

CHRISTCHURCH FOOD FESTIVAL EDUCATION TRUST



Recipes from our work in Primary Schools

These recipes represent the ones that we have used during our primary school cookery days for the past thirteen years, in most of which children actually cook in small well-supervised groups. As we have limited equipment in schools and we usually have a full class of children cooking each recipe, these recipes have mostly been designed to be cooked on the stove-top and very few require an oven. We have marked those suitable for vegetarians with a **[V]** by the title of each such recipe. However, for vegans they will require a change of some ingredients. These days there are plenty of alternatives to dairy and meat products.

While working in schools we are always careful to check with teachers and parents to ensure that allergies and general dietary requirements are taken seriously, and we often adapt recipes each morning to reassure teaching staff. We always emphasise the healthy eating aspects of our recipes. What we have learnt is just how much the children enjoy our sessions, especially as they get to taste the food after they have helped to cook it. Many of them find that they like food that they had previously disliked, others are just keen to try different flavours. They take the recipes home and are very proud when they cook them for the family.

Please note that we never use nuts in schools, but some may appear in these recipes if they are considered an authentic ingredient of the recipe.

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African Recipes

Traditional African food is organic plant-based, with a little meat or fish often added for flavour. These are foods that can be easily produced in the local region. Processed food is unknown to many on the continent.

Most are gluten-free, unrefined natural foods, including whole grains, legumes, roots and tubers and a variety of fruits, seeds, nuts and vegetables. These plant-based foods are usually the focal point of almost every meal, and not meat, fish or poultry.

Popular foods are cassava, yam, cocoyam, rice, beans, maize, sorghum, millet, groundnut, coconut, plantain, melons, seafood, poultry, beef, goat meat, bush meat, palm oil, potatoes, lentil, vegetables and vegetable oils. Many parts of Africa have been influenced by immigration from the Indian sub-continent and as a result the recipes use a wide selection of spices and herbs.

For desserts, fruits like mangoes, pawpaw, bananas, oranges, pineapple, watermelon and a host of others serve as snacks or desserts.

Tanzanian *Poisson aux coco* (coconut fish)

Serves 4

2 tbsp freshly grated ginger
1 chilli
8 garlic cloves
salt, to taste
1kg fish fillets
700ml coconut milk
tamarind paste, to taste
1 tsp curry powder
cayenne pepper, to taste

Grind together the ginger, chilli, garlic, and salt in a pestle and mortar until it forms a paste (or blend in a small blender). Rub this mixture all over the fish, cover and leave to marinate for at least 30 minutes.

Meanwhile stir together the coconut milk, tamarind, curry powder, salt and cayenne pepper in a saucepan. Bring to a simmer over low heat.

Begin cooking the fish on a preheated griddle pan. Griddle very slowly until it's

halfway done. Then remove and finish in the sauce that has been simmering. Turn every 3 minutes or so, and spoon more sauce over the top each time you turn.

Continue cooking for about 10 minutes, or until the fish is cooked through. Then serve.

Tanzanian *Futari* (sweet potato & pumpkin in coconut milk) – [V]

Serves 4

1 tbsp groundnut oil
3 tbsp onion, finely chopped
380g pumpkin, peeled and cubed
400g sweet potatoes, cubed
juice of ½ lemon
½ tsp cloves
1 tsp salt
360ml coconut milk
1 tsp cinnamon

Pour the oil into a pan and fry the onion until golden. Add the pumpkin and sweet potatoes and then the lemon juice, cloves, salt and 240ml of the coconut milk. Cover and simmer for 10 minutes.

Add the cinnamon and stir gently. Cook for a further 20 minutes, adding more coconut milk as required.

Kenyan Biryani

Serves 6

500g Chicken, cut into pieces
salt to taste
3 garlic cloves
oil or ghee
1 medium onion, sliced
1 tbs ginger paste
8 small illaichi (green cardamom)
1 tbsp garlic paste
100 g plain yoghurt

5 cloves
500g basmati rice
Yellow food colour - two drops
Sugar, a pinch

Add chicken, salt and garlic cloves to a pan with enough water to cover. Cook on a low flame till the meat is tender and most of the water has evaporated.

Heat 4-5 tbsp of oil and fry the onion until it is light brown. Add the rest of the spices, yoghurt, and fry for one minute.

Boil the rice until half cooked, drain the water and set aside.

Add the cooked meat to the sautéed onions to make the masala and cook uncovered for a few minutes to evaporate excess water. When most of the water has evaporated, transfer a little rice to a pot, and on top of that add some of the meat/masala combo, continuing in layers.

Sprinkle on yellow food colour and a pinch of sugar. Cover, and put on a low flame until the rice is done. Keep the pot tightly closed - you are trying to steam cook the rice.

When the rice is done, the biryani is ready.

Chapati (Round Flat Bread) – [V] ***to serve with Kenyan Biryani.***

6 servings

125g whole wheat flour
100g white flour
2 tbsp oil or ghee
200 – 230ml warm water
Salt to taste

Mix the flour in a bowl and add salt and oil. You can mix with clean hands, or use a mixer or food processor. Add a little bit of water at a time and knead well for about 10 minutes until you have a stiff and smooth dough. Cover the dough and let it stand for at least 30 minutes - up to two hours.

Knead the dough well again and divide it into egg-sized balls. Dust each ball

with extra flour. Flatten each ball and roll out thinly into sizeable circles.

Heat an ungreased, heavy skillet or griddle over a medium flame. Lightly grease the pan and slowly heat the first chapati. Cook on one side for about 1 minute or until lightly brown, then flip and brown the other side. Press the sides of the chapati with a spoon until it puffs. Remove the chapati from the skillet into a warm dish or foil paper and wrap it to keep it warm.

Repeat this process for every chapati, wiping the pan with greased paper every time a new chapati is to be cooked.

Serve the chapatis warm with a meat stew and/or cooked vegetables. Chapatis can also be served with hot milk or *chai*.

Ghanaian Fish Stew

Serves 4

450g firm white fish, cubed
1 lime juice, zest and juice
1 garlic clove, crushed
1 tbsp freshly grated ginger
2 red chillies, blended to a paste
Salt to taste
Vegetable oil, for frying
4 medium onions, finely sliced
4 tomatoes, blended to a paste
3 tbsp shrimp paste
2 tbsp tomato purée
300ml water

Marinate the fish in lime, garlic, ginger, chillies and salt. Set aside for 30 minutes.

Heat a little oil in a pan and fry the onions and tomatoes for about 5 minutes. Add the shrimp paste and tomato purée and allow to simmer for 10 minutes. Add the water and marinated fish along with any remaining marinade. Simmer gently for 10-15 minutes until the fish is cooked.

Serve hot on a bed of rice or boiled yams.

West African Chicken Stew

Serves 6

1 tbsp vegetable oil
1kg boneless chicken, cubed into 2cm pieces
1 large onion, chopped
5 medium potatoes, peeled and cubed
2 cloves garlic, crushed
black pepper
salt
1 tsp ground coriander
1 tsp ground cumin
1 tsp crushed red pepper flakes
250ml water
250ml chicken stock
150ml peanut butter, optional
500g fresh spinach, chopped

Heat the oil in a large heavy frying pan over a medium heat. Cook the chicken until completely brown 5-7 mins. Set aside. Add the onion, potatoes, garlic, pepper, salt, coriander, cumin and red pepper flakes. Cook until the onions soften, about 5 minutes.

Stir in the water, chicken stock and optional peanut butter. Return the chicken to the pan and top with spinach. Cover and simmer for about 20 minutes or until the potatoes are cooked through.

Spicy African Yam Soup – [V]

Gabanzo beans used here are actually chickpeas in the UK

Serves 4

1 tsp of vegetable oil
1 small onion, chopped
1 large sweet potato, peeled and diced
1 garlic clove, crushed
200g rice
1 litre of chicken stock
1 tsp dried thyme
½ tsp ground cumin
4 tomatoes, peeled and chopped

1 can Gabanzo beans – (chickpeas)
2 courgettes, finely diced
2 tbsp, peanut butter

Heat the oil in a large saucepan over a medium heat. Sauté the onion, sweet potato and garlic until the onion is soft. Add the rice and stir to coat. Add the chicken stock, thyme and cumin. Bring to the boil. Cover and simmer for 15 minutes.

Stir in tomatoes, beans and courgettes. Simmer until tender for about 5-10 minutes. Stir in the peanut butter if using.

Ugandan Chicken with Tomato Sauce

Serves 4.

1 Chicken, cut into pieces
3 tbsp oil
1 onion, thinly sliced
3 large tomatoes, mashed
2 stalks of celery, cut into thin rounds
1 tsp salt
1 hot pimento or chili pepper

Fry the Chicken in hot oil until golden. Remove the chicken pieces and cook onions in the same pot. When they, too, are golden brown, return chicken pieces to the pot and add tomatoes, celery, salt and hot pepper. Reduce heat and simmer until Chicken is tender. Then serve.

Ugandan Smoked Fish Stew

Serves 4

1 tbsp vegetable oil
2 cloves crushed garlic
1 finely chopped Onion
2-3 ripe tomatoes, diced
2 tbsp tomato paste
1 tsp curry powder
a pinch of dill
water

1 medium sized smoked fish (without bones - shredded or cut into cubes)

Heat the oil in a pan. Cook the onions and garlic in oil until translucent. Add the diced tomatoes and cook until soft. Stir in tomato paste, curry powder and dill. Allow the mixture to simmer for 5-10 minutes. Add a bit of water if it becomes too thick. Add the smoked fish at the last minute, just cooking it long enough to warm. Garnish with a sprinkle of dill.

Serve over rice or Pasta.

Aztec and Mexican Recipes

Modern Mexican cuisine has a long and rich history spanning thousands of years, but it was the ancient Aztecs who introduced many of the ingredients that we now think of as classically Mexican. Looking back at the diverse history of our beloved Mexican cuisine, we can see how it has evolved to incorporate a wide variety of influences. Historical Aztec records remind us that much of the food we eat today dates back to the ancient times. It is believed that Mexican cuisine originated with the Mayan Indians. Their diet included the crops that were most readily available to them, such as corn, beans and squash. These staple foods are still fundamental to Mexican cooking today.

Turkey Fajitas

Serves 4

450g boneless turkey, cut into thin strips
2 tbsp oil
1 sachet Fajita seasoning mix
1 onion, sliced
1 green pepper, sliced
1 red pepper, sliced
1 packet soft flour tortillas

Coat turkey in oil and seasoning mix. Heat a heavy based frying pan and fry the turkey for 3 minutes until well browned.

Add onion and peppers and cook for a further 2 minutes or until the meat is cooked. Serve with warm tortillas, guacamole and soured cream.

Guacamole – [V]

Serves 4

4 mild chillies, finely chopped
bunch coriander, chopped
2 tomatoes, finely chopped
salt, to taste
1 onion, finely chopped
1-2 tbsp water
½ lime, juice only
3 ripe avocados

In a pestle and mortar, pound the chillies, coriander, tomatoes, salt and onion to a fine paste. Add a little water and lime juice to make a looser mixture. Mash in the avocados. Serve.

Blackened Salmon Salad

People sometimes think that blackened means burning. Once you become familiar with blackening you will appreciate the flavours that this process creates.

Serves 4

4 salmon fillets
2 tbsp oil
1 sachet of fajita seasoning
300g French beans, trimmed and lightly cooked
4 vine tomatoes, quartered
4 hard-boiled eggs quartered
1 large red onion, thinly sliced
12 black olives
Olive oil
Juice of 1 lemon

Coat the salmon in oil and sprinkle over fajita seasoning to taste. Heat a heavy based frying pan or griddle pan until smoking. Griddle the salmon until lightly blackened and just cooked.

Mix beans, tomatoes, egg, onion and black olives in a large serving bowl. Drizzle with olive oil, lemon juice and season well.

Serve topped with blackened salmon.

Chilli Hot Chocolate – [V]

This is the fantastic combination of rich chocolate with spicy chilli. South Americans have been matching these ingredients for centuries.

Serves 4

1 litre whole milk

2 red chillies

200g good quality plain chocolate, broken into small pieces

200ml litres single cream

Pour the milk into a pan. Slice the chillies in half lengthways and de-seed leaving the stalk attached in order to remove them from the milk easily. Add to the milk. Slowly bring to a shivering simmer. Remove from the heat and infuse for 10 minutes.

Reheat the milk, add the broken chocolate and cream and stir on a low heat until the chocolate is dissolved. Remove and discard the chillies.

Serve in mugs.

Aztec Soup – [V]

Corn was a staple part of the Aztec diet. The spices added to this make it a more interesting recipe, as corn can become a bit monotonous.

Serves 4

15g butter

2 large onions, finely chopped

4 rounded tsp ground cumin

1 rounded tsp ground coriander

½ head celery, finely chopped

1kg canned or frozen sweetcorn, drained

1.2 litres vegetable stock

Juice and freshly grated zest of 1 lime

2 tbsp chopped fresh coriander

Melt the butter in a large pan. Add the onions and sauté gently for 10 mins, until translucent. Add the cumin and ground coriander and sauté for 2 mins,

stirring occasionally. Add the celery, sweetcorn, some stock and salt and pepper. Bring to the boil. Reduce the heat and simmer for 15 minutes.

Purée the soup in a blender and stir in the lime juice and zest and reheat gently. Adjust the seasoning and serve with the chopped coriander.

Mexican Style salad – [V]

Serves 4

1 large avocado
2 tbsp freshly squeezed lemon juice
1 garlic clove, crushed
1 tbsp extra-virgin olive oil
1 tsp white wine vinegar
Salt and freshly ground black pepper
Chilli powder
8 large crisp lettuce leaves
400g can red kidney beans, drained and rinsed
1 small onion, cut into rings
4 firm tomatoes
1 green or red pepper, deseeded and thinly sliced
125g grated cheese
A little paprika

Halve, stone, peel and mash the avocado, mix with lemon juice, garlic, oil, vinegar and season with salt, pepper and chill powder to taste.

Lay lettuce leaves on four plates, then layer the beans, onion, tomatoes, pepper and cheese on top, ending with a big spoonful of avocado and a sprinkling of paprika.

