:

1.75lbs/800g prepared gnocchi

4 tablespoons extra virgin olive oil

1 red or white onion, finely chopped

1 clove garlic, crushed

small handful fresh thyme leaves, chopped

1 – 1½ cups/200 – 300g cherry tomatoes, halved

large handful fresh basil leaves, whole

sea salt and black pepper to taste

½ cup grated gruyere (optional)





CREAMY MUSHROOM RISOTTO



This is a simple, flavorful risotto that can be fancied up with whatever vegetables you've got available.

Serves 4

Preparation:

Heat olive oil in a large skillet on medium high heat and sautee red onion & garlic until onion goes a bit translucent.

Add the rice and sautee until it turns opaque.

Add the zucchini & halved cherry tomatoes and sautee.

Add the white wine, and let cook down a minute.

Add the chicken broth and stir, then add the mushroom soup and reduce heat to a simmer. Simmer for 30 minutes, stirring to keep it from sticking. Add water a cup at a time as needed. Season with ground sea salt and black pepper.

Garnish with a bit of freshly grated parmesan and serve.

Ingredients:

2 – 3 cups/400 – 600g arborio rice

1 red onion, halved and finely sliced

2 – 3 cloves garlic

1 – 2 tablespoons olive oil

1 tablespoon butter

½ cup/120ml white wine

4 – 6 cups/960ml – 1.5 l chicken broth

1 cup/240ml cream of mushroom soup

2 – 3 cups/480 – 720ml water, as needed

1 small courgette/zucchini

15 – 20 cherry tomatoes, halved

sea salt & black pepper to taste

1 tablespoon fresh grated parmesan

LASAGNE AL FRESCO



A fresh, light lasagne loaded with vegetables. My own invention. It makes a fantastic vegetarian lasagne as well if the meat is substituted for an aubergine and spinach. The key is to use fresh ingredients.

Serves 6 – 8

Preparation:

Preheat oven to 350 degrees fahrenheit (180 C)

For the tomato sauce, see “Tomato Pulp” on p.96

For the bechamel sauce:

Heat the butter in a saucepan and add the garlic. Add the flour while stirring. Add the milk and continue stirring until the béchamel sauce thickens. Now add the spice/herbs. Remove garlic and season with sea salt.

For the lasagne and filling:

Cook the pasta for just a few minutes, and pull out while still a bit firm.

In a large bowl, combine most of the cheddar/jack cheese, cottage cheese, parmesan/pecorino, egg & mozzarella. Set aside.

In a skillet, sauté the onions and garlic in oil. Add the minced beef or sausage and stir until cooked. Season with salt, pepper & herbs de provence. Add bell pepper/capsicum. Add sliced mushrooms and sauté until they absorb juices. Add tin tomatoes and stir. Set aside.

Spoon a little of the tomato pulp sauce into the bottom of the oven dish, cover with parsley and arrange lasagne noodles to cover the bottom.

Add a layer of the meat mixture and arrange the tomato wedges.

Add another layer of lasagne sheets and then spread a layer of the cheese & broccoli mixture, and arrange some tomato wedges.

Add another layer of lasagne sheets and cover with more meat sauce, & tomato wedges.

Add the last layer of lasagne sheets and top with the remaining tomato pulp sauce, the cheese & broccoli mixture and the meat mixture if you have any left, then arrange the remaining tomato pulp wedges on the top.

Pour the bechamel sauce over the top, and sprinkle with some parmesan cheese and parsley.

Bake in the oven for 40 minutes to 1 hour.

Ingredients for bechamel sauce:

1.75oz/50g butter

1 garlic clove, halved

¼ cup/32g flour

1¼ cup/300ml milk

1 – 2 teaspoons ground black pepper

1 teaspoon ground sea salt

¼ teaspoon herbs de provence

Ingredients for the lasagne & filling:

2 lbs/900g ripe red tomatoes, blanched, peeled, juiced and made into pulp

14oz/400g beef mince or sausage, diced

2 medium onions, diced

4 tablespoons olive oil

3 cloves garlic

10 closed cup mushrooms, patted clean, de-stemmed and sliced

1 green bell pepper/capsicum

1 tin chopped tomatoes

2 teaspoons herbs de provence

2 teaspoons parsley

1 teaspoon ground black pepper

2 teaspoons ground sea salt

½ lb/225g broccoli or spinach, cleaned, blanched & drained.

7oz/200g cheddar, mozzarella and/or monterey jack cheese

10oz/300g cottage cheese

3 tablespoons grated parmesan or pecorino romano

1 egg, beaten

13oz/375g package lasagne sheets





SPINACH & BASIL POLENTA



This is a quick, light meal that hails from Italy. Polenta can be done many ways, and this is my own concoction. Play with it and make it yours!

Serves 2 – 4

Preparation:

Preheat oven to 400 degrees fahrenheit (200 C)

Wash the spinach, basil & thyme & chop the thyme. Set aside.

Grate the mozzarella & set aside. Grate the parmesan & set aside. Slice the onion and set aside. Crush the garlic and put it in a skillet with a slug of olive oil.

Add most of the red onion (save a bit to garnish) and sautee until it starts to soften, then add the basil & spinach, sprinkle with ground sea salt and black pepper and stir for about a minute until it just begins to soften. Turn off heat and set aside.

In a separate saucepan, put in the milk and water with salt and bring to a boil. Add the polenta and stir until it thickens 3 – 8 minutes depending on the grade of polenta. Take off the burner.

Lightly grease a baking dish with olive oil and pour half the polenta 'batter' into the dish.

Sprinkle 1 tablespoon of the mozzarella across the middle of the dish with polenta, then about a tablespoon of the parmesan.

Spoon the spinach mixture into the middle, sprinkle with half the chopped thyme and then sprinkle the other tablespoon mozzarella and another tablespoon of parmesan on top.

Pour the rest of the polenta into the dish, garnish with the rest of the red onion, thyme and parmesan. Sprinkle with sea salt and cracked black pepper.

Put in the preheated oven for 15 – 25 minutes, depending on how firm or soft you like it.

Serve with a nice spinach salad.

Ingredients:

½ cup/120ml milk

1 ½ cups/300ml water

1 teaspoon table salt

1 teaspoon black cracked pepper

1 cup/200g polenta

2 garlic cloves

½ red onion, finely sliced

2 tablespoons extra virgin olive oil

3 tablespoons grated parmesan

2 tablespoons grated mozzarella

2 handfuls spinach, washed

small handful freshly picked basil leaves

small handful freshly picked thyme, chopped

sea salt & black pepper to taste



ROSEMARY & GARLIC ROASTED CAMEMBERT



Camembert was not initially one of my favorite cheeses. When I did an outreach in France, on our first day in Paris I decided that I was not going to dislike one of the main French cheeses, so I ordered a camembert sandwich... and hardly got through it. This was a hard acquired taste for me, but I succeeded after having it every day for about two weeks... so a couple years later when my friend Carolyn served up a roasted Camembert with rosemary and garlic I thought I would cry, it was that good. Have a go at the smelly cheese. You may like it.

Serves 4 – 6 as an hors' d oeuvres

Preparation:

Preheat oven to 400 degrees fahrenheit (200 C)

Wash the rosemary leaves and peel and thinly slice the garlic, like wide slivers.

Take the camembert out of the wooden box, unwrap it and slide it back into the bottom half of the box.

Make small slits with a knife on the top of the skin. 10 or so should do.

Stuff the slivers of garlic in the slots, and then stuff the rosemary leaves in as well.

Put in the preheated oven for 10 – 15 minutes.

Serve hot with fresh crusty bread to dip as a starter or hors' d oeuvres.

Ingredients:

1 round of French Camembert

1 – 2 garlic cloves, peeled and thinly sliced

a sprig or handful rosemary leaves, washed





SPINACH, BASIL & CHICKEN SALAD



I am the self proclaimed queen of simple salads, which is why this book is not full of salads. I'm not big on dressings, so I always grind sea salt and cracked black pepper over my salads and drizzle with extra virgin olive oil. If you've ever been to the south of Spain and seen the women (I know this sounds strange), you'll know that native Spaniards are healthy and look young and fit long into their lives. They nearly drink extra virgin olive oil and eat lots of garlic... and I believe they're on to something. Some fats are good... and tasty too. So forego the thick ranch dressing and caesar... and just try this.

Serves 2

Preparation:

Wash the spinach, basil, tomatoes & capsicum. Spin the spinach & basil or dab to dry and put into bowls. Arrange the tomatoes. Grind sea salt and black pepper over the top.

Grate the parmesan & set aside.

Slice the onion and set aside.

Crush the garlic and put it in a skillet with a slug of olive oil.

Add the red onion and sautee until it starts to soften, then add the sliced chicken. Sprinkle with ground sea salt and black pepper and sautee about 5 minutes until cooked and slightly blackened. Add the sliced capsicum and sautee for about a minute. Turn off heat.

Spoon the warm chicken and the capsicums over the spinach & tomatoes, garnish with the sauteed red onion, sprinkle with the parmesan and go over the everything lightly with sea salt and black pepper. Drizzle with extra virgin olive oil. Serve.

Ingredients:

- 1 breast of chicken, sliced
- 2 garlic cloves
- ½ red onion, finely sliced
- 2 tablespoons extra virgin olive oil
- 3 – 4 tablespoons grated parmesan
- 2 hand-fulls freshly picked basil, washed
- 1¾ – 3½ oz/50 – 100g spinach, washed
- 1 red bell pepper/capsicum, washed & sliced
- 20 cherry or baby plum tomatoes, washed
- sea salt & black pepper to taste

FRENCH ONION SOUP



This is a standard recipe for french onion soup. You can have it by itself with some bread or use it as a base for other soups. Delectable flavor.

Serves 4

Preparation:

In a skillet over medium heat, sautee the diced or sliced onions with butter or olive oil. Add the crushed garlic and cook until onions are light brown.

Put the onions into a saucepan or pot and add the beef broth, wine, worcestershire sauce, thyme, salt and pepper.

Simmer for 30 minutes.

Taste test it and see if you want to alter seasonings at all. Simmer a few more minutes and then serve!

Ingredients:

4 medium white or yellow onions

2 tablespoons butter or olive oil

4 cups/960ml beef broth

½ cup/120ml red or white wine (optional)

A dash worcestershire sauce

1 clove garlic, crushed, or 1 tsp garlic paste

1 teaspoon dried thyme (2 tsp fresh)

sea salt & black pepper to taste



CREAM OF MUSHROOM SOUP



This is a simple recipe for mushroom soup with a french onion soup base. It's incredibly rich, and I use it for risottos and stuffing for roast turkey and chicken.

Serves 4 – 6

Preparation:

The french onion soup base: In a skillet over medium heat, sautee the diced or sliced onions with butter. Add the crushed garlic and and cook until onions are just starting to turn color. Put the onions into a saucepan or pot and add the broth, wine, worcestershire sauce, thyme, salt and pepper. Simmer for 30 minutes.

In the skillet with a slug of olive oil, add your quartered & sliced mushrooms.

Sautee for a minute, then add garlic, butter and dill and a small amount of sea salt and pepper. Ladle a bit of the french onion soup over the mushrooms and sautee.

After about a minute the moisture will begin to cook out.

Combine mushrooms and french onion soup base, bring to a boil and then turn back to a simmer for 15-20 minutes.

When it's cooked down enough to put the in a blender or food processor (do it in halves if it won't fit), puree the soup until you have a nice thick texture. I prefer it completely blended, but if you're using fancy mushrooms it's sometimes nice to leave some of them in tact.

Add the parsley, lemon juice, and mascarpone or sour cream, and blend.

Pour it back into the pot and add 1 – 2 cups water (240-480ml) depending on how thick or think you like it.

Season with salt, pepper and thyme or oregano to your taste.

Ingredients:

1 lb/450g fresh mushrooms, cleaned and sliced (any variety, though wild or portabella give a nice flavor)

1 clove garlic, crushed or sliced

1 tablespoon butter

2 – 3 tablespoons olive oil

1 tablespoon thyme or oregano

fresh parsley

juice from ½ a lemon

1 cup/240ml crème fraise, sour cream or ¾ cup/180ml mascarpone

Ingredients for onion soup base:

4 medium white or yellow onions

2 tablespoons butter

4 cups/960ml beef broth (chicken or vegetable broth are okay)

½ cup/120ml red or white wine (optional)

A dash worcestershire sauce

1 clove garlic, crushed, or 1 tsp garlic paste

1 teaspoon dried thyme (2 tsp fresh)

sea salt & black pepper to taste

UNCLE ALI'S MUSHROOM SOUP



This is a simple, light and fresh recipe for mushroom soup, which came from my friend Jenny's Uncle Ali in England. We were visiting her family the day before we ran a half-marathon together and when we arrived, Uncle Ali was making the most beautiful mushroom soup with dill from scratch. Hopefully this recipe does justice to the original! Nevertheless, it's tasty!

Serves 4 – 6

Preparation:

In a skillet over medium heat, sautee the chopped onions in coconut oil until they start to turn a light brown.

Add the chopped mushrooms and cook down gently

Add the other chopped vegetables if you're using them.

If you're using dried mushrooms, like porcini, soak them first and strain out any grains from the water, then add the mushroom with the water to the mix and simmer for 10 minutes.

Cook down until mushrooms & vegetables soften, then put the in a blender or food processor (do it in halves if it won't fit), puree the soup until you have a nice thick texture. I prefer it completely blended, but if you're using fancy mushrooms it's sometimes nice to leave some of them in tact.

Add the lemon juice, water and crème fraiche or sour cream, and blend.

Pour it back into the pot and add water, a ¼ cup at a time until you have the desired consistency.

Season with salt, pepper and dill to your taste.

Serve as is or garnish with wild mushrooms, lemon zest or fresh parsley.

You can use oregano or thyme in place of the dill if you like.

Ingredients:

1 – 1½ lbs/450 – 675g fresh mushrooms, patted clean and quartered/sliced (any variety, though wild or portabella give a nice flavor)

1 – 2 white onions, chopped

1 – 2 teaspoons coconut oil (or olive oil if you don't have it, but Uncle Ali uses coconut oil)

chopped courgette/zucchini, aubergine/eggplant, celery etc. (optional)

1 tablespoon dill

½ tablespoon lemon (optional)

1 cup/240ml crème fraiche or sour cream

fresh parsley (optional)

dill, sea salt & black pepper to taste





COCONUT, SQUASH & SWEET POTATO SOUP



This soup is a seasonal treat for cool autumn days and is fantastic with fresh french style rye bread.

Serves 4

Preparation:

Preheat oven to 400 degrees fahrenheit (200 C).

Put the onion, butternut squash & sweet potatoes into a baking sheet. Add the olive oil, garlic clove, cinnamon, nutmeg and cardamom seeds. Stir together with the ginger to coat the squash and potatoes evenly. Sprinkle with ground sea salt and black pepper and roast in the oven for 40 – 50 minutes. Check that they are smooth, not just done, as when it blends it will make a difference in having a smooth soup rather than a slightly grainy one.

Let cool a wee bit and then transfer them a few cups at a time to a food processor or blender. If you have neither, use a masher to cream the squash & sweet potatoes.

Puree everything and pour into a saucepan on low heat. Add the vegetable stock to the pan and raise the heat to bring to a simmer. Add the lemon or lime juice and the coconut milk & cream. If it's too thick, add some water, ¼ cup at a time. Taste and adjust seasonings if needed.

