

Recipe Book

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Chapter 1

Indian

Chicken Biryani

Prep: 20 min — Cooking: 60 min

8 persons

Ingredients

750g chicken thighs	1 tsp saffron
4 large onions	1 cup(s) coriander

Marinade

150 ml yoghurt	2 tsp finely grated fresh ginger
125 ml water	
2 tbsp vegetable oil	4 tbsp biriyani masala
6 garlic cloves	1 tsp salt

Rice

2 tbsp salt	1 star anise
5 cloves	6 green cardamom pods
5 dried bay leaves	450g basmati rice

Preparation

1. Mix Marinade in a large pot. Add chicken and coat well. Marinade 20 minutes to overnight.
2. Bring rice to boil in 3/4 of its volume of water, add spices and cook rice until there is no more water. Place saffron in a bowl, leave for 10 minutes.
3. Cook onion until golden brown in lots of oil. Remove onto paper towel lined plate.
4. Place chicken into a pot on medium heat. Cover and cook for 5 minutes.
5. Remove lid. Cook for 5 minutes, turning chicken twice.
6. Scatter over the onion and coriander then top with all the rice. Gently pat down and flatten surface before randomly drizzling saffron across rice surface.
7. Place lid on. Return to stove over medium heat. As soon as you see steam, turn down to low then cook for 25 minutes. Remove from stove, rest with lid on for 10 minutes.

South Indian Fish Curry

Prep: 10 min — Cooking: 25 min

6 persons

Ingredients

750 g white fish fillet	3 tsp turmeric
1.5 tbsp black mustard seeds	2 tsp coriander
18 curry leaves	2 tsp cumin
2 onions	600 g chopped tomatoes
3 tsp grated ginger	400 ml coconut cream
4 large garlic cloves	1 lime
2 red chillies	rice and chapatis to serve

Preparation

1. In a pan with a lid fry the mustard seeds and curry leaves until they start to pop and smell fragrant.
2. Add the ginger, garlic and chilli and fry for 30 seconds before frying the onion.
3. Add the ground spices and tomatoes and simmer for 5 mins. Add the coconut cream and allow the sauce to thicken.
4. Add the fish and heat until it is cooked through. Serve with rice and chapatis.

Masoor Dal

Prep: 10 min — Cooking: 50 min

8 persons

Ingredients

4 cups red lentils	2 tsp mustard seeds
4 large onions	2 tsp coriander
16 cloves garlic	1 tsp cumin
3 tbsp ginger	2 tsp salt
6 green chillies	3 tin chopped tomatoes
3 tbsp curry powder	

Biriyani Rice

3 onions	basmati rice
biriyani masala	

Preparation

1. Wash the lentils, then add 16 cups water and boil.
2. To prepare the biriyani rice finely dice the onions and fry in oil/ butter until brown. Fry the spices in a little excess oil before stirring into the onions. Add this mix to the rice.
3. Prepare the Dal tadka. Heat oil in a pan and add the garlic, ginger, chillies and some salt. After around 30 second add the onion and fry until soft.
4. Add the curry powder, mustard, coriander, cumin and salt and cook for 30 seconds. Add the tomatoes and allow the mixture to simmer.
5. Skim the lentils as it begins to foam and remove the lid to allow the mixture to simmer until tender.
6. Drain some of the liquid from the lentils before adding the tadka. Allow the mixture to simmer for 5 mins.

Tandoori Chicken

Prep: 10 min — Cooking: 60 min

6 persons

Ingredients

1.2 kg boneless chicken thighs	2 limes
	honey
6 red bell peppers	salad to serve

Marinade

8 cloves garlic	1 tsp thyme
2 tsp ground ginger	1 tsp biriyani masala
1 tsp cayenne pepper	1 tbsp tandoori masala
1 tsp black pepper	
1 tsp turmeric	1 tsp salt

Saffron Rice

8 cloves garlic	1 tsp onion powder
0.25 tsp saffron	0.5 tsp turmeric
2 cups chicken stock	basmati rice

Preparation

1. Mix the marinade ingredients in a bowl and rub into the chicken.
2. Slice the peppers and limes into quarters, and place them alongside the chicken in an oven-proof dish.
3. Drizzle with honey and oil, cover dish with foil and place in oven (200°C) for just over an hour.
4. Place the saffron in a small bowl of boiling water and allow it to steep. Combine along with the remaining rice ingredients and cook. Serve alongside the chicken and salad.

Chana Masala

Prep: 10 min — Cooking: 60 min

6 persons

Ingredients

5 tins canned chickpeas	3 green chillies
2 tins chopped tomatoes	3 large red onions
3 tablespoons ginger	3 tbsp tomato paste
10 cloves garlic	salt

Whole Spices

3 bay leaves	2 cinnamon sticks
12 green cardamom pods	1 tbsp black peppercorns
9 cloves	3 tbsp cumin seeds

Ground Spices

1.5 tbsp coriander	1 tsp turmeric
2 tsp cumin powder	
2 tsp paprika	1 tsp garam masala

Preparation

1. Heat a pot on medium, add some oil and the whole spices. Fry for a few minutes before adding the ginger, garlic and green chillies.
2. Fry for a few minutes before adding the onions. Once softened add the chopped tomatoes and cook for 5 minutes.
3. Add the ground spices and cook for 30 seconds. Stir in the chickpeas along with 5 cups water and mix.
4. Simmer for 10–15 minutes for the flavors to mix-in together. Serve with basmati rice or saag aloo.