Serve with wholemeal tortillas.

British Recipes with Local Produce

There is a large choice of food produced in both Dorset and Hampshire. Most of it is available from local farm shops and delicatessens. By buying local food you are supporting small business entrepreneurs and artisans, which provides employment for the local economy. You also save an enormous amount of food miles as transport costs are kept to a minimum. Food is fresher and

tastes better. These recipes give some ideas for using local produce.

Goats Cheese and Watercress salad – [V]

Serves 4

10 Cherry tomatoes
2 apples
50g Corn Kernels
4 spring onions
100g Hampshire Watercress
200g Dorset Rosary (or other local) soft Goats cheese

Dressing:

1 tsp English mustard
2tbsp Dorset cider vinegar
6 tbsp Dorset rapeseed oil
chopped chives

Halve the cherry tomatoes. Core and quarter the apples, then thinly slice. Remove the dark green tops from the spring onions and then finely slice the remainder. Pick the watercress into bite sized pieces.

Arrange the watercress, corn, tomatoes, apple and spring onion in a salad bowl. Crumble over the goats cheese.

For the vinaigrette, whisk everything except the chives together in a small bowl. Stir in the chives. Sprinkle over the salad

Seabass and local vegetable casserole

Serves 4

60ml olive oil
1 lemon, juiced
½ tsp ground cumin and coriander
1 clove garlic
2 large fillets Mudeford sea bass
1 tbsp sunflower oil
200g onions, finely chopped
2 cloves garlic, chopped

2 sticks celery, finely diced
1 medium carrot, finely diced
450g fresh tomatoes, peeled and de-seeded
2 tbsp tomato purée
black pepper, ground cumin and ground coriander seeds to taste
35g fresh coriander, chopped
35g fresh dill, chopped

For the marinade, combine olive oil, lemon juice, ground cumin and ground coriander in a bowl. Add 1 clove of garlic.

Lay the fish fillets in a baking dish and pour the marinade on top. Set aside to marinate for about 20 minutes.

In the meantime, heat the sunflower oil in a flameproof casserole and use to fry the onion, remaining garlic, celery and carrot. Cook for about 5 minutes until the onion is soft. Add the tomatoes, tomato purée and season with black pepper, ground cumin and ground coriander seeds. Simmer. Stir in the coriander and dill. Cook for about 5 minutes.

Drain the fish and lay it on top of the tomato mixture. Cover with the lid and allow to cook gently for about 10 minutes until the fish is cooked through.

Leek and Potato Omelet – [V]

This recipe is a great way of using up left over food. It is very quick and easy to cook. You can vary this recipe by maybe using mushrooms, peppers and cheese – and for non-vegetarians, 3 chopped rashers of streaky bacon.

Serves 1-2

3 Dorset Free range eggs
salt and pepper
25g butter
1 leek, top removed, finely sliced and washed
3 new potatoes, cooked and diced
chopped chives
Dorset rapeseed oil

Crack the eggs into a bowl and beat well with a fork or whisk. Lightly season with salt and pepper.

In a preheated non-stick frying pan, add the butter, then place the leeks in the pan. Sauté gently for 3-5 minutes until softened. Then add the potatoes. Sauté for 2 more minutes.

Add the eggs to the pan and keep everything moving until eggs are nearly set. Then stop stirring, add the chives and allow omelet to finish setting. Roll up and serve, with a local salad.

Chunky Vegetable and pasta soup – [V]

Serves 4

2 tbsp sunflower oil
1 onion, finely sliced
2 garlic cloves, finely sliced
1 carrot, cut into 1.5cm/³/₄in chunks
1 turnip, cut into 1.5cm/³/₄in chunks
1 small potato, cut into 1.5cm/³/₄in chunks
1 small parsnip, cut into 1.5cm/³/₄in chunks
2 heaped tsp paprika
½ x 400g can chopped tomatoes
1 tbsp tomato purée
1 litre stock
50g small pasta shapes
Salt and pepper to taste
100g cheddar cheese, grated

Heat the oil in a large pan, then add onion and garlic and sauté for 2 minutes. Then add all the diced vegetables and again sauté for 5 minutes.

Stir in the paprika, tomatoes and purée.

Add hot stock and pasta. Bring to a simmer and cook for 10 - 15 minutes until pasta and vegetables are tender. Check seasoning and add a little salt and pepper if required.

Sprinkle the cheddar cheese on top of the soup and serve.

For an interesting variant, replace the pasta with 50g pearl barley.

Char grilled trout, watercress & tomato salad, citrus dressing

The majority of watercress is grown in Hampshire and Dorset in clear chalk streams.

Serves 4

For the salad:

10 Cherry tomatoes
4 spring onions
¼ cucumber
100g local watercress

For the dressing:

1 lemon, zest and juice
1 orange, zest and juice
6 tbsp rapeseed oil
Sugar to taste

For the fish:

2 local trout fillets
Rapeseed oil for cooking

Halve the cherry tomatoes. Remove the dark green tops from the spring onions and then finely slice the remainder. Deseed and dice the cucumber.

Pick the watercress into bite sized pieces. Arrange the watercress, tomatoes, cucumber and spring onion.

Make the dressing by combining the juices and zest and beating the oil in. Add sugar to taste if required.

Heat a griddle pan for the trout and add a little oil. Place the fish skin side down and cook for 5 minutes. Turn and cook for 2 more minutes until the fish is cooked through.

Place the fish on the salad, then dress with the citrus dressing.

Flatbreads with goats cheese, red onion & tomato – [V]

Makes 10-12

For the flatbreads

350g self-raising flour

Pinch of salt
1 tsp baking powder
350g natural yoghurt

Mix all the ingredients together in a large bowl. Once combined, turn out onto a floured surface and knead for a couple of minutes to form a smooth dough. Divide the dough in to 10 -12 equal sized pieces, and roll out to around 3-4 mm thick.

Heat a griddle pan and cook the flatbreads for around 2 minutes each side, until bar marked and puffed up.

For the topping

100g local goats cheese, such as rosary
1 small red onion, finely diced
100g cherry tomatoes, halved or quartered
Chives, finely chopped or snipped
Olive oil

Carefully mix all the ingredients together, taking care not to break the goats cheese up too much.

Once the flatbreads are cooked, spoon a little mixture onto or into the flatbread

Fruity Pork Steaks

This recipe is very popular with children and is great for family meals. It adds a sweet and sour taste to the pork.

Serves 4

4 Hampshire pork loin steaks, fat removed
2 tsp Chinese 5-spice powder
1 tbsp sunflower oil
1 red onion, cut into wedges
4 red apples, cored and cut into eighths
2 tbsp redcurrant jelly
1 tbsp Dorset cider vinegar
200ml chicken stock

Dust the pork steaks with the 5-spice powder. Heat half of the oil and fry the pork for around 3 minutes on each side, until browned and cooked through. Remove from the pan and place on a plate.

Add the remainder of the oil to the pan and add the onions and sauté for 2 minutes, then add the apples and cook for a further 3 minutes.

Next add the redcurrant jelly, vinegar and chicken stock. Bring to the boil and simmer rapidly until lightly syrupy. Add the pork back to the pan to reheat and glaze the meat on both sides. Delicious served with mashed potatoes.

Trout with Ratatouille

A very good way of encouraging children to eat fish as it uses lovely Mediterranean vegetables. It is also very colourful. This ratatouille is a good accompaniment for many dishes, including poached or grilled white fish, chicken, and other white meats. Served with crusty bread it can be eaten as a light meal on its own.

Serves 4

1 red onion
½ aubergine
1 yellow pepper
1 courgette
2 garlic cloves
4 tomatoes
2 tbsp tomato purée
vegetable oil
Salt and pepper
450g trout fillets

Dice the onion, aubergine, pepper and courgette into equal size pieces. Crush the garlic. Quarter the tomatoes, and remove the seeds, then dice the flesh.

Warm a little oil in a pan and cook the diced vegetables and garlic for, 4-5 mins, not letting them colour.

Add the chopped tomatoes and purée, and cook for 5 minutes. Place the fish fillets on top of the vegetables. Put a lid on top and cook for a further 10 minutes until the fish is cooked. Season and serve.

Trout and local vegetable casserole

This recipe uses lots of local vegetables and provides a spicy alternative for a family meal.

Serves 4

60ml olive oil
1 lemon, juiced
½ tsp ground cumin and coriander
1 clove garlic
4 fillets trout
1 tbsp sunflower oil
1 large onion, finely chopped
2 cloves garlic, chopped
2 sticks celery, finely diced
1 medium carrot, finely diced
300g fresh tomatoes, peeled and de-seeded
2 tbsp tomato purée
black pepper, ground cumin and ground coriander seeds to taste
15g fresh coriander, chopped
15g fresh dill, chopped

To make the marinade, combine olive oil, lemon juice, ground cumin and ground coriander in a bowl. Add 1 clove of garlic.

Lay the fish fillets in a baking dish and pour the marinade on top. Set aside to marinate for about 20 minutes.

In the meantime, heat the sunflower oil in a flameproof casserole and use to fry the onion, remaining garlic, celery and carrot. Cook for about 5 minutes until the onion is soft. Add the tomatoes, tomato purée and season with black pepper, ground cumin and ground coriander seeds. Simmer. Stir in the coriander and dill. Cook for about 5 minutes.

Drain the fish and lay it on top of the tomato mixture. Cover with the lid and allow to cook gently for about 10 minutes until the fish is cooked through.

Smoked Haddock Fishcakes with Tomato salsa

Makes 4 fishcakes

250g undyed smoked haddock, trimmed
1 fresh bay leaf
300ml milk
375g potatoes, unpeeled, boiled and mashed

8 Spring onions, finely chopped
100g tinned sweetcorn
2 tbsp fresh parsley
Zest of a lemon
8 tbsp double cream
2 egg yolks

To coat the fishcakes:

2 eggs, beaten
100g flour
125g breadcrumbs
25g butter
2 tbsp olive oil
Lemon wedges to serve

For the Tomato salsa:

4 chopped tomatoes
½ onion, chopped
1 green chilli, finely chopped
Juice of ½ lime
2 tbsp olive oil
2 tbsp fresh coriander, chopped
Salt and freshly ground pepper

Cook the haddock fillets with the bay leaf and the milk in a shallow pan. Simmer for 5-10 minutes. Cool, remove the fish's skin and any bones and flake into chunks.

Mix the fish with the potato, spring onions, sweetcorn, parsley and lemon zest. In a small bowl beat the eggs with the cream and then add to the mixture. Divide the mixture into 4 parts. Shape each into a slightly flattened ball. Roll each fishcake in the flour on a plate, shaking off any excess.

To coat the fishcakes:

Pour the beaten egg onto a plate and place the breadcrumbs onto another plate. Dip each fishcake into the eggs so that they get egg all over the surface and then dip them into the breadcrumbs and coat all over. Repeat this for all the other fishcakes.

Heat the oil and butter into a frying pan and add the fishcakes carefully. Cook them gently for about 4-5 minutes on each side until they are golden brown. Drain on kitchen paper and serve with the tomato salsa.

To make the tomato salsa:

Mix all the ingredients together in a large bowl. Season with salt and pepper

Rainbow salad – [V]

This salad is full of colour and is a really healthy addition to any meal. A serving bowl in blue would complete the rainbow!

Serves 4 -6

Mixed Salad Leaves

100g peas, defrosted

1 yellow pepper and 1 orange pepper, cut into strips

12 cherry tomatoes, cut into strips

2 carrots, peeled and cut into matchsticks

2 raw beetroots, peeled and cut into matchsticks

8 baby corn, cut in half

150ml French dressing

Put the mixed leaves into a colander and wash. Drain well and place into a large salad bowl. Make a large well of the leaves. Scatter the pepper strips, fresh peas and tomato halves on top. Add the carrots, beetroot and baby corn. Drizzle the dressing over the salad.

Breakfast Omelet

This omelet makes a tasty alternative to a breakfast fry-up and could even be served as a light or main meal with the Rainbow or green salad.

Serves 1

2 eggs

2 tbsp milk

30g Cheddar Cheese, grated

A knob of unsalted butter

Salt and pepper

For the filling:

2 rashers of bacon, de-rinded

1 tomato, cut into chunks

1 tsp of sunflower oil

60g mushrooms, sliced

Whisk the eggs and milk together in a jug. Add the cheese and stir into the eggs mixture. Season with salt and pepper. Cut the bacon into cubes.

Place the frying pan over a medium heat and fry the bacon for 3 minutes or until cooked completely. Tip the bacon onto a plate lined with kitchen paper.

Heat the oil and fry the mushrooms for 2 minutes. Add the tomato and cook for a further 1 minute. Put the mushroom and tomato onto a plate and add the bacon.

Melt the butter in the pan. Pour in the egg so that it covers the base of the pan. Cook the egg on a medium heat until the edges begin to cook and set.

Using a spatula push the cooked egg into the centre of the pan. The uncooked egg will run to the sides. Repeat until all the egg is cooked.

Spoon the filling to one half of the omelet and gently flip the unfilled half over the top.

Sugar Free Flapjacks – [V]

This recipe uses ripe bananas as a substitute for sugar. Over ripe- brown bananas can be peeled and put in a zip lock bag in the freezer. Use them for recipes just like this! It is also dairy-free if you use margarine made from palm and rapeseed oil. You can also use different dried fruits such as cranberries or use spices such as cinnamon or ground ginger.

Makes 16 squares.

100g butter or dairy free margarine
3 tbsp honey
200g porridge oats
50g dried stoned dates, chopped
50g dried apricots, chopped
30g desiccated coconut
1 tsp vanilla essence
2 ripe bananas, mashed

Preheat the oven to 170C, 150C fan, Gas Mark 3. Grease a 20cm baking tin.

Gently melt the butter and honey either in a saucepan or in the microwave. Leave to cool.

In a large bowl, mix the oats, dates, apricots and coconut together. Add the vanilla and mashed bananas to the melted butter and honey. Pour into the dry ingredients and mix thoroughly.

