

# Bethan and Hugh's Cooking Guide

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# Chapter 1

## Introduction



## INTRODUCTION

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Dear Bethan and Hugh!

## Welcome!

When we were brainstorming on what to give you on this very special day we thought that it should consist of part of us. And this part was destined to be food, we're Polish at the end of the day. *Heart speaks to heart* but stomachs are louder... Through our journey, we learned that if you understand how one cooks, you understand how they think. We hope this book will help maintain this precious link with you.

The idea was to include a little bit of everything: Polish cuisine; smart ideas for well-composed lunches that deliver nutrients without burden on your diary; Magda's classic vegan recipes (note on inspiration later); everyday food but also festive&special meals. In Poland, it's common to say that something is 'good as bread' and that a home full of love is redolent of bread so we included a recipe for sweet buns.

We offer you not only this cookbook but also lifelong helpline - if anything is unclear or you'd like more recipes of a certain type, you know where to find us.

We wish you God's blessing - may He guide you every day and may your love flourish and bear fruit.

## Technology

We have decided to typeset the book in `LATEX` (pronounced as “La Manche” and “technology”), a sort of computer language widely used to write scientific publications. This means that the pdf used to print your hard copy (which is the only one!) has been generated from multiple files with code specifying the content and layout of the book. If you'd ever like to see the source (and previous versions), you can visit  
<https://github.com/Ddedalus/burlings-cookbook>.

`LATEX` is slightly different than standard text editors as you don't directly affect the visuals on the page but rather describe in code what you'd like and the compiler tries to typeset the page accordingly. This means it is **impossible** hard to cheat and move the margin a little bit on page 24 because

you can't fit something. We believe that in the long run, the coherence of such approach provides aesthetics.

## Licensing

If the source is not specified, the recipe has been invented by Magda or comes from ancient traditions of our families. You may assume we trimmed unreasonable amounts of saturated fats and sugar in these cases. The outsourced recipes come from different places, most notably [www.jadlonomia.com](http://www.jadlonomia.com) which provides vegan recipes pioneer in Poland and is accompanied by two books by Marta Dymek. These recipes have been freely interpreted, altered, translated and commented by us. And numerous spices have been added.

All the pictures are our own (sorry for the poor quality). The cover has been designed in [canva.com](https://canva.com). You are entitled to arbitrary modification and redistribution of the content and the book itself. On our side we promise you the uniqueness of the book as a whole of contents and design, i.e. we won't erase your names from the front page and reuse it as a gift for another wedding ;) However, we keep the right to recycle individual recipes and code, as well as sharing these with our friends. The repository is publically available under GNU license.

Should you need more dead tree copies, please reach out and we are happy to assist with printing.

## Identity crysis

As always with shared work, we had to decide on grammatical structure. The recipes are written in first person and the author changes per recipe, though we have discussed and reviewed most of them. I think you may have a lot of fun trying to guess who contributed a particular page by writing style, sloppiness on specifying proportions, vocabulary and inside jokes. If curious, we can check this out in the repository, just reach out.

## Note on strange ingredients

Some of the ingredients used in this cookbook may not be easily accessible in typical British grocers'. However, please trust us and admit that usually,

## INTRODUCTION

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they are necessary ;). Of course, you can skip some of the spices or ingredients but it won't be the same. Here follows a short justification and advice on where to buy stuff:

### Dried yeast flakes

Source of umami flavour (fifth basic taste aka savoury taste). Added instead of cheese will enrich the taste of the pesto without shortening its lifetime and increasing fat content (they are calorific, though!). Rich in group B vitamins, minerals and generally have lots of benefits on your health.

You can use it for:

- pesto;
- sandwich spread (eg. blend sunflower seeds, dried tomatoes and olive oil);
- soups;
- sauces;
- pâté;
- just like Parmigiano-Reggiano.

Note but: it's **not the same** as dried bakery yeast. Yeast flakes are deactivated, behave and taste differently.

Probably the easiest way is to buy it on Amazon or shops like Holland & Barrett.

### Smoked paprika

Similar to the aroma of smoked sausage. Indispensable for vegetable stews and roast vegetables, particularly aubergine and courgette. It will also beef omelette up. Essential for rich tomato pasta sauces. If in doubt, add a lot. Available in Tesco.

### Paprika

You encounter a differentiation in this cookbook: sweet and hot paprika. The later one is not to be mistaken with chilli. Chilli can be super hot,

whereas hot paprika is just hot. For a big pot of tomato sauce, you can safely use a teaspoon or even two. Sweet paprika is a Hungarian spice which can be bought in Tesco under the simple name: paprika. We call it sweet because it's not spicy. Nevertheless, like smoked paprika, it enriches stews and sauces. It's far more versatile, though, as it doesn't have a very strong flavour. If in doubt, add loads.

## Polish food

### Curd cheese aka 'twaróg'

Not to be confused with quark which is being sold in pots, just like yoghurt. Curd cheese is denser although you can grind it to get more flowy substance (traditionally, we use classic mincer for this purpose but hand blender can do too).

'Twaróg' can be eaten both sweet and savoury. Sweet - in cheesecakes, buns (check the recipe!), crepes etc. Savoury - spinach crepes and sandwich spreads - grind smoked mackerel, egg and curd cheese or curd cheese, sour cream and chives. Similarly to spinach, it will absorb the taste of other ingredients, thus accounting to the very essence of creaminess.

Available in Polish shops.

## Grains

So, you didn't come to the Polish shop just to buy curd cheese and other dairy products (remember buttermilk!). Grains - this is what you really need (to break up with Hovis&potato tyranny and live a happy life). You can buy them in big supermarkets too, but usually, the variety is limited and prices are excessive.

Grains are a staple food. The fact, that most of the people in the UK limit themselves to rice, was a serious amusement. Fry with vegetables, serve with stews, cook 'risotto', prepare stuffed vegetables (eg. roast peppers with barley or buckwheat filling) or simply add to your tasty broth (actually, broth with pearl barley used to be a traditional English soup, correct me if I'm wrong). More schmancy: breakfast, lasagne (see pumpkin millet lasagne) and desserts! More on that in the second edition ;).

### Little glossary:

## INTRODUCTION

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- buckwheat (kasza gryczana); goes well with spinach and Stilton or roast peppers and carrots.
- millet (kasza jaglana); very subtle, loves being accompanied by cheese and sour cream (+broccoli and carrots or savoy cabbage). Perfect for.... milkshakes (trust me! Cook some millet, add honey, yoghurt and seasonal fruit, blend and breakfast ready!)
- pearl barley; perfect for 'risotto' and broths
- barley groats; ideal to eat with stew and meaty sauces.

## Units and abbreviations

To keep things concise we have used some abbreviations in the ingredient lists:

c.	cup
tbs.	tablespoon
ts.	teaspoon
hfl.	handful (Hugh's)

Enjoy!

Magda and Hubert

## Chapter 2

### Breakfast



# Banana bread with blueberries



15 min



50 min

Forgot about bananas? This recipe will save them. Perfect for afternoon tea or even breakfast. A simple sweet treat!

## Preparation

- 1** Turn bananas into purée (blend or use fork), mix with all other 'wet' ingredients.
- 2** Mix all dry ingredients in a separate bowl. Add in small portions and mix into the wet ingredients.
- 3** Add blueberries.
- 4** Bake for about 50 min at 180 °C in a small rectangular tin lined with baking paper.

## Ingredients

4-5	Ripe bananas
1/4 c.	Oil
1/4 c.	Peanut butter
1/4 c.	Milk
2 hfl.	Blueberries (fresh or frozen)
2 c.	Flour
1/2 c.	Sugar
1 1/2 ts.	Baking powder
2 hfl.	Desiccated coconut
1 hfl.	Chopped nuts Spices (cinnamon, ginger, cardamom)

## Hint

*You can skip blueberries and add some chocolate chips.*

# Granola



15 min



30 min



There's nothing better than a quick home-made breakfast. Granola is a great base - add seasonal fruit, yoghurt or milk and bob's your uncle, delicious meal is ready.

