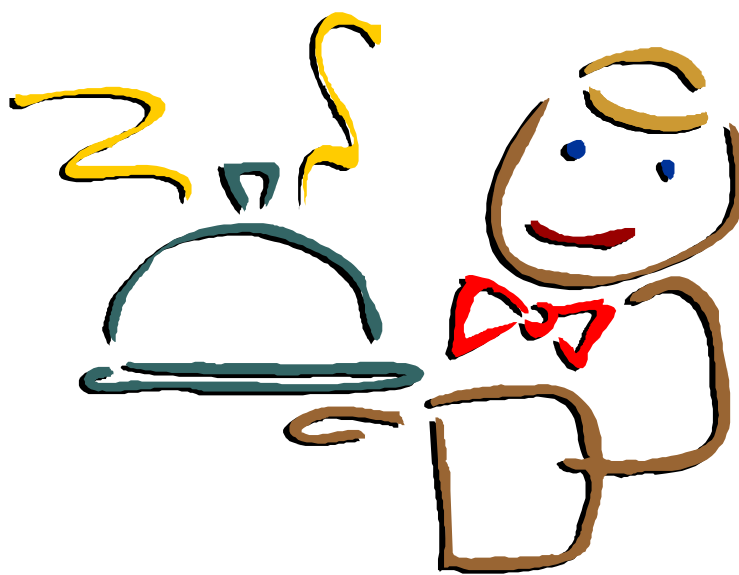


PHAB PHOOD  
For

BEGINNERS



Easy Recipes for Young Independent People  
by  
Pelaw Phab Club  
2004



## INTRODUCTION

Hi,

This is **Phab Phood** by Pelaw Phab Club.

The members of the Phab Club have designed this book as a guide for young people or even those who just need a little help in the kitchen. We have worked extra hard in the making (and tasting) of the food and design of the book. All of the meals are cheap and easy to make and we can guarantee they taste good. We would like to take this opportunity to thank KEYFUND for their financial support in putting this book together.

Hope you enjoy it!

**Pelaw Phab Club**

# Kitchen Basics 1

## Store Cupboard

If you are not sure what sort of stuff makes up the basics for a good kitchen store cupboard, we've listed 28 'essential' ingredients that every good cook should have to hand.

- ▶Anchovies
- ▶Bay leaves
- ▶Beans - tinned or dried
- ▶Cinnamon
- ▶Whole cloves
- ▶Dried grapes
- ▶Flour
- ▶Garam masala
- ▶Ginger
- ▶Honey
- ▶Mustard
- ▶Noodles
- ▶Nuts
- ▶Vegetable oils
- ▶Olive oil
- ▶Paprika and cayenne pepper
- ▶Parsley
- ▶Pasta
- ▶Black pepper
- ▶Rice
- ▶Rosemary
- ▶Sage
- ▶Salt
- ▶Soy sauce
- ▶Speciality oils
- ▶Stock cubes and powders
- ▶Sugar
- ▶Thyme
- ▶Tinned tomatoes
- ▶Tomato purée
- ▶Vinegar

Over the next few pages is a description and guide to the uses of each of these basic 'Building Blocks' for your kitchen.

## **Anchovies**

Anchovies are useful for seasoning other ingredients without giving a fishy flavour. Their distinctive flavour is welcome as a garnish for pizzas or cheese on toast. They're an essential ingredient in 'salade Nicoise' and indeed within the dressing for the classic Caesar salad - try using anchovies in salads using potatoes, olives, pasta, or crispy lettuce leaves.

Alternatively make a paste of anchovy fillets, butter and spices - to serve with grilled steak, poached eggs or grilled mushrooms. It's amazing how far a few fillets can go!

## **Bay leaves**

Bay leaves are an essential ingredient of the classic bouquet garni: parsley, thyme and a bay leaf. Some herbs that are rich in oils, such as bay, taste stronger dried than fresh. The bittersweet, spicy leaves impart their pungent flavour to so many dishes and ingredients.

Long cooking draws out the aroma of this herb and most braised, poached and stewed dishes benefit from its flavour. Drop a leaf into soups and stocks. Add a bay to poaching liquid for fish or to infuse the milk for custard or rice pudding. Bean soups and stews are enhanced by a bay leaf and rice dishes like risotto or pilaf are too.

## **Beans - tinned or dried**

### **See Kitchen basics 2**

Dried and tinned beans - in their many varieties - have been around for thousands of years and have always been a store cupboard essential and indeed a staple food in many parts of the world. Dried beans need to be soaked, overnight

preferably, before they can be used. Tinned beans are already cooked and only need rinsing and draining before using.

The flavour of each bean is different but they all share a wholesome, earthy taste. They can be served alone or combine well with other flavourings and foods and many cuisines have their own classic bean dishes: the French 'cassoulet', the Spanish 'cocido' and the smoked bacon or pork and bean stews of Romania and Hungary.

Beans are also great used to thicken winter soups and stews - cooked whole, mashed or puréed. Beans can also be mixed with pasta or rice in soup for a hearty dish. Falafel is a Middle Eastern delicacy of pureed beans mixed with garlic, onions and herbs and spices and made into patties. Beans are a good substitute for meat in burgers as protein as well as substance. Mexican fajitas wouldn't be the same without refried beans - pureed beans that are fried and spread on a tortilla. Cold, cooked beans are also excellent mixed with garlic vinaigrette for a salad to accompany fish or cold meats.

## **Cinnamon**

Cinnamon is well known as an essential ingredient in many sweet dishes, but its warm, sweet flavour is also prized in savoury dishes too. It's best to buy the ground up spice when required, but remember to buy in small quantities as the freshness and flavour quickly disappear.

The use of ground cinnamon is great when it comes to baking - in buns, cakes, sweet pastries and puddings. Baked apples or apple pies wouldn't be the same without the flavour of cinnamon. is used to flavour meat, poultry and vegetable stews and it can be added to spicy marinades or to spice up rice dishes.

## Whole cloves

Cloves are a versatile spice that can be used in drinks and in sweet and savoury dishes. The most aromatic part of the clove is the bud, so inspect your cloves before you buy them. The pungent, sweet flavour of the clove lends itself perfectly to meat like beef or venison, fruits like apples, oranges and plums and when pickling vegetables. Spike an onion with cloves and place it into a meat stew or casserole, add a few to chilli-con-carne, spice up boiled rice or pop one into a bouquet garni.

## Dried grapes

**Sultanas, currants and raisins** are all dried grapes of different varieties. Apart from being a healthy snack food on their own or with nuts, dried grapes are versatile ingredients in sweet and savoury dishes. In their dried form they're obvious ingredients for fruit cakes and Christmas pudding, biscuits, buns, cakes, muesli and in winter fruit salads and compotes.

When re-hydrated in water, tea or alcohol they can be puréed or stirred whole into mousses, fools or ice cream. Their natural sweetness is often an important flavour in savoury dishes, such as the Pakistani bread Peshwari naan, stews, stuffings, sauces, chutneys and rice dishes.

## Flour

Plain and self-raising flour are just two of the many derivatives of wheat essential in the making of bread, pastry, pasta, cakes, pies and biscuits - few kitchens can function without it. **Plain flour** is used in pastry making or to thicken sauces, soups, stews and casseroles. Raising agents are added to plain flour to make **self-raising flour**, commonly used to lighten and give an airy texture to cakes and sponges.

