

Written by the chefs at UWE, tasted by the students

Feel Good



UWE
COOK
BOOK

Foreword

The health and wellbeing of our students is a high priority for UWE.

UWE's Catering team as part of UWE's Healthy University Group have developed this UWE Cookbook which is easily available to all students. This resource aims to enhance their knowledge, expertise and practical skills to cook and eat healthily.

These recipes have been carefully selected to appeal to a wide range of audiences and we hope you will enjoy creating them.

Go cook!

Steve West

UWE Vice Chancellor

The UWE cookbook is much more than just a cookbook. It provides simple, economical recipes and informative facts to match.

A perfect demonstration that healthy student cooking doesn't have to be boring but is designed to excite and inspire you to explore your taste buds.

UWE Students Union believe a healthy student is a happy student, and put a firm focus on the importance of good nutrition and a balanced diet.

It contains uncomplicated, accessible recipes which are satisfying and pleasing to the palate.

This set of recipes is a wonderful reflection of the vibrant and diverse culture within the UWE community.

Grab some ingredients, a few friends & get cooking, It's easier than you think!

Roisin Greenup

Vice President Sports & Health

Chapter 1

Starters

A selection of dishes chosen from our cooking demos over the past year (and some that didn't make it). From soups to small plates all ideal for starters, lighter suppers or quick lunches.



Section 1

Cullen Skink

A tasty warming soup originating from Cullen a small coastal town in the North of Scotland, with a unique smoked taste.



Photo courtesy of BBC Good Food

Ingredients

2 pounds Smoked Haddock Fillets, undyed

2 ½ cups Milk

2 large Baking Potatoes, peeled and diced

1 large Onion, finely chopped

Ground Black Pepper to taste

2 tbsp chopped Fresh Parsley for garnish

Yield: 6 portions

Prep Time: 15 mins

Cooking Time: 20 mins

Skill Level: Easy

1. In a saucepan over medium heat, combine the haddock and milk. Simmer for about 15 minutes, or until the fish flakes easily with a fork. When the fish is done, remove it with a slotted spoon and set aside in a bowl.
2. Add the potatoes and onion to the milk, and simmer until tender, about 10 minutes.
3. Transfer the contents of the pan to a blender, in batches if needed, and blend until smooth and creamy.
4. Return to the pan and flake the fish into the soup. Heat through gently, do not boil.
5. Serve immediately. Season with pepper and garnish with parsley to individual tastes.

Wiki Fact

Traditional Grimsby smoked fish (mainly haddock, but sometimes cod) is produced in the traditional smoke-houses in Grimsby, which are mostly family-run businesses that have developed their skills over many generations. Grimsby fish market sources its haddock from the North East Atlantic, principally Iceland, Norway and the Faroe Islands. These fishing grounds are sustainably managed and have not seen the large scale depreciation in fish stocks seen in EU waters.

One popular form of haddock is Finnan haddie which takes its name from the fishing village of Finnan or Findon in Scotland, where it was originally cold-smoked over peat. Finnan haddie is often served poached in milk for breakfast.

The town of Arbroath on the east coast of Scotland produces the Arbroath smokie. This is a hot-smoked haddock which requires no further cooking before eating.

Smoked haddock naturally has an off-white colour; it is very often dyed yellow, as are other smoked fish. Smoked haddock is the essential ingredient in the Anglo-Indian dish kedgeriee, and also in the Scottish dish "Cullen Skink" (a 'chowder' like soup).

Section 2

Curried Pumpkin Soup

No Halloween is complete without a pumpkin! It's just delicious in this warming, gently spiced soup.



Photo courtesy of BBC Good Food

Ingredients

2 tbsp Olive Oil

2 Onions, peeled and sliced

1 x 2 kg Whole Pumpkin, peeled, deseeded and cut into small wedges (about 1.8kg peeled weight)

3 Garlic Cloves, crushed

1 tbsp Mild Curry Powder

1.25 li Vegetable Stock

1 tbsp Light Soft Brown Sugar

1 tbsp Pumpkin Seeds, to serve

4 tsp Crème Fraiche, to serve

Yield: 8 portions

Prep Time: 15 mins

Cooking Time: 50 mins

Skill Level: Easy

1. Heat the oil in a large pan over a medium heat. Add the onions and cook until soft. Add the pumpkin and garlic. Reduce the heat and cook, covered, for 10-12 minutes.
2. Stir in the curry powder, half of the stock and the sugar. Cook for a further 35-40 minutes.
3. Add the remaining stock and bring to a simmer. Take off the heat and use a blender (hand-held or free-standing) to blend until smooth.
4. Ladle into mugs and sprinkle over the pumpkin seeds or swirl over the cream to serve.

To create the web design, spoon crème fraîche into a piping bag fitted with a small nozzle. Pipe four spirals evenly spaced. Pull the tip of a knife from the center of the spiral to outer edge to form a web shape.

Cook's tip: To freeze, let cool completely then transfer to a lidded, freezer-proof container. Freezes well for up to 3 months.

Wiki Fact

When ripe, the pumpkin can be boiled, baked, steamed or roasted. In its native North America, it is a very important, traditional part of the autumn harvest, eaten mashed and making its way into soups and purees. Often, it is made into pie, various kinds of which are a traditional staple of the Canadian and American Thanksgiving holidays. In Canada, Mexico, the United States, Europe and China the seeds are often roasted and eaten as a snack.

In the Middle East, pumpkin is used for sweet dishes; a well-known sweet delicacy is called Halawa Yaqtin. In South Asian countries such as India, pumpkin is cooked with butter, sugar, and spices in a dish called Kadu Ka Halwa. Pumpkin is used to make Sambar in Udupi (Indian) cuisine. In Guangxi province, China, the leaves of the pumpkin plant are consumed as a cooked vegetable or in soups. In Australia and New Zealand, pumpkin is often roasted in conjunction with other vegetables. In Japan, small pumpkins are served in savory dishes, including tempura. In Myanmar (Burma), pumpkins are used in both cooking and desserts (candied). The seeds are a popular sunflower seed substitute.

Section 3

Carrot and Coriander Soup

Fulfilling and cost effective soup with loads of flavour.



Photo courtesy of BBC Good Food

Ingredients

225 g Red Lentils

1 Bay Leaf

300 ml Water

250 g Carrots, sliced

150 ml Orange Juice

450 ml Vegetable Stock

2 tbsp chopped Fresh Coriander

Freshly Ground Black Pepper

Yield: 4 portions

Prep Time: 15 mins

Cooking Time: 30 mins

Skill Level: Easy

1. Place the lentils in a saucepan with the bay leaf & the water & bring to the boil.
2. Reduce the heat, cover & simmer for about 20 minutes until the lentils have softened.
3. Cook the carrots in the orange juice & stock until tender. Drain the lentils if necessary & discard the bay leaf.
4. Place the lentils, the carrots & their cooking liquid in a blender or food processor & puree until smooth.
5. Stir in the coriander & season to taste with pepper.
6. Reheat the soup & serve with fresh bread.

Cook's tip: To freeze, let cool completely then transfer to a lidded, freezer-proof container. Freezes well for up to 3 months.

Wiki Fact

The carrot is a root vegetable, usually orange in colour, though purple, red, white, and yellow varieties exist. It has a crisp texture when fresh. The most commonly eaten part of a carrot is a taproot, although the greens are sometimes eaten as well.

Coriander (*Coriandrum sativum*), also known as Cilantro, Chinese Parsley or Dhania. The fresh leaves are an ingredient in many Indian foods (such as chutneys and salads), in Chinese and Thai dishes, in Mexican cooking, particularly in salsa, guacamole, as a garnish, and in salads in Russia. Chopped coriander leaves are a garnish on Indian dishes such as Dhal. As heat diminishes their flavour, coriander leaves are often used raw or added to the dish immediately before serving.

Section 4

Fresh Asparagus Wrapped In Parma Ham

A tasty treat, at its best when English asparagus is in season in May



Yield: 4 portions

Prep Time: 15 mins

Cooking Time: 10 mins

Skill Level: Easy

Ingredients

250 g Asparagus Spears, trimmed

6 tbsp Olive Oil

2 tbsp Lemon Juice or White Wine Vinegar

pinch of Sugar

½ tsp Dijon Mustard

2 tbsp Basil, shredded

2 Ripe Avocado Pears, halved, stoned,
peeled and sliced

8 slices of Parma Ham

120 g bag Herb Salad

Granary Bread

1. Bring a large pan of water to the boil and drop in the asparagus spears (keeping the tips out of the water). Cover and cook for 3 minutes.
2. Using a large slotted spoon, lift out the asparagus and plunge into a bowl of ice cold water. Drain well after 5 minutes.
3. In a screw-top jar, make the dressing by mixing together the olive oil, lemon juice or white wine vinegar, pinch of sugar, mustard and basil.
4. Pour $\frac{1}{3}$ of the dressing over the sliced avocados and allow to stand for 10 minutes before assembling the dish.
5. Divide the asparagus into four even bunches. Wrap and scrunch two slices of Parma ham around the middle of the bunch and place on serving plates.
6. Arrange the avocados onto the plates along with the herb salad. Pour over the remaining dressing and serve with granary bread.

Wiki Fact

Asparagus has been used as a vegetable and medicine, owing to its delicate flavour, diuretic properties, and more.

