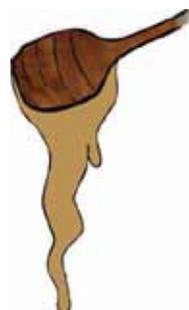


The Green Teen Cookbook

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AURORA METRO BOOKS

Contents

Foreword



7

A Guide to Seasonal Cooking

8

Measurement Conversion Table

9

Part 1: A Rough Guide To Ethical Eating

How to eat seasonally

12

Why eat healthily?



15

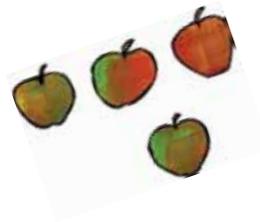
What is fair trade?

18

How to source local products

20

Organic food



22

The ethics of vegetarianism

24

Processed foods and additives

26

Freeganism

29

The supermarket superpower

31

Glossary: Larder, Quick Fire recipes, Kitchen safety

33



Part 2: Recipes That Don't Cost The Earth

Breakfast On The Go		37
Lunch Munch		45
Meals To Impress		56
Tapas For Parties		67
Emergency Meals and T.V. Dinners		76
Sweet Treats That Are Good For You		86
Snacks and Smoothies		95
Do-It-Yourself		102
Index		111





Foreword

As a student, I always found it hard to cook cheap, healthy food on a day-to-day basis. My fridge was permanently empty and I could never be bothered to go to the shop in the evening to pick up ingredients to cook something fancy. I have to confess that for a long time, I only ate pasta with ready-made tomato paste. No oil, no butter. Maybe some salt. And it didn't taste good at all. So when I discovered (through different people, books and websites) that it was possible to cook good food without spending hours or loads of money on it, I was a bit surprised. I even realised that eating properly didn't cost much more than eating rubbish; often it cost a lot less.

But I was until very recently a teenager myself, and I know that many people, like me, don't really know how to cook healthily and on a budget. I didn't know what eating ethically meant either. So when I got the opportunity to put this cookbook together, I decided to find out.

Young people sent me recipes from all over the place, covering a wide range of different tastes and flavours. It was amazing how interested people were in the project. I asked teenagers to send me seasonal, ethical, healthy and affordable recipes. I also asked them to send articles about food and their own experiences. And it worked!

This book has been designed, written and produced by young people, for young people. And that's what makes it special: our recipes come from real teens who know what it's like to cook with little or no money. Some recipes are more or less expensive than others, some are fantastically healthy, some a little less so, but I think variety is important – and we all need a little treat, now and then, don't we?

I hope this cookbook helps you learn more about food, and I hope you enjoy the recipes! I tasted them all myself, and I have to say – I had a great time!

Laurane Marchive

Laurane studied journalism at the Institute of Political Sciences, Lille and French Modern Literature at the Sorbonne, Paris. After working as a journalist in France, Indonesia and India, she moved to London where she is now working as an editor, translator and rights agent. She also works as a freelance circus performer.



A Guide to Seasonal Cooking

A lot of our recipes are seasonal, and that's what makes them so great. It means you get the best food out of each season, but it also means you pay less for it. Small symbols on every recipe will tell you when to make them so they are fresh and will taste the best. As some of the recipes are good for more than one season, and some even slightly in between seasons, our symbols are mostly a rough guide to what's good when.



Spring, Spring, Spring! Little birds are in love, and maybe you're in love too! Or maybe not. But it doesn't matter, who needs love when we've got food? Rejoice in springy fruit and veg, winter is over, it's getting sunnier, so join the lambs frolicking in the fields!



Summer! "Follow the white rabbit", they say. But are you ready to take the trip? Summer will unfold for you wonders of taste and smell and yumminess, amazing fruit and mind-blowing veg. The time has come to worship the sunny season! So get ready to enjoy the ride...



Autumn! The Fall! Season of the romantics, of the falling leaves and endless melancholy. But have no fear, our recipes will cheer you up! Nothing fishy about our fish in a boot, it will lead you to the tastiest of all autumnal recipes. Just have faith in the old boot and follow it till the end of the season...



Winter! Although everything is cold and depressing, there are still some really good things to cook and keep you warm. (Since there is a shortage of fresh fruit and veg in winter, this is the one season when you might opt to use imported fruit and veg such as bananas.)



All year round! Eating seasonally is great, but of course some things are good all year round. So every time you see this little planet, you'll know that the food will be good whenever and wherever. Which also means that most of those recipes can be made out of cupboard ingredients... and that's quite convenient!

Measurement Conversion Table

American cup measurements

American	Imperial	Metric
1 cup flour	5 oz	142g
1 cup caster/granulated sugar	8 oz	227g
1 cup brown sugar	6 oz	170g
1 cup sultanas/raisins	7 oz	200g
1 cup ground almonds	4 oz	110g
1 cup uncooked rice	7 oz	200g
1 cup grated cheese	4 oz	113g
1 cup butter/margarine/lard	8 oz	227g
1 cup golden syrup	12 oz	341g



Weight

Imperial Metric

½ oz	14 g
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	114 g
5 oz	142 g
10 oz	285 g
1 lb	455 g
2 lb	911 g
3 lb	1.36 kg

Oven Temperatures

Gas Mark	°F	°C
1	275°F	140°C
2	300°F	150°C
3	325°F	170°C
4	350°F	180°C
5	375°F	190°C
6	400°F	200°C
7	425°F	220°C
8	450°F	230°C
9	475°F	240°C



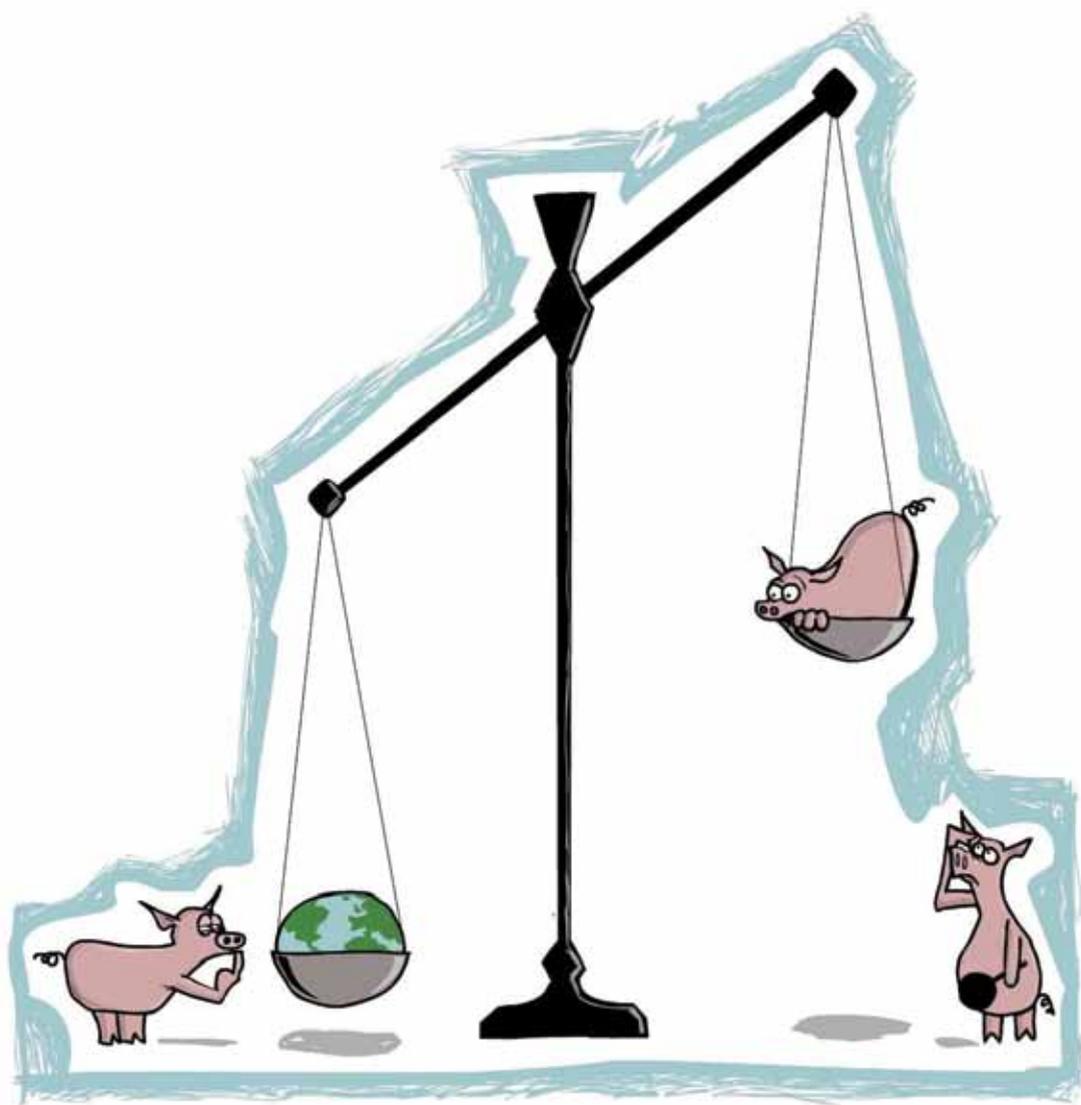
Liquid

Imperial	Metric	American
½ fl oz	15 ml	1 tbsp
1 fl oz	30 ml	1/8 cup
2 fl oz	60 ml	¼ cup
4 fl oz	120 ml	½ cup
8 fl oz	240 ml	1 cup
16 fl oz	480 ml	2 cups



Part 1

A Rough Guide To Ethical Eating



How to eat seasonally

by Andy Gold



As a young child I remember dreading the tomato. My first memories of this fruit are of a pale, poorly flavoured sad little rock, completely without life and ever-present on my dinner plate throughout the year. It was years later, one bright British summer, that I discovered something by the same name that was a delicious delight, ruby red and vibrant yellow, and bursting with juices.

Although both were tomatoes in name, the former was the sad supermarket staple, grown year round and picked whilst still green, only turning red later on. Shipped – or worse still – flown to our supermarket shelves, it has become ever present at the disappointing seasonless dinner table. The tasty version was a local British variety, picked at the height of summer, in full ripeness and had travelled a short distance to my plate. Someone once said to me the best way to learn to dance is just to start dancing ... and the same advice works for starting to eat more seasonal food. You'll notice the sheer delight the moment you eat something that is bang in season and you'll find that you won't want to stop.

I did an interview for TV a couple of years ago with Alan Titchmarsh where I explained that all seasonal food reminds me of the energising intensity of a summer holiday. Seasonal tomatoes are delicious for breakfast on toast; at lunch time in a salad in the sun with a drizzle of balsamic vinegar; at home in a warm dish with chorizo, shallots, garlic and some sherry vinegar or in the evening underneath a whole fresh sardine stuffed full of herbs and lemon. No nights in front of the television, no "I can't be bothered" – just savouring every moment until – gone for another year.