**Strong white** has a high protein and gluten content, making an elastic dough most suitable for bread and yeast-based cake making. **Cornflour** is best used as a thickening agent in stews, casseroles and sauces or in the making of biscuits.

## **Garam masala**

Garam masala is an essential spice if you're a fan of Indian food. It's a mixture of several ground spices (recipes vary) that's added to a dish near the end of cooking to give aroma and flavour. The blend of spices in the Garam masala varies according to the dish to which it's added so a spice blend for a fish dish is different to the spice mix for lamb.

Basic Garam masala contains cumin, coriander, cardamom and black pepper. Depending on the ingredients of your dish, you can enhance the Garam masala by adding other spices like ginger and turmeric (which would suit chicken or fish). Cloves and fennel seeds might be added to a mix for dark meats like lamb or beef.

Garam masala is readily available to buy already mixed, however you can grind and mix your own. You'll need a good variety of spices - cumin seeds, coriander seeds, cardamom pods, black peppercorns, cloves, fennel seeds and dried ginger. Simply add your spices to a heated pan and dry-roast them until the aroma is released. Cool slightly and grind the mixture as much as possible with a blender or pestle and mortar. To add a spicy headiness to your Indian cooking blend Garam masala with a little water and add to curries or just sprinkle it over the dish as a seasoning.

## **Ginger**

The zesty crispness of fresh root ginger and the spicy warmth of ground ginger are just two aspects of this highly-prized spice - ginger can be dried whole, pickled and crystallised in

syrup too. When buying fresh ginger look for plump, smooth-skinned tubers that are firm. The length of the root indicates maturity, and the longer it is, the hotter and more fibrous it will be. Fresh ginger can be wrapped and chilled in the refrigerator for up to a month or it can be wrapped and frozen. Just cut off how much you need and then peel before use (although peeling isn't always necessary, especially if you intend to grate the root).

Fresh root ginger is a favourite in Chinese and Indian cuisines. The Chinese chop, slice and grate it into stir-fries and dishes using pork, chicken, beef, duck, fish, prawn, crab and vegetables. It's also used to flavour poaching syrup for fruit. An Indian curry wouldn't be the same without the spiciness of ginger to complement all the other spice ingredients.

Ground ginger is the dried, powdered form and is quite different from fresh. The fresh root and ground ginger are generally not interchangeable but the root can be grated into cakes when baking. Like most spices, buy ground ginger in small quantities as its potency and flavour diminish quite quickly. Mainly used in sweet dishes, it's the flavour of ginger biscuits, gingerbread, parkin and brandy snaps. Add a pinch to stewed fruit for pies and crumbles or add it to spice mixes for marinades.

## **Honey**

Honey is the oldest sweetener in the world. Don't cook with it but enjoy its exquisite flavour trickled over ice cream, yoghurt or pancakes or just eat it straight from the jar!

It can be used as a substitute for sugar in baking buns, bread, pastries and cakes. Use it in mousses, ice creams and to flavour creams and confectionery like fudge. Sweeten fruit salads, stewed fruits and hot drinks with it.

Honey is versatile on the savoury front too. Use it to glaze hams or in marinades for pork chops, ribs and chicken pieces. Add a little to a stir-fry or to a sauce for chicken or turkey. Glaze roast parsnips, roast potatoes or roast lamb with a little honey

## **Mustard**

**English mustard** is based on a blend of brown and white seeds, flour and turmeric for colour. The hot, pungent flavour is excellent with cold meats, steak, roast beef, gammon or sizzling sausages. The uses of mustard are so various that it's worth keeping a few different types in the store cupboard.

**French mustards** like the creamy, slightly hot **Dijon, Meaux** which made from mixed mustards seeds and the thick, dark brown **Bordeaux** (best known as French mustard) together with English mustard, are widely used as condiments but can be used to add piquancy to a sauce, dressing or a marinade.

Whole black, brown and white mustard seeds are used in chutneys and pickles and the ground seeds are used for seasoning meat, fish, in salad dressings, vegetable dishes and particularly cheese dishes.

## **Noodles**

Noodles are a type of pasta made from flour, eggs and water - or just flour and water. They come in different shapes and sizes of strands, either fresh or dried and the flours used in their making vary according to the dish being cooked.

Far Eastern cooking uses many different types of noodles, made from **wheat, mung bean, buckwheat, potato** or **rice flour** and can be used in soups, stir-fries or in sauces for dishes using shredded meats, prawns or vegetables. Whichever noodles you choose, they're perfect store cupboard ingredients - quick to cook and versatile in preparation.

## Nuts

**Almonds** can come skin-on or blanched, whole, halved, flaked, chopped or ground and each has its own uses. Whole or halved almonds are used in Moroccan tagine dishes and trout with almonds is a classic dish. Indian cooking uses ground almonds in mild curries or flaked toasted almonds to garnish scented rice and curry dishes.

Almonds are an important ingredient in many sweetmeats, pastries and cakes. Macaroons and marzipan. Flaked, chopped or ground, the flavour of almonds goes well with apples, apricots, lemon and orange, with vanilla and chocolate. Garnish a winter fruit salad with toasted flaked almonds or Indian pilau rice. Use almonds in the making of ice cream, creams and custards or even a creamy almond soup.

**Walnuts**- Not only do ground and chopped walnuts make wonderful cakes, biscuits, buns and breads, but the flavour is also exquisite in ice creams, toffee, fudge and other confectionery like walnut brittle or praline.

**New season walnuts** are delicious eaten with cheese - especially soft goat's cheese or cream cheese.

Walnuts have a short shelf life once shelled and they're best kept in the fridge in an airtight container. For long-term storage, it's best to buy walnuts in shells and shell them as you need them. If the shell is firmly sealed you can store them for a few months but never keep nuts from one year to the next as the flavour and quality quickly deteriorates.

**Walnuts halves** or **roughly chopped nuts** can add crunch to salads laced with walnut oil dressing. Add them to noodles or with chicken in Chinese dishes or chop them into stuffings.

## **Vegetable oils**

**Vegetable oil** can be made up of a combination of oils such as **rapeseed, safflower, cottonseed, palm oil** or **Soya** in any proportions. This inexpensive all-purpose cooking oil is best used for shallow and deep fat frying as it can heat up to a high temperature. It shouldn't be used in salads or in baking as it has its own flavour, which other foods take on. Always good to have in the cupboard for crispy chips, frying chops and steaks or stir-frying vegetables.

**Sunflower oil** is tasteless and can be heated to high temperatures, so it is considered to be the best all-round oil. It's excellent for frying and sautéing and, as it's flavourless and light in texture, it's good for salad dressings, marinades and for making mayonnaise.

## **Olive oil**

The virtues of olive oil range from the sublime flavours from different varieties of olive to the medicinal and health-giving qualities that it imparts due to the mono-unsaturated fats and level of vitamin A. Like a wine, olive oil varies from year to year depending on climate, soil and type of olive. Single estate olive oils are produced and bottled at source on the estate and are prized like a fine wine.

**Extra-virgin olive oils** come from the first pressing of the olive. They're expensive but worth it for their sublime fruity flavour. They should never be used in cooking as heat destroys the fine properties. Get the gastronomic pleasure of the flavour from extra virgin olive oil by using it to dip bread or to flavour a salad or as a marinade for poultry, meat, fish or vegetables.