Ingredients:

1 lb/450g unpeeled sweet potatoes, cleaned & cubed

1 lb/450g unpeeled butternut squash, cleaned & cubed

1 tablespoon olive oil

1 medium red or white onion

1 – 2 cups/240-480ml vegetable stock

1 – 2 cups/240-480ml coconut milk

1 clove garlic or 2 tsp garlic paste

1 in/2½ cm piece ginger, grated or 2 teaspoon ginger paste

1 – 2 teaspoon ground cinnamon

1 – 2 teaspoon ground nutmeg

1 – 2 teaspoon ground cloves

seeds from 1 – 2 cardamom pods, crushed

2 tablespoon lemon or lime juice

black pepper & sea salt to taste

*if you choose to use whole spices, which is wonderful I assure you, make sure to grind them in a mortar and pestle or pull them out before blending.

TOMATO PULP



This is a Julia Child method tomato pulp recipe that yields the most gorgeous, fresh simple sauces & garnishes for a multitude of meals. It makes a pizza gourmet and brings spark to a lasagne. Hi quality tomatoes give the best results, but if you're not worried about the looks you can use ones that are overly ripe. My favorite though, is to use small plum or cherry tomatoes for an extra tart flavor. Play with it... I'm still waiting to come up with a recipe for yellow pear tomato pulp.

Ingredients:

1 lb/450g firm, ripe red tomatoes

Preparation:

Blanching the tomatoes: Put on a medium sized pot of water to boil. Next to it place a bowl of cold water. Rinse your tomatoes, and once the pot is boiling rapidly, place one or two at a time in the water, bring it back to a boil, and then boil for ten seconds. Really, ten seconds is enough and longer makes the tomatoes too soft. After ten seconds, remove the tomatoes with a slotted spoon and place them in the cold water. Repeat with the other tomatoes.

Peeling the tomatoes: Cut out the stem with a small knife, cut a ½ inch cross in the skin at the other end, and strip off the peel. Save the peels in a bowl for the sauce. Throw the stem away.

Seeding & juicing the tomatoes: Quarter the peeled tomato through the stem end and halve the quarters lengthwise into wedges. Lay each wedge flat and slide your knife just under the pulp and seeds to remove them, leaving a smooth wedge to use for the arrangement of the dish. Put the seeds and juice in the bowl with the peels. You can also just slice around the removed stem end and either squeeze out the seeds and juice or pull them out with your little finger, if you're not so fussed about looks.

Blend the juice, seeds & peels to create a sauce to use for lasagne or ratatouille. Cook them in a saucepan for a minute or two if you're using it for pizza or pasta.







FRENCH COUNTRY BREAD



This is a lovely, light french bread with a sourdough starter. For simplicity, I use the same starter for this as for the standard Sourdough, the Sourdough Rye, the French Rye Baguette and for the Malted Grain Sourdough.

Starter Preparation:

Pour the water into a large jar. I use a wide 3 quart glass jar (2.8 liter), 1 ½ to 2 quarts will do just fine. Sprinkle the yeast into the water and leave for 5 minutes. Stir to dissolve. Stir the sifted flour into the jar with the yeasted water using a wooden spoon. Cover with a tea towel and leave for 2-3 days for a mild sourdough, and 3-5 days for a stronger sourdough.

Stir the bubbly, sour-sweet smelling mixture twice a day. Refrigerate after you reach desired fermentation. Use what you need and replace proportionally if you wish to keep the starter on hand. If you remove a cup of starter, then replenish with ½ cup water and ½ cup flour and stir.

Bread Preparation:

Sprinkle the yeast into the water in a small bowl, stir with a wooden spoon to dissolve, and leave for five minutes.

Mix the flours and salt together in a large bowl. Make a well in the center. Spoon 1 ¼ cups (250ml) of the starter into a liquid measuring jug. Add it to the flour well with the yeasted water. Replenish the starter with equal parts water and flour. Mix the flour from the sides of the bowl into the center to form a stiff, sticky dough. Add more water if needed, a tablespoon at a time, if the dough is too dry. Turn the dough out on to a lightly floured surface and knead until smooth and elastic, about 10 minutes. Put the dough into a lightly oiled bowl and cover with a tea towel. Leave to rise until doubled in size, about 2 hours. Knock back and leave to rest ten minutes.

Shape the dough into a round loaf and place bottom up in a proofing basket with flour, or in a small to medium round wicker basket with a floured tea towel in it. If you have neither, lay bottom down on a floured baking sheet. Cover with a tea towel and prove until doubled in size, about an hour and a half.

Preheat oven to 425 degrees fahrenheit (220 C). If you have a fan/convection oven, heat it to 390 F/200 C.

Dust the loaf with flour and cut it in three parallel slashes about ¼ inch (5mm) deep across the top of the loaf, then three more in the other direction.

Bake in preheated oven for forty-five minutes to an hour until golden. Tap the dough underneath to see if it's done. It should sound a bit hollow. Leave to cool on a wire rack.

Ingredients for starter:

3 teaspoons dried yeast

1¼ cups/300ml water

1¾ cups/220g strong bread flour, sifted

Ingredients for the dough/bread:

1 teaspoon dried yeast

1 cup/240ml water

¼ cup/40g rye flour

2 ¼ cup/280g strong white bread flour

1 ½ teaspoons salt

*note for shaping dough: to retain the shape of a loaf, turn it inside itself and then pinch the folds together at the bottom and place the pinched side down on the baking tray or stone.

FRENCH RYE BAGUETTE



This light French rye is a mildly sweet bread made with a sourdough starter. For simplicity, I use the same starter for this as for the standard Sourdough, the French Country Bread and for the Malted Grain Sourdough.

Starter Preparation:

Pour the water into a large jar. I use a wide 3 quart glass jar (2.8 liter), 1 ½ to 2 quarts will do just fine. Sprinkle the yeast into the water and leave for 5 minutes. Stir to dissolve. Stir the sifted flour into the jar with the yeasted water using a wooden spoon. Cover with a tea towel and leave for 2-3 days for a mild sourdough, and 3-5 days for a stronger sourdough. Stir the bubbly, sour-sweet smelling mixture twice a day. Refrigerate after you reach desired fermentation. Use what you need and replace proportionally if you wish to keep the starter on hand. If you remove a cup of starter, then replenish with ½ cup water and ½ cup flour and stir.

Bread Preparation:

Mix the flours and salt together in a large bowl. Make a well in the center. Spoon 1 1/3 cups (275ml) of the starter into a liquid measuring jug. Add it to the flour well along with the water. Replenish the starter with equal parts water and flour. Mix the flour from the sides of the bowl into the center to form a stiff, sticky dough. Turn the dough out on to a lightly floured surface and knead until smooth and elastic, about 10 minutes. It helps to flour your hands as you knead. Put the dough into a lightly oiled bowl and cover with a tea towel. Leave to rise until doubled in size, about 1 hour. Knock back and leave to rest ten minutes.

Divide the dough into two pieces and shape each piece into a long loaf by rolling it out into a circle, then folding the sides into the center, and again. Press down the centre with your thumbs and fold it in again, then pinch the dough closed and press it with your palms. Roll it back and forward to get it to desired length. Repeat with the other dough. Leave to rest on a floured baking sheet for five minutes.

Dust the loaves with flour and then cut 6-8 parallel slashes on the diagonal. Cover with a tea towel and prove until doubled in size, about 1 ½ hours.

Preheat oven to 425 degrees fahrenheit (220 C). If you have a fan/convection oven, heat it to 390 F/200 C.

Dust the loaf with flour and cut it in three parallel slashes about ¼ inch (5mm) deep across the top of the loaf, then three more in the other direction.

Bake in preheated oven for thirty-five to forty-five minutes. Tap the dough underneath to see if it's done. It should sound a bit hollow. Leave to cool on a wire rack.

Ingredients for starter:

3 teaspoons dried yeast

1¼ cups/300ml water

1¾ cups/220g strong bread flour, sifted

Ingredients for the dough/bread:

2¼ cups/300g rye flour

½ cup/63g strong white bread flour

1½ teaspoons salt

1¼ cup/300ml water

*note for shaping dough: to retain the shape of a loaf, turn it inside itself and then pinch the folds together at the bottom and place the pinched side down on the baking tray or stone.





OAT MILLED ROLLS



These rolls are a May household favorite and I make at least a batch a week of these and my hearty wheat rolls. They have come to be home to Vegemite at lunchtime and chicken, cream cheese and black pepper at the weekend Accies Cricket tea for two. I once attempted to put fresh basil on it but retired that idea after some of the guys picked it off. Gorgeous though, and I recommend it.

Bread Maker Preparation:

In the bread maker pan, put $\frac{3}{4}$ - 1 cup hot water, 2 tablespoons butter, 1 tablespoon dried skimmed milk powder, 1 tablespoon brown sugar, 1 teaspoon salt, and then cover with mixed flour. Make a well in the flour and put 1 tablespoon brown sugar and 1 teaspoon dried yeast. Cover with $\frac{1}{4}$ cup warm, but not hot, water.

Put in the bread maker on dough setting. When it's ready, preheat the oven to 450 degrees fahrenheit (230 C), break up the dough into six pieces and roll them with your hands into dough balls pinch the bottoms and then if you like, slash the tops. Bake in preheated oven for 12 – 16 minutes.

If the dough is too wet, work in a bit extra flour and go a bit easy on the water next time, if too dry, add a bit more the mix.

Preparation for Hand Baking:

Preheat oven to 450 degrees fahrenheit (230 C).

Mix together flour, salt, sugar and stir in the yeast. Work in the butter.

Add warm water and mix to form a soft dough, then knead for 10 minutes on a floured work surface.

Divide into 6-8 pieces and form into balls. Pinch the bottom closed and slash the tops if desired. Place on lightly greased baking sheet.

Cover and leave to rise in a warm place for a half hour or until dough has doubled in size.

Place in centre of the preheated oven and bake for 12 – 16 minutes. Remove from oven and cool on a wire rack.

Ingredients for bread maker:

1 $\frac{1}{4}$ cups/300ml water
2 tablespoons butter
2 tablespoons brown sugar
1 tablespoon dried skimmed milk powder
1 – 2 teaspoon salt
3 $\frac{1}{4}$ cups/415g oat milled flour
1 teaspoon dried yeast

Ingredients for the hand baking:

3 $\frac{1}{2}$ cups/450g oat milled bread flour
2 teaspoons salt
2 teaspoons brown sugar
1 tablespoon butter or oil
1 $\frac{1}{2}$ teaspoons (7g sachet) dried yeast
1 $\frac{3}{4}$ cup/420ml warm water

*Note for shaping dough into a loaf: to retain the shape of a loaf, turn it inside itself and then pinch the folds together at the bottom and place the pinched side down on the baking tray or stone. Bake for 30 – 35 min.

Ingredients for oat milled flour:

If you can't buy mixed oat milled flour, you can make your own by combining the following:

3 cups strong white bread flour
 $\frac{1}{2}$ cup flaked oats
 $\frac{1}{2}$ cup oat bran
 $\frac{1}{2}$ cup pinhead oatmeal

WHOLEWHEAT ROLLS



These rolls are a May household favorite and I make at least a batch a week of these and my oat milled rolls. They have come to be home to Vegemite at lunchtime and chicken, cream cheese and black pepper at the weekend Accies Cricket tea for two. They're also fantastic as burger rolls.

Bread Maker Preparation:

In the bread maker pan, put $\frac{3}{4}$ - 1 cup hot water, 2 tablespoons butter, 2 tablespoons dried skimmed milk powder, 1 tablespoon brown sugar, 1 teaspoon salt, (if you want to use bulgar wheat now is the time to put it in, but make sure you use the full 1 $\frac{1}{4}$ cups water) and then cover with mixed flours. Make a well in the flour and put 1 tablespoon brown sugar and 1 $\frac{1}{2}$ teaspoon dried yeast. Cover with $\frac{1}{4}$ cup warm, but not hot, water.

Put in the bread maker on dough setting. When it's ready, preheat the oven to 450 degrees fahrenheit (230 C), break up the dough into six pieces and roll them with your hands into dough balls pinch the bottoms and then if you like, slash the tops. Bake in preheated oven for 12 – 16 minutes.

If the dough is too wet, work in a bit extra flour and go a bit easy on the water next time, if too dry, add a bit more the mix.

Preparation for Hand Baking:

Preheat oven to 450 degrees fahrenheit (230 C).

Mix together flour, salt, sugar and stir in the yeast. Work in the butter. If you're using cracked or bulgar wheat, now is the time to put it in.

Add warm water and mix to form a soft dough, then knead for 10 minutes on a floured work surface.

Divide into 6-8 pieces and form into balls. Pinch the bottom closed and slash the tops if desired. Place on lightly greased baking sheet.

Cover and leave to rise in a warm place for a half hour or until dough has doubled in size.

Place in centre of the preheated oven and bake for 12 – 16 minutes. Remove from oven and cool on a wire rack.

Ingredients for bread maker:

- 1 $\frac{1}{4}$ cups/300ml water
- 2 tablespoons butter
- 2 tablespoons brown sugar
- 2 tablespoon dried skimmed milk powder
- 3 tablespoons cracked wheat or bulgar wheat (optional)
- 1 – 2 teaspoon salt
- 2 cups/250g strong wholemeal bread flour
- 1 cup/125g strong white bread flour
- $\frac{1}{4}$ cup/40g rye flour
- 1 $\frac{1}{2}$ teaspoon dried yeast

Ingredients for the hand baking:

- 2 cups/250g strong wholemeal bread flour
- 1 cup/125g strong white bread flour
- $\frac{1}{4}$ cup/40g rye flour
- 3 tablespoons cracked wheat or bulgar wheat (optional)
- 2 teaspoons salt
- 2 teaspoons brown sugar
- 1 tablespoon butter or oil
- 1 $\frac{1}{2}$ teaspoons (7g sachet) dried yeast
- 1 $\frac{3}{4}$ cup/420ml warm water

*Note for shaping dough into a loaf: to retain the shape of a loaf, turn it inside itself and then pinch the folds together at the bottom and place the pinched side down on the baking tray or stone. Bake for 30 – 35 min.





CREPES



Shrove Tuesday, aka; Pancake Day, is a glorious day in the UK. What the British call pancakes is what Americans would call crepes. They originate in France, and if you've ever been to Paris on a cold day, the crepe stand with all its gorgeous fillings is the place to be.

Serves 4

Preparation:

Preheat oven to 200 degrees fahrenheit (90 C)

Combine flour and salt in a bowl, and whisk in the eggs, milk, water & butter.

Whisk until smooth. Refrigerate and let rest for 1 – 2 hours before cooking. You can keep it in the fridge for up to a day before cooking.

Lightly oil a skillet or griddle over medium high heat and scoop about a ¼ cup batter for each pancake. Stir the batter before you pour each crepe.

To spread it out over the grill tilt the pan as you pour the batter into the centre and turn it in a tilting motion like a lopsided spinning top.

Cook for 1 – 2 minutes or until the bottom turns a golden color and the top dries. Flip with a spatula and cook the other side. If you have a long thin wooden or metal straight paddle then slide it under the crepe to flip it. Otherwise, I use a spatula and my fingers.