A recipe for cooking asparagus is in the oldest surviving book of recipes, 'De Re Coquinaria' (On the subject of cooking), written by Apicius in the third-century AD.

The green crop is significant enough in California's Sacramento-San Joaquin River Delta region that the city of Stockton holds a festival every year to celebrate it, as does the city of Hart, Michigan, complete with a parade and Asparagus Queen. The Vale of Evesham in Worcestershire is heralded as the largest producer within Northern Europe, celebrating like Stockton, with a week-long festival every year involving auctions of the best crop and locals dressing up as spears of asparagus as part of the British Asparagus Festival. Many German cities hold an annual Spargelfest (asparagus festival) celebrating the harvest of white asparagus. Schwetzingen claims to be the "Asparagus Capital of the World" and during its festival an Asparagus Queen is crowned. The Bavarian city of Nuremberg feasts a week long in April, with a competition to find the fastest asparagus peeler in the region.

Section 5

Fragrant Asian-Style Chicken Broth

Light, low in fat but a clean fresh taste



Photo courtesy of BBC Good Food

Yield: 4 portions

Prep Time: 10 mins

Cooking Time: 30 mins

Skill Level: Easy

Ingredients

1 · 2 ltr (2 pts) Chicken Stock

2 x Chicken Breasts

thumb-sized piece Ginger, thinly sliced

2 Garlic Cloves, crushed

1 Red Chilli, deseeded and chopped

1 x 125 g pack Baby Corn, halved

2 Green Peppers, deseeded and cut into chunks

150 g (5oz) Oyster Mushrooms

2 tsp Fish Sauce

1 Lime, juiced

bunch Spring Onions, finely sliced

small bunch Coriander Leaves

1. Pour the stock into a large pan and add the (skinless) chicken, ginger, garlic and half the chilli. Bring to the boil, then reduce the heat and partially cover.
2. Simmer for 15-20 minutes until the chicken is cooked. Remove the chicken and shred.
3. Add the corn and peppers to the broth and simmer for 3 minutes before adding the mushrooms and shredded chicken. Stir in the fish sauce and the lime juice.
4. Ladle into bowls and top each with a handful of spring onions, a little of the remaining chilli and some coriander leaves.

Wiki Fact

Ginger or ginger root is the rhizome of the plant *Zingiber officinale*, consumed as a delicacy, medicine, or spice.

In Burma, ginger and a local sweetener made from palm tree juice (htan nyat) are boiled together and taken to prevent the flu.

In China, ginger is included in several traditional preparations. A drink made with sliced ginger cooked in water with brown sugar or a cola is used as a folk medicine for the common cold. The Chinese also make a kind of dried ginger candy that is fermented in plum juice and sugared, which is also commonly consumed to suppress coughing.

In Congo, ginger is crushed and mixed with mango tree sap to make tangawisi juice, which is considered a panacea.

In India, ginger is applied as a paste to the temples to relieve headache, and consumed when suffering from the common cold. Ginger with lemon and black salt is also used for nausea.

Section 6

Indian-Spiced Fish Cakes

Spice up leftover cooked salmon in these simple, freezable fishcakes with cooling raita



Photo courtesy of Tesco

Yield: 4 portions

Prep Time: 20 mins

Cooking Time: 6 mins

Skill Level: Easy

Ingredients

600 g Potatoes, quartered if large

½ tsp Cumin Seeds

2 Spring Onions, finely chopped

1 Red Chilli, deseeded and finely chopped

2 tbsp chopped Coriander

1 Egg, beaten

100 g cooked leftover Salmon, flaked into large pieces

Plain Flour, for coating

25 g Butter and 1 tbsp Sunflower Oil

1 pot Cucumber Raita

1. Boil the potatoes. Meanwhile, dry-fry the cumin seeds for a couple of secs in a large non-stick frying pan.
2. When soft, drain the potatoes, return to the saucepan, add the cumin, onions, chilli and coriander with plenty of seasoning, then mash well.
3. When cooled a little, beat in 2 tbsp of the egg, then carefully stir through the salmon. Shape into 4 rough cakes, then coat in flour. If freezing, freeze on a baking sheet until solid, then pack up.
4. In the frying pan, melt the butter with the oil. Fry the cakes for about 2 mins each side until golden.
5. Serve with the cucumber raita or mango chutney and some salad leaves.

Wiki Fact

Cumin, sometimes spelled cummin, *Cuminum cyminum*) is a flowering plant in the family Apiaceae, native from the east Mediterranean to India. Its seeds (each one contained within a fruit, which is dried) are used in the cuisines of many different cultures, in both whole and ground form.

Cumin seeds are used as a spice for their distinctive flavour and aroma. It is globally popular and an essential flavouring in many cuisines, particularly South Asian, Northern African and Latin American cuisines. Cumin can be found in some cheeses, such as Leyden cheese, and in some traditional breads from France. It is commonly used in traditional Brazilian cuisine. Cumin can be an ingredient in chili powder (often Tex-Mex or Mexican-style), and is found in achiote blends, adobos, sofrito, garam masala, curry powder, and bahaarat.

Cumin can be used ground or as whole seeds. It helps to add an earthy and warming feeling to food, making it a staple in certain stews and soups, as well as spiced gravies such as chili. It is also used as an ingredient in some pickles and pastries.

Tomato & Caramelized Onion Tart Tatin

A vegetarian and savoury version of tart tatin - perfect for a light supper



Photo courtesy of BBC Good Food

Yield: 4 portions

Prep Time: 60 mins

Cooking Time: 25 mins

Skill Level: Easy

Ingredients

For The Caramelised Onions

50 g Butter

1 tbsp Olive Oil

1 large Onion, cut into thin wedges

1 tsp Sugar

For The Pastry

85 g Butter

175 g Self-Raising Flour

50 g Parmesan, finely grated

small handful Fresh Thyme Leaves

1 large Free Range Egg Yolk

For The Tomatoes

25 g Butter

1 tbsp Olive Oil

1 tsp Sugar

1 fat Garlic Clove, thinly sliced

5 Plum Tomatoes, halved lengthways

several sprigs of Thyme

1. Heat the butter and oil in a frying pan until the butter has melted. Cook the onion over a medium heat for about 10 minutes until beautifully golden, stirring often. Stir in the sugar and cook for another couple of minutes. Tip the onion and juices into a bowl and set aside. Preheat the oven to 200C/gas 6/fan 180C.
2. For the pastry, rub the butter into the flour to make fine crumbs. Stir in the parmesan, thyme and a pinch of salt. Add the egg yolk and 2 tbsp cold water, then mix to make a dough. Wrap in cling film.
3. For the tomatoes, heat the butter and oil in a 20cm tart tatin tin on the hob until quite hot. Stir in the sugar and garlic, then put in the plum tomatoes cut-side down with a few thyme sprigs, and sizzle for no more than 1 minute. Scatter in the whole cherry tomatoes and tuck in a bit more thyme. Take off the heat and spread the onions on top. Season with salt and pepper.
4. Roll out the pastry until it's slightly bigger than the top of the tin. Lay it over the onions and tuck any excess down the sides.
5. Bake on a baking sheet for 25 minutes until golden. Cool for 5 minutes, invert a plate over the top and up-

turn the tart onto it. Scatter with extra thyme and black pepper.

Wiki Fact

Research shows that the Tarte Tatin was first created accidentally at the Hotel Tatin in Lamotte-Beuvron, France, about 100 miles South of Paris, in the 1880s. The hotel was run by two sisters, Stéphanie and Caroline Tatin. There are conflicting stories concerning the tart's origin, but the most common is that Stéphanie Tatin, who did most of the cooking, was overworked one day. She started to make a traditional apple pie but left the apples cooking in butter and sugar for too long. Smelling the burning, she tried to rescue the dish by putting the pastry base on top of the pan of apples, quickly finishing the cooking by putting the whole pan in the oven. After turning out the upside down tart, she was surprised to find how much the hotel guests appreciated the dessert. In an alternative version of the tart's origin, Stéphanie baked a caramelized apple tart upside-down by mistake. Regardless she served her guests the unusual dish hot from the oven and a classic was born.

Section 8

Sticky Chinese Wings & Cucumber

Chinese style chicken wings with an American twist using just 6 ingredients



Ingredients

16 large Chicken Wings

125 ml Reduced Salt Soy Sauce

140 g Dark Soft Brown Sugar

5 tbsp White Wine Vinegar

1/2 Cucumber, cut into strips using a peeler

Cooked Rice, to serve

Yield: 4 portions

Prep Time: 10 mins

Cooking Time: 40 mins

Skill Level: Easy

1. Heat oven to 220C/fan 200C/gas 7. In a roasting tray, toss the wings with the soy sauce, 125g of the sugar, 2 tbsp of the vinegar and some cracked black pepper. Roast for 40 mins, turning occasionally until lacquered.
2. Meanwhile, bring the remaining sugar and vinegar to the boil for about 1 min, until the sugar dissolves. Leave to cool, then toss with the cucumber ribbons.
3. Serve the sticky wings with the cucumber and some boiled rice.