There are many different labels for olive oil and it can get confusing; keep in mind that extra virgin olive oil comes from

the first pressing of the fruit. All other olive oils come from second, third or fourth pressings and they may be combined or refined by means of heating to extract the oil - the more it is processed the lighter the flavour. All these other oils, from second pressing virgin olive oil to last pressing light olive oil, can be used for frying, in salad dressings, marinades or baking.

### **Paprika and cayenne pepper**

These two spices are made from the dried red peppers of the capsicum family. **Cayenne pepper** is ground from dried chillies where both the pod and the seeds of very hot chillies are used making it very fiery - as such it should be used to taste. A pinch of cayenne is good used sparingly in vegetable or lentil soups, in curries or sprinkled over stir-fried prawns or crispy whitebait. If you like a little heat then add some to shepherd's pie, chilli con carne or to fondue cheese.

**Paprika** is milder than cayenne. It's ground from sweet and hot dried peppers and is never fiery, just mild and sweet. Use paprika to give spicy depth to lamb, chicken and fish dishes. Egg mayonnaise is often garnished with paprika - try sprinkling a pinch over the yolk of a fried egg or adding it to creamy scrambled eggs.

### **Parsley**

No kitchen should be without a good supply of this multi-purpose herb. It can be used not only as a flavouring, but in abundance as a vegetable as well. There are two main varieties - the common curly leaf and the flat leaf. Both can be used for the same purposes although flat leaf parsley has a stronger flavour and tends to be favoured in Mediterranean cooking. Parsley can be used in almost any savoury dish and it's a shame to limit it to a garnish. It's especially good used in great quantities in fresh salads or in soups and sauces. Chop or shred it and mix with butter to melt over fish or glaze vegetables.

There's just as much flavour in the stalk as in the leaf, and both are used in bouquet garni to flavour stews and stocks. It's delicious briefly deep-fried and served as a vegetable to accompany chicken, veal or fish. Used in marinades, stuffings, in omelettes - the list goes on and the kitchen should never be without it!

## **Pasta**

Pasta - like macaroni, spaghetti, vermicelli and lasagne - is simply a mixture of flour and water combined into a paste, which is then kneaded and cut into shapes. The shape of pasta used depends on the dish being cooked as there is pasta for soup, for boiling, for baking and for stuffing.

For thin soups, tiny pasta shapes or vermicelli are good. More robust soups like minestrone take pasta like macaroni or bits of spaghetti. Spaghetti is perfect boiled for a bolognese sauce or meatballs. Ravioli and tortellini are examples of stuffed pasta and the fillings can vary from meat to cheese and vegetables like the classic ricotta and spinach. Lasagne sheets and cannelloni are good pastas used in baked layered meat or vegetable dishes like lasagne al forno. Every store cupboard should have a pasta shape or two - the cook would be lost without it!

## **Black pepper**

This is not only a condiment but also a spice with a strong and fragrant aroma. Pepper is one of the most important spices, fundamental to many of the world's finest cuisines. Used whole as a spice, peppercorns can be added loose to stews and soups or within a bouquet garni

Black pepper tends to be favoured above white pepper. White peppercorns are hot but without the intense spiciness and aroma of black pepper. When ground or crushed, black pepper

adds a flavour of its own and also enhances the flavour of other ingredients. Lightly crushed or cracked peppercorns can be used to spice up a creamy sauce or to coat fillet steak or chicken breasts. The light crushing releases the fragrant spiciness that complements meat or poultry or fish - however, using ground pepper in this way would just release too much heat!

The intense aromatic qualities of ground black pepper are best used as a condiment according to taste in all manner of dishes. Although it may seem odd, grinding fresh black pepper over a bowl of strawberries enhances the flavour of the fruit releasing a very subtle pepper flavour - what could be more versatile than that!

## **Rice**

Rice is the staple food of about half the world's population so it's no wonder that it should be a store cupboard essential. Such a versatile, inexpensive easy-to-cook foodstuff, rice provides a bland base accompaniment for dishes like curry or is an integral part of others like risotto or pilaf. It can take on flavourings such as herbs and spices very well. Different types of rice have different levels of absorption and they're distinguished by the size of the grain - long, medium or short.

**White long grain rice** is best when dry separate grains are needed, as for salads, and its absorbent qualities go well with sauces or casseroles. **Risotto rice** has an incredible capacity to absorb a great amount of cooking liquid and still retain bite, just like **paella rice**. When cooked, **basmati rice** gives light, fluffy separate grains perfect to accompany curries or in biriyani and pilaf dishes. Rice can replace breadcrumbs in stuffings and a few grains can be added to soups to thicken the broth.

## Rosemary

This is a most versatile herb with a flavour that complements a wide variety of dishes and ingredients. Native to the Mediterranean, its bittersweet, green leaves are similar to pine needles and when used sparingly, its flavour goes well in subtle and delicate dishes like ice creams, sorbets, foos and fruit salads. The robust and highly aromatic flavour of rosemary is perfect when used within a bouquet garni for soups, stews and casseroles or whole sprigs are added to flavour roasted vegetables. Meat, poultry and game can be spiked with rosemary or it can be chopped and used in stuffings and sauces for fish, lamb or chicken. Italian breads are often flavoured with rosemary leaves.

Remove leaves or sprigs after cooking as much as possible; it is a good idea to crush dried rosemary before adding it to your dish, as the sharp leaves can be difficult to remove after cooking.

## Sage

Sage is a very strong herb that can withstand long cooking times and still retain flavour.

The strong flavour of sage means that a little goes a long way, especially if you're using dried, so use sparingly. Its uses stretch way beyond sage and onion stuffing. It goes well with pork, beef, duck and chicken recipes.

## Salt

Salt is probably the most important store cupboard essential. Knowing how much salt to use and when is a skill - when cooking you must 'season to taste' as some like food more salty than others. Too heavy-handed with the salt usually means it's impossible to rectify your mistakes. **Crystal rock salt** can be

milled or used as is. **Cooking salt** is refined rock salt; **table salt** is finely ground; **refined rock salt** has magnesium carbonate added to make it free running and damp-free. **Low sodium salt** has a reduced level of sodium chloride for those who are on a low sodium diet.

**Sea salt** comes from salt pans where waves wash over rocks and recede leaving pools of water. The sun evaporates the water and leaves the salt in the form of crystals that can either be used in cooking or preserving, as whole crystals or ground. Good quality sea salt, such as that from Malden in Essex, is now more widely available and even though it's more costly, less is used because it has a very salty taste.

### **Soy sauce**

Soy sauce is an essential ingredient in Asian cuisine and is made by the fermentation of Soya beans with salt, water, and barley or wheatflour. There are many varieties of soy sauce that vary in consistency and in strength of flavour - light and dark are more commonly used. **Light soy sauce** is quite thin and has a saltier flavour than dark soy. It is used to give flavour to dishes without darkening them, when stir-frying vegetables or chicken for instance.

**Dark soy** is thicker in consistency and richer. It gives good colour to noodle dishes and its sweetness is good for a dipping sauce. Soy sauce is not only essential in Japanese and Chinese cooking when stir-frying or used as a condiment, but it's good to have in the store cupboard for use in a marinade, splashed into a stew or in BBQ sauces for meat and vegetables.

### **Speciality oils**

If you're a fan of Oriental cooking then **sesame oil** is essential for your store cupboard. It has a nutty, strong flavour and a little goes a long way when used for marinating poultry and fish

or flavouring noodles and vegetables. Its fine flavour should be used as a condiment after cooking has finished. It is not suitable as a cooking oil as it burns at a low temperature and heat destroys its fine properties.