## Preparation

- 1** Heat honey and oil slightly, just so you can mix them. Add spices and salt.
- 2** In a big bowl, mix oats and nuts. Add honey/oil mixture and cover grains evenly.
- 3** Transfer granola to big and flat baking tray, spread out evenly. Bake at 180 °C for 20-30 min, mix with spatula every 5 min and keep an eye not to burn the granola!
- 4** Store in an airtight jar.

## Ingredients

2 1/2 c.	Regular rolled oats
1/2 c.	Walnuts
1/2 c.	Hazelnuts
1/2 c.	Sunflower seeds
1/2 c.	Honey
1/4 c.	Oil
2 ts.	Cinnamon
2 ts.	Ginger
Pinch	Salt

## Hint

*When the granola cooled down, you can add chopped dried fruit - eg. apricots and cranberries. You can also add some coca powder to honey - this granola will be happy when accompanied by dried cherries. Use different flakes (check out millet flakes or barley flakes - you can find them in Polish or 'healthy' shops). You can also add some orange juice to honey. Chocolate chips, coconut flakes, etc... There's so much room for imagination!*

# Polish apple crumpets



5 min



10-15 min



3-4 Portions

This recipe encourages you to explore apples: you need to take an account on their tenderness - the more crisp and firm apple, the thinner the slices! How many kinds of apples do you know? Granny Smith doesn't count, if I had power, I would erase it!

PS You don't need muffin rings, in Poland we actually prefer crumpets to be uneven and more oval.

## Preparation

- 1 Mix well all the batter ingredients.
- 2 Cut apples into 5-10 mm high slices (remove cores).
- 3 Dig apple slices in the batter and fry .
- 4 Serve with caster sugar or confiture.

## Ingredients

4	Apples (big)
1 1/2 c.	Milk
1 1/2 c.	Flour
3 tbs.	Sugar
1 ts.	Baking powder/soda

## Hint

*I prefer to leave apple skin but you can peel it, especially if you use 'allotment apples' or some of the so called 'old kind' such as reinette.*



# Omelette



5 min



10 min



1 Portions

This recipe is for one serving. However you can double the ingredients and make one, big omelette for more people (can be tricky to fry, though). What I usually do: instead of 'omelette batch' I prepare simultaneously two omelettes (or more) - two bowls with beaten eggs, two frying pans, etc...

## Preparation

- 1** Beat eggs, add milk, salt&pepper and mix again.
- 2** On preheated frying pan melt butter and pour egg mixture. Let it settle for 30s, mix gently not congealed part (don't disturb the bottom layer!). Immediately add all toppings and stir them in. Sprinkle with smoked paprika
- 3** After 1 min, turn down the heat. Cover with lid. After 2-3 min fold the omelette in half, add a little bit of boiling water on the pan and cover with lid (create steam so inner part of the omelette can cook quicker).
- 4** After 2-3 min, sprinkle with smoked paprika, turn (if possible) for extra 30s. The omelette is done!

## Ingredients

2-3	Eggs
1/4 c.	Milk
hfl.	Spinach
30 g	Feta cheese
5	Cherry tomatoes
5	Olives
hfl.	Grated cheddar
	Smoked paprica
	Salt&pepper
	Butter to fry

## Hint

*Instead of folding the omelette and playing with steam, you can simply turn the omelette and fold it after cooking.*

# Orange dessert sauce



5 min



10 min

Note: proportions are rough!

Stuff crepes (with curd cheese are the best ones), pour over ice cream, make fondée... or eat straight from the pot! This sauce serves as a cherry on top!

## Preparation

- 1** In a deep frying pan or a pot with big diameter, melt butter.
- 2** Add orange juice (squeeze oranges) and sugar. Simmer (so that you can observe small bubbles), without a lid, for 10 to 15 min.

## Ingredients

- |           |            |
|-----------|------------|
| 100-150 g | Butter     |
| 0.5-1 c.  | Cane sugar |
| 3         | Oranges    |

As this sauce is based on fat and sugar, and ideally all water evaporates during simmering, it can get dangerously hot. A minute of reheating in the microwave and the tupperware has melted...

## Hint

*Sauce thickens as it cools down. However, if you suspect it's too running, add more sugar.*

# Fruity omelette aka breakfast without a name



15 min



15 min



2 Portions

## Preparation

- 1** Beat eggs with milk. Mix well with flour, baking powder and sugar.
- 2** Gently stir raspberries in.
- 3** Pour the mixture on a preheated frying pan.
- 4** Fry for 4 min on medium heat, after that cover the pan and leave for another 4 min.
- 5** Flip the omelette and repeat step 4.
- 6** Serve with yoghurt, honey, nuts... whatever you fancy!

## Ingredients

- |        |               |
|--------|---------------|
| 5      | Egg           |
| 1/2 c. | Flour         |
| 1 ts.  | Baking powder |
| 1/4 c. | Sugar         |
| 1/4 c. | Milk/water    |
|        | Raspberries   |
| 1/2 c. | Yoghurt/quark |
|        | to serve with |

## Hint

*You can also add a little bit of yoghurt or quark to the batter, as well as some spices - ginger, cinnamon...*

# Chapter 3

## Lunch



# Risotto



30 min



30 min



4 Portions

People still haven't figured out why exactly stirring makes risotto so deliciously creamy. There are a few theories, covering even spread of heat and increased release of starch from rice grains. Regardless of the reason, bear in mind that stirring, keeping the broth hot at all time and adding it in small portions are essential!

## Preparation

- 1** Heat up broth and keep hot.
- 2** Fry finely diced onion. Add rice and fry for 2-3 minutes.
- 3** Add alternately broth and cider in small portions (ladle or two) at a time. Keep stirring rice. Add more liquid when previous portion almost absorbed.
- 4** In meantime roast peppers and fry asparagus (cut in 3 pieces) or fry both. Fry pancetta.
- 5** Stir vegetable and pancetta in. Add cheese.

## Ingredients

350 g	Risotto rice
Bunch	Asparagus
3	Red/yellow peppers
1	Red onion
500 ml	Broth/stock
200 ml	Apple cider
	Cheese (Parmesan or mature cheddar)
250 g	Pancetta (Smoked)

The larger the pan, the less stirring required as rice is heated more evenly.

# Ratatouille or lecsó

- 15 min
- 25 min
- 4 Portions



When first courgettes appear in the allotment it is time for lecsó (and then for courgette ketchup but this is a story for another time).

Our arbitrary decision was to call lecsó 'ratatouille with meat', so this is the distinction....If you want lecsó then, add fried sausage at the end of cooking ratatouille ;)

Smoked paprika is essential, all the taste is hidden here.

If you can buy (or grow...) a marrow, exchange some of the courgettes for marrows. Remember that marrow usually requires peeling.

## Preparation

- 1** Dice onion, fry with all spices. Add peppers (big squares) and courgettes (quarter moons) and fry for 5 min.
- 2** Add tomatoes, salt to taste, and cook for 5-8 min.
- 3** Add fried sausage or chickpea.
- 4** Serve with crusty bread.

## Ingredients

- |        |                            |
|--------|----------------------------|
| 4      | Courgettes                 |
| 3      | Sweet longitudinal peppers |
| 1      | Red onion                  |
| 2 c.   | Tomatoes                   |
| 2 tbs. | Smoked paprika             |
| 2 tbs. | Paprika                    |
| 1 ts.  | Hot paprika                |
| 1 tbs. | Sugar                      |

## Hint

*You can also add aubergines but as they need more time to cook, fry them for extra 4 min before adding other vegetables. There's also a creamy version available - add marrow, exchange peppers for carrots, reduce amount of smoked paprika, add cream and fresh herbs (eg. parsley or... lovage).*

# Broccoli pesto



10 min



15 min



2 Portions

My grandma who cooks only traditional food fell in love in this pesto.  
I can recommend it more!

