

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.