**Walnut** and **hazelnut oil** are both expensive but again, only small amounts are needed to add their flavour in salad vinaigrettes, marinades or even in baking to flavour biscuits or pastry. Not good to cook with as heat impairs their flavours.

### **Stock cubes and powders**

Chicken, beef and vegetable - there are many varieties of stock cubes and powders but the main ingredients are herbs and spices, yeast extract, caramel, sugar, salt, onion, celery, fat and **MSG** - monosodium glutamate - a salt of glutamic acid. If you want to avoid **MSG**, check the product ingredients before you buy, as there are some powders and cubes without it. They're great to use when there's no time to make fresh stock but care needs to be taken in their use, as they can be quite salty.

### **Sugar**

Sugar is found naturally in every fruit and vegetable, occurring in large quantities in sugar cane and sugar beet from which it is processed for use, raw or refined. All white sugar is refined where all the impurities and molasses (sticky syrup) are removed. Brown sugars are usually unrefined being only part purified with some molasses left in. The colour, texture and taste are determined by how purified and how much of the molasses are removed.

We know sugar as a sweetener in custards, puddings, meringues and pies but in addition it's also an essential ingredient that performs vital chemical and physical functions. It is a setting and preserving agent for jams, jellies and chutneys. It has a

stabilising effect on the texture of some frozen desserts like sorbet and ice cream. It helps in the rising and aerating of cakes and bread and aids the thickening of sauces, soufflés and custards. It also adds important taste and flavour to savoury dishes - a pinch of sugar lifts a fresh tomato sauce or adds to a casserole.

## **Thyme**

Thyme is an all-purpose herb, the heady, aromatic flavour of which no kitchen should be without. Its intensely pungent flavour complements all meats, chicken and game. Its robust nature means that it can withstand long cooking times - it's essential in slow-cooked dishes like stews and daubes. It is one of the herbs of a bouquet garni along with parsley and bay, and its flavour also marries well with other robust and heady herbs like rosemary and sage.

Chop it up in stuffings for poultry or lamb or use chopped in a marinade for olives. Add sprigs to marinades for meat, fish or vegetables or tuck a few sprigs with half a lemon and an onion inside a chicken before roasting. Thyme is best when fresh but you can buy it dried or freeze-dried.

## **Tinned tomatoes**

Tinned tomatoes, whole or chopped, are a store cupboard essential. It pays to keep plenty to hand, although it pays to shop around, as some products are better in quality than others. Tinned whole tomatoes should be in a thickish tomato juice. Chopped tinned tomatoes should be a thickish pulp rather than pieces of chopped tomato in a thin, watery juice.

When you've found a good source, the uses for tinned tomatoes are almost endless. They are invaluable in the making of sauces for pasta dishes using pork, lamb, beef or fish. Use

tinned tomatoes for soups and sauces for chicken and offal, in ratatouille or in vegetable and meaty casseroles.

Tinned tomatoes are great used as the tomato base for home-made pizzas or as part of the sauce for a curry or simply heat a tin with a little basil and garlic and serve on toast with grated cheese on top!

### **Tomato purée**

This is an unseasoned concentrate of tomatoes and water. It has a dense texture and a highly concentrated flavour that, when added to soups, casseroles or sauces, gives an intense tomato flavour and helps to thicken the dish. Tomato purée is an important ingredient in Indian and Mediterranean - especially Italian, Greek, French and Spanish cuisines - and it complements vegetables, meat and poultry dishes.

### **Vinegar**

**Wine vinegar** is made from any wine that has not been chemically treated. **Red and white wine vinegar** are plentiful and inexpensive. They can be used with other ingredients flavours and can be flavoured with herbs and spices, chillies, peppercorns and garlic.

**Balsamic vinegar** is made in the region of Modena, Italy, and has a smooth sweet-sour flavour. Use with a little olive oil for a subtle salad dressing or add a few drops to meaty stews, when frying steak or chops, in marinades.

**Malt vinegar** is made from sour unhopped beer. Commonly used in pickling and bottling, especially onions and vegetables, it's also used in the making of piccalilli, chutneys and, of course, fish and chips wouldn't be the same without it!

# Kitchen Basics 2

## Pulses and Beans

Dried pulses store well for long periods if kept in a dry, airtight container away from the light, but it's best to eat them as soon as possible, as they toughen on storage and take longer to cook.

Allow about 55g (2oz) dried weight per person - once soaked and cooked they will at least double in weight. Most dried pulses need soaking for several hours before they can be cooked - exceptions are all lentils, green and yellow split peas, black-eyed and mung beans. Soaking times vary from four to 12 hours (see below), but it's usually most convenient to soak pulses overnight. Always discard the soaking water, then rinse and cook in fresh water without any salt, which toughens the skins and makes for longer cooking. When bought canned, they're already cooked and only need draining before heating.

Most whole pulses (except for kidney beans) can be sprouted, which increases their nutritional value.

### Soya beans

Soya beans are protein-packed and full of iron and calcium. The dried beans take a long time to soak - at least 12 hours - so you might find the canned beans an easier option! Fairly bland in taste, they need a dish with plenty of distinctive flavours. Try cooking them alongside tomatoes, garlic or curry spices. They can be puréed and added to soups and casseroles, but they're most often eaten in the form of Soya-based products, such as

Soya milk, tofu, TVP, Soya sauce and miso (fermented Soya bean paste).

## **Lentils**

Varying in size and colour, lentils can form a nutritious basis for a meal. Larger brown or green lentils retain their shape during cooking and are particularly good in soups. Red and yellow lentils cook down well, can be puréed and are used a great deal in Indian cooking, such as in a spicy dhal. Tiny green Puy lentils have a distinctive flavour and also keep their shape and colour when cooked. They're delicious cooked simply and drizzled with olive oil.

## **Kidney beans**

Normally dark red-brown, this kidney-shaped bean holds its shape and colour and is therefore great in mixed bean salads and stews, including the traditional chilli con carne. Dried kidney beans need to be cooked carefully. Soak for at least eight hours. After soaking, drain and rinse them, discarding the soaking water. Put them into a pan with cold water to cover and bring to the boil. The beans must be boiled for ten minutes to destroy toxins. After this, simmer until cooked (approximately 45 to 60 minutes). The beans should have an even creamy texture throughout - if the centre is still hard and white, they require longer cooking. Kidney beans mustn't be sprouted.

## **Chickpeas**

Shaped like hazelnuts, and with a tasty nutty flavour when cooked, chickpeas are used all over the world in dishes such as the Indian kabli chana or Spanish caldo Gallego. Chickpeas are a key ingredient of hummus - a traditional Greek dip of cooked chickpeas, tahini, oil and garlic. They can be bought and soaked from dried, but canned chickpeas do just as well for most recipes.

## **Borlotti beans**

Borlotti are Italian beans with a mild bittersweet flavour. They're used in regional stews and often mixed with rice, and are particularly good in soups such as minestrone and pasta e fagioli.

## **Black-eyed beans**

Small and creamy-flavoured, with a black 'scar' where they are joined to the pod. Used a lot in American and African cooking and are the essential ingredient in a traditional southern-style dish 'Hoppin' John' - a mixture of black-eyed beans, bacon and white rice which is traditionally eaten on New Year's Day.

