

# Cookery for Newlyweds

The Smittenaar Compendium of  
Culinary Euphoria



# Preface

Hey there.

Peter and I wrote this cookbook over the early summer of 2011 for two friends of ours, on the occasion of their wedding. The book had an initial print run of two (a first copy, and then, after finding \*cough\* a handful of spelling errors \*cough\*, a last-minute amended version). One copy we gave to the happy couple, and the other resides with our parents – who, incidentally, have not quite yet let us know whether they cooked and enjoyed any of the recipes contained within...

I determined the content of the cookbook based on where my culinary interests and those of our friends connected and overlapped. We all appreciate Indian food; I'm enamoured of the Chinese cuisines, and was hoping to draw them in, too; and, unlike me, they cook Mediterranean dishes, which I gave the old college try; and of course everyone likes baked goods. This background is reflected in the type of recipes for each section: the Indian chapter skips the basic dishes, in pursuit of alternatives to a curry; the Chinese chapter pares the recipes down to their basics, eschewing the more specialist ingredients; while the Mediterranean dishes try to avoid, you know, tomatoes.

We very much enjoyed putting the cookbook together, and didn't have any plans beyond printing the one copy. Afterwards, though, we did feel that it was a shame, not to have anything to which to point people after inadvertently mentioning that one has written a cookbook. And of course, all those pretty pictures which Peter took look even more impressive when nestled in and among the stern type setting out the creation of their subjects.

So, have a browse through the book, enjoy the photographs, admire the layout, and, if a dish looks particularly appetising, just print the page. Stick it in your shopping bag, and next time you're at the grocers, take another look. If you haven't been so parsimonious as to excise the photos, you'll find yourself wandering the aisles, looking for those evasive curry leaves or that damned star anise.

Bon appetit,

Richard

Now that the book is a public document of some sort, it is only right that I mention those cookbooks which, in addition to all the blogs, had recipes I loved, adapted to my tastes, and eventually wrote down in this book.

Madhur Jaffrey – An Invitation to Indian Cooking

Fuchsia Dunlop – Sichuan Cookery

Yan-Kit So – Yan-Kit's Classic Chinese Cookbook

Jaden Hair – The Steamy Kitchen Cookbook

(a collection of accessible Asian recipes, with dishes especially apt for dinner parties – the miso-mashed potatoes in particular never fail to find favour)



Some notes on the recipes. I don't mention the oil or butter when it comes to frying, except when a particular amount is called for. Just use what works for your pots and pans. The same goes for high, medium, or low heat. Tablespoons (T) are 15ml, teaspoons (t) are 5ml. I'm also assuming you've got an immersion blender - if not, they're cheap and useful, get one. The sesame oil is pure, if possible, and from unroasted sesame seeds. The butter is unsalted. Cassia bark is a cheaper, acceptable substitute for the usual Ceylon cinnamon sticks. I use almonds often - see whether there's an Indian shop in your general area where you might be able to buy them cheaply in bulk. Same goes for the fresh coriander leaf, really. Also, consider getting a digital instant-read thermometer for your meat dishes - they're only ~£12 and I use mine all the time. And finally, have a great time both cooking and consuming these dishes!

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# Indian Cuisine



You've already got the curries covered, of course. So here are a few different Indian approaches to meat, veg, and rice, supplemented with some neat small additions or flourishes. I've tried to stick to a similar set of spices throughout the recipes, so there are as few one-use spices included as possible. The fenugreek/methi seeds and mace are the most unusual, but both have a very distinctive flavour profile, which is worth including on occasion. The idea here is to build on your existing solid foundations and expand the repertoire a bit further.



## Mulligatawny Soup

This is a thick, very savoury soup, with the lamb, rice, and poppy seeds, which gets just enough bright notes through the addition of ginger and cider vinegar or lemon juice. It might not look like much when you're done, but, when paired with a light vegetable dish such as carrots and peas with ginger and fresh coriander, will serve fine as a dinner.

Serves 2

*250g lamb, shoulder or leg, cubed*  
*4 cloves of garlic, roughly chopped*  
*½" ginger, roughly chopped*  
*1T white poppy seeds, toasted in a dry skillet*  
*1t coriander seeds*  
*1t cumin seeds*  
*¼t turmeric*  
*½t salt*  
*¼t chilli pepper*  
*¼t black pepper, ground*  
*2T flour, ideally gram/chickpea/besan*  
*500ml chicken stock*  
*2T rice*  
*1T lemon juice or cider vinegar*  
*Fresh coriander leaf (optional)*

Brown the meat in a deep pan, remove and set aside.

Over low heat, fry the ginger, garlic, poppy, coriander, cumin, turmeric, salt, chilli pepper, and black pepper. Mix the flour with a bit of the stock. Pour both the stock and the flour paste over the spices.

Bring to a simmer, and use a hand blender to blend the soup. Add the meat and the rice, cover, and leave to simmer over a low heat until lamb is done, ~30min. Add bit of water if the soup becomes too thick too fast. Stir in the lemon juice or cider vinegar just before serving. Garnish with fresh coriander leaf, if desired.



## White Soup

Another very savoury soup. Play about a bit with the lemon when making this one, tasting often. The dish is great, but very different, with and without. So, mess around and figure out which you like best.

Serves 2

*250g lamb, shoulder or leg, cubed*  
*4 cloves of garlic, roughly chopped*  
*½" ginger, roughly chopped*  
*1 onion, roughly chopped*  
*800ml lamb stock*  
*½t salt*  
*1 bay leaf*  
*1T almonds or cashews*  
*200ml milk*  
*4T flour, toasted*  
*¼t chilli pepper*  
*1T oil*  
*¼t cumin seeds*  
*1 lemon*



In a pan, combine the lamb, garlic, ginger, onion, stock, salt, and bay leaf. Simmer, covered, for 1-1½ hour. Meanwhile, soak the almonds or cashews in the milk and toast the flour in a dry skillet at medium-low heat until golden (~3min).

Remove the bay leaf and lamb from the pot. Mix a bit of the soup with the flour, and pour the flour paste into the soup. Blend the milk and almonds, pour into the pot, and blend the soup. Now return the lamb to the pan.

Heat the oil in a skillet. When hot, drop the cumin seeds into the oil. When they pop and darken, which should be almost immediately, stir the cumin seeds into the soup. Remove the soup from the heat, season with lemon juice, to taste, and with parsley or mint, optionally.



## Indian Grilled Chicken

This general template takes chicken, slathers on a thick marinade, and roasts it in the oven. Compared to a curry, the meat here is allowed to have its own flavours, rather than being consigned to the same flavouring as the rest of the meal. By oven-roasting the chicken the spice marinade both dries out and sticks onto the meat, whereas it would come off when pan-frying the dish. The basic idea works well both for strips of chicken and whole pieces, whether with or without bone.

### Grilled Chicken Strips

I didn't think much of this dish before I tried it out, but it's surprisingly more-ish. Give it a shot.

Serves 2  
250g chicken breast or thigh  
1T red wine vinegar  
2 cloves of garlic, chopped  
2t of grated ginger  
1t fennel seeds  
1t cumin seeds  
½t coriander seeds  
4 green cardamom, seeds only  
¼t ground cinnamon  
2 cloves  
5 black peppercorns  
¼t chilli pepper  
½t salt  
1t tomato purée



Preheat the oven to 200c.

Blend all but the chicken into a paste. Cut the chicken into strips and combine with the marinade. Let rest for anywhere from 15min to 4 hours.

Spread the chicken out over a baking tray, ideally on a roasting rack. Roast for ~20min, until done. If desired, finish under the broiler until dark brown in spots.



## Tandoori Grilled Chicken

This chicken dish tries to approximate the flavours of a tandoori-cooked chicken dish. I really like it. The yoghurt-based marinade has some nice flavours and, more importantly, keeps the chicken nice and juicy. Don't leave out the lemon juice and ground spice mix at the end - they really help finish the dish, and the scattered red spices make the dish pop visually.

Serves 2  
1T minced garlic  
1T grated ginger  
1t salt  
1t garam masala  
½t chilli powder  
½t ground cinnamon  
120ml yoghurt  
2 chicken breasts or thighs, scored  
2t lemon or lime juice  
2 pinches chaat masala or ground tandoori spices



Preheat the oven at 180c.

Mix everything from the garlic to the yoghurt together, and use to coat the chicken. Leave to marinate from 15min to 5 hours.

On a baking tray, roast for ~30min, until done. If desired, finish under the broiler.

Sprinkle the lemon or lime juice and chaat masala or tandoori spices over the chicken, and serve.





## Kheema-Stuffed Green Bell Peppers with Tamarind Chutney

Kheema is minced lamb. Here I've used it to stuff a bell pepper, but with a few more peas it's also great just by itself. Or you could stuff something else such as an aubergine, tomatoes, naan or pita bread, or mix in cauliflower florets, or add more tomatoes - the possibilities are endless. I really like the warm spices used in this dish, the nutmeg, ginger, cinnamon, and especially the mace. They add a flavour dimension which is rarely present in curries, and should prove a real addition to your repertoire. Otherwise, the peas add colour and a bit of texture, the green bell peppers a slight bitterness, and the tomato-tamarind chutney a welcome sour note.