... the moment you eat something that is bang in season you'll find that you won't want to stop.

Summer is also the time I gorge myself every year on asparagus (last year a bunch of us did a 'pick your own' and then cooked the spears quickly in boiling water and then dipped them in soft boiled eggs – try it, probably the world's most amazing soldiers). Jersey Royal potatoes and artichokes, soon followed later in the same season by aubergines and courgettes, all on the barbecue with big slices of halloumi cheese. Radishes just washed and sprinkled with sea salt can be wolfed down like bright pink mini savoury apples. Crunchy cucumber and watercress sandwiches with bread that's been covered in cream cheese with herbs, garlic and chilli in it. And then there's berries, all kinds of wonderful berries, fresh from the bushes, the easiest foraging in the world and perfect for a picnic. As if summer isn't fantastic enough anyway ...

There's a reason why all of this fruit and veg tastes better for being seasonal and local. Tests show that a leaf like spinach loses around half of its nutrients in the first twenty-four hours after it's harvested. Along with those nutrients also disappears a lot of the flavour. Across all fruit and veg it's the same story. The longer it takes to get from field to fork the less flavourful your mouthful will be. And it's that wow factor that makes going back to far-flung fruits and very tired veg a bit of a disappointment, and not only will your taste buds be missing the flavour, your body won't be getting the same nutritious hit of goodness either.

The longer it takes to get from field to fork the less flavourful your mouthful will be.

Once you've spent a year enjoying eating seasonally you'll find yourself starting to look forward to different foods as the seasons change. It's easy enough to look forward to spring and summer but let's face it anything that makes us excited about autumn and winter has got to be a good thing. I might curse the first day in October or November that I find myself cycling home in the dark through the rain (or occasionally even

snow!) but at least I'm cheered by knowing that when I pass by the market near my house to shop for my tea, I'll be able to pick up sweet satisfying parsnips and beetroots or some aniseedy fennel for some roasted restoration when I get in the door. It's as if nature knows what I need and has prepared stuff that is best done in the oven, warming up my whole house in the process.

It's wild mushroom and truffle time too in autumn and although I might not be a millionaire (yet!) a summer truffle grated on a poached egg is a part of the millionaire's lifestyle I can afford, if I do the work myself.

Some of the best meats also start to come into season too as autumn turns into winter – first lovely plump well-fed rabbits and then as the leaves fall off the trees, pigeon, partridge and pheasant! And summer isn't the end of the great 'event' food either, the sexy sunny days of summer, picnics and barbecues, give way to warm fires and dark candlelit nights of fondues and feasts. When it comes to food, the celebration of Christmas in Britain, is as good as anywhere in the world. However, there is no reason why, in a country with a climate as wonderfully varied through the seasons as ours, we can't have a meal that is just as much of an event at any point in the year.

I ate my first mussels at the age of twelve – I scoffed a bowl twice the size of my head. A new tradition, and an event to look forward to in my house, is building a fire as soon as winter gives way to spring and having a load of mates round for big bowls of these delicious creatures cooked in a big iron pan. I've got a bit of a taste for oysters and fried squid too and pints of prawns from the Atlantic. All are treats best enjoyed in the cold months and a reason to be cheerful, to get together with friends and savour the cold months.

Seasonal food isn't just better for you, tastier and more fun, it's also cheaper. I took a group of young people I was teaching to cook down to one of my favourite places to buy seasonal veg, the always animated Ridley Road Market, in Hackney, East London. We had in hand a receipt for a big purchase of fruit and vegetables from a local supermarket and proceeded to buy a big sack of fruit from Pitch 2's Fruit and Veg Man, Tony, at a staggeringly low price.

"How's it so cheap?" one of my students asked (with her jaw on the floor in surprise at just how cheap, I should add). "Yesterday that sweetcorn was in the ground in Essex just outside London," explained Tony.

"There's no trick to growing it, just needs some land and some patience. In the afternoon a van came by and a load of corn was picked and put on the back of it and driven into town. I picked it up first thing this morning and now it's here with you in time for you to take some home for lunch. It's cheap 'cos it's simple and no one's had to do too much work to get it here."

Unfortunately, with their central distribution centres and need for intense organisation that's a simplicity and a speed supermarkets just can't match. If you want to take Tony's Pitch 2 Challenge he's easy to find (it's the nearest fruit and veg stall to the Kingsland Road as you enter the market). If you're not in the Hackney area there are local markets near you with traders just like Tony. As an added bonus, if you become a regular face at someone's stall you'll probably start getting the benefit of discounts and other juicy bonuses. Support your local traders and they'll remember you better than a corporate loyalty card ever can.

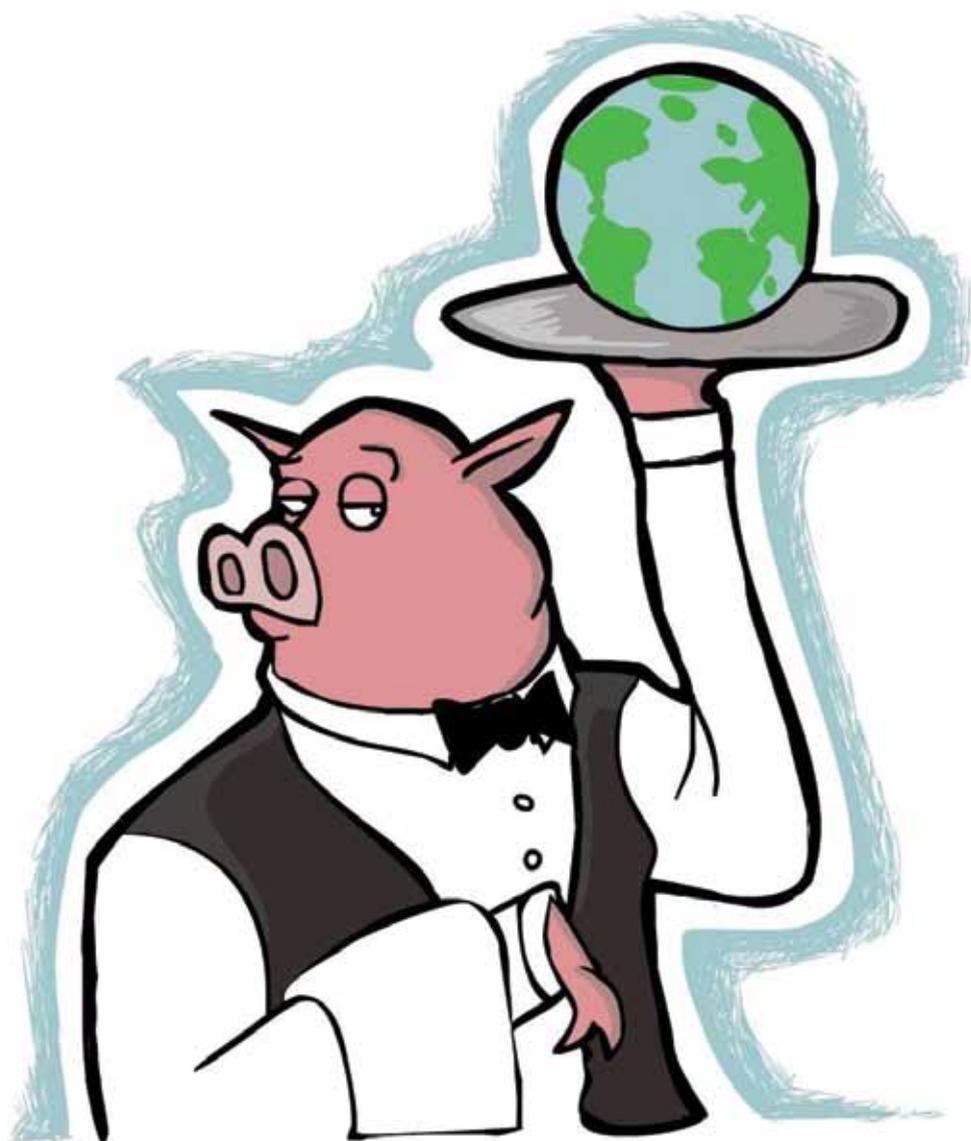
... more local seasonal food means less energy spent transporting produce around.

In the big picture, we all understand how reducing our carbon footprint is good for the planet and really important if we don't want to see the earth's climate changing at any more an alarming rate than it already is. You don't need to be a rocket scientist to work out that more local seasonal food means less energy spent transporting produce around.

Whenever you're reading this, I can guarantee that whatever the season, there'll be something amazing in the shops. To find out what's getting us excited today, check out our website and while you're online you can add to the fantastic recipes in this book by googling up some extra ideas yourself.

Andy is a chef and cookery teacher. He works for Shoreditch Trust, managing the Blue Marble Training programme which helps people with aspiration, passion for food, and untapped potential to access careers in the food industry. To learn more about Blue Marble Training visit: [www.shoreditchtrust.org.uk / Blue-Marble-Trust](http://www.shoreditchtrust.org.uk/Blue-Marble-Trust)

Part 2
Recipes That Don't Cost
The Earth



Breakfast On The Go



Breakfast! Morning: the alarm clock goes off. The horror. Every morning. Furry tongue. Bleary eyes. And still, it's time to get up!

Knowing just how hard it is, we've collected a bunch of recipes to spice up your mornings.

Instead of wolfing down half a box of dodgy rainbow-coloured cereal with day-glo orange juice in a plastic bottle, try something new.

We've got a recipe for every occasion. From the mornings when you wake up late and need to leave within five minutes, to those lazy Sundays with friends and family...

And it's always green, easy and healthy... so wake up to your green teen dream...





Strawberry yoghurt muesli

by Sonia Gin Fiz



'Waking up in the morning is not an easy task for me. That's why I like breakfasts that are both tasty and easy to make. And I think this one is a very good example...'

Ingredients

- 4 or 5 strawberries
- yoghurt or soy yoghurt
- handful of rice puffs
- handful of oats
- dried bananas
- dried mangos

Preparation method

In a bowl, pour some yoghurt. Wash the strawberries and place them in the bowl too. Then mash them, mixing them with the yoghurt until the yoghurt turns pink.

Add the rice puffs and the oats. Then add the dried mangos and dried bananas...

And that's it! If the strawberries are ripe, you don't even need to add sugar. But if you want a bit of extra sweetness, you can add some honey or agave syrup.

This recipe works well with all kinds of muesli and all kinds of dried fruit. The one I gave you here only happens to be my favourite...





Pancakes

by Leila Varley



'This is a classic, of course, but you can add a little twist by topping it with seasonal fruits, all year round. It usually tastes really good, and it's a perfect way to start the day!'

