

Recipes

Houmous

Preparation Time: overnight

Cooking Time: 2 hours

Serves: 8

Ingredients

225g chick peas, soaked overnight

2-3 cloves garlic, crushed

3tbsp tahini

4 tbsp olive oil

3tbsp lemon juice

2 tbsp orange juice

2-4 tbsp chickpea water

1/2 tsp ground cumin (optional)

salt & pepper

Garnish: black olives, paprika, olive oil

Instructions

1. Drain the chick peas and cover with fresh water. Bring to the boil then simmer until very soft (about 2 hours). Remove any foam that forms with a perforated spoon.
2. Tip into a colander and drain, reserving the liquid and leave chick peas to cool.
3. Blend or mash the chick peas with the remaining ingredients. Add more lemon juice if necessary and add enough of the reserved liquid to give a soft dropping consistency, not too runny. It is a good idea to add the liquids little by little as the amount needed will mysteriously vary with each batch of chick peas.
4. Adjust the seasoning. Add a little freshly ground cumin if you like (toasting the lightly in a dry pan before grinding will help to bring out the aroma).
5. Garnish with a sprinkling of paprika, a significantly placed black olive or two and a drizzling of olive oil.

Pumpkin & Ginger Soup

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves: 6

Ingredients

1 medium onion

2 garlic cloves

2.5cm piece fresh ginger, peeled & grated

6 tbsp oil

1.5kg (3lb) pumpkin

2 bayleaves

300ml (1/2 pt) milk

300ml (1/2 pt) single cream

salt and pepper

Instructions

1. Chop the onion; crush the garlic and sauté in the hot oil until the onion is transparent.
2. Peel the pumpkin and cut into 1cm pieces. Add to the onion along with the bay leaves, ginger, salt and pepper. Cover and cook for 15 minutes until the pumpkin is soft.
3. Transfer to a liquidiser, add the milk and blend until smooth. Add the cream and reheat gently before serving.

Stir Fried Oriental Pork

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 4

Ingredients

2 tsp sesame oil
2 cloves garlic, peeled and finely sliced
2 tbsp fresh ginger, finely grated
500g pork, diced
5ml cornflour
200g mushrooms
125ml of sake or sherry
3 tbsp soy sauce
50g fresh spinach

Instructions

1. Heat the oil in a wok or heavy based frying pan.
2. Add the garlic and ginger, and fry for 1 minute over a moderate heat until light golden brown and soft.
3. Lightly toss pork pieces in the cornflour to coat and stir fry over a moderate heat for 4-5 minutes.
4. Add the mushrooms, sake or sherry, soy sauce and spinach. Stir fry for a further 3-4 minutes until the meat is sealed.
5. Serve over a bed of egg noodles.

Spelt Pasta with Broccoli, Salmon and Pine nuts

Preparation Time: 5 mins

Cooking Time: 15-20 mins

Serves: 2

Ingredients

Bunch of Purple Sprouting Broccoli or couple of small heads of Calabrese

100-200g smoked salmon, cut into small pieces (the trimmings are ideal)

2 tbsp olive oil

2 tbsp pine nuts

Spelt Pasta for two

Instructions

1. Put the pasta on to boil. When nearly cooked, heat the oil in a pan, wash and trim the PSB and, if using Calabrese, cut into small florets.
2. Dry the vegetables add to the hot oil and cook for a minute or so. When starting to brown, add the pine nuts and salmon pieces and stir, cooking over a high heat for another minute or two until the nuts are browned. The broccoli should still be slightly crunchy.
3. Drain the cooked pasta, stir in the salmon, broccoli and nuts and serve.

Roast Cod with a Lemon, Garlic and Parsley crust

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients

675g (1lb 8oz) cod fillet
85g (3oz) white breadcrumbs
3 tbsp parsley, finely chopped
2 cloves garlic, crushed
finely grated zest 1/2 lemon
60g (2 1/4 oz) butter, melted
Squeeze of lemon juice
salt and pepper
lemon wedges to serve

Instructions

1. Season the cod with salt and pepper to taste.
2. Mix the breadcrumbs with the parsley, garlic, lemon zest, salt and pepper, then add butter and lemon juice. Mix thoroughly with your fingers.
3. Place the cod in a shallow, ovenproof dish and press the buttered crumbs firmly onto the cod to form an even crust. Bake at 220C (425F gas 7) for 25 minutes until the crust is browned and the fish just cooked through. Serve immediately

Avocado, Tomato and Feta salad

Preparation Time: 15 minutes

Serves: 4

Ingredients

1 lettuce
2 large tomatoes
1 large avocado
200g (7 oz) feta cheese
20 black olives
2 tbsp fresh thyme
For the dressing:
2 tbsp red wine vinegar
6 tbsp olive oil
salt & pepper

Instructions

1. Wash and finely chop the lettuce. Thinly slice the tomatoes. Chop and peel the avocado. Mix together in a large serving bowl.
2. Crumble the feta cheese and add to the salad along with the olives and chopped fresh thyme.
3. For the dressing, combine the vinegar and oil in a screw-topped jar, season with salt and pepper and shake vigorously. Pour over the salad.