## Preparation

- 1** Cut broccoli into pieces, cook on boiling water for 4-5 min. Drain and cool with cold water (preserve nice green colour).
- 2** To roast almonds (or any other seeds/nuts), preheat the frying pan well (the thicker the frying pan, the better (eg cast-iron)), do not add any fat. Keep it at high heat, stir from time to time (not too often, though! Let them roast).
- 3** Dice ginger and onion, dice (or press) garlic.
- 4** Blend everything. Voilà!
- 5** Serve with pasta, topped with cheese and cherry tomatoes. Or serve with bread. Or even with roast (as sauce) or raw vegetables (as dip).

## Ingredients

- |           |                     |
|-----------|---------------------|
| 1         | Broccoli with stem  |
| 0.75 c.   | Olive oil           |
| 1 c.      | Almonds             |
| 1         | Onion               |
| 2cm       | Ginger              |
| 3         | Garlic cloves       |
| 1/2 bunch | Parsley             |
| 5 ts.     | <u>Yeast flakes</u> |
|           | Chili               |
|           | Nutmeg              |
|           | Lemon juice         |

Instead of almonds, you can use sunflower seeds.

## Hint

*When roasting seeds/nuts, remember to transfer them immediately to a bowl as the frying pan is still hot after turning the hob off.*



# Green lentil wraps



30 min



4 Portions



Fridge leftovers improvisation

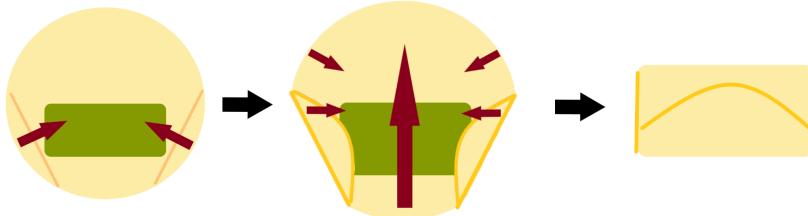
## Preparation

- 1** Boil lentils until soft in water (roughly three times the volume of the lentils), add salt. Boil the green peas in another pan.
- 2** Fry onion and pepper on medium fire.
- 3** Prepare a large, dry and clean, non-stick frying pan and keep it on minimum heat. On a flat surface mix all the ingredient on a tortilla and roll. To keep your fingers clean put the salsa at the bottom and the salad on the top. See the picture for rolling tips.
- 4** Fry the wraps, turning by 90 degrees when they become brown and stiff.

## Ingredients

- |       |                          |
|-------|--------------------------|
| 8     | tortillas<br>(wholemeal) |
| 100 g | green lentils            |
| 1     | green pepper             |
| 1     | onion                    |
|       | green beans              |
|       | salad mix                |
|       | green peas or            |
|       | mangout                  |
|       | grated cheese            |
|       | salsa sauce              |

Put the filling only on the bottom half, leaving 2 cm margin. Fold each side with both hands. Roll tightly, pushing in the sides with your pinkies.



## Hint

*While frying start with the place where the layers meet. Then turn as if you continued to roll it rather than unrolling on the pan!*

# Roast cauliflower and chickpea

-  10 min
-  25 min
-  4 Portions

Roast vegetables, spices and pulses - the quickest lunch ever! This roast can be served alone but to make it more filling you can add some grains or baguette.

## Preparation

- 1 Divide cauliflower into small florets.
- 2 Prepare marinade - mix everything well with a fork.
- 3 Add chickpea to florets and cover all in marinade. Add cherry tomatoes.
- 4 Bake at 200 °C for 25 min. Half way through, mix vegetables in the oven.

## Ingredients

1	Cauliflower
1 can	Chickpea
250 g	Cherry tomatoes
Marinade:	
3 tbs.	Oil
2 tbs.	Soy sauce
1 tbs.	Vinegar
1 tbs.	Honey
1 tbs.	Smoked paprika
1 ts.	Hot paprika
1 ts.	Coriander
1 ts.	Cumin

Under no circumstances skip smoked paprika or exchange it for normal one ;)

## Hint

*You can serve it with fresh herbs: coriander or parsley; and seeds - pumpkin or sunflower.*

# Moroccan style salad



15 h



30 min



4 Portions

Cold lunches are perfect for hot summer days. Based on cous-cous or bulghur and pulses can become very filling. Juicy vegetables such as tomatoes or cucumber are crucial - they add freshness to the salad. Zhoosh with spices, seeds, fresh herbs or even cheese!

## Preparation

- 1** Cook lentil till tender but still in shape.
- 2** Pour over cous-cous with boiling water or broth.
- 3** Chop tomatoes and apricots.
- 4** Coll down lentils. Mix all ingredients.

## Ingredients

200 g	Green lentil
150 g	Cous-cous
4	Tomato
1	Yellow pepper
1 can	Chickpea
100 g	Grated cheese
150 g	Apricots
1/2 c	Sesame seeds, roast
	Tumeric
	Vinegar
	Cinnamon
	Smoked paprika
	Chilli
	Cumin
	Salt

## Hint

*You can add fresh herbs - parsley, coriander or mint (Tabbouleh-style)!*

# Roast vegetables lunch

-  30 min
-  30 min
-  4 Portions

## Preparation

- 1 Cut pumpkin into small pieces, peppers into big squares, chop apples and cut onion into eights.
- 2 Toss vegetable in oil and spices.
- 3 Bake for about 30 min, stir from time to time.
- 4 In meantime cook the base - some grain - pearl barley, buckwheat or simply rice.

## Ingredients

- |        |  |
|--------|--|
| 1      | Bitternut squash                                     |
| 2      | Apple (something like Reinette or White Transparent) |
| 3      | Peppers (red-yellow)                                 |
| 1      | Red onion  |
|        | Oil  |
|        | Smoked paprika                                       |
|        | Paprika  |
|        | Chilli   |
|        | Cinnamon   |
|        | Cumin  |
|        | Coriander  |
| 1 tbs. | Honey  |
| 2 tbs. | Vinegar (eg. apple) or lemon juice                   |

## Hint

*If you need something more filling, add a can of chickpea.*

## LUNCH

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# Chapter 4

# Soups



# Cauliflower soup

 30 min 4-5 Portions

Flavour of my childhood... It's such a simple but dainty creamy soup.  
Serve with fresh crusty bread.

## Preparation

- 1** Fry diced onion. Add chopped carrot and potatoes. Fry for 5-7 min.
- 2** Pour hot broth in. Add florets of cauliflower. Cook till tender (about 20 min).
- 3** Add dill (and chives).
- 4** Mix sour cream with a few spoon of hot soup (so it doesn't curdle) and add to the pot of soup, stir well.

## Ingredients

- |         |             |
|---------|-------------|
| 1       | Cauliflower |
| 2       | Carrots     |
| 5       | Potato      |
| 1       | Onion       |
| 1 1/2 l | Broth       |
| 200 g   | Sour cream  |
|         | Dill        |

# Quick chicken curry soup

- 10 min
- 15 min
- 2 Portions

This soup is a tasty relict of the first year at uni and Sunday lunches in Cryfield ;)

## Preparation

- 1** Cut chicken into relatively small pieces. Fry with onion, garlic, ginger and other spices.
- 2** When chicken is slightly brown, pour broth, canned tomatoes. Add lentils, carrot and salt.
- 3** When carrot and lentil is almost tender, add coconut milk, and boil for a few minutes without a lid. Add more spices if needed.
- 4** Serve with naan bread.

## Ingredients

400 ml	Broth/water
1-2	Chicken breast
1/2 c.	Red lentil
2	Carrots, sliced/diced
1	Onion, diced
2cm	Ginger, diced
3	Garlic cloves, diced/pressed
1 can	Chopped tomatoes
1 can	Coconut milk
	Curry powder
	Garam masala
	Cinnamon

# Roasted vegetable & rosemary soup



1 h



50 min



5-6 Portions



jadlonomia.pl: ulubiona-zupa-z-pieczonych-warzyw

## Preparation

**1** Boil the rice according to package instructions. Start now as it should require almost an hour. Drain once done if needed.

**2** Preheat the oven to 175 °C. Wash and chop thinly all the vegetables; keep the garlic in husks. Put on a baking tray, sprinkle generously with olive oil and put olives on top. Use your hands to spread the oil. Roast until soft: approximately 40 minutes.