Preparation method

Place the flour in a big bowl and make a little well in the centre. Crack the eggs in the well and start whisking to mix them in. Add the oil.

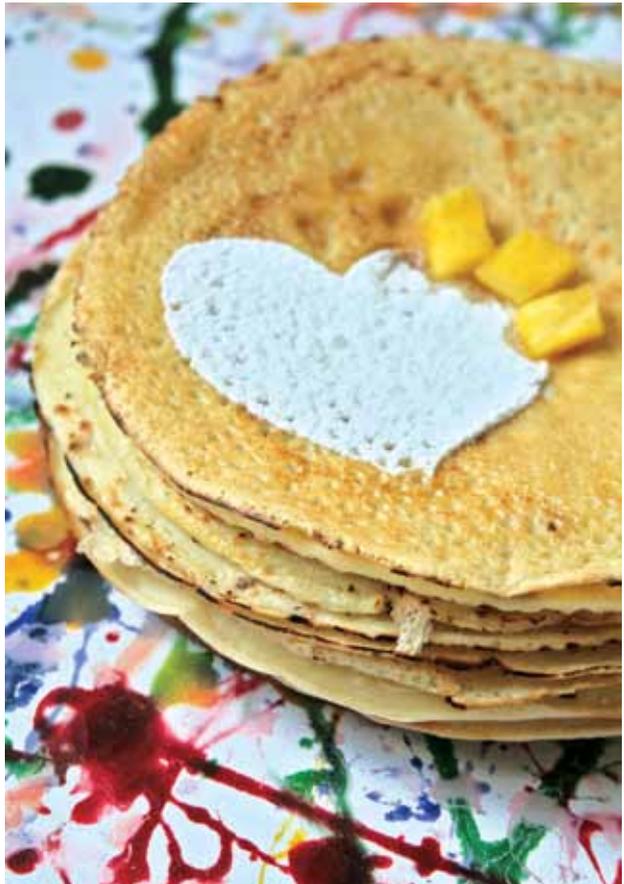
Then start pouring the milk very slowly, in small quantities. Every time you pour a bit more, you should keep stirring to mix all the liquid into the flour and avoid lumps.

When the batter is liquid enough, pour in the rest of the milk. You should have a rather thick batter.

Some say you should leave the batter to rest for half an hour, but I personally don't do that. It doesn't seem to make much difference.

Heat up a pan on moderate heat and wipe it using a tissue with oil on it. When it's hot, pour in some of the batter. You can make very thin or very thick pancakes, it's up to you. But if the mixture is thicker, then it will take longer to cook.

A thin pancake should take about thirty seconds to cook on each side. When it's ready take it off the heat and add whatever you like. My favourite is lemon juice and sugar, but I also really like pineapple pancakes!



Ingredients

- 100 g plain flour
- 2 eggs
- 300 ml semi-skimmed milk
- 1 tbsp oil
- a pinch of salt

Lunch Munch

Lunch! What will it be today? Pasta with tuna and mayonnaise? Maybe with some cheese on top? And a splash of ketchup too? No. Resist! There is a better life to be lived, better food to be eaten!

Fight the urge to microwave some readymade dish. Find yourself in our stuffed mushrooms and prawns, lose yourself in an exciting salad, get into the rhythm of the midday soup!

Breathe in as the smell of delicious homemade food lingers in your nostrils. You can cook it and eat it yourself, and it will make you feel great. You've achieved something with your day, after all.

Look after yourself! Your body will thank you for it, and your soul will too. Now is your chance. Experience... Explore... Excel!





Luncheon stuffed mushrooms by Kim Simpson



'I love cooking stuffed mushrooms because they don't require too much preparation. They are a good way to use up any old bits of veg you have lying around, and because they're great on their own for lunch or a snack, or on the side with dinner.'



Preparation method

To prepare the large portobello mushrooms, wash and remove the stalks then rub with olive oil before placing on a baking tray.

Melt a knob of butter in a pan over a medium heat.

Ingredients *serves 2*

- 2 portobello mushrooms
- ½ courgette
- 6 closed cup mushrooms
- ½ red pepper
- ¼ aubergine
- ¼ tin chopped tomatoes
- 2 cloves garlic
- ½ onion
- ¼ cup oats
- dash of double cream (optional)
- 2 rashers of smoked back bacon (optional)
- grated cheese of your choice (mature cheddar or stilton both work well)

Wash and chop all of your other vegetables (except the tomatoes) into small cubes and add to the pan.

Add the bacon, sliced into small squares, if you want a non-vegetarian meal. Season with salt, pepper and other herbs of your choice.

Heat for five to seven minutes or until cooked and mushy, stirring regularly. Add the oats, the chopped tomatoes, and for a richer taste, a dash of double cream. Once the filling is made, spoon it into the Portobello mushrooms, and top with cheese.

Put the stuffed mushrooms into a pre-heated oven 180°C for ten minutes.

Any filling that's left over is great on toast, or liquidised for soup.



Honey prawns with chilli and rosemary

by Edward Gosling



'It's really easy to change the amounts in this recipe, depending on how many people you're cooking for. Once you've cooked it once or twice, throw out all my measurements and just add according to what you like, a big slug of oil, a generous pour of honey...'

Preparation method

Put the prawns in a mixing bowl. Peel and chop the garlic, deseed the chilli (because you want the heat and flavour of the chilli rather than something that will blow your head off) chop it up, run your fingers down the sprig of rosemary so you get off all the little leaves, pop them all in the bowl and add some salt and freshly ground black pepper. Add the honey and the olive oil.

Next cut two circles of bread per person and put them on the plate. Take the seasonal greens and put them in the centre of the plate. Optionally, chop up an avocado to add.

Take your mixing bowl full of ingredients, stir it round and then pour the whole thing into a wok on high heat. Now watch it sizzle and bubble and get really tasty. It only takes about five minutes. As soon as the prawns turn pink all the way through, it's done.

Serve an equal amount of prawns per person and then drizzle all the delicious honey, chilli, garlic, rosemary and oil over the greens and the bread.

Last thing to do is squeeze a little lemon on the top.



Ingredients

serves 4

- 24 uncooked big prawns or 4 handfuls uncooked small ones
- 4 cloves garlic, finely chopped
- 1 decent sized chilli, finely chopped
- 4-5 sprigs rosemary
- 6 tbsp honey (good quality, lavender or orange blossom)
- 4 tbsp virgin olive oil (a really good one)
- 1 baguette
- 1 bag of seasonal greens (eg spinach, rocket and watercress)
- 1 lemon (optional)
- 1 avocado (optional)
- salt & pepper



Japanese soup by Sarah Duvelier



'This soup is inspired by Japanese food. I invented it because I wanted to make something Asian with an exotic twist to it, and even if it's not properly Japanese, it tastes delicious and it's really easy to make!'

Preparation method

Boil a big pan of water. Slice the mushrooms and put them in the boiling water with the sugar snaps. Chop the asparagus in three to four cm pieces. Five minutes later, add the asparagus and cook for six more minutes. Add the miso soup paste and stir to dilute; you can also add some more soy sauce, if you like. Add the ginger. You want the asparagus to be a bit crunchy. Add salt to taste.

Meanwhile, chop the tofu in thick pieces and put it on a low heat in a frying pan with sesame oil. Sprinkle with sesame seeds.

Add a generous amount of soy sauce. The tofu has to get brownish but you need to cook it on both sides and turn it over to prevent it from burning.

When the vegetables are nearly ready, add the rice noodle pasta and two minutes later, add the beansprouts.

Ingredients serves 4

- 300g rice noodles
- 400g tofu
- 250g asparagus
- 250g portobello mushrooms
- 150g sugar snaps
- 30g ginger
- 4 tbsp miso soup paste
- sesame oil
- sesame seeds
- soy sauce
- 2 spring onions
- salt & pepper

Take off the heat.

Serve the soup in a bowl.

Add the tofu on top, and sprinkle with the chopped spring onion.

It's ready!





Roast squash salad by Alex Manunza



'The chilli oil mix keeps really well so you can always just have a pot of this in your drawer at work or make one and bring in with you, or wherever. This recipe works especially well with red mustard salad leaves, but you can use any kind of salad, it will still be really good.'

Preparation method

Pre-heat your oven to 200°C. Chop up the squash in big chunks and place on a baking tray. Put in the oven and roast.

When you can insert the blade of a knife easily in the squash, it's cooked.

Put roast squash, parma ham and the red mustard salad, salt and pepper in a container.

Wrap crusty bread in clingfilm or buy fresh on your way in to work. Prepare a small bowl of olive oil with chopped chillies into it.

Take to work and mix it together when ready to eat.



Ingredients *serves 1*

- 2 large handfuls of chunky pieces of roast squash
- 2 slices of parma ham
- Handful of red mustard salad leaves, lettuce or else
- 1 slice of crusty bread
- olive oil
- chillies

Meals To Impress

Dinner! Showtime!! Now is the moment you've all been waiting for. The moment when you'll rise above all others, shining like the brightest star. The moment when people around you will turn to zombies, blindly walking towards the food, their mouths drooling at the smell of paradise, desperate for just one bite.

Get ready to be worshipped for your mad cooking skills. Exit the plain pasta and the boring rice, out with the pre-made mash and the take-away pizza!

We offer you a new world, a door to another dimension where sushi is easy to make, where steaks have never been tastier, when you even know how to cook quails, and you know how to cook them perfectly!

Beware, there is no way back – once you learn to make heaven bloom in a bowl you'll never be able to return to ordinary food. But it doesn't matter, you won't need to...





Olly's smokey meat feast

by Oliver Quelch



'This recipe is a Spanish take on a Bolognese; a smokey twist on a well known classic. It's especially good as a winter warmer.'

Preparation method

Heat the olive oil in a saucepan. Add the chopped chorizo and fry until the oil has been released and the chorizo is crispy.

Add the minced beef and fry until brown. Remove the meat from the pan by straining in a sieve and set aside.

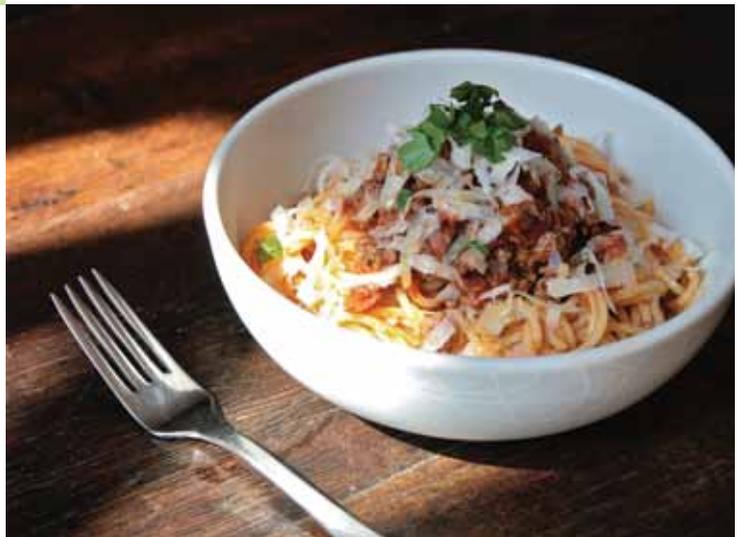
Fry the chopped onion, celery, carrot and garlic on a low heat for ten minutes, until soft and lightly-coloured.