Wiki Fact

Soy sauce (also called soya sauce) is a condiment made from a fermented paste of boiled soybeans, roasted grain, brine, and *Aspergillus oryzae* or *Aspergillus sojae* molds. After fermentation, the paste is pressed, producing a liquid, which is the soy sauce, and a solid byproduct, which is often used as animal feed. Soy sauce is a traditional ingredient in East and Southeast Asian cuisines, where it is used in cooking and as a condiment. It originated in China in the 2nd century BCE and spread throughout Asia. Today, it is used in Western cuisine and prepared foods.

Soy sauce has a distinct yet basic taste of umami, due to naturally occurring free glutamates.

Most varieties of soy sauce are salty, earthy, brownish liquids intended to season food while cooking or at the table. Many kinds of soy sauce are made in China, Taiwan, Japan, Korea, Indonesia, Vietnam, Burma and other countries. Variation is usually achieved as the result of different methods and durations of fermentation, different ratios of water, salt, and fermented soy, or through the addition of other ingredients.

Section 9

Chicken Liver & Pineau Pâté

A rich, sweet pâté recipe using Pineau - a sherry-like aperitif - great as a dinner party starter.



Photo courtesy of BBC Good Food

Ingredients

500 g Chicken Livers

100 g Butter

100 g Unsmoked Lardons or chopped
Streaky Bacon

1 Garlic Clove, crushed or finely chopped

1 tbsp Fresh Thyme Leaves or 1 tsp Dried

5 Tbsp Pineau or Sherry

Herb sprigs to garnish, rosemary, thyme or
bay

Serve with cornichons and toasted brioche

Yield: 6-8 portions

Prep Time: 10 mins

Cooking Time: 10 mins

Skill Level: Easy

1. Rinse the chicken livers and cut away any dark patches and small stringy threads. Pat dry with kitchen paper. Heat 25g of the butter in a frying pan until foaming, then add the lardons or bacon and fry until crisp. Add the garlic, chicken livers and thyme and fry briskly for about 5 mins, until they are evenly browned. They should be nicely browned on the outside, but pink inside and should feel squashy when pressed.
2. Add the Pineau, salt and pepper, then bubble for a few mins. Remove from the heat. Blitz the mixture in a food processor until smooth, then spoon into a jar or dish. Smooth the top.
3. Melt the remaining butter, put a herb sprig or bay leaf on top of the pâté and pour over the butter, leaving the sediment behind. Leave to cool, then chill until set.
4. Serve spooned from the dish with toasted brioche, a bowl of cornichons and a little sea salt.

Wiki Fact

Pineau des Charentes, (Pineau Charentais, or simply Pineau) is a regional French aperitif, made in the départements of Charente, Charente-Maritime and, to a much lesser extent, Dordogne in western France.

A cornichon (the French word for gherkin), they have historically also been called horned cucumbers, crumplings, and gherkins. The gherkins sold in pickle mixtures are not *Cucumis anguria* but rather are small pickled immature fruits of cultivars of the cucumber (*Cucumis sativus*). A true gherkin has palmately lobed leaves with toothed edges, small flowers, and furrowed, prickly fruits about five centimeters (two inches) long that are borne on crooked stalks.

Section 10

Moules Marinière

Make this delicious French classic of mussels in a white wine, cream and herb sauce at home.



Ingredients

1 tbsp Olive Oil

1 Onion, peeled and finely sliced

2 Garlic Cloves, peeled and finely sliced

150 ml White Wine

1 kg Live Mussels, cleaned and beards removed (see cooks tip)

75 ml Double Cream

½ x 28 g pack Flat Leaf Parsley, finely chopped

Crusty Bread, to serve

Yield: 2 portions

Prep Time: 10 mins

Cooking Time: 15-20 mins

Skill Level: Easy

1. Heat the oil in a large, deep pan. Gently fry the onion for 10 minutes until tender, adding the garlic for the final minute.
2. Turn up the heat, then stir in the white wine and simmer for 1 minute.
3. Add the mussels, then cover with a lid and steam for 3–4 minutes, until they have fully opened.
4. Remove the lid, then pour in the cream and parsley. Stir thoroughly but gently for 1 minute, then serve with crusty bread.

Cook's tip: It is important to prepare shellfish properly before eating. Wash the mussels well and pull off the beards (these are the tufty fibres that are attached to the shells). Discard any with cracked shells, or any that are open and do not close when tapped. Mussels will shrink and become tough if cooked for more than a few minutes. Once the shells have opened the mussels will be ready to eat.

Wiki Fact

In Belgium, the Netherlands, and France, mussels are consumed with french fries ("mosselen met friet" or "moules-frites") or bread. In Belgium, mussels are sometimes served with fresh herbs and flavorful vegetables in a stock of butter and white wine. Frites/Frieten and Belgian beer sometimes are accompaniments. In the Netherlands, mussels are sometimes served fried in batter or breadcrumbs, particularly at take-out food outlets or informal settings. In France, the *Éclade des Moules* is a mussel bake that can be found along the beaches of the Bay of Biscay.

Mains

A selection of meals for the heartier appetite. With tastes from around the world and closer to home, some dishes are aimed at the beginner and some for the more adventurous.



Section 1

Malaysian Fish Curry (Fish Moolie)

Rich and spicy, this dish might look like fish curry but it isn't. It has no curry powder although turmeric, one of the spices that make up curry powder, is an ingredient and responsible for the bright yellow hue.



Yield: 4 portions

Prep Time: 20 mins

Cooking Time: 45 mins

Skill Level: Medium

Ingredients:

- 4 Shallots or 1 Onion, roughly chopped
- 5 cm piece of Fresh Ginger, peeled and sliced
- 5 cm piece of Fresh Lemon Grass, outer leaf discarded
- 5 cm piece of Fresh Galangal, peeled and chopped
- 3 large Red Chillies, deseeded and chopped roughly
- 6 Blanched Almonds, chopped
- 1/2 tsp Turmeric
- 900 ml Coconut Milk
- 1 kg Fish (see below), cleaned

For the fish use Red Snapper, Grouper, Turbot, Halibut, Cod or Haddock steaks.

1. Put the shallots, ginger, lemon grass, galangal, chillies, almonds and turmeric into a blender or food processor with 6 tablespoons of the coconut milk and blend until smooth.
2. Pour the paste into a saucepan or wok, bring to the boil and stir continuously for 4 minutes.
3. Add the remaining coconut milk. Bring to the boil again, stir and simmer for 30 minutes, stirring often, until the quantity is reduced by half. Put in the fish and simmer for 10 to 15 minutes, stirring occasionally. Adjust the seasoning.
4. Transfer into a serving dish and sprinkle with Goreng Bawang (crispy fried shallots). Serve immediately, accompanied by plain cooked rice and vegetables of your choice or a salad.

Wiki Fact

Fish moolie or fish molee is a spicy fish and coconut dish of possible Portuguese or Kerala origin.

It is common in India and Malaysia. During the times of the British Empire it spread into other places of South-East Asia, such as Singapore.

The name may be associated with a kind of curry known among Malayalees of Southern India as Moli.

Section 2

Healthier Chicken Balti

A lighter version of the Indian takeaway classic, this tomato-based curry is packed with extra spinach and peppers



Photo courtesy of BBC Good Food

Yield: 4 portions

Prep Time: 25 mins

Cooking Time: 30 mins

Skill Level: Medium

Ingredients:

450 g Skinless, boneless Chicken Breasts, cut into bite sized pieces
1 Tbsp Lime Juice
1 tsp Paprika
1/4 tsp Hot Chilli Powder
1 1/2 tbsp Sunflower or Groundnut Oil
1 Cinnamon Stick
3 Cardamom Pods, split
1 small to medium Green Chilli
1/2 tsp Cumin Seed
1 medium Onion, coarsely grated
2 Garlic Cloves, very finely chopped
2 1/2 cm piece Ginger, grated
1/2 tsp Turmeric
1 tsp Ground Cumin
1 tsp Ground Coriander
1 tsp Garam Masala
250 ml Passata
1 Red Pepper, deseeded, cut into small chunks
1 medium Tomato, chopped
85 g Baby Spinach Leaves
handful Fresh Coriander, chopped

1. Put the chicken in a medium bowl. Mix in the lime juice, paprika, chilli powder and a grinding of black pepper, then leave to marinate for at least 15 mins, preferably a bit longer.
2. Heat 1 tbsp of the oil in a large non-stick wok or sauté pan. Tip in the cinnamon stick, cardamom pods, whole chilli and cumin seeds, and stir-fry briefly just to colour and release their fragrance. Stir in the onion, garlic and ginger and fry over a medium-high heat for 3-4 mins until the onion starts to turn brown. Add the remaining oil, then drop in the chicken and stir-fry for 2-3 mins or until it no longer looks raw. Mix the turmeric, cumin, ground coriander and garam masala together. Tip into the pan, lower the heat to medium and cook for 2 mins. Pour in the passata and 150ml water, then drop in the chunks of pepper. When starting to bubble, lower the heat and simmer for 15-20 mins or until the chicken is tender.
3. Stir in the tomato, simmer for 2-3 mins, then add the spinach and turn it over in the pan to just wilt. Season with a little salt. If you want to thin down the sauce, splash in a little more water. Remove the cinnamon stick, chilli and cardamom pods, if you wish, before

serving. Scatter with fresh coriander and serve with warm chapatis or basmati rice, if you like.

Wiki Fact

A Balti is a type of curry served in a thin, pressed steel wok-like "balti bowl". It is served in many restaurants in the United Kingdom. The consensus appears to be that the term refers to the pot in which the curry is cooked, rather than to any specific ingredient or cooking technique, although it is stated that it is cooked until the cooking liquid has largely evaporated.