**3** In meantime boil the red lentils in a small pot until it starts to disintegrate. Drain on a fine sieve.

**4** Put all the veg and garlic without husks in a pot, add lentils, canned tomatoes and herbs. Stir thoroughly. Now add the bullion and stir once more. Blend everything into a paste.

**5** Serve with a spoonful of red rice, sprinkled with olive oil and some black olives on top. It will be even better the next day.

## Ingredients

1 l	vegetable stock
1 glass	red rice
1	large aubergine
1 glass	black olives
1	large red onion
1	carrot
3/4 glass	red lentils
1	large potato
1 can	tomatoes
4 claws	garlic
	rosemary (fresh)
	olive oil

## Hint

*The red rice is actually important in this recipe. Replacement hierarchy is:*

*red rice > brown rice > croutons > baguette.*

# Thai soup

 30 min  
 4-5 Portions

You can debate how Thai this soup is... but I'm not going to ponder too long about this. Tasty, quick and oriental - I'm convinced.

Preparation	Ingredients
1 Fry grated/finely chopped ginger, garlic and spices.	2 cans Coconut milk 300-400 ml Broth
2 Add coconut milk and broth; heat up.	200 g Peeled prawns Baby corns Mangetouts
3 Add mangetouts, baby corns,noodles and dumplings (depending on dumplings, may need to add them later, so they're not overcooked)	Udon noodles Dumplings Bean sprouts Spring onions Ginger, garlic
4 In meantime fry prawns on high heat.	Lemon grass Coriander (leaves and powder)
5 Add prawns, bean sprouts, lime juice and green onions to the soup.	Cumin, chilli Curry powder or Green curry paste Lime

You can add any noodles you like, skip dumplings, change vegetable, add tofu... be imaginative!

## Hint

*Instead of boiling dumplings, you can fry them - preheat frying pan with oil, add dumplings, fry till brown on high heat, turning occasionally (3-4 min), add a few spoons of boiling water, cover and leave for 2-3 min.*

# Tomato & roasted pepper cream



1 h



50 min



4 Portions



jadlonomia.pl: krem-pomidorowy-z-pieczonymi-paprykami

## Preparation

- 1** Preheat the oven to 200 °C. Cut the peppers in half and put on a non-stick tray with skin facing downwards. Add whole tomatoes and whole garlic claws in husks (on another tray if needed). Roast for 30-40 minutes until edges of the peppers get burned. Take both trays out.
- 2** Put the roasted peppers in a small pot and cover with a lid for a quarter to make peeling easier. Heat up some olive in a pan, put in the roasted tomatoes and the garlic squeezed out of its husks. Simmer for 10-20 minutes.
- 3** Remove skin from the peppers, get rid of the burned parts! Add to the tomatoes with bullion and lemon juice and blend into a smooth paste. Season with salt and pepper, serve hot with croutons, basil and olive oil.
- 4** If you (as I do) can't stand the ostentatious veganism of this recipe, go for grated cheddar or better yet, chopped into small cubes. Votum separatum: serve with Nigella seed and coconut flakes.

## Ingredients

6-8	red peppers
2 kg	tomatoes
2-4 claws	garlic
1 1/2 glass	vegetable bullion
1 tbs.	olive oil
1 tbs.	lemon juice
	salt&pepper
	croutons
	fresh basil



# Chapter 5

## Dinner



# Chicken in curry coconut milk

-  15 h
-  25 min
-  4 Portions
-  Jacek

## Preparation

- 1** Cut each breast into 4 elongated pieces.
- 2** Toss meat in spices (+salt), line in the oven dish and cover with coconut milk.
- 3** Bake for 20-25 min at 180 °C).

## Ingredients

- 2 Chicken breast
- 2 can Coconut milk
- Tumeric
- Curry powder
- Paprica
- Coriander
- Cumin
- Garam masala



## Hint

*Serve with rice (add lemon juice and coriander leaves) and green beans and peppers fried with garlic and a hint of soy sauce.*

# Courgette 'potato pancakes'

 30 min  
 25 min  
 4 Portions

First and foremost, it has nothing to do with a sweet crepes you would serve for breakfast. It's a savoury dish, traditionally made of potatoes, onion and flour; served with sour cream and salt or sugar (apparently half of Poland eats it with sugar, I beg to differ...).

What I present to you here, is an upgraded version: potatoes out, courgette in.

You can serve simply with sour cream or garlic dip, chilli sauce, chutney...

## Preparation

- 1** Grate courgettes, salt. Leave for 15 min. Drain well afterwards.
- 2** Mix eggs, yoghurt, onion, herbs and spices. Add flour. Then grated courgette. Texture should be similar to dense pancake batter.
- 3** Fry on preheated oil till brown (form pancakes with a spoon or a small ladle).

## Ingredients

600 g	Courgette
1	Onion
Half bunch	Parsley
Half bunch	Dill
100 g	Feta cheese
1/2 c.	Yoghurt
2	Egg
100 g	Flour
	Nutmeg
	Salt&pepper

## Hint

*This is only an introduction... Why not to try sweet pumpkin version with quark and ginger? Or grated celeriac, oats and parsley?*

# Curry with sweet potatoes and butternut squash

 30 min 1 h 4 Portions

## Preparation

- 1** Dice onion, chop up sweet potato and butternut squash.
- 2** Fry onion with spices. Add canned tomatoes and veg apart from kale. Simmer for about an hour.
- 3** Add kale, chickpea and coconut milk, keep heating for 5 min.

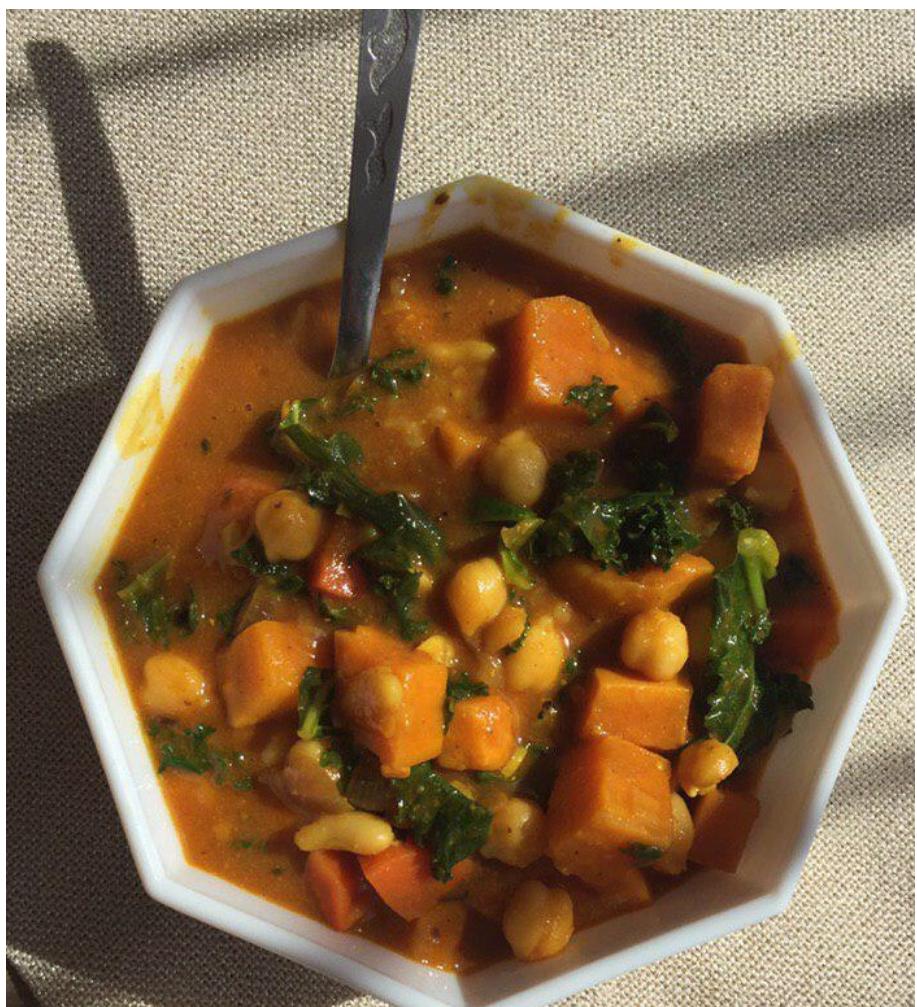
## Ingredients

1	Onion
1	Sweet potato
1	Butternut squash
2 can	Tomatoes
2 c.	Kale
1-2 cans	Chickpea
1 can	Coconut milk
	Curry powder
	Turmeric
	Coriander
	Cumin
	Garam Masala
	Cinnamon
	Cloves