Saag Aloo

Prep: 10 min — Cooking: 30 min
6 persons

Ingredients

1 kg potatoes	2 tsp black mustard seeds
500 g spinach	2 tsp cumin seeds
3 onions	1 tbsp turmeric
3 red chillies	salt
2 tbsp grated ginger	

Preparation

1. Heat oil in a pan, cook the onions until they begin to soften. Add garlic, chilli, ginger and spices and cook for 1 minute.
2. Add the potato and cook for 10–15 minutes. Add the spinach and stir until it wilts into the mixture.

Chicken Tikka Masala

Prep: 15 min — Cooking: 45 min

6 persons

Ingredients

1 kg boneless chicken thighs	2 tins chopped tomatoes
1 cup(s) plain yoghurt	150 ml cream
3 onions	2 tsp sugar
3 tbsp grated ginger	salad to serve
9 cloves garlic	rice to serve

Tikka Marinade

2 tbsp fresh ginger	2 tsp paprika
2 tbsp garam masala	
2 tsp ground coriander	2 tsp salt

Sauce Spices

3 tsp tumeric	2 tsp cumin
5 tsp garam masala	
3 tsp coriander	0.5 tsp cayenne pepper

Preparation

1. Marinade the chicken before frying on high until the surface of the chicken is charred.
2. Fry the garlic, onions and ginger in butter before adding the sauce spices, frying for 3 mins.
3. Add the chopped tomatoes and simmer for 15 mins before adding the cream, sugar and chicken back to the pan.
4. Once the chicken is cooked through serve with rice and salad.

Butter Chicken

Prep: 10 min — Cooking: 60 min

6 persons

Ingredients

1.5 kg boneless chicken thighs	2 tbsp sugar
4 tbsp butter	2 tsp salt
2 tins chopped tomatoes	basmati rice
450 ml cream	naan bread

Marinade

1 cup(s) plain yoghurt	2 tsp cumin
2 tsp turmeric	2 tbsp ginger
4 tsp garam masala	
1 tsp cayenne pepper	4 cloves garlic

Preparation

1. Combine the Marinade ingredients with the chicken in a bowl and allow the mixture to marinate.
2. Heat the butter in a large fry pan. Place chicken in the fry pan and cook for around 3 minutes.
3. Add the tomatoes, cream, sugar and salt. Turn down to low and simmer for 20 minutes.
4. Serve with basmati rice and naan bread.

Chapter 2

Chinese

General Tso's Chicken

Prep: 10 min — Cooking: 40 min

6 persons

Ingredients

1 kg boneless chicken thighs	red chillies
3 tsp ginger	spring onions
4 cloves garlic	salad to serve
2 cups cornstarch	rice to serve

Marinade

2 cloves garlic	3 tsp chilli paste
2 tsp ginger	2 tsp sesame oil
5 tbsp soy sauce	5 tbsp brown sugar
2 tbsp hoisin sauce	2 tbsp corn flour
2 tbsp rice vinegar	1 cup(s) chicken stock

Preparation

1. Mix the soy, hoisin, vinegar, chilli and sesame oil. Take out 2 tablespoons of Sauce-Marinade and mix with chicken along with ginger and garlic.
2. Add cornflour into chicken and toss to coat. Add sugar and cornflour to the remaining sauce, mix in the chicken stock.
3. Fry the chicken in sesame oil until golden and crispy.
4. Place chicken on a paper towel lined plate. Wipe pan and fry garlic, ginger and chilli flakes for 30 seconds.
5. Add sauce until it thickens and toss with the chicken and spring onions. Serve with salad and sticky rice.

Ginger Chicken

Prep: 10 min — Cooking: 60 min

4 persons

Ingredients

1 kg chicken thigh fillets	3 tbsp shallots
2 tsp soy sauce	1 tbsp fish sauce
1 tbsp shaoxing rice wine	1 tbsp oyster sauce
1 tsp round black pepper	2 tsp sugar
1 tsp sesame oil	1 cup(s) chicken stock
2 tsp cornflour	3 bunch spring onions
100 g mushrooms	groundnut oil
3 tbsp ginger	rice and salad to serve
2 tbsp sliced garlic	

Preparation

1. Cut the chicken into 5cm chunks and place in a dish.
2. Mix the soy sauce, rice wine, 1/2 tsp salt, 1/4 tsp pepper and sesame oil and pour over the chicken.
3. Mix in the cornflour until the pieces are thoroughly coated.
4. Wash the mushrooms slice finely and discard the stems.
5. Heat a wok on high heat and fry the ginger in groundnut oil until crispy. Add the chicken and fry until brown.
6. In a fresh pan fry the garlic and shallots. Add back in the chicken and mushrooms and fry for 2 mins.
7. Add the fish sauce, oyster sauce, sugar and chicken stock. Cover and simmer for 8 mins.
8. Add the spring onions and remove the cover to allow the sauce to reduce. Serve with rice and salad.