Keep warm in the oven heated to 200 degrees fahrenheit (90 C) until serving, or freeze for a later.

Top with icing sugar and lemon juice for the classic shrove tuesday pancake, or fill with tomatoes & cheese for a more savory crepe. You can use fill them with all kinds of crème and fruit or vegetables and meat for different moods. Use a bit of wholewheat flour in the mix for a heartier pancake.

Ingredients:

1 cup/125g plain all-purpose flour

2 eggs, beaten

1 cup/240ml milk

¼ cup/60ml water, more if needed

¼ teaspoon salt

2 tablespoons melted butter for the batter

butter for the pan

*for extra sweet crepes, add 1 – 2 tbsp sugar and a teaspoon vanilla. You can also throw in a capful or two of liqueur for some extra zing.

MUESLI



Living in Europe has changed me from a two eggs & sausage breakfast girl to a full fledged muesli lover. That and the fact that Steve can't stand the smell of eggs so I was finally converted when we started dating. At first I didn't know how to cope, being a farm girl I thought I had to eat double the protein that humans are meant to digest in a day... for breakfast. Anyway, Europe offers a plethora of tasty muesli variations... and a breakfast of muesli and greek yoghurt is how I broke the meat & eggs habit. It is so good, so healthy and is loaded with vitamin c and nutty proteins. I adjusted... I'm no longer sneaking a 10 am steak and pepper pie from the chinese bakery like I did when I first visited Australia. So, after a long intro, this is a simple recipe for muesli for all you Americans.

Preparation:

Take a trip to your local WinCo or Whole Foods store and visit the bulk section. If you're American wheat intolerant (like me) or just wheat intolerant, stick with the oats, barley, spelt & kamut flakes. What your looking for though, is a nice mix to fancy up your morning palate. So get what you like!

For a standard mix you'll want about 50 – 65% cereals, 25 – 30% fruits and 10 – 20% seeds & nuts.

For a tropical mix sans nuts, a mix for 1 kilo (2.2 lb) of muesli would be: 300g/10 ½ oz rolled oat flakes (30%), 200g/7oz wholewheat or toasted malted wheat flakes (20%), 50g/1 ¾ oz barley flakes (5%), 50g/1 ¾ oz spelt flakes (5%), 50g/1 ¾ oz oat bran (5%), 100g/3 ½ oz dried pineapple (10%), 50g/1 ¾ oz sweetened dried bananas (5%), 50g/1 ¾ oz dried mango (5%), 50g/1 ¾ oz dried papaya (5%), 50g/1 ¾ oz dried coconut shavings (5%), 20g/0.7oz pumpkin seeds (2%), 20g/0.7oz sunflower seeds (2%), 10g/0.35oz linseeds (1%)

If you're intolerant to the standard American grown wheat and like a nice mix of nuts and tart fruits so a mix for 1 kilo (2.2 lb) of muesli would be: 300g/10½ oz rolled oat flakes (30%), 100g/3½ oz spelt flakes (10%), 100g/3½ oz kamut flakes (10%), 100g/3½ oz barley flakes (10%), 50g/1¾ oz oat bran (5%), 50g/1¾ oz raisins or sultanas (5%), 50g/1¾ oz dried apples (5%), 50g/1¾ oz dried apricots (5%), 50g/1¾ oz dried cranberries (5%), 50g/1¾ oz dried coconut shavings (5%), 25g/0.9oz almonds (2.5%), 25g/0.9oz hazelnuts (2.5%), 20g/0.7oz pumpkin seeds (2%), 20g/0.7oz sunflower seeds (2%), 10g/0.35oz linseeds (1%)

We prefer to go a bit heavy on the fruit and nuts with our muesli, so often our mixes come out about 50% cereals and 50% fruit, nuts & seeds.

When you've picked your ingredients and have them home, find a nice big container with a sealing lid, dump them all in and shake it like a polaroid picture. Your tasty European style muesli is ready for brekkie.

Ingredients:

cereals:

jumbo or old fashioned rolled oat flakes
oat bran
wholewheat
toasted malted wheat flakes
barley flakes
kamut flakes
spelt flakes

fruits:

raisins or sultanas
dried cranberries
dried apricots, diced
dried dates, diced
dried apples, diced
sweetened dried bananas
dried coconut shavings or flakes
dried pineapple
dried papaya
dried mango

nuts & seeds:

hazelnuts
almonds
brazil nuts
pecans
linseeds
pumpkin seeds
sunflower seeds





LEMON TARTLETS



This is a rich, tangy lemon dessert that stands alone. The same recipe can be used for a large tart, but increase the curd recipe by a third. Enjoy!

Makes 12 mini tarts

Preparation:

Preheat oven to 400 degrees fahrenheit (200 C)

With pastry blender or wire mixer attachment, blend the butter into the flour. Add the sugar. When mixture is crumbly (don't let it get doughy), add well-mixed egg-vanilla-water mixture. Mix with pastry blender and then knead it by hand until it forms a ball of dough.

Roll the dough out on a floured surface and with a mug or large biscuit/scone cutter, cut out your circles. Lay the circles in the muffin tins, fill with ceramic baking beads or dried beans and put in the oven for 10 minutes.

If you're doing a large tart, roll out the dough until it will fit in a 7 inch tart plate or pie plate. Transfer it to the plate, put in the beads/beans and bake for 10 minutes.

Meanwhile, mix the eggs, sugar and butter and put into a pan and whisk over low heat until the sugar has dissolved and the sauce thickens to a curd.

Spoon the mixture into the muffin pastries, or pour into the pie/tart pastry shell.

Bake 15 minutes for the muffins, and 20 minutes for the pie or tart.

Transfer to a wire rack to cool. Sprinkle with icing/powdered sugar in a sieve before serving.

*If you have a 9 – 10 inch pie plate, increase the recipe by a third.

Ingredients for pastry:

4oz/114g butter
2 cups/250g plain/all-purpose flour
2 tablespoons icing/powdered sugar
1 egg
1 teaspoon vanilla
1 tablespoon cold water

Ingredients for lemon curd:

4 eggs, beaten
1 cup/225g caster/superfine sugar
3oz/85g butter (6 tablespoons)
zest and juice of 3 lemons

*icing/powdered sugar for dusting

GUINNESS CAKE



This is a recipe slightly adapted after trying a few different Guinness cake recipes. For the record, Nigella Lawson's won by a far far stretch. It has a rich chocolate meets stout (or porter) flavor and is rich and dense as the guinness itself. You can also use another stout, such as a Black Butte Porter (an Oregonian favorite) instead of a Guinness.

Serves 10

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

Grease a 9 inch spring-form pan with shortening and dust with flour.

In a large saucepan, melt the butter then whisk in the chocolate & sugar.

In a separate bowl, whisk together the eggs, and beat in the sour cream and vanilla.

Pour the Guinness into the saucepan with the butter-chocolate-sugar mixture.

Fold the egg-sour cream-vanilla mixture into the saucepan and stir.

While stirring, add the flour and baking soda and whisk together.

Important: for a dense cake, you want it to begin to 'cook' a wee bit. When it's changed texture, pour the mix into the greased & floured cake pan.

Bake in preheated oven for 45 minutes to an hour.

Leave the cake in the pan on a cooling rack until completely cool.

While it's cooling, in a mixer or food processor beat the powdered sugar, cream cheese and cream together until it's a smooth & fluffy.

If you don't have either of these, sieve the powdered sugar into the beaten cream cheese & cream mixture, or whisk the powdered sugar first and beat together with the cream cheese before adding the cream.

When the cake is completely cool, remove it from the pan and place it on a platter or cake stand and dollop the icing on until it resembles the thick head of a stout beer.

Serve and enjoy!

Ingredients for the cake:

1 ½ cups/360ml Guinness

1 ¼ cup/225g unsalted butter

¾ – 1 cup/100g baking cocoa or 4 squares Bakers unsweetened chocolate (add a wee bit more flour for the latter)

1 ¾ cup/400g fine/caster sugar

¾ cup/175g sour cream

2 eggs

1 tablespoon vanilla

3 cups/375g plain all-purpose flour

2 ½ teaspoons baking soda

Ingredients for the frosting:

1 ¼ cup/280g cream cheese

½ cup/150g powdered/icing sugar

½ cup/120ml heavy (double or whipping) cream



HOMEMADE PHYLLO PASTRY



This is an easy, quick recipe for phyllo pastry. You can get phyllo at the store very easily, but I like the homemade kind from time to time.

Makes enough for 1 dish

Preparation:

Combine flour and salt in a bowl and mix together.

Make a well in the center and add the oil and water.

Mix with your fingers then knead until it becomes pliable. If it's too dry, add a little water, a tablespoon at a time.

Knead 5 – 10 minutes or until it's no longer sticky but smooth & elastic.

Separate into two balls and then roll out each section into a thin oval, about 2 millimeters thin, and cover with a damp tea towel to rest for 15 – 20 minutes.

Roll the pastry out as thin as you can get it with a rolling pin. When it's as thin as you think it will go, roll it out thinner. It should be about the thickness of one or two sheets of paper.

Slice it into sections that will cover your round dish and hang over the edges.

Brush each sheet with either olive oil or sunflower oil and separate with paper towels or tea towels until you're ready to use it. You can bag the whole stack this way and freeze it or refrigerate it.

If I'm using it immediately, I just brush it with oil as I'm layering it in the lightly oiled dish.

Ingredients:

2 cups/250g plain all-purpose flour

¼ teaspoon salt

2 – 3 teaspoons olive oil

¼ cup/60ml water

*photo right: cardamom chicken pie



HOT TODDY



This is a very British spiked nighttime drink. It's great if you have a cold or a stuffed up nose... or just on windy and cold winter days.

Serves 1

Preparation:

Boil water.

In a mug, pour the honey and then stir in ½ mug boiling water. Stir until the honey is dissolved. Add the freshly squeezed lemon juice and stir. Add a bit more water and then pour in 3 capfuls of whiskey or brandy. Stir and drink!

Ingredients:

juice of 1 lemon

½ tablespoon honey

3 capfuls whiskey or brandy

AUSTRALIA

SEARED LAMB, BLANCHED BROCCOLI & ROAST POTATOES



This is a more traditional western dinner, but one which when done right, is delightful and full of flavor. To top it off, it's husband pleasing and it's quick! We paired it with a surprisingly nice German Pinot Noir (surprising only because we'd never had a German wine). Don't be scared by the instructions, each thing takes just a few minutes, but timing is everything so be on your toes!

Serves 2

Preparation:

Place the lamb chops or cutlets in a shallow dish and rub in the chopped and crushed mint with some olive oil, or cover with mint sauce and set aside. It's best if they've been marinating in the fridge for a few hours before the meal.

Preheat the oven to 400 degrees fahrenheit (200 C).

Wash and quarter baby new potatoes, put them in an open oven dish, grind sea salt and black pepper over the top and drizzle with extra virgin olive oil.

Put in oven and let roast for 30-35 minutes. Alternatively, you can grill or broil them for about 15-20 minutes on medium high.

When the potatoes have 5-7 minutes to go, we're ready to sear the meat and blanch the broccoli.

Put a medium sized pan on the stove with enough water in it to submerge the broccoli. Put in a tablespoon butter or olive oil, and 2 teaspoons sea salt, and bring to a boil.

Meanwhile, heat up a flat griddle to high heat. Drop about a tablespoon of olive oil in the pan and when it spreads, then lay in the lamb cuts.

Just after you place the lamb in the pan, submerge the broccoli in the water and let it cook. Watch it carefully. Some stalks will be done in 2 minutes, some in 5. I take out a stalk and cut off the end to test it. Do not let the broccoli start to yellow or go soft. After the broccoli has been in a minute or two, turn the lamb over and sear on the other side.

Check the broccoli, if it's just softened enough to bite through easily, it's finished. Take it out and lay it on a plate, grind some sea salt (and black pepper if you like) and drizzle with olive oil.

Check the lamb. They should cook for about 2 minutes on each side, a little longer if you like them more done, but don't overdo them. As soon as you see a bit of searing on each side, they're ready.

Take out the roast potatoes, stir them around in the oven dish a bit to coat them in the salt-oil-pepper mixture, and they're ready to serve.

And you're done! Enjoy!

Ingredients:

2 lamb chops or leg of lamb cuts, about 5.3oz/150g each.

7oz/200g purple sprouted broccoli (long and thin), washed, trimmed and ready.

6 – 8 baby new potatoes

handful fresh mint, chopped and crushed (or mint sauce is fine)

6 tablespoons extra virgin olive oil

sea salt and crushed black pepper to taste

1 tablespoon butter in pot of water for blanching the broccoli.





WHISKEY CHICKEN



A wee little bird told me that Australians have a taste for alcohol infused cooking. Personally, I enjoy eating almost anything with alcohol cooked into it. So does my husband. All over the world, wine enhances pastas, roasts & sauces, beer is used for poultry and cakes, and liqueurs are used in desserts and even curries... at least in my house. I decided to come up with a roast chicken glazed in whiskey as a tribute to Oz.

Serves 4 – 6

Preparation:

Preheat oven to 350 degrees fahrenheit (180 C)

For the marinade; mix together in a quart or liter size bowl the olive oil, lemon juice, chopped red onion, 2 crushed garlic cloves, sage, salt, pepper, whole peppercorns and 2 tablespoons whiskey.

Find a nice large roast pan that you can fit the chicken and vegetables into and place the chicken in the centre. Season the chicken inside and out with sea salt and black pepper. Put a lemon rind, ¼ of an onion and the whole garlic cloves in the cavity.

Halve the potatoes, chop the other vegetables and and put the sturdy vegetables like potatoes, carrots, swede, turnips etc in the pan with the remaining onion wedges. Pour the marinade over the chicken and vegetables, then grind sea salt and black pepper over everything. If the pan needs water, add it carefully into a corner.

Sprinkle some brown sugar over the top of the chicken.

Place into the oven preheated oven to roast for 2 hours (check the size of your bird for roasting times) Check it every half hour and spoon some of the liquid over the bird to baste it if it looks dry. Add a bit of water if the pan goes dry.

After the first hour, turn the vegetables over so they cook evenly, and add a bit of water if it needs it. You want to keep a wee bit of liquid in the pan to serve so there's some sauce. When you've got about a half hour to go, carefully pour the other rest of the whisky over the chicken.

To check the chicken, pierce the skin to see if the juices run clear. If they have a rosy color, put it back in, if they're clear, it's finished and ready to serve!

Ingredients:

1 whole medium chicken, giblets removed

4 tablespoons extra virgin olive oil

juice of 1 lemon

1 teaspoon sage

½ red onion, finely chopped

½ red onion, wedged

2 cloves garlic, crushed

2 whole garlic cloves in their skins

¼ cup + 2 tbsp/90ml whiskey, bourbon or brandy

2 teaspoons sea salt

2 teaspoons ground black pepper

1 teaspoon whole peppercorns

6 – 10 baby new potatoes

1 teaspoon brown sugar (optional)

ground sea salt and black pepper to taste

a combination of seasonal vegetables: ½ a swede, a large carrot, a small courgette/zucchini, ½ an aubergine, tomatoes, 1 – 2 bell peppers/capsicums

STEAK & PEPPER PIE



The first morning I was in Australia meeting Steve's family I was trying to be polite and didn't let on to how hungry I was. I ate my breakfast, knowing that we were meeting someone for coffee in an hour or so. This was the beginning of my move away from meat and eggs for breakfast, but at the time I was still a farm girl through and through. We left the house and I turned to Steve and told him I was really hungry and would like some meat. Oh the look in his eyes. We turned off at Charnwood shops to the Chinese baker and Steve bought me my first steak and pepper pie. Oh my. It was so good I could have cried. After that incident I weaned myself off meat for breakfast, but never off the gorgeous peppery pie.