---

## Hint

*Butternut squash can be swapped for carrots, kale for spinach and chickpea for other pulses.*



# Tart with beetroot and goat cheese



30 min



30 min



3-4 Portions

This tart is sooo easy to do. And quite spectacular. Add salad, wine, candles... more wine ;)

## Preparation

- 1** Mix eggs, cream, flour and spices.
- 2** Slice beetroot and goat cheese.
- 3** Line oven dish with puff pastry, make a few holes with a fork. Blind bake for 5 min.
- 4** Layer beetroot, then cheese. Pour over egg mixture. Bake for 25-30 min at 180 °C.
- 5** Sprinkle with balsamic vinegar.

## Ingredients

Puff pastry
3 Cooked/baked beetroot
200 g Goat cheese
4 Eggs
200 ml Sour cream
1 tbs. Flour
Thyme
Balsamic vinegar



# Favourite tomato pasta sauce



20 min



35 min



4 Portions



weganon

The tastiest version is if you use tagliatelle pasta and dried mushrooms. I use “continental” mushrooms like bolete or porcini, not the Asian ones.

If you can't buy celeriac, use more parsnips instead.

## Preparation

- 1** Dice carrots, parsnip, celeriac and onion. Fry with bay leaves, chopped dried mushrooms and allspice for about 10 min.
- 2** Add lentil, glass of water (add more later if necessary) and half of the passata + spices and vinegar, simmer for 10 min.
- 3** Add more passata and simmer for another 15min, add more liquid if necessary (passata/water).

## Ingredients

300 g	Pasta, raw
1	Celeriac
2-3	Carrot
1	Parsnip
hfl.	Dried mushrooms
1 l	Passata
1/2 c.	Red lentil
2	Onion
5	Allspice
5	Bay leaves
3 tbs.	Soy sauce
1 ts.	Coriander
1 ts.	Cumin
1 1/2 ts.	Smoked paprika
2 tbs.	Balsamic vinegar
	Hot
	paprika/chilli

## Hint

*The longer the simmering, the richer the flavour!*

# Pork loin with baby carrots



1 h



3-5 Portions



Magda's first cookbook

## Preparation

- 1** Melt the butter and fry the carrots for 5 minutes, stirring. They should cover the whole pan. Pour boiling water to cover the carrots, put a lid on.
- 2** When the carrots get soft-ish, add honey and spices, stir. Evaporate the water and let the honey caramelise.
- 3** Boil the millet in salted water or vegetable stock. If not being served immediately, stir in some butter.
- 4** Cut the pork loin into 10-15 mm wide slices. You may tenderise it a bit.
- 5** Mix all remaining spices (except for garlic) with a small amount of flour. The soy sauce should make the seasoning sticky but not watery. Cover the meat with all the seasoning.
- 6** Preheat a pan with a fair amount of oil (high heat). Fry both sides of the pork. Add whole garlic claws to the pan to reduce oil sparkling. Replace them if burned.
- 7** Pour in some boiling water and let it simmer until the meat is soft. Evaporate the water and serve in its own juice.

## Ingredients

200 g	bulgur or millet
<b>Carrots</b>	
500 g	baby carrots
50 g	butter
2 tbs.	honey
a bit	chilli powder
a lot	cinnamon
	powdered ginger
<b>Pork</b>	
500 g	pork loin
3-5 claws	garlic
	flour
	paprika
	smoked paprika
	soy sauce
	herb pepper
	salt&pepper

# Trout on vegetables slices



30 min



25 min



2 Portions

I think that a well seasoned fresh fish is the most festive dish. Add sliced vegetables and pesto to make it more special.

## Preparation

- 1** Slice (very finely) peeled beetroot and potatoes. Blanch potatoes for 5-7 min.
- 2** In a mortar, grind: coriander, salt, pepper and garlic. Add butter and mix.
- 3** Wash trout and stuff with mixture from the mortar; add lemon slices.
- 4** Line a tray with aluminium foil, leaving free foil to cover trout later on. Layer potatoes (sprinkle with olive oil and thyme) and beetroot.
- 5** Place trout on vegetables, cover tightly with foil. Bake at 180 °C for 20-25 min.
- 6** **Pesto:** Blend leaves, garlic, seeds, oil, yeast flake, lemon juice and salt.
- 7** Serve trout as follows: on the plate layer vegetables, in the middle spread pesto, place trout on the pesto.

## Ingredients

- |        |                 |
|--------|-----------------|
| 2      | fresh trout     |
| 2 tbs. | Butter          |
| 4      | Lemon slices    |
|        | Coriander       |
|        | powder          |
| 3      | garlic cloves   |
| 4      | Potatoes        |
| 2      | Beetroot (raw!) |
|        | Thyme           |
| 4 hfl. | Green leaves*   |
| 2 tbs. | Yeast flakes    |
| 4      | Garlic cloves   |
| 1/4 c. | Roast pumpkin   |
|        | seeds           |
| 4 tbs. | Olive oil       |
|        | Lemon juice     |

## Hint

\**Green leaves: in Poland I would normally use either radish leaves or kohlrabi or mixture of both. Fresh parsley or carrot top will do.*



# Pizza dough



15 min



20 min



3-4 Portions



My Headmaster &amp; Giovanni Burro

## Preparation

- 1** Warm up the milk to about 40-50 °C and dissolve the yeast with sugar (hot water may kill the yeast!). Leave them to 'wake up' for 5-10 minutes. You need a larger glass to accommodate some foam.
- 2** Mix together the two types of flour, salt and oil. I prefer to start in a bowl, stirring with a table spoon.
- 3** Gradually add the milk, stirring constantly. The dough should be sticky but not wet: balance with extra flour or warm water as needed.
- 4** Put the dough on a flat, clean (Bethan, I'm watching you!) surface and pug for 5 minutes. The goal is to create bubbles of air inside so you should push the dough with the bottom of your palm(s) and them fold in half.
- 5** Leave it to grow for at least 20 minutes in a warm place, covered with a cloth. Roll to 3-5 mm thickness and bake for about 20 minutes at 185 °C with your favourite toppings.

## Ingredients

150 g	wholemeal flour
350 g	white flour
25 g	fresh yeast
<b>or</b>	
7 g	dried yeast
250 ml	milk
2 tbs.	olive oil
1 ts.	salt

<sup>1 ts.</sup> sugar

## Hint

*Equation for yeast growth is exactly the same as for bacteria growth: moderate temperature, moisture, food, oxygen and time. That's why bacteria like washing-up sponges so much...*



# Dumplings dough



25 min



4-5 Portions



Grandma's love

Grandma preparing the dough, children carving out round pieces and modelling the dumplings... that's how home feels like.

## Preparation

- 1** Warm up the water and blend in the eggs.  
If your eggs are rather large, leave out one yoke.
- 2** Knead until dry and quite hard. As with pizza dough, you should repeatedly fold in half to get some air bubbles in.
- 3** Cut into three pieces and cover with a cloth. Roll to about 3 mm thick and carve with a thin glass (about 6 cm in diameter).
- 4** The leftover dough can be gathered after carving and rolled again (once), however do not mix it with the fresh one!
- 5** Put your favourite stuffing in the middle and stick the edges together. Start in the middle and apply a fair amount of pressure with your fingertips. Make sure the joint is tight!
- 6** Dumplings should be thrown into large pot with boiling water and boiled for 4-6 minutes, depending on the filling. If in doubt, fetch one out and check if the dough is ready in the thickest place.