Put the meat back into the saucepan and add the cherry tomatoes and tomato purée.

Bring to the boil and simmer for one and a half hours. Serve with spaghetti or tagliatelle.

Ingredients *serves 4*

- 450g minced beef
- 100g chorizo, chopped
- 10g tomato purée
- 1 carrot
- 1 stick of celery
- 1 tbsp olive oil
- ½ tsp paprika (optional)
- 200ml beef stock
- 1 red onion, chopped
- 1 clove of garlic
- 2 x 400g tins of cherry tomatoes
- 1 lemon
- salt & pepper





Roasted fillet of salmon with hollandaise sauce

by Lola de Courroux



'To me this is real cooking, you've got four elements here that compliment each other: the lemon is going to bring together the fish and the sauce and the garlic will make the spinach and the potatoes sing. Happy eating!'

Preparation method

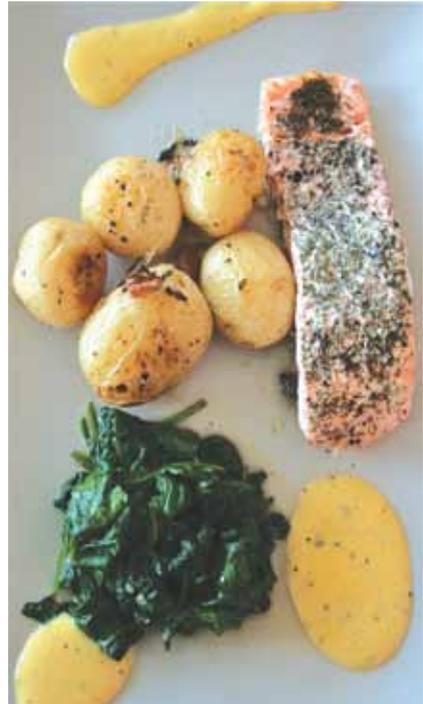
Boil the potatoes for fifteen minutes. Heat oven to 180°C and put a roasting tray with a good splash of oil in it.

Place each salmon fillet in the middle of a tinfoil square and squeeze 1/4 of a lemon over it. Sprinkle the dried dill tops then sprinkle with salt and black pepper. Wrap the fillets in the tinfoil. Put them side by side on a tray.

Roughly chop four cloves of garlic and a handful of fresh thyme. When your potatoes are boiled, drain them and place them on the hot tray. Add the garlic, the thyme and a good sprinkle of salt and pepper. Roll the potatoes around in the oil then pop the tray in the top of the oven and put the salmon in at the same time in the middle of the oven. They will take twenty minutes each. After ten minutes, take out the potatoes and roll them around in the oil again so they cook equally on all sides.

Steam the spinach so that it wilts down. Put a knob of butter into a frying pan, fry two cloves of garlic for a minute and then add the spinach before turning it down to a very low heat. Leave for a few minutes.

For the sauce: put the egg yolks into a mixing bowl. Add salt and black pepper. Whisk hard for about a minute. Heat up the juice of half a lemon with the white wine vinegar till it starts to foam. Gently add it to the egg yolks while whisking hard. Next, melt the butter and add it slowly to the egg yolks while whisking. Keep whisking for another thirty seconds. Pour sauce over fish and serve.



Ingredients serves 4

- 4 salmon fillets
- 1-2 lemons
- 6 cloves of garlic
- dried dill tops
- 20-25 new potatoes
- fresh thyme
- 450g fresh spinach
- 2 eggs
- 1-2 tbsp white wine vinegar
- 110g of butter / vegetable fat
- salt
- freshly ground black pepper



Sushi for dummies

by Pauline Blistene



'I was taught how to make sushi whilst travelling in Japan at the age of fourteen. If you're not too picky about how traditionally made they are, it's a great thing to make because it impresses everyone, and it's actually quite easy once you get used to it.'

Ingredients serves 8

- 1kg sushi rice
- 1 avocado
- 3 medium sized carrots
- 100g green beans (optional)
- 1 cucumber
- 190g cooked king prawns
- 250g raw tuna
- 250g raw salmon
- 10 tbsp rice vinegar
- 5 tbsp sugar
- 4 tbsps sesame seeds
- around 8 seaweed sheets
- 1 sushi mat
- 1 tsp salt
- pickled ginger, wasabi, soya sauce to taste

Preparation method

Put the rice in a large saucepan, cover with water and rinse two or three times. Add one and a half litres of water and bring to the boil on a low to medium heat.

Meanwhile, start chopping the vegetables lengthways (the longer and thinner the strips are, the better). Also, chop the fish lengthways but keep some square bits to make those little balls of rice with fish on them. To be really honest, there is a proper Japanese way to cut the fish, which makes the sushi even better. But that's quite an advanced thing to do, and I find that even if you don't cut the fish as a specialist would do, it still works...

Mix the vinegar, the sugar and the salt and put on a medium heat until it all melts. When the rice has absorbed all the water, take off the heat and add the vinegary solution. Mix well and cover with a cloth.

Let it cool down. Then separate the rice in two bowls. In one of the bowls, add the sesame seeds and stir. Take a seaweed sheet and place it on the sushi mat, making sure that the bright side of the sheet is facing the mat. Then, start spreading rice on the sheet. I find it easier to do this with the back of a spoon rather than with the spoon itself. Try to spread the rice evenly, but stop a few centimetres before you reach the end of the sheet.



When your rice is evenly spread, add some vegetables and some fish. Lay them lengthwise. One strip of cucumber, one strip of fish, one of carrot and a little bit of avocado is a standard for me. But of course you can put pretty much anything you like in sushi, and you can try





different things too! You can make different sized sushi rolls, depending on whether you want each roll to be filled with a lot of things or whether you want them lighter. When your vegetables and your fish are all placed on the sheet, you're ready to roll.

Dip the tips of your fingers in a little bit of water and spread it on the seaweed sheet, where there's no rice. Roll the mat forward, making sure you are pressing the rice and all the vegetables and fish between your fingers. When the mat is doing a loop, try and pull its end upwards in order to keep rolling the seaweed, but not the mat itself.



Keep rolling the sushi roll and when you finish, keep squeezing it in the sushi mat for a few seconds. Also, make sure that the end of the seaweed sheet sticks to itself, as it is what will keep the roll together.

When your roll is ready, it should be firm on both ends. It is now time to take a very sharp knife and be very careful. Pour water on your knife and start carefully slicing the roll. You can get rid of the ends of the roll, which are never very nice.

Try to make even slices, cleaning your knife and making it wet again every time you finish a roll.

If you have fish and rice left, you can make small balls of rice, squeezing them very firmly, and then place a square piece of fish on top of it.

When all your rolls are ready, place them on a plate with some pickled ginger, soy sauce and wasabi.

It's ready! And it's delicious...



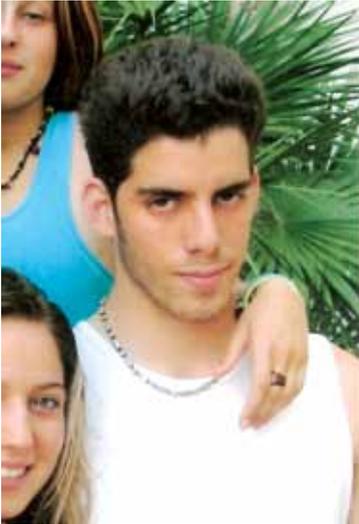
Tapas For Parties

Celebration! There you are, alone in the kitchen, a party to prepare. The saucepans are taunting you, the hob is mocking you, and even worse, all those plates are so empty they could make you cry... A sad old packet of crisps is your only ally.

You've got a crowd of people coming over and you know you won't be able to stop them from arguing when the crisps run out ... so how do you feed them? Keep them happy?

No worries. Chill! What could make anyone happier than some aubergine caviar and a mini pizza? Or some tortillas, marinated peppers, tapenade and salsa! There will be a party. Even better, a tasty, healthy green, extraordinary party! Because that's how good you are...

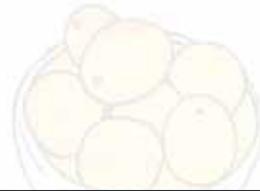




Tapenade on bread by Matan Yaniv



'I learnt to make tapenade whilst I was travelling in France, around the age of fifteen. It's simple to make and it's also quite impressive for those who don't know it. Now I'm back in Israel, I do it all the time.'



Ingredients

- 50g caper
- 300g olives (black, green or both)
- 1 clove of garlic
- 1 tbsp lemon juice
- 10cl olive oil
- bread

Preparation method

Mince the capers finely with 50g of olives, the lemon juice and the clove of garlic in a mortar (or with a food processor).

Add the 250g of remaining olives and grind, but not too much so that small bits of olive remain.

When the ingredients are evenly mixed, add the oil progressively until you obtain a smooth paste, not too thick.

Spread the tapenade on small pieces of bread and lay on a plate to present to your guests!





Aubergine caviar on garlic bread

by Hannah Well



'Aubergine caviar is delicious, but it's even better if you spread it on garlic bread: just rub some garlic on pieces of bread, add a touch of olive oil, and toast in the oven for a few minutes. Then spread the aubergine paste on it when it's still warm. Yuumiiii!'

Ingredients

- 2 large aubergines
- 10cl olive oil
- 6 cloves of garlic
- 1 tbsp lemon juice
- salt & pepper

Preparation method

Pre-heat the oven to 200°C.

Remove the green ends of the aubergine and cut them in halves. With a knife, make several incisions into the flesh, and insert pieces of garlic inside.

Pour a dash of olive oil on them and put in the oven, skin downside for forty to fifty minutes (the aubergines must be entirely cooked).

Remove the flesh with a spoon and mix it in the food processor with olive oil, salt and pepper. Let it cool down before spreading on warm garlic bread.





Marinated peppers bruschetta

by Helly Kage



'Lovely recipe, for lovely times! It's simple but impressive. It's good, but healthy. My friends always love it when I make some, and the peppers also remind me of snails - probably why I love it so much!'