Serves 4

Shortcrust Pastry Preparation:

Combine flour and salt in a bowl, add the butter and mix in with a wire pastry blender until crumbly. Stir in the water with the pastry blender, one tablespoon at a time until it makes a firm but not sticky dough.

Put the dough in a bowl and cover with a damp tea towel or clingfilm and refrigerate for 15 minutes before using.

Divide the pastry in two and roll it out on a lightly floured surface. Place the first piece in the pie plate and save the other for the top.

* I often make smaller pies and divide the pastry in 4 or 8 pieces so we can share or have individual pies and freeze the others for later.

Filling Preparation:

Preheat oven to 375 degrees fahrenheit (190 C)

Cube the beef steak and simmer it in a pot over low heat with water to create the broth and to slow cook the beef. The object is to release some of the juices and for the beef to tender and fall apart. Add garlic, black pepper, salt, onion powder and worcestershire sauce and stir. Simmer for 1 – 2 hours.

Remove the beef and add in the flour and cornstarch through a sieve, whisking as you go to create the gravy. When it is properly thickened, add the beef back in and turn off the heat.

*You can also use store-bought broth or bullion to create the gravy and just combine it with the beef and stick it straight in the pastry.

If you're using veg, add it in with the beef. Pour the mixture into the pie crust and then place the second crust over the top. You can either pinch the sides together and then slice small holes in the top for it to breathe, or set the second crust just within the first for a different look.

Put in oven and bake for 30 – 45 minutes for small pies, and up to an hour and a half for large pies. Keep an eye on it as baking times differ depending on whether you put the meat in raw or cooked.

Ingredients for the pastry:

1 ¼ cups/157g plain all-purpose flour
pinch of salt (eighth teaspoon)
2oz/50g butter, cubed
2 – 3 tablespoons cold water

Ingredients for the pie filling:

1lb/450g quality chuck steak, cubed
2 teaspoons worcestershire sauce
1 – 1½ tbsp cracked black pepper
1 teaspoon sea salt
2 cloves garlic
1 teaspoon onion powder (optional)
2 – 4 tablespoons plain all-purpose flour
1 – 1½ tablespoons corn flour/starch
¾ – 1 cup/180 – 240ml beef broth
1 onion, chopped (optional)
1 capsicum/bell pepper, diced (optional)
1 – 2 new potatoes, diced (optional)







DEVILLED CHICKEN KEBABS



Enjoy this kickin' Aussie barbecued chicken.

Serves 4

Preparation:

In a large bowl, combine chopped onion, garlic, mustard, lemon rind & juice, garlic, curry powder, chilli, apple cider vinegar, brown sugar, soy sauce, tomato sauce, salt and pepper. Mix and add the chicken pieces and stir together. Refrigerate 4 hours or overnight.

Fire up the barbecue or heat your indoor grill to medium high heat.

Cut up the capsicums in large chunks. I quarter them, clean out the seeds and then halve the wedges to make triangles. If you're using long capsicums, cut the same way but cut wedges in 3 – 4 pieces lengthwise.

On the skewers, stick the capsicum, followed by an onion quarter, followed by a piece of chicken, a capsicum, onion, chicken onion capsicum... or however many bits it takes to fill your skewer. Repeat with other skewers until all your chicken and vegetables are on skewers. Baste the vegetables with some of the chicken marinade.

Grill your skewers, turning them every few minutes, until they are cooked and begin to blacken. Depending on how hot your grill is, this could take between 15 and 20 minutes.

Serve with fresh salad and roasted potatoes.

Ingredients:

1lb/450g skinless chicken breast, cut into large chunks

2 – 3 onions, red or white, quartered

2 – 3 bell peppers/capsicums

barbecue skewers

For the marinade:

2 tablespoons extra virgin olive oil

2 teaspoons mustard (I use a mix of english & french brown mustard)

1 lemon, rind & juice

1 onion, chopped

3 cloves garlic, crushed

2 teaspoons curry powder

1 tsp crushed red chillies, ½ tsp cayenne pepper or 1 – 1½ tsp paprika, depending on your taste for spice.

2 tablespoons apple cider vinegar

1 tablespoon brown sugar

1 teaspoon soy sauce

¼ – ½ cup/60 – 120ml tomato sauce; aka: ketchup

1 teaspoon sea salt

1 teaspoon ground black pepper

RED WINE & GARLIC BEEF KEBABS



Red wine & garlic marinade is used all the time for barbecues in Australia, but I've not found a store-bought version anywhere else. These are yummo and go great in pita or served alone.

Serves 4

Preparation:

For the marinade, combine the red wine, olive oil, garlic, onion, thyme, salt and pepper in a bowl and mix.

Cube the beef and add it to the marinade. Cover and refrigerate 4 hours or overnight.

Quarter and halve the bell peppers, quarter the red onions, halve the baby new potatoes.

Put the potatoes in a bowl and grind sea salt and black pepper over them and drizzle with olive oil. Toss to coat them evenly & set aside.

Take your skewers, and start by putting a bit of bell pepper or potato on first, then add beef, onion, pepper, potato, until you've filled your skewers and run out of beef.

Grill for 5 – 10 minutes, rotating them as you go.

Ingredients:

1 cup/240ml red wine

¼ cup/60ml extra virgin olive oil

1 tablespoon chopped fresh thyme

½ tablespoon dried parsley

4 cloves garlic

½ chopped onion

½ teaspoon salt

1 teaspoon ground black pepper

1lb/450g tender beef, cubed

3 – 4 bell peppers

2 – 3 red onions, quartered

3 – 4 baby new potatoes, halved
lengthwise

sea salt and ground black pepper to taste

olive oil for the potatoes



BARBECUE PRAWNS



Shrimp on the barbie? Unfortunately, we Americans were bamboozled by Crocodile Dundee when he coined that term. Aussies don't call them shrimp, because they use king prawns. Nonetheless, I still think Paul Hogan is cool, Aussies are awesome-face and king prawns barbecued with lemon, herbs and garlic are yummo. Though, they usually just throw them raw and naked on the barbie, but I can't exactly put that in a cookbook.

Serves 4

Preparation:

For the marinade, combine lemon juice, rind, olive oil, garlic, onion, chilli, rosemary, salt and black pepper in a bowl.

Devein and remove heads of the prawns and put in the marinade. Cover and refrigerate 30 minutes to an hour.

Skewer the prawns with the onion, capsicum and potato.

Throw on the barbecue and keep turning until cooked.

Ingredients:

12 – 14oz/350 – 400g raw king prawns

a pinch of salt

juice and rind of 1 lemon

¼ cup/60ml extra virgin olive oil, more if needed

3 cloves garlic, crushed

½ white onion, finely chopped

1 – 2 tsp crushed red chilli

2 tsp rosemary or 1 tbsp chopped rosemary

ground black pepper to taste

1 bell pepper/capsicum, quartered & halved

1 red onion, quartered





GARLIC & ROSEMARY LAMB CHOPS



This is a simple, classic marinade for barbecued lamb chops.

Serves 4

Preparation:

Prepare the lamb by removing the excess fat, and rubbing with a pinch of salt.

Combine lemon juice, olive oil, chopped onion, garlic, tomato sauce, pepper and chopped rosemary in a dish. Add the chops and rub them a bit with the marinade. Cover and refrigerate several hours or overnight.

Remove the lamb chops from the marinade and barbecue or grill for 2 – 3 minutes on each side until tender.

Serve with roast vegetables or salad.

Ingredients:

4 lamb chops

pinch salt

juice of 1 lemon

¼ – ½ cup/60 – 120ml extra virgin olive oil

½ white onion, finely chopped

2 garlic cloves, crushed

2 tablespoons tomato sauce (ketchup)

1 teaspoon ground black pepper

2 tablespoons fresh chopped rosemary, or 2 teaspoons dried rosemary

sea salt & black pepper to taste

MINTED LAMB BURGERS



Lamb burgers, especially mint lamb burgers, are a favorite of Steve's and mine. We'll often opt for them over a sunday roast. They're simple to make and the flavor is gorgeously unique... embellished only by a slice of cheese and some tomato sauce.

Serves 4 – 6

Preparation:

In a large bowl, combine lamb mince, mint sauce, breadcrumbs, onion, parsley, coriander, sea salt and black pepper as well as the egg if you're using it.

Mix thoroughly with your fingers or a wooden spoon.

Break off into 4 – 6 parts, depending on the size you like, and roll into balls then work them until they flatten into a thick burger shape.

If you're not going to grill them straight away, keep them in the fridge until you're ready.

Grill for 4 – 6 minutes, turn over and grill another 4 – 5 minutes until cooked.

Serve with rolls, cheese and ketchup/tomato sauce. I find if you try to get too fancy with your condiments, it takes away from the mint. So ketchup and a slice of tomato and lettuce are about as full as you really want to get.

Ingredients:

18oz/ 500g ground/minced lamb

3 teaspoons mint sauce or chopped mint

4 tablespoons breadcrumbs

½ onion, finely chopped or 1 tablespoon dried onion flakes

2 – 3 teaspoons dried parsley

½ teaspoon dried coriander

1 egg (optional)

pinch sea salt & black pepper





VEGEMITE GLORY



Vegemite is a salty spread made from vegetable yeast extract. I love it, though for most Americans it is an acquired taste. It is so high in vitamin B that it is recommended for quick recovery to people who are afflicted with stress induced illnesses like mononucleosis (glandular fever).

This page is dedicated to Vegemite. It doesn't really take a recipe, just some imagination. Though... I've added a bit of this precious stuff to a rye bread and it's come out dark and exquisite. In Australia, vegemite is a staple. In the UK where we've lived for about 5 years, I could find it at select grocery stores for about £2 ... and Steve and I ate it nearly every day on homemade rolls. In America, it is an expensive, precious commodity... pricing anywhere between \$5 US for 150 grams (that's about a half cup), and a whopping \$22 US if you don't live anywhere near a Cost Plus World Market.

Preparation:

Slice a fresh roll or loaf of bread. You can choose whether to eat it when the bread is fresh, leave it cold, or toast it. If you're a new at this, toast it.

Spread some butter over the bread, take a small amount of Vegemite and spread it thinly over the buttered bread. By thinly I mean spread it scarce. Don't spread it on like peanut butter unless you're fond of chewing salt-licks. A very little goes a long way.

Either eat as is and savor the salty-yummy-ness, or add cheese and grill it till it melts. Another nice combo is avocado & tomato.

Other tasty options are a grilled cheese and Vegemite sandwich, (a personal favorite), oven toasted Vegemite & cheese with tomatoes on toast, and some people even make Vegemite quesadillas.

Play around and find what you like. Welcome to the club.

Ingredients:

A roll or some form of toast. I prefer it on a wholegrain oat milled roll or on sourdough.

Vegemite

Butter

Optional: sliced avocado, tomato, cheese or all of the above.



PAVLOVA



Pavlova is a classic Australian dessert, which with it's light summery goodness, fits the climate perfectly. It has been adopted the world over, especially in the UK and Europe, and so fierce is the love of it that New Zealand tried to steal claim to its invention. I'm not biased at all, being married to an Aussie.

My sister in law, Linda, makes a gorgeous pavlova, but as I was craving it in Scotland, I went to my foodie friend Shawna. This is a recipe I adapted from Shawna, who adapted it from her mother in law. I've simply added a bit of vanilla and apple cider vinegar to mine.

Serves 4-6

Preparation:

Preheat oven to 325 degrees fahrenheit (160 C).

Line a baking sheet with greaseproof/baking parchment paper.

Whip the egg whites until they are firm enough for you to turn the bowl upside down.

Add the sugar, vanilla and cider vinegar and beat until stiff peaks form. It should be shiny and pearlescent.

Spread it on a the paper covered baking sheet and with a spreading knife (no serrated edge) form the shape of the cake how you like. Some people like it smooth, I like to put little wave like ridges in it.

Put it in the middle rack of the oven and immediately turn the oven down to 290 – 300 degrees fahrenheit (145 – 150 C)

Bake for 45 minutes to an hour, depending on size and personal taste. The longer you bake it the less chewy it is on the inside. I prefer it a bit more chewy.

Turn the oven off and leave the pavlova in it to rest for at least an hour. Some people leave it in until the next day. This allows it to cool and dry slowly, keeping it from getting soggy and also from cracking and crumbling.

When you're ready to serve it, top it with whipped cream (I like it unsweetened but with a bit of vanilla whipped into it)

Top it with your berries of choice or any fruit you like, really. I like it with strawberries and raspberries, Nigella Lawson does a beautiful one with peaches.

Serve and enjoy!

Ingredients:

¼ cup/2oz/57g caster sugar per egg white

1 egg white per 1 – 2 people

Recipe for 4:

1 cup/8 oz/228g caster/superfine sugar

4 egg whites

1 teaspoon apple cider vinegar

1 teaspoon vanilla

Ingredients for the topping:

½ cup/120ml heavy (double or whipping) cream

1 teaspoon vanilla

3 – 4 cups/400g sliced berries



WHISKEY COKE FLOAT



I love root beer floats but I have to say I wasn't keen on the idea of a coke float when I first heard of it because coke is generally a bit too sweet for me. My husband though, has converted me to this fantastic ice cream dessert by adding a shot of whiskey to it. Completely harmless, but absolutely gorgeous. Just try it.

Preparation:

In a small or large glass, put a scoop or two of ice cream, cover with coca cola and then put in 2 – 3 capfuls whiskey. The amounts are entirely up to you. I prefer a small glass because too much more is too much to handle for me. Trust me, you won't walk away drunk from this, but you will sigh with joy.

Ingredients:

Coca Cola Classic

whiskey (Scotch, for Americans)

vanilla ice cream

THE MIDDLE EAST
&
NORTH AFRICA



LAMB SHAWARMA



I was never a big fan of lamb growing up, but the first time I went for Lebanese food and had a shawarma, I was converted. You only have to taste to see why.

Serves 4

Preparation:

Combine olive oil, lemon juice, spices & herbs in a bowl with the chopped onion and garlic.

Stir in the trimmed & sliced lamb, then add the yoghurt and stir together. Put in a tight sealing rubber container or a zip locking bag with the air squeezed out and marinate in the fridge overnight or all day.

Heat olive oil in a large skillet or saucepan over medium heat. Pour in the meat with the marinade and cook for 20 – 30 minutes until the lamb is tender, stirring as you cook. It should have no pink left in it and the marinade should be mostly cooked out.

Add the sliced red onion to the shawarma. Raise to high heat and sautee for another 5 minutes.

Garnish with fresh mint or coriander to serve.

