

PORK CHOPS WITH SWEET AND SPICY ROASTED CARROTS

Ingredients

Olive oil

Pork chops

Carrots - sliced

Lemon-zested and juiced

Runny honey

Cumin seeds

Black pepper

Oven temp 200 for fan ovens and 180 otherwise

Method

Brush carrots with olive oil and dust with freshly ground black pepper

Roast in oven for about 20 minutes

Toss the pork chops in the lemon zest letting it stick to the chops and then fry for a few minutes on each side. Pour in the lemon juice (keep a bit of lemon juice for later) and cook for a minute.

Add the pork chops to the roasting tray with the carrots.

Mix honey and cumin seeds to taste and make mixture more fluid with some lemon juice (suggest a tablespoon of honey and half a tablespoon of cumin seeds for two people)

Pour this mixture over the carrots and return tray to oven until pork chops are cooked (usually about 10 minutes) stirring the carrot and spice mixture occasionally – it will become caramelised.

RICE SALAD WITH BEETROOT AND HERBS

Ingredients

Rice - use your favourite sort or a mixture

Cooked beetroot

Mint, parsley and chives or other mixture to taste

Lemon juice

Onion – chopped and fried till crispy – or small roasted shallots

Method

Cook the rice in the normal way and allow to cool

Finely chop the cooked beetroot and the herbs

Mix together the onion, beetroot, herbs, lemon juice and rice and serve

SPICY CAULIFLOWER PASTA

Ingredients

Cauliflower

Pasta of your choice

Olive oil

Garam Masala or Curry Powder

Butter

Flour

Milk

Cheese

Method

Cook the pasta and the cauliflower as usual

Meanwhile make a white sauce using the garam masala to blend into the melted butter and cook for a minute before adding the flour. When the sauce is thickened to your liking add the grated cheese. Pour the curried cheese sauce over the cooked cauliflower and pasta and serve. You can add tomatoes and bacon to taste or anything else in your “left-overs department”

LEMON GLAZED CARROTS

Ingredients

Carrots

Lemon

Chicken stock cube (Knorr ones work best with this)

Brown sugar

Method

Slice carrots thinly

Grate the rind from a lemon and then juice the lemon

Put the carrots in a saucepan with just enough water to cover

Add the grated lemon rind and lemon juice

Add a teaspoon of brown sugar and the chicken stock cube and stir well as you bring to the boil

Make a “flat cap” for the pan out of aluminium foil instead of the saucepan lid. Make sure that some steam can escape as the carrots cook – it will escape from the sides of the foil where it is not a close fit. This means that at the end of cooking the carrots will have a lemon glaze rather than sitting in lemony water.

Turn the heat down to simmer for 20-30 minutes with aluminium foil cap on the pan. (20 mins if you like your carrots al dente)

Check progress occasionally to make sure the liquid is reducing sufficiently and it is not drying out – add more water if necessary.

HERBY POTATO AND MUSHROOM FRITTERS

Ingredients

250g chestnut mushrooms (or other sort if not available)

2 cloves garlic

100g self raising flour

2 egg

Approx 100ml milk

300g grated potato

Tablespoon and a half of fresh chopped thyme leaves

Black pepper

Method

Fry the sliced mushrooms in butter or olive oil until well cooked (add a splash of water if getting too dry)

Add crushed garlic and cook for another minute

Crack egg into flour and gradually mix and when mixture gets too thick to incorporate any more flour, start gradually adding the milk – make a thick batter.

Dry grated potato as much as you can and add the mushrooms, thyme and potato to the batter. Season with freshly ground black pepper to taste.

Fry spoonfuls of the mixture to make the fritters – they will rise a bit in the pan and turn golden underneath after a couple of minutes.

Serve with your favourite relish.

CARROTS WITH TARRAGON BUTTER

This is best with new young carrots

Steam the carrots

Mix butter with chopped fresh tarragon and freshly ground black pepper.

Toss the carrots in the tarragon butter before serving.