Hainanese Chicken Rice

Prep: 10 min — Cooking: 60 min

4 persons

Ingredients

1 whole chicken	4 bunches spring onion
chicken stock	
5–6 slices ginger	uncooked jasmine rice

Ginger-Garlic Sauce

4-inch piece ginger	2 cloves garlic
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Sweet Soy Sauce

3 tablespoons sugar	6 tbsp cup soy sauce
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Chilli Sauce

6 red chiles	1 small lime
3-inch ginger	1 tsp rice vinegar
3 cloves garlic	0.5 tsp sesame oil

Preparation

1. Bring a pot of water along with ginger and spring onions and stock cubes to boil and add the chicken, setting aside the piece of chicken fat at the back cavity.
2. Once the water boils, lift the chicken out of the water to pour out the colder water that is trapped in the cavity. Cover and leave the pot on the stove for 45–50 minutes. To check if the chicken is done stick a toothpick into the drumstick. If the juices run clear, it's cooked through.
3. Transfer the chicken into cold water / ice for 15 minutes. Drain and leave until ready to serve.
4. To make the rice heat a pan and add the chicken fat. Stir in the minced garlic and fry briefly. Add the uncooked rice and stir continuously for about two minutes. Add to the rice cooker along with chicken stock from the pot and cook.
5. For the ginger-garlic sauce grind the ginger and garlic in a food processor until a paste forms. Gently fry until lightly caramelised. Add salt to taste.
6. To make sweet soy sauce dissolve sugar in 1/3 cup water in a saucepan. Stir constantly until a syrup forms. Combine with the soy sauce and transfer to a dish.
7. For the chilli sauce grind the chilies, ginger, and garlic in a food processor until finely chopped. Combine with the sesame oil, salt, sugar, lime juice, and vinegar. Transfer to a small bowl and add chicken broth 1 tablespoon at a time until a saucy consistency is achieved.

Five-Spice Chicken

Prep: 20 min — Cooking: 40 min

4 persons

Ingredients

8 chicken thighs	1 tbsp sichuan peppercorns
2 medium white cabbage	4 bunch spring onions
10 cloves garlic	cornflour
12 dried red chillies	rice to serve

Marinade

1 tbsp soy sauce	4 cloves garlic
1 tsp salt	1 tsp oil
1 tsp five spice	1 tbsp shaoxing wine
1 small red onion	1 tsp sesame oil

Stir Fry Sauce

3 tbsp soy sauce	1 tbsp sugar
2 tbsp chinese black vinegar	2 tbsp oyster sauce

Preparation

1. Mix the marinade ingredients in a bowl and add the chicken. Once marinated cook the chicken in the oven for 35 mins at 190°C.
2. To make the cabbage stir-fry heat oil in a pan on medium and fry the chillies, garlic and sichuan peppercorns. Chop the cabbage into strips and stir fry on high for 2 mins.
3. Mix the sauce ingredients and add to the stir fry along with spring onions. Dissolve 1 tbsp cornstarch in water and add to the pan and fry until the sauce thickens.

Kung-Pao Chicken

Prep: 15 min — Cooking: 15 min

4 persons

Ingredients

400 g boneless chicken thighs	4 birdseye chillies
	2 large onions
4 tsp sichuan peppercorns	2–3 red bell pepper
5 cloves garlic	handful of cashew nuts

Marinade

1 tsp sesame oil	1 tbsp light soy sauce
2 tsp sugar	
pinch chinese 5 spice	2 tsp cornstarch

Sauce

1 tbsp soy sauce	2 tsp sugar
1 tbsp hoisin sauce	1 tsp tomato paste
1 tbsp rice vinegar	100 ml chicken stock

Preparation

1. Soak large red chillies, in hot water for 10–15 minutes.
2. Finely slice the onion and red pepper, and cut the chicken thighs into cubes. Finely dice the garlic and birdseye chillies and crush the sichuan peppercorns.
3. Add all of the marinade ingredients into a bowl and marinate the chicken. In a separate bowl, mix all of the sauce ingredients together.
4. Heat 1 tablespoon of vegetable oil in a wok to high heat. Add the onions and peppers and stir-fry for 2 minutes.
5. Push the onions and peppers to one side of the wok and add an extra 1/2 a teaspoon of oil to centre of wok. Add the chicken and allow to sear on one side before folding it through with the peppers and onions. Fry until golden brown.
6. Add the chopped garlic, birdseye chillies red chillies and sichuan peppercorns immediately followed by the sauce, and continue to cook for 2 minutes.
7. Add cashew nuts and serve with white rice.

Mapo Tofu

Prep: 10 min — Cooking: 25 min
6 persons

Ingredients

900 g tofu	1.5 cup(s) chicken stock
500 g pork mince	1 tbsp cornflour
3 tbsp sichuan peppercorns	0.5 tsp sesame oil
6 tbsp garlic	0.5 tsp sugar
4 tbsp chili bean sauce	4 bunches spring onion
2 tbsp chilli oil	rice to serve

Beansprouts

600 g beansprouts	2 tbsp soy sauce
8 cloves garlic	
1 tsp brown sugar	2 tsp sesame oil

Preparation

1. Fry the peppercorns in a pan for 30 seconds before adding the garlic and ginger and frying for a further minute.
2. Turn up the heat to high and add the pork mince. Fry until cooked through.
3. Add the chili bean sauce and chicken stock and stir in well. Allow to simmer for a minute or so before adding the cornstarch.
4. After the sauce has thickened add the chilli oil and tofu. Cook for 5 mins before adding the sesame oil, sugar and spring onions.
5. For the beansprouts fry the garlic until it begins to brown, then add the beansprouts and fry for 1 minute. Add the remaining ingredients and fry until cooked through. Serve alongside the tofu and rice.