Ingredients

- 2 peppers (or more) for a cheerful result use different colours!
- 2 garlic cloves
- 3 tbsp extra virgin olive oil
- 2 sprigs of parsley
- salt & pepper

Preparation method

Roast the peppers in the oven until their skin turns brown (don't worry if it looks burnt), for approximately thirty to forty minutes depending on the heat.

Remove from the oven and cool. When you can touch the peppers without burning yourself, skin them, remove the seeds and cut them into thin slices (one to two cms).

Place the slices in a jar or tupperware container, in the olive oil you have already mixed with crushed garlic, finely chopped parsley, salt and pepper.

Stir the peppers into the mixture. Don't be afraid of using too much oil, it should cover all the slices for a better marinade.

Place in the fridge for at least two hours.

Serve cold with warm toasted bread.





Guacamole

by Gabriel de Villaines



'My cousin Alix came back from Mexico after spending a year in the capital city. She's the one who taught me how to make guacamole. Since then, I've been doing it very often every time people come to our house for a drink... and everybody loves it!'

Preparation method

Skin the avocado and mash it up with a fork. Cut the tomato into tiny squares without peeling it.

Cut the onion into tiny squares as well and add it to the mashed avocado. Mix without blending too much.

Squeeze the lemon onto the mixture and add the salt, pepper, two drops of tabasco sauce and a bit of paprika powder.

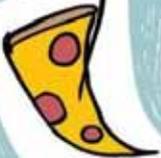
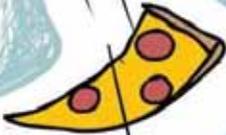
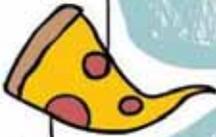
It's ready! And it's delicious with nachos...

Ingredients

- 1 ripe avocado
- 1 tomato
- 1 onion
- 1 lime
- salt, pepper, tabasco, paprika



Emergency Meals & T.V. Dinners

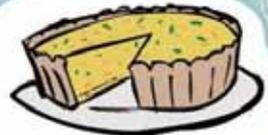
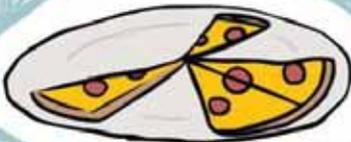


Emergency! Emergency! It's late and you've nothing to eat, and no idea what to cook either. All you want to do is crash on your sofa and watch a movie. A take-away meal is oh-so-tempting. No matter how much it costs and whether it tastes like sawdust, you simply can't be bothered to cook anything. Or can you?

Come on, it won't take long. We know you just want to chill out but think of the marvels that await you! The pleasure you'll get from grating cheese on your pizza, from fresh mince meat in your chilli, from real veg in your quiche!

There's no stopping you now as you run towards the kitchen, cookbook in hand, ready to knock up a mouth-watering TV dinner...

Don't stop! Don't look back! Run, RUN!





Papa's fresh sausage stew

by Janek Flemyng



'This recipe is very easy and very cheap. It doesn't take long to make and reminds you of childhood family meals. It's also banging before a night out.'

Preparation method



Sweat the onions, garlic and red pepper in a good amount of olive oil on a low heat until soft but not coloured.

Add the carrots and the sausages and cook for seven minutes.

Add the chopped tomatoes, the stock and the oregano and bring to the boil. Once bubbling, reduce the heat and simmer for thirty minutes.

Meanwhile, in a separate pan, cook the pasta in salted boiling water. When almost *al dente*, (ie firm but tender) drain and add to the sauce.

Add the cream, if using, and the butter to thicken the sauce then add the parsley and the lemon. Serve hot with parmesan and a drizzle of olive oil.

Ingredients

serves 4

- 2 large white onions, finely chopped
- 2 carrots, chopped
- 1 red pepper, finely chopped
- 6-8 Cumberland sausages, cut into 4-5 pieces per sausage (depending on size), skin left on
- 1 tin of chopped tomatoes
- 3 cloves of garlic
- handful of parsley, roughly chopped
- 200 ml pork stock
- a squeeze of lemon
- 1 tsp dried oregano
- 1 tbsp double cream or crème fraiche
- 1 packet of Rigatoni pasta
- 1 small knob of butter
- good olive oil
- salt & pepper





Raf's revolutionary pizza

by Rafal Zawistowski



'We learnt how to make this pizza at school and it's delicious. At first I thought making a pizza would be difficult but it's not. It's actually pretty easy, which is good, because it's my favourite food!'

Ingredients

serves 3-4

Pizza dough:

- 500g flour
- 50g flour for dusting
- 7g sachet of yeast
- 1/2 tsp salt
- 1 pinch of pepper
- 1 tsp dried basil
- 250 ml water
- 2 tbsp olive oil

Topping:

- 250g crushed tomato purée
- 1 tsp dried basil
- 1 yellow/orange/red pepper
- ¼ onion
- 1 tomato
- 250g chorizo sausage
- 150g buffalo mozzarella



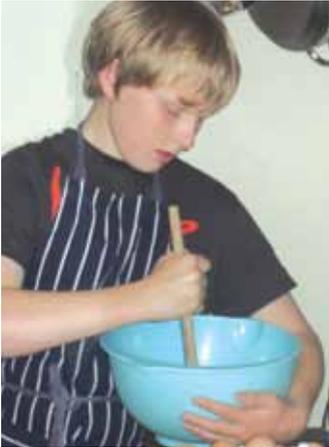
Preparation method

Mix the pepper, salt, yeast, basil and flour in the mixing bowl. Slowly pour in half the water while mixing the flour. Then add the oil while continuing to stir and then slowly add the rest of the water to the mixture.

Place the lump of dough onto a wooden cutting board or surface. Knead using the extra dusting flour until the dough becomes a smooth ball. Let it rest for a while and turn the oven to 200°C on a fan setting if possible.

Finely chop the pepper, onion and chorizo and finely slice the tomato. Lightly glaze the baking sheet and then spread out the dough onto it. Spread out the tomato paste evenly across the surface of the pizza. Sprinkle with the dried basil and then start to add the topping. Place the onion and chorizo on first, then add the pepper. Tear the mozzarella into small chunks and spread across the pizza. Finally, put on the tomato slices.

Bake at 200°C for twenty-five minutes or until the dough has cooked through. Cut the pizza up and eat with your hands if you wish!



Chicken soup express and cheese muffins with bits in

by Roscoe Savage



'This is great if you need quick comfort food while busy with essays or exams. If you are in a real hurry you can miss out some of the seasoning and use a packet of chicken noodles! The bits in the cheese muffins can be any leftover ingredients. A great recipe for using up what you find in the fridge.'

Ingredients

serves 4

Soup:

- 1 litre chicken stock
- 3 chicken breasts cut into thin strips
- 3 spring onions sliced fine
- 100g frozen peas
- few green beans sliced
- little gem lettuce sliced
- 200g fast cook noodles (or 2 packs 2 min noodles)
- 2 tsp soy
- 2 tsp hoi sin sauce
- salt & pepper

Muffins:

- 85g polenta
- 125ml milk (works well with sour milk)
- 225g self-raising flour
- 1 tbsp sugar
- 125g can creamed sweetcorn
- 2 eggs
- 30g grated cheese
- 3 rashers cooked bacon
- 4 spring onions, chopped
- 50g cheese



Preparation method

For the soup:

The hardest part of this is cutting everything up nice and small. Bring the stock to the boil and keep it boiling for six minutes. Add the chicken and simmer for five minutes. Add everything else and simmer until noodles are cooked. Serve in bowls with spoons and chopsticks.

For the muffins:

Make everything apart from the bacon, onions and sweetcorn into a thick batter and stir in.

Add the bacon, onions and sweetcorn and spoon into muffin tins (greased or lined). Cut 50g cheese into twelve cubes and push one into each muffin before baking at 180°C for twenty minutes. Serve warm.



Seafood lasagna

by Kojo Koram



'I like this recipe because I am a secret merman and this reminds of my home life under the sea!'

Ingredients

serves 4

- 250g prawns,
- 250g mixed seafood (scallops, crayfish, mussels etc)
- 2 salmon steaks
- pre-cooked lasagna sheets
- 1 pint of milk
- a variety of cheeses
- flour
- 1 pot of single cream
- 1 tsp mustard
- 1 bag of spinach
- onions, garlic and green peppers to taste
- salt & pepper

Preparation method

Fry all the seafood with onions, garlic and peppers for ten minutes. Continually turn the seafood over to ensure it is well cooked. Add salt and pepper to taste.

In a separate saucepan, start to melt a teaspoon of butter. When that is almost melted, add the flour and fry. Add some olive oil over the top and continually mix until it all turns golden brown. This should take about five to eight minutes. Once brown, slowly add the milk and mix it all together.

Once the flour and milk are combined, add the mustard, cream and cheese.

Continually mix until you make a nice creamy sauce.

Take out a baking tray. Make a layer of the lasagna sheets at the bottom of the tray.

Then add a layer of the seafood on top. Pour the cream sauce over it. Repeat this process until the layers are complete. Finish with a layer of the lasagna sheets with some cheese sprinkled on top.

Leave in the oven at 215°C for thirty minutes or until cooked to satisfaction.



Sweet Treats That Are Good For You

Desserts! Cookies, brownies, ice cream, chocolate sauce melting on juicy strawberries... experience an explosion of flavours and colours, of aromas and shapes!

As you lick your fingers and open your cupboard, the honey and sugar smile at you. They're ready... Are you?

The days when you could bite into a dry, factory-made biscuit with pleasure are long gone. Now you need more. You deserve more... all the time you were buying those tasteless processed cakes, these treats were waiting in the wings. But now the time has come to get baking!

So go ahead, get cracking those eggs! Let your taste buds take a journey to the land of homemade nectar!





Pain de gene (Almond cake) by Laurane Marchive



'This is a cake my mother used to make a lot. And I think it's my favourite ever. It seems almost impossible to mess it up and it's just delicious. Maybe not the healthiest cake ever but hey, we all need to indulge a bit from time to time...'

Preparation method

Line a cake tin with greaseproof paper and smear with butter.

Using a blender, blend the almonds together with half the sugar.

Meanwhile, mix the butter and the rest of the sugar. Using a fork, soften the mixture until it turns creamy.

Mix this together with the blended almonds. Add the eggs one by one, stirring vigorously.

Then add the salt, the flour and your choice of flavouring.

Pour the mixture into the tin!

Cook for about forty to fifty minutes at a very moderate heat of 150°C.

Ingredients

- 150g sugar
- 125g butter
- 40g flour
- 100g almonds (you need ones with their brown skins on)
- 3 eggs
- 1/4 tsp salt
- 1 shot of kirsch, rum or any other flavouring





Chocolate and raspberries fondant by Felipe Terazzan



'This cake tastes best after a few hours or the next day, so it is recommended that you bake in the morning or the day before. If you like my recipe and want to find more, check out my website! www.theblindtaste.com'

Preparation method

Set the oven to 190°C. Line an eight inch round cake tin with greaseproof paper. Cut the butter into cubes and break the dark chocolate into small pieces. Melt them together in a *bain marie* (or you can use a small saucepan on top of a larger one full of boiling water). Stir regularly until perfectly mixed.

