

Le Recipe 'Book'

Hugh Baldwin

contact@hughtb.uk

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Part I

Mains

Lentil Pasta Sauce

🕒 Time
00:35

🌿 Diet
Vegan

★ Difficulty
★★☆☆☆

🍴 Servings
4

Ingredients

1 Medium Red Onion
3 Cloves Garlic
500g Passata
250g Puy Lentils
Mixed Herbs
Lemon Juice
1½tsp Green Pesto

Method

1. Dice the onion and garlic
2. Fry the onion and garlic
3. Once fried, add the passata and turn the heat down
4. Mix in the puy lentils and pesto, then allow to simmer for 5 minutes
5. If cooking pasta, start now while stirring the sauce occasionally
6. Add herbs, lemon juice and pepper to taste
7. Once the pasta is done, drain and serve with sauce

Chilli con Quorne

🕒 Time
01:00

🌿 Diet
Vegetarian

★ Difficulty
★★☆☆☆

🍴 Servings
4

Ingredients

½ Large Red Onion
2 Cloves Garlic
500g Passata
400g Tin Kidney Beans
in Chilli Sauce
300g Veggie Mince
200g Tin Sweetcorn
2-3 Medium Chillies
Chilli Powder

Method

1. Dice the onion and garlic
2. Dice the chillies, keeping the flesh and seeds separate
3. Fry the onion and garlic
4. Once fried, add the passata and chilli flesh and turn the heat down
5. Allow to simmer for 5 minutes before adding the chilli seeds, mince and kidney beans
6. Add chilli powder to taste
7. Allow to simmer for 5 minutes before adding the drained Sweetcorn
8. Turn the chilli down and stir occasionally
9. Start some water boiling in a pan, once at a rolling boil, rinse the rice in a sieve and add to the boiling water
10. Cook the rice until 'nutty', then drain and rinse any rice stuck in the pan with boiling water

Macaroni Cheese

🕒 Time
01:00

🌿 Diet
Vegetarian

★ Difficulty
★★★★☆

🍴 Servings
2

Ingredients

500ml Milk
250g Macaroni or Other
Pasta
150g Cheddar Cheese
25g Parmesean Cheese
25g Cornflour

Method

1. If grilling, heat an oven to 200°C/ 180°C Fan/ Gas Mark 6
2. Mix 3tbsp of milk with the cornflour and heat the remaining milk on a medium heat
3. Start the pasta in another pan, cook for recommended time or until al-dente
4. Mix the cornflour slurry into the rest of the milk and keep stirring over a low heat until it thickens
5. Remove the sauce mix from the heat and stir in most of the cheddar and parmesan
6. Drain the pasta well then stir into the sauce, in an oven-proof dish
7. Sprinkle the remaining cheddar over the top, then bake for 15-20 minutes or until the sauce browns on top