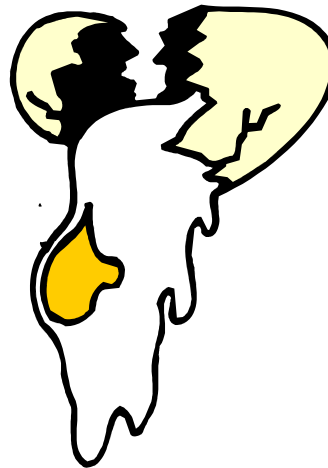
## **Pinto beans**

The original ingredient of Mexican refried beans, this orange-pink bean with rust-coloured is creamy-white in colour with a fluffy texture when cooked. It is good in soups, salads and rich stews. Sometimes known as fava beans, and floury in texture when dried, many people prefer the fresh version which is widely available in the UK.

# Kitchen Basics 3

## 1. Measurement Conversions

Imperial		Metric*
1oz	=	25g
2oz	=	50g
4oz	=	100g
$\frac{1}{4}$ pt	=	135ml
$\frac{1}{2}$ pt	=	275ml
1 pt	=	550ml



- These metric measurements are slightly less than the imperial, so cooking times may be shorter.

## 2. Basic Sauce Recipe

Makes  $\frac{1}{2}$  pt (275ml)

40g butter

1 tablespoon plain flour

275ml warm milk

Salt & pepper

Melt the butter in a small pan over a gentle heat until 'foaming'. Sprinkle in the flour and cook for 2-3 minutes, stirring all the time to prevent sticking / burning. This makes what is called 'roux'.

Then pour on the milk about 50- 100mls at a time, stirring well. Remember to go round the edges of the pan to stir in any uncooked roux.

When all the milk is mixed in, bring to the boil, then simmer for 3- 5 minutes over a gentle heat, again stirring all the time, until the sauce thickens. Add the salt / pepper to taste and serve straight away.

### **3. Variations**

- **Cheese Sauce**

When the sauce is cooked, remove from heat and stir in 50 - 100g of grated Cheddar cheese until melted .

- **White Sauce with herbs**

Add 1- 2 tablespoons of chopped or dried herbs (Parsley, Tarragon or Dill) when the sauce is cooked.

### **4. Pancakes**

#### **Ingredients**

125g / 40z Plain flour

1 egg

$\frac{1}{2}$  pint milk

pinch of salt

vegetable oil

#### **Method**

Mix the flour and salt in a large bowl.

Make a well in the centre and break in the egg.

Add  $\frac{1}{2}$  of the milk and gradually work in the flour until smooth.

Add the rest of the milk and beat until well mixed and the surface is covered with bubbles.

Heat a little oil in a heavy based frying pan, running it round until the whole pane is covered.

Lift the handle slightly and pour in a little batter so that it flows over the pan.

Cook over a moderate heat until golden underneath, Turn over with a spatula (or you can be flash and flip it over) and cook the other side.

Slide the pancake onto greaseproof paper.

Repeat until all batter used up, or you have enough pancakes.

Your pancake can then be eaten however you fancy. Basic with a little sugar and lemon juice, or with any filling you care to try.

## **5. Plain Omelette**

### **Ingredients**

2 eggs

Salt and pepper to taste

15ml / 1 tablespoon water

Small knob of butter / vegetable oil

### **Method**

Break eggs into a bowl, add water and seasoning.

Whisk with wire whisk or fork, just enough to break down the egg.

Place omelette pan over gentle heat and add butter / oil to grease the base.

Pour in the egg mix and stir gently with fork or palette knife, moving the set mixture to the centre so the liquid runs to the edges.

When it is set, cook for another minute. The omelette should move freely when you shake the pan. Gently fold the omelette in half and turn it out onto a warmed plate and eat at once.

Various toppings or fillings can be used with omelettes as for pancakes, both savoury and sweet. It is probably best to add any fillings / toppings just before you fold it in half.

## 6. Baked potatoes

Scrub potato and dry off, then prick skin all over with a fork to prevent skin splitting.

Brush the skin with a little oil or melted butter then bake at 200 C / 400F / mark 6 for 45 mins - 1 hr until soft when squeezed (using an oven glove!)

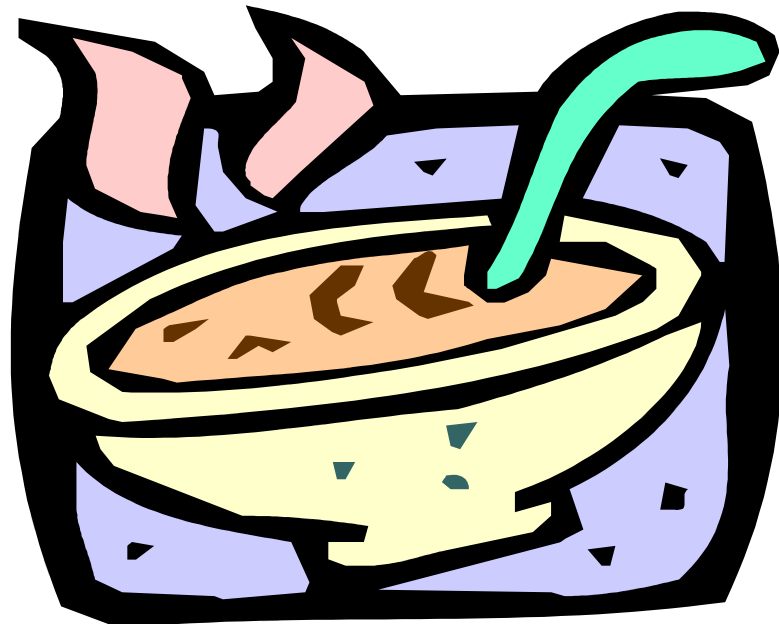
Cut potato in half or lengthways, or cut a cross in the top and serve topped with butter, cheese, tuna, beans etc. Whatever you fancy!



Starters

and

Snacks



## Spicy Potato Wedges

### Ingredients

4 large potatoes

Olive oil

mixed dried herbs (Oregano, basil etc)

Garlic salt

a little sea salt

Balsamic vinegar can also be used

### Method

Whilst still warm cut each potato into 6- 8 wedges. Put the olive oil onto a baking sheet and heat for a few minutes at 220 degrees centigrade. Put potatoes onto sheet and sprinkle with sea salt, black pepper and garlic salt and herbs (and a splash of Balsamic vinegar if desired). Turn them over and repeat. Brush some olive oil onto the tops of the potatoes and put back into the oven. Bake until very crisp, turning often. Serve with a crisp, green salad or some dips. Great for supper while watching a movie!

## **Potato Dauphinoise**

**Serves 2**

Vegetarian

Quick Recipe

### **Ingredients**

150ml/5fl oz cream

1 large potato, thinly sliced

1 clove garlic, chopped

1 lemon, zest only

55g/2oz smoked cheese

salt and freshly ground black pepper

### **Method**

1. Preheat the oven to 220C/425F/Gas 7.
2. Heat the cream in a pan until just simmering.
3. Add the potato, garlic and lemon zest.
4. Gently stir through to coat.
5. Sprinkle over the cheese and season.
6. Simmer for two minutes.
7. Turn it into an oven - proof dish. put in the oven and bake for 15 minutes.
8. Serve.