Where the Balti style of cooking originated is uncertain; some believe it to have been invented in Birmingham, England while others believe it originated in the northern Pakistani region of Baltistan in Kashmir.

Section 3

Russian Chicken & Mushroom Pies with Soured Cream and Dill

Packed with rice, chicken, veggies and a creamy sauce, these Russian-influenced pies are great for using up leftovers



Yield: 6 portions

Prep Time: 25 mins

Cooking Time: 50 mins

Skill Level: Easy

Ingredients:

125 g Long Grain Rice

50 g Butter

250 g Mushrooms, roughly chopped

175 g Oyster Mushrooms

1 Onion, finely chopped

2 Garlic Cloves, finely chopped

2 Tbsp Plain Flour

300 ml Milk

425 g Cooked Chicken

Juice 1/2 Lemon

150 ml Pot Soured Cream

1/4 pack Dill, finely chopped

375 g pack Ready-Rolled Puff Pastry

1 Egg Yolk, to glaze

85 g Baby Spinach Leaves

handful Fresh Coriander, chopped

1. Boil the rice in enough water to just cover until the rice is al dente and the liquid has been absorbed – about 10 mins. Season, then set aside.
2. Heat a large frying pan, then add the butter. Once melted, fry the mushrooms and onion until golden. Season, add the garlic, then cook for another couple of mins. Stir in the flour and cook for 1-2 mins, turning the vegetables over in it. Now take the pan off the heat and gradually add the milk, stirring to incorporate every addition before you add any more. Once done, put the pan back on the heat and bring to the boil, stirring all the time as the sauce thickens. Season well and let the sauce simmer so that the flour gets cooked. Stir in the cooked chicken and add the lemon juice, soured cream and dill.
3. Spread the rice in the bottom of 6 buttered individual pie dishes, then spoon the meat and sauce on top. Leave it to cool a little. Roll out the pastry a little and cut to fit your dishes, then pop on top and press the pastry down. Trim off the excess. You can finish the pie crusts by making a long strip of pastry with the leftovers, twisting it like a rope. Moisten the edges of the pastry on the pies with water, then press on the rope of pastry. Otherwise just crimp the edges.

4. Heat oven to 200C/180C fan/gas 6. Make 3 slits in the centre of the pies, then brush the tops with egg yolk. Bake for 10 mins, then turn the heat down to 180C/160C fan/gas 4 and cook for a further 20-25 mins, until the pastry is golden and cooked.

Wiki Fact

Pirozhki (singular: pirozhok; diminutive of "pirog" [pie]) are small stuffed buns (pies) made of either yeast dough or short pastry. They are filled with one of many different fillings and are either baked (the ancient Slavic method) or shallow-fried (known as "priazhenie", this method was borrowed from the Tatars in the 16th century). One feature of pirozhki that sets them apart from, for example, English pies is that the fillings used are almost invariably fully cooked. The use of chopped hard-boiled eggs in fillings is another interesting feature. Six typical fillings for traditional pirozhki are:

1. Chopped boiled meat mixed with sautéed onions
2. Rice and boiled eggs with dill
3. Fish sautéed with onions and mixed with hard-boiled chopped eggs and rice
4. Mashed potatoes mixed with dill and green onion
5. Sautéed cabbage
6. Sautéed mushrooms with onions and sometimes carrots

Section 4

Herby Chorizo Tortilla

A Spanish style omelette with herbs and onions.



Yield: 4 portions

Prep Time: 15 mins

Cooking Time: 30 mins

Skill Level: Easy

Ingredients:

300 g Chorizo Sausage

2 Potatoes, par boiled

15 g pack Fresh Parsley

15 g pack Fresh Chives

6 large Eggs

4 Red Onions

1 tbsp Lemon Juice

1. Peel and thinly slice the onions and place in a bowl.
2. Toss in the lemon juice & plenty of seasoning. Peel the papery skin from the chorizo and cut the sausage into small pieces. Slice the potatoes in thin slices.
3. Place in a large nonstick frying pan and heat gently until the juices start to run.
4. Add the onions, increase the heat and cook, stirring, for 15 minutes, until the onions are tender and lightly golden. Layer with the potato.
5. Beat the eggs together with the herbs and some seasoning and pour into the pan, stirring to ensure the eggs are evenly distributed.
6. Reduce the heat to low & cook for 10 minutes, until lightly golden on the bottom. Remove from the heat, loosen all round the edge with a palette knife and place a large inverted plate on top.
7. Turn the tortilla on to it, then carefully slide it back into the pan. Cook for a further 5 minutes, until the eggs are set. Serve hot or cold, cut into slices.

Cook's tip: This rich tortilla is good served with a tomato or crisp green salad and some bread to mop up the juices.

Wiki Fact

The Tortilla Española, referred to in the English language as Tortilla, Spanish Omelette, is a typical Spanish dish consisting of a thick egg omelette made with potatoes fried in olive oil.

In Spanish, this dish is called tortilla de patatas or tortilla española to distinguish it from an omelette.

According to legend, during the siege of Bilbao, Carlist general Tomás de Zumalacárregui created the "tortilla de patatas" as an easy, fast and nutritious dish to satisfy the scarcities of the Carlist army. Although it remains unknown whether this is true, it appears the tortilla started to spread during the early Carlist wars.

Another tale is that during the war, Zumalacárregui was in the field and happened upon a farmhouse and demanded a meal from the farmwife. All she had were a few eggs, a potato and an onion, so she combined all three, making an omelette. Surprisingly, Zumalacárregui was pleased and took the idea with him.

Section 5

Fuss-Free Lamb Fajitas

A quick and simple lunch or light supper.



Yield: 4 portions

Prep Time: 10 mins

Cooking Time: 10 mins

Skill Level: Easy

Ingredients:

4 Lamb Leg Steaks (about 350G), thawed if frozen

1 tsp Mild Chilli Powder

1 tsp Ground Cumin

1 tbsp Freeze-Dried Coriander Leaf or 2 tbsp finely chopped Fresh Coriander

3 tbsp Oil

1 Red Onion, peeled

1 Red and 1 Yellow Pepper

1 Clove Garlic, peeled and crushed 2 tsp Lemon Juice

warmed Flour Tortillas

sliced Fresh Avocado

Soured Cream

Tomato Salsa

1. Cut the lamb into thin strips and mix with the chilli, cumin, coriander and 1 tablespoon oil. Cover with cling film and leave for 10 minutes. Cut the onion in half and then each piece into 8 wedges. Cut the peppers in half and throw away the seeds and core and cut the peppers into strips.
2. Heat the remaining 2 tablespoons oil in a large frying pan and fry the onion, peppers and garlic over a medium heat for 5 minutes until softened and beginning to brown. Tip onto a clean plate and return the pan to the heat.
3. Add the lamb to the pan and fry over a high heat for about 3 minutes until well browned, stirring every now and then. Return vegetables to the pan and add a few splashes of lemon juice. Cook for 1-2 minutes until really hot. Serve piled into flour tortillas with lots of sliced fresh avocado, soured cream and salsa sauce.

Wiki Fact

A fajita is a term found in Tex-Mex cuisine, commonly referring to any grilled meat usually served as a taco on a flour or corn tortilla. The term originally referred to the cut of beef used in the dish which is known as skirt steak. Popular meats today also include chicken, pork, shrimp, and all cuts of beef. In restaurants, the meat is often cooked with onions and bell peppers. Popular condiments are shredded lettuce, sour cream, guacamole, salsa, pico de gallo, cheese, and tomato.

The northern Mexican variant of the dish name is Ar-rachera.

Section 6

Mexican Ranch-Style Eggs

A Mexican-style dish of eggs baked in spiced tomatoes, peppers, chorizo, and crispy potatoes.



Photo courtesy of Sainsburys

Yield: 4 portions

Prep Time: 15 mins

Cooking Time: 25 mins

Skill Level: Easy

Ingredients:

- 1.25 kg Potatoes, cut into 2cm cubes
- 1 Chicken Stock Cube, made up to 500 ml
- 2 tbsp Olive Oil
- 2 Garlic Cloves, 1 peeled and left whole, 1 finely chopped
- 1/2 bunch Spring Onions, washed and sliced
- 300 g Mixed Peppers, sliced
- 70 g Spanish Chorizo, sliced, each slice cut into 4
- 2 tsp Mild Chilli Powder
- 1 x 400 g can Peeled Tomatoes
- 4 medium Free Range Eggs

1. In a large frying pan add the potatoes and 300ml of the stock and cook for 10 minutes, until most of the liquid has been absorbed and the potatoes are becoming tender.
2. Remove the lid, add 1-2 tablespoons of the oil and the whole garlic clove and fry the potatoes for 10-15 minutes, stirring occasionally, until golden.
3. Meanwhile, heat the remaining oil in another frying pan, and fry most of the onion (leave a little to garnish), peppers and chorizo for 5 minutes, until slightly charred.
4. Stir in the remaining garlic and chilli powder, followed by the tomatoes and remaining stock. Simmer for 5 minutes, until thickened, then season.
5. Make four dips in the tomato sauce using the back of a spoon and crack an egg into each dip, cover and cook over a gentle heat for 6-8 minutes, until the yolk has set but is still runny.
6. Serve straight away, scattered with the remainder of the spring onions, and with the sauté potatoes.

