

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.