Ingredients:

- 1 ½lbs/700g tender lamb, trimmed of fat and cut into thin strips
- 2 white onions, finely chopped
- 3 cloves garlic, crushed
- 4 tablespoons olive oil
- juice of 2 lemons
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- 1 teaspoon ground black pepper
- 2 bay leaves
- small handful fresh thyme, chopped
- 2 cups/300g yoghurt
- 1 red onion, sliced
- fresh mint leaves or coriander to garnish





HOUMOUS



Hummus is one of my favorite foods, either as a dip or as part of a meal. This recipe is one without tahini... as at times I prefer it without.

Serves 6 as a starter

Preparation:

Soak the chickpeas overnight. Drain & rinse.

Put the chickpeas in a saucepan, cover with water and boil for ten minutes.

Reduce the heat and simmer for 45 minutes to an hour. Drain.

In a blender or food processor, puree the chickpeas with lemon juice, garlic, olive oil, black pepper and sea salt.

When it's the desired consistency, not chunky but smooth with a bit of grainy look to it, pour it in to a serving bowl and sprinkle with olive oil and pepper.

Garnish with fresh parsley, cilantro or basil leaves.

Ingredients:

2 cans/tins chickpeas, drained

juice of 1 ½ – 2 lemons

2 garlic cloves, chopped

1 tablespoon tahini (optional)

¼ – ½ cup/60 – 120ml extra virgin olive oil

1 teaspoon cumin (optional)

sea salt & black pepper to taste

*a gorgeous way of preparing hummus is to throw a few kalamata olives into the mix and process with the chickpeas. I find it gives it a wonderful flavor and it's nice as a change. Basil pesto also adds a nice kick.

TZATZIKI



Tzatziki is one of my all time favorites. It is a lovely yoghurt and cucumber dip common to Greece, Lebanon and other mediterranean countries. It's a wonderful part of a mezze and goes well with a lamb shawarma platter with pita, olives and houmous.

Serves 4 – 6

Preparation:

Chop the cucumber finely, put in a colander and toss with salt. Let sit for a half-hour.

Rinse thoroughly in cold water and drain. Pat dry on tea towels or paper towels.

Combine yoghurt, garlic, mint & lemon, season with salt and pepper and mix. Stir in the cucumber.

Pour into a serving bowl and garnish with herbs and a drizzle of olive oil.

Serve with as is or chilled with flatbread.

Ingredients:

1 small cucumber or ½ an english cucumber

1 ½ cups/300g thick plain yoghurt (Greek or Arabic yoghurt are best)

2 garlic cloves, crushed

2 – 3 tablespoons fresh mint, chopped

juice from 1 lemon (or 2 tbsp lemon juice)

sea salt & ground black pepper to taste
extra virgin olive oil, lemon & mint to garnish



BABA GANOUSH



Another wonderful part of a mezze buffet, baba ganoush is a flavorful dip made from aubergine. I prefer it light on the tahini with a bit of coriander.

Serves 4

Preparation:

Turn on the grill/broiler oven or preheat oven to 450 degrees fahrenheit (230 C)

Broil the aubergine, turning them often until the skin is blackened and blistered. It takes about 10 minutes. (45 if you oven roast) Remove the peel and chop the insides. Let drain in a sieve or colander.

Press the liquid out of the aubergine and then place the pressed aubergine in a food processor or blender with garlic, tahini, ground almonds, lemon juice and cumin. Season to taste with salt and black pepper. Puree. Taste and adjust seasonings as desired.

Chop half the cilantro or mint and stir it into the puree. Add the chopped thyme and stir in. Transfer to a serving bowl. Sprinkle with the rest of the cilantro leaves, drizzle with olive oil and garnish with roughly chopped thyme.

Ingredients:

2 aubergines/eggplants
1 garlic clove, crushed
2 tablespoons tahini paste (optional)
2 – 4 tablespoons ground almonds
juice of 1 lemon
1 teaspoon ground cumin
2 tablespoons fresh cilantro/coriander leaves (or mint)
2 tablespoons olive oil
a very small handful freshly picked thyme, chopped
sea salt & black pepper to taste





MEZZE SALAD



This is a simple salad similar to the persian salad but quick and perfect to serve as part of a mezze or with shawarma lamb.

Serves 4

Preparation:

Cut and dice the tomatoes and cucumbers.

Peel the red onion, halve and chop finely.

Put the tomatoes in the bowl, then layer with $\frac{3}{4}$ of the red onion and then make a well in the centre and pile the cucumbers. Top with the rest of the red onion.

In a small bowl, combine olive oil, lemon juice, garlic, chopped cilantro, salt and pepper and whisk together. Pour over the salad and serve.

Ingredients:

$\frac{1}{2}$ cucumber

4 tomatoes

1 red onion

For the Dressing:

3 tablespoons olive oil

juice of 1 lemon

1 garlic clove, crushed

3 – 4 tablespoons chopped fresh
cilantro/coriander, mint or a mix of
both

sea salt and ground black pepper to taste

PITA BREAD



Pita is a common middle eastern flatbread that can be used as part of a mezze platter or stuffed with roasted vegetables and hummus for a quick tasty lunch.

Serves 2 – 4

Preparation:

Preheat oven to 450 degrees fahrenheit (230 C) or as high as it will go.

Sprinkle yeast into ½ cup warm water and stir to dissolve. Add sugar and stir. Set aside.

Combine flour and salt in a large bowl, make a well in the centre and pour the yeasted water into the well.

Pour in the 1 cup warm water and stir. It should be a wee bit sticky.

Place the dough on a lightly floured surface and with well floured hands, knead for 10 minutes until smooth and elastic.

Place dough into a lightly oiled bowl and then turn the dough over so all of it is oiled.

Cover with a damp tea towel and leave to rise for 2 – 3 hours until doubled.

Roll out into a long tube on a lightly floured surface and then break into 8 – 10 pieces. Place onto lightly floured surface and cover with a tea towel to rest for 10 minutes.

Warm a baking sheet (sit in oven for 2 – 3 minutes) and then lightly grease it with olive oil.

On a lightly floured work surface, roll out each ball of dough with a rolling pin into an oval about ¼ in (2/3cm) thick.

Place on the baking sheet and put in the bottom of the oven for 3 – 4 minutes until puffed up, then turn over and bake on the other side for 2 minutes.

Remove baked pitas and repeat with other pitas until done.

Serve immediately or compress slightly and then place into zip locking storage or freezer bags and store in the pantry for a few days until you need them or in the freezer for later meals. If you're just keeping them in the pantry, let cool before you place them in plastic bags..

Ingredients:

¼oz/7g packet/1 ½ teaspoons dried yeast

½ cup/120ml warm water (for yeast)

3 cups/375g plain all-purpose flour

2 tablespoons wholemeal flour

1½ teaspoon salt

1 teaspoon sugar

1 cup/240ml warm water (for dough)

2 – 3 teaspoons olive oil for greasing





GOZLEME



When Steve and I visited our friends Jon & Michelle early this year in Turkey, they took us out to lunch and ordered meat, potato & cheese gozleme. Oh my. It's like a Turkish quesadilla, but far more irresistible.

Serves 4

Preparation:

Bring a pot of water to a rolling boil. Halve the baby new potatoes and boil them for 15 minutes until tender.

Combine flours and salt in a bowl, add the water and mix with your fingers until it forms a stiff, sticky dough. Knead for 5 – 10 minutes then cover with a damp tea towel for 10 – 15 minutes.

In a skillet, sautee one of the onions in oil until translucent. Add the lamb and sautee. Grind salt and pepper over it and sautee until cooked. Set aside.

Check the potatoes; poke them with a fork to see if they're done. If they fall off, they're ready. Drain the water out of the pan, then add some olive oil and the other chopped onion. Add salt, pepper and chilli and mash it all together until creamy. Add the feta cheese and stir in.

Divide the dough into 4 parts. Roll out the dough on a lightly floured surface one at a time as thin as you can get it. Each piece should reach about 18 inches (45cm) in diameter.

Spoon or spread the potato & cheese mixture into the centre, covering 6 – 8 inches (15 – 20 cm). Sprinkle some of the ground lamb mixture over the top and then fold in the sides, one corner at a time, like an envelope, to form a square.

Place on a skillet or griddle at medium to high heat and cook 2 – 4 minutes on each side, watching carefully so that it doesn't burn. When you see brown spots, it's ready.

The Turks brush melted butter over the top but I prefer it without. Enjoy!

Ingredients for the dough:

2 cups/250g plain all-purpose flour

¼ cup/32g wholewheat flour

1 teaspoon salt

1 cup/240ml water

Ingredients for the filling:

5 ½ oz/150g ground lamb or beef (mince)

2 small onions, finely chopped

2 – 4 tablespoons olive oil

4 – 6 baby new potatoes

3 ½ oz/100g feta, crumbled

½ teaspoon crushed red chilli or cayenne

sea salt & black pepper to taste



MOROCCAN HARIRA



Harira is a warming, aromatic soup that Muslims eat at the end of the day to break their fast during Ramadan. It's one of my favorite soups and is fantastic served with fresh Moroccan bread.

I tend to halve this recipe and do it in a slow cooker for sake of time but it is nicer done on the stovetop. It takes about 3 hours to cook.

Serves 6 – 8

Preparation:

In a large pan over high heat,

Combine onions, celery, garlic & ginger into pan with oil and sautee until brown.

Add the turmeric, pepper, cinnamon, chili, fenugreek & half the cilantro. Stir.

Add the diced lamb and butter and sautee until it browns.

Add the tomatoes, lentils, lamb broth & water.

Bring to a boil for 3-5 minutes, reduce heat & add chick peas.

Cover and let simmer for 2 hours on low-med heat.

Before serving, turn up heat until you see it begin to boil. Turn off heat, stir in lemon juice and remaining cilantro.

Serve with fresh moroccan bread.

Ingredients:

1 lb/450g diced lamb

2 teaspoons turmeric

2 – 3 teaspoons cinnamon

2 – 3 cloves garlic, crushed

3 tsp ginger puree or 4 – 5 tsp grated ginger

½ – 1 teaspoon paprika

½ – 1 teaspoon crushed red chili

1 teaspoon fenugreek (optional)

1 tablespoon butter

1 tablespoon olive oil

10½ oz/300g celery, chopped (I usually just throw in a 2 – 3 stalks)

1 white/yellow onion, chopped

2 red onions, chopped

1 oz/30g fresh chopped cilantro/coriander – a handful works, or a tablespoon of dried coriander is fine.

2 cans/800g chopped tomatoes

4 cups/960ml lamb broth

3 cups/720ml water (omit if you use a slow cooker)

¾ cup/150g green lentils

1 can/400g chick peas

1 tablespoon tomato paste

juice of one lemon

sea salt and ground black pepper to taste.





MOROCCAN BREAD



When I was in Morocco the first time I was there for a month and experienced what felt like a world of new flavors and textures in the food. They have this gorgeous bread... and every day a couple of my group would be on bread duty and they would go to the bread shop and return with a bag of white and wheat sesame covered flat breads. The wheat version was my favorite. You can make it with all white flour as well.

Serves 4

Preparation:

In a small bowl, pour the warm mixed milk & water, sprinkle in the yeast and sugar and stir to dissolve. Set aside for 10 minutes.

Combine flour and salt in a large bowl, add the yeast mixture and diluted warm milk, a bit at a time while mixing, until it's a soft dough. If you don't use all the milk it's okay. Knead the mix into a ball and then transfer to a floured surface and knead for ten minutes until elastic.

Divide the dough in two and form into a flattened ball. Place on floured baking sheets and press down to make it a bit flatter and round, about 6 in/15cm wide.

Cover with a damp tea towel and set aside for an hour or a bit more until they've risen.

Preheat oven to 400 degrees fahrenheit (200 C)

When the dough is springy, beat the egg with a tablespoon milk and brush over the loaves. Sprinkle with sesame seeds and put in the oven.

Bake for 30 – 45 minutes. The loaves are done when you can tap the bottom and get a hollow sound.

* Alternatively, you can do the first bit of the process in a breadmaker on either pizza dough or normal dough setting, keeping in mind the rising time.

Put the cup warm milk & water in the bottom of the loaf tin, add the salt and flours and make a flour well. Add the yeast, sugar and $\frac{3}{4}$ cup warm milk & water. (if you know you're in a humid area use a bit less liquid). Set aside for ten minutes before putting in the breadmaker on dough setting.

If your setting has 1 $\frac{1}{2}$ hour rise, then when it's done, break the loaves in two and form them, then cover with a tea towel and let rest 10 – 20 minutes before glazing and baking.

If your setting is a $\frac{1}{2}$ hour rise, form the doughs and let rise for an hour before glazing and baking.

Ingredients:

2 $\frac{1}{2}$ cups/313g plain all-purpose flour

1 $\frac{1}{2}$ cups/190g wholemeal flour

2 teaspoons salt

1 cup/240ml mixed warm milk & water

2 teaspoon sesame seeds for topping the bread

1 tbsp milk & 1 beaten egg for glazing

For the Starter:

$\frac{3}{4}$ cup/180ml mixed warm milk & water

1 teaspoon sugar

2 teaspoons dried yeast

CARDAMOM CHICKEN PIE



When I was in Morocco I frequented this lovely little cafe. It had live birds walking about the place, and fantastic food & coffee. I had an hour there with my Bible and a cup of coffee every morning at 6. One thing they served, which I have had nothing close to anywhere else... was this beautiful little pigeon pastry pie. I've come up with something similar, only with chicken, cardamom and a homemade phyllo crust.

Serves 4 – 6

Preparation:

Preheat oven to 350 degrees fahrenheit (175 C)

For the phyllo pastry, see recipe in the Europe section.

I like to pick clean a chicken after I've roasted it, but you can boil a small chicken for this and then pick it clean.

In a saucepan, melt the butter and add the chopped onions, garlic & ginger. Sauté until the onions go translucent. Add the chicken and with a wooden spatula, mix and pound the chicken into the onion mixture until it looks shredded. Add the cinnamon, cardamom and saffron and pound it into the chicken. Grind sea salt and black pepper over the top and mix.

Add a bit of water to the pan and bring to a simmer and then let the water cook out slowly. If you're working with raw chicken then bring it to a boil and then lower to a simmer to let cook completely.

Roll the pastry out as thin as you can get it with a rolling pin. When it's as thin as you think it will go, roll it out thinner. It should be about the thickness of one or two sheets of paper. Slice it into sections that will cover your round dish and hang over the edges. Ideally, a 7 – 9 inch flameproof shallow casserole or a quiche dish work best, but a pie dish will do.

Brush some oil all around inside the dish. Lay one of the phyllo sheets and brush with oil, lay another sheet and brush with oil, and another sheet and brush with oil. Spoon in the chicken mixture, sprinkle with parsley and cilantro, grind pepper over the top. Pour the egg/milk mixture over the top. Tuck the edges of the phyllo over the top, and then add another sheet. Brush the top sheet with oil and add another sheet and brush with oil. Sprinkle with icing sugar and cinnamon. Add another phyllo sheet and brush with more oil. Tuck the sheet all around the inside edges of the dish. If you still have phyllo, add it and brush with oil liberally, tuck it in. Dust the whole thing with icing sugar and top with cinnamon.

Bake in preheated oven for 45 minutes until golden. Dust with icing sugar and cinnamon & serve in wedges.

Ingredients:

2lb/0.9kilo chicken, roasted or boiled and picked clean.