## Ingredients

500 g white flour  
2 small eggs  
300 ml warm water  
1 ts. salt

## Hint

*If there is a decent amount of leftover dough, roll it once again, cut into 2cm wide stripes and chop these into 1 mm wide matches. Dried and boiled these go well with tomato soup.*



# Stuffed aubergines

- ⌚ 40 min
- 🕒 60 min
- ◎ 4 Portions

Another meaty recipe. It's quite time-consuming but don't be put off, as the preparation is rather easy.

## Preparation

- 1 Cut aubergines in half. Nick across (care not to cut the skin). Sprinkle with salt and olive oil, bake at 180 °C for 25-30 min.
- 2 Fry onion, at the end add garlic. Add mince and fry for 5-7 min.
- 3 Core aubergines and add the chopped flesh to meat.
- 4 Stuff aubergine boats with meat and cover with cheese. Bake at 160-180 °C for about 10 min.

## Ingredients

- |        |                                   |
|--------|-----------------------------------|
| 2      | Aubergine, big                    |
| 500 g  | Minced beef                       |
| 500 ml | Passata                           |
| 1      | Onion                             |
| 4      | Garlic clove                      |
|        | Mozzarella                        |
| 3 hfl. | Olives                            |
| 100 g  | Grated cheddar or<br>Grana Padano |
|        | Thyme                             |
|        | Oregano                           |
|        | Paprika                           |
|        | Balsamic vinegar                  |



# Best wege patty Polish edition

30 min  
 30 min  
 jadlonomia



## Preparation

- 1** Cook millet: rinse with water, rinse well with boiling water, cook in 2.25 c. of hot salted water, covered, for 12-15 min. Don't stir.
- 2** Dice onion and chop parsley. Mix all ingredients.
- 3** If the mixture is not gluey enough, add more oil/flour.
- 4** Form patties and put on baking paper.
- 5** Bake at 200 °C for 30 min, turn patties after 15 min.

## Ingredients

2 c.	Grated carrot
0.75 c.	Millet
1/2 c.	Roast sunflower seed
1/2 c.	Roast sesame
1	Red onion
1/2 c.	Breadcrumbs
1/4 c.	Oil
3 tbs.	Flour
4 tbs.	Soy sauce
2 ts.	Coriander powder
1/2 bunch	Parsley
1 ts.	Ginger
	Chili
	Sat&pepper

Serve either as burgers, or as main dish with roast vegetables. Mango chutney, good (why not home-made?) ketchup or garlic dip go well with patties.

## Hint

*Watch out, it's very easy to burn sesame when roasting!*

# Lasagne with pumpkin and millet



1 h



1 h



4-5 Portions

It may seem like a lot of faff but trust me, it's worth it! Pumpkin-millet filling is insanely creamy and capars together with dried tomatoes add extra zest. From now on, pumpkin is your reason to await Halloween!

## Preparation

- 1** Rinse millet with boiling water. Add 1 1/2 c of water, salt and cook at small heat till millet absorbed all liquid. If still not tender, add more water and cook till tender. When cooking millet, leave it alone, don't stir it, don't uncover it etc.
- 2** Fry onion, add all sauce ingredients and simmer for as long as you can.

- 3** Mix with blender cooked millet, pumpkin purée and remaining filling ingredients apart for capers and dried tomatoes. Add capers and chopped dried tomatoes.

- 4** In high oven dish layer alternately sauce, lasagne sheets, pumpkin filling and lasagne sheet. End with sauce, add cheese on the top.

- 5** Bake for about an 1h (check if pasta is tender).

## Ingredients

2 c	Pumpkin purée
3/4 c	Millet
200 ml	Cream
hfl.l	Capers
hfl.l	Dried tomatoes
	Sage
Box	Lasagne sheets

## Sauce

2 cans	Tomatoes
400 ml	Passata
1	Onion
	Smoked paprika
	Balsamic vinegar

mozzarella or  
grated  
cheddar

---

### **Extra sauce**

You can also prepare béchamel sauce and either alternate it with tomato sauce or replace.

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### **Umami**

For extra umami flavour, add yeast flakes to the pumpkin filling or cook millet in broth.

# Carrot *kopytka*



30 min



30 min



3-4 Portions

Potatoes are main ingredient of Polish cuisine. You can make all sorts of things out of them: *kopytka*, *pyzy*, *kluski śląskie*... This recipe, however, is even better - it incorporates carrots to add colour, flavour and nutrients. It's also a perfect dish to smuggle vegetable for a poor eater.

## Preparation

- 1** Boil 5l of water.
- 2** Knead all ingredients for dough. Roll and cut into small rods (see picture).
- 3** Cook *kopytka* in hot water till tender (about 3 min from the moment when they started floating - as opposed to stay at the bottom of the pot).
- 4** Heat frying pan with some oil. Add all ingredients of the sauce (do it in chunks if you're not going to fit all of the *kopytka* at once).
- 5** Fry *kopytka* and covered in sauce. Serve with greens.

## Ingredients

500 g	Carrot purée
200 g	Starch
200 g	Corn flour
2 tbs.	Yeast flakes
	Nutmeg

## Sauce

5	Garlic cloves
2 tbs.	Tahini
2 tbs.	Soy sauce
1/2	Lime
2 tbs.	Sesame oil
1 ts.	Coriander
1 ts.	Cumin



# Roast pepper and cheese galette



1 h



40 min



2 Portions



whiteplate.com

Whenever I think about fancy dinner (supper?), I reach for stuffed pastry. Ladies and gentlemen, tonight we're serving French galette!

## Preparation

- 1** Mix flour, salt and cold butter. Add sour cream and quickly knead the dough. If needed, add spoon or two of cold water. Cover with foil and refrigerate for an hour.
- 2** Roast slices of pepper (30 min, 200 °C)
- 3** In a bowl, mix garlic and olive oil, salt and pepper to taste.
- 4** On bench covered with flour, stretch the dough to form a circle, place it on parchment. In the middle (leaving about 5 cm edge) spread ricotta, mozzarella and Grana Padano. Place pepper on the cheese, starting with the outer edge of the cheesy filling.
- 5** Wrap free edges towards the centre (see the pictures).
- 6** Bake for 30-40 min. Once ready, garnish with basil leaves.

## Ingredients

200 g	Flour
1/4 tbs.	Salt
100 g	Butter
100 g	Sour cream

## Filling

2	Pepper
1	Garlic clove
100 g	Ricotta
50 g	Cheese (eg. Grana Padano)
50 g	Mozzarella
	Fresh basil

## Hint

*If the dough is very gluey, wet your hands for easier handling.*

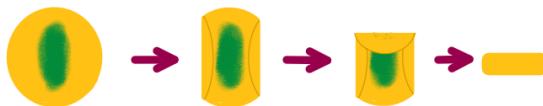


# Croquette with spinach & feta

1 1/2 h  
 1/2 min  
 4 Portions

## Preparation

- 1** Mix all ingredients for crepes batter. Fry crepes on a greased frying pan.
- 2** Fry spinach, nutmeg and garlic till most of the water from spinach evaporates. Then add crushed feta cheese and mix well.
- 3** Croquette folding - see picture.



- 4** Dip folded croquettes in beaten egg (with salt and pepper) and then cover with breadcrumbs. Fry till brown (you'll need relatively lots of oil).

## Ingredients

2 c.	Flour
4	Eggs
2 c.	Milk
1 1/2 c.	Water
pinch	Salt
2 tbs.	Oil
<b>Filling</b>	
800 g	Spinach
5	Garlic cloves
200 g	Feta cheese
	Nutmeg
Breadcrumbs	
Beaten egg	

## Hint

Now try different fillings. Maybe mushroom, pepper and cheddar?

# Chapter 6

## Desserts



# Aquafaba brownie



15 min



25 min



4 Portions



Aquafaba is the viscous water from chickpea can. Why should you be bothered? You could possibly exchange it for beaten egg whites but I always struggle what to do with leftover yolks. Aquafaba is a by-product and it's ingenious that it can be turned into desserts. Eat chickpea for lunch and aquafaba for afternoon tea - two birds with one stone!