Make it veggie:

Replace the chicken stock with vegetable stock and the chorizo with 200g mushrooms. Cook the mushrooms with the peppers and the potatoes with the stock. Complete as the recipe states.

Wiki Fact

Where does 'Ranch Dressing' come from?

The creators of Ranch dressing are Gayle and Steve Henson from a dude ranch outside Santa Barbara, California, The Hidden Valley Ranch. The Henson's opened this ranch in 1954 and visitors came to enjoy horseback riding and taking in the scenery. However, the more memorable experience of these trips was generally the taste of the homemade salad dressing served at the ranch. On the menu at the dude ranch was a special salad dressing made up of buttermilk, mayonnaise and a dry mix of herbs and spices. This dressing became termed Ranch and soon was the only salad dressing served.

Section 7

Fish Pie

You can use any kind of white fish, such as cod or haddock, or even salmon to make this tasty and filling fish pie. Salmon is a good source of vitamins A and D.



Ingredients:

700 g Potatoes, peeled and diced
4 Fillets of Haddock (or any kind of White Fish or Salmon)
425 ml 1% Fat Milk
50g Peas, frozen
25 g Low-Fat Spread
25 g Flour
25 g Reduced-Fat Strong Hard Cheese
320 g Broccoli (to serve)

Yield: 4 portions

Prep Time: 30 mins

Cooking Time: 30 mins

Skill Level: Easy

1. Preheat the oven to 200°C or gas mark 6.
2. Start by preparing the potatoes. Boil them for about 10 to 15 minutes until they're soft, then drain them and mash with a little milk.
3. To make the sauce, mix the milk, low-fat spread and flour in a small pan and warm over a medium heat. Stir continuously until the sauce starts to bubble and thicken.
4. Pour the sauce over chunks of fish and peas in an oven-proof dish, then top with mashed potato and sprinkle the cheese over the top.
5. Bake in the centre of the oven for 30 minutes, until the top is golden brown. Serve with broccoli.

Wiki Fact

Why is fish good for you?

Fish is healthy: easy to digest and has a high level of precious proteins, thus fish is considered an important part of a healthy diet. The omega-3 fatty acids fish has is an added bonus. These fatty acids -- like docosahexaenoic acid (DHA) occur mostly in fatty fish like herring, salmon and mackerel. They are thought to lower the blood pressure, to strengthen the immune system and to have positive effects on the development on the nervous system and the cardiovascular system.

Section 8

Pumpkin Gnocchi

This recipe is for a lighter and more refined version of gnocchi with a spicy flavour.



Ingredients:

750 g peeled and deseeded Pumpkin or other Squash eg Butternut
125 g Plain Flour
40 g Pecorino or Mild Cheddar Cheese, grated
50 g Parmesan Cheese, grated ½ tsp
grated Nutmeg
Salt
Basil Leaves for decoration, can be lightly fried

Yield: 4 portions

Prep Time: 20 mins

Cooking Time: 30 mins

Skill Level: Medium

1. Cut the pumpkin or squash into chunks and put them in a saucepan or steamer with a little water.
2. Cover and simmer for about 15 minutes or until soft.
3. Tip the pumpkin into a sieve and squeeze out as much liquid as possible by pressing with the back of a wooden spoon.
4. Turn the pumpkin into a bowl and mash the pulp until it is smooth.
5. Add all the remaining ingredients to the pumpkin, season with salt and mix well.
6. Cover and chill in the refrigerator for at least 20 minutes.
7. Using plenty of flour, shape the mixture into small cherry sized balls no more than 2cm in diameter.
8. Place them spaced well apart on a floured surface.
9. Bring a large saucepan of salted water to the boil and add the gnocchi.
10. Cook for 3-5 minutes or until the gnocchi rise to the surface and the water starts to boil again, then remove

the gnocchi with a slotted spoon and put them in a warmed serving bowl.

11. Serve immediately, with cream or the sauce of your choice. Pesto works well or a light cheese sauce.

Wiki Fact

The word gnocchi may derive from the Italian word nocchio, meaning a knot in wood, or from nocca (meaning knuckle). It has been a traditional Italian pasta type of probable Middle Eastern origin since Roman times. It was introduced by the Roman legions during the expansion of the empire into the countries of the European continent. In the past 2,000 years, each country developed its own specific type of small dumpling, with the ancient gnocchi as their common ancestor. In Roman times, gnocchi were made from a semolina porridge-like dough mixed with eggs, and are still found in similar forms today, particularly the oven-baked gnocchi alla romana and Sardinia's malloreddus (although these do not contain eggs).

The use of potato is a relatively recent innovation, occurring after the introduction of the potato to Europe in the 16th century. Potato gnocchi are particularly popular in Abruzzo, Friuli-Venezia Giulia, Veneto, Ciociaria and other provinces of Latium. As with other mashed potato dishes they are best prepared with floury potatoes to keep a light texture.

Our recipe takes this a stage further by using just pumpkin, a modern twist on a classic dish.

Section 9

Chickpea & Spinach Curry

An aromatic curry rather than spicy, this veggie treat can also be used as a side dish.



Yield: 4 portions

Prep Time: 20 mins

Cooking Time: 1 hr 20 mins

Skill Level: Easy

Ingredients:

100 g Ghee or Clarified Butter

1 tsp Ground Turmeric

1 tsp Garam Masala

1 tsp Ground Fenugreek

1 tsp seeds from Cardamom Pods

1 tsp Mustard Seeds

1 large Onion, finely chopped

2-3 large Garlic Cloves, chopped

2 x 400 g tins Chickpeas, drained and liquid reserved

1 x 400 g can Chopped Tomatoes

250 g Spinach

About 600 ml (1pt) Vegetable Stock

Salt

1. Heat the ghee or clarified butter in a large heavy-based pan. If using normal butter which you need to clarify place 100g in a saucepan over a low heat, as the butter starts to simmer carefully remove the foam from the surface of the melted butter using a spoon. You should eventually be left with pure golden melted butter.
2. Add the spices and cook slowly for 10 minutes. Add the onion and garlic, and cook until these are softened.
3. Add the chickpeas with 2 tablespoons of their liquid, the chopped tomatoes and the spinach. Pour in the stock, bring to the boil, then reduce the heat to a simmer. Cook for 1 hour.
4. Keep an eye on the curry: if the liquid reduces too quickly at any time, add some more vegetable stock or water.
5. If necessary, season to taste with salt before serving.

Wiki Fact

There are three main kinds of chickpea:

- Desi, which has small, darker seeds and a rough coat, cultivated mostly in the India and much of the Indian Subcontinent, as well as Ethiopia, Mexico, and Iran.
- Bombay (Bambai), which is also dark in colour but slightly larger in size than the Desi variety. They too are popular in the Indian Subcontinent.
- Kabuli, associated with Kabul in Afghanistan. These are lighter coloured, with larger seeds and a smoother coat, mainly grown in Southern Europe, Northern Africa, South America and Indian Subcontinent, having been introduced during the 18th century to India.

The Desi (meaning 'country' or 'local' in Hindi) is also known as Bengal gram or kala chana (black chickpea in both Hindi and Urdu) or chhola boot. Kabuli (meaning 'from Kabul' in Hindi, since they were thought to have come from Afghanistan when first seen in India) or safed chana is the kind widely grown throughout the Mediterranean and the Indian Subcontinent. Desi is likely the earliest form since it closely resembles seeds found both on archaeological sites and the wild plant ancestor (*Cicer reticulatum*) of domesticated chickpeas, which only grows in southeast Turkey, where it is believed to have originated. Desi chickpeas have a markedly higher fiber content than Kabulis and hence a very low glycemic index which may make them suitable for people with blood sugar problems. The desi type is used to make Chana Dal, which is a split chickpea with the skin removed.

Section 10

Mediterranean Bean Stew With Potato Griddle Cakes

A fulfilling recipe that uses fresh and tinned vegetables and left over mash.



Yield: 4-6 portions

Prep Time: 35 mins

Cooking Time: 1 hr

Skill Level: Medium

Ingredients:

2 tbsp Extra-Virgin Olive Oil, plus extra to serve
2 Red Onions, cut into wedges
2 Courgettes, chopped into 1cm/1/2in batons
150g Celeriac, cut into cubes
1 Garlic Clove, finely chopped
2 tbsp Tomato Purée
1 tbsp Smoked Paprika
1 x 440 g can Chopped Tomatoes
200 ml Vegetable Stock
1 x 400 g can Butter Beans Or Mixed Beans, drained
handful Fresh Basil
1 Lemon, zest only
100 g cooked Broad Beans, frozen or tinned

For The Griddled Potato Cakes

250 g Mashed Potatoes
1 tsp Baking Powder
100 g Plain Flour
Salt And Freshly Ground Black Pepper
1 tbsp Fresh Thyme
2 tbsp Vegetable Oil

1. For the stew, heat two tablespoons of the oil in a casserole pan and fry the onions, courgettes, celeriac and garlic for 4-5 minutes.
2. Add the tomato purée and smoked paprika and cook for a further 4-5 minutes. Add the chopped tomatoes and stock, bring to boil, then reduce to a simmer for 20-25 minutes.
3. Stir in the butter beans, basil and lemon zest and cook for a further 10 minutes, then stir in the broad beans. Finish the stew with a good glug of extra-virgin olive oil.
4. Meanwhile, for the griddled potato cakes, mix the ingredients together in a bowl until well combined, then shape the potato mixture into six patties.
5. Heat the oil in a frying pan and fry the patties for 3-4 minutes on each side, or until crisp and golden-brown on both sides.
6. To serve, ladle the stew into serving bowl and serve the potato cakes alongside.