Serves 2

*1 bay leaf*

*1 cinnamon stick*

*3 cloves*

*1t coriander seeds*

*1t cumin seeds*

*1 onion, diced*

*½" ginger, minced*

*2 cloves of garlic, minced*

*1t ground turmeric*

*1T yoghurt*

*1 tomato, chopped*

*300g minced lamb*

*200g peas*

*50ml water*

*¼t ground mace*

*¼t ground nutmeg*

*½t salt*

*½t chilli powder*

*2 green bell peppers, halved*

*2T tamarind paste*

*2T tomato paste*

Preheat the oven to 200c.

Fry the bay leaf, cinnamon stick, cloves, coriander seeds, and cumin seeds in some oil, until the bay leaf begins to darken. Add the onion, ginger, and garlic. Fry until the onion starts to brown. Add the turmeric, yoghurt, and tomato, and stir to combine. Add the lamb and fry until brown and broken up, ~5min. Add the mace, nutmeg, water, salt, and chilli powder. Bring to a boil and let simmer, until the water has evaporated, ~10-20min.

Mix the tomato and tamarind pastes together. Stuff the green peppers with the kheema, and coat with the tamarind and tomato paste. Bake in the oven until the peppers are tender, ~20min.

For a more dramatic presentation, cut the caps off the bell peppers, fill them and coat them, put the caps back on, and bake at 170c for ~40min.

Your cucumber raita should go especially well with this dish.



## Aloo Ghobi

This is a staple Indian veg and potato dish. A bunch of interesting flavours in its own right, it works well with Indian meat dishes, but I just as often have a plain bowl for dinner. That's another boon of this dish - it's easy to scale upwards and only gets better if kept a day or two. So make plenty, and have it as a side one day and as your main another. Though to make the flavours interesting enough for a main, you would want to track down the curry leaves and brown or black (rather than yellow) mustard seeds.



Serves 2 as a main course  
*2 onions, diced*  
*3" ginger, grated*  
*2t mustard seeds*  
*15 dried curry leaves*  
*1½t turmeric*  
*1t fenugreek/methi seeds*  
*2 green chillis*  
*1t chilli powder*  
*1t salt*  
*6 waxy potatoes, cubed*  
*500g tomatoes, chopped*  
*250g peas or green beans (halved)*  
*1t sugar*  
*100ml water*  
*1T lemon juice*  
*Raisins, golden (optional)*  
*Almonds (optional)*

In a deep pan, fry the onions until they're softened. Add the ginger and spices, fry until fragrant.

Add the potatoes and stir to cover them with the spices. Add the remaining ingredients and bring to a boil. Cover well, simmer until the potatoes are done (~30min) and serve. You might need to add a bit of water once or twice, but try to keep the dish moist rather than wet.

The raisins and almonds are optional - as you may have noticed, I try and add them to any and every Indian dish. They taste good themselves, of course, and complement the flavours of the Indian spices well, but I especially like them for the additional textures, crunchy and plump and succulent, they bring to this dish and others.





## Indian Vegetables

Not so much a recipe here, as a template - two of them, even. The hearty variant, vegetables spiced with garam masala, and the lighter, fresher option, of vegetables with ginger and coriander. Both can be applied to a range of vegetables, though I like the garam masala best with green beans or, in a pinch, peas, and the coriander and ginger either with cauliflower or carrots and peas.

### Garam Masala Vegetables

The crucial ingredients here are the butter and the garam masala. (All right, and the veg.) Those two together already provide you with a rich and savoury dish - the others are pleasing enough additions if you've got them lying around already.

Serves 2 as a side dish  
400g veg of choice  
1T butter  
2t garam masala  
½t mustard seeds  
3T almonds (optional)  
2T lemon juice (optional)

Parboil the vegetables, so they'll become tender after another 4-5min in the frying pan.

Melt the butter over a medium-high flame, add the garam masala, mustard seeds, and almonds. Fry until the mustard seeds pop.

Add the vegetables, stir to coat. Fry until the vegetables are tender. Stir through the lemon juice, if using, and serve.

Make this dish a couple of times to figure out how much garam masala works for you. You can lay it on thickly and have the spice mix permeate the dish, or you can add a mere dusting to supplement the taste of the vegetables themselves.



### Vegetables with Ginger and Coriander

This dish is fresh and light, especially the carrots and peas variant, but it can also be unexpectedly warming and filling, when made with the cauliflower. This dish is worth finding a cheap source of fresh coriander leaves for.

Serves 2 as side dish  
1 small cauliflower (or 400g peas and sliced carrots)  
2½" of ginger, roughly chopped  
1t cumin seeds  
1t coriander seeds  
¼t mustard seeds  
(½t fenugreek/methi seeds)  
½t turmeric  
1 green chilli, sliced  
1 bunch of coriander, leaves and stems  
1t garam masala  
1t salt  
Some almonds and golden raisins (optional)

Blend the ginger with 30ml water, to a paste. Break the cauliflower down into florets.

Fry the ginger paste, cumin, coriander, turmeric, and mustard seeds over medium heat, until the mustard seeds start to pop. Add the green chilli and fresh coriander.

When the latter has wilted, add the vegetables, garam masala, salt, a splash of water, and cook, covered, stirring occasionally and adding a bit of water when necessary, until the vegetables are done.





### Pilau Variations

Onion, green cardamom, cumin, bay leaf, fresh coriander, green and red grapes or black, green, and golden raisins

Onion, cinnamon stick, green cardamom, cloves, bay leaf, coriander seeds, ginger, turmeric, tomatoes, fresh coriander

Onion, milk and saffron, green cardamom, cinnamon stick

Onion, cinnamon stick, black cardamom, blade mace, fresh coriander  
(A favourite of mine, great with the broiled chicken)

## Lamb Pilau

The rice. This is where we could make some easy gains. A pilau is basically rice with some spices thrown in. The lamb pilau pictured here is relatively fancy, but the basic idea is that you properly brown some onion, add some spices, add the rice, fry this as much as you dare without burning the rice (which is not that much, generally speaking), and then add the measured water and boil as usual. You end up with a much more interesting rice dish, and you can choose your spices to complement the other dishes you're serving. Little additional effort and very much worth it, at least on those days when you don't plan on smothering your rice with curry. This lamb pilau would go particularly well with the aloo ghobi, and I've listed some further spice combinations in the sidebar, but don't hesitate to try out your own.



Serves 2

*1 onion, diced*

*2 cloves of garlic*

*1" ginger, diced*

*10 black peppercorns*

*3 black cardamom (or 7 green)*

*1t cumin seeds*

*1t coriander seeds*

*1 cinnamon stick*

*2 bay leaves*

*1t salt*

*250g lamb shoulder or leg, cubed*

*350ml water or lamb stock*

*150ml basmati rice*

*Fresh coriander (optional)*

This lamb pilau results in an incredibly savoury, lamb-y rice dish. For the rice to get this flavourful, though, the broth itself must first acquire these flavours. It takes time to extract these from the lamb which makes this pilau a bit more involved than the usual variations. (The lamb would ideally not be de-boned, but that's a bit of a hassle when it comes to actually eating the dish, so you might just want to compromise here and get de-boned meat.)

In a deep pan, brown the onion. Add the ginger, garlic, and spices, and fry until fragrant. Add the lamb, and fry until browned. Now add the water or stock, bring to a boil, cover, and simmer for 30min.

Pour the stock in a measuring cup, leaving the lamb behind in the pan. Basmati rice needs twice its volume in moisture, which is roughly what you should have left. Add the rice and 300ml of the stock (with all the spices, ideally) to the lamb, and bring to a boil. Cover and simmer on the lowest possible heat for 15min, no peeking.

Still without looking, remove from the heat and let stand for 5min. Now stir the rice with a fork: if it's still very wet, put it back on the heat for a bit; if it's all right or only slightly too moist, leave it to breathe for a few minutes before serving; if it's too dry, do better next time. Stir the chopped fresh coriander through just before serving.

## Gram Flour Roti

Not so much a recipe as a vague set of instructions, this. A very plain and simple alternative to naan. The roti is unleavened, so thinner, crispier, and not as soft, fluffy, and bready like naan. But it's nutty and tasty, certainly with the gram/ besan/chickpea flour.



Ignore those numbers. The idea is that you get a bit of flour, you add some water, you mix the two and in your hands you roll the dough into balls, golf ball sized. Then you flatten them out with a rolling pin and you fry them one by one over high heat in a dry skillet, turning them two times, till blistered and slightly charred on each side. Ideally, the roti will puff up, but that seems to be chance, as far as I can tell.

The first time you try this dish it will be an annoying mess. I will take ages to get the water to flour ratio right, the dough will then still stick to the counter, rolling pin, your hands, and subsequently your clothes, face, and hair. Do not despair. As you get some experience, the process will quickly become smoother, less sticky, and on the whole, less aggravating. And soon, as the rice is steaming and the curry is bubbling away, you'll be quickly whipping up a few roti to serve alongside the mains, accompanied with a delicious home-made chutney.

Makes ~4 roti  
~200g gram flour (or any other of choice)  
~120ml water

## Sweet Tomato Chutney

Granted, this chutney takes a bit of time and attention, but: you end up with a lot of it, it keeps practically forever, and you'll be serving it with every Indian dish you make. I especially like its sweet and sour flavours with the slightly nutty gram flour roti.