Press the mixture firmly into the baking tin. Bake for 30 -35 minutes or until the top is golden brown and the mixture is coming away from the sides of the tin.

Remove from the oven and while it is still warm, use a knife to score where you will cut the squares. Leave in the tin to cool before cutting.

Tomato and pomegranate salad – [V]

A refreshing colourful salad packed with flavour.

Serves 2

50g red cherry tomatoes, cut into ½cm dice
50g yellow cherry tomatoes, cut into ½cm dice
50g tiger (or plum) tomatoes, cut into ½cm dice
1 medium vine tomato, cut into ½cm dice
¼ red pepper, cut into ½ cm dice
½ small red onion, finely diced
1 clove garlic, crushed
pinch ground allspice
1 tsp white wine vinegar
1 tbsp pomegranate molasses
20ml olive oil
¼ pomegranate, seeds removed
1 tbsp chopped oregano leaves, to garnish

In a large bowl, mix together the tomatoes, red pepper and onion and set aside.

In a small bowl whisk the garlic, allspice, vinegar, pomegranate molasses, olive oil, until well combined. Pour this over the tomatoes and gently mix.

Arrange the tomatoes and the juices on a large flat plate. Sprinkle over the pomegranate seeds and oregano

Sugar Free Spiced Oat Cookies – [V]

These cookies make an ideal snack or breakfast dish.

Makes 12 cookies

50g porridge oats
75g wholemeal flour
Pinch fine sea salt
½ tsp bicarbonate of soda
½ tsp ground mixed spice
75g margarine or unsalted butter
50g pear or apple purée

Preheat the oven to 190C/fan 170C/Gas 5 and grease and flour two baking sheets. Mix together the oats, flour, salt, bicarbonate of soda and mixed spice.

Cream the margarine in a bowl and beat in the pear or apple purée a little at time. Beat in the oat mixture.

Make about 12 walnut sized portions of the mixture and place on the baking sheets, leaving 5cm round between each one. Flatten them slightly with a fork.

Bake the biscuits for 15 minutes or until they are beginning to turn golden. Leave the biscuits on the baking trays until they are cool, golden and firm.

British Recipes from World War 2

Food shortages during the war meant that housewives had to be very creative and manage on very small portions. Many people dug up their lawns and grew their own vegetables. Our recipes have been modernised as the remit of our charity is to provide food that the children will eat at the end of the sessions and try at home. We have explained exactly what would have been available at the start of each recipe.

Potato and Bacon Omelet

Originally this recipe would have used lard or any fat other than butter. Oils were not commonly used for cooking in Britain until the early 1960s. It might also have used reconstituted dried eggs.

Serves 1

1 tbsp sunflower oil
1 bacon rasher, de-rinded and chopped
1 large potato, cooked, diced and sliced
Salt and freshly ground pepper

2 fresh eggs

Heat the oil in a frying or omelet pan. Add the bacon and potato. Cook for a few minutes.

Beat and season the eggs, pour into the pan and heat for about 30 seconds, then tilt the pan so the liquid egg runs to the sides. When set fold or roll away from the handle, halve and tip on to one or two plates.

Wartime Carrot Cake – [V]

The Ministry of Food gave out recipes for quite a lot of cakes during the period of rationing just to give people variety with their diet. This cake illustrates two points: that cakes were made with vinegar when one had no fresh or dried eggs; and also, that people often relied on carrots to give flavour, sweetness and texture in cakes and puddings.

Serves 4 6

225g self-raising flour
100g hard margarine
100g caster or soft brown sugar
50g sultanas
75g carrots, grated
1½ tbsp malt vinegar
6½ tbsp milk

Pre-heat the oven to 180C. Grease and flour an 18cm cake tin.

Sift the flour into a mixing bowl. Rub in the margarine and add the sugar, sultanas and carrots.

Mix the vinegar with the milk and add to the other ingredients to give a sticky consistency. Spoon into the cake tin and bake for 1 hour 10 mins until firm.

Monday Jug

It would take housewives most of the morning to do the laundry on Mondays as there were no automatic machines. Most families had a roast joint for their Sunday lunch and so this recipe was created as a way of using up the Sunday joint. The dumplings helped to fill you up when meat was in short supply.

Serves 4

600ml beef stock
4 carrots
Small bunch of herbs
Salt and shake of black pepper
175g cold joint meat cut into pieces
2 tbsp brown or Worcestershire sauce
1 level tbsp plain flour

For the dumplings:

175g plain flour
1 tsp baking powder
Pinch salt
1 tbsp chopped parsley
Water to bind.

Put half the stock into a saucepan and to the boil. Add the carrots, herbs and seasoning. Cook until nearly tender.

Add the meat with the brown sauce. When thoroughly hot blend the flour with the remaining water or stock, stir into the ingredients in the saucepan and continue to stir over a moderate heat until the gravy is thickened.

To make the dumplings, sift the flour, baking powder and salt into a mixing bowl, then add the parsley and enough water to make a soft dough. Drop spoonfuls into the hot liquid in the stew and cook briskly for 10 minutes or until the dumplings are well risen. Dish up and serve with potatoes, greens and a little home-made chutney.

Vegetable Goulash – [V]

This paprika flavoured dish was very popular during rationing. You could add meat if you wished or often it was made with whale meat. It also used bottled tomatoes as there were no imported ones at that time. Fruit had to be bottled as there would be none available from October to June until the British crop began again.

Serves 4 - 6

50g lard or dripping
3 large onions or leeks, chopped or thinly sliced
1-2 tbsp paprika
750ml vegetable stock

Salt and freshly ground pepper
2 tbsp chopped parsley
1 tsp chopped thyme
1 tsp chopped rosemary
450g jar bottled or tinned tomatoes with liquid
350g carrots, sliced
1 small turnip, cut into dice
1 small swede, cut into dice
500g potatoes, peeled. Thinly slice a quarter. Thickly slice the rest.
Chopped parsley to garnish

Heat the lard or dripping in a saucepan, add the onions or leeks and cook gently for 5 minutes. Stir in the paprika and cook for 1 minute over a low heat to improve the flavour. Pour in the stock and bring to the boil. Add a little seasoning, herbs and tomatoes. Heat for 2-3 minutes.

Add the carrots, turnip, parsnip, swede and the thinly sliced potatoes to the boiling liquid. Cover the pan and cook steadily for 15 minutes. Stir to encourage the potatoes to break up into the stew. Add the thicker potato slices and check that there is enough liquid. Cook for a further 15-20 minutes. Taste and adjust the seasoning. Garnish with parsley.

Fish Pie

Although fish pies had been made for generations, they achieved greater popularity in the late 1950s when a far more varied range of fish became available. During the 1940s the selection and quality was poor, and this continued into the early 1950s. The greater the selection of fish and flavouring the more interesting the pie becomes.

Serves 6

675g white fish or a mixture of white fish and smoked haddock
Salt and freshly ground white pepper
Sprig parsley
1 bay leaf
1 shallot or small onion, sliced
40g butter
40g plain flour
300ml milk
Little cream, optional
1 tbsp chopped parsley
Few drops anchovy essence

For the topping:
450g cooked and creamed potatoes
Little extra butter

Put the fish in a saucepan with sufficient cold water to just cover. Add the seasoning, herbs and shallot or onion. Bring to the boil and simmer gently until the fish is barely cooked. Leave until cool, then lift out the fish and flake. Retain the liquid.

Preheat the oven to 180C. Heat the butter in a saucepan and stir in the flour. Cook for one minute over a gently heat and stir well. Add the milk and stir briskly over the heat until the sauce thickens. Stir in the cream if using and the strained fish liquid to make a coating consistency. Add the parsley and fish.

Spoon into a 1.2 litre dish. Top with potato and dot this with a little butter. Bake for 35 minutes.

Note: You can add sliced hard-boiled eggs and peeled prawns to the fish and sauce. Also add a little grated cheese to the top of the potatoes before baking.

British Recipes from Victorian Times

Victorian food and what was eaten varied hugely at the time between the rich and the poor. Rich children ate extremely well whereas the poor had limited choices and availability. At the beginning of the Victorian Period people ate what was in season, available locally or had been pickled or preserved. With the advancements of the industrial revolution however and the invention of the railways and steam ships, food began to be sent across the country and imported from overseas. The choices then began to increase.

Refrigeration and the lack of it was still a problem which everyone in the Victorian era had to endure. Food was therefore bought locally and consumed within a small amount of time. The Victorian era consisted of local producers, much as we are urged to 'shop local' now. This was the only option within the Victorian era, and families would go to the local butcher for meat and the grocer for tea and coffee. Shopping at a number of small shops was normal.

Mulligatawny soup – [V]

This soup became popular when people returned from living in India during the time of the British Raj, as they had developed a taste for spices. This was a

time when England ruled India and many people went out to work for the Civil service and the army in India.

Serves 6-8

25g butter
1 tbsp sunflower oil
1 large onion, finely chopped
2 garlic cloves, chopped
2 medium carrots, cut into 1.5cm/ $\frac{5}{8}$ in cubes
2 celery sticks, thinly sliced
1 medium sweet potato, peeled, cut into 1.5cm/ $\frac{5}{8}$ in cubes
1 eating apple, peeled, quartered, cut into 1.5cm/ $\frac{5}{8}$ in cubes
1 tbsp medium curry powder
1 vegetable stock cube
1 litre/1 $\frac{3}{4}$ pints boiling water
1 tbsp tomato purée
1 tbsp mango chutney
100g/3 $\frac{1}{2}$ oz easy-cook long grain rice
100g/3 $\frac{1}{2}$ oz natural yoghurt
coriander or flat-leaf parsley, to garnish (optional)
salt and freshly ground black pepper

Melt the butter with the oil in a large saucepan and stir in the onion, garlic, carrots, celery and sweet potato. Cook over a medium heat for 10 minutes, stirring regularly until the vegetables are beginning to soften and brown lightly. Stir in the apple pieces and sprinkle over the curry powder. Cook for a further 2 minutes more, stirring as it cooks.

Crumble the stock cube into a measuring jug, and pour over the boiling water. Mix to combine. Pour into the pan, and stir in the tomato purée and mango chutney. Bring to the boil, then reduce the heat slightly and leave to simmer for 30 minutes, stirring occasionally. Cook until the vegetables are tender.

While the soup is simmering, half-fill a medium pan with water and bring to the boil. Add the rice and return to the boil. Cook for 10 minutes, or until the rice is tender. Drain the rice in a sieve and rinse under running water until cold.

When the soup is ready, cool the soup for a few minutes and blend with a stick blender or in a food processor until smooth before stirring in the cooled rice. If you want a more rustic texture to the soup, do not blend.

Add enough water to give a good consistency, (about 150-200ml/5 $\frac{1}{2}$ -7fl oz).

Heat the soup for 3–4 minutes until piping hot and check the seasoning, add salt and freshly ground black pepper to taste.

Ladle the soup into deep bowls and top each with a spoonful of natural yoghurt or soured cream. Garnish with sprigs of coriander or flat-leaf parsley if you like.

Soused Mackerel Salad Recipe

Mackerel are fish that are found plentifully in the waters around the south coast and are easy to catch. Sousing is a traditional method of curing or preserving the fish. In Victorian times lots of people grew the vegetables in their gardens, if they had one.

Serves 4

4 mackerel fillets
100ml white wine vinegar
300ml water
1 shallot, cut into rings
1 small carrot, sliced
2 bay leaves
6 peppercorns
180g mayonnaise
1 big green apple, peeled and cored
1 medium onion
2 medium potatoes, boiled
2 medium beetroot, boiled
2 medium pickled gherkins
2 eggs, hard-boiled
¼ tsp pepper
⅛ tsp salt

For the soured mackerel:-

Ensure there are no bones in the mackerel. Place the vinegar, water, shallot, carrot, bay leaves and peppercorns into a pan and bring to a simmer. Allow to simmer for 10 minutes to soften the vegetables.

Then carefully lay the mackerel onto the liquor. Return to a simmer, then turn off the heat. When ready to serve the salad, drain the fish and serve on top of the mixed salad ingredients.

Dice apple, potatoes, pickles, beetroot, onion, and eggs.

Mix all ingredients together with mayonnaise, salt and pepper.

Herring Salad

Herrings were a cheap source of protein and were plentiful in Victorian Britain. They were often preserved in vinegar. People could grow the vegetables in their gardens if they had one.

Serves 4

1x 450g jar sour herring fillets
180g mayonnaise
1 big green apple, peeled and cored
1 medium onion
2 medium potatoes, boiled
2 medium beetroot, boiled
2 medium pickled gherkins
2 eggs, hard-boiled
¼ tsp pepper
1/8 tsp salt

Dice apple, potatoes, pickles, beetroot, onion, sour herring fillets, and eggs. (Leave some herring strips for decoration.)

Mix all ingredients together with mayonnaise, salt and pepper.

Decorate the Herring salad with some herring strips.

Pan Haggerty – [V]

Pan Haggerty is a famous British food from Northumberland though it can be found across the whole of the north east. Pan Haggerty is a filling dish and wonderful with sausages, or any meat, and even delicious on its own. This Pan Haggerty recipe uses just potatoes, onions, carrots and cheese but sometimes is also made with a little bit of cabbage as well.

Serves 4

6 potatoes, peeled and thinly sliced
2 onions, peeled and thinly sliced
5 carrots peeled and sliced
500ml chicken stock

150g Cheddar cheese

Place a layer of potatoes in a pre-heated deep sided pan. Then add a layer of onions followed by a layer of carrots. Season a little. Repeat this and then finish with a layer of potatoes on the top.

Pour in the chicken stock so that all the ingredients are covered, then bring to the boil. Cover and reduce heat to a simmer. Cook for 15 -25 minutes until the potatoes and carrots are tender.

Put the grated cheddar cheese on the top and then grill. Spoon into bowls to serve.

Braised Oxtail with dumplings

This cut of meat is literally the tail of an ox and is from a range of meat called offal, which was and is very cheap to buy and yet full of nourishment. People in Victorian times used it when they could afford it, as even this was too expensive for poor people.