Szechuan Shrimp

Prep: 10 min — Cooking: 25 min

6 persons

Ingredients

700 g prawns	3 tbsp shaoxing wine
1 tsp cornstarch	400 g water chestnuts
1 tsp ginger	2 carrots finely chopped
3 tsp chilli bean sauce	2 red bell peppers
6 cloves garlic	2 cup(s) chicken stock
400 g shallots	4 bunch spring onion.
3 tbsp ketchup	3 tbsp cornstarch
3 tbsp hoisin sauce	rice to serve

Preparation

1. Coat the shrimp in cornstarch and set aside. Fry the ginger, chilli bean sauce, garlic and shallots on low for 2 mins.
2. Stir in the ketchup and hoisin sauce and fry for 2 mins. Add the Shaoxing wine, water chestnuts, carrots and the red bell pepper and fry for 2 mins before adding the chicken stock.
3. Allow the mixture to simmer before adding the rice vinegar, sesame oil, salt and pepper to taste. Simmer for 3 minutes before adding the prawns.
4. Add the cornfour and allow the suce to thicken. Once the prawns are cooked through serve with rice.

Chapter 3

Japanese

Chicken Curry

Prep: 15 min — Cooking: 30 min

6 persons

Ingredients

2 onions	3 large chicken breast
2 potatoes	2 cups chicken stock
3 carrots	japanese rice

Curry Roux

4 tbsp butter	3 tbsp soy sauce
4 tbsp flour	2 tbsp mirin
2 tbsp curry powder	1 tbsp honey
2 tsp garam masala	1 cup(s) chicken stock
1 tsp paprika	

Preparation

1. Melt the butter in a saucepan and add the flour forming a smooth paste. Add the spices followed by the soy sauce, mirin and honey mixing well until the paste reaches a uniform colour.
2. Slowly add the chicken stock to thin out the paste. Roughly chop the vegetables and chicken breast.
3. Fry the onions until soft before adding the vegetables and frying for a further 5 mins.
4. Add the roux to the mix along with the remaining chicken stock and boil covered until the potato is cooked through, around 15 mins. Remove the lid and add the chicken, cooking until the sauce has thickened and the sauce reaches the desired thickness.

Okonomiyaki

Prep: 15 min — Cooking: 15 min

4 persons

Ingredients

150 g flour	1 onion
9 eggs	4 bunch spring onions
180 ml chicken stock	4 pork loins
1 tsp salt	mayonnaise
300 g white cabbage	

Sauce

4 tbsp ketchup	2 tbsp oyster sauce
3 tbsp worcestershire sauce	1.5 tbsp sugar

Preparation

1. Finely slice the cabbage, onions and slice the pork into thin strips.
2. Whisk together the plain flour, stock, salt and egg together in a bowl. Add onions, spring onion and cabbage to the mix and combine.
3. Fry the pancake on one side for 4 minutes or until brown. Add the pork to the top of the panckake, flip and cook covered for a furhter 5 mins.
4. Combine the okonomiyaki sauce ingredients and pour over the pancakes before serving.

Teriyaki Chicken

Prep: 15 min — Cooking: 30 min

6 persons

Ingredients

750 g boneless chicken thighs	salt and pepper
	rice to serve
6 tbsp potato starch	salad to serve

Teriyaki Sauce

6 tbsp soy sauce	6 tbsp cooking sake
6 tbsp mirin	3 tbsp sugar

Preparation

1. Put shallow cuts into the chicken to even out the thickness of each slice. Coat the chicken in potato starch, salt and pepper in a ziplock bag removing any excess clumps.
2. Cook the chicken skin side down in oil for 2-3 mins on medium heat until it starts to brown.
3. Flip the chicken, cook for a further 1-2 mins and use kitchen paper to wipe up any excess oil.
4. Add the teriyaki sauce mixture into the pan and cook on medium heat, making sure to flip the chicken to cook evenly. Serve with rice and salad.

Chapter 4

South East Asian

Nasi Goreng

Prep: 10 min — Cooking: 10 min

6 persons

Ingredients

600g chicken breast	3 tsp shrimp paste (optional)
150g prawns	
4.5 cups cooked jasmine rice	3 bunch spring onion
2 large onions	1 cucumber
2 red chillis	6 eggs
	tomatoes to serve

Kecap Manis

6 tbsp soy sauce	6 tbsp brown sugar
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Preparation

1. Combine soy sauce and brown sugar over medium heat. Bring to a simmer and reduce until it becomes a maple syrup consistency.
2. Heat oil in a large pan over high heat. Add chilli and garlic, stir for 10 seconds.
3. Add onion, cook for 1 minute.
4. Add thinly sliced chicken, cook until it mostly turns white, then add 1 tbsp kecap manis and cook for a further 1 minute or until chicken is mostly cooked through and a bit caramelised.
5. Add rice, 2 tbsp kecap manis, prawns and shrimp paste, if using. Cook, stirring constantly, for 2 minutes until sauce reduces down and rice grains start to caramelise.
6. Take rice off the heat then add cucumber and spring onions, fry eggs to serve