Blend the garlic, ginger, and 100ml of the vinegar together. Bring the rest of the vinegar, tomatoes, sugar, salt, and pepper to a boil. Add the blended purée and simmer gently, for 1½ to 2 hours. Stir occasionally, more frequently as the chutney thickens.

The chutney is done when a film clings to a spoon dipped in it. Add the raisins and almonds, turn off the heat, let cool. Pour into a large glass jar and store in the fridge.

Serve in small individual bowls as a side dish, about one heaped tablespoon each.

Makes ~500ml

*1 whole head of garlic, roughly chopped*  
*2" by 1" by 1" piece of ginger, roughly chopped*  
*350ml red wine vinegar*  
*2 400g tins of whole plum tomatoes*  
*300g sugar*  
*2t salt*  
*½t chilli pepper*  
*Golden raisins, handful*  
*Almonds, to taste (optional)*



## Spicy Apples

An easy, pleasant side dish. Has the Indian flavours, while the acidity of the apple helps to cut through the richness of curries and such.

Serves 2 as a side dish  
*2 tart apples, sliced into batons*  
*1T grated ginger*  
*1t cumin seeds*  
*1t coriander seeds*  
*½t turmeric powder*  
*½T apple jam*  
*1T lemon juice*  
*1T finely chopped coriander (optional)*

Heat 1T oil in a skillet over medium heat, fry ginger, cumin, and coriander until fragrant.

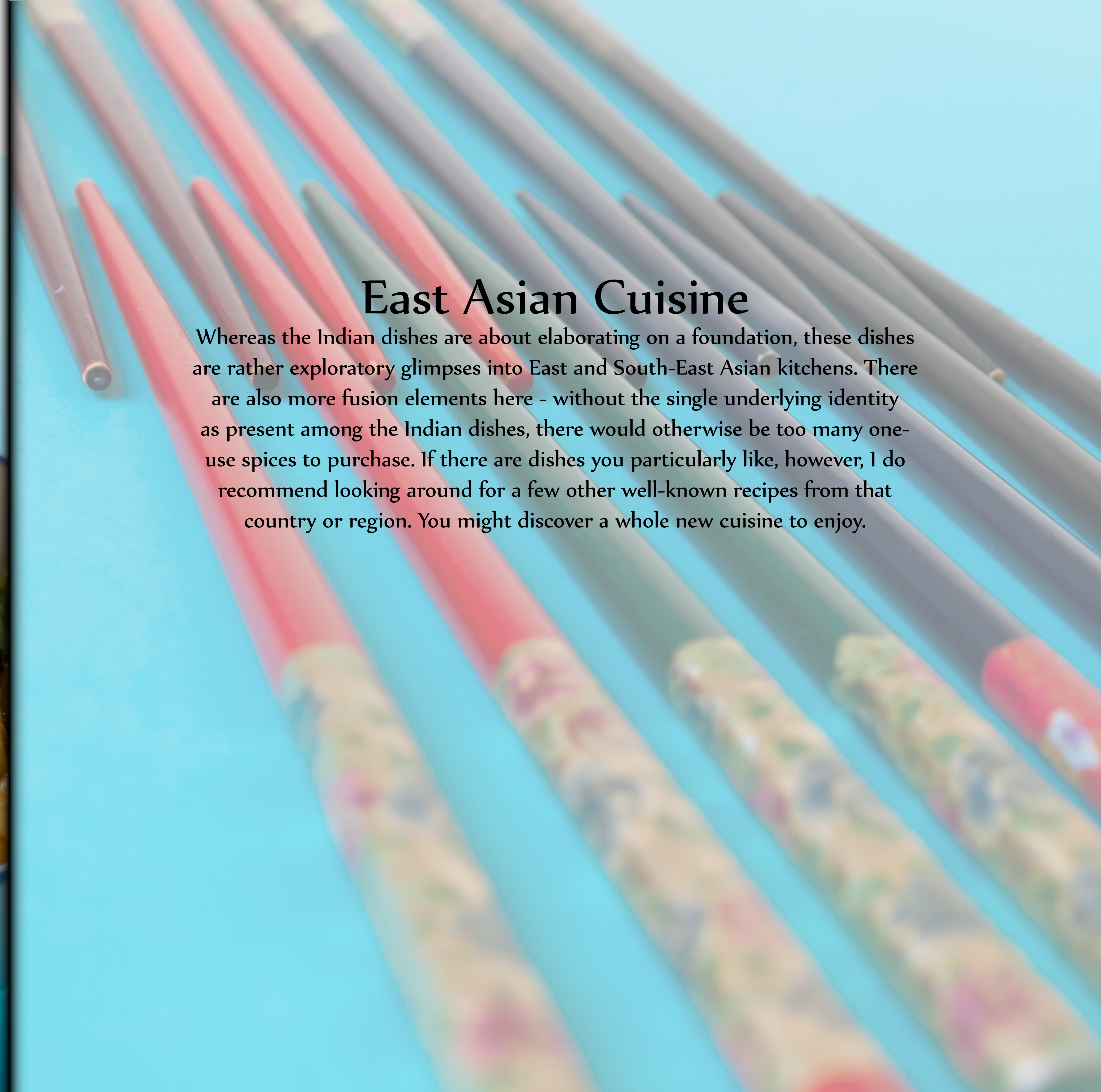
Add apples and turmeric powder, fry for 2-3min, add apple jam, lemon juice, and coriander.

Check that apples are warmed through but not yet soft, and serve in individual side dishes.



## East Asian Cuisine

Whereas the Indian dishes are about elaborating on a foundation, these dishes are rather exploratory glimpses into East and South-East Asian kitchens. There are also more fusion elements here - without the single underlying identity as present among the Indian dishes, there would otherwise be too many one-use spices to purchase. If there are dishes you particularly like, however, I do recommend looking around for a few other well-known recipes from that country or region. You might discover a whole new cuisine to enjoy.



## Chinese Hoisin Pastry

Makes 4, serves 2  
*Puff pastry squares*  
*Egg wash*  
*200g minced meat*  
*2 green onions, minced*  
*1T ginger, chopped*  
*2T hoisin sauce*  
*1T honey*  
*1t sesame oil*

A well-known type of dumpling is the char siu bao, which is a fluffy steamed bun filled with chopped char siu. The bun is actually surprisingly easy to make, but you do need a steamer, so get back to me if you ever acquire one. Puff pastry squares also work well, though, and minced meat can stand in for the char siu.

Preheat the oven to 180c. Mix everything but the egg wash and pastry together. Spoon the filling onto the pastry, fold the latter from a square into a triangle. Use the egg wash on the edges to get a good seal, and brush the tops. Place them on a baking sheet lined with greaseproof paper and bake for 20min, until golden brown.



## Char Siu

This is a Cantonese sweet roast pork dish. It's succulent, delicious, and very accessible. It's worth making more than you'll immediately need, since it's almost as good cold the day after, when carved into thin slices.



Cut the pork into thick (1"-2") strips (without first cutting away the fat). Make incisions into the strips, one after the other on opposite sides. Mix together the other ingredients, except the honey, combine with the pork, and leave to marinate, chilled, for 2-5 hours, stirring occasionally.

Preheat the oven to 180c. Place the pork in the oven, on a wire rack above a tray of water. The latter will catch the dripping and the steam will keep the pork moist. Roast for 30min, then dip the strips of meat in the reserved marinade and replace on the rack, bottom side up. Roast for another 30min, until the edges are ever so slightly burned.

Remove to a serving dish and immediately brush with the honey. Carve into slices, if desired, and serve with plain rice.

Serves 2, with a bit left over to snack on  
*400g pork neck (or other piece to roast)*  
*1T hoisin sauce*  
*1T sweet soy bean sauce (or another of hoisin, at a pinch)*  
*2T soy sauce*  
*2t grated ginger*  
*2T sugar*  
*1T rice wine*  
*½t salt*  
*~2T runny honey*



## Pork Chops with Plums and Sweet Spices

The sweet, warm spices and fruit complement the pork chop really well. The star anise is to Chinese cuisine as mace is to Indian food; both add some intriguing warm notes to a dish. But this recipe isn't exclusively Asian in its flavours; it would work with potatoes just as well as with rice.