Serves 4-6

2 tbsp plain flour
2kg (approx.) oxtail pieces
4 tbsp sunflower oil
2 onions, chopped
3 carrots, in small chunks
2 celery sticks, in small chunks
2 garlic cloves, chopped
2 tbsp tomato purée
bay leaves and thyme sprigs, tied together
1 bottle red wine (or equivalent)

For the dumplings:

300g self-raising flour
150g beef suet
salt
cold water
chopped parsley

Heat oven to 180C.

Toss the oxtail in the flour until evenly coated. Heat the oil in a flameproof

casserole dish and brown the meat in batches. Remove from pan.

Once all meat is browned, add the vegetables and garlic and fry for 3-4 minutes until starting to brown. Stir in the tomato purée and the herbs.

Put the meat back in and then add the wine. Season, cover and braise for three hours until very tender.

To make the dumplings, sift the flour into a large bowl, then add the suet and a pinch of salt. Stir in the chopped parsley then add just enough water to form a stiff dough. Form into balls and place on the top of the simmering casserole. Cook for 15 - 20 minutes.

British Recipes from Tudor Times

By the reign of King Henry VIII, the price of fresh meat had fallen sufficiently so that when it was available, the average Tudor family could afford it. The century before, poorer families would have rarely enjoyed meat, eating a diet of stewed vegetables and pulses. But the norm for 'average' people in Tudor times was stored or preserved meat – the luxury of the court was fresh meat.

Tudor courtiers enjoyed a much wide variety of food, with freshly slaughtered, roasted meat every day and the luxury of being able to choose from a 'menu' of dishes. Courtiers were served a menu of dishes containing around 5000 calories a day!

Beef or Lamb Olives

This is an old Tudor recipe which would have used mutton instead of lamb. If you wish you can brush the olives with a little beaten egg just before the end of cooking. This was called endoring, and it was often done to give spit-roasted meat a golden colour.

Serves 4

4 thin slices of beef topside or lamb rump

1 large onion

6 hard-boiled egg yolks

1 tbsp shredded suet

2 tsp finely chopped parsley

A pinch of ground ginger

A pinch of powdered saffron

Salt

A little butter

Cider vinegar for sprinkling

A little ground ginger, cinnamon and black pepper, mixed for sprinkling.

Beat the meat thin and flat with a cutlet bat. Chop the onion finely with 4 egg yolks. Add the suet, parsley, ginger, saffron and salt to taste. Knead and squeeze until pasty, using the onion liquid to bind. If necessary, add a few drops of water or a little extra parsley.

Spread the stuffing on the meat slices and roll them up like small Swiss rolls. Secure with wooden toothpicks. Lay side by side in a greased baking tin, with the cut edges underneath. Dot with butter. Bake turning once at 350F (180C) for 35-40 minutes. Baste once or twice while cooking.

Lay olives on a warmed serving dish. Just before serving sprinkle with vinegar and spices, and garnish with the remaining egg yolks, crumbled.

Fried Whiting

“First flay them and wash them clean and seale them, that doon, lap them in floure and fry in butter and oyle. Then serve to them mince apples or onions and fry them”.

The above is the Tudor version of how to make this dish. Note the changes in spelling!

Serves 4 – 6

225g apples or onions, peeled and minced,
butter or oil for frying.

275ml white wine

15ml wine vinegar

1 tsp salt

¼ tsp pepper

¼ tsp ground mace

A pinch of ground cloves

450g-700g whiting fillets

Fry the apples or onions in a little butter or oil in a small saucepan until thoroughly cooked, but not browned. Stir in the wine, vinegar, salt, pepper and spices. Allow to cook for a few minutes, then keep hot ready to use.

Remove any skin from the fillets, dust them with flour, fry in butter or oil for a 5-10 minutes and serve with the sauce.

Serve with mixed vegetables.

Thick Pea Pottage – [V]

Pottage was eaten by everyone in Tudor times as it was nourishing and nutritious. It is thicker than our normal soup. Recipes varied and depended on what was available and in season. This recipe has been updated and uses frozen or canned peas (these would not have been available at that time!). Note once again the use of the popular spices of that time. This thick pottage can be used as quickly made and is a very substantial warming soup and is ideal for serving with fish dishes.

Serves 4

25g fresh breadcrumbs
1 egg yolk
1 tsp chopped parsley
1 tsp salt
½ tsp ground ginger
A pinch of saffron
275ml milk
350g cooked peas or a 525g can of peas.

Beat together the breadcrumbs, egg yolk, parsley, salt, ginger and saffron. Bring the milk almost to the boil, pour in the peas and the breadcrumb mixture. Bring to the boil over a low heat, stirring continuously.

Rabbit in Redcurrant sauce

Rabbit was very popular in Tudor times as they were very plentiful. Big estates had their own rabbit warrens. You can use chicken instead of rabbit if you prefer.

Serves 4

1 rabbit
1 onion, roughly chopped
herbs (parsley, thyme, rosemary)
25g butter
½ tsp cinnamon
½ tsp ginger
½ tsp nutmeg

Skin the rabbit and cut the meat into large pieces. Rub butter into the surface of the rabbit pieces. Chop or prepare the herbs.

Warm the cauldron by the fire and add a small amount of butter. Place the rabbit pieces around the bottom of the cauldron. Add the chopped onions and herbs.

Add some spices, a small spoonful of cinnamon, half a small spoonful of ginger and a small amount of nutmeg.

Cook for around 40 minutes

Vegetable Pottage – [V]

Another recipe for Pottage would be a root vegetable one. This was the staple diet of many poorer Tudor people, who would have this as their main meal with bread and cheese. Some recipes include oats.

Serves 4

1 onion
2 leeks
1 or 2 parsnips
2 carrots
1 pack baby spinach
spinach
1 tbsp chopped garden herbs (e.g. parsley, rosemary and thyme)
50g butter
570ml stock
seasoning (salt and peppercorns)

Peel the onion, roughly slice and chop. Top and tail the leeks, parsnip and carrots. Peel the outer skins and roughly chop. Roughly chop some spinach

Warm a pot by the fire. Add some butter and add the onions to the pot. Allow to soften for a few minutes, then add the chopped leeks and parsnips. Allow the vegetables to sweat for a few minutes then cover them with the stock.

Add the spinach. Allow to cook until the vegetables are ready, then add the garden herbs. Leave for a few minutes, add the seasoning (salt and peppercorns), then remove the pot from the hearth and serve.

Caribbean Recipes

Caribbean food has become very popular in the UK thanks to the large amount of immigration that we have seen over the past seventy years. It is a delicious combination of sweet and spicy flavours - perfect for livening up a plate and tantalising your taste buds. The famous jerk seasoned meat may spring to mind, but hearty stews, tropical puddings and refreshing smoothies are just a few other delights this sunny place has to offer. Chillies, pineapples, mangoes and plantains all go to make up this delicious diet.

Chicken, Pepper and Squash curry

Serves 4

1 tbsp oil
2 onions, sliced
1 red pepper, deseeded and sliced
1 green pepper, deseeded and sliced
a little chilli powder (to taste)
2cm fresh root ginger
4 tsp curry powder
1 tsp ground coriander
2 tsp ground turmeric
325ml canned coconut cream
1½ tbsp soft light brown sugar
1 bay leaf
8 bone-in chicken thighs, skin removed
600g squash, peeled, deseeded, and cut into 3-4cm cubes
Salt and black pepper
Fresh coriander leaves

Heat the oil in a large pan and cook onions and peppers over a medium heat for 10-15 mins until the onion is soft and pale golden. Add the chilli, ginger and spices and cook for another minute, stirring a little.

Add the coconut cream plus 160ml water, the sugar and bay leaf. Add the chicken to the stew and bring to just under the boil, then reduce the heat to medium and cook for 15 minutes without a lid.

Add the squash and cook for another 12 minutes or until the chicken is cooked through and the squash is soft.

To thicken the stew press some of the squash with the back of a wooden spoon, so that it breaks up. Season to taste and serve sprinkled with coriander leaves. Serves 4-6

Warm Salad of avocado, roast pepper & sweet potato – [V]

Serves 4

2 red peppers, deseeded and quartered
1½ tbsp olive oil
Salt and black pepper
2 sweet potatoes, peeled
A ripe avocado
Squeeze of lemon juice
225g baby spinach, rocket or watercress

For the dressing:

1 tbsp sherry vinegar
½ tsp Dijon mustard
½ small red chilli, deseeded and finely sliced
½ tsp caster sugar
4 tbsp extra-virgin olive oil

Preheat the oven to 190C and put the peppers in a roasting tin. Drizzle with oil, season and roast for 30 mins. Wrap the sweet potatoes in foil and place them in the oven. Roast until only just tender. Place the peppers in a sealed bag to cool.

Make the dressing by whisking all the ingredients together. Add salt and pepper to taste.

Halve the avocados, remove the stones, and cut the flesh into slices lengthways with the skin still attached. Carefully peel the skin from each slice. Squeeze a little lemon juice over the avocado pieces to prevent them from discolouring, then season.

Remove the peppers from the plastic bag, peel and discard the skins. Slice the potatoes into rounds about the thickness of your little finger. Brush these with oil and season all over. Heat a ridged pan and cook the potatoes on both sides so that they take on lovely scorch marks.

Gently toss the potatoes, pepper strips, avocado slices and leaves together with the dressing. Serve immediately.

Jerk salmon with mango coleslaw

Serves 4

2 heaped tsp Jerk paste
2 tbsp clear honey
4 salmon fillets
2 limes, juiced
½ a red cabbage, cored and thinly sliced
1 mango, peeled and thinly sliced
1 red pepper, thinly sliced
6 spring onions, thinly sliced
Small bunch coriander, leaves picked

Mix the jerk paste with 1 tbsp of the honey. Add the salmon to this and coat well. Heat a griddle pan on a medium heat, then add a little oil and the salmon. Cook, turning occasionally, until the salmon is cooked through.

While the salmon is cooking, put the remaining honey in a large bowl with the lime juice and a little seasoning. Stir in the prepared cabbage, mango, pepper, onions and coriander. When the fish is cooked serve it on a pile of the coleslaw

Chinese recipes

Chinese cuisines are an important part of Chinese culture, which include recipes originating from the diverse regions of China. Many Chinese people have settled in other parts of the world and taken their food and ingredients with them. Because of the historical power of the country, Chinese cuisines have influenced many other cuisines in Asia, with modifications made to cater to local palates. Chinese food staples such as rice, soy sauce, noodles, tea, chili oil and tofu, and utensils such as chopsticks and the wok, can now be found worldwide.

Chicken Chow Mein

Serves 4

1 clove of garlic, crushed
2.5cm piece root ginger, peeled and grated
1 tbsp of light soy sauce
1 tbsp rice wine vinegar
350g breast of chicken, cut into strips
225g dried egg noodles
1 tbsp sunflower oil
75g mangetout, halved
100g broccoli florets
3 spring onions, sliced
1 red pepper, deseeded and thinly sliced
100g beansprouts
2 tbsp oyster sauce

Using a large bowl mix together the garlic, ginger, soy sauce and rice wine vinegar. Add the diced chicken and stir. Leave to marinate for 10 minutes.

Meanwhile cook the egg noodles in a pan of boiling water and cook for 4 minutes. Turn off the heat. Drain the noodles and return to the pan to keep warm.

Heat the sunflower oil in a large wok or frying pan and add the chicken and stir-fry for 5 minutes until browned.

Add the mangetout, broccoli, spring onions and pepper. Stir-fry for 5 minutes. Add the beansprouts, oyster sauce and fry for a further 5 minutes.

Stir in the noodles and serve.

Spiced Pork with Stir-Fried Greens

A quick and easy variation on a traditional stir fry. Serves 2 people but can be easily doubled.

Serves 2

1 tbsp vegetable oil
250g pork escalopes, sliced into thin strips
Bunch spring onions, trimmed and sliced
2 carrots, trimmed and cut into fine strips
175g broccoli, broken into small florets
3 celery sticks, sliced

2 heads of pak choi, broken into separate leaves
2 tbsp fresh coriander
Finely grated zest and juice of 1 lime
A few thin slices of red chilli or a dash of sweet chilli sauce

Heat the oil in a wok or large frying pan. Add the pork and stir-fry briskly for 3-4 minutes. Tip in the spring onions, carrots, broccoli and celery and stir-fry over a high heat for 4 more minutes.

Add the pak choi and cook for a minute or so until the leaves have wilted. Toss in the coriander and lime zest, squeeze in a little lime juice, and add the chilli slices or sauce. Season with salt and pepper and serve straight away.

Fish with Courgettes and Peas

Serves 4

2 tsp sunflower oil
1 small onion, finely chopped
1 green chilli, seeded and finely chopped
2 courgettes, thinly sliced
125g frozen peas, thawed
350g skinless haddock fillet, cut into bite-sized pieces
2 tsp lemon juice
4 tbsp hoisin sauce
lime wedges to serve

Heat the oil in a large non-stick frying pan. Add the onion, chilli, courgettes and peas. Stir over a high heat for about 5 minutes, until the onion and courgettes begin to soften.

Place the fish in the pan with the lemon juice, hoisin sauce and 150ml water. Stir, bring to the boil and simmer, uncovered, for some 2 – 3 minutes, until the fish is cooked through.

Serve with lime wedges.

This recipe can be used with any firm-fleshed white fish instead of haddock.

Egyptian Recipes

The vegetables of ancient Egypt would have been familiar to us today. Forms of beans, carrots, lettuce, spinach, radishes, turnips, onions, leeks, garlic, lentils, and chickpeas all featured in their everyday diet. Melons, pumpkins, and cucumbers grew profusely on the banks of the Nile. The rich ancient Egyptians ate meat (beef, goat, mutton), fish from the Nile (perch, catfish, mullet), or poultry (goose, pigeon, duck, heron, crane) every day. Poor Egyptians ate meat on special occasions but ate fish and poultry more often.

Falafel – [V]

A Middle Eastern speciality, falafel are sometimes made with dried broad beans instead of chickpeas, especially in Egypt. A good falafel is light, fragrant and fluffy with a crisp shell. It is also traditionally deep-fried, but this version is much healthier.