SPINACH DAHL

300g orange lentils

About $\frac{3}{4}$ pint water

Onion

4 cloves garlic

400g can tomatoes or fresh tomatoes

1Tbsp of garam masala or curry powder

1 teaspoon of Vecon or other stock concentrate

Spinach

Method

Rinse lentils and cook with chopped onion and crushed garlic in the water for 20 mins

Add the curry powder/garam masala , vecon and tomatoes.

Cover and simmer for 30 mins – keep checking and if too dry add more water if too wet leave lid off.

Add handfuls of chopped spinach towards the end of cooking time and serve when wilted into the mixture.

CARROT AND ALMOND SOUP

Ingredients

6 carrots

2 onions

2 celery stalks

Fresh coriander and parsley

100g ground almonds

Tablespoon Bouillon powder

Method

Chop onions, celery, garlic and carrots and simmer in about 1 ¼ litres water with the bouillon powder, until the carrots are cooked. To give a good flavour you can also add the stalks of the herbs while this is cooking – retrieve them after cooking.

Strain off the liquid and keep separate. Blend the vegetable mixture till smooth and return to the pan with the ground almonds and enough of the reserved liquid to make the consistency of the soup to your taste. Reheat and serve with chopped fresh coriander and parsley.

CREAMED CABBAGE

Ingredients

Savoy cabbage

3 oz butter

100ml cream

Black pepper

Method

Melt butter in deep saucepan

Add chopped cabbage

Stir till cabbage cooked but crisp

Add lots of black pepper

Stir in cream till cabbage is lightly coated (more cream can be added to taste)

CARAMELISED ONION WITH GOAT'S CHEESE

Ingredients

Onions

Olive oil

Butter

Balsamic vinegar

Sugar

Goat's cheese

Toast

Method

The secret to this recipe is VERY FINELY sliced onion and a good balsamic vinegar.

Use a mandolin to slice the onions – or keep a steady hand with a very sharp knife.

Heat oil and butter and add onions

Cover and simmer for half an hour – make sure the onions don't burn

Mix about 2 teaspoons of sugar with about 2 tablespoons of the balsamic vinegar and add to the onions – cook for another 15 minutes or so until the onions begin to caramelize

Toast some bread – just lightly, then spread the caramelised onion on top, add a slice of goat's cheese and grill for a few minutes till the cheese browns.

Season with freshly ground black pepper and serve with grilled tomatoes or on its own.

MUSHROOM AND HERB OMELETTE

Ingredients – use quantities to you own taste

Mushrooms

Spring onions

Sliced garlic

Eggs

Fresh chopped herbs as available (eg. parsley, basil, tarragon)

Freshly ground black pepper

Method

Fry mushrooms, spring onions and garlic until mushrooms are well browned.

Beat eggs and add to pan with chopped herbs, season to taste

Cook till golden brown on bottom then fold in half or finish under grill as preferred.

SPLIT PEA SOUP

225g split yellow peas

Vegetable stock cube and /or bouillon powder

1 onion

1 sweet potato

3 carrots

Method

Add stock cube and bouillon to about 1 ½ litres water add the split peas and simmer for ½ an hour. Remove any scum that forms

Peel and chop the vegetables, add to the pan and simmer for about another 20 mins

Blend the soup till smooth

Reheat and serve.

Can wilt some spinach leaves into soup at the last minute if you like.

CELERY, ORANGE AND TOMATO SALAD

Ingredients

2 sweet oranges

Two or three sticks of celery

½ a red onion or 1 small red onion

Handful of tomatoes

Salad leaves – whatever's available but young and tender corn salad (lamb's lettuce) works best

1 clove garlic

Freshly chopped mint leaves

Olive oil

1 tbsp balsamic vinegar (the best quality you can find/afford!)

Method

Chop the orange segments into a salad bowl

Add finely chopped/sliced celery and red onion

Cut tomatoes into small segments – or just half if cherry toms

Add salad leaves and chopped mint leaves.

Make a dressing with a mixture of olive oil, balsamic vinegar and crushed garlic – tastes vary – try 2 tbsps olive oil and 1 tbsp balsamic vinegar and keep adjusting relative quantities till you find the mixture you like. Mix in a bit of orange juice if you have some and give it all a good shake.

Pour dressing over the salad and toss.

Season with freshly ground black pepper to taste.