Serves 2

*2 pork chops*

*salt and pepper*

*2 plums, cut into wedges*

*2 star anise*

*1t ginger, grated*

*1t pick peppercorns*

*½t coriander seed*

*1t soy sauce*

*2t rice wine*

*1t sugar*

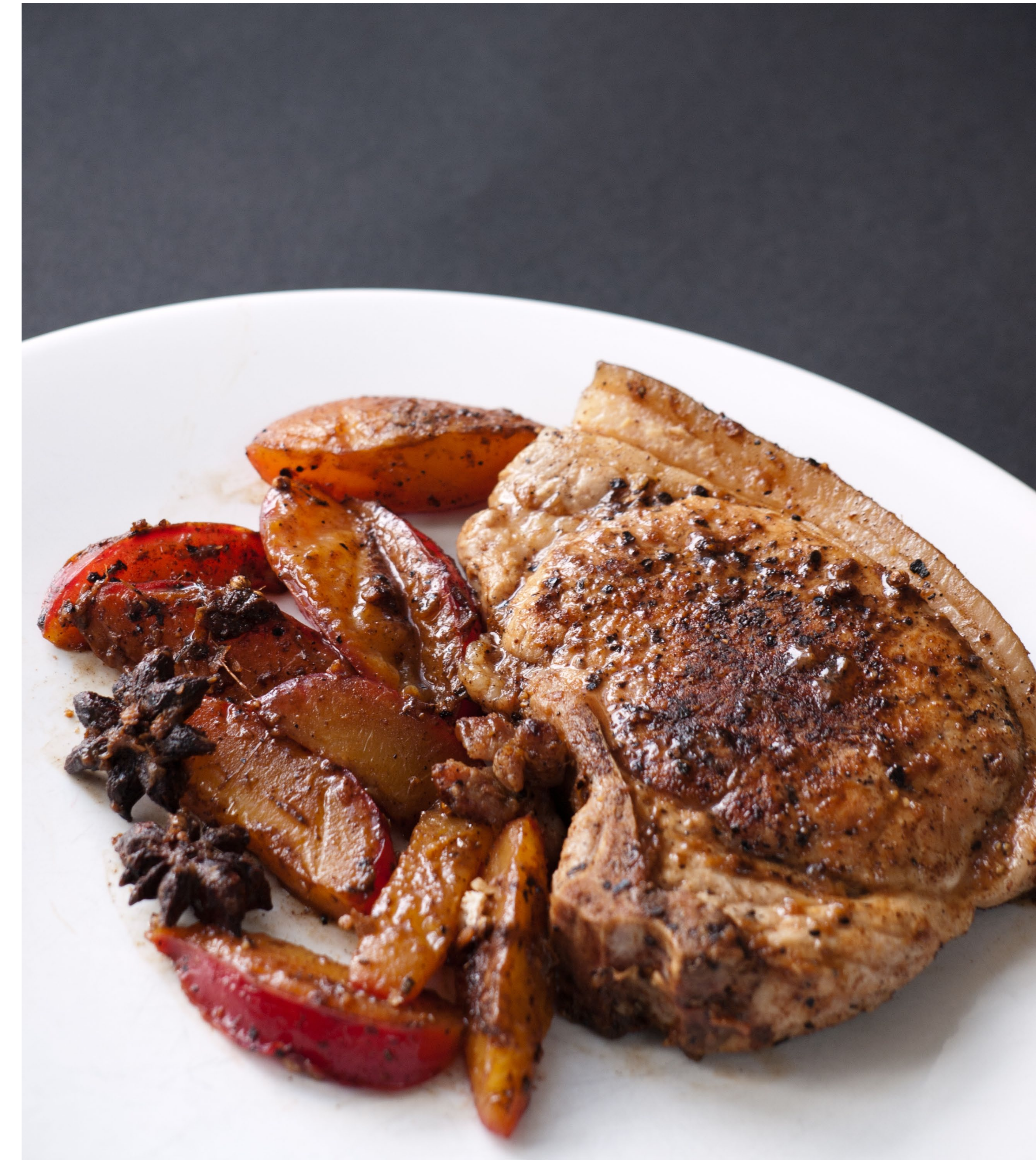
*½t ground cinnamon*

*1t lime or lemon juice*

*3T water*

Season the pork chops with salt and pepper, fry them on high heat for 2min each side - use a minimal amount of oil and let the pan become very hot before adding the meat. Turn heat to medium. Add the plums, star anise, peppercorn, ginger, and coriander seed. Fry until fragrant.

Add the rest, simmer until the moisture has all but evaporated, ~2min. The pork chops should be done - if not, add another drop of moisture. Serve immediately.



## Bulgogi Burgers

My go-to barbecue recipe. Bulgogi is a Korean dish of grilled slivers of meat, notable for the marinade in which the slivers are dipped. This burger more or less approximates those flavours - it doesn't get particularly close, but the burger works well in its own right. It's best with a kimchi and hoisin sauce topping, but just a lick of the hoisin sauce is fine, too.



Makes 2 burgers  
*300gr minced beef*  
*1½T minced garlic*  
*1½T grated ginger*  
*1½T minced green onion*  
*1½T soy sauce*  
*1T brown sugar*  
*1t sesame seeds*  
*Black pepper, to taste*  
*(Hoisin sauce as topping)*

Mix everything together, let rest for at least 15min to allow the flavours to marry.

Cook the burgers in a skillet with a bit of oil, over high heat, 3-4min each side. Or really, however well done you like your burgers...



## Tuna Pancakes

These are great little bites. View them as the protein side dish, though, and not as the main course. You can eat them plain or dip them in a mix of soy sauce, rice vinegar, and hot chilli sauce.

Squeeze the moisture out of the tuna. Mix with the rest of the ingredients. Heat a frying pan over medium-high heat. Shape the tuna mixture into 4 patties, place in the pan. Fry for 2-3min, until bottom is golden brown, and turn carefully. Fry for another 2-3min, until both sides are golden brown, and serve.

Serves 2

*1 tin of tuna in brine, 130g dry weight*

*2 green onions, chopped*

*1 garlic clove, minced*

*1t salt*

*½t ground black pepper*

*½t red pepper flakes*

*1 egg*

*1t sesame oil*

*2T flour*



## Cognac Coconut Shrimp

Shrimp are perfect for a quick stir-fry such as this one. I love all the different rich flavours of this dish: the sweetness of the butter, booze, and caramelising sugar and onions, the crisp crunch of the shrimp, and the hint of decadence in the mix of coconut and spirits.



Serves 2

*80ml unsweetened desiccated coconut*

*1T butter*

*4 green onions, cut into 3" lengths*

*1T garlic, minced*

*1t salt*

*2t soy sauce*

*1t sugar*

*200g shrimp*

*3T cognac, brandy, or whisky*

*(Soba noodles)*

Toast the coconut over medium-low heat in a dry skillet until lightly browned, ~3min. Remove.

Fry the green onion and the garlic in the butter until fragrant, add the salt, soy sauce, sugar, and shrimp. Splash with the spirits, fry for 2min on high heat, or until the shrimp is done.

Toss with the coconut and serve over noodles. I particularly like Japanese soba or buckwheat noodles.





## Stir-Fried Chicken with Basil and Bell Pepper

I love the flavours and the look of this dish. The sweet chilli sauce, pungent fish sauce, bright lime leaves, all coating pieces of chicken, bell pepper, and shallot rings. This dish is worthwhile of being a staple recipe.

Fry the shallots and garlic until slightly brown, add chicken and fry for 2min, add the bell pepper and lime. Season with the sauces.

Simmer for 2-3min, until the sauce thickens. Taste, and adjust the seasoning. Check whether the chicken is done, and if so, serve over noodles. Again, I like soba noodles best.

- Serves 2
- 2 shallots, sliced thinly*
- 2 cloves of garlic, minced*
- 200g chicken breast or thigh, sliced into chunks*
- 1 red bell pepper (or more...)*
- 2 kaffir lime leaves, sliced thinly (or zest of 1 lime)*
- 2T fish sauce*
- 1T soy sauce*
- 1T sweet chilli sauce*
- Basil leaves, small handful*
- (Soba noodles)*



## Chicken Adobo

This is a Filipino dish. It's made with lots of soy sauce and cider vinegar, but the resulting flavour is almost wine-y, very intriguing.

Serve it over plenty of rice, to soak up the wet sauce.



Serves 2  
2 bone-in pieces of chicken  
80ml cider vinegar  
60ml soy sauce  
3 cloves of garlic, minced  
2 bay leaves  
1t black peppercorns  
1T sugar  
120ml water

Whisk together the sauce ingredients, add the chicken, and leave to marinate, 2 hours to overnight.

Bring to a boil and simmer over low heat for 20-30min, or until the chicken is done.

Either serve right away, or remove the chicken, turn heat to high, and evaporate some of the sauce to thicken it. Meanwhile, brown the chicken in a frying pan or under the broiler. Place the chicken on a bed of rice and pour over the sauce.

## Rice Congee with Chicken and Lemongrass

This rice porridge has fairly subdued flavours, but they're pleasant, and slightly different from normal. It's also a good way to use up leftover chicken, rice, and assorted vegetables.

Bring the stock to a boil. Add the lemongrass, chillis, fish sauce, soy sauce, ginger, and rice.

Cook uncovered for 30min, adding the vegetables and chicken along the way, so they're just done or heated through once the half hour is up.

If the chicken is raw, estimate roughly 20min for a whole breast, 15min a drumstick, 5min for slices -- but already cooked chicken is best, as you can shred it with your hands, and just add it in at the end.

Season to taste with salt, fish sauce, and soy sauce. Serve in bowl and scatter over the coriander leaf (or sliced green onions).

Serves 2

1L water or chicken stock (or 800ml, if you're using cooked rice)

2 stalks of lemongrass, sliced into thin rounds

2 red chillis, sliced diagonally

2T fish sauce

1T soy sauce

1T ginger, minced

100ml uncooked rice (or 200ml cooked)

Peas, tomato, carrot, or other vegetables

Chicken, cooked and shredded

Salt, to taste

Coriander leaf, chopped, small handful



## Salmon in a Japanese Marinade

My staple salmon recipe, but the marinade works with any kind of firm fish. The one tricky aspect is that the marinade caramelises easily, so be careful not to burn your sauce and fish.