Serves 4-6 - Makes 24

400g can chickpeas, drained
2 Spring onions, finely chopped
1 tbsp chopped mint
1tsp ground cumin
1 lemon, zest only
1 tbsp plain flour
½ tsp salt
pepper to taste
vegetable oil for frying

Blend all ingredients except the oil in a food processor to form a manageable mixture.

Shape into 24 small patties and fry in a thin film of oil in a non-stick frying pan until golden brown on both sides. Serve as a snack with low-fat natural yoghurt - or for a more substantial meal, in wholemeal pitta bread pockets with shredded salad.

Egyptian Fish Tagine - Sayadeya Tagen

This is a traditional recipe from Egypt for a classic tagine of sea bass cooked in a tomato and onion sauce flavoured with herbs and spices.

Serves 4

For the marinade:

60ml olive oil
Juice of 2 lemons
Salt and black pepper
1 tsp ground cumin and ground coriander seeds
1 garlic clove, chopped

4 x 200g trout, bream or sea bass fillets
1 tbsp sunflower oil
200g onions, finely chopped
2 cloves garlic, chopped
450g fresh tomatoes, peeled and de-seeded
2 tbsp tomato purée
black pepper, ground cumin and ground coriander seeds to taste
35g fresh coriander, chopped
35g fresh dill, chopped
1 green bell pepper, de-seeded and very finely chopped

To make the marinade, combine olive oil, lemon juice, salt, black pepper, cumin and ground coriander seeds in a bowl. Add 1 clove of garlic.

Lay the fish fillets in a baking dish and pour the marinade on top. Set aside to marinate for about 20 minutes.

In the meantime, heat the sunflower oil in a tagine or flameproof casserole and use to fry the onion, remaining garlic and cook for about 5 minutes until the onion is soft. Add the tomatoes, tomato purée and season with black pepper, ground cumin and ground coriander seeds. Simmer and stir in the coriander, dill and chopped bell pepper for about 5 minutes.

Remove half of the tomato mixture from the tagine or casserole. Drain the fish and lay it on top of the remaining tomato mixture. Top with the tomato mixture that you have just removed. Cover with the lid and allow to cook gently for about 10 minutes until the fish is cooked through.
Serve on a bed of white rice.

Cucumber-Feta Salsa with Pitta Bread – [V]

This is a typical dish which would be served before a meal as a selection of 'Mezze' or dips.

Serves 4 as part of a mezze

For the Salsa:

100g crumbled feta cheese
2 tbsp fresh lemon juice
¼ tsp freshly ground pepper
½ cucumber, peeled and seeded
1 large red onion, finely chopped
3 tbsp fresh mint, chopped
3 tbsp fresh dill, chopped
Lemon slices and fresh parsley for garnish

3 pitta breads cut in half
225g carrots, peeled and cut into quarters
3 sticks celery, cut into quarters

Combine feta cheese, lemon juice, and pepper in a bowl. Mash together with a fork. Stir in the cucumber, onion, mint and dill.

Serve with pitta bread, small pieces of carrots and celery and garnish with parsley and lemon slices.

Jewelled Cous Cous or Rice – [V]

Egyptians also traditionally eat rice so you can substitute rice for cous cous in this recipe.

Serves 4

200ml vegetable stock
1 tbsp olive oil
½ tsp salt
100g cous cous
Finely grated zest of 1 unwaxed lemon
Juice of ½ lemon
50g dried ready to eat apricots, chopped
25g raisins or sultanas
4 tbsp flat leaf parsley, chopped
4 tbsp roughly chopped coriander

Heat the stock and oil in a saucepan, add the salt. Bring to the boil and immediately remove from the heat. Add the cous cous in a steady stream and stir in the lemon zest. Set aside for 10 minutes and allow the grains to swell until the cous has soaked up all the liquid.

Return the cous cous to the heat and drizzle over the lemon juice. Heat gently

for about 5 minutes. Fold in the apricots, sultanas or raisins, parsley and coriander. Season with black pepper to taste. Serve with the tagine.

Lemon and Coriander Hummus – [V]

A recipe typically used in Greece and the Middle East which uses chickpeas a traditional vegetable grown in the region.

Serves 4 as part of a mezza

2x 400g canned chickpeas
2 garlic cloves, crushed
3 tbsp Greek yoghurt
3 tbsp tahini paste (sesame seed paste)
3 tbsp extra virgin olive oil, plus extra
Zest and juice of 2 lemons
20g coriander
Pitta bread, celery stick and carrots to serve

Put everything but the coriander into a food processor. Whizz to a smooth mix. Scrape down the sides of the processor if you need to. Season the houmous generously. Add the coriander and pulse until roughly chopped. Spoon into a serving bowl, drizzle with olive oil and serve.

French Recipes

The French are renowned for their food and most towns and villages still have their weekly or daily markets of fresh foods with the most wonderful selection of meat, fish, cheese and fruit and vegetables. Recipes are often regional and depend on what can be grown in a particular area. However, these days French supermarkets are also overflowing with fresh produce of a very high quality and so the choice is amazing.

Ratatouille – [V]

This dish is a good accompaniment for many dishes, including poached or grilled white fish, chicken, and other white meats. Served with crusty bread it can be eaten as a light meal on its own.

Serves 4

1 red onion
1 aubergine
1 yellow pepper
1 courgette
2 garlic cloves
4 tomatoes
2 tbsp tomato purée
Oil
Salt and pepper

Dice the onion, aubergine, pepper and courgette into equal size pieces. Crush the garlic. Quarter the tomatoes, and remove the seeds, then dice the flesh. Warm a little oil in a pan and cook the diced vegetables and garlic for, 4-5 mins, not letting them colour.

Add the chopped tomatoes and purée, and cook for 10 minutes until a sauce like consistency is achieved. Season and serve.

Chicken Chasseur

Chasseur means 'hunter' and is used for dishes including mushrooms, shallots, and tomatoes. The name refers to the fact that this was originally a recipe for cooking game such as pheasant.

Serves 4

1 tbsp oil
60g butter
1 x 1.6kg chicken, jointed into 8 pieces
2 French shallots, finely chopped
125g button mushrooms, sliced
1 tbsp plain flour
2 tsp tomato purée
350ml chicken stock
2 tsp chopped tarragon
1 tsp chopped parsley

For the Croutons:

2 slices bread
A little sunflower oil

Heat the oil in a sauté pan and add half the butter. When the foaming subsides, add the chicken and sauté in batches on both sides until browned.

Melt the remaining butter in the pan, add the shallots and cook gently until softened but not browned. Add the mushrooms and cook, covered, over a moderate heat for 3 minutes.

Add the flour and cook, stirring constantly, for 1 minute. Stir in the white wine, brandy, tomato paste and stock. Bring to the boil, stirring constantly, then reduce the heat and add the tarragon. Season.

Return the chicken to the pan, cover and simmer for 30 minutes or until the chicken is tender and cooked through. Sprinkle with parsley and serve.

To make the croutons, trim the crusts from the bread and cut the bread into moon shapes with a biscuit cutter. Heat the oil in a frying pan and fry the bread until golden. Drain the croutons on paper towels and serve hot with the chicken.

Seafood Pancakes (Crêpes)

Crêperies are very popular all over France. The savoury pancakes are known as galettes and often use a type of brown flour. We have included more filling in this recipe than would traditionally be served in France, to suit the British palette.

Serves 4

For the pancakes:

50g plain flour
50g wholemeal flour
2 eggs
300ml milk
1 tbsp sunflower oil
Pinch of salt

For the filling:

Fish stock (or water)
200g mixed fish (e.g. cod, salmon, Pollock)
75g cooked peeled prawns
150ml crème fraîche
Zest of ½ lemon
Chopped dill

Mix the flours together then slowly work in the egg and milk. Whisk in the oil and salt, and leave batter to rest.

Add a little fish stock to a pan and gently poach the fish for 5-7 minutes until just cooked through. Add the prawns, crème fraîche and lemon zest. Cook for a further 2 – 3 minutes. Stir in the dill.

Meanwhile in a pan over a medium heat, cook the pancakes in a little oil.

Lay out a pancake and half fill with some of the fish mix. Fold and serve with a crisp green salad.

Piperade

This traditional Basque dish is a delicious combination of Ratatouille and eggs. The name is derived from 'piper', meaning red pepper in the local dialect. The eggs can either be cooked more like an omelet or scrambled together as done here.

Serves 4

2 tbsp olive oil
1 large onion, thinly sliced
2 red peppers, seeded and cut into batons
2 garlic cloves, crushed
750g tomatoes, peeled
Pinch cayenne pepper
8 eggs, lightly beaten
2 tsp butter
4 thin slices of ham such as Bayonne

Heat the oil in a large heavy-based frying pan and cook the onion for 3 minutes, or until it has softened. Add the pepper and garlic, cover and cook for 8 minutes to soften, stir frequently and do not allow it to brown.

Chop the tomatoes, discarding the cores. Spoon the chopped tomato and cayenne over the pepper, cover the pan and cook for a further 5 minutes.

Uncover the pan and increase the heat. Cook for 3 minutes or until the juices have evaporated, shaking the pan often. Season with salt and pepper. Add the eggs and scramble into the mixture until they are cooked.

Heat the butter in a small frying pan and fry the ham. Arrange on the piperade and serve at once.

Leek and Potato soup

This soup can be served hot or chilled. In its hot form, the dish is traditionally French. The chilled version is known as Vichyssoise as it was created by a French chef from Vichy.

Serves 4

50g butter
1 onion, finely chopped
3 leeks, white part only, sliced
1 garlic clove, finely chopped
200g potatoes, chopped
750ml chicken stock
185ml cream
2 tbsp chopped chives

Melt the butter in a large saucepan, and add the onion, leeks, celery and garlic. Cover the pan and cook over a low heat. Stir occasionally for 15 minutes.

Add the potatoes and stock, and bring to the boil.
Reduce the heat and simmer, covered, for 20 Minutes. Allow to cool and blend.

Return to the saucepan and stir in the cream. Season and serve garnished with chives.

Salad Niçoise in a roll

Pain bagnat literally means 'wet bread' and was originally a salade niçoise to which stale country bread was added to make the meal go further. Either anchovies or tuna can be used but never both!

Serves 4

4 very large beefsteak tomatoes
Sea salt
1 red onion
1 green or red pepper
2 hard-boiled eggs, shelled
4 crisp lettuce leaves
4 bread rolls

8 anchovy fillets or 200g canned tuna, drained
12 small black olives, stones removed
Fresh basil leaves
Freshly ground pepper
Extra virgin olive oil

Cut the tomatoes across into thin slices and sprinkle with salt. Peel and finely slice the onion. Cut the pepper in half, remove the seeds and slice the flesh finely. Cut the eggs into slices.

Slice the rolls in half and arrange all the ingredients inside, adding a good sprinkling of black pepper and a generous slug of olive oil. Press the top of the rolls down and wrap tightly in plastic wrap or foil. Leave for a few hours before eating, so that all the flavours mingle.

German Recipes

German food is seen as very hearty and traditional. These recipes have been chosen from the various regions of Germany.

German Maultaschen

Maultaschen are stuffed pasta, similar to ravioli. They are made from a pasta dough and various kinds of filling. Maultaschen are a specialty of the Swabian (Schwaben) region but are served and enjoyed throughout Germany.

The traditional filling is made from bacon, onions, spinach, crumbled Bratwurst and/or ground beef, breadcrumbs, parsley, eggs, nutmeg, salt, and pepper. The dough is a basic pasta dough, made from flour, eggs, and water. Maultaschen are usually shaped into a square or rectangular shape. Maultaschen that are added to soups are called Suppenmaultaschen (Soup Maultaschen) and are smaller in size.

Maultaschen are cooked either in boiling water or in a broth. Once fully cooked, they can either be eaten as is or browned in a pan with a little butter. The classic Swabian way to cook and serve Maultaschen is in a beef broth.

Serves 4

400g flour
½ tsp salt
125 ml lukewarm water

1 tbsp vinegar
5 tbsp oil

For the Filling:

400g fresh spinach
1 onion
1 German bun (stale, some days old)
200g minced ground pork or beef
200g Bratwurstmeat or 150 g ham or cold meat, diced
1 tbsp parsley(chopped)
2 eggs, salt, pepper, nutmeg
1.5 l beef broth
1 tbsp chopped chives

Knead dough with flour, salt, water, vinegar and oil (same as pasta dough); the dough should look shiny, smooth (in Germany this dough can be bought in bakeries). In a warm bowl, covered with a cloth, let it rest for 20 minutes.

Wash spinach and blanch it for 3 minutes in boiling salt water. Peel onion and chop it finely; soak the bun in cold water; let spinach drip and cool off a bit then chop it.

Squeeze water out of bun and mix it with the minced meat, the Bratwurst meat, onions, parsley, eggs salt, nutmeg and pepper.
Dust some flour on a wooden board (or the working area); take the dough and roll it about 3mm thick, then cut it in about 15 cm big squares.

Add one tbsp of the filling on each square. Put them together and press the edges tightly together.

Bring the beef broth to a boil and cook the Maultaschen on very low heat uncovered for 10 minutes, until they will float at the surface.

Serve them in the broth with the chives., or with golden brown roasted onion rings, and lettuce.

Sauerkraut Eintopf or Stew

Sauerkraut and Bratwurst are foods we typically associate with Germany. This recipe adds more flavours and textures and makes a good substantial family meal.

Serves 4

500 g potatoes
2 onions
40 g butter oil (ghee)
1 can Sauerkraut
 $\frac{3}{4}$ l broth (instant)
1 bay leaf
8 Thuringia Rostbratwuerstchen or normal Bratwurst
100 ml heavy cream
1 tbsp mustard
salt, pepper, caraway seeds
1-2 tsp sugar
1 bunch chives

Peel potatoes, cut them into cubes. Peel and cut onions into small pieces. Heat the butter oil and sauté potatoes and onions for about 10 minutes.

Get the Sauerkraut out of the can and loosen it up; put it into the pan together with the broth; let it boil on low-medium heat for 10 minutes.