1 ½ – 2 tablespoons butter

olive oil to brush over pastry & pan

1 large white onion, finely chopped

1 clove garlic, crushed

2 – 3 teaspoons grated fresh ginger

seeds from 5 – 8 cardamom pods, ground

1 – 2 teaspoons cinnamon for the chicken

1/8 teaspoon saffron

ground sea salt & black pepper

4 tbsp fresh chopped parsley, or 2 tbsp dried parsley

4 tbsp fresh chopped cilantro/coriander (optional)

1 egg, beaten with 2 tablespoons milk

2 tablespoons icing/powder sugar

1 teaspoon cinnamon for the top

*for a more authentic moroccan pie, leave out the cardamom.

Ingredients for phyllo pastry:

2 cups/250g plain all-purpose flour

¼ teaspoon salt

2 – 3 teaspoons olive oil

¼ cup/60ml water

*If you don't want to fuss with the pastry, just buy some. You'll need about 6 – 10 sheets.

*Sometimes this dish has ground almonds or pine nuts between the top layers of phyllo with the cinnamon & sugar. You can do this and it's lovely, but I like to keep it simple as I remember it.

***also pictured on p.114**



MOROCCAN TOMATO SALAD



This salad is so simple and refreshing... I still crave it four years after having it the first time in Morocco, where I assure you, I had it several times a week.

Serves 2

Preparation:

In a small bowl, combine chopped red onion, garlic, lemon juice, olive oil, cumin, nutmeg, chilli, black pepper, salt and chopped cilantro. Mix and set aside.

Slice the red onion in very thin rings, and slice the tomatoes in the same fashion.

Arrange the red onion on the bottom of the dish, then arrange the tomatoes on top, and another layer of red onion, and tomatoes.

Drizzle the dressing over the top and serve.

Ingredients:

4 – 6 ripe tomatoes

1 red onion, sliced in thin rings

½ red onion, finely chopped

1 clove garlic

juice of 1 – 2 lemons

2 tablespoons extra virgin olive oil

½ teaspoon ground black pepper

½ teaspoon cumin

¼ teaspoon nutmeg

¼ teaspoon crushed red chilli or cayenne

2 – 3 tablespoons fresh chopped cilantro/coriander (parsley works as well)

sea salt to taste





PERSIAN SALAD



A few years ago I was volunteering in Glasgow at a homeless and asylum seekers ministry. The cooks who volunteered were Iranian refugees and wow could they cook. The meals were very simple; rice, salads and some form of soup or persian-modified pasta, but they were better than we were eating in my small team, albeit being served to the homeless and refugees. This salad is basically what we made for all the meals.

Serves 4

Preparation:

Tear the lettuce and dab dry if too wet. Set aside. Cut and dice the tomatoes and cucumbers. Peel the red onion, halve and chop finely.

Arrange the lettuce and layer the tomatoes, cucumbers and onion on top.

In a small bowl, combine olive oil, lemon juice, garlic, salt and pepper and whisk together. Set aside

In a wide bowl or deep platter, lay out the lettuce and then sprinkle the chopped tomatoes, cucumbers and onions on top.

Whisk the dressing again and then drizzle over the salad and serve.

Ingredients:

1 romaine lettuce heart, washed
½ cucumber
4 tomatoes
1 red onion

For the Dressing:

3 tablespoons olive oil
juice of 1 lemon or 4 tablespoons lemon juice
1 garlic clove, crushed
sea salt and ground black pepper to taste

ARABIC RICE & LENTILS WITH BEEF



North Africa hails some tantalizing dishes, and this one is a blend of spices and mix of grains that is both Arabic and African. As far as I know it's similar to an Egyptian style of rice, but the recipe is an original.

Serves 2 – 4

Preparation:

Soak the green lentils overnight or boil them in 1 ½ – 2 cups water for 40 minutes to an hour.

In a skillet, throw a slug of olive oil and add cumin seeds & bruised cardamom pods. Sprinkle with salt and pepper liberally. When the seeds begin to crackle, put in the washed rice & 2 garlic cloves and sautee until it turns opaque white.

Add the cinnamon, ground cumin, asafoetida and 2 cups beef broth and stir. Cover and simmer for 10 minutes.

Combine with the cooked lentils in a pot, add a bit of broth and cover and let cook together.

In the skillet, sautee the beef in olive oil, salt and pepper until it browns. Set aside.

Sautee the mushrooms in butter, add the onions and a bit of olive oil and sautee until the onions turn translucent and the mushrooms soften. Add the beef back into the mix with some broth and stir it all together. Grind coarse black pepper and sea salt liberally over the meat & mushrooms and stir until the broth cooks out.

Scoop the rice into a serving dish, top with the beef & mushroom mixture and serve.

Ingredients:

¾ cup/113g green lentils, soaked overnight or boiled for 40 – 50 minutes

1 cup/200g long grain rice, rinsed thoroughly

3 – 4 tablespoons extra virgin olive oil

4 – 6 cardamom pods, bruised

1 teaspoon cumin seeds

2 teaspoon cinnamon

1 teaspoon ground cumin

dash of asafoetida (about an eighth teaspoon)

4 cups/960ml beef broth

1 teaspoon salt

2 teaspoons black cracked pepper

4 garlic cloves, crushed

6 chestnut mushrooms, sliced

1 tablespoon butter

1 red onion, finely sliced (optional)

7 – 14oz/200 – 400g beef, cubed or sliced

sea salt & black pepper to taste





ALGERIAN CHORBA



Chorba, pronounced “shorba” is a chicken & chickpea soup common to Algeria. Steve had this when he was traveling through Western Sahara. It has some of the same characteristics as harira but is distinctly different in flavor.

Serves 4 – 6

Preparation:

In a large skillet or wide saucepan, sautee the onions, garlic and ginger until the onions turn translucent. Add the spices and celery and sautee until the aromas are released.

Add the chicken and sautee until it begins to turn opaque and begin to brown.

Add the chickpeas and sautee for a few minutes, then add the tomatoes and tomato paste.

Pour the chicken broth over the top, add the lemon juice and simmer for 45 minutes to an hour.

Grind sea salt and black pepper over the soup, stir in and taste. Adjust seasonings if needed. Stir in the chopped cilantro/coriander and parsley, simmer for another 4 – 5 minutes, and serve.

Ingredients:

1lb/450g chicken, chopped
1 large onion, finely chopped
2 – 3 stalks celery, chopped (optional)
3 – 4 tablespoons olive oil
2 – 3 cups/480 – 720 ml chicken stock
2 – 3 cloves garlic, crushed
1 tablespoon fresh grated ginger
2 teaspoons cinnamon
2 teaspoons turmeric
1 tablespoon paprika
juice of ½ lemon or 1 tbsp lemon juice
1 tin peeled chopped tomatoes
1 tablespoon tomato paste
1 tin chick peas
small handful chopped cilantro or 1 tbsp dried coriander.
small handful chopped parsley or 1 tbsp dried parsley
sea salt & black pepper to taste

TURKISH EKMEK



Ekmek is simply the Turkish word for bread. I've had all kinds in Istanbul, Antalya, Antakya, Harbiye & Iskenderun, but the best ekmek I ever had was in Antakya. I was walking down the back alleys in the poor part of town with my friend Jenny and we took a turn down what looked like a rubble filled alley and came upon a large group of women and children. The women were making fresh flatbread, ekmek, over a hot grill and we stopped and said hello. In their beautiful Turkish & Arabic way, they gave us a huge piece of bread. It was so good... truly the best I've had. Hopefully I've come close to that here. I've used the same starter in this recipe as my other sourdough breads.

Starter Preparation:

Pour the water into a large jar. I use a wide 3 quart glass jar (2.8 liter), 1 ½ to 2 quarts will do just fine. Sprinkle the yeast into the water and leave for 5 minutes. Stir to dissolve. Stir the flour into the jar with the yeasted water. Cover with a tea towel and leave for 3 – 4 days, stirring twice a day, then refrigerate. Use what you need and replace proportionally if you wish to keep the starter on hand. If you remove a cup of starter, then replenish with ½ cup water and ½ cup flour and stir.

Bread Preparation:

Dissolve the honey into the water and then sprinkle the yeast into it. Stir with a wooden spoon to dissolve, and leave for five minutes.

Mix the flours and salt together in a large bowl. Make a well in the center. Spoon 1 ¼ cups (300ml) of the starter into a liquid measuring jug. Add it to the flour well with the yeasted water. Replenish the starter with equal parts water and flour. Stir in just enough of the flour from the sides of the bowl to make a paste in the middle. Cover and leave to sponge for 20 minutes.

Add the olive oil into the sponge and mix the flour from the sides of the bowl into the center to form a stiff dough. Add more water if needed, a tablespoon at a time, if the dough is dry. Turn out on to a lightly floured surface and knead until smooth and elastic, about 10 minutes. Put the dough into a well oiled bowl and then flip over so the whole dough is covered with oil. Cover with a tea towel and leave to rise until doubled in size, about 1 ½ hours. Knock back and leave to rest ten minutes.

Shape the dough into a round, flat loaf about 9 – 10 inches across (23 – 26cm) and place on a baking sheet covered with corn meal. Cover with a tea towel and prove until doubled in size, about 45 minutes. With the blunt edge of a knife make 4 parallel indentations in one direction, and then again in the other. You can also use your fingers by pressing down the middle of the dough with four fingers and repeating the pattern.

Preheat oven to 425 degrees fahrenheit (220 C). Bake in preheated oven for 20 - 25 minutes until golden. Tap the dough underneath to see if it's done. It should sound a bit hollow. Leave to cool on a wire rack.

Ingredients for starter:

3 teaspoons dried yeast
1 ¼ cups/300ml water
1 ¾ cups/220g strong bread flour, sifted

Ingredients for the dough:

2 teaspoons dried yeast
1 teaspoon honey
¾ cup/180ml warm water
2 ¾ cups/345g strong white bread flour
½ cup/65g wholemeal flour
1 ½ teaspoons salt
2 tablespoons olive oil
2 – 3 tablespoons corn meal/semolina

* Spray the loaf with water or put a tray of ice cubes in the oven while baking for a crustier crust..

* If you have a fan/convection oven, heat to 390 F/200 C.



TURKISH SALAD



Here's to the Turks! Pretty much everything they make is delicious, and though most of the time their salads are a bit more simple than this, it can be a standalone meal.

Serves 4

Preparation:

Tear the lettuce and dab dry if too wet.

Slice open the peppers and remove the seeds and core. Slice and set aside.

Chop the cucumber and tomatoes.

Peel the red onion, halve and thinly slice.

In a wide bowl or deep platter, layer the lettuce, peppers, tomato, cucumber and red onion.

Sprinkle with the crumbled feta and garnish with olives.

Whisk the dressing ingredients together in a bowl, season with salt and pepper to taste, whisk again and then drizzle over the salad and serve.

Ingredients:

1 romaine lettuce heart, washed
1 green bell pepper/capsicum, washed
1 red bell pepper/capsicum, washed
½ cucumber
4 tomatoes
1 red onion
8oz/225g crumbled feta cheese
black kalamata or other brine olives

For the Dressing:

3 tablespoons olive oil
juice of 1 – 2 lemons
1 garlic clove, crushed
1 tablespoon chopped fresh cilantro
1 tablespoon chopped fresh mint
sea salt and ground black pepper to taste



ASIA





COME ON BABY CURRY



I created this one night for my friend Sarah as she wanted to have her baby before I left for America. It didn't work, but it was a really tasty curry! It's bit of a take-off from a beef dhansak and is smoky.

Normally with Indian food, the spices are sauteed, ground in a spice grinder and made into a paste, but I have done without and it still comes out wonderfully.

You can make this with chicken (it's nice to cook it in tandoori spice before combining with the sauce) or lamb.

Serves 6 – 8

Preparation:

In a large pan, sautee spices until they begin to brown and release their aroma. (3-5min)

Add garlic, ginger & onion with ghee. Stir until it becomes a paste. (2-3 min)

I usually have slow cooked/roasted the beef or lamb beforehand, which allows for fresh broth. Either way, remove about half the spice mixture into a separate bowl and add the cubed meat to the pan. Sautee until browned & cooked, then set aside.

Return spice & onion mixture to the pan, and cover with water ($\frac{1}{2}$ – 1 cup)

Add courgette, tomatoes & chickpeas. Let cook for about 5 minutes, then mash about a quarter of the mixture & chickpeas.

Add the red lentils. I usually boil them for 5 minutes in a separate pot, but they can also simply be added in, keeping in mind you'll need to allow a few more minutes to cook. Green or yellow lentils may also be used, but I prefer red.

Add the meat back into the pan, cover with remaining broth or water, and let simmer for about an hour.

Add in peppers/capsicum about 5-10 min before serving, and fresh cilantro/coriander to garnish.

I've gone easy on the spices here, but as a general rule, I double the spices from any recipe, so feel free to play around. The wonderful thing about Indian is it allows for creativity. You'll know when you've gone too far because it will cease to taste like Indian and become... well something else entirely.

Serve with naan, roti or chapati and rice.

Ingredients:

2 tsp turmeric
2 tsp garam masala
2 tsp ground coriander/cilantro
1 tsp cumin (seeds or ground)
1 tbsp curry leaves
1 tsp curry powder
2 bay leaves
2 tsp paprika
 $\frac{1}{2}$ – 1 tsp red chili (dried or fresh)
1 tsp saffron powder (optional)
 $\frac{1}{2}$ tsp asafoetida (or onion powder)
1 tsp fenugreek (or use 2 tbsp maple syrup)
5 bruised cardamom pods
1 tsp allspice
2 tsp cinnamon
1 tbsp coriander/cilantro leaves (fresh or dried)
3 cloves garlic, crushed
2 white/yellow onions, finely diced
1 tbsp ginger, minced or puree'd
3 tbsp ghee (filtered butter) or butter & veg oil.
1lb/450g chuck roast or casserole beef
1 cup/240ml [beef] broth
1 courgette/zucchini, grated
14oz/400g can peeled, chopped tomatoes
14oz/400g can chick peas
 $\frac{1}{2}$ cup/75g red split lentils (dhal)
1 – 2 peppers (capsicum), diced
1 – 2 cups/240 – 480ml water





BEEF DHANSAK



This smoky, rich indian dish is a favorite in our home. It's wonderful in its simple flavor, but sometimes I add some cinnamon and nutmeg to spice it up a bit...

Serves 4

Preparation:

In a small saucepan, boil the lentils in water until cooked (5 – 10 min). Set aside.

In a large skillet or saucepan, sautee whole spices until they begin to brown and release their aroma. (3-5min)

Add garlic, ginger & onion with ghee. Cook on low until onions turn light golden brown. (2-3 min)

Add the ground spices and a bit of water and stir until it begins to look like a paste. (2-3 min)

Add the chickpeas, chopped tomatoes and a bit of the beef broth or water and cook until they begin to soften. Mash about a third of the chickpeas, leaving the rest whole.

Add the cubed beef to the pan and sprinkle some salt to taste. Stir until it starts to brown, then add the pineapple juice and mango chutney/puree/amchoor.

Add the tomato puree, the rest of the beef broth, and cooked lentils. Add the bell pepper and stir.

Simmer for 20 minutes, stirring occasionally. Adjust seasonings to taste. Add gram flour and stir to thicken.

Add the yoghurt and lemon juice and stir together. Let it just come back to a simmer, then garnish with fresh cilantro/coriander.

Serve with naan, roti or chapati and rice.