Serves 2

*2 Salmon fillets, skin on*  
*60ml soy sauce*  
*60ml mirin*  
*1T sugar*

Marinate the fish fillets in the sauce for 20-30min, room temperature.

Fry the fillets over medium-high heat, skin side down, for 3min, then add the sauce and flip the fillets over. Fry for another 2 min, and serve.

If you like your salmon well-done, flip back to skin side down and cook for another 2min.

## Miso-Mashed Potatoes

So Peter had a hard job making this look like anything much, but it's my go-to starch dish for dinner parties, and always gets a thumbs-up. Red miso is saltier and stronger flavoured than white miso - I generally use the former. The miso paste pretty much keeps forever, just keep it in the back of the fridge.

Serves 2

*4 floury potatoes*  
*1T butter*  
*1 clove of garlic, minced*  
*1-2T miso paste, red or white*  
*50-100ml milk*

Boil the potatoes until tender, drain, mash.

Push the potatoes to one side of the pan, melt the butter in the other side. Fry the garlic and the miso paste, add some of the milk, mix, and combine with the mashed potato.

Taste, and add milk and miso paste until you get the taste and consistency which you desire. Serve, possibly garnished with chives or thinly sliced green onion (if you're at all concerned over aesthetics...).





## Chinese Vegetable Stir Fry

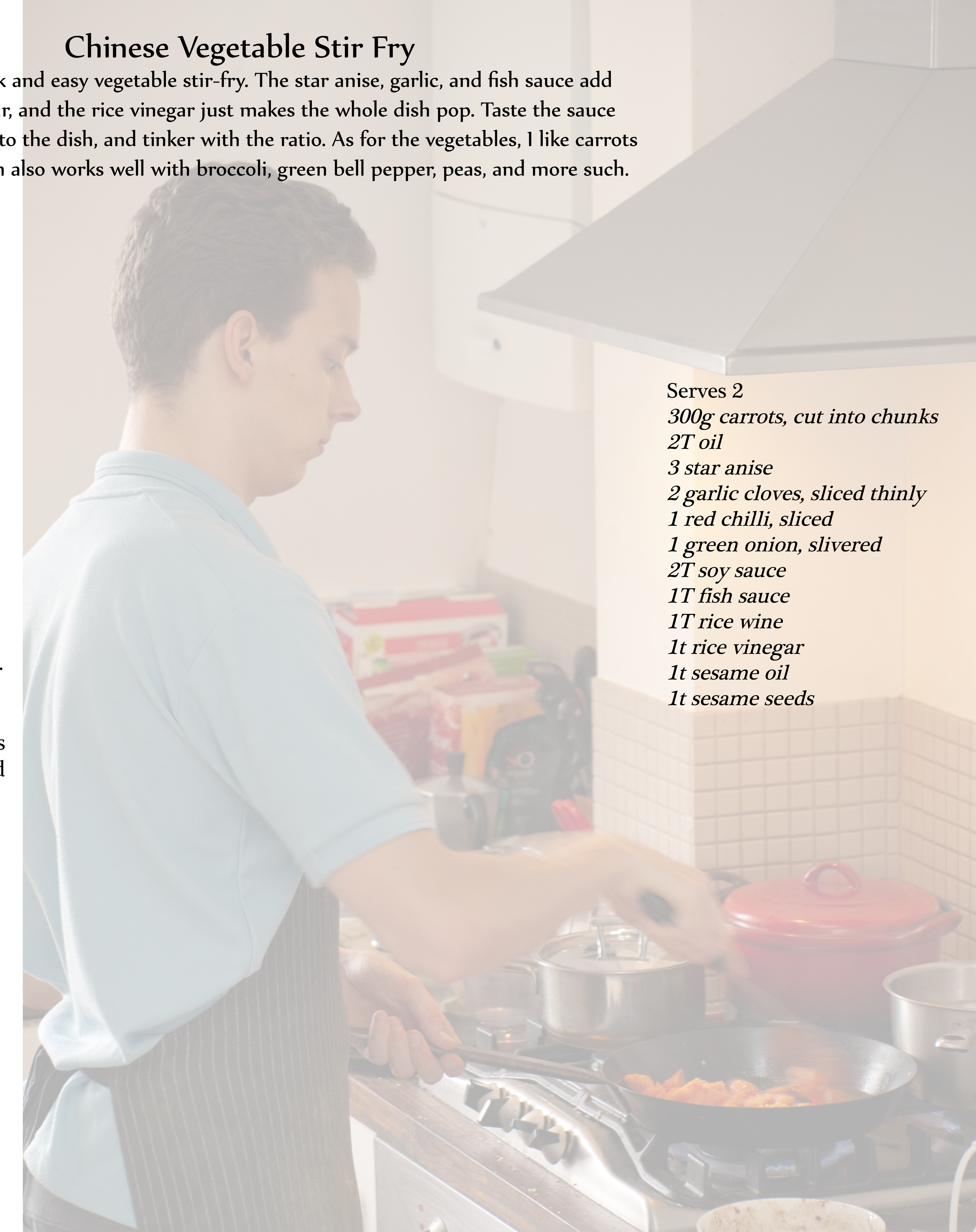
I love this quick and easy vegetable stir-fry. The star anise, garlic, and fish sauce add plenty of flavour, and the rice vinegar just makes the whole dish pop. Taste the sauce before you add it to the dish, and tinker with the ratio. As for the vegetables, I like carrots best, but the dish also works well with broccoli, green bell pepper, peas, and more such.

Heat the oil until hot, fry the star anise, chilli, and garlic until fragrant.

Add the green onion and carrots, fry until the carrots are slightly charred.

Combine the sauce ingredients, taste, adjust, and add to the carrots, over high heat.

Fry until the sauce has all but evaporated, toss with sesame seeds, and serve.



Serves 2  
*300g carrots, cut into chunks*  
*2T oil*  
*3 star anise*  
*2 garlic cloves, sliced thinly*  
*1 red chilli, sliced*  
*1 green onion, slivered*  
*2T soy sauce*  
*1T fish sauce*  
*1T rice wine*  
*1t rice vinegar*  
*1t sesame oil*  
*1t sesame seeds*



## Vegetables in Hot and Garlicky Sauce

So simple but so good. Much like the stir fry, this template works for all kinds of vegetables, and even for left-over pork or chicken. It's best served room temperature, though, so cucumber and thinly sliced carrot are my usual choices.

Serves 2

*1 cucumber, sliced diagonally*

*4T sweet aromatic soy sauce*

*½t chilli powder*

*3t grated garlic*

*2t sesame oil*

*1t sesame seeds*

Mix the sauce ingredients together, leave to infuse while you prepare the vegetables, combine, scatter with the sesame seeds, and serve cold.

## Sweet Aromatic Soy Sauce

This sauce works well with pretty much any kind of vegetable, even on its own, and it keeps indefinitely, stored in your cupboard.

Makes ~1 jam jar

*100ml dark soy sauce*

*200ml water*

*6T brown sugar*

*cinnamon stick*

*½t fennel seeds*

*1 star anise*

*½" ginger, unpeeled,  
crushed*

Bring all the ingredients to a boil, taking care to dissolve the sugar. Simmer on low heat for 20min. Strain into a glass jar.





# Mediterranean Cuisine

Here I'll be brief. Pasta dishes are not exactly my area of expertise, and you already have the staples down better than I do. I have, though, come across some variant approaches to the usual suspects, and I thought you might enjoy the following dishes as an occasional alternative to the tried and trusted Mediterranean fare.





## Gazpacho

I originally threw this together for a summer lunch, merely to have made it once. Somewhat to my surprise, I really liked it - it tastes like fresh, vibrant produce in the best possible way, and it's easy to make and flexible in its ingredients to boot. A shame it doesn't travel easily, otherwise it'd be great for picnics. As it is, perfect for a lazy but somewhat fancy summer brunch.

Feel free to change the vegetables around in the recipe below to fit whatever is left in the fridge. The tomato forms the base, the orange adds some freshness, the coriander seed some interesting flavour notes, and the bell peppers a slight bitterness. As with all soups, when seasoning really take a moment to get it right, tasting again and again.

Place all ingredients except the orange segments and the basil leaves in a bowl, blend together until smooth.

Season with salt and pepper, to taste. I like a touch of cider vinegar, too. Not so much that you'd taste it, but enough to place the other flavours into relief.

Chill. Before serving, garnish with orange segments and basil leaves.

Serves 2 as lunch (or maybe a light supper, with some focaccia)

*1 can of peeled whole plum tomatoes*  
*3 bell peppers (assorted colours), roughly chopped*  
*1 small red onion, roughly chopped*  
*2 garlic cloves, roughly chopped*  
*1T coriander seeds*  
*Zest and juice of 2 oranges*  
*Pinch of chili pepper*  
*Black pepper*  
*Salt*  
*Sherry or cider vinegar (optional)*  
*Orange, segmented*  
*Basil, fresh*



## Pizza

Of course, you've already got your pizza paradigm - thin crust, cooked tomato sauce, and, shall we say, liberal meat toppings - and have refined it to your exact liking. Nothing I could add to that. So, here are two pizzas which take the pizza idea in some different directions (whilst still steering clear of cheese, if under protest...).