## **Rosti**

**Serves 2**

Quick Recipe

### **Ingredients**

1 potato, peeled and grated  
2 spring onions, finely chopped  
1-2 tbsp olive oil

### **Method**

1. To make the rosti, place the grated potato, spring onion and seasoning into a bowl and mix together until combined.
2. Heat the oil in a small pan and scatter the potato in, spreading it out evenly.
3. Gently fry for 3-4 minutes on each side until crisp, golden and cooked through.

## **Cheddar and Bacon Potato Parcel**

**Serves 2**

**Preparation time less than 30 mins**

**Cooking time 30 mins to 1 hour**

### **Ingredients**

250g/8 $\frac{3}{4}$ oz (2 medium) baking potatoes, peeled and thinly sliced

2 large (30cm x 40cm/12in x 16in) squares aluminium foil

400g/14 $\frac{1}{4}$ oz cheddar, grated

25-50g/1-2oz finely diced streaky bacon

1 chilli, sliced

$\frac{1}{2}$  medium red onion, sliced

2 tbsp butter

### **Method**

1. Preheat oven to 180C/350F/Gas 4.
2. Place half the potatoes in the centre of each sheet of foil, in one even layer.
3. Top each with half of the cheddar, bacon, chilli, and onion. Dot each with one tablespoon of butter.
4. Repeat with the other half of the ingredients on top.
5. Bring foil up around potatoes, sealing top and ends with double folds.
6. Cook for 45 minutes until potatoes are tender. Let packets stand for several minutes to cool slightly before serving.

## **Spicy Layered Potato Cake**

Serves 2

Preparation time less than 30 mins

Cooking time 10 to 30 mins

Vegetarian

Quick Recipe

### **Ingredients**

1 potato

2 tbsp olive oil

85g/3oz emmental/ cheddar cheese, grated

2 tsp curry powder

2 tbsp fresh coriander, chopped

salt and freshly ground black pepper

### **Method**

1. Preheat the oven to 220C/425F/Gas 7.
2. Slice the potato very carefully.
3. Heat the oil in an oven-proof, medium-sized frying pan.
4. Place half the potato slices in a single layer in the pan. Brown gently.
5. Sprinkle over the cheese, curry powder and coriander and seasoning.
6. Layer the rest of the potato slices on top.
7. Put into the oven for 15-20 minutes until the potato is cooked through.
8. Turn out onto a plate and serve.

## Corned Beef Potato Cakes

**Serves 2**

**Preparation time less than 30 mins**

**Cooking time 10 to 30 mins**

Quick Recipe

### **Ingredients**

a little olive oil

50g/1 $\frac{3}{4}$ oz diced leeks

1 clove garlic, chopped

400g/14oz potatoes, mashed

1 egg yolk

150g/5 $\frac{1}{4}$ oz grated corned beef

a little plain flour

salt and freshly ground black pepper

### **Method**

1. Heat some of the olive oil in a frying pan and brown off the leeks and garlic.

2. Remove from the heat and add the mashed potato along with the egg yolk and corned beef. Mix well.

3. Coat your hands in a little flour so the potato doesn't stick, and form the mixture into four equal patties, approximately 5cm/2in in diameter. Add salt and pepper and shallow fry the patties in a little more olive oil until golden brown on both sides.

## Pan Haggerty

90 mins

Serves 2

4 large potatoes, sliced.

1 large onion, sliced.

25-50g/1-2oz grated cheese, fairly strong.

2 tbsp stock.

Layer in oven- proof dish, seasoning between each layer.

Top with cheese. Cook 90 minutes, 200 C, Gas No. 5.

How easy is that? This is also delicious with onion gravy

## Chilled Watercress Soup

2 Bunches watercress

25g /1oz Butter

1Medium Onion

750 mls/1.25pts Chicken Stock

Teaspoon lemon juice

25g/10z plain flour

275mls/1/2 pt milk

150mls/1/4pt cream

Salt and Freshly Ground Pepper

Chop watercress and melt butter, add onion and cook until clear (not brown). Remove from the heat and add the flour slowly, then stir in the stock 50- 100mls at a time and add the lemon juice. Bring back to the boil then reduce heat, cover and simmer for 45mins. Blend soup until fine, add milk slowly bring back to the boil while stirring. Add seasoning to taste. Chill until cold, stir in cream, garnish with watercress and serve.

# Main meals

## SPAGHETTI BOLOGNAISE

Feeds 2: -

Sunflower/ olive oil

220g/ $\frac{1}{2}$  lb Mince

1 med onion (chopped fairly small- approx 1cm square)

50-75g/2-3oz Pasta per person

Either - 1 tin of chopped tomatoes

Mixed herbs (Oregano, Basil, Bay leaf) to taste

1 veg stock cube (Oxo or similar

Or - 1 med jar Pasta Sauce

Fry the onion in a little oil in a medium saucepan for 2/3 mins until soft.

Add your mince and fry until it is golden brown (to seal in the juices). Drain off any excess fat.

Add the tin of tomatoes, stock cube and a teaspoon of herbs (or the jar of pasta sauce). Heat until beginning to bubble and turn heat down to simmer. Put a lid on the pan and stir every few minutes to prevent the sauce burning or sticking.

While the sauce is simmering boil some water in another medium/ large pan and cook your pasta according to the instructions on the packet.

You will find that when the pasta is cooked the sauce should be ready.

Serve and eat immediately with grated Parmesan or Cheddar cheese if you wish.

## Spicy Lamb Meatballs

Serves 4 - if you're lucky!)

450g/1lb very lean minced lamb.

1 very finely chopped onion.

$\frac{1}{2}$  each green and red pepper, very finely chopped

1 tbsp prepared chilli sauce (can be bought in jars from supermarkets, usually among Oriental foods). Failing this, use one very finely chopped red chilli, but the effect will not be so moist.

1 generous tbsp tomato ketchup.

1-2 cloves garlic, crushed.

salt and pepper to taste.

Mix all ingredients together thoroughly. Use your hands to 'knead' the mixture, which will stick together to form a stiff paste. Take golf-ball sized pieces and roll into balls. Should make 8-12. Place balls on a baking sheet (preferably with a rim to catch the juices which run off) or a roasting tin. Bake at 180 C, Gas No. 4 for about 20-25 minutes until browned and firm. These delicious meatballs are best served with Pitta bread, with pasta, or with mint yoghurt (plain, low-fat yoghurt mixed with chopped mint and either  $\frac{1}{2}$  tsp sugar or Canderel) and lots of mixed salad.

Can be eaten hot or cold - equally delicious. Can be frozen.

## Macaroni with Leeks & Bacon

(Serves 4)

350g/ $\frac{3}{4}$ lb Penne.

3 small leeks, cleaned and chopped (approx 1-2 cm sections).

175g/6oz bacon, de-rinded and chopped.

50g/2oz butter/ Olive oil

Olive oil.

### For the sauce:

50g/2oz butter.

40g/1.5oz plain flour.

570ml/1pint milk.

175g/6oz Cheddar cheese, grated.

75g/3fl.oz double cream (if desired)

Salt, freshly milled pepper and freshly grated nutmeg.

### For the topping:

2tbsp Parmesan cheese.

1tbsp breadcrumbs.

1 pinch cayenne pepper.

1.25ltr/2.5pt pie dish, well buttered.

Start by bringing a large saucepan of water to simmering point, add some salt and a few drops of olive oil, then add the Pasta and bring back to boil and cook for 10 minutes. Then drain into a colander and to prevent cooking any further, rinse it under the cold tap.

