

Pasta and Light

Pasta Putanesca



Serves 4 - 30 mins

- 400g spaghetti

Sauce

- 4 tablespoons extra virgin olive oil
- 4 cloves garlic chopped
- 1/4 tsp chilli flakes / 1 fresh red chilli, de-seeded and chopped
- 2 tbsp fresh basil, chopped
- 2 heaped tablespoons of capers

- 2 x 400g tins of chopped tinned tomatoes
- 2 rounded tablespoons of tomato purée
- 100g of anchovies, (a jar / tin)
- 175g pitted black olives (optional) chopped
- Garnish fresh basil chopped lots of freshly grated Parmesan cheese

Heat the oil in a medium saucepan, then add the garlic, chilli and basil and cook these briefly till the garlic is pale gold. Then add all the other sauce ingredients, stir and season with pepper. Turn the heat to low and let the sauce simmer very gently without a lid for 40 minutes, by which time it will have reduced.

When there is 15 mins left for the sauce, put the spaghetti on. When ready, serve with Basil garnish if you want to be fancy, and grated Parmesan to sprinkle over.

Spaghetti Bolognese



Serves 3 - 1 hr

- 1 1/2 tbsp olive oil
- 2 garlic cloves , minced
- 1 onion , finely chopped (brown, yellow or white)
- 500g beef mince (ground beef) OR half pork, half beef (Note 1)
- 2 beef stock cubes
- 2 cans tinned tomatoes
- 2 tbsp tomato paste
- 2 tsp white sugar , if needed (Note 3)
- 2 tsp Worcestershire sauce
- 2 dried bay leaves
- 2 sprigs fresh thyme (or 1/2 tsp dried thyme or oregano)
- Salt and pepper

TO SERVE

- 400 g / 13 oz spaghetti , dried
- Parmesan cheese and finely chopped parsley (optional)

Directions

- Heat oil in a large pot or deep skillet over medium high heat. Add onion and garlic, cook for 3 minutes or until light golden and softened.
- Turn heat up to high and add beef. Cook, breaking it up as you go, until browned.
- Add remaining ingredients except salt and pepper. Stir, bring to a simmer then turn down to medium so it bubbles gently. Cook for 20 – 30 minutes (no lid), adding water if the sauce gets too thick for your taste. Stir occasionally.
- Adjust salt and pepper to taste right at the end. Serve over spaghetti – though if you have the time, I recommend tossing the sauce and pasta per steps below.

LINGUINE WITH CHILLI, CRAB AND WATERCRESS



Serves 4

- 3 cloves garlic, roughly chopped
- 1 scant tablespoon maldon salt
- 1 large red chilli
- 200 grams white crab meat (do not use canned)
- 100 grams brown crab meat (do not use canned)
- 125 millilitres extra virgin olive oil
- zest and juice of 1 lemon
- 2 packs fresh, or 500g grams dry linguine
- 1 handful watercress (roughly torn)

Put a large pan of water on to boil for the pasta.

In a large pestle and mortar pulverise the peeled garlic cloves with the salt, so that it makes a smooth paste. Then add the chopped and seeded chilli and crush again until you have a gloriously red-tinged mixture. Tip in the crab meat,

breaking it up gently with a fork, and pour in the oil. Zest the lemon into the mortar and then add the juice. Mix.

Cook the pasta, reserving some of the water. Pour over the crab sauce, parmesan, and toss the pasta about in it, adding some pasta water if needs be, then throw in the watercress and toss again.

Carbonara



Serves 3

- 175g guanciale or pancetta or 300g of streaky bacon in order or preference
- 3 garlic cloves, minced / 1 tsp garlic paste
- 2 large eggs and 2 egg yolks
- 100g pecorino
- 1/2 tsp black pepper
- 400g spaghetti

Method

1. Place the eggs and yolks in a large bowl and whisk to combine, then grate and stir in the cheese and pepper.
2. Put 3 litres of water on to boil and chop the guanciale.
3. Place guanciale in a cool non stick pan and bring up to medium high heat. Cook for 4 to 5 minutes until golden. If using bacon, add a touch of oil. Turn off the heat and add the garlic, stirring to combine.
4. While the guanciale is frying, put on the pasta, and once done, scoop out 1 cup of pasta cooking water, then drain the pasta, letting it sit for 30 secs so it's not too hot. Add some of the pasta water to the sauce mix to temper it (makes it less likely to curdle)
5. Tip the pasta into the pan and mix to coat in the guanciale / garlic fat. Quickly transfer the pasta to the large bowl with the sauce mix, along with 1/2 a cup of the pasta water (do not transfer the mix to the pan as it will likely be too hot and scramble). Stir vigorously using the handle of a wooden spoon for 1 minute and watch as the sauce transforms from watery to creamy. Add more pasta water if required and check for seasoning.
6. Serve immediately, garnished with a little extra parmesan reggiano, some pepper, and finely chopped parsley.