Ingredients:

1lb/450g chuck roast or casserole beef

¾ cup/113g red split lentils (dhal), cooked

6 green cardamom pods, seeds only

1 tbsp curry leaves or 3 – 4 tsp curry

1 teaspoon cumin seed

2 white onions, finely chopped

4 cloves garlic, crushed

3 teaspoons ginger puree

3 – 4 tablespoons ghee (filtered butter) or butter & veg oil

2 – 3 teaspoons turmeric

4 teaspoons garam masala

2 teaspoons paprika

½ – 1 teaspoon ground chili

¼ teaspoon asafoetida

1 can/tin chickpeas/garbanzo beans

1 can/tin peeled chopped tomatoes

1 cup/240ml beef broth

¼ cup/60ml pineapple juice

4 tablespoons mango chutney [or] 1 tablespoon amchoor (I sometimes use apple puree)

2 tablespoons tomato puree

1 tbsp gram/chickpea flour, sifted (optional)

1 green bell pepper/capsicum, diced

1 – 2 tablespoons lemon or lime juice

¼ cup/60ml natural yoghurt

4 tablespoons fresh chopped cilantro or 2 tablespoons dried coriander

handful fresh cilantro/coriander to garnish

*garam masala: coriander, cumin, ginger, cloves, cinnamon, pimento, black pepper, bay leaves, nutmeg & cardamom

LAMB BHUNA



Lamb bhuna is a gorgeous punjabi dish. It's slowly cooked and aromatic in nature. Add it to a feast or add a green bell pepper for a one dish meal. It also tastes wonderful done with chicken, though I recommend smearing the cubed chicken with tandoori masala before cooking. Enjoy this wonderful tantalizing dish!

Serves 4

Preparation:

In a large pan, fry the chopped onions in the oil until they start to brown, then add the garlic, ginger and chillies and fry for another 2 minutes.

Turn down the heat, and add the turmeric, cumin, coriander, paprika and ground chili.

Take care to add the tomatoes slowly, and simmer for 2-3 minutes.

Add the meat and sautee for about a minute.

Add broth or water and bring to a boil. Add salt to taste. Add gram flour and stir to thicken.

Turn down the heat, cover and simmer for 30 – 40 minutes, or until meat is tender.

Add the yoghurt and garam masala and stir, then sprinkle with fresh cilantro/coriander leaves.

Serve with naan, roti or rice.

Ingredients:

1.3 lbs/600g diced lamb
6 tablespoons vegetable oil
1¼ cup/300ml lamb broth
3 white onions, finely chopped
3 teaspoons ginger puree
3 teaspoons garlic puree or 2 cloves garlic, crushed
3 fresh green chillies, chopped
2 teaspoons turmeric
3 teaspoons ground cumin
3 teaspoons ground coriander
2 teaspoons paprika
½ – 1 teaspoon ground chili
3 blanched, peeled and quartered tomatoes [or] 1 tin peeled chopped tomatoes
1 tablespoon gram(chickpea) flour, sifted (optional)
½ cup/120ml natural yoghurt
2 – 3 teaspoons garam masala
handful chopped fresh cilantro/coriander to garnish

*garam masala: coriander, cumin, ginger, cloves, cinnamon, pimento, black pepper, bay leaves, nutmeg & cardamom





BUTTER CHICKEN



Butter chicken, or chicken makhani, is famous the world over for good reason. It's one of those dishes that almost never leaves anything leftover... and when it does, is just as good the next day or spread over a pizza crust. Be warned, this is not one of my healthier dishes, but believe me... it's worth it.

Serves 4

Preparation:

In a bowl, add the diced chicken and tandoori masala and stir together until chicken is completely coated. Add the garam masala, lime juice, cumin and yoghurt and stir together. Set aside to marinate for 45 minutes to an hour.

In a skillet heat the oil and sautee the chicken for about ten minutes. Put chicken back into the bowl and set aside.

In a the same pan, fry the chopped onions in the oil until they start to brown, then add the garlic, ginger, paprika and chillies and fry for another 2 – 5 minutes, adding water if needed until the oil starts to separate.

Turn down the heat, and add the tomatoes in their juice and the broth and simmer for 7 – 10 minutes.

Add the chicken back into the pan and simmer for another 10 minutes.

Add in the butter, stirring as you go until its melted into the sauce.

Add cream and simmer for 2 – 3 minutes.

Sprinkle with fresh cilantro/coriander leaves and serve.

Serve with naan, roti or rice.

Ingredients:

1.3 lbs/600g diced chicken

1 tablespoon tandoori masala

½ tablespoon garam masala

2 tablespoons lime juice

1 teaspoon cumin

5 tablespoons yoghurt

2 – 4 tablespoons vegetable or olive oil

2 white onions, finely chopped

1 – 2 teaspoons ginger puree

1 – 2 cloves garlic

2 teaspoons paprika

1 – 2 teaspoon chilli powder or
crushed red chillies

1 can/tin peeled chopped tomatoes

1 ¼ cup / 300ml chicken broth

2 – 4 tablespoons butter

1 cup/240ml single cream

handful chopped fresh
cilantro/coriander to garnish

*garam masala: coriander, cumin,
ginger, cloves, cinnamon, pimento,
black pepper, bay leaves, nutmeg &
cardamom

*tandoori masala: coriander, salt,
fenugreek, onion powder, black
pepper, cinnamon, cumin, cayenne
pepper, ginger, cloves, garlic, bay
leaves, nutmeg, celery

CHICKEN NASHEDAR



Nashedar is a style of cooking which is an alcoholic offshoot of bhuna. Nashedar means 'brandy' so though it's not a traditional Indian dish, it is a gorgeous anglophied punjabi dish. It's slowly cooked, aromatic and a wonder to the tastebuds with a surprising hit of brandy most times, or whiskey if you're trying it at select places in Scotland. It also tastes wonderful as a lamb dish; the unique flavors of lamb and brandy dancing in your mouth. I prefer to use whiskey as it gives a nice kick and gives it a flavor of Scotland.

Serves 4

Preparation:

In a large pan, fry the chopped onions in the oil until they start to brown, then add the mushrooms, butter, garlic, ginger and chillies and fry for another 2 minutes.

Turn down the heat, and add the turmeric, cumin, coriander, paprika and dried chili.

Take care to add the tomatoes slowly, and simmer for 2-3 minutes.

Add the chicken or lamb and sautee for about a minute.

Add the capsicum and broth or water and bring to a boil. Add salt to taste.

Turn down the heat, cover and simmer for 30 minutes, or until meat is tender. Stir in the sifted gram flour.

Add the brandy/whiskey and garam masala and simmer for another 5 minutes. Add cream and simmer for 5 minutes.

Sprinkle with fresh cilantro/coriander leaves.

Serve with naan, roti or rice.

Ingredients:

1.3 lbs/600g diced chicken rubbed with tandoori masala [or lamb]

4 tablespoons vegetable oil

3 red onions, finely chopped

2 tablespoons butter

1 ¼ cup/300ml chicken/lamb broth

3 teaspoons ginger puree

2 cloves garlic or 2 tsp garlic puree

2 fresh red chillies, chopped

3 blanched, peeled and quartered tomatoes

1 red bell pepper/capsicum

8 – 10 chestnut or closed cup mushrooms, sliced

2 teaspoons turmeric

3 teaspoons ground cumin

3 teaspoons ground coriander

2 teaspoons paprika

2 teaspoons dried red chillies

1 – 2 tbsp gram (chickpea) flour, sifted (optional)

¾ cup/180ml single cream

2 – 3 teaspoons garam masala

¼ cup/60ml brandy or whiskey

handful chopped fresh

cilantro/coriander to garnish

*garam masala: coriander, cumin, ginger, cloves, cinnamon, pimento, black pepper, bay leaves, nutmeg & cardamom

*tandoori masala: coriander, salt, fenugreek, onion powder, black pepper, cinnamon, cumin, cayenne pepper, ginger, cloves, garlic, bay leaves, nutmeg, celery





BUTTERNUT SQUASH & CHICKPEA CURRY



Indian cuisine hails a plethora of vegetarian dishes... and when you have a few of them you will know why most of the country is made up of veggos. This is a simple, flavorful curry made from squash and chickpeas.

Serves 4

Preparation:

In a large pan, sautee the onion in oil until it turns a light golden brown.

Add garlic, ginger & tomatoes and sautee for a minute or two.

Add the butternut squash and some salt, and saute for a five minutes.

Add the spices and water and cover to simmer for 20 minutes or until the squash is tender.

Add the cooked chickpeas and simmer for another 10 minutes.

Add the green chillies and curry leaves if you're using them, the tamarind pulp or mango chutney and simmer for another minute or so. If you're using yoghurt, stir it in at this point.

Serve with naan, roti or chapati and rice.

Ingredients:

1 can/tin chickpeas/garbanzo beans

1 lb/450g butternut squash, cubed
(pumpkin or other types of
gourd/squash may be substituted)

2 – 3 tablespoons vegetable oil

1 cup/240ml water or vegetable stock

1 – 2 red onions, finely chopped

2 tomatoes, blanched, peeled &
chopped or 1 can/tin peeled chopped
tomatoes

3 cloves garlic, crushed

1 inch piece of ginger, grated or 3 – 4
teaspoons ginger puree

1 – 2 small green chillies or 1
teaspoon crushed chillies

2 teaspoons turmeric

1 teaspoon garam masala

1 teaspoon paprika

1 tablespoon curry leaves or 3
teaspoons curry

1 teaspoon cumin seed

1 tablespoon tamarind pulp or mango
chutney

¼ cup (60ml) natural yoghurt
(optional)

SPINACH & CAULIFLOWER CURRY (GOBI PALAK)



Indian cuisine hails a plethora of vegetable dishes... and when you have a few of them you will know why most of the country is made up of vegetarians. This is a simple curry made from cauliflower and fresh spinach, called “Gobi Palak” in India.

Serves 4

Preparation:

Put the cauliflower in a saucepan of boiling water and cook for 2 – 4 minutes. Drain and set aside.

In a large skillet or saucepan, sautee the onion and garlic in oil until it turns a light golden brown.

Add the spices and sautee until the aromas are released. Cover with a bit of water and cook down.

Add the cauliflower and tomatoes and sautee for a minute or two. Taste and adjust seasonings.

Add the spinach and stir until it just starts to cook down, then turn off the heat and serve with naan, roti or chapati and rice.

Ingredients:

¾ lb/350g cauliflower, chopped

5½ oz/150g fresh spinach, washed

2 tomatoes, chopped or 1 can/tin
chopped tomatoes

1 – 2 red or white onions, finely
chopped

3 cloves garlic, crushed

1 teaspoon ginger paste

1 – 2 tablespoons vegetable oil

2 teaspoons paprika

1 teaspoon coriander

¼ teaspoon asafoetida

1 teaspoon garam masala

½ – 1 teaspoon chilli powder or flakes

1 teaspoon turmeric powder

1 teaspoon ground cumin

1 – 2 teaspoons cumin seed

1 cup/240ml water or vegetable stock

salt to taste





NAAN BREAD



Naan is a soft, pliable Indian flatbread that is commonly eaten with curries, or stuffed with vegetables or meat as a simple meal. It's fantastic served with a bit of garlic and olive oil or butter rubbed over the top. Steve's favorite way to eat it is with cheese melted on top.

Makes 6 naan breads

Preparation:

Preheat oven to 275 degrees fahrenheit (140 C)

In a small bowl, mix $\frac{1}{4}$ cup water with yeast and stir. Set aside.

In a large bowl, mix the flour, baking powder, sugar and salt.

Add the yeast water and stir in the vegetable oil with the yoghurt and milk and mix with a spoon. If it's too dry add 1 tablespoon water. Knead for 5 minutes.

Cover with a damp tea towel and leave to rise for 10 – 15 minutes. You can refrigerate naan dough for up to a day, but make sure you pull it out and let it warm to room temperature an hour or so before you shape and bake it.

The dough should be spongy and springy when it's ready.

Divide the dough into 6 equal sized balls, then roll each piece out on a floured surface making sure not to roll them too thin. They should be a third to a half inch ($1 - 1\frac{1}{2}$ cm).

Place the naan on a lightly greased baking sheet and bake in the oven for 10 – 15 minutes until light brown.

Serve hot with curry, top with cheese and garlic, or fill with tandoori chicken.

Ingredients:

1 teaspoon dried active yeast in $\frac{1}{4}$ cup/60ml water

1 teaspoon raw/demerara sugar

3 cups/375g plain all-purpose flour

2 tbsp - $\frac{1}{4}$ cup/14 – 28g wholemeal flour

$\frac{3}{4}$ teaspoon salt

$\frac{3}{4}$ teaspoon baking powder

1 $\frac{1}{2}$ tablespoon vegetable oil

3 tablespoons natural yoghurt

3 tablespoons milk

1 tablespoon water if needed

ROTI



Roti is a quick & simple flatbread that is enjoyed mainly in India but is in some form or another found across parts of the Middle East, South America, & Africa. Each culture has its own way of preparing it, but this way is fitting for the average western kitchen, and it only takes about 30 minutes!

Makes 10 portions

Preparation:

Combine flour & salt in a medium size bowl. Add oil & mix. Add water slowly, mixing as you go, until dough begins to form. Continue to mix, adding more water if it is too dry, more flour if too wet, until dough forms a ball.

Turn dough onto floured surface and knead. Add flour as needed if it's still too sticky. It should not stick to your hands or the surface, but be soft and pliable. Cover with a damp cloth and let rest for 10-15 minutes.

Roll out the dough into a large thin circle and spread 1 tbsp olive oil over the surface. Roll into a long roll. Divide dough into 10 portions with a knife as you would cinnamon buns. Roll into balls and then into flat thin circles, about 6 inches each. Cover with a damp cloth and let rest for 5 minutes. Resting the dough allows it time to become more elastic & pliable, which you want for most types of flatbread.

Heat a flat griddle or skillet to medium heat. Add a teaspoon of oil to the skillet and lay in each portion, one at a time unless you have a massive grill. Grill until the bread bubbles or puffs up and begins to brown on the bottom. Flip bread to brown the other side. Remove from heat and place on a rack or a plate and cover with a damp cloth as you continue to grill the rest.

These are still good when reheated. I like them brushed with a bit of olive oil & sea salt. Serve warm with meat or fill with feta cheese & roasted vegetables for a light meal.

Ingredients:

2 ¼ cups/280g self-rising flour

¼ cup/35g wholewheat flour

2 tsp salt

2 tbsp olive oil, as well as a bit for the griddle

¾ – 1 cup/180 – 240ml warm water

butter or olive oil & sea salt to garnish

* A note about flour:

You can use kamut or spelt flour instead of wheat flour if you have a wheat allergy or find you get ill effects from some strands of wheat, such as the standard American wheat flour. The consistency of these flours is a bit different so you may need to adjust the ratio of flour to water.

* For an Indian Roti, try substituting a ¼ cup gram flour. It's also good with a bit of corn meal or rye flour.





CHAPATI



Chapati is a dry cooked indian flatbread that goes wonderfully with curries. It is a quick and healthy option for serving with an Indian feast.

Preparation:

In a large bowl, mix the flours and salt. Add the water slowly, a $\frac{1}{4}$ cup at a time, and mix, then knead for five minutes. Leave to rest for 10 minutes in the bowl with a damp tea towel to cover it. You can rest it either in the fridge or on the counter if the room is not too hot.