### Pizza with fresh tomato sauce, basil, and Italian sweet sausage meat

Here the idea is to focus on the bright taste of the tomatoes, rather than it being a canvas on which to display an assortment of cured meats. The Italian sausage meat hits another fresh and bright note with the fennel, while also providing some savoury depth through the paprika, wine, and indeed the meat itself.

First off, pre-heat your oven as high as it will go, which I'm assuming is 250c, with the baking sheet you're using inside. You'll want a good rise and a crusty bottom, so high heat is essential.

This dish stands or falls by the taste of the tomato sauce. Luckily, we've got a trick to emphasise the sweetness. Blend the plum tomatoes until broken down but not wholly smooth. Now pour the tomato sauce into a fine mesh strainer. The water escaping is relatively bitter, so by sieving it we end up with a thicker, sweeter sauce. When you like the consistency and taste of the sauce left in the strainer, tip it into a bowl, add a pinch of oregano, and season to taste.

Roll the sausage meat into little meatballs, and slightly flatten them. You'll want these to be fairly small, since ideally they'd be well-done before anything else burns.

Take the baking sheet out of the oven, place the pizza base on it, and spread the sauce over the base (you might have some left over). Place the small discs of sausage meat and scatter over the basil. Alternatively, if you prefer your basil unwilted, reserve and scatter over the pizza before serving.

Bake at 250c for 10-20min, until the sausage meat is well-done.

Makes a 1-person pizza

*One pizza base, made with 250gr flour*

*1 can of peeled whole plum tomatoes*

*Oregano, dried*

*Salt*

*Black Pepper*

*Italian sausage meat, ~200gr*

*Basil, fresh*





## Dough, mixing and shaping

Makes enough for two 1-person pizzas (as in the photos)

500g strong white bread flour  
5g yeast  
2t salt  
325ml warm water  
Olive oil

You know the drill. Mix, knead until smooth and silky, coat with oil, leave to rise until doubled in size

If you want the thicker, uneven pizzas, as in the photographs (it's called 'rustic', I'll have you know, and of course it was intentional), stretch the dough out by hand, rather than using a rolling pin.

With us not being expert pizzaiolo, the dough will get thin in some spots, while still being a bit thick in others, an effect which will, as it turns out, be exacerbated in the oven as any liquids will pool together.

I find this breadier pizza base quite suitable for the lighter toppings, but then I just plain like bread a lot, so I might be biased.

If you'd prefer less chew to your pizzas, just bring out the rolling pin and aim for an even 5mm across the board.

Transfer to a hot baking tray, right out of the oven, and apply your topping of choice.

## Italian Sweet Sausage Meat

This is basically minced pork with fennel seeds, smoked paprika, and red wine. The recipe makes enough sausage meat for two pizzas, with some left over to use in a pasta dish. It keeps for about a week, so no need to worry too much about the quantity.

Do try and make it the day before, to give the flavours some time to blend together. If you're in a rush and have to use it right away, you'll notice the fennel will be less pronounced, while the wine will be more emphatically present.

500gr minced pork  
1T sweet paprika  
1t chili pepper  
1T fennel seeds, lightly crushed  
50-70ml red wine  
2 garlic cloves, finely chopped  
2t salt  
1t black pepper

Just mix everything together and you're done. Over time, mess around a bit with the fennel and red wine to find your sweet spot.

It's easy for the wine to overwhelm the other flavours, but to be honest, that's quite an intriguing taste in its own right, which goes especially well with the tagliatelle in orange sauce.

## Focaccia

Focaccia is a dimpled, rectangular, fairly fat white bread, brushed liberally with toppings which usually include olive oil, rosemary, black olives, and salt.

Since it uses the same dough as a pizza, it's in fact quite close to the thick-based pizza with a garlicky olive oil sauce.

The main difference is that you leave the focaccia to rise, for about half an hour, on the baking tray.

When it has risen, poke holes into the dough all over with your finger-tips, almost to the bottom. Drizzle with the olive oil and scatter around the other toppings.

Bake for 10 min at 250, and another 10 at 200.

Leave it to cool for a while and, when it's still a bit warm to the touch, tear and tuck in.

Serve it alongside any Mediterranean dish which goes easy on the starches, such as a tomato salad, as brunch or light supper.



## Pizza with garlicky olive oil sauce, rosemary, and prosciutto or anchovies

A pizza without a tomato-based sauce! I didn't know that was even allowed, but I quite like this one. It's really in between a traditional pizza and a focaccia - have a look at the sidebar for the latter. This one looks great, especially once you realise that those golden flakes are all toasted garlic. If you're going with the anchovies, watch it, those little buggers are salty.



Pre-heat your oven as high as it will go, which I'm assuming is 250c, with the baking sheet you're using inside.

Mix the olive oil and grated garlic, let infuse while you mess around with the pizza base.

Take the baking sheet out of the oven, place the pizza base on it, and spread the sauce over the base. Place the anchovies or prosciutto. Now, I scatter over the rosemary at this point, but some of it inevitably burns. So if you're not feeling lazy, you might want to wait and scatter the rosemary over the pizza a couple of minutes before the latter is done.

Bake at 250c for 10-15min, until the garlic is a crispy golden or until the prosciutto is done.

Makes a 1-person pizza  
One pizza base, made with 250gr flour (see sidebar)  
3T olive oil  
3 large garlic cloves (or more), grated  
Rosemary, fresh  
30g anchovies (alternatively, replace with prosciutto, or any other dry-cured ham)

## Tagliatelle in Orange Sauce

A simple pasta dish with bright, light flavours, as an alternative to the usual tomato-based sauce. Try to get the tagliatelle made with eggs rather than just water - since we won't be adding any Parmesan cheese, the richness of the egg is welcome. As for the meat, use up whatever is left-over from making pizza. Here I'm using the sausage meat, but prosciutto or bacon would work just as well.

Serves 2 (the photo is of a single serving)

*180g egg tagliatelle*

*2T butter (not oil)*

*Italian sausage meat, ~200gr*

*Zest and juice of 2 oranges*

*Black pepper*

Cook the pasta until slightly underdone; we'll finish it in the orange sauce. Add 2T of the pasta water to the orange zest and juice.

Form the sausage meat into small meatballs. In a skillet, on a medium-high flame, brown the meatballs until slightly crispy on both sides, ~5-7min. The slight crust provides some textural variation.

Add the orange sauce to the meatballs, turn flame to high. Add the pasta, cook over high heat until the pasta is done and the sauce has mostly evaporated, one or two minutes. Finish with black pepper, to taste.

A note on the black pepper. I add quite a lot of it, making it an additional flavour equal to the orange zest, rather than merely a seasoning. I find that this works well, since the other flavours distributed throughout the dish are all very mild.



## Lunch, Picnics, and Afternoon

### Tea

This is a fairly miscellaneous collection of the stuff which I tend to bring to picnics and such, with some lunch-like dishes thrown in for good measure. Some of it's definitely for the weekends, but dishes like hummus and tabbouleh make an interesting variation on the usual packed lunch.



## Tabbouleh

This is a great breakfast or lunch dish for spring and summer. When I'm feeling too lazy to bake my bread, I'll generally either have porridge if it's cold out, or tabbouleh if it's hot.

The tabbouleh in the photographs is the authentic version, which is a parsley salad garnished with some bulgur. Very herby and fresh. The easier and slightly more substantial version emphasises the bulgur rather than the parsley, which you could even leave out.

That's usually what happens with me, as I decide of an evening that no, I'm not going to mess around with all the flour and the kneading - the sourdough sponge will keep another day anyway. I'll have to muck about a bit the next morning, but it's a great way both to be lazy - or rather to procrastinate - and to introduce some variety to my breakfasts.

The amounts are all fairly vague - it's a breakfast dish, so I usually haven't had my first cup of tea yet, nor am I wearing my contacts. Hence the eyeballing is a bit fuzzy, here.

You can vary the amount of juice you use, depending on how moist you like your tabbouleh. Heat the fruit juice until just simmering, pour over bulgur, and stir.

Start toasting the cumin in a dry skillet. Slice the fruit, add to the bulgur. Now add the toasted cumin, a squeeze of lemon juice, and parsley, if using.

If you want to make the parsley version, use a large bunch of parsley, roughly chop, add either the fruit or go with tomatoes, and use just a couple tablespoons of bulgur.

If desired, chill before serving. (Obviously works best if you shower and get dressed in between prep and breakfast.) Or chuck in a tupperware container and take to work.

Makes breakfast or lunch for two

*1 cup bulgur*

*1.5-2 cups of apple juice (or any fruit juice)*

*1t cumin seeds*

*Sliced and diced fruit (I like apples and plums)*

*Lemon juice*

*Parsley (optional)*





## Hummus

Little effort for a lot of very tasty hummus. Even less effort if you use canned chickpeas - but dried chickpeas too merely require some soaking and a while on the hob. I like my hummus relatively lemony, which is reflected in the recipe below.



Simmer the chickpeas for 1.5 hours in plenty of water, with a bit of the salt, until they're very soft. Drain, and reserve the cooking water.

Put the chickpeas in a bowl, add all the other non-optional ingredients, and  $\frac{1}{4}$  cup of cooking liquid. Blend until smooth. Taste, and possibly add salt, sesame paste, or lemon juice.

Blend further, adding more of the cooking water until you get the desired consistency. Note that as the hummus cools, it becomes firmer.