Creamy Chicken Pasta



Serves 4 - 30mins

Ingredients

- 30g / 2 tbsp butter
- 2 chicken breasts, cut in half lengthways to make them half as thin
- 120g bacon
- 1/2 tsp each salt and pepper
- 300g dry or 600g fresh fettuccine/linguine
- 2 garlic cloves , minced
- 125ml white wine

Sauce

- 200ml chicken stock (1 stock cube)
- 315ml double cream
- 75g parmesan , grated, and some to serve
- 70g baby spinach
- 100g sun dried tomato cut into small strips

Directions

- Cut the chicken, and sprinkle with S&P, melt half the butter in a large pan on high heat, and cook chicken each side 2 mins until golden. While chicken is cooking, chop the garlic and tomatoes, and make the stock. Put chicken aside on a plate when cooked, then cook the bacon until slightly crispy, then put with chicken. Take off the heat.
- Put the pasta water on to boil
- In the chicken bacon juices of the pan on medium heat, add the remaining butter, and fry the garlic for 30 seconds, then add the wine until mostly evaporated, stirring to scrape the brown bits off the bottom of the pan. Then add all of the sauce ingredients and simmer for 3-5 mins until it thickens.
- While the sauce is simmering, shred the chicken with 2 forks, and chop bacon into bits.
- Drain the pasta, keeping a mug full, just in case it needs more lubrication.
- Add the pasta, chicken, and bacon to the sauce, and toss well. Add some of the pasta water if more lubrication is needed. Serve with parmesan.

Lively Prawn & Crab Pasta

Serves 4 - 20 mins

Ingredients

- 400g dry pene pasta
- 1 brown onion diced
- 6 garlic cloves , minced
- 2 tbsp butter
- ~400g large raw prawns, peeled and cut in half for better distribution (keep the shrimp juice in the tomato can)
- 2 tsp dried basil / Italian mixed herbs

Sauce:

- 1 tin (400g) chopped tomatoes
- 1/2 tsp salt
- 1/2 chicken stock cube
- A few shakes of ajinomoto



Figure 1: IMG_7266.jpeg

- 1 tsp freshly-ground black pepper
- Sriracha to taste
- 1/2 tsp granulated sugar

Finish:

- 1 tin of crab meat
- A few handfuls of spinach (chopped so it disperses) (optional)
- Grated Parmesan cheese
- Chopped basil

Directions

1. Boil the water and put the pasta on for 1 minute less than cooking instructions say so (do next steps while boiling)
2. Heat the butter in a large skillet or pan over medium heat. Add the onion and fry until transparent. Stir in the garlic and fry until fragrant (about 30 seconds), then add in the shrimp with the basil. Sauté shrimp for 3 minutes
3. Add in the sauce ingredients to heat through for another few minutes.
4. Remove the pasta, drain, and save some of the water
5. Then add the crab, and spinach. Continue cooking for a few minutes or until everything is hot. Then add the pasta, and some of the pasta water, stirring until glossy. Add in a generous amount of parmesan and stir once more.
6. Just before serving stir in some chopped basil, keeping some to garnish

Salmon & Tarragon Risotto



Serves 3 - Time 30 mins

Ingredients

- 750ml stock (2 cube vegetable and 1 cube fish)
- 2 tbsp sunflower oil
- 1 small fennel bulb, trimmed and finely chopped
- 2 garlic cloves, minced
- 225g risotto rice
- 300ml dry white wine
- 150g frozen petits pois
- Juice of half a lemon
- 2 x 150g salmon fillets, skinned
- 3 tbsp full-fat crème fraîche
- 3 sprigs fresh tarragon, coarsely chopped
- 30g Parmesan, grated, plus extra for sprinkling