Fry the Sausages in an extra pan in hot butter oil; take them out of the pan and cut them into slanted slices; put them back into the pan and fry them a bit more.

Mix the cream with the mustard and add to the stew: spice with salt, pepper, caraway seeds.

Add the sausages; cut chives and sprinkle over the stew. Done!

Cheese Spaetzle

Spaetzle are small German pasta noodles. This Cheese Spaetzle comes from a region named "Allgaeu" but it is popular all around in Swabia.

Serves 4

400g flour
5 eggs
1 level tsp salt
about $\frac{1}{4}$ l cold water or mineral water
300g dried Spaetzle (or make your own, as below)
2 big onions
1 tbsp butter
300g grated cheese (Emmenthaler, Gouda, any cheese which melts easily but

not processed cheese)
water with some salt
optional: chopped chives
optional: salt, pepper

Sieve the flour into a bowl; add eggs, salt and water and mix it with a wooden spoon. Stir the dough until you can see bubbles. Maybe you have to add some more cold water. Use this dough to make the Spaetzle.

Melt butter in a skillet; peel onions and cut them in small rings. Fry them in the butter until light brown. In a big pot, bring water to a boil. By using a spaetzle maker or by pressing the dough through a large-holed sieve or metal grater (or by forming it manually on a wooden board) make the Spaetzle as small noodles, and place some of them in the boiling water.

Stir often with a wooden spoon; when the Spaetzle are swimming on the surface, they are done. Take them out with a skimmer and keep them in a warm bowl in the oven. Before you place them in the oven sprinkle some of the grated cheese over them.

Repeat above step until all the dough is used.

Serve them on warm plates and add fried onions on each portion; sprinkle chopped chives on top.

If you enjoy them as main dish, serve them with lettuce.

German Herring (Matjes) Salad Recipe

This is and very typical and popular salad recipe

Serves 2 -4

1 big green apple, peeled and cored
2 medium potatoes, boiled
2 medium sour pickles
2 medium beetroots, boiled
1 medium onion
1 (16 ounces) jar sour herring (matjes*) fillets
2 eggs, hard-boiled
¾ cup mayonnaise
¼ tsp salt
¼ tsp pepper

1 cup boiled chopped veal or roast beef (optional)

Dice apple, potatoes, pickles, beetroots, onion, sour herring fillets, and eggs (but leave some herring strips for decoration).

Mix all ingredients together with mayonnaise, salt and pepper.

Decorate the German Herring (Matjes) Salad with some herring strips.

Add diced veal or roast beef if desired.

Greek Recipes

Greek food comprises the traditions from Ancient Greek and Byzantine cuisine, while incorporating Ottoman, Middle Eastern, Balkan and Italian influences.

Griddled Halloumi and Aubergine Salad – [V]

When we introduced this recipe to the children in our schools we were surprised at how much they loved the griddled Halloumi.

Serves 4

1 large aubergine
Sea salt and black pepper
6 ripe plum tomatoes
40g Kalamata black olives, stoned
small bunch mint, shredded
Olive oil for brushing
450g Halloumi cheese, thinly sliced
2-3 tbsp plain flour

For the olive dressing:

75g Kalamata olives, stoned
3 tbsp red wine vinegar
1 tsp dried oregano
150 ml olive oil

Cut the aubergine into thin slices. Cut the tomatoes into wedges and put into a large bowl with the olives and mint. Set aside while you make the dressing.

For the dressing:

Tip the olives, wine vinegar and oregano into a blender and blitz to smooth purée. With the motor running gradually pour in the olive oil and season well to taste. Transfer to a jar and set aside.

About 15 mins before you are due to serve put a griddle pan over a high heat. Brush the aubergine slices with olive oil and griddle for 2 mins on each side until softened and slightly charred. Add to the bowl of tomatoes. Pour over some of the dressing and toss to coat.

Lightly coat the Halloumi with flour and griddle the slices until they have turned golden brown around the edges and just starting to melt.

To Serve:

Arrange the griddled aubergine on a large platter and top with the Haloumi. Spoon the tomato and olive salad on the top and drizzle over a little more olive dressing.

Serve at once while the Halloumi is still warm.

White Bean and Vegetable soup – [V]

This soup is known as Fasoulada in Greece. This is a wonderfully sustaining and economical soup which can be served with country bread as a wholesome lunch or in small bowls as a rustic starter.

Serves 4

3-4 tbsp olive oil
2 carrots, peeled and finely chopped
1 large onion, peeled and finely chopped
2 celery sticks, finely chopped
2 garlic cloves, peeled and finely chopped
Sea salt and black pepper
400g tin of chopped tomatoes
1 tbsp tomato purée
1 tsp dried oregano
400g haricot beans, drained
Small handful of flat leaf parsley, chopped
100g feta cheese
Crusty bread to serve

Heat the olive oil in a saucepan and add the carrots, onion, celery, garlic and some seasoning. Cook stirring frequently over a medium high heat for 6-8

minutes until the vegetables begin to soften. Add the tomatoes, tomato purée and dried oregano. Stir over the heat for another minute and add a little more water if necessary to ensure everything is covered and simmer for 15 minutes.

Add the beans and simmer for another 5 minutes.

To serve:

Ladle the soup into warm bowls and scatter over chopped parsley and crumbled feta.

Souvlakia

This is now also a traditional Greek dish, but the ingredients are found in traditional Egyptian food too. This is a great recipe not only for a filling meal but is also excellent for packed lunches and picnics.

Serves 2

225g lamb fillets, cut into 1cm slices
½ onion, grated
3 garlic cloves, mashed to a paste with a little salt
1 tsp freshly ground black pepper
1 tsp cumin
½ tsp cayenne pepper
2 tbsp olive oil
2 wholemeal pitta breads
Juice of ½ lemon
4 tbsp low-fat yoghurt
½ tsp mint leaves, chopped
½ tsp coriander leaves, chopped

Toss the lamb with the onion, garlic, black pepper, cumin, cayenne pepper and 1 tbsp olive oil. Allow to marinate for as long as possible, at least an hour.

Heat the remaining olive oil in a heavy-based saucepan and cook the lamb for 2 minutes on either side. Warm the pitta breads, and cut the edges to form a pocket. Stuff the lamb into the pocket and dribble with the lemon juice, yoghurt, fresh herbs and spring onions.

Barbecued Sea Trout with Tzatziki

Tzatziki is a traditional Greek accompaniment to meat and fish. This recipe can be either barbecued or cooked on a griddle on a traditional cooker.

Serves 4

450g trout fillets
Olive oil to drizzle
Sea salt and black pepper

For the Tzatziki:

1 cucumber
2 garlic cloves, peeled and grated
350g Greek yoghurt
Juice of half a lemon
2 tbsp virgin olive oil
Small handful of mint leaves

To prepare the Tzatziki, peel the cucumber, cut in half lengthways and scrape out the seeds. Cut into small pieces and place in food processor. Whizz for 1 minute until finely chopped. Add the garlic, yoghurt, lemon juice and olive oil. Season with salt and pepper to taste. Cover and place in the fridge.

Heat a griddle pan or barbecue. Rub the fish with a little olive oil and some salt and pepper. Place the trout on the griddle for about 3 minutes on each side or until cooked through.

Serve the trout with the Tzatziki on the side and scattered with chopped mint. Served with pitta bread.

Quick Falafel – [V]

This recipe is normally associated with the Middle East but is popular in Greece too.

Serves 4 as a starter or light lunch

400g can chickpeas, rinsed and drained
garlic clove, chopped
handful of flat-leaf parsley or curly parsley
1 tsp ground cumin
1 tsp ground coriander
½ tsp harissa paste or chilli powder
2 tbsp plain flour
2 tbsp sunflower oil
toasted pitta bread

200g tub tomato salsa, to serve
green salad, to serve
1 small red onion, roughly chopped

Pat the chickpeas dry with kitchen paper. Tip into a food processor along with the onion, garlic, parsley, spices, flour and a little salt. Blend until fairly smooth, then shape into four patties with your hands.

Heat the oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden. Serve with toasted pittas, tomato salsa and a green salad.

Indian Recipes

Indian food is strongly influenced by religion, mainly Hindu, Parsi or Muslim and consists of many regional and traditional cuisines.

Avial – [V]

This recipe is from Southern India and is a mixed vegetable dish.

Serves 4

2½ tbsp vegetable oil
1 tsp cumin seeds
½ medium onion, sliced
1-2 green chillies, sliced in half lengthwise
¾ tsp ground turmeric
Salt to taste
2 medium carrots, peeled and chopped
2 medium potatoes, peeled and cut into chunks
½ cucumber, halved lengthwise, seeds removed, chopped into thirds
1 small mango, skinned stoned and diced
50g shallots, peeled and halved
10g fresh ginger, peeled and halved
60g desiccated coconut, soaked in water to just cover
2 small handfuls of frozen peas
12 fresh or dried curry leaves
5-6 tbsp plain yoghurt

Heat the oil in a large non-stick pan. Add the cumin, onion and chillies, and cook until the onions are soft and beginning to colour.

When the onions are cooked, stir in the turmeric, salt, carrots and potatoes. Cover the pan and cook over a low heat, stirring often. If necessary, add a splash of water to prevent the vegetables from burning. After about 15 minutes, add the cucumber and mango. Cover the pan again and cook for a further 5-10 minutes until all the vegetables are tender.

Meanwhile, place the shallots, ginger and coconut (complete with its soaking liquid) into a blender. Blend to a fine paste before adding to the pan, along with the peas. Cook for a further 5 minutes, stirring thoroughly. Tear the curry leaves into the pan and stir in the yoghurt.

To serve, take the pan off the heat and pour the coconut oil over the vegetables, if using. Spoon the mixture on to 6 serving plates and serve with basmati rice.

Balti Kashmiri Fish

Balti was first served in restaurants in the Midlands in the 1970s by the large numbers of Pakistani and Bangladeshi people who came to live in England. Balti curries are stir-fries, cooked and served in a wok-like dish known as a karahi or Balti pan. Although made popular in the UK, the Balti came from Baltistan, an area of northern Pakistan.

This is a lovely spiced recipe from Pakistani Kashmir. The aromatic spices, yoghurt and nuts make a superb authentically-flavoured fish dish. The use of yoghurt in cooking is normally associated with the vast plains of Northern India. You can leave the nuts out if you have an allergy to nuts. The marinade prepares the fish for its short cooking.

Serves 4

200ml milk
½ tsp turmeric
450g fish fillets or steaks, any type, cut into pieces
1 tbsp ghee or sesame oil
1 tsp cumin seeds
½ tsp coriander seeds
½ tsp fennel seeds
5cm cube of fresh ginger, finely chopped
10g Greek yoghurt
20 cashew nuts (optional)
1 tbsp fresh coriander or parsley, chopped

Add the milk to the turmeric and soak the fish in it for 1½ hours.

Heat the ghee or oil in a large stir fry pan and stir-fry the seeds for 30 seconds. Add ginger and continue cooking for about another 30 seconds.

Add yoghurt then, once simmering, add the fish with its marinade. Gently simmer, stirring, for about 10-15 minutes, or until the fish is cooked right through. Add the salt to taste. Garnish with nuts (optional) and fresh herbs. *(Note that we do not use nuts in schools).*

Serve with bread and chutney.

Chicken with Apricots - *Jardaloo Boti* from Bombay

Chicken with apricots is a popular Parsee dish, the Persian influence shows because it is the Hunza or Afghani apricots that are used. With the opening of the Suez Canal in 1869 Bombay became the gateway to India, attracting a cosmopolitan population.

Serves 4

2 tbsp oil
1 onion, very finely chopped
5cm ginger, peeled and grated
2 plump garlic cloves, finely chopped
5cm cinnamon stick
3 green cardamoms
1 tsp chilli powder
1 tsp cumin powder
2 tomatoes, chopped
400g lamb or chicken breast, cut into strips
¼ tsp garam masala powder
Black pepper
A few drops vinegar
1 tsp sugar
50g ready to eat dried apricots, chopped (*jardaloo*)

Heat the oil in a cooking pot, and fry the onions for about 10 minutes until golden brown. Add the ginger and garlic. After 3 minutes add the cinnamon and cardamoms. After a further minute add the chilli and cumin powders and stir well. Add tomatoes and cook for 5 minutes.

Add meat, garam masala powder and pepper, and stir-fry in the spices for about 5 minutes.

Add salt to taste, then cook slowly over a very low heat until tender, about 25 mins. Add more water if necessary.

When meat is cooked add vinegar and sugar and the chopped apricots. Cook for a few minutes, mixing well. Serve.

Healthy Vegetable Curry – [V]

A good basic curry dish for vegetarians and vegans

1 tbsp olive oil
1 red onion, thinly sliced
2 large cloves garlic, finely chopped
½ tsp freshly grated ginger
1 green chilli
½ tsp ground coriander
½ tsp ground cumin
½ tsp black mustard seeds
½ heaped tsp turmeric
450g sweet potato, diced with skins left on
180ml vegetable stock
100g spinach, coarsely chopped
Handful of fresh coriander leaves, coarsely torn
1 tbsp toasted flaked almonds

Heat the oil in a large saucepan and cook the onion, garlic, ginger and chilli. When the onion has softened, add all the spices and heat until they are becoming fragrant.

Add the sweet potato and stock and simmer for about 15-20 minutes until the sweet potato is soft. At this point add the spinach.

Once the spinach has wilted, the curry is ready to serve with coriander leaves, topped with flaked almonds. (*Note: we do not use almonds in schools*).

Chicken Tikka

A delicate mild dish that was developed for the British palate.

Serves 4

4 skinless boneless chicken breasts, cut into quarters
1 tsp lemon juice
1 tbsp double cream
3 tbsp Greek style yoghurt
1½ tbsp finely grated cheddar cheese
1 tbsp ginger or garlic paste
6 cardamom pods
½ tsp ground cumin
½ tsp ground nutmeg
1 small green chilli, finely chopped
melted butter for basting
salt

Sprinkle the chicken with the lemon juice and some salt and place in a bowl and set aside.