## Preparation

- 1** In a small pot heat up gently butter, chocolate and spices till chocolate melts.
- 2** Beat aquafaba in an exactly same way as you would do egg whites. At the end add sugar in small portions. Gently mix with melted chocolate.
- 3** In a separate bowl, mix flour and baking powder.
- 4** Gently, in portions, add flour to liquid and stir with a spatula.
- 5** Pour cake batter to a baking tin (small, something like 20x25) lined with parchment. Decorate with nuts, raspberries and chocolate.
- 6** Bake at 180 °C for 20 min. Do not overbake!

## Ingredients

200 g	Chocolate
150 g	Butter
1 can	Aquafaba
0.75 c.	Sugar
1.25 c.	Flour
Pinch	Salt
1/4 ts.	Baking powder
	Chili / vanilla / cinnamon
	Raspberries
	Hazelnuts

## Hint

*Add 1/4 cup of coffee to the first step for extra deep flavour.*

# Chickpea cookies



20 min



15 min

I know that for Bethan 'a treat is a treat' but I believe that there are plenty of puddings and snacks that are not only scrumptious but also carry some nutrients. Incorporating pulses and vegetable to desserts in an endless adventure.

## Preparation

- 1** With the help of a blender, mix all ingredients apart from flour and chocolate.
- 2** When chickpea is well mashed, add flour and continue blending. Mix chocolate in (use spatula).
- 3** Using a spoon form cookies (line baking tray with baking paper)  
Bake at 180 °C for 15 min till brown.

## Ingredients

1 can	Chickpea
1/2 c.	Peanut butter
1/4 c.	Honey
2 heaping tbs.	Flour
50 g	Chocolate, chopped into small pieces
1 ts.	Cinnamon
1/2 ts.	Baking powder

# Sweet buns with curd cheese



30 min



30 min

Curd cheese is essential. It's high time for a trip to a Polish shop, if you haven't already done so. If there's big Polish diaspora in the city, sometimes you can buy it in Tesco but don't confuse it with quark, it's something different (see introduction to a Polish shop for details).

More fancy version involves raspberries or fresh apricots (halfs) and crumble topping

## Preparation

- 1** Leaven: dissolve yeast in warm milk (heat milk so you can easily dip your finger in without burning yourself). Add 2 teaspoons of sugar and 1 of flour. Leave in dark cupboard for about 10 min. Watch out! It grows, make sure there's enough room in mug/pot/bowl.
- 2** Knead dough (start with flour, leaven and eggs, then add melted butter), cover with a cloth and leave in warm place (cupboard, room) for 30-60 min (the dough should almost double its size).
- 3** In meantime, blend curd cheese with egg yolk, butter and sugar. It should be smooth and creamy.
- 4** Form round, quite flat buns. Leave for 15 min to grow (cover with cloth).
- 5** With the help of glass, form a valley in the middle and fill it with cheese. If using raspberries, add them now, on the cheese (press in cheese).
- 6** Bake at 180 °C for 20 min.

## Ingredients

500 g	Flour
40 g	Yeast fresh*
2 tbs.	Sugar
2 ts.	Sugar (leaven)
1 c.	Milk
2	Eggs
50 g.	Melted butter
<b>Filling</b>	
400 g	Curd cheese
1	Egg yolk
1/2 c.	Sugar
50 g	Butter, melted

---

For buns and bread I prefer to use fresh yeasts. Usually I buy them in Polish shop. Nevertheless, dried yeast should work too. My converter: 15g fresh = 7g dried.

If you use dried yeast, there's no need to do a leaven (in theory). I usually like to do it anyway.



---

### Hint

*Bone of contention: Magda believes that when doing yeast dough, it shouldn't be in contact with metal surface (spoon, bowl etc) (apart for fork which is necessary to prepare leaven). I don't believe in such a thing, though.*

# Rhubarb crumble



15 min



30 min



4 Portions

There are three reasons why I love crumbles: preparation is super quick; no wheat; little sugar yet is very sweet due to fruit.

## Preparation

- 1** Cut rhubarb into 2-3 cm long pieces, apricots into quarters. Mix with berries in an oven dish/tin.
- 2** In a hand blender s-shaped knife container (or using your hands) mix all ingredients for crumble topping. Add more fat/oats if needed
- 3** Cover fruit with crumble topping. Bake at 180-200 °C for 20-30 min till brown.

## Ingredients

600-800 g	Rhubarb
5	Apricots
2 hfl.	Berries
2 hfl.	Blueberries (fresh or frozen)
100 g.	Butter
1/2 c.	Sugar
1 1/2 c.	Oat flakes
3 tbs.	Coconut milk powder
1 tbs.	Ginger
1/4 ts.	Salt

## Hint

*Serve with ice cream or clotted cream.*



# The forest moss cake



25 min



45 min



one good party



kwestiasmaku.com: lesny-mech

Fear not, you won't be able to sense the taste of the spinach (partly because it doesn't have much taste anyway); I've tested that on my family.

## Preparation

**1** Defrost spinach if needed, blend into a uniform paste. If you have fresh spinach, heat it up for 3 minutes on a pan first.

**2** Preheat the oven to 180 °C. Crack the eggs into a bowl, add sugar and beat. Continue beating while slowly pouring in the oil. Add the spinach and blend (low power) until the two ingredients mix.

**3** Mix the flour with baking powder, add to the mixture and briefly blend again. Pour the mix into a round form and bake for 40-45 minutes until dry inside. Take out and cool down to room temperature.

**4** Beat all the cream ingredients until stiff.

**5** Cut off the top third of the cake. Spread the cream on the bottom part. Break the top into small crumbs and use them to decorate the cream. Decorate with fruit and basil leafs.

## Ingredients

pomegranate  
and/or  
blueberries  
fresh mint

### Cake

450 g spinach  
1/2 c. oil  
1/2 c. sugar  
3 eggs

2 c. flour

2 ts. baking powder

### Cream

250 g mascarpone  
200 ml crème  
fraîche/double  
cream  
icing sugar

## Hint

*Reportedly beating the eggs is easier if they are warm. Put them into hot tap water for 10 minutes.*



# Strawberry cake



30 min



1 h



6-8 Portions



polish wisdom

## Preparation

- 1** All ingredients for sponge must be at room temperature. Beat whites until stiff. While still beating, add sugar (one spoon at the time). Then egg yolks (one at the time, beating gently).
  - 2** Add sifted flour. Don't beat. Gently mix with a spatula.
  - 3** Line the cake tin with parchment (only bottom), don't grease sides. Fill with batter. Bake at 160-170 °C for 35-40min.
  - 4** Boil 2/3 milk and sugar up. In a cup or high blender dish mix (with fork or a beater) flour, yolk and remaining milk. When sugar/milk liquid is boiling, add flour/milk and stir vigorously for about 2 min. Remove from heating and continue stirring.
  - 5** Cool the blancmange (step 4). Cream butter and mix with blancmange (add in small portions).
  - 6** Sandwich the sponge and decorate with fresh fruit!
- 

## Ingredients

### Sponge

5	eggs
3/4 c	Sugar
3/4 c	Flour
1/4 c	Starch (Potato or corn)

### Cream

3 c	Milk
3/4 c	Sugar
4 tbs.	Flour
4 tbs.	Starch
150-250 g	Butter
1	Egg yolk

## Spice it up!

To make chocolate cream, add cocoa powder to milk-flour mixture.

### Hint

*Drop hot sponge in the tin on the kitchen bench/floor from 30cm. Trust me, it will keep the cake fluffier.*



# Tofu pumpkin 'cheesecake'



30 min



60 min

This recipe it's quite time-consuming. You have to cook millet, prepare pumpkin purée and gather all the ingredients. The cake is, however, spectacular, so let's celebrate!

Coconut milk must be from the can as this one is rich in fat that adds mellowness to the cake.

Millet makes the cake more dense and less spongy.

Lemon juice is essential to turn tofu into more 'cheesy' base.

Long blending is essential for creamy texture!