Wiki Fact

Paprika is a spice made from ground, dried fruits of the chili pepper family of the genus *Capsicum annum*. Although Paprika is often associated with Hungarian cuisine the chilies it is made from are native to the New World. Spain and Portugal introduced *Capsicum annum* to the Old World from the Americas. Spanish pimentón, as it is known there, is often smoked, giving it a unique earthy flavor. The seasoning is also used to add colour and flavour to many types of dishes in the cuisines of Turkey, Spain, Portugal, Greece, Hungary, Romania, Croatia, Serbia, Macedonia, Bulgaria, Morocco, and South Africa.

The use of paprika expanded from Iberia throughout Africa and Asia, and ultimately reached Central Europe through the Balkans, which were under Ottoman rule, explaining the Hungarian origin of the modern English term. In Spanish, paprika has been known as pimentón since the 1500s, when it became a typical ingredient of the western region of Extremadura. Despite its presence in Central Europe since the beginning of Ottoman conquests, it did not become popular in Hungary until the late 19th century.

Central European paprika was hot until the 1920s, when a Szeged breeder found one plant that produced sweet fruit. This was grafted onto other plants. Nowadays, paprika can range from mild to hot, and flavors also vary from country to country, but almost all the plants grown produce the sweet variety. The sweet paprika is mostly pericarp with more than half of the seeds removed, whereas hot paprika contains some seeds, placentas, calyxes, and stalks.

Desserts



Some sweet treats with some that are not as bad for you as they seem. Full of flavour but not calories.

Section 1

Cranachan

This is a popular Scottish dessert and there are many variations and names such as Cream Crowdie.



Photo courtesy of BBC Good Food

Ingredients

- 125 g Porridge Oats
- 250 ml Double or Whipping Cream
- 50 g Icing Sugar
- 1/2 tsp Vanilla Extract
- 1 punnet of Fresh Berries
- 1 tbsp Whisky
- 4 Fresh Mint Leaves for garnish (optional)

Yield: 4 portions

Prep Time: 10 mins

Cooking Time: 10 mins

Skill Level: Easy

1. Preheat the oven to 180 C / Gas mark 4. Spread oats out in a thin layer on a baking tray. Toast in the oven for about 10 minutes, or until lightly browned. Set aside to cool. Remove them from the tray for faster cooling.
2. In a medium bowl, whip the cream to firm peaks. Gently fold in the icing sugar, vanilla and toasted oats. Spoon into 4 serving bowls, and top with fresh berries. For an extra touch, drizzle some whisky over each serving. Garnish with a mint leaf.

Wiki Fact

Cranachan is a traditional Scottish dessert. In modern times it is usually made from a mixture of whipped cream, whisky, honey (preferably heather honey), and fresh raspberries, with toasted oatmeal soaked overnight in a little whisky. Atholl brose is a drink using similar ingredients but does not contain raspberries. Earlier recipes used crowdie cheese rather than (or as well as) cream, and were sometimes called cream-crowdie. Other earlier recipes are more austere, omitting the whisky and treating the fruit as an optional extra.

A traditional way to serve cranachan is to bring dishes of each ingredient to the table, so that each person can assemble their dessert to taste. Tall dessert glasses are also of typical presentation.

It was originally a summer dish and often consumed around harvest time, but is now more likely to be served all year round and on special occasions. A variant dish was ale-crowdie, consisting of ale, treacle and whisky with the oatmeal - served at a wedding with a ring in the mixture: whoever got the ring would be the next to marry.

Section 2

Nutty Rhubarb And Orange Crumble

A dessert that eats well hot with custard or cold with ice cream.



Photo courtesy of BBC Good Food

Ingredients

500 g Rhubarb fresh, frozen or tinned
juice of 1 Medium Orange
2 tbsp Soft Light Brown Sugar
250 g Plain Flour
75 g Butter
25 g Oatmeal
50 g Soft Light Brown Sugar
50 g Flaked Almonds

Serve with custard or vanilla ice cream

Yield: 4 portions

Prep Time: 15 mins

Cooking Time: 30 mins

Skill Level: Easy

1. Preheat the oven to 190°C, fan 170°C, gas 5. Place the rhubarb in a shallow ovenproof dish. Pour over the orange juice and sprinkle over the sugar. Place the flour in a mixing bowl and rub in the butter.
2. Stir in the oatmeal, brown sugar and flaked almonds. Sprinkle the crumble mixture over the rhubarb and smooth level. Bake in the preheated oven for 25-30 minutes until bubbling and the crumble is golden brown.

Wiki Fact

In the United Kingdom, the first rhubarb of the year is harvested by candlelight in forcing sheds - where all other light is excluded - a practice that produces a sweeter, more tender stalk. These sheds are dotted around the noted "Rhubarb Triangle" of Wakefield, Leeds, and Morley.

Rhubarb grows year-round in warm climates, but in temperate climates, the above ground portion of the plant completely withers away at the onset of freezing temperature. The plant grows from the root at the return of warm weather. Rhubarb growth can be 'forced' or encouraged to grow early by raising the local temperature, usually by placing an upturned bucket over the new shoots.

Section 3

Apple Pancakes

Easily made from kitchen cupboard ingredients, we used apples but most fruits would work.



Ingredients

100 g Plain Flour
2 tsp Baking Powder
1 Egg, beaten
150 ml Milk
3 tbsp Caster Sugar
25 g Butter
2 Apples, thinly sliced

Yield: 2 portions

Prep Time: 15 mins

Cooking Time: 15 mins

Skill Level: Easy

1. Put the flour and baking powder in a mixing bowl, make a well in the centre, add the egg and a little milk and mix to a smooth paste. Slowly add the rest of the milk and beat to a smooth batter. Stir in 1 tablespoon of the caster sugar.
2. Lightly oil a frying pan and heat. Drop a large tablespoonful of mixture onto the hot pan, cook for 2-3 minutes until golden brown underneath and almost set on top, turn over and cook other side until golden. Keep warm while making remaining pancakes.
3. Melt butter in small frying pan and fry the apple slices until golden. Add remaining sugar and stir until dissolved. Serve with the pancakes.

Wiki Fact

A pancake is a flat cake, often thin, and round, prepared from a starch-based batter and cooked on a hot surface such as a griddle or frying pan. In Britain, pancakes are often unleavened, and resemble a crêpe. In America, a raising agent is used (typically baking powder). The American pancake is similar to a Scotch pancake or drop scone.

They may be served at any time with a variety of toppings or fillings including jam, fruit, syrup, chocolate chips, or meat. In America, they are typically considered to be a breakfast food. In Britain and the Commonwealth, they are associated with Shrove Tuesday, commonly known as Pancake Day, when perishable ingredients had to be used up before the fasting period of Lent began.

Archaeological evidence suggests that pancakes are probably the earliest and most widespread cereal food eaten in prehistoric societies. The pancake's shape and structure varies worldwide. A crêpe is a thin Breton pancake cooked on one or both sides in a special pan or crepe maker to achieve a lacelike network of fine bubbles. A well-known variation originating in Southeast Europe is Palačinke, a thin moist pancake fried on both sides and filled with jam, cheese cream, chocolate, or ground walnuts, but many other fillings, both sweet or savory, can also be used.

Section 4

Banana, Raspberry And Ricotta Cheesecake

A really quick and easy cheesecake recipe that's lower in fat.



Photo courtesy of Tesco

Ingredients

8 Plain Digestive Biscuits, crushed
2 tbsp of Honey
250 g Ricotta Cheese
200 g Cream Cheese
2 Ripe Bananas
a squeeze of Lemon Juice
1 punnet of Raspberries, lightly crushed,
plus extra to serve
Mint Sprigs, to decorate
Icing Sugar, to serve

Yield: 6-8 portions

Prep Time: 20 mins

Cooking Time: 1 hr

Skill Level: Easy

1. Place the crushed biscuits in a saucepan with the honey and heat through, stirring, until the honey has melted and mixed evenly with the biscuit crumbs.
2. Empty the mixture into a greased, 17cm spring-form tin or deep sided foil pie dish and pack it down well with the back of a spoon to give a firm even layer. Chill in the fridge while you make the filling.
3. Beat the two cheeses together. Peel and mash the bananas in a mixing bowl with the squeeze of lemon juice, add the cheese mixture and beat together with a wooden spoon.
4. Fold in the raspberries. Spoon the cheese, banana and raspberry mixture over the biscuit base and spread evenly.
5. Refrigerate for 1 hour before serving. Decorate with some more raspberries, icing sugar and mint sprigs if you wish.

Wiki Fact

Ricotta is an Italian whey cheese made from sheep (or cow, goat, or Italian water buffalo) milk whey left over from the production of cheese.

Like other whey cheeses, it is made by coagulating the keratin proteins that remain after the casein has been used to make cheese, notably albumin and globulin. Thus, ricotta can be eaten by persons with casein intolerance.