Moqueca Baiana

Prep: 10 min — Cooking: 25 min

6 persons

Ingredients

750g white fish fillet	2 tbsp paprika
1.5 tbsp lime juice	2 tbsp cayenne pepper
4 garlic cloves	600ml coconut milk
2 medium onions	600ml canned tomatoes
3 red bell peppers (sliced)	1.5 cup(s) fish broth
3 tsp sugar	3 tbsp lime juice
2 tbsp cumin	rice to serve

Preparation

1. Combine the fish, lime juice, oil, salt and pepper in a bowl. Cover with cling film and refrigerate for 20 minutes.
2. Heat the 1 tbsp olive oil in a large skillet over high heat. Add the fish and cook until just cooked through and light golden brown. Remove from the skillet and set aside.
3. Reduce the stove to medium high and heat 1 1/2 tbsp olive oil in the same skillet. Add the garlic and onion and cook for 1 1/2 minutes or until the onion is starting to become translucent.
4. Add the bell peppers and cook for 2 minutes.
5. Add the remaining Broth ingredients. Bring to simmer, then turn down to medium. Cook for 15 to 20 minutes or until it thickens. Adjust salt and pepper to taste.
6. Return the fish to the broth to reheat — about 2 minutes. Stir through lime juice and serve with rice.

Thai Green Curry

Prep: 10 min — Cooking: 30 min

4 persons

Ingredients

2 tbsp Thai green curry paste	1 tbsp caster sugar
6 chicken thighs	bamboo shoots
400 ml coconut milk	salad to serve
2 tbsp fish sauce	rice to serve

Preparation

1. Heat the oil in a wok over a high heat. Add the green curry paste and stir fry for 1–2 minutes, or until fragrant.
2. Add the chicken strips and stir until coated in the curry paste. Continue to stir-fry until the chicken has browned on all sides.
3. Add the coconut milk, fish sauce and sugar and stir well. Simmer the mixture for 8–10 minutes, or until the sauce has thickened.
4. Add the bamboo shoots and continue to simmer for 2–3 minutes, stirring regularly. Serve with rice and salad.

Chicken Adobo

Prep: 30 min — Cooking: 60 min

6 persons

Ingredients

18 chicken drums	1 tbsp whole peppercorns
3 large onions	1 tsp ground pepper
4 green chillies	8 bay leaves
12 cloves garlic	1 tbsp sugar
1 cup(s) white vinegar	peas to serve
1 cup(s) soy sauce	rice to serve

Preparation

1. Fry the chicken wings in the pot until browned, around 8 mins.
2. Remove the chicken wings and fry the garlic, chillies and onions.
3. Once the onions are soft add the remaining ingredients along with the browned chicken to the pot. Cook with the lid on for 35-40 mins until chicken is tender.
4. Remove the chicken and boil with the lid off until the sauce has thickened. Serve with rice and peas.

Gapao Rice

Prep: 15 min — Cooking: 30 min

6 persons

Ingredients

600 g minced chicken	4 peppers
8 tbsp potato starch	handful chopped basil
6 cloves garlic	6 eggs
2 tbsp dried chillies	cooked rice
1 onion	

Sauce

2 tbsp fish sauce	1 tbsp sugar
4 tbsp oyster sauce	1 tbsp soy sauce

Preparation

1. Fry the garlic, finely sliced chili in a pan before adding the minced chicken along with 12 tbsp water.
2. Once the chicken is cooked add the sauce ingredients along with the vegetables.
3. Once cooked through add the basil, and serve with rice topped with a fried egg.

Khao Man Gai

Prep: 15 min — Cooking: 30 min

6 persons

Ingredients

750 g boneless chicken thighs	1 tbsp sugar
8 tbsp potato starch	salt and pepper
6 cloves garlic	Cucumber, sliced
2 tbsp fish sauce	Coriander
	cooked rice

Sauce

2 tbsp fish sauce	60 g miso
45 g finely sliced ginger	
6 cloves garlic	3 tbsp oyster sauce

Preparation

1. Fry the garlic in a pan before mixing in the rice. Dissolve the sugar in the fish sauce before adding to the rice.
2. Heat water in a pot and boil the chicken for 15 mins. Combine the sauce ingredients and serve along with the sliced chicken, rice, cucumber and coriander.

Soy Sauce Salmon

Prep: 5 min — Cooking: 30 min

6 persons

Ingredients

6 salmon fillets	sesame oil
1 whole garlic	broccoli
balsamic vinegar	oyster sauce
soy sauce	rice to serve

Preparation

1. Slice the garlic and place in a pan along with sesame oil and cook the salmon, making sure to season with salt and pepper.
2. Once the salmon is cooked remove from the pan and turn off the heat. Add equal parts soy sauce and vinegar to the pan to form a sauce.
3. Steam the broccoli and once cooked through drizzle over some oyster sauce. Serve with rice alongside the salmon.