Once the butter and chocolate are melted remove from the heat and allow to cool for a few minutes. Scrape the butter and chocolate into a larger bowl and stir in the sugar. Add the eggs one by one, always stirring.

Once the mixture is ready, scrape it into the lined tin. After washing the raspberries, break the white chocolate into tiny squares and place them alternately into the mixture, one

raspberry then one chocolate square, making a line.

Bake for twenty-one minutes.



Ingredients

- 200g dark chocolate
- 100g white chocolate
- 200g granulated sugar
- 200g unsalted butter
- 4 eggs
- raspberries



Pear and almond tart by Dominic McInnes



'I love cooking this tart because I have noticed baking is the best way to bring people together. And there's nothing better than sharing a good cake with friends - it makes me happy every time!'

Preparation method

Slice the pears lengthways. Separate the egg whites from the yolks, and whisk until frothy.

Sift the icing sugar and flour into a bowl, and stir in the ground almonds.

Mix in the egg whites and melted butter, and stir together.

Pour mixture into a (greased) baking tin.

Place pears on top, and then the flaked almonds.

Bake for twenty or thirty minutes, or until base is firm and springy.

Eat!

Ingredients

- 7oz icing sugar
- 3oz plain flour
- 5oz ground almonds
- 5 egg whites
- 7oz butter, melted
- 3 pears
- flaked almonds





Carrot cake by Pia Himmelstern



'I like this carrot cake recipe because everyone thinks it's awful, but in the end, everyone loves it! My advice: eat it with smarties, it's even more enjoyable!'

Preparation method

Heat up the oven to 190°C.

Place the carrots in boiling water and cook them for about fifteen minutes. When cooked, cool them down under cold water. Slice the carrots.

Add four eggs and one cup of oil (tea cup). Mix it altogether.

Add two cups of sugar (tea cup), one cup of flour (tea cup) and one teaspoonful of baking powder to the mixture.

Mix everything together smoothly and put it into a baking tray in the oven for thirty minutes, at 190°C. When cooked, remove and let it cool. Enjoy!

Ingredients

- 3 carrots
- 4 eggs
- 1 cup oil
- 2 cups sugar
- 1 cup flour
- 1 tsp baking powder

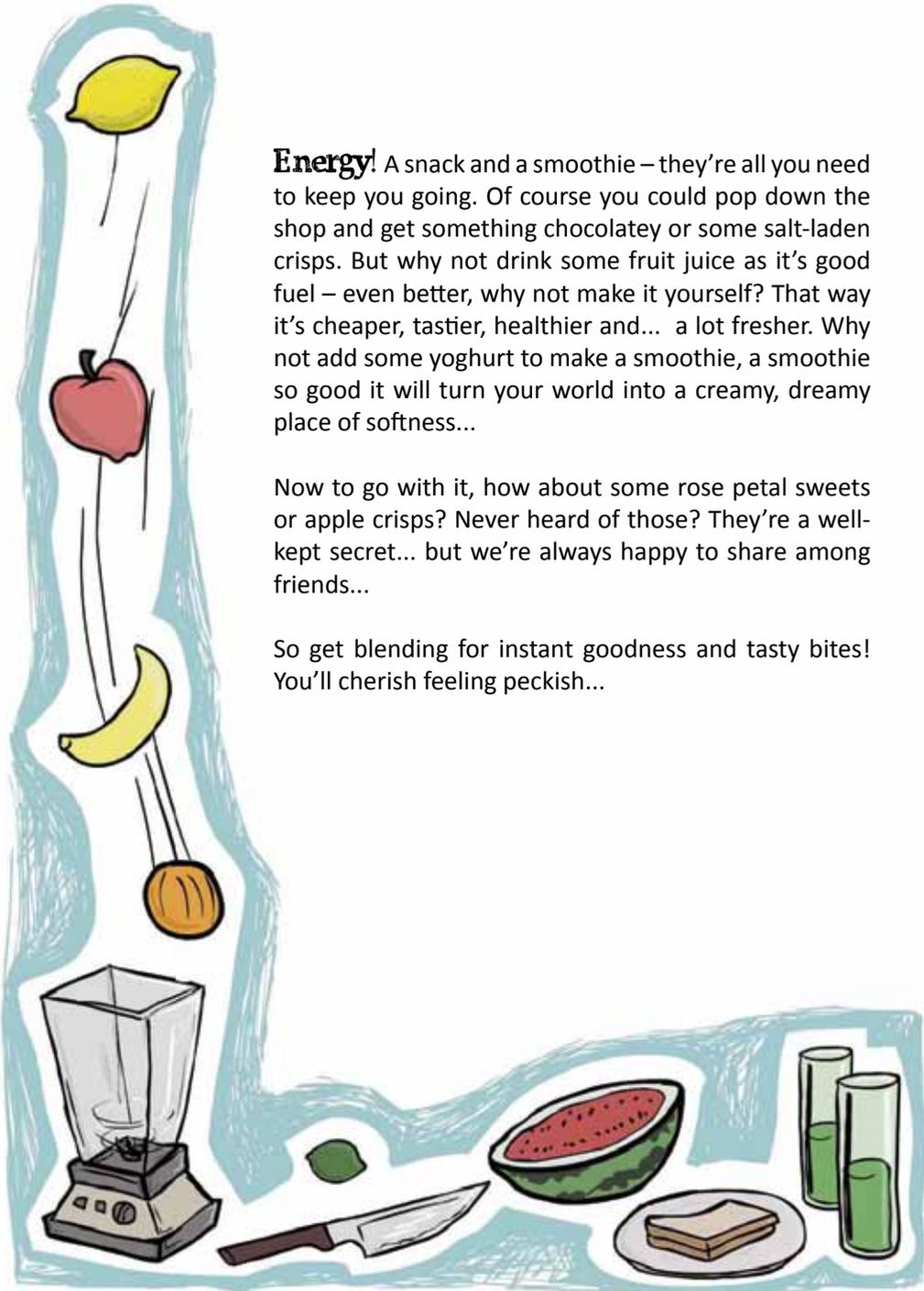


Snacks & Smoothies

Energy! A snack and a smoothie – they're all you need to keep you going. Of course you could pop down the shop and get something chocolatey or some salt-laden crisps. But why not drink some fruit juice as it's good fuel – even better, why not make it yourself? That way it's cheaper, tastier, healthier and... a lot fresher. Why not add some yoghurt to make a smoothie, a smoothie so good it will turn your world into a creamy, dreamy place of softness...

Now to go with it, how about some rose petal sweets or apple crisps? Never heard of those? They're a well-kept secret... but we're always happy to share among friends...

So get blending for instant goodness and tasty bites! You'll cherish feeling peckish...





Rose petal sweets

by Camille Leloire



'These sweets are really easy to make and they can be a perfect snack! I love them because they're so unusual... I guess we're not used to eating flowers that much! It's actually a really good "recipe" if you have a garden or homegrown roses, as you wouldn't want to eat the pesticides on industrial flowers...'

Ingredients

- 3 organic or home-grown roses
- 1 egg white
- caster sugar (preferably white as it looks better at the end, but you can use brown sugar too if that's all you've got)

Preparation method

Carefully pluck up the rose petals and wash them with cold water. Make sure there are no insects left on the petals.

Put your egg white in a bowl and add enough sugar for the mixture to get slightly sticky. I usually add between three and five tablespoons.

One by one, dip the petals in the egg white and lay them on greaseproof paper. The petals have to be covered with just a thin layer of egg white, no more.

When all your petals are on the grease-proof paper, use a sieve to sprinkle sugar on the petals.

Leave the petals to dry for one or two hours and delicately turn them on the other side. Sprinkle sugar again.

When the petals are harder on both sides, it means they are ready! You can keep them in a bowl somewhere and make sure they stay dry.

You can have them as snacks, but you can also use them to decorate cakes. They look brilliant! *Bon appetit!*





Apple crisps by Laurent Quintal



'This is a really good snack and easy to make, especially when you have got apples sitting somewhere in a cupboard getting old. Just stick them in the oven and you can make delicious crisps.'

Ingredients

- 5 apples
- cinnamon (or any other spice you like)
- sugar

Preparation method

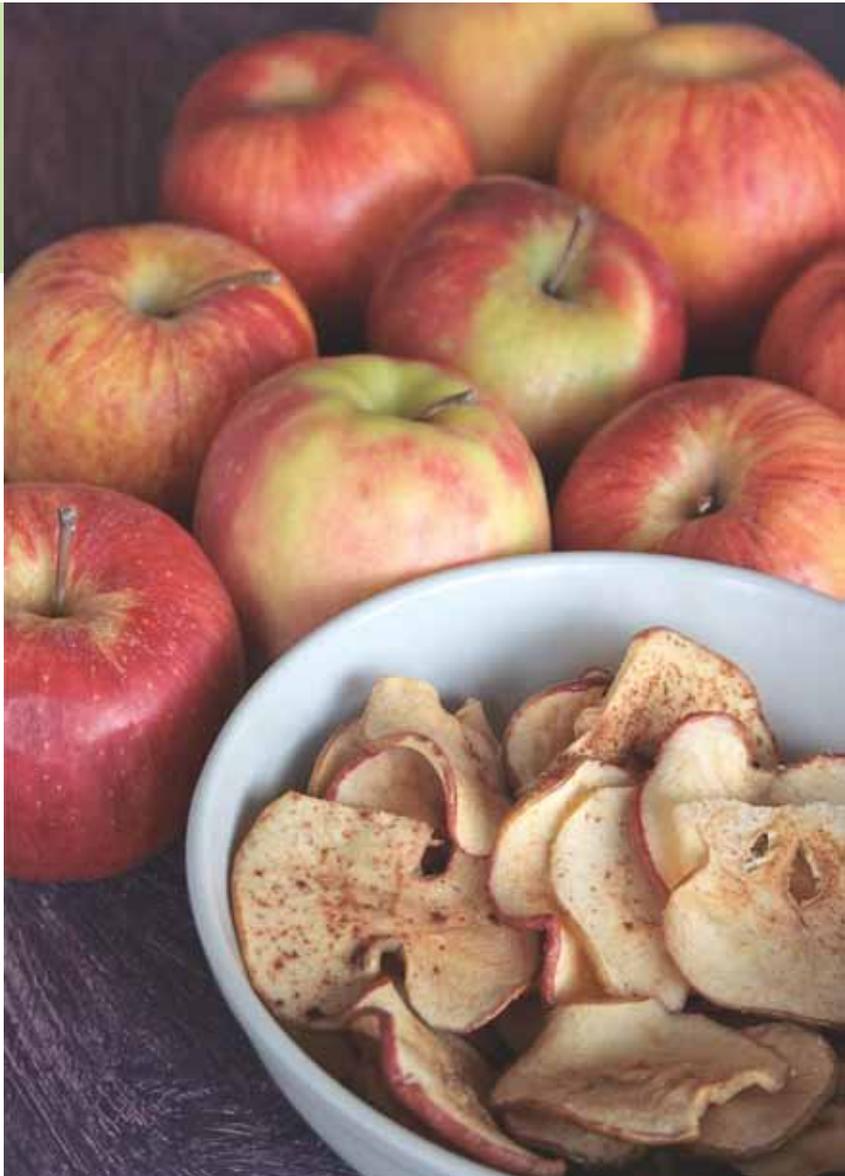
Pre-heat your oven to 170°C.