Knead the dough briefly and separate it into balls that can fit and be rolled in your palm, about 3 tablespoons each.

Roll the balls out with a flour dusted rolling pin on a floured surface to about 7 or 8 inches (20cm). They should be a couple millimeters thick.

Heat the skillet or flat grill to medium high, but not so hot that the chapatis burn.

Lay the chapatis, one at a time, in the pan without any oil. When it begins to blister and turn a light golden brown, flip it over to cook the other side. You can turn the chapatis in the pan with a flat spatula to ensure even cooking.

Repeat with other chapatis. Serve warm as a side to a curry.

Ingredients:

2 $\frac{1}{2}$ cups/313g wholemeal flour

2 $\frac{1}{2}$ cups/313g plain all-purpose flour

1 $\frac{1}{2}$ teaspoon salt

2 cups/480ml water

*Makes enough to serve 4 – 6 people

INDIAN INFUSED RICE



This is a very simple way of preparing aromatic rice for an Indian meal. It's a simple, but flawless way to have loose, non-sticky rice.

Serves 4

Preparation:

Rinse the basmati rice with a sieve thoroughly in cold water until there is no more starch and the water runs clean.

Heat some olive oil in a saucepan over medium high heat, then add the chopped onion. Stir around a bit and add cumin seeds. When the seeds start to crackle, add the bruised cardamom pods and stir around in the oil.

When the onions turn a bit translucent, add the rice and sautee until it begins to crackle and turn a more opaque quite color.

Add the water, cover and simmer for 15 minutes.

Ingredients:

2 cups/400g white basmati rice

2 teaspoons cumin seeds

4 – 6 cardamom pods, bruised and opened

½ white onion, finely chopped

2 – 3 tablespoons olive oil

4 cups/960ml water

*The standard measure for cooking rice is 1 part rice to 2 parts water. I usually serve 1/3 cup rice per person rather than the standard ½ cup as I find it a large portion to finish.





INDIAN BARBECUE PIZZA



One of the best uses of leftover indian curry is to slap it on a pizza dough with some cheese. You can do it with or without barbecue sauce and just have Indian pizza, but this one uses beef dhansak so the barbecue sauce seemed appropriate.

Preparation:

Preheat oven to 475 degrees Fahrenheit (220 C)

For the dough: In a bowl of the water, dissolve yeast and add sugar. In a large bowl with the flour, make a well and put the salt in it. Gradually pour the yeasty water into the flour, while working it with your fingers. Once all the water is added, use your hands and form a ball of sticky dough. Remove it to a floured surface and knead for 5 minutes or so. Place the dough back into the large bowl and cover with a damp tea towel. Let it rest for an hour and a half in a warm place until doubled in size. Lay on work surface and knock down with fingertips to let out excess air. Knead for about 30 seconds. Divide dough in half and spread each half out into a circle, pull edges toward center to form 2 smaller balls. Let dough rest again for 15-30min, covered by the damp towel.

Lightly oil a baking sheet or stone with olive oil.

Roll out one of the dough balls into a thin circle. If you're making two pizza's, do the same with the second dough. You can freeze the other dough if you only plan to make one pizza. Brush the dough with a bit of extra virgin olive oil.

Spread a layer of barbecue sauce on the dough and then spoon the dhansak or meat curry over it. Spread another, thinner layer of barbecue sauce over the curry.

Liberally sprinkle with grated mozzarella.

Carefully arrange spoonfulls of the vegetable curry, in this case Gobi Palak, over the cheese and then lightly sprinkle again with mozzarella.

Bake the pizza for 15-25 minutes, depending on your oven and how heavily you've layered the cheeses (& optional toppings). Watching carefully and take it out when it begins to brown lightly.

Slice and serve.

Ingredients for the dough:

4 cups/500g flour

1 ¼ cup/300ml warm water

1 tablespoon extra virgin olive oil

1 teaspoon sugar

1 ½ teaspoons salt

Ingredients for the topping:

1 – 2 teaspoons olive oil

1 – 2 cups grated mozzarella

1 cup/240g leftover beef dhansak or another curry

½ cup/120ml leftover gobi palak (cauliflower & spinach) or another vegetable curry

barbecue sauce

INDIAN PIZZA



I know it's not strictly indian to have leftover curry on a pizza, but it's simply one of the best uses of leftover indian curry as the curry has a bit of time to dry out and makes one of the most irresistible sauces and toppings in one. For a simple pizza, go for a leftover butter chicken or equally intense and flavorful curry.

Preparation:

Preheat oven to 475 degrees fahrenheit (220 C)

For the dough: In a bowl of the water, dissolve yeast and add sugar. In a large bowl with the flour, make a well and put the salt in it. Gradually pour the yeasty water into the flour, while working it with your fingers. Once all the water is added, use your hands and form a ball of sticky dough. Remove it to a floured surface and knead for 5 minutes or so. Place the dough back into the large bowl and cover with a damp tea towel. Let it rest for an hour and a half in a warm place until doubled in size. Lay on work surface and knock down with fingertips to let out excess air. Knead for about 30 seconds. Divide dough in half and spread each half out into a circle, pull edges toward center to form 2 smaller balls. Let dough rest again for 15-30min, covered by the damp towel.

Lightly oil a baking sheet or stone with olive oil.

Roll out one of the dough balls into a thin circle. If you're making two pizza's, do the same with the second dough. You can freeze the other dough if you only plan to make one pizza.

Spoon the butter chicken or other curry over the dough and spread evenly.

Liberally sprinkle with grated mozzarella, cheddar or both.

If you'd like to add vegetables or a bit of tandoori chicken, arrange them now atop the cheese, then sprinkle a bit more mozzarella on top.

Grind some black pepper over the top and a bit of red chilli if you like it spicy.

Bake the pizza for 15-25 minutes, depending on your oven and how heavily you've layered the cheeses (& optional toppings). Watching carefully and take it out when it begins to brown lightly.

Slice and serve.

Ingredients for the dough:

4 cups/ 500g flour

1 ¼ cup/ 300ml warm water

1 tablespoon extra virgin olive oil

1 teaspoon sugar

1 ½ teaspoons salt

Ingredients for the topping:

1 cup/ 240ml leftover butter chicken or another intense curry like a madras or vindaloo sauce

7oz/ 200g grated mozzarella or cheddar

ground black pepper

crushed red chillies (optional)





THAI RED CURRY



This is a simple recipe for thai red curry with chicken, potatoes and carrots. Though it's a bit different from traditional thai curries, it's a favorite in our home as the potatoes and carrots really draw in the flavor of the curry. Alternatively you can use a high quality ready thai red curry paste. I'd recommend getting it from an asian store as western versions are a bit weak.

Serves 4

Curry Preparation:

In a covered saucepan or wok, add coconut milk, thai paste, ginger, fish sauce, lime, soy sauce, turmeric & chillies and bring to a boil. Turn to a simmer.

Add chicken and simmer until nearly cooked, about 10 minutes.

Rinse basmati rice thoroughly and place in a pot of boiling water (1 part rice, 2 parts water) with jasmine tea leaves. Turn to a simmer and cover. It should take 12-15 minutes for white basmati rice to cook.

Add carrots to the curry, cover and simmer for 5 minutes.

Add potatoes and simmer for another 5 minutes until they are just cooked.

Serve the curry poured over the rice. Garnish with fresh cilantro or coriander if you desire.

Paste Preparation:

Remove the stems from the dried chillies and slit the chillies lengthways with a sharp knife. Discard the seeds and soak the chillies in hot water for 1 to 2 minutes or until soft. Drain and roughly chop.

Using a mortar and pestle, pound the chillies, lemon grass, galangal and kaffir lime skin or leaves into a paste. Add the remaining ingredients and pound together until the mixture forms a smooth paste.

Alternatively, you can use a food processor or blender to blend all the ingredients into as smooth a paste as possible. Add cooking oil, as needed, to assist the blending.

Use as required or keep in an airtight jar. The paste will keep for 2 weeks in the refrigerator and for two months in a freezer.

Ingredients:

2 cups/400g basmati rice (½ cup per person)

4 cups/960ml water (for rice)

1 tablespoon jasmine tea leaves

2 [14oz/400ml] cans coconut milk

4 tbsp thai red curry paste (1 tbsp per person)

3 tablespoons fish sauce

2 tablespoons lime juice

1 tablespoon fresh grated ginger

1 teaspoon turmeric

2 teaspoons soy sauce

14oz/400g chicken, skinned, deboned and sliced into strips

14oz/400g carrots, peeled and sliced into strips

14oz/400g new potatoes, halved lengthways and sliced into strips

Ingredients for Red Curry Paste:

3 – 4 dried long red chillies

8 – 10 dried small red chillies or 10 fresh small red chillies, seeded

2 lemon grass stalks, white part only, finely sliced

1 teaspoon very finely chopped kaffir lime leaves (about 4-5 leaves)

4 – 5 garlic cloves, finely chopped

3 – 4 Asian shallots, finely chopped

5 – 6 cilantro (coriander) roots, finely chopped

2 teaspoons shrimp paste

1 teaspoon ground coriander

THAI GREEN CURRY



This is a simple recipe for thai green curry with chicken and capsicum.

Serves 4

Preparation:

In a covered saucepan or wok, add coconut milk & curry paste and simmer for 5 minutes.

Add chicken and simmer for a 5 – 7 minutes, then add the fish sauce and and simmer for another 2 – 3 minutes.

Rinse basmati rice thoroughly and place in a pot of boiling water (1 part rice, 2 parts water) with jasmine tea leaves. Turn to a simmer and cover. It should take 12-15 minutes for white basmati rice to cook.

Add the capsicum to the curry, cover and simmer for 3 – 5 minutes.

Add the chillies, galangal and kaffir lime leaves. Taste and adjust seasoning if necessary.

Serve the curry poured over basmati rice or sticky rice. Garnish with fresh basil leaves and more chillies if you desire.

Paste Preparation:

Dry-roast the coriander in a small frying pan for 1 minute until fragrant, then remove from the pan. Repeat with the cumin.

Using a mortar and pestle, pound the chillies, lemon grass, galangal and kaffir lime skin or leaves into a paste. Add the garlic, shallots and coriander roots and pound together. Add the remaining ingredients and dry roasted spices one at a time and pound until the mixture forms a smooth paste.

Alternatively, you can use a food processor or blender to blend all the ingredients into as smooth a paste as possible. Add cooking oil, as needed, to assist the blending.

Use as required or keep in an airtight jar. The paste will keep for 2 weeks in the refrigerator and for two months in a freezer.

Ingredients:

2 cups/400g basmati rice (½ cup per person)

4 cups/960ml water (for rice)

1 tablespoon jasmine tea leaves

2 [14oz/400ml] cans coconut milk or 1 can coconut milk & ½ cup coconut cream

2 – 4 tablespoons thai green curry paste (recipe below if you choose to use fresh)

14oz/400g chicken, sliced into strips

2 – 3 tablespoons fish sauce

2 – 3 bell peppers/capsicums, sliced

3½ oz/100g mange tous (optional)

2oz/50g shredded galangal, or 1 tablespoon ready galangal (from a jar) or 2 tablespoons shredded ginger

3 – 5 kaffir lime leaves or 2 tablespoons lime juice

4 tablespoons thai sweet basil leaves

2 – 3 green bird eye chillies

1 – 2 long red chillies or ½ tablespoon crushed red chillies

Ingredients for Green Curry Paste:

1 teaspoon ground coriander

1 teaspoon ground cumin

8 – 10 small green chillies, seeded

2 lemon grass stalks, white part only, finely sliced

1 teaspoon very finely chopped kaffir lime leaves (about 4-5 leaves)

4 – 5 garlic cloves, finely chopped

3 – 4 Asian shallots, finely chopped

5 – 6 cilantro (coriander) roots, finely chopped

2 teaspoons shrimp paste





CAMBODIAN SEAFOOD AMOK



When I was in Cambodia I experienced some truly gorgeous food... some in restaurants, some off the side of the road, (some that use to hop down the road) and some given to me by village women far out in the country. It tends to be less spicy than thai or malaysian food, but just as flavorful. One of my favorites was a curried coconut seafood dish steamed in a banana leaf and poured over rice. Amok, not surprisingly, is also the national dish of Cambodia.

Serves 4

Preparation:

Blend the paste ingredients together in a food processor, with a hand blender, or grind together in a mortar & pestle. Combine the paste with 1 cup coconut milk and stir until dissolved. Stir in the remaining coconut milk, fish sauce, chillies, lime leaves & lemongrass. Taste and adjust seasonings. Add the egg and mix in and then add the seafood.

Cut the tops off of 4 bell peppers and carefully clean out the seeds and white flesh.

Remove stems from the kale or greens and cut into large strips to make a thin layer on the bottom of the peppers (or banana leaves). Spoon the coconut fish mixture into the peppers and cover with kale leaves.

Replace the pepper tops and place on a ceramic, fireproof plate on a steamer tray inside the wok or large steamer pot, with a cup or two of boiling water in the bottom of the wok.

Cover and steam for 15 – 20 minutes or until fish is fully cooked.

Serve with sticky rice.

Ingredients for Amok Paste:

- 2 dried red chilies, soaked and drained
- 3 cloves garlic, chopped
- 2 tablespoons fresh galangal, chopped (or fresh ginger)
- 1 tablespoon lemongrass stalk, grated
- 1 teaspoon lime zest
- 1 teaspoon salt
- 1 tablespoon shrimp paste

Ingredients for the dish:

- 14oz/400g total seafood: white fish (ling, monkfish, cod, haddock), prawns, scallops, squid, octopus, etc.
- 1 – 2 tins coconut milk
- 1 egg, beaten
- 1 tablespoon fish sauce
- 3 tablespoons kaffir lime leaves
- 2 – 3 long red chilli peppers
- 10.5oz/300g kale, collard greens or sweetheart cabbage
- 1 tablespoon lemon grass
- 2 cups/400g long grain white rice
- 4 cups/960ml water (for rice)

*the original recipe calls for banana leaves...

EUN JI'S KOREAN PANCAKES



Our friend Eun Ji makes these wonderful pancakes that she serves up with chilli oil and soy sauce. They're so so good.

Serves 4

Paste Preparation:

Beat the eggs in a large bowl with the milk, salt, and soy sauce.

Stir in the flour and mix until smooth like pancake batter.

Add the zucchini, carrot & onion and stir. Add more milk or water and soy sauce if so desired.

Heat a skillet to medium/high heat and pour in a slug of olive oil. When it's hot and the oil has thinned over the pan, pour in the batter using a ½ – 1 cup measure, depending on how large you want the pancakes.

When the pancake begins to bubble, flip it to cook the other side. It should be lightly browned on both sides.

Lay on a warm plate covered by a damp tea towel as you cook the rest.

Serve with soy sauce and an olive oil with chillies dipping sauce, or sweet chilli sauce.

Ingredients:

1 ½ cups/190g flour

2 eggs

2 cups/480ml milk

½ cup/120ml water if needed

1 small zucchini/courgette, grated

1 carrot, grated

1 red or white onion, thinly sliced

3 teaspoons salt

½ tablespoon soy sauce

1 tablespoon olive oil

chilli sauce & soy sauce to dip





Bruna H.