Ricotta (literally meaning "recooked") uses whey, the liquid that remains after straining curds when making cheese. Most of the milk protein (especially casein) is removed when cheese is made, but some protein remains in the whey, mostly albumin. This remaining protein can be harvested if the whey is first allowed to become more acidic by additional fermentation (by letting it sit for 12–24 hours at room temperature). Then the acidified whey is heated to near boiling. The combination of low pH and high temperature denatures the protein and causes it to precipitate out, forming a fine curd. Once cooled, the curd is separated by passing through a fine cloth.

Section 5

Basil And Raspberry Brulée

A delicious raspberry brulée infused with basil. Works with most berries, fresh are best but frozen do work.



Photo courtesy of BBC Good Food

Ingredients

450 ml Double Cream
1 pkt Basil, leaves and stalks roughly torn
4 medium size Egg Yolks
1 tbsp Caster Sugar
1 tsp Cornflour, blended with a little water
125 g punnet Raspberries, washed
2 tbsp Demerara Sugar

Yield: 4 portions

Prep Time: 40 mins

Cooking Time: 15 mins

Skill Level: Easy

1. Gently warm the cream in a heavy based pan until bubbles appear at the edge, do not allow it to boil. Remove from the heat and infuse with the torn basil leaves and stalks. For best results place in the refrigerator and leave overnight.
2. To continue making the brulée, gently reheat the cream again, (until bubbles appear around the edge). Meanwhile, beat the egg yolks with the caster sugar in a large heat proof bowl until creamy.
3. Pour the infused cream through a sieve onto the egg yolks, stirring all the time. Stir in the blended cornflour, then place the bowl over a saucepan of boiling water and heat gently, stirring continuously for about 10 minutes or until the custard thickens.
4. Divide the custard into 4 small ramekin dishes or a large shallow heatproof dish. Sprinkle the raspberries over, letting them find their own level. Leave to cool, then refrigerate for at least 1 hour or until required.
5. Preheat the grill to a high heat. Sprinkle the demerara sugar over the brulées, making sure the edges are covered and grill until the sugar bubbles and caramelises. Serve immediately or refrigerate until required.

Wiki Fact

The earliest known reference to crème brûlée as it is known today appears in François Massialot's 1691 cookbook, and the French name was used in the English translation of this book, but the 1731 edition of Massialot's *Cuisinier roial et bourgeois* changed the name of the same recipe from "crème brûlée" to "crème anglaise". In the early eighteenth century, the dessert was called "burnt cream" in English.

In Britain, a version of crème brûlée (known locally as "Trinity Cream" or "Cambridge burnt cream") was introduced at Trinity College, Cambridge, in 1879 with the college arms "impressed on top of the cream with a branding iron". The story goes that the recipe was from an Aberdeenshire country house and was offered by an undergraduate to the college cook, who turned it down. However, when the student became a Fellow, he managed to convince the cook.

Chapter 4

Snacks & Bakes

Some items that are sweet treats that are fun to make and even better to eat.



Section 1

Easter Bunny Biscuits



Ingredients

250 g Butter, softened

150 g Caster Sugar

1 medium Egg Yolk

2 tsp Vanilla Extract

375 g Plain Flour

Icing Sugar, to dust and fix decorations

Chocolate Drops and Mini Marshmallows

Yield: 24 portions

Prep Time: 40 mins

Cooking Time: 7 mins

Skill Level: Easy

1. Put the butter, sugar, egg yolk and vanilla extract in a large bowl and beat together using a wooden spoon or a hand mixer.
2. Whisk in the flour – the mixture will start coming together. Using your hands, bring the mixture together and knead to make a smooth, firm dough. Wrap in cling-film or pop in a plastic food bag and chill in the fridge for at least 30 minutes.
3. Grease 2 baking sheets. Preheat the oven to 190°C, fan 170°C, gas 5. Dust a clean surface with icing sugar and roll out the pastry to the thickness of a pound coin. Use a rabbit-shaped stencil or cutter to cut out the biscuits. Re-roll dough to use up scraps.
4. Put biscuits onto the baking sheets and cook for 6-7 minutes or until lightly golden. Leave to cool on the baking sheets for a few seconds then use a spatula to transfer to a cooling rack. Leave to cool completely. The biscuits will harden during cooling.
5. Mix a small amount of icing sugar with water and use this to stick on chocolate drops for the bunnies' eyes and mini marshmallows as fluffy tails.

Wiki Fact

Easter eggs are specially decorated eggs given out to celebrate the Easter holiday. The custom of the Easter egg originated in the early Christian community of Mesopotamia, who stained eggs red in memory of the blood of Christ, shed at his crucifixion. In later traditions the egg is also a symbol of the empty tomb. The oldest tradition is to use dyed chicken eggs, but a modern custom is to substitute eggs made from chocolate, or plastic eggs filled with candy such as jellybeans.

Many Americans follow the tradition of coloring hard-boiled eggs and giving baskets of candy. The Easter Bunny is a popular legendary anthropomorphic Easter gift-giving character analogous to Santa Claus in American culture. On Easter Monday, the President of the United States holds an annual Easter egg roll on the White House lawn for young children.

Easter eggs are a widely popular symbol of new life in Poland and other Slavic countries' folk traditions. A batik-like decorating process known as pisanka produces intricate, brilliantly-colored eggs. The celebrated House of Fabergé workshops created exquisite jewelled eggs for the Russian Imperial Court.

Welsh Cakes



Ingredients

300 g Plain Flour
1 ½ tsp Baking Powder
120 g Sugar
¼ tsp Nutmeg (or Allspice)
⅛ tsp Salt
170 g Butter
100 g Sultanas
2 Eggs, beaten
60 ml Milk

Yield: 10 portions

Prep Time: 15 mins

Cooking Time: 10 mins

Skill Level: Easy

1. In large bowl, sift flour, baking powder, sugar, nutmeg & salt. Mix well.
2. Cut in butter & blend into dry ingredients until the mixture appears like coarse breadcrumbs. Add sultanas, beaten eggs & milk and then mix into soft dough.
3. Turn out onto lightly floured surface, roll out gently (will be a soft dough) to about 1/2cm thick. Cut out pancakes using a 6cm cutter.
4. Preheat electric griddle pan to 180° c or heat a heavy non-stick frying pan to medium heat.
5. Lightly grease griddle or pan with a knob of butter.
6. Place cakes on griddle and allow to cook for 2 -3 minutes or until golden. Flip over to cook the other side.
7. You can add a sprinkle of sugar at this point, if desired. Place on plate to cool and serve warm.

Wiki Fact

Welsh cakes or pics are traditional in Wales. Similar small cakes are made in other regions of the UK.

The cakes are also known as bakestones within Wales because they are traditionally cooked on a bakestone, a cast iron griddle about 1.5 cm or more thick which is placed on the fire or cooker; on rare occasions, people may refer to them as griddle scones.

Welsh cakes are made from flour, sultanas, raisins, and/or currants, and may also include such spices as cinnamon and nutmeg. They are roughly circular, a few inches (7-8 cm) in diameter and about half an inch (1-1.5 cm) thick.

Welsh cakes are served hot or cold dusted with caster sugar. Unlike scones, they are not usually eaten with an accompaniment, though they are sometimes sold ready split and spread with jam, and they are sometimes buttered

Section 3

Vanilla Cupcakes



Ingredients

400 g Plain Flour
490 g Caster Sugar
1.5 tbsp Baking Powder
135 g Butter, softened
400 ml Full Fat Milk
3 Eggs
1 tsp Vanilla Essence

Frosting

500 g Icing Sugar
155 g Butter, softened
4 tbsp Milk
1 tsp Vanilla Essence

Yield: 24 portions

Prep Time: 20 mins

Cooking Time: 20 mins

Skill Level: Easy

1. Put flour, sugar, baking powder and butter together in a mixing machine. Beat until a sandy consistency. You can use a spoon and bowl for this.
2. Add 1/2 the milk, beat until slowly incorporated.
3. Whisk the eggs, vanilla and remaining milk together. Slowly add this to the mix until incorporated and smooth.
4. Place equal amounts into 24 cases.
5. Bake until cooked, approx 20-25 minutes at 170'c
6. While baking make the frosting, beat together the softened butter with the icing sugar.
7. Add the milk and essence until the right consistency is achieved, (you may add a little more icing sugar if too soft).
8. When the cakes are ready, remove from oven and leave until completely cool.
9. Pipe or spread the frosting on each cake with a knife, you can add sprinkles while soft.

Wiki Fact

The first mention of the cupcake can be traced as far back as 1796, when a recipe notation of "a cake to be baked in small cups" was written in *American Cookery* by Amelia Simmons. The earliest documentation of the term cupcake was in "Seventy-five Receipts for Pastry, Cakes, and Sweetmeats" in 1828 in Eliza Leslie's *Receipts* cookbook.

In the early 19th century, there were two different uses for the name cup cake or cupcake. In previous centuries, before muffin tins were widely available, the cakes were often baked in individual pottery cups, ramekins, or molds and took their name from the cups they were baked in. This is the use of the name that has remained, and the name of "cupcake" is now given to any small cake that is about the size of a teacup. While English fairy cakes vary in size more than American cupcakes, they are traditionally smaller and are rarely topped with elaborate icing.