In another bowl, whisk all the remaining ingredients except the melted butter together until the cheese blends in. Mix in the chicken, check the seasoning, then cover and place in the fridge for at least 3 hours or overnight.

Place the chicken pieces on a baking sheet, touching each other. Baste with melted butter. Heat the grill and place the chicken underneath. Cook under a medium heat until golden brown. Turn the chicken over carefully so that the pieces do not separate and grill until the other side is browned. The total cooking time should be about 12-15 minutes.

Serve with a light tomato salad.

Goan Fish Curry

Fish curry is commonly cooked in Goa. It is a staple part of the diet and the vast majority of Goans cannot do without it. Masala is a mixture of spices, seasonings and herbs, finely chopped or puréed together to form a savoury paste that is used as the basis for a dish. A fresh chutney is also known as a Masala.

Serves 4

450g white fish (coley, cod or tilapia)
¼ tsp ground turmeric
5 tbsp oil
1 onion, finely sliced

2cm piece of fresh ginger, finely shredded
2 green chillies, finely shredded
300ml fish stock
4 tbsp tamarind pulp (*available from supermarkets*)

For the Masala:

50g dried red chillies
2 tsp coriander seeds
1 tsp cumin seeds
6-8 cloves garlic
4cm piece of fresh ginger
1-2 tsp ground turmeric
250g fresh or frozen grated coconut

Put all the ingredients for the Masala into a blender and mix to a smooth thick paste adding enough water to process the mixture. It should not be runny.

Sprinkle the fish with the turmeric and some salt and set aside.

Pour the oil into a large, heavy-based pan and heat until it forms a haze. Add the onion, ginger and green chillies. Sauté until softened.

Add the Masala and cook, stirring frequently until the oil begins to separate out from it.

Add the stock and bring to the boil, then stir in the tamarind. Simmer for 5 mins, then check the consistency. It should be like a pouring sauce. If it is too thin, then simmer for a little longer. Taste and adjust the seasoning.

Add the fish and simmer over a medium heat for 3-4 mins to allow the fish to cook in the heat of the sauce. This will prevent the fish from breaking up.

Chapatis – [V]

This is a typical recipe for this Indian bread. It can be difficult to roll them out in even circles. In hotels and restaurants throughout India there is always a specialist employed to create them. They can be served with curries and other Indian savoury food.

Makes 10-12

250g wholemeal flour
1 tsp salt

1 tbsp oil
Melted ghee or oil for frying

Sift the flour and salt into a bowl and stir in the oil. Gradually stir in enough cold water to give a firm dough.

Turn out and knead for 5 minutes until the dough is no longer sticky. Put the dough back in the bowl and cover with cling film and set aside for an hour or so.

Divide the dough into 10-12 balls. Place each one on a lightly floured surface and flatten slightly with the palm of your hand. Roll out to no more than 3mm thick.

Heat a flat griddle or heavy based frying pan and pour in about a tsp of melted ghee or oil. Place the chapati on the pan. After 30 seconds flip it over to the other side. Brush the top with melted ghee or oil.

When the chapati is cooked through, fold in half, place in a container lined with paper towel or muslin and cover with a lid.

Iranian Recipes

Persian food (Persia was the former name of Iran) is heavily influenced by the surrounding countries of Afghanistan, Pakistan, Turkey and the Arab states.

Aash-e Shalgham - Meat balls with rice and carrots

Serves 4

200g minced lamb or beef
2 large onions, grated
50g lentils
Cooking oil
500g carrots, peeled and sliced
100g long grain rice
½ tsp turmeric
Salt and black pepper
100g fresh mint, finely chopped

Mix the meat with the grated onions, salt and black pepper. Shape into small balls. Heat oil in a sauté pan and fry until the colour changes. Add 4-5 glasses of hot water and the lentils and cook over a medium heat for about 10 minutes.

Add the carrot, rice and turmeric and season with salt and pepper. Mix well and cook over a low heat for 15-20 minutes, stirring occasionally.

Heat a little more oil in the pan and fry the mint over a medium heat for 2-3 minutes and pour over Aash when serving.

Maahi Kabab

Serves 2

2 fillets river fish, such as trout
Juice of 2 limes
50ml olive oil
25g coriander
25g parsley
25g mint
¼ tsp saffron

Place the lime juice oil and saffron into a suitable pan.

Carefully place the fillets of fish in the pan, cover and cook barely simmering for 8-10 minutes or until the fish is cooked through.

Add the herbs, allow to cook for a further one or two minutes.
Serve with sabzi polow.

Sabzi Polow – [V]

250g basmati rice
375g mixed herbs (parsley, dill and coriander) and spring onions
Oil

Serves 2

Salt and pepper
Soak the rice in lukewarm lightly salted water for 3-4 hours.
Bring a large pan of water to the boil and add the rice. Cook until the rice

begins to soften.

Then drain the rice and rinse off under cold water. Return to the pan and add the oil. Place all the herbs and spring onions in the pan and cook over a low heat for 20 – 30 minutes until the rice is cooked. Season and serve with Maahi Kabab.

Spiced Oranges and Dates – [V]

Serves four.

3 firm, sweet organic oranges
2 tbsp flaked almonds (optional)
2 tbsp orange juice
1 tbsp lemon or lime juice
½ tsp ground cinnamon
1 tsp icing sugar
4 large, plump dates
2 tbsp fresh mint leaves

Peel the oranges with a knife, removing all the white pith, then cut crosswise into 1 cm thick slices.

Toast the almonds lightly in a dry frying pan until they smell fresh, taking care not to burn. Finely slice the dates.

Combine the orange juice, lemon or lime juice, cinnamon and icing sugar in a bowl, and whisk.

Add the orange slices and toss lightly. Serve on shallow plates, with a drizzle of the juices. Scatter with sliced dates, toasted almonds and mint.

Note: we do not use almonds or nuts of any kind in schools but we have included them here as part of this traditional recipe.

Italian/Mediterranean Recipes

The twenty regions of Italy all offer a delicious range of dishes and the cuisine consists of far more than pasta and pizzas. The popularity of Italy as a holiday destination and the fact that so many Italian people now live in this country has had a strong influence on our love of their food.

Minestrone soup – [V]

This makes a delicious healthy complete meal for lunch or a light supper.

Serves 4

2 carrots, finely diced
1 onion, finely diced
2 celery sticks, finely diced
1 large potato, diced
2 cloves garlic, finely chopped
1 tbsp olive oil
2 tbsp tomato purée
1 litre vegetable stock
200g chopped tomatoes (½ a can)
200g cannellini beans (½ a can)
70g spaghetti, in short pieces
¼ of a savoy cabbage, finely shredded
Chopped fresh oregano
Grated parmesan

Heat the olive oil in a large pan, then add all the vegetables and the garlic. Sauté for around 5 minutes, until softened. Then stir in the tomato purée, stock and tomatoes. Bring to a simmer, then add the spaghetti and beans. Cook for 5 minutes then add the cabbage and cook for a further 5 minutes, with a lid on at all times.

To finish stir in the fresh oregano, ladle into a bowl and top with the parmesan cheese; add fresh ground black pepper if desired.

Tortellini with Ricotta and Pancetta

We often include pasta making in our sessions and this makes a delicious alternative to other pasta dishes. Leave out the pancetta for vegetarian and possibly include cooked and drained spinach.

Serves 4

For the pasta dough:

300g '00' flour
3 whole eggs, well beaten
Pinch of salt

Place the flour and salt in a large bowl and make a well in the centre. Add the eggs and bring the mixture together. When it is formed into a dough turn on to a floured surface and knead for 5 - 10 minutes.

Wrap in clingfilm and allow to rest for 20 - 30 minutes.

For the filling:

200g ricotta cheese

75g pancetta, in small dice

20 basil leaves, shredded

6 sun blush tomatoes, in small pieces

Black pepper

Mix all the ingredients together.

For the tortellini:

Divide the dough into two pieces. Set up a pasta machine and put it on its widest setting. Pass the dough through several times. Reduce the width and continue this process until the pasta is almost see-through.

Repeat for the second piece.

Using a pastry cutter, cut out large circles.

Brush the edge of these circles with a little water, then add a tsp of filling. Shape into a tortellini, then cook in a large pan of simmering water for 5 minutes, until cooked through.

Risotto Primavera (spring vegetable risotto) - [V]

Serves 4

2 shallots, finely diced

2 spring onions, cut into diagonal slices

1 garlic clove, finely diced

700ml vegetable stock

olive oil

175g Arborio Rice

40g butter

125g asparagus spears, each in 4 diagonal cut pieces

70g peas

100g broad beans, peeled
50g parmesan, grated

Heat the oil and half the butter in a large pan. Add the shallots, spring onions and garlic. Cook gently for 3-4 minutes. Put the stock in a separate pan and bring to a simmer.

Add the rice to the pan with the onion mix in it. Stir continuously for 2 minutes. Start adding the stock a ladleful at a time, stirring well with each addition. The risotto should be barely simmering to allow full absorption of the liquid.

Continue this for around 15 minutes. After this time add the peas and beans to the risotto mix, and place the asparagus in the remaining stock to cook for 4 minutes, then add to the rice.

Check the rice to see if it is done - all the stock may not need to be added. When the rice is done (*al dente*) remove from the heat and stir in the parmesan and remaining butter. Allow to rest for 1 minute, then serve.

Serve with a rocket, tomato and parmesan salad.

Fried Red Mullet with Sweet and Sour Red Onions

Red Mullet is a very popular fish and is caught in Mediterranean and Atlantic waters

For the sweet and sour sauce:

50ml extra virgin olive oil
2 medium red onions, halved and thinly sliced
2 tbsp red wine vinegar
2 tbsp clear honey
Salt and freshly ground black pepper

For the fish:

Olive oil for shallow frying
8 fillets of red mullet
50g plain flour
1 tsp small capers, to garnish
Salt and freshly ground black pepper

To cook the sweet and sour red onions:

Heat the oil in a frying pan. Add the onions, vinegar, honey, ½ tsp salt and some pepper. Cook gently for 10 minutes, stirring every now and then, until they are soft but still with a little bite, do not let them brown. Keep warm.

Pour the olive oil into a wide shallow pan to a depth of 1cm and heat to around 180C. Season the fish fillets on both sides with salt and pepper and then coat them in the plain flour and knock off excess. Lower the heat slightly under the pan, add the fish fillets and cook them for 1 minute on each side until lightly golden and cooked through. Lift on to kitchen paper and drain briefly.

Overlap 2 fish fillets in the centre of each warmed plate and spoon over some of the sweet and sour onions. Scatter with the capers and serve. Or arrange in pairs on a single serving dish before spooning over the onions and capers.

Mediterranean Fish Stew

Serves 4

1 yellow pepper, deseeded and chopped
1 bulb of fennel, chopped
400g can chopped tomatoes
4 fresh tomatoes, roughly chopped
50g pitted black olives, halved
1 clove garlic, crushed
1 tsp Mediterranean seasoning
200ml vegetable stock
1 bunch salad onions, cut into 1cm slices
260g pack cod fillets, cut into chunks
200g Salmon fillets, cut into chunks
Handful of fresh basil from a large pot, roughly torn

Heat a little oil in a large pan. Add the peppers and fennel. Place the canned and fresh tomatoes in with the olives, garlic, Mediterranean seasoning and stock. Bring to the boil and simmer for 5 minutes. Add the salad onions, then cook for a further 3 minutes.

Add the fish and cook, covered, for 1-2 minutes until just cooked through, then season and add the basil. Serve with crusty bread.

Spanish Recipes

*The popularity of Spain as a holiday destination has made so many Spanish recipes extremely popular in the UK and elsewhere such as France. Colour and flavour stand out when we think of the food. The Spanish people have often been poor and their recipes have developed often using food that can be grown. The Southern part of Spain was occupied by the Moors from North Africa for very many years and the influence of those time can be seen. **Spanish chorizo** is a cured, or hard, sausage made from coarsely chopped pork. The red colour of Spanish chorizo is due to the heavy amounts of paprika in the spice mix. Depending on the type of paprika used, it can be either spicy or sweet.*

Paella

This recipe grew popular in Spain because not only can it be cooked in one pot over an open fire, but it uses up lots of left-over chicken and uses fresh fish which is always easily available as there is so much coastline.

Serves 4

2 Garlic cloves, chopped
1 onion, diced
1 carrot, diced
100g chorizo
200g diced chicken
1 tsp paprika
1 red pepper, deseeded and chopped
1 tbsp tomato purée
750ml chicken stock
Pinch of saffron
300g paella rice
100g frozen peas
200g diced mixed fish (e.g. cod, haddock, coley, pollock)

In a large lidded shallow casserole pan heat a little olive oil and gently sauté the garlic, onion and carrot. Add the chicken, chorizo and paprika and cook for 5 minutes. Then add the pepper and cook for a further 3 minutes.

Stir in the tomato purée then add the rice and cook for a couple of minutes. Then add the stock and saffron, and cover the pan. Cook for 10 minutes.

Add the fish and the peas and stir in. Re-cover and cook for 10 minutes until the rice is soft and the fish is cooked.

Season and serve, sprinkled with chopped parsley.

Tapas

The Tapas consists of lots of little snack dishes which are served in Spanish bars to satisfy people's hunger between larger meals. The history of the Tapas claims that while on a long trip, King Alfonso had stopped to rest in the town of Ventorillo del Chato in the southern province of Cádiz, and he ordered a glass of Jerez or sherry. There was a gusty wind, so the inn keeper served him his glass of sherry covered by a slice of ham to prevent the sherry from getting dirty. King Alfonso apparently liked it, and when he asked for a second glass, he requested another tapa or "cover" just like the first.

The recipes below serve four as part of a range of Tapas dishes

Patatas Bravas – [V]

"Patatas Bravas" or Bravas Potatoes is one of the classic Spanish tapas dishes and is served in bars all over Spain. The sauce has a slight bite from the paprika or often Tabasco sauce, hence the name bravas, which means "fierce."