Chapter 5

Italian

Spaghetti Carbonanra

Prep: 15 min — Cooking: 15 min

4 persons

Ingredients

100 g pancetta	350 g spaghetti
50g g pecorino	
3 large eggs	4 cloves garlic

Preparation

1. Finely chop pancetta, having first removed any rind. Finely grate pecorino and parmesan and mix them together.
2. Beat the 3 large eggs in a medium bowl and season with pepper. Mix the cheese with egg and set everything aside.
3. Add spaghetti to a pot of boiling water. Cook at a constant simmer, covered, for 10 minutes or until al dente.
4. Fry the pancetta with the garlic. Drop 50g unsalted butter into a large frying pan and, as soon as the butter has melted, tip in the pancetta and garlic.
5. Leave to cook on a medium heat for about 5 minutes, until the pancetta is golden and crisp.
6. When the pasta is ready, lift it from the water with a fork and put it in the frying pan with the pancetta.
7. Take the pan of spaghetti and pancetta off the heat. Quickly pour in the eggs and cheese, lifting up the spaghetti so it mixes easily with the egg mixture.
8. Add extra pasta water to keep it saucy. Season with salt and serve.

Lasagne

Prep: 10 min — Cooking: 40 min

6 persons

Ingredients

lasagne sheets	breadcrumbs
150 g cheddar	salad to serve

Cheese Sauce

100 g butter	1.5 tbsp mustard
100 g flour	
1500 ml milk	100 g parmesan

Ragu

900 g beef mince	1 tbsp thyme
4 onions	1 tbsp basil
6 cloves garlic	1 tbsp oregano
1 cube beef stock	1 tsp cajun pepper
3 tbsp tomato puree	3 tins chopped tomato

Preparation

1. For the ragu fry the onion and garlic in a pan until soft. Brown the mince then add the tinned tomatoes along with the spices. Crush the stock cube into the sauce and simmer.
2. For the cheese sauce melt the butter in a saucepan. Add the flour and cook for one minute. Gradually add the milk, mixing until thickened. Add the mustard and parmesan cheese and season with salt and pepper.
3. Build the lasagne, covering the top with breadcrumbs and cheddar cheese. Cook covered in the oven until the pasta is cooked through, and then leave for 5 mins uncovered to brown the upper layer.

Prawn Linguine

Prep: 10 min — Cooking: 20 min

6 persons

Ingredients

8 tbsp butter	1.5 cup(s) white wine
8 tbsp garlic	0.5 cup(s) sage
6 cup(s) chicken stock	1 cup(s) parmesan
6 cup(s) water	2 cup(s) cream
1 kg linguine	1 cup(s) parsley
500 g prawns	2 lemons

Bruschetta

rustic italian bread	1 small red onion
1 clove garlic	balsamic vinegar
3 tomatoes	basil leaves

Preparation

1. Fry half the garlic in butter in a pot. Add the broth and water and bring to boil before adding the pasta. Once the pasta is cooked lower the heat and simmer until most of the liquid is adsorbed.
2. If using raw prawns fry in butter until cooked through. Add the remaining garlic, sage and white wine to the pan. Once the wine has evaporated remove from heat.
3. Add the shrimp, whipping cream, parmesan and parsley to the pasta. Finish with a squeeze of lemon. Add salt and pepper to taste.
4. For the bruschetta slice and toast the bread. Chop up the tomatoes, red onion basil and combine with the crushed garlic and vinegar.

Tortellini

Prep: 10 min — Cooking: 20 min

6 persons

Ingredients

1200 g tortellini

Mushroom Sauce

6 cloves garlic

1 cup(s) chicken stock

2 onions

1 cup(s) white wine

750 g mushrooms

1 cup(s) parmesan

2 cup(s) cream

1.5 tbsp fresh thyme

Preparation

1. Fry the onions and garlic in a pan before adding the mushrooms and cooking until golden brown.
2. Add the white wine and sizzle until mostly evaporated. Add broth, cream and parmesan and simmer on a low heat. Add the thyme, salt and pepper to taste.
3. Cook the pasta and combine with the sauce. Serve with salad.

Chicken Parmesan

Prep: 10 min — Cooking: 20 min

6 persons

Ingredients

5 chicken breasts	375 g mozzarella
3 eggs	
1 cup(s) parmesan	broccoli to serve

Breadcrumbs Mix

0.5 cup(s) parmesan	salt
1.5 cup(s) breadcrumbs	
2 cloves garlic	pepper

Ragu

4 onions	1 tbsp thyme
6 cloves garlic	1 tbsp basil
0.5 cup(s) white wine	1 tbsp oregano
3 tins chopped tomato	
1 tbsp tomato puree	1 tsp cajun pepper

Potato Rosti

2500 g potatoes	paprika
1 onion	cayenne pepper
bacon	salt

Preparation

1. Slice the chicken into thin fillets and coat in the breadcrumbs before frying.
2. For the ragu fry the onion and garlic in a pan until soft. Add the wine, turn up heat and let it simmer rapidly until mostly evaporated. Add the tinned tomatoes along with the spices and simmer.
3. Place chicken in a dish and spoon ragu over the chicken. Sprinkle sauce with mozzarella cheese then parmesan. Drizzle oil over parmesan and bake 15 minutes until cheese is melted.
4. For the potato rostis grate potato into a bowl and use a tea-towel to remove potato water. Combine with finely slice onion, bacon and spices and fry in oil until crispy.