Whilst the pasta is cooking, melt 50g/2oz butter in a pan and soften the leeks and bacon over a gently heat and, in another pan make the white sauce with the butter, flour and milk (see Kitchen basics) and leave it to simmer gently.

Now turn the pasta, leeks and bacon into the prepared pie dish and mix them well together. Next stir the grated cheese into the sauce, season to taste with salt, pepper and nutmeg. Finally add the cream, then pour the sauce over the ingredients in the pie dish, sprinkle the top with Parmesan, breadcrumbs and cayenne pepper.

This dish can be prepared well beforehand, then when it is needed put into an oven pre-heated to Gas No. 4, 180 C, for 30-40 minutes till the top is nicely browned and sauce bubbling.

### **Onion Gravy**     30mins

**Serves 4**

#### **Ingredients:**

- 2 tbsp Vegetable Oil
- 1 Large Onion, halved then sliced
- 1 tbsp Plain Flour
- 360ml/12fl.oz. Chicken or vegetable Stock (OXO cubes or similar will do!)
- 1 teasp Dried Mixed Herbs (optional)
- 1 teasp Worcestershire Sauce (optional)

#### **Instructions**

1. Heat the oil in a medium sized saucepan. Add the onions and sauté (fry gently) until brown, about 5 minutes.
2. Sprinkle the flour over the onions and continue to cook, stirring, for 2-3 minutes.

3. Gradually add the stock, herbs and Worcestershire sauce and continue to cook until thickened. Partially cover and cook for a further 10-15 minutes to allow the flavours to develop, stirring from time to time.

Traditionally served with sausages but can be used with chops. Very good served with all types of poultry.

### **Sausage and Cheesy Mash 30mins**

**Serves 4**

1kg/2lb Potatoes, peeled and cut into chunks  
175ml/6fl.oz Milk  
100g/4oz Cheddar Cheese, grated or crumbled  
Salt and Black Pepper  
Nutmeg  
675g/1-1/2lb Pork Sausages

#### **Instructions**

1. Preheat the grill to hot.
2. Place the potatoes in a large pan of cold salted water. Bring to the boil and cook for 20-25 minutes until very soft. They should start to fall apart and break up.
3. Grill the sausages for 15 -20 minutes, turning from time to time to brown evenly.
4. Drain the potatoes in a colander and return to the pan.
5. Mash with a fork or potato masher until smooth, then add the milk, Cheese, salt, pepper and nutmeg to taste. Beat with a

wooden spoon until well blended and

6. Serve the sausages with the mashed potato and onion gravy.

For traditional Bangers'n Mash, omit the cheese.

## **Savoury Pork Chops**                      20mins

**Serves 4**

### **Ingredients:**

4 Pork Chops

2 Dessert Apples

50g/2oz Edam Cheese, grated

Salt and Black Pepper

25g/1oz Butter

### **Instructions**

1. Preheat the grill to medium. Trim the fat from the chops and grill for approximately 8 minutes each side.

2. Meanwhile, peel, core and chop one of the apples then mix with the grated cheese, salt and pepper. Place a spoonful of the mixture on top of each chop and return to the grill for a further 5 minutes, until the cheese melts.

3. Core and slice the remaining apple. Melt the butter in a frying pan, add the apple slices and lightly fry on each side.

4. To serve - remove the chops to a warmed serving platter and garnish with the fried apple slices. Serve immediately.

## **Chicken Kebabs with Coriander**    35mins

**Serves 4**

**Ingredients:**

- 1 Red Capsicum, (sweet pepper) cut into 2.5cm/1 inch pieces
- 1 Green Capsicum, cut into 2.5cm/1 inch pieces
- 2 Courgettes cut into 2.5cm/1 inch thick slices
- 4 Large Boneless Chicken breasts, skinned
- 12 Cherry Tomatoes
- 100g/4oz Button Mushrooms
- Juice 1/2 Lemon
- 1 tbsp Olive Oil
- 2 tbsp Fresh Coriander, chopped

**Instructions**

1. Preheat the grill. Bring a large pan of water to the boil then add the peppers, courgette and mushrooms and blanch for 2 minutes. Drain well.
2. Cut the chicken breasts into 5cm/2inch cubes then thread the chicken and the vegetables alternately on to four skewers.
3. Mix the lemon juice with the oil. Cook the kebabs under the preheated grill/ or on a barbeque for 12-15 minutes, turning occasionally and basting with the lemon juice mixture. Sprinkle over the herbs just before serving.

Serve with salad, baked potatoes, or rice.

## Chicken Tacos    20mins plus marinating

**Serves 4**

### **Ingredients**

4 boneless Chicken Breasts, skinned  
2 tbsp Lime Juice  
1 Onion, chopped  
2 Garlic Cloves, crushed  
1 tbsp Olive Oil  
1/2 teasp Ground Cumin  
Salt and Black Pepper  
1 Large Tomato, chopped  
1 tbsp freshly chopped Coriander  
1 teasp Lemon Juice  
12 corn Tortillas

### **To Serve**

Fresh Salsa  
Shredded Lettuce

1. Place the chicken breasts in a dish and sprinkle with the lime juice. Cover and marinate for up to 12 hours.
2. When ready to cook preheat the oven to 140C, Gas Mark 1. Stack the tortillas, wrap in aluminium foil and place in the oven to warm through.
3. Heat the olive oil in a large frying pan, add the onion, and garlic and sauté for 5 minutes, or until just tender.
4. Meanwhile, cut the chicken into small pieces. Stir in the chicken pieces into the frying pan, season with the cumin, salt, and black pepper and cook for 5 minutes, stirring from time to time minutes, until the chicken is opaque and cooked through.

6. Add the chopped tomato, coriander and the lemon juice, mix well then remove from the heat and transfer to a warm serving dish.

7. To serve - place the chicken, salsa, lettuce and tortillas in the centre of the table and allow diners to help themselves, placing a small amount of chicken, salsa and lettuce on a tortilla and rolling it up to eat.

### **Coronation Chicken 10mins**

**Serves 4**

#### **Ingredients:**

- 4 Cooked Chicken Breasts
- 4 tbsp Mayonnaise
- 400g/14oz Tinned Apricots
- 1 teasp Curry Powder (or more to taste)
- 8 Spring Onions, very finely sliced

#### **Instructions**

1. Drain the apricots then liquidise until smooth or pass through a sieve.
2. Shred the chicken and place in a large mixing bowl together with the remaining ingredients. Mix well.
3. Cover and refrigerate until ready to serve. Serve with Salad.

## Fish crumble

450g/1lb white fish, cooked and flaked  
275ml /  $\frac{1}{2}$  pt white sauce  
2eggs hard-boiled, chopped  
1tomato sliced

### Crumble

25g /1oz breadcrumbs  
25g/1oz flour  
25g/1oz butter, or a tablespoon of oil

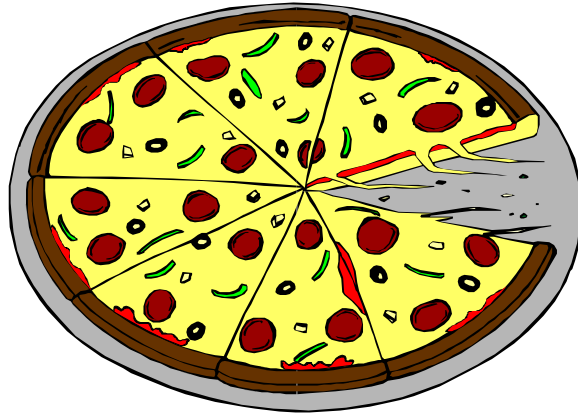
To cook the fish, gently fry in a little melted butter/ oil.