For the sauce:

3 tbsp olive oil
1 small onion, chopped
2 garlic cloves, chopped
227g can chopped tomatoes
1 tbsp tomato purée
2 tsp sweet paprika
Pinch of chilli powder
Pinch of sugar

900g potatoes, diced

Sauté the onion in a saucepan for 5 minutes in a little oil then add the rest of the sauce ingredients and bring to a simmer. Cook for 10 minutes to produce a fairly thick sauce.

Coat the potatoes in oil and bake in oven at 200C for 45 minutes until crispy.

When the potatoes are done, pour the hot sauce over, sprinkle with parsley and serve, with cocktail sticks.

Sweet Potato and Spinach Tortilla Frittata – [V]

The Tortilla Espanola or Spanish Omelet is the most commonly served dish in Spain. It is also called Tortilla de Patata or Potato Omelet. Bars and cafés serve it as a tapas or appetizer, but it is often served as a light dinner in Spanish homes. Because it is easy to transport, the Spanish make bocadillos or sandwiches by placing a piece between two pieces of a baguette.

Serves 4

300g baby spinach, wilted and squeezed dry

Olive oil

2 large onions, sliced

4 sweet potatoes, peeled and sliced

2 cloves garlic, chopped

8 large eggs, beaten

In a large pan with a lid, gently sauté the onions for 5 minutes. Then add the garlic and sweet potato, cover and continue to cook for 15 minutes, stirring occasionally.

Place the eggs in a large bowl and stir in the sweet potato mix and the spinach. Add a little more oil to the pan and pour the mix back in. Cover and cook on a medium heat for 15 minutes.

When nearly set, turn onto a plate and slide back into the pan. Cover again and cook for 5 minutes until set.

Allow to rest for a few minutes then turn out and serve.

Gazpacho Soup – [V]

Gazpacho is a soup made of raw vegetables which can easily be grown in the area and is served cold, usually with a tomato base, originating in the southern Spanish region of Andalucía. Gazpacho is widely eaten in Spain and neighbouring Portugal, particularly during the hot summers, as it is refreshing and cool. It is often served in quality British restaurants as an appetiser to clean and refresh the palate (mouth).

There are many theories of its origin. It possibly arrived with the Moors as it is similar to a typical Arab soup of bread, olive oil water and garlic, or via the Romans with the addition of vinegar. There are many modern variations of gazpacho and sometimes instead of tomatoes, avocados, cucumbers, parsley, watermelon, grapes, and seafood are used.

Serves 4

1 red onion, roughly chopped
2 garlic cloves, chopped
1 red pepper, deseeded and chopped
4 ripe tomatoes, deseeded and chopped
1 slice white bread, in pieces
500ml passata
300ml stock
5 tbsp olive oil
4 tbsp red wine vinegar
1 tsp tabasco sauce
1 tsp sugar

Put the onion, garlic, pepper, tomato and bread into a food processor and blend until finely chopped, but not too smooth. Tip into a large bowl with the passata, stock, oil, vinegar tabasco and sugar. Mix well and season. Chill.

Serve with basil torn over the top.

Tortilla de Patatas

Serves 4

olive oil for frying
4 medium potatoes, peeled and sliced $\frac{1}{8}$ " (3mm) thick
1 large onion, diced
6 large eggs
Salt and black pepper

Heat a heavy-based pan on a medium heat. Add some olive oil, then the potato and onion. Add a little salt too. Continue to cook this mixture, stirring occasionally, until the potatoes have softened, taking care not to colour them too much.

Crack the eggs into a large bowl and beat well. Once the potato mixture is cooked, add to the egg mix and stir in.

Heat a non-stick pan over a medium heat. Add a little oil. Stir the mixture just before adding to the pan, then pour in. Allow the egg to set all around the edges. When this has occurred, the tortilla can be lifted to check browning.

When the underside is golden, turn the tortilla, cook for a further 2-3 minutes to set the remainder of the egg then turn out onto a serving plate.

This can be eaten hot on its own, or the Spanish will have it cold between two pieces of a baguette, as it is easy to transport.

Beef Burger in Aubergine Slices with Guacamole

Serves 4

1 aubergine, sliced into 8 rounds
Olive oil for frying
Red onion, thinly sliced
1 *Little Gem* lettuce
1 tbsp ketchup

For the burgers:

450g lean beef mince
1 egg
1 tbsp Dijon mustard
½ red onion, finely chopped
1 garlic clove, crushed
1 tsp salt
½ tsp pepper
½ tsp cayenne pepper
1 tbsp chopped fresh parsley

For the guacamole:

1 avocado, juice of 1 lime, a handful of coriander, 1 red or green chilli, deseeded

Place the burger ingredients in a large bowl and mix together, then shape into four burgers. Spray a non-stick frying pan with a little olive oil and fry the burgers over a medium heat for 3-4 minutes on each side.

Meanwhile, heat a little oil in a second pan and fry the aubergine slices over a medium heat high heat for 3-4 minutes on each side.

Place all the guacamole ingredients in a bowl and mash together with a fork.

Stack each burger on an aubergine slice and layer with the salad, red onion, guacamole and ketchup and serve immediately.

Swiss Recipes

There are many regional dishes in Switzerland. One example is Zürcher Geschnetzeltes, thin strips of veal with mushrooms in a cream sauce served with Rösti. Italian cuisine is popular in contemporary Switzerland, particularly pasta and pizza. Foods often associated with Switzerland include particular types of cheese and milk chocolate. Swiss cheeses, in particular Emmental cheese, Gruyère, Vacherin, and Appenzeller, are famous Swiss products. The most popular cheese dishes are fondue and raclette.

Steamed Fish with Ratatouille

This ratatouille is a good accompaniment for many dishes, including poached or grilled white fish, chicken, and other white meats. Served with crusty bread it can be eaten as a light meal on its own.

Serves 4

1 red onion
½ aubergine
1 yellow pepper
1 courgette
2 garlic cloves
4 tomatoes
2tbsp tomato purée
Oil
Salt and pepper
450g trout fillets

Dice the onion, aubergine, pepper and courgette into equal size pieces. Crush the garlic. Quarter the tomatoes, and remove the seeds, then dice the flesh. Warm a little oil in a pan and cook the diced vegetables and garlic for, 4-5 mins, not letting them colour.

Add the chopped tomatoes and purée, and cook for 5 minutes. Place the fish fillets on top of the vegetables. Put a lid on top and cook for a further 10 minutes until the fish is cooked. Season and serve.

Swiss Cheese Fondue – [V]

Serves 4

250g of Emmenthal cheese.

125g of Gruyere cheese.

1 cup of dry white wine (*in schools version use white grape juice*)

1½ tbsp of corn-starch.

1 garlic clove.

French bread, cut into one-inch cubes.

Grate both the cheeses and mix with the corn-starch.

Put the grape juice in the fondue pot and warm. Finely slice the garlic and add to the pot along with the cheese and corn-starch mixture, and gently stir in.

The fondue is now ready to serve.

French or crusty bread is the traditional accompaniment for dipping. Diced vegetables can also be served as a delicious (and healthy) alternative to dip into the fondue.

Bread recipe - the Zopf – [V]

This is a typical Swiss Sunday treat. Some people think it owes its origins to a custom whereby widows cut off a braid of their hair and buried it with their husbands. As time went on, they buried a loaf in the same shape instead of their hair. The Zopf - or Zöpfe as it is called in Bern - has been known in Switzerland since at least the middle of the 15th century.

Ingredients for 2 loaves:

1kg white flour

200g butter

1 egg

½ l milk

50g fresh yeast or 15 gm dried

½ tsp sugar

3-4 tsp salt

First make the dough. Mix together the flour and salt in a bowl. Add yeast butter and milk (warmed) and knead for 10 minutes by hand.

Cover the dough and allow to grow for one hour until size has doubled.

Cut dough into pieces and roll into sausage shapes, then plait together. Place

on a baking sheet with parchment on it, and allow to rise for 30 – 60 minutes.

Brush with egg yolk mixed with water. Bake in a preheated oven at 200C, gas 6 for 30 minutes.

Potato Gnocchi with butternut squash and basil – [V]

1kg potatoes (Maris Piper or King Edward)

300g plain flour

3 eggs, beaten

Pinch of salt

1 butternut squash

1tbsp sunflower oil

Serves 4

Steam the potatoes, then mash using a ricer if possible.

Mix the potatoes with the flour egg yolks and salt, being careful not to over mix. Next, divide the dough up and roll out into 2cm round cylinders. Cut into 2cm lengths.

Boil in plenty of salted water until they rise to the surface. Drain.

For the butternut squash, peel and dice into small pieces. Gently fry in a little oil.

Mix the Gnocchi with the squash and add some torn basil.

The Gnocchi can also be served with a white bean and vegetable sauce.

Other International Recipes

Teriyaki Salmon with Noodles (Japanese)

Serves 4

6 tbsp dark soy sauce

1 garlic clove, crushed

2.5cm piece fresh root ginger, grated

567g skinless salmon fillet, cubed
255g dried egg noodles
A little oil
Juice of two limes
2 courgettes, cut into batons
454g pack of stir-fry vegetables

Mix the soy sauce, garlic and ginger into a bowl. Add the salmon and toss to combine.

Cook the noodles according to the pack instructions and drain.

Pour a little oil into a wok and heat. Drain the salmon, reserving the marinade, add to the wok and fry for 3 minutes. Return the salmon to the marinade and add the lime juice.

Add the courgettes and fry for 2 minutes. Add the stir-fry vegetables and continue to fry for 3-4 minutes. Add the cooked noodles and toss to combine.

Divide the noodles and vegetables between four serving plates, top with the salmon and drizzle over the soy and lime sauce.

Moroccan chickpea and aubergine casserole – [V]

This colourful casserole is good with couscous or rice and a green salad. It can be eaten hot or cold with crusty bread and is suitable for vegans.

Serves 4-6

2 large onions, chopped
3 tbsp olive oil
2 tsp ground cumin
2 tsp ground coriander
1 tsp ground cinnamon
2 aubergines, cut into chunky pieces
2 x 400g chickpeas, drained and rinsed
125g raisins
2 x 400g chopped tomatoes, cans
850ml water or vegetable stock
Salt and freshly ground black pepper

Fry the chopped onions in the oil in a large saucepan, covered, for 10 minutes over a gentle heat.

Stir in the cumin, coriander and cinnamon, cook for a few seconds. Stir in the aubergines, chickpeas, raisins, tomatoes and water or stock. Bring to the boil, then simmer, half covered for about 30 minutes or until the vegetables are tender and the mixture has thickened.

Season with salt and pepper and serve.

Brazilian Fish Stew - *Moqueca de Peixe*

Serves 4

1 onion, chopped

2 hot chilli peppers, seeded and chopped

2 tomatoes, chopped

1 garlic Clove, chopped

1 tbsp coarsely chopped Coriander

Salt

3 tbsp lime Juice

900g/2 lb Sole, Flounder or Plaice fillets, cut into 5cm/2inch pieces

90ml/3fl.oz. water

60ml/2fl.oz. Dende or Olive Oil

Place the onion, chilli pepper, tomatoes, garlic, coriander, salt and lime juice in a blender or food processor and purée until quite smooth.

Place the fish in a shallow dish and pour the purée mixture over the top. Mix lightly, cover with clingfilm and leave to marinate for 1 hour.

Transfer the fish mixture together with the purée to a saucepan, add the water and half the oil. Bring to simmering point, stirring then cover and simmer for 5-10 minutes until the fish is done.

Add the remaining oil and heat for 1 minute mixing well. Serve hot with rice.

Turkish Lamb Pilau

A delicious lamb dish with flavours from the East.

Serves 4

1 tbsp olive oil

1 large onion, halved and sliced

2 cinnamon sticks, broken in half
500g lean fillet or leg of lamb, cubed
250g basmati rice
1 lamb or vegetables stock cube
12 ready-to-eat dried apricots, quartered
Handful of fresh mint leaves, roughly chopped

Heat the oil into a wok or large pan. Add the onion and cinnamon together and fry until the onion is starting to turn golden. Stir in the lamb and fry until the meat changes colour. Tip in the rice and cook for 1 minute, stirring all the time.

Pour in 500ml of boiling water, crumble in a stock cube and add the apricots. Season to taste. Turn the heat down, cover and simmer for 12 minutes until the rice is tender and the stock has been absorbed.

Please note that dry fried pine nuts can be added to this recipe, but we do not use nuts in schools.

Caldereta (Canary Islands)

A typical dish using food which is easily grown on the Canary Islands, but with influences from South America.

Serves 4

1 kg lamb, beef or goat, cut into 1 cm cubes
3 tbsp distilled white vinegar
¼ tsp salt
freshly ground black pepper
4 tbsp olive oil
3 whole dried hot red chillies
5 garlic cloves, peeled and minced
1 large onion, peeled and minced
1 tsp whole black peppercorns
1 two-inch cinnamon stick
2 bay leaves
4 tbsp tomato paste
2 medium potatoes
½ large red bell pepper
8 whole stuffed green olives

Put the cubed meat into a bowl and add the vinegar, salt and pepper. Set aside for 30 to 40 minutes. Drain the meat, saving the liquid, and pat it dry.

In a large heavy saucepan, heat the oil over medium heat. When it is hot, add the chillies. Stir for a few seconds or until they swell and darken. Remove chillies with a slotted spoon and set aside. Put as many cubes of meat into the pan as will fit without crowding. Brown the meat on all sides and repeat until all the meat is browned. Remove meat from pan. Put the onion and garlic into the pan and cook for 2 minutes, scraping up any pan juices. Put in the black peppercorns, cinnamon and bay leaves. Stir and cook another minute.

Return the meat to the pan with its accumulated juices, the chillies, the reserved marinade and the tomato paste. Stir and cook for 1 minute. Add 2 cups water and bring to a boil. Cover, turn the heat to low and cook for 15 minutes.

Meanwhile, peel the potatoes and cut them into 1½-inch cubes. When the meat has cooked for 15 minutes, add the potatoes. Cover and continue to cook for 45-60 minutes or until the meat is tender. De-seed the bell pepper and cut it into ¼-inch wide strips. When the meat is tender, put the peppers and olives into the stew. Stir and cook for another 3-5 minutes.