When serving the hummus, add any of the toppings. I particularly like the sweet paprika, with a bit of cayenne pepper.

Makes ~1L

*400ml dried chickpeas, soaked overnight*

*1t salt*

*4 cloves of garlic (roast them in the oven first, if you want to get fancy)*

*200ml sesame paste*

*200ml lemon juice*

*zest of all the lemons you're using*

*Sweet paprika (optional)*

*Cayenne pepper (optional)*

*Black olives (optional)*

*Olive oil (optional)*

*Parsley (optional)*

## Pita Bread

Same basic dough recipe as the pizza or foccacia.  
(And really, these double as naan for me, too.)

Makes about a dozen  
*400gr white bread flour*  
*250ml tepid water*  
*1t yeast*  
*1t salt*  
*Sesame seed and blue poppy seed (optional)*

Mix, knead, let rise until doubled in size.

Pinch off pieces and roll into balls between your hands, roughly golf-ball sized. With a rolling pin, roll each ball out until it's roughly 5mm thick.

Place on a preheated baking sheet, in a 250c oven, for roughly 5min each side. (But go by their look; bake until they have a slightly golden crust.)

## Edamame Hummus

This hummus, made with soy beans rather than chickpeas, is a lot fresher, and nicely green, too. I like it mostly as a supplement to the normal hummus, when I make a batch for a party. I've also tried beetroot hummus and green pea hummus, but wouldn't particularly recommend those. Though the former does look great, especially in combination with the others.

Boil the beans until just tender, following package instructions, and immediately cool in cold water.

Throw everything together, and blend. Adjust to taste, but be sure to go easy on the sesame paste, it can easily overpower the soy beans.

*500ml frozen edamame beans*  
*1T sesame paste*  
*1T olive oil*  
*3 cloves garlic, preferably roasted*  
*60ml lemon juice*  
*1t salt*



## Chicken Mango Slaw

This is my favourite substantial salad. Very French, but the mango keeps things interesting. Try to find a small cabbage, otherwise you'll have lots left-over. And since you'll be eating the cabbage raw, it's worth it to pay for the best quality you can get.

Serves two as main course, or six as a side dish

*200g thinly sliced cabbage*

*1 mango, diced*

*2 chicken breasts, sliced, oven-roasted with a rosemary, sage, garlic, salt, and chilli pepper rub*

*12 radishes, thinly sliced*

*2 carrots, julienned*

*40g toasted cashews*

*4T golden raisins (optional)*

*3T freshly chopped mint or cilantro*

*Vinaigrette, made with 2T red wine vinegar, 2t*

*Dijon mustard, 3T olive oil, 1 small minced shallot, pinch of salt*

Mix everything together and serve. If you'll be transporting the slaw, only add the vinaigrette to the slaw right before serving.

When making the vinaigrette, be sure to taste and adjust the various ingredients, until you hit your particular sweet spot.





## Chinese Chicken Wraps

Okay, so Peter did what he could, but this one just plain doesn't look like much. It's the taste which counts, though: combine the textures and flavours of the bits of chicken, celery, grapes and almonds, and weave through the honey, mustard, and five-spice, and you've got a great little wrap, with a rich, warm base and little bursts of freshness.



Toss the salad ingredients together. (You could add the salad leaves to increase the bulk of the wraps.)

Mix the vinaigrette, taste and adjust. Mix with the salad, and assemble the wraps.

These are best soon after assembly, but they keep fairly well in the fridge, wrapped in cling film, for about a day or two.



Makes 4 wraps  
4 wraps (*wheat-based*)  
~400g *cooked chicken, shredded*  
20 *red grapes, halved*  
1 *celery stalk, diced*  
3T *almonds, halved or slivers*  
¼t *five spice powder*  
*Salt and pepper, to taste*  
*Handful of arugula or rocket (optional)*

3T *honey*  
1T *Dijon mustard*  
2T *yoghurt*  
2T *rice vinegar*  
½t *sesame oil*  
*Pinch of salt*



## Scones

I only realised last year that scones are this easy to make. You could quite realistically make them in the morning, for a brunch, though perhaps you wouldn't want to risk that turning into a habit. As it is, I make these whenever I get half an excuse. I love them best with a generous helping of wild blueberry conserve.

Makes 6-8  
300g plain white flour  
2t baking powder  
Pinch of salt  
75g butter, cubed, room temp.  
50g sugar  
1 egg  
1t vanilla extract  
120ml buttermilk (or 100ml milk with 20ml vinegar)  
30ml milk

Preheat the oven at 200c.

Sift flour, baking powder, and salt together, rub in butter (leaving chickpea-sized chunks), stir in sugar. Separately, beat together the egg, vanilla, and buttermilk.

Add fluids to the flour, mix, and knead a few times to form a dough. Roll out, to 4cm thickness for proper scones, to 1.5cm for biscuits, as in the photographs.

For scones, use a jam jar to cut out scones, for the biscuits, use a knife to cut the sheet into rectangles.

Place the scones on greaseproof paper, brush tops with milk, and bake for ~15min, until they are golden brown and a toothpick comes out clean.

Transfer to a wire rack to cool, serve with strawberries, cream, or different kinds of jam.



## Chocolate Chip Cookies

Do you already have a go-to choc-chip cookie recipe? I can't quite recall. Anyway, here's what I've cobbled together from various recipes.

Whisk flour, baking soda, baking powder, and salt together in a small bowl.

In a large bowl, cream together the sugar and the butter. (I don't have a paddle attachment so I cheat and let the sugar and butter come close to melting in a warm oven, before creaming them together.) Stirring, add the vanilla and the egg, then stir in the flour mixture, chocolate, and nuts.

Now, depending on the kind of cookies you like, there are three options.

For flat and wide cookies, as in the photographs, just put heaped tablespoons of batter on a baking sheet lined with greaseproof paper, at least 2" apart. Bake at 180c for ~15min, until golden brown around the edges and very lightly browned in the centres.

For small, thick cookies, freeze golf-ball sized blobs of batter. Place the frozen balls on the baking sheet, at least 1" apart, and bake at 200c for 10min and then 175c for another 10min, until golden brown around the edges and very lightly browned in the centres.

Finally, for cookies in between those two extremes, shape the batter into a log, wrap in cling film, and refrigerate at least overnight. Slice the log into 1" thick discs, place on the baking sheet, at least 2" apart, and bake at 180c for ~20min, until golden brown around the edges and very lightly browned in the centres.

In all cases, leave to cool on a wire rack, and try not to eat all of them in one go.

Makes ~12 cookies  
*100g dark chocolate, 70%,  
roughly chopped*  
*50g almonds/hazelnuts,  
roasted and roughly  
chopped*  
*150g flour*  
*½t baking powder*  
*¼t baking soda*  
*¼t salt*  
*1 egg*  
*1t vanilla extract*  
*100g brown sugar*  
*100g butter*



## Cashew and Butterscotch Cookies

A different way to give that sweet tooth its fix. I suggest you scale this recipe depending on the contents of your bag of butterscotch chips.

Makes ~12 cookies

*80g butter*

*100g brown sugar*

*1 egg*

*1t vanilla extract*

*80g flour*

*¼t baking powder*

*¼t baking soda*

*¼t salt*

*70g rolled oats*

*1 bag (120ml) of butterscotch chips*

*120ml raw cashew halves*

Preheat the oven to 180c.

Cream the butter and sugar together. Add the eggs and vanilla, incorporate, then add the flour, baking soda, baking powder, and salt.

Combine, and stir in the oats, butterscotch, and cashews.

Drop heaped tablespoons of dough onto a baking sheet lined with greaseproof paper, at least 2" apart.

Bake for ~10-15min, until caramelised around the edges. They are fragile at this stage, so leave to cool on the baking sheet for 5-10min, before moving them to a wire rack to finish cooling.





## Lemon-Yoghurt Cake

Yoghurt cake, my favourite. Almost sounds healthy, doesn't it? The yoghurt does replace most of the butter or oil, and the result is a cake which is just as moist but not quite as rich as an ordinary cake. Any kind of citrus would work well as flavouring, lime, orange, whatever. You could even use a teaspoon of vanilla extract, for a plain cake. I'm going with lemon here.

Makes 1 8" or 9" round cake tin  
250ml yoghurt  
80ml oil (I use peanut oil)  
200g sugar  
¼ cup lemon juice (or more, to taste)  
zest of the lemons  
2 eggs  
220g flour  
1½t baking powder  
½t baking soda  
Pinch of salt

Preheat the oven to 180c.

Whisk together the yoghurt, oil, sugar, lemon juice, and lemon zest. While whisking, add the eggs one by one. Sift in the flour, baking powder, soda, and salt. Stir until just combined. Pour into the cake tin.

Bake at 180c for ~40min, or until the top is golden brown and a toothpick comes out clean. Let cool in the tin for 10min, and let rest on a rack.

Optionally, dust with icing sugar just before serving, or whip up a fruit sauce, blackberry or such, by heating the fruit in a pan with a bit of water and sugar.



## Yeasted Sugar Cake

At first glance, this seems like a fairly plain cake, but there are two tricks which make this into a very interesting dish. Firstly, you'll want to use some kind of fancy brown sugar, such as muscovado, turbinado, or demerara. Secondly, you'll want to let the cake rest for a couple of days after baking, at room temperature, wrapped in cling film - as we found out unintentionally, this hugely improves the flavour.