The other kind of "cup cake" referred to a cake whose ingredients were measured by volume, using a standard-sized cup, instead of being weighed. Recipes whose ingredients were measured using a standard-sized cup could also be baked in cups; however, they were more commonly baked in tins as layers or loaves.

Carrot Cupcakes



Ingredients

150 g Soft Brown Sugar
2 Eggs
150 ml Sunflower Oil
150 g Self Raising Flour, sifted
1/2 tsp of Bicarbonate of Soda
1/2 tsp of Ground Cinnamon
1/4 tsp of Ground Ginger
1/4 tsp of Salt
a drop (or two) of Vanilla Extract
150 g Carrots, grated
50 g Chopped Walnuts

For The Cream Cheese Icing

300 g Icing Sugar, sifted
50 g Unsalted Butter
125 g Cream Cheese

Yield: 24 portions

Prep Time: 20 mins

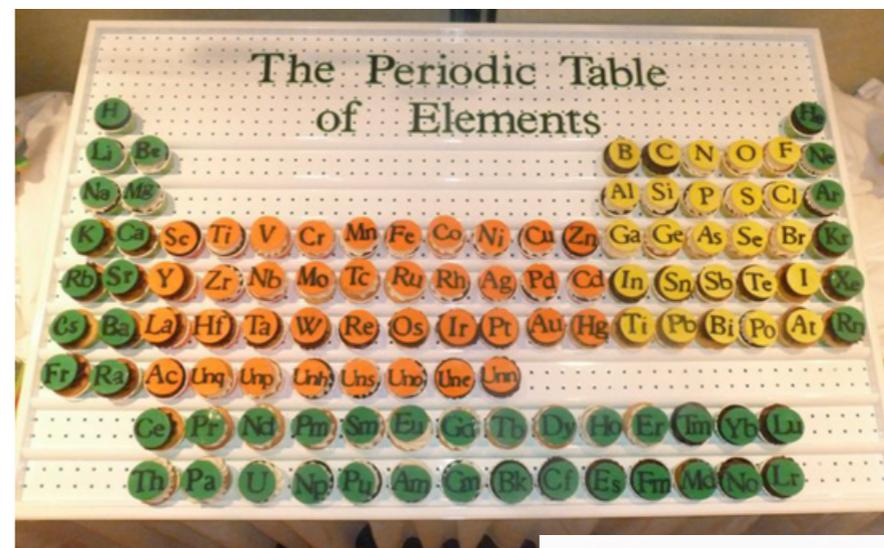
Cooking Time: 20 mins

Skill Level: Easy

1. Preheat the oven to 170C / fan 150C / Gas mark 3. Put 12 cupcake cases into a 12 hole cupcake tray.
2. Beat together the eggs, sugar and sunflower oil, until well combined. Slowly mix in the self raising flour, bicarbonate of soda, cinnamon, ginger, salt and vanilla extract. Beat the mixture until smooth.
3. Fold in the carrots and walnuts (and the banana or sultanas) and spoon into cupcake cases until $\frac{2}{3}$ – $\frac{3}{4}$ full.
4. Bake in the preheated oven for 20-25 minutes. Leave the cakes to cool in the tin for a few minutes, before transferring to a wire cooling rack.
5. Once cool, make the cream cheese frosting. Beat together the room temperature butter with the cream cheese, slowly add the sifted icing sugar.
6. Spread the icing over each cake, decorating with some cinnamon or chopped walnuts if you wish.

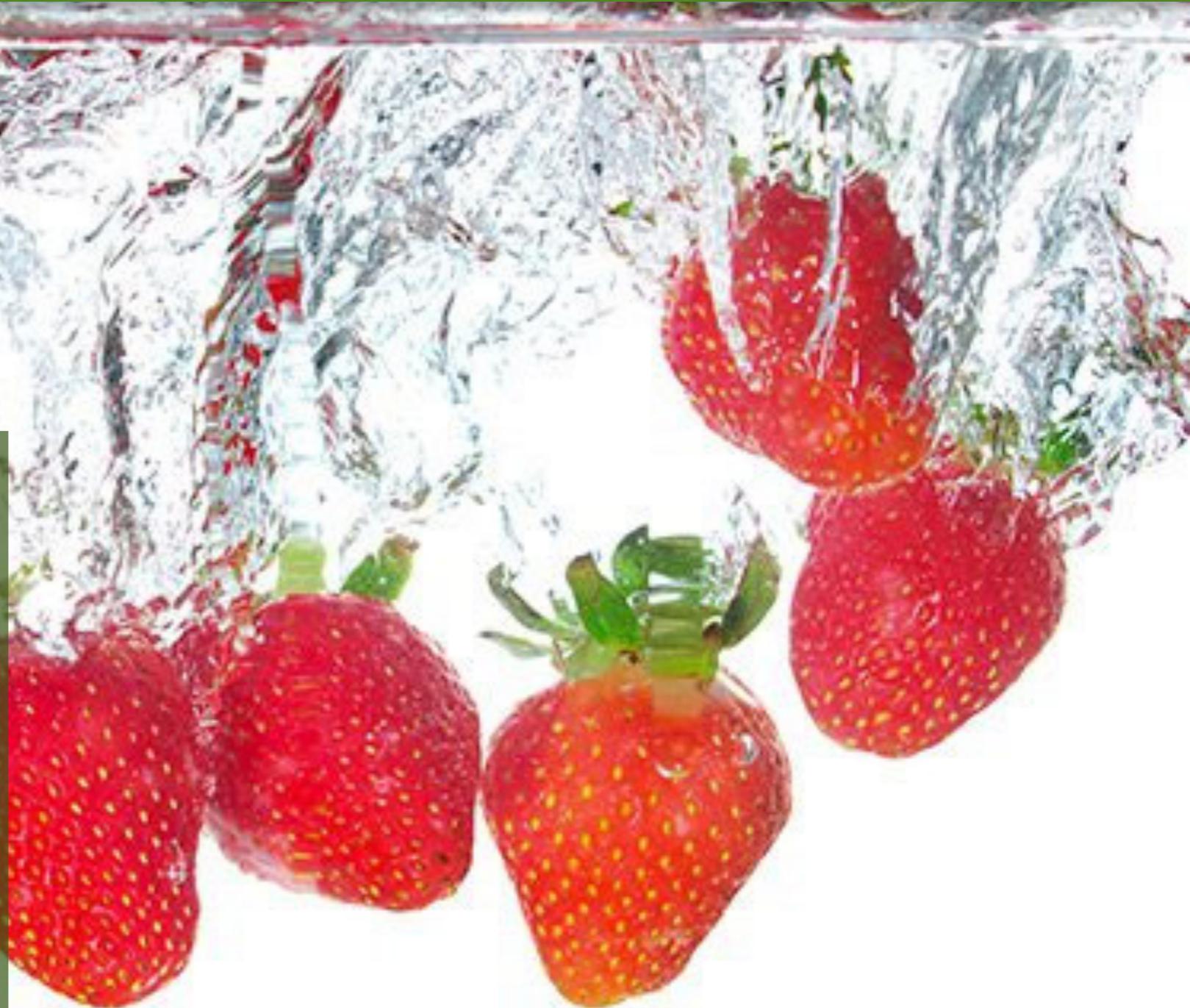
Wiki Fact

Fun with cupcakes.....



Food Safety

Food safety scares are being reported more often these days, Its still a proven fact that we cause ourselves more illness by bad practices at home. This section sets out some basic rules to help you prepare, store and serve food safely at home.



The Four Basic Rules to Food Safety

Clean

Wash hands and surfaces often:

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Unless you wash your hands, utensils, and surfaces the right way, you could spread bacteria to your food, and your family.

Wash hands the right way—for 20 seconds with soap and running water.

Wash surfaces and utensils after each use. Use a sanitiser.

Wash fruits and veggies—but not meat, poultry, or eggs!

Separate

Don't cross-contaminate:

Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread illness-causing bacteria to ready-to-eat foods—unless you keep them separate.

But which foods need to be kept separate, and how?

Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.

Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery store.

Keep meat, poultry, seafood, and eggs separate from all other foods in the fridge.

Cook

Cook to the right temperature:

Did you know that the bacteria that cause food poisoning multiply quickest in the “Danger Zone” between 5° & 62° C (elsius)? And while many people think they can tell when food is “done” simply by checking its color and texture, there's no way to be sure it's safe without following a few important but simple steps.

Use a food thermometer. Make sure the core (middle) temperature reaches a minimum of 65°C, (75°C is the safest for high risk items).

Keep food hot after cooking (at 60°C or above).

Microwave food thoroughly (to 75°C).

Chill

Refrigerate promptly:

Did you know that illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them? (And if the air temperature is 32 °C or higher during the summer, cut that time down to one hour!)

Refrigerate perishable foods within two hours.

Never thaw or marinate foods on the counter.

Know when to throw food out.

Want to know more.....Go here

<http://www.foodsafety.gov/keep/index.html>

Special Thanks

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Also a big thank you to the Healthy University Group who's constant support helps drive us to do more and better projects to help support the staff and students at UWE.

Useful Links

Feel Good Home Page-<http://www1.uwe.ac.uk/whatson/feelgood>

Hospitality Home Page-<http://www.uwe.ac.uk/hsv/hospitality/catering/index.shtml>

(full of information about opening times of our outlets, cookery demos and supply chain)