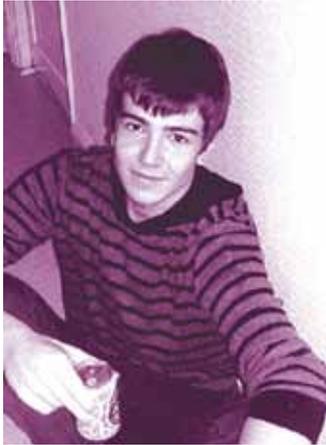
Slice the apples, making the slices as thin as possible and discarding the ends.

Place the slices on baking paper and sprinkle sugar and cinnamon on them.

Put the tray in the oven, on a very low heat, and bake for two to three hours. Turn them midway to make sure they get crispy all the way through.

You can then store the crisps for several days in a dry place.





After party smoothie by Tommy Labuttieri



'My favourite smoothie after a night out. When you're tired and dehydrated, there's nothing better than ginger and watermelon. This smoothie takes less than five minutes to make so you can make loads of it really easily, and it'll help you recover from anything.'



Preparation method

Remove the skin and the seeds of the watermelon and cut it into big chunks. Blend it.

Slice up an apple (you don't need to peel it) and add it in the blender. Cut off the skin of the ginger and add it as well. Blend everything.

If your blender is also an ice-crusher, you can add crushed ice to the smoothie.

Well I guess that's it. Just drink, enjoy and recover!

Ingredients

- 1/4 watermelon
- 1 apple
- 1 little piece of ginger





Veggie juice by Barry Hallinger



'Vegetables, vegetables, vegetables, I love vegetables. In juices, in cakes, everywhere. They are full of vitamins and they taste great. In a smoothie they're even better as you're eating them raw. A good way to get your five a day!'



Preparation method

Peel the carrot, the cucumber and the orange.

You don't need to peel the apple, just make sure you get rid of the core.

Chop up the carrot, cucumber, apple, orange and tomato in big chunks. Put them all in a blender.

Add a little bit of honey and blend everything for a few minutes until perfectly liquified.

Squeeze the lemon on top, and serve cold!

Ingredients

- 1 carrot
- 1 cucumber
- 1 tomato
- 1 orange
- 1 apple
- 1/2 lemon
- honey to taste



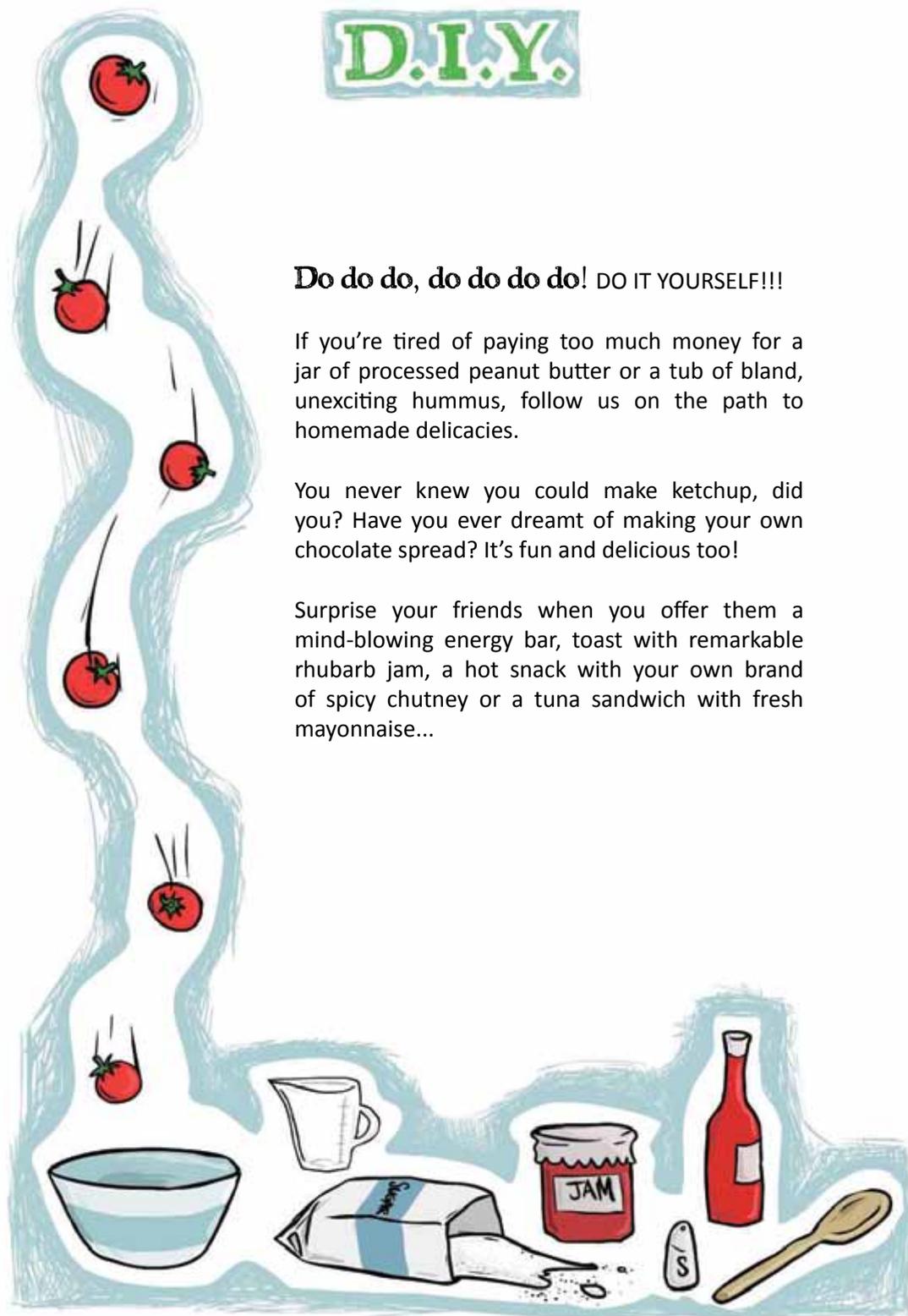
D.I.Y.

Do do do, do do do do! DO IT YOURSELF!!!

If you're tired of paying too much money for a jar of processed peanut butter or a tub of bland, unexciting hummus, follow us on the path to homemade delicacies.

You never knew you could make ketchup, did you? Have you ever dreamt of making your own chocolate spread? It's fun and delicious too!

Surprise your friends when you offer them a mind-blowing energy bar, toast with remarkable rhubarb jam, a hot snack with your own brand of spicy chutney or a tuna sandwich with fresh mayonnaise...





Hummus

by Eric Pradeux



'Yummy! Yummy! This is so easy to do! My mum showed me how to make it once, and now I want it all the time! It's a good snack and it's better when you do it yourself, rather than when you buy it from a shop!'

Ingredients

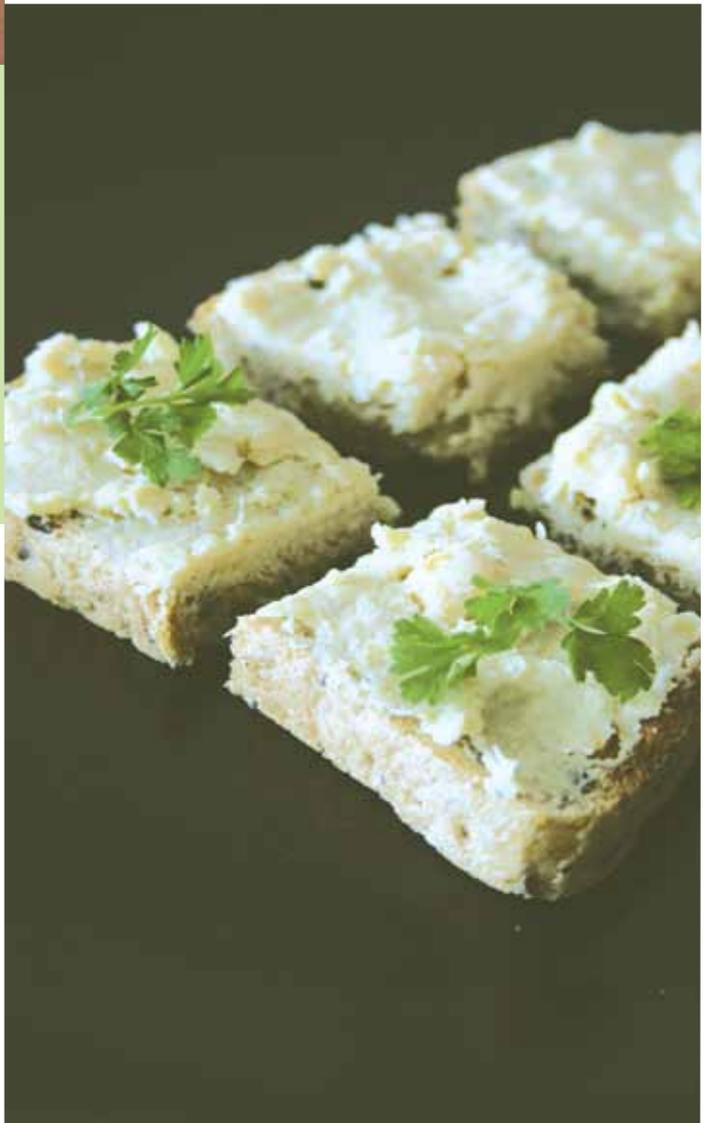
- 400g canned chickpeas (drained)
- 2 tsp olive oil
- 2 tsp lemon juice
- 2 garlic cloves
- paprika
- cumin,
- (optional: 3 tsp tahina and sesame butter)
- salt & pepper

Preparation method

Mix the chickpeas with the lemon juice, olive oil, tahina and crushed garlic cloves, until it becomes a smooth paste. Add salt, pepper, pinches of paprika and cumin (to taste)

Keep it in the fridge and serve cool on warm pitta bread or toast.