## Preparation

**1** **Base:** blend negligently. Press into lined with parchment cake tin. Refrigerate.

**2** **Cake:** Blend thoroughly everything apart from: milk, lemon and orange juice. When dough is smooth, gradually add liquids.

**3** Pour onto the base. Bake at 180°C for 15 min.

**4** Then, turn the oven down to 120°C and bake for about 45 min. Switch the oven off but leave the cake in for another 15 min. Cool down for 2h.

**5** **Coating:** Heat all ingredients in a small pot, till chocolate melts. Leave for 20 min to cool down, pour over cold cake.

## Ingredients

150 g Digestives

3 tbs. Peanut butter

Pinch Salt

### Cake

360 g Natural tofu

1/2 c. Pumpkin purée

0.75 c. Cooked millet

0.75 c. Caster sugar

2 tbs. Starch

1 ts. Cinnamon

1 ts. Cardamom

1 ts. Ginger

1/4 ts. Nutmeg

1 c. Coconut milk  
(from the can)

1/4 c. Orange juice

1/4 c. Lemon juice

### Coating

75 g Dark chocolate

1/2 c. Coconut milk

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## Coating

For chocolate coating, you can use single cream instead but reduce the amount to about 1/3 cup. For sweeter coating, add caster sugar.

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## Avoid the cracks

When you turn temperature down to 120, you can add oven dish full of close to boiling temperature water at the bottom of the oven. Steam will stop the cake from cracking.

# Rhubarb compote



5 min



20 min

When you fancy something nice to drink but don't want to reach for rich in sugar juices - go for compote! You can prepare compote from pretty much any seasonal fruit. My favourite one is rhubarb compote (M.), then plum and White Transparent apple (not sure if you can get theme here...).

## Preparation

- 1** Cut rhubarb into 3-4 cm long pieces. Fry with a little bit of sugar.
- 2** Add 2 l of water and simmer for about 15 min. After 10 min, add berries and mint.
- 3** Add more sugar if needed.

## Ingredients

800	Rhubarb
2 l	Water
	Sugar
hfl.	Mint
hfl.	Berries

# Chapter 7

## Party/picnic



# Asparagus tart



30 min



40 min



3-4 Portions



Lidl

## Preparation

- 1** Knead shortcrust pastry. Cover with cling film and refrigerate for 30min.
- 2** Remove lignified ends of asparagus. Wash and cook for 4 min (water shall not cover heads).
- 3** Beat eggs, mix with sour cream, flour and spices.
- 4** Grease baking dish with butter, line with pastry (roll circle bigger than the dish and transport it on roller). Lay asparagus and pour the egg mix over.
- 5** Bake at for about 40 min at 160-170 °C.

## Ingredients

200 g	Flour
120 g	Butter
1	Egg
1 ts.	salt
Bunch	Asparagus
200 ml	Sour cream
2	Egg
1 tbs.	Flour
	Nutmeg
	Salt&pepper
	Thyme



# Beetroot carpaccio



30 min



1 1/2 h

Easy salad, perfect for hot summer garden party or as a starter before fancy dinner.

## Preparation

- 1 Cover washed raw beetroot in aluminium foil. Bake till tender (around 1-1 1/2h)
- 2 Slices thinly. Sprinkle with olive oil, black pepper and balsamic vinegar.
- 3 Scatter cheese, rocket and seeds. Add extra olive oil and balsamic vinegar.

## Ingredients

- 4 Beetroots (elongated ones are the best)  
Feta cheese **or**  
goat cheese  
Balsamic vinegar  
Olive oil  
Rocket  
Pumpkin seed **or**  
pistachio



## Hint

*It's a lot of faff to bake just a few beetroots. Instead, bake them when baking something else. Since they're covered in foil, fragrances shouldn't permeate.*

# Easy puff pastry

 30 min  
 0.3 h  
 Aunt Sylwia

## Preparation

- 1** Roll the puff pastry (rectangual shape). Spread evenly, sequentially cream cheese and pesto.
  - 2** Scatter sweetcorn and other ingredients (see the tip).
  - 3** Roll using the long end. Cut into ellipses.
  - 4** Bake till brown and puffed at 180 °C.
- 

## Ingredients

1 sheet	Puff pastry
1/2 jar	Pesto rosso
1/2 can	Sweetcorn
1/2	Cream cheese

## Spice it up!

Add fried chorizo (fry without extra oil!) or sautéed mushrooms

# Lentil pasties

- 40 minutes + 2 h waiting
- 30 min
- 40-50 pasties
- jadlonomia.com

These make a marvelous lunch, especially when you go for a whole day trip. You can store them in a warm backpack without fear...

The pastry is universal and versatile - you will always succeed. The tricky bit is the stuffing - you need to make sure it stands out. Nutmeg is your friend here, go for a lot. Also, make sure it is rich with umami taste: mushrooms, dried tomatoes, soy sauce are all good sources of it.

## Preparation

- 1** Warm up the milk a little bit. Add it to the dry ingredients and pug for 3-4 minutes. Then add oil and pug for another 2-3 minutes until you form a flexible ball. Let it rest in a warm place for 1-1.5 hours.
- 2** Boil the mushrooms, lentils and oil in salted water for 18-20[minutes]. With water aim for about double or tripple the amount of lentils (mass).
- 3** Chop the onion, fry it for 5 minutes, adding all the dry spices. When it becomes soft, take out the bay leaf and all-spice.
- 4** Drain the lentils if needed, mix with the onion, add the soy sauce and blend all that into a smooth paste. Cool down by spreading on a large plate.
- 5** When the pastry has grown, pug it for 2 minutes and roll out 3 or 4 long strips 6-8 cm wide and 1/2 cm thick.

## Ingredients

	<b>Pastry</b>
1 c.	milk
3 c.es	flour
	dried yiest
2 ts.	(cane) sugar
1/2 ts.	salt
1/3 c.	oil
	<b>Stuffing</b>
1 c.	green lentil
	dried mushrooms
1	large onion
2	bay leafs
2	allspice grain
2	cloves
	juniper
5 tbs.	oil
2 tbs.	soy sauce
2 tbs.	milk
	nutmeg
	salt&pepper

**6** Put the stuffing along the middle of each strip and join the sides of the pastry to form a roll. Now roll the tube so that the joint is at the bottom. Slice the rolls into 2-3 cm wide pasties.

**7** Put the pasties on some baking paper and leave them to grow for 30 minutes. Make sure to preheat the oven properly to 180 °C. Spread some milk on on pasties (to make them crunchy but not burned) and bake for 25-30 minutes.

# The perfect pâté



30 min



40 min



5-6 Portions

[jadlonomia.com: pasztet-warzywny-doskonay](http://jadlonomia.com: pasztet-warzywny-doskonay)

The ingredients last for about 30x12 cm baking tray.

## Preparation

- 1** Slice the leek thinly, fry on oil with the bay leafs and the allspice on small heat until soft. In meantime, peel and grate carrots and parsnip. Chop the celery into small cubes, chop the garlic.
- 2** Take out the bay leaf and allspice, add the prepared vegetables and stew on small heat for 10-15 minutes until they are very soft.
- 3** Put the cooked vegetables in a large bowl. Add the millet, nuts, remaining oil and all the spices. Blend everything into uniform paste.
- 4** Fill a baking tray laid out with baking paper or lubricated with oil. Bake for 30-45 minutes at 200 °C until the top is dark gold and crispy. Cool down for a couple of hours before slicing.

## Ingredients

1 1/2 c.	boiled millet
1 c.	hazelnuts
100 ml	vegetable oil
2	carrots
2	parsleys / parsnips
1	leek (white part)
2 pcs.	celery
2 claws	garlic
3 tbs.	soy sauce
2	allspice grain
2	bay leaf
1 ts.	marjoram
1 ts.	parsley (dried)
1/2 ts.	lovage
1/2 ts.	thyme
a pinch	nutmeg
	salt&pepper

## Hint

*To avoid wet bottom, strew a thick layer of breadcrumbs in the baking tray. You may use crushed hazelnuts as well.*