Tomato Pasta

Prep: 10 min — Cooking: 30 min

2 persons

Ingredients

1 onion	30 g basil
650 g baby plum tomatoes	300 g spaghetti
5 cloves garlic	parmesan to serve

Preparation

1. Fry the garlic on low before adding the tomatoes whole, followed by the onion. Season with salt and pepper.
2. Add the pasta to a pot of boiling water. Once the tomatoes crack open squash with a spatula, chop and add the basil.
3. If the sauce begins to look dry add some of the pasta water, and once the pasta is almost cooked transfer into the pan with the sauce.
4. Cook through for a couple of minutes before serving with a decent amount of parmesan.

Pesto Chicken Pasta Bake

Prep: 10 min — Cooking: 40 min

6 persons

Ingredients

3 chicken breasts	mozzarella
4 red peppers	breadcrumbs
1 pot green pesto	
pasta	cheddar cheese

Tomato Sauce

6 cloves garlic	basil
3 onions	paprika
3 red chillies	cayenne pepper
oregano	
thyme	salt and sugar to taste

Preparation

1. Fry the onions and garlic in a pan. Add the tomatoes and simmer along with the spices.
2. Fry the chicken in the pesto along with the peppers. Cook the pasta and mix with the tomato sauce. Combine with the chicken and mozzarella, top with cheese and breadcrumbs and cook in the oven for 10 mins until crispy.

Chapter 6

French

Potato Dauphinoise

Prep: 20 min — Cooking: 45 min

6 persons

Ingredients

8 large king Edward potatoes	500 ml milk
	150 ml vegetable stock
500 ml double cream	100 g gruyère cheese

Preparation

1. Preheat the oven to 190°C
2. Tip 500ml double cream, 500ml milk and 3 garlic cloves into a large saucepan and bring to a simmer.
3. Slice 8 large potatoes very finely, about 3–4mm, add them to the cream and simmer for 3 mins until just cooked.
4. Gently stir to separate the potato and stop it sinking and catching on the bottom of the pan.
5. Remove the potatoes with a slotted spoon and place in a wide shallow ovenproof dish so that they are about 5cm in depth.
6. Pour over the garlic infused cream (discarding the garlic) – just enough to seep through the layers and leave a little moisture on the surface.
7. Scatter over 100g grated gruyère cheese, if using, then bake for 30 mins until the potatoes are soft and browned – increase the heat for 5 mins if not brown enough.

Coq Au Vin

Prep: 25 min — Cooking: 90 min

3 persons

Ingredients

4 chicken thighs and drumsticks	1 tbsp tomato paste
	2 tbsp flour
5 strips bacon	2 cup(s) red wine
1 pack mushrooms	1 cup(s) chicken broth
3 red onions	1 tbsp brandy
3 medium carrots	2 tbsp butter
3 cloves garlic	small bunch thyme

Preparation

1. In a large pot over medium heat, add bacon and cook until crispy, about 8 minutes. Using a slotted spoon, remove bacon to a paper towel-lined plate.
2. To same pot, add chicken, working in batches as necessary. Cook until skin is golden, 4 to 5 minutes per side. Remove chicken to a plate.
3. To same pot, add mushrooms, onions, and carrots and cook until golden, about 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add tomato paste and stir to coat vegetables, then add flour and stir until vegetables are coated. Slowly pour in wine, broth, and brandy. Return chicken and half the bacon to pot. Add thyme, season with salt and pepper and bring to a boil.
4. Once boiling, cover with lid and simmer gently until chicken is cooked through, 20 to 30 minutes. Remove chicken from pot and place on a plate to keep warm.
5. Remove lid, add butter and simmer until sauce is thickened.

Chapter 7

Other

Salmon with Mango Salsa

Prep: 30 min — Cooking: 25 min

4 persons

Ingredients

4 salmon fillets	3 tbsp lime juice
3 tbsp olive oil	3 garlic cloves
2 tsp lime zest	jasmine rice to serve

Salsa

1 large mango	1 small red onion
1 red bell pepper	1 large avocado
fresh coriander	1 tbsp lime juice

Preparation

1. Mix together olive oil, lime zest, lime juice, garlic and season with salt and pepper to taste.
2. Place salmon in baking dish, cover and allow to marinate.
3. While salmon is marinating prepare rice.
4. In a medium bowl toss together mango, bell pepper, coriander, red onion, avocado, lime juice and olive oil. Season with salt and pepper to taste.
5. Fry salmon in olive oil, about 3 minutes per side or until just cooked through

Jollof Rice

Prep: 30 min — Cooking: 60 min

6 persons

Ingredients

18 chicken drums	2 large onions
jerk seasoning	1 scotch bonnets
400 g tin chopped tomatoes	chicken stock
	rice
6 red peppers	peas to serve

Fried Onion

2 large onions	1 tsp all spice
3 tbsp tomato paste	1 tsp ground ginger
3 cloves garlic	0.5 tsp black pepper
1 tbsp turmeric	1 whole clove
1 tsp coriander seeds	0.5 tsp nutmeg
1 tsp cumin seeds	0.5 tsp cayenne pepper
1 tsp mustard seeds	2 tsp thyme
1 tsp fenugreek seeds	2 bay leaves

Preparation

1. Marinate the chicken in jerk seasoning before cooking in the oven.
2. In a blender combine tomatoes, red peppers, 2 onions and scotch bonnet until smooth. Simmer covered in a large pot for 10–12 minutes.
3. Fry the garlic, whole spices and remaining onion for 2–3 minutes before adding the remaining spices, bay leaves and tomato paste.
4. After frying for a further 6 minutes add to the pot and allow the mixture to reduce for 10–12 mins.
5. Add equal volumes of chicken stock and rice to the pot, and cook the rice on low with a lid on the pan.