Makes 1 8" or 9" cake tin  
7g (one envelope) yeast  
60ml warm water  
50g sugar  
250g flour  
½t salt  
120ml milk  
2 eggs  
1t vanilla extract  
90g butter  
50g sugar

Mix the yeast and water. Whisk together the flour, sugar, and salt. When the yeast is foamy, mix it, the milk, the vanilla, and the eggs into the flour. Add 60g butter and beat until smooth. Let rise until doubled in bulk, ~45min.

Pour the dough into the cake pan, brush on the remaining, softened butter, sprinkle with the remaining sugar. Leave to rise for another 30min and preheat the oven to 200c.

Bake the cake for ~30min, until a toothpick comes out clean and the top is very brown and crackly. Let cool in the tin briefly, turn out onto a rack to cool.

Serve with a good cup of tea.





## Pineapple Salsa

At first this seemed to me like just a simple fruit salad, nothing special. But I did end up eating pretty much the whole bowl. There's nothing overly exciting going on, although the flavours do mesh very well together. Ideally served with tortilla chips, but a spoon works fine too.

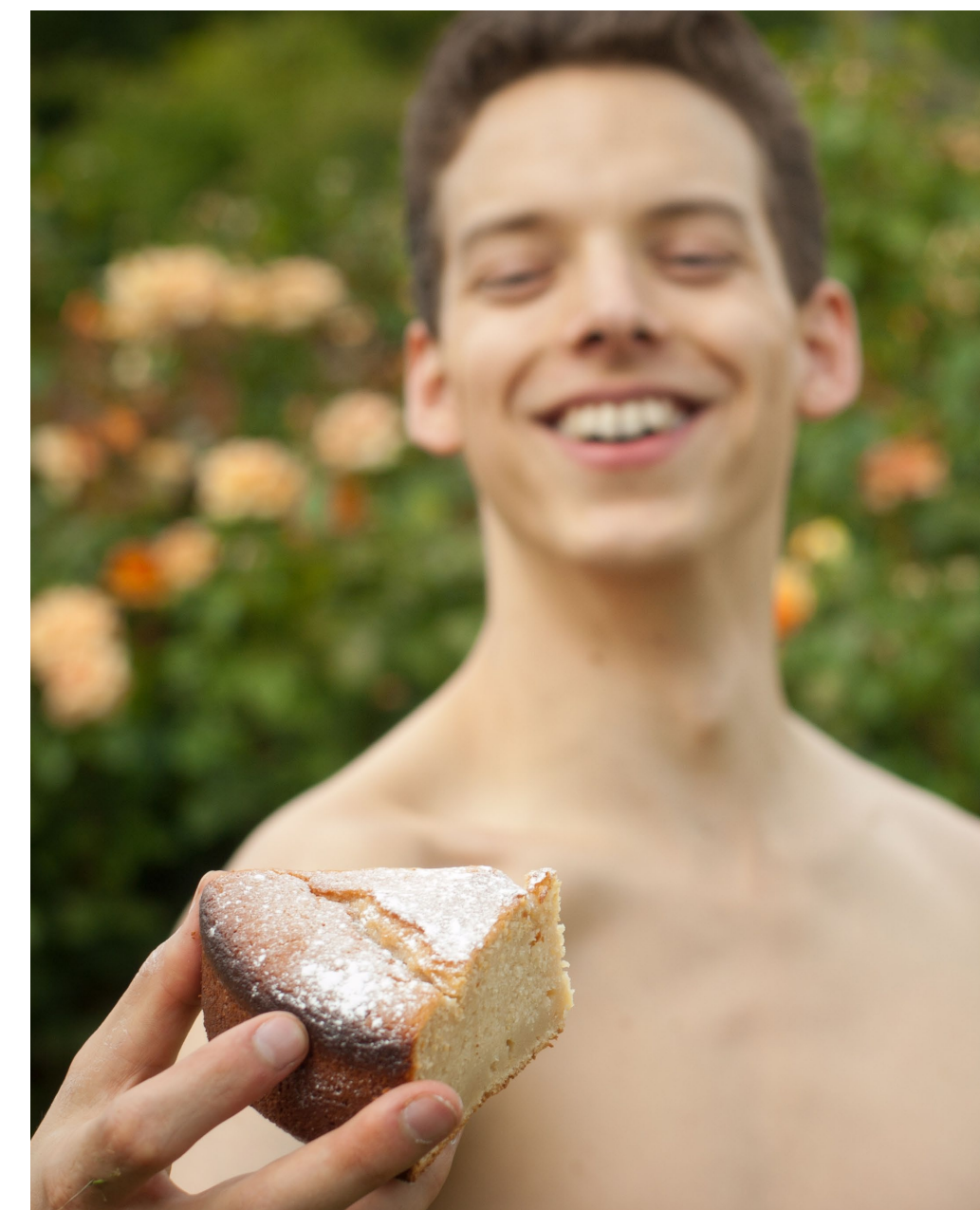


Grill the pineapple, bell pepper, and chilli under the broiler until slightly charred.

Combine with the other ingredients, season to taste, and serve at room temperature.

Serves 2-4

*1 large pineapple, cut into chunks*  
*1 red bell pepper, diced*  
*1 red chilli, finely diced*  
*1 small red onion, finely diced*  
*Fresh coriander leaf, small handful, chopped*  
*2 limes, juiced*  
*Salt, pinch*





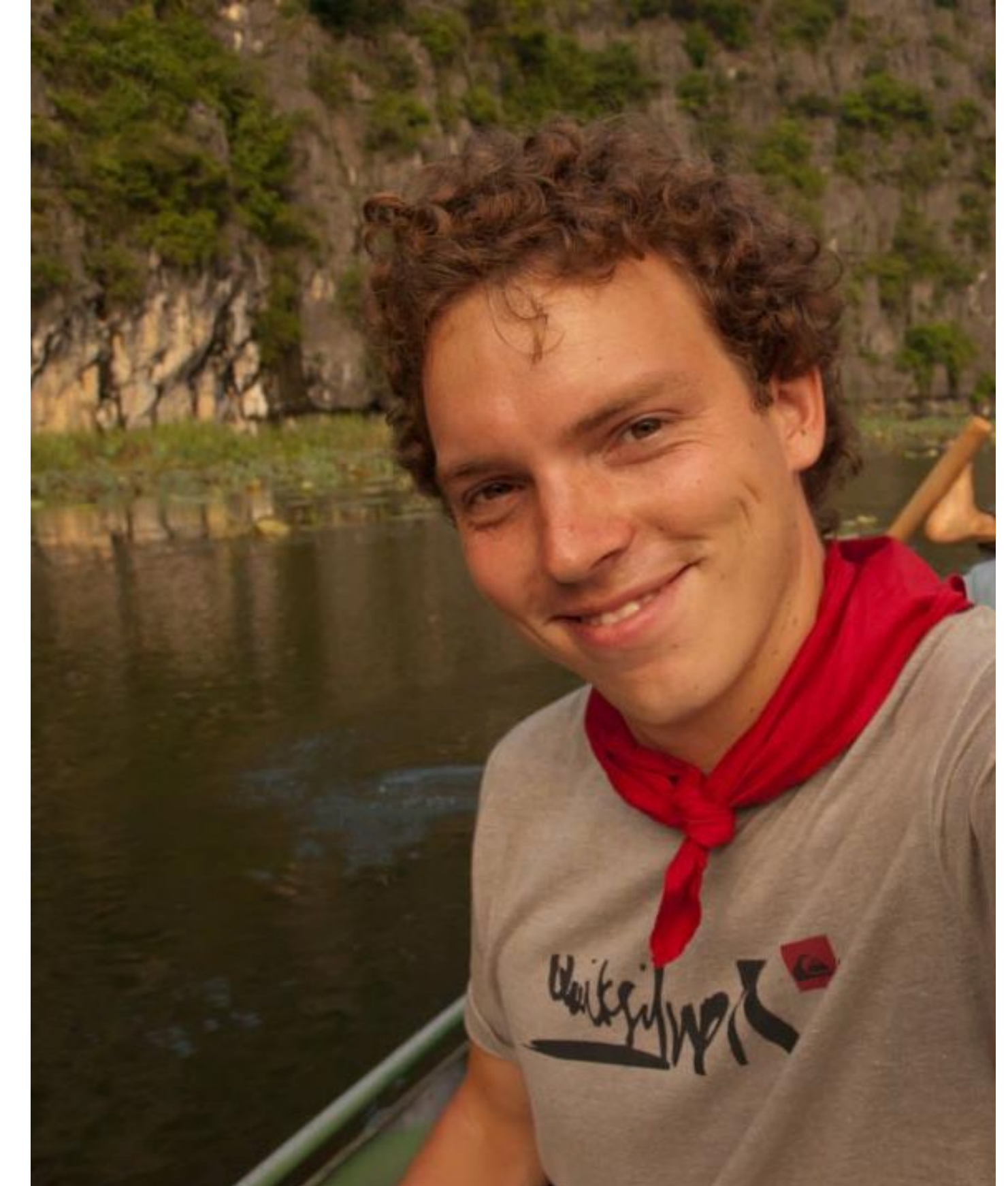




Enjoy!  
Richard & Peter



The Food



The Photos

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