Mmmm!





Rhubarb jam

by Francis Magnal



'A good old school jam for the lazies. You almost don't have anything to do, except for watching the whole thing cook and get all sweet. And it's much better than the one you buy! I highly recommend it.'

Ingredients

- 400g rhubarb
- 200g to 300g sugar (depending on how sweet you like your jam!)
- vanilla flavour

Preparation method

Peel the rhubarb (don't bother using a knife, just do it with your nails).

Cut the rhubarb into three cm pieces and place them in a pan. Cover them with the sugar, add the vanilla and leave them for at least one hour.

Once in a while, stir the rhubarb. It should become soft and start producing water.

After one or two hours, put the pan on a low heat. The longer you left the rhubarb in the sugar, the shorter the time it will take to cook.

Just make sure you stir the mixture regularly and keep an eye on it. It should be cooked when the rhubarb turns yellowish.

To know whether your jam is cooked you can also drop a little bit on a plate. If it solidifies straight away, it means it's ready! Let it cool down and pour into a sealed jar.





Mind-blowing chocolate spread

by Sophie Desfleur



'This is a good alternative to the well-known chocolate spreads you can find in supermarkets; it's much much healthier as at least you know exactly what's in it!'

Ingredients

- 200g toasted hazelnuts
- 400ml whole milk
- 50g powdered skimmed milk
- 3 tbsp honey
- 200g milk chocolate, broken up
- 100g dark chocolate, broken up
- pinch of salt

Preparation method

In a pan, heat up the milk, powdered milk, honey and salt. When it starts boiling, take away from the heat.

Microwave the chocolate to melt it, or place it in a pan plunged into a bigger pan full of water. The chocolate has to melt and form a paste.

Place the hazelnuts in a blender and blend them until they turn into powder. You can blend thoroughly if you don't want chunks, but if you do, make sure you stop blending before they're all thoroughly ground.

Pour the warm chocolate into the blender. Blend. From time to time, shake the blender to make sure everything gets mixed together. The chocolate paste can sometimes get stuck on the sides and too far away from the blades. If that happens, take a knife and scrape the sides to push it back to the bottom.

When the preparation is thoroughly mixed, add the warm milk. Blend again until smooth.

You can then pour the mixture into one or more jars, depending on their size. It might be quite runny when it's finished, but that doesn't matter as the chocolate will solidify after a few hours in the fridge.

And you can keep it for up to nine days. Although it will probably be eaten before!





Chutney

by Will B. Sudney



'This chutney is the best ever. I always make huge quantities of it and keep it in jars for months. I never run out, that's for sure, and if you purchase your ingredients in the right place, it's also cheaper than buying good quality ready-made ones.'

Ingredients

- 5 large onions
- 2kg fresh tomatoes
- 3 large red peppers
- 500g sundried tomatoes (not in oil)
- 1 large bulb of garlic
- 3 bags of mixed chillies (approx. 50-70)
- 1 bottle of Haberno Tabasco sauce
- 1 pint of cider vinegar
- salt & pepper

Preparation method

Halve the tomatoes, and soak in a bowl of hot water for around fifteen minutes. Drain and chop roughly.

Roughly chop all of the other ingredients.

Gently fry onions, garlic and chilli, for approximately one to two minutes, then add tomatoes, peppers, Tabasco, cider vinegar and generous seasoning.

Stir continuously while bringing to simmering point, and leave on a low heat for around three hours (stirring occasionally to prevent sticking). Allow to cool then pour into jar.



- A**lmonds 33, 72, 77, 88, 91, 108
 Anchovies 62
 Apples 97, 99, 101
 Artichoke hearts 50
 Asparagus 48
 Aubergine 46, 68
 Avocado 47, 64, 75
- B**acon 41, 46, 66, 69, 83
 Balsamic vinegar 33, 50, 52, 72
 Bananas
 Dried 42
 Mousse 87
 Porridge 38
 Smoothie 100
 Beans
 Broad 69
 Flageolet 52
 Green 64, 83
 Red Kidney 81
 Beansprouts 48
 Bechamel sauce 34
 Beef
 Minced 57
 Steaks 58
 Stock 34
 Biscuits 89, 92
 Bread 68
 French 73
 Garlic 70
 Pitta 103
 Toast 39, 46, 74, 98, 107
 Bulgur wheat 49
- C**abbage 84
 Cakes
 Almond 88
 Carrot 94
 Chocolate 90
 Pancakes 43
 Pear and Almond tart 91
 Cake decoration 96
 Capers 62, 68
 Carrots 34, 3554, 57, 64, 79, 81, 82, 84, 94, 101
 Celery 54, 57
 Cheese
 Buffalo mozzarella 80
 Feta 52
- Goat's cheese 82, 98
 Parmesan 60, 66, 77
 Cheese Muffins 83
 Chicken 61
 Bones 34
 Breasts 63, 83
 Legs 51
 Livers 44
 Soup 83
 Stock 34, 51, 60, 83
 Chickpeas 103
 Chilli 33, 34, 47, 53, 55, 62, 73, 78
 Chocolate
 Cake 90
 Cookies 89, 92
 Dark 38, 87, 90, 92, 104
 Milk 38, 104
 Smoothie 38
 Spread 106
 Chorizo 57, 63, 71, 80
 Chutney 109
 Cider vinegar 109
 Cinnamon 33, 89, 97
 Coley 78
 Courgette 46, 50, 81, 98
 Couscous 50
 Cucumber 64, 101
 Curry 78
- D**esserts
 Biscuits 89, 92
 Cakes (see Cakes)
 Sweets 93, 96, 97
 Tarts 91
 Dressing 33
 Drinks 38, 99, 100
- E**gg 39, 41, 43, 44, 59, 71, 72, 77, 83, 87, 88, 90, 91, 94, 96, 110
 Energy bars 108
- F**ish
 Cod 78
 Coley 78
 Crayfish 85
 Salmon 59, 64, 85
 Tuna 62, 64
- Flour
 Corn 41, 81
 Plain 34, 40, 43, 72, 80, 82, 84, 85, 87, 88, 91, 92, 94
 Rice 77
 Self-raising 83, 89
 Fowl
 See Chicken, Quail
 Fruit
 See Apples, Bananas, Lemon, Mango, Orange, Pear, Raspberries, Rhubarb, Strawberries, Watermelon
 Dried 89, 108
- G**arlic 34, 41, 46, 47, 50, 53, 57, 59, 60, 61, 62, 63, 66, 68, 70, 74, 79, 81, 85, 103, 109, 110
 Garlic bread 70
 Ginger 48, 51, 65, 99
- H**erbs
 Basil 60, 62, 63, 66, 71, 80, 81, 98
 Chives 73
 Coriander 78
 Dill 59, 73
 Parsley 44, 50, 54, 62, 74, 79, 84, 110
 Rosemary 47, 61, 72
 Sage 61
 Thyme 59, 61, 63
 Honey 38, 40, 42, 47, 100, 101, 104, 108
 Hummus 103
- J**uice 101
- K**etchup 105
- L**emon 47, 49, 50, 52, 53, 57, 59, 62, 68, 70, 75, 78, 79, 101, 103
 Lemongrass 53
 Lime 75, 78
- M**ackerel 49, 73
 Mango (dried) 42
 Mayonnaise 110

Index

Meat

See Beef, Pancetta, Parma ham, Pork

Milk 38, 39, 40, 43, 82, 83, 84, 85, 87, 93, 100, 104

Coconut milk 78

Monkey nuts 107

Muffins 83, 98

Mushrooms

Button 66

Chestnut 81

Closed cup 46, 53, 82

Portobello 46, 48

Mustard 52, 85 (Dijon) 110

Mustard salad leaves 55

Noodles 48, 53, 83

Nuts

Almonds 33, 72, 77, 88, 91, 108

Monkey 107

Peanuts 107

Pine nuts 66

Pistachios 78

Oil

Olive 47, 49, 50, 52, 55, 57, 60, 61, 63, 66, 68, 69, 70, 72, 73, 74, 77, 78, 79, 80, 98, 103, 106, 110

Sesame 48

Sunflower 58, 71, 110

Olives 50, 62, 68

Onion 49, 50, 54, 57, 78, 79, 81

Orange 101

Paprika 57, 75, 81, 82, 103

Passata 98

Pasta

Lasagne 85

Spaghetti 57, 62

Tagliatelle 66

Peanut Butter 107

Pear 91

Peppers 46, 50, 63, 71, 74, 79, 80, 85, 109

Pesto 60, 66, 77

Pork

Cumberland sausages 79

Pancetta 69

Parma ham 55

Ribs 54

Porridge oats 38, 42, 46, 89

Potatoes 41, 71, 84

King Edward 58, 61

New 54, 63 69

Prawns

Cooked 47, 53, 64

Raw 47, 53, 84, 85

Pumpkin seeds 72

Quail 61

Raisins 89

Raspberries 90

Rhubarb 105

Rice

Basmati 78

Risotto 60

Sushi 64

Rice vinegar 64

Rocket leaves 47, 49, 52, 60

Salad 44, 49, 52, 55, 60, 73

Rocket leaves 47, 49, 52, 60

Salmon 59, 64, 85

Sausage 63, 79, 80

Sauces 34, 35,

Seaweed sheets 64

Sesame seeds 48, 52, 64

Soup 34, 46, 48, 51, 83

Sour cream 73

Spices

See Chilli

Cinnamon 89, 97

Coriander 78

Curry paste 78

Fennel 78

Garam masala 78

Nutmeg 89

Paprika 57, 75, 81, 82, 103

Turmeric 78, 81

Spinach 47, 49, 59, 85

Spring onions 44, 48, 78, 83

Squash 55

Stew 79

Strawberries 42

Sugar 39, 64, 83, 87, 88, 90, 94, 96, 105, 106, 108

Brown sugar 89, 92

Icing sugar 91

Sushi 64

Sweets 93, 96, 97

Tabasco sauce 75, 109

Tapioca pudding 93

Toast 39, 46, 74, 98, 107

Tomatoes 53, 63, 72, 75, 80, 82, 101, 106, 109

Cherry 77, 61, 50

Sundried 109

Tinned 57, 62

Tomato purée 57, 80

Tomato sauce 34

Tuna

Cooked 62

Raw 64

Vanilla extract 87, 93, 105

Vegan 82, 92, 98, 101

Vegetable 46, 48, 50, 55

Vinaigrette 33

Vinegar

Balsamic 33, 50, 52, 72

Cider 109

Malt 58

White wine 59, 106, 110

Watermelon 99

Wine

Red wine sauce 35

White wine 34, 60, 63, 110

Worcestershire sauce 41, 84

Yoghurt 42, 100

Zucchini

See Courgette