Gyros

Prep: 30 min — Cooking: 60 min

6 persons

Ingredients

750 g lamb mince	tzatziki
150 g bacon	12 pitta bread
1 onion	
3 cloves garlic	chips to serve

Kebab Spices

1 tsp oregano	0.5 tsp cinnamon
2 tsp cumin	
2 tsp coriander	2 tsp salt

Greek Salad

6 large vine tomatoes	olives
1 cucumber	90 g feta cheese
1 small red onion	olive oil

Preparation

1. Mix the mince with the spices, and leave to marinade.
2. Add meat, onion, bacon and garlic to a food processor and blend on low until it becomes a paste.
3. Compact meat in a loaf tin, cover with foil and cook in the oven for 20 mins. Remove foil and cook for a further 5 mins to brown.
4. To make the salad deseed the cucumber and tomatoes and cut into irregular wedges. Combine salad ingredients in a bowl.

Fajitas

Prep: 5 min — Cooking: 30 min

6 persons

Ingredients

650 g chicken breast	2 sachets fajita seasoning
5 bell peppers	12 tortilla wraps
1 tin black beans	sour cream
6 cloves garlic	rice to serve
3 large onions	

Guacamole

3 avocados	2 tomatoes
1 lime	1 tsp minced garlic
1 red onion	1 pinch cayenne pepper
3 tbsp chopped cilantro	

Preparation

1. In a pan fry the onions and garlic. Slice the chicken into strips and add to the pan.
2. Once the chicken has cooked through add the peppers, black beans and fajita spices.
3. To make the guacamole finely slice the onion and tomatoes then combine with the crushed avacado. Add the cayenne pepper, cilantro and lime juice and mix thoroughly.

Burgers

Prep: 10 min — Cooking: 30 min
6 persons

Ingredients

12 burgers	chips to serve
12 burger buns	

toppings

tomatoes	onion rings
avocados	sriracha sauce
3 large onions	cheese

Preparation

1. Cook the burgers, chips and fry the onion.
2. Serve the burgers.

Cajun Salmon

Prep: 10 min — Cooking: 30 min

6 persons

Ingredients

6 salmon fillets

cajun seasoning

patatas bravas

1 kg potatoes

oregano

2 large onions

basil

8 cloves garlic

paprika

3 red chillies

2 tins chopped tomato

cayenne pepper

1 cup(s) white wine

salt and pepper to taste

Preparation

1. Slice the potatoes into 1cm cubes and fry in a pan until cooked through and crispy. Toss with salt and pepper to taste.
2. To make the patatas bravas sauce fry the onions and garlic and chillies in a pan. Add the tomatoes wine and spices and allow the sauce to reduce. Combine with the potatoes before serving.
3. For the salmon place in a pan with around a tablespoon of olive oil and plenty of cajun seasoning. Rub the seasoning into the salmon and fry skin side down until almost cooked through. Turn off the hob and flip the salmon allowing the heat of the pan to cook the remaining third of the salmon. Once cooked serve immediately alongside patatas bravas.

Haggis

Prep: 30 min — Cooking: 60 min
6 persons

Ingredients

1200 g potato	sausages
1 turnip	gravy
milk	peas to serve
haggis	carrots to serve

Preparation

1. Peel and roughly chop the potatoes and turnip, boil. Once soft drain the potatoes and mash along with milk, butter, pepper to taste.
2. Cook the haggis and sausages and serve.

Chilli

Prep: 10 min — Cooking: 20 min

4 persons

Ingredients

1 kg mince	2 can chopped tomatoes
4 onions	1 can red kidney beans
2 red peppers	4 tbsp tomato puree
6 cloves garlic	chilli spice mix
2 cubes beef stock	

Preparation

1. Fry the garlic, in a pan before adding the onions. Once softened add the mince and cook until browned before adding the peppers and cooking for a further 2 mins.
2. Add the tomatoes, spices and kidney beans before crumbling in the stock cubes and simmer for 10 mins. Serve with rice.

Paella

Prep: 10 min — Cooking: 20 min
6 persons

Ingredients

1 pack cooked prawns	3 onions
1 chorizo	3 peppers
2 chicken breasts	2 cups chicken stock
paella rice	paella spice mix
peas	

Preparation

1. Fry the garlic, chorizo and finely chopped onion in a pan.
2. Slice the chicken into thin strips and add to the pan. Once cooked dice and add peppers, prawns, spice mix and peas.
3. Add the paella rice to the pan and slowly add the stock. Continue to top-up with water until the rice is cooked.