Make the white sauce as in Kitchen Basics.

Stir the eggs and fish into the sauce and season with salt/ pepper. Put into ovenproof dish.

To make the crumble mix the breadcrumbs and flour together, then mix in the butter/ oil. Then sprinkle onto the fish bake and put in a hot oven 220 C gas no 7 for 7-10mins. Serve with new potatoes, chips, or salad, with tomato garnish.

## PIZZA'S



### Pizza Bases

1 Tube Tomato Puree or tin of chopped tomatoes  
8oz Cheese

If using chopped tomatoes, simmer tomatoes until sauce thickens ( This is called 'reducing')

Spread your tomato sauce or puree and cheese onto your pizza bases you just add the toppings of your choice

### Possible toppings

Ham

Sausage

Peppers

Pineapple

Chicken

Tuna

Vegetables

-The list is endless!

After adding your toppings just pop it into the oven for 10 - 15 mins until the cheese melts and it is ready.

## NOTES

Instead of Pizza Bases try crusty French bread or stottie/  
oven bottoms

### Veggie Filling for Pancakes

#### Ingredients:-

1 tablespoon of pesto sauce.

1 tablespoon of lemon juice.

Seasoning of salt and black pepper.

and:-

a) 1 tub of Ricotta cheese.

Handful of pine nuts, toasted.

Small packet of defrosted spinach.

Lightly cook spinach, cool completely.

Combine the ingredients and use to fill freshly- made pancakes  
or as a dip with crudités.

or:-

b) 1 small chopped onion

Chopped mixed peppers

$\frac{1}{2}$  sliced courgette

3-4 small mushrooms cleaned and sliced

$\frac{1}{2}$  tin cooked kidney beans or chickpeas

Stir- fry the mixed vegetables together until tender. Add the  
beans and heat thoroughly. Lastly add the pesto sauce (red or  
green) and the lemon and eat hot with your pancakes.

You could also add cheese if desired.

## Special Salad Dressing

Into a blender put:

150mls/ $\frac{1}{4}$ pt white wine vinegar.

3 tbsp 'grainy' mustard.

3tbsp Dijon mustard.

1tbsp lemon juice.

2tsp sugar.

Salt and pepper.

Liquidise until well blended. Drip into mixture whilst switched on 275ml/ $\frac{1}{2}$ pt vegetable oil (a cheap one!) Taste. Re-season if necessary.

Consistency can be altered by adding more vinegar to thin, or more oil to thicken.

# Cakes and Desserts



## LEMON AND PINEAPPLE CAKE

110g/4oz Butter

175g/6oz Sugar

2 Eggs

275g/10oz SR Flour

50g/2oz Ground Almonds

200g/7oz Can Crushed Pineapple (drained)

Grated Rind 2 Lemons

Mix the butter and sugar with a wooden spoon until it is a creamy consistency. After you have 'creamed' the butter and sugar add the eggs, flour, and almonds. Gradually add the Lemon rind and Pineapple.

Oven cook 170 C/Gas 3 for 1 hour in a greased cake tin. (wipe the base and sides with butter or margerine)

Turn out onto a wire tray (or grill pan) to cool down.

Then eat with tea, coffee and friends if you feel like sharing!

## Pavlova

6 egg whites.  
225g/8oz caster sugar.  
1 level tsp Cornflour.  
 $\frac{1}{2}$  tsp vanilla essence.  
 $\frac{1}{2}$  tsp vinegar.  
Whipping cream.  
Tinned or fresh fruit.

Beat egg whites and sugar until glossy, adding cornflour with last lot of sugar.

When mixture is stiff add vanilla essence and vinegar.

Line baking tray with foil (buttered)

Form mixture into 8-10" circle. Bake Gas Reg.  $\frac{1}{2}$ , 110 C.

Decorate with whipped cream and fruit of choice.

## Mint Lemon Ice

4 eggs, separated.  
2 lemons, juice and peel.  
4 large sprigs of mint.  
275ml/ $\frac{1}{2}$ pint double cream.  
110g/4oz caster sugar.

Beat egg yolks, beat whites until stiff, add sugar and beat until peaks form. Add cream and lemon juice and peel, combine altogether and beat. Fold in mint. Freeze.

## Coconut Dream Bars

Base:

75g/3oz butter or margarine.

50g/2oz brown sugar.

140g/5oz plain flour.

Topping:

2 eggs.

75g/3oz brown sugar.

1 tsp vanilla.

1 tbsp plain flour.

$\frac{1}{2}$  tsp baking powder.

110g/4oz coconut.

Either  $\frac{1}{2}$  or 1 bottle mincemeat, depending how generous you feel! It works with either.

To make base:

Beat butter and sugar till light and creamy. Stir in sifted flour, mix well. Press mixture into greased Swiss roll tin, lined with baking parchment or greaseproof paper. Bake at 190 C/Gas 5 for 10 minutes.

To make topping:

Beat eggs, vanilla and sugar until thick and creamy. Fold in sifted dry ingredients, coconut and mincemeat, mix well.

Remove base from oven, spread with prepared topping and bake for 25-30 minutes, till firm and golden brown. Allow to cool in tin. Cut into slices. Dust with icing sugar and coconut.

## Peppermint Creams

(Makes about 80)

1 egg white.

2tsp lemon juice.

450g/1lb icing sugar, sieved.

Few drops peppermint essence.

Few drops green colouring

Little plain chocolate, melted (optional).

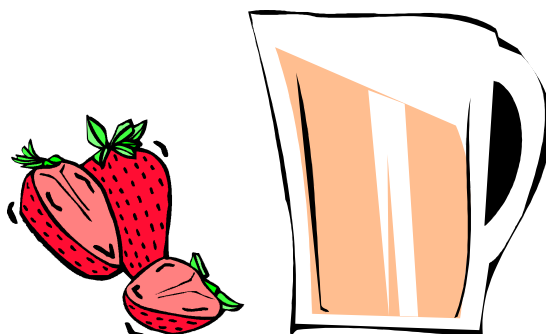
1" round cutter.

Waxed paper.

Beat together the egg white and lemon juice until frothy. Add peppermint essence and gradually mix in the icing sugar until the mixture is stiff but still pliable.

Colour half the mixture green, then roll out both halves  $\frac{1}{4}$ " thick. Cut into rounds and dry the peppermint overnight on waxed paper. You can half-dip the sweets in melted chocolate if you like.

## EVAN'S SPECIAL DRINKS



### **STRAWBERRY DELIGHT SMOOTHIE**

STRAWBERRIES

CRANBERRY JUICE

VANILLA ICE CREAM

CRUSHED ICE

#### Method

Chop strawberries and mix with other ingredients until well blended. Alternatively throw them all into a blender and let the machine do the hard work.

Pour into long glasses and enjoy.

### **LEMON FIZZ**

LEMON

SODA WATER

CASTER SUGAR

#### Method

Squeeze 1 lemon into each glass

Add 1 tablespoon of caster sugar

Add the crushed ice

Top up with soda water.