- salt and freshly ground black pepper
- Optional: courgettes cut into slices and quartered, or asparagus tips

Directions

1. Make stock and pour it into a saucepan and keep warm over a low heat.
2. Pour the oil into a large frying pan over a medium-high heat. Add the fennel and fry for about 4 minutes, or until softened, but not browned, stirring often. Add the garlic and rice and fry for a minute, stirring constantly, until the grains of rice are coated in the oil.
3. Pour the wine into the stock, stir and bring to a gentle simmer. Add a ladleful of the hot stock mixture to the rice and simmer, stirring continuously. Wait until the stock is almost fully absorbed before adding the next ladleful. Continue to add the stock, a ladleful at a time, and cook the risotto for 15–20 minutes, or until you are left with about 250ml stock in the saucepan and the rice is nearly cooked.
4. Add the petits pois and lemon juice. Ladle in some of the remaining stock and keep stirring for a couple of minutes. Add the salmon slices, crème fraîche, tarragon and Parmesan. Stir and continue to cook until the salmon is done to your liking.
5. Season to taste with salt and pepper and serve immediately, sprinkled with extra parmesan and garnished with pea shoots.

Ratatouille



Serves 3 (as main) - 45 mins

Ingredients Frying Ingredients

- 1 aubergine, cut into 1.5cm (~450g)
- 1/2 tsp salt for sweating the aubergine
- 6 tbsp extra virgin olive oil
- 1 red and 1 yellow bell pepper, diced into 2cm pieces
- 2 medium courgettes, diced into 1.5cm pieces (~200g each)
- 4 garlic cloves (~3 tsp), finely chopped (not minced as will burn)
- 2 brown onions, chopped coarsely into 1.5cm pieces

Stewing Ingredients

- 1 can of chopped tomatoes
- 20 black olives, pitted, halved (about 4 tbsp of pre sliced)
- 2 tsp fresh thyme leaves, chopped (more if can't taste, be generous)
- 1 tsp salt, cooking/kosher salt
- black pepper
- 1 tbsp balsamic vinegar
- 1 tbsp tomato paste
- 1 tsp white sugar
- 1 tsp sweet paprika?
- 1/4 tsp oregano?
- For serving consider the following: rustic bread / fried egg / fish

Directions

1. Chop and then sweat the aubergine by placing it in a colander and sprinkling with the half tsp of salt. This will soften the flesh, allowing it to cook faster, and absorb less oil)
2. Chop all of the other frying ingredients
3. Heat 2 tbsp oil in a large skillet over medium high heat (8). Add the aubergine and courgette, and cook for 4 minutes, stirring occasionally, trying to get a bit of colour on the vegetables. Transfer to a large pot (**important** as otherwise won't stew properly).
4. Add another 1 tbsp of olive oil and cook the peppers with a pinch of salt for 3 minutes. Add to pot.
5. Reduce to a medium heat, add another 1 tbsp olive oil, then add the onion with a pinch of the salt, cooking it for 2 minutes, then add the garlic and cook for a further minute.
6. Add all the stewing ingredients into the large pot and mix. Once the mixture is hot, reduce heat to a low simmer, and cook for 20 – 25 minutes with the pot lid off, stirring every now and then, until all the vegetables are cooked through and the liquid has reduced. The mixture should be thick enough so you can pile it on a plate (ie. not watery), but still very moist and juicy.
7. Once stewed, taste and add more salt if needed. Stir through basil then serve immediately, drizzled with extra virgin olive oil and a sprinkle of extra basil on top, if desired

Creamy Tuna Pasta Bake



Serves 4 - 30 mins

- 400g dried pasta
- 1 tbsp vegetable oil
- 1 onion, diced
- 250g mushrooms, sliced and halved
- 2 cloves garlic, finely chopped
- 800g (2 tins) tinned chopped tomatoes
- 1 tsp salt, 1/2 tsp pepper, 1tsp sugar
- 2 tbsp tomato puree
- Sriracha to taste
- 1 tsp dried oregano / Italian mixed herbs
- 100g (1/2 tin) sweetcorn

- 300g (2 tins) canned tuna
- 120ml double cream
- 100g cheddar cheese - grated
- Panko breadcrumbs
- Chopped parsley / basil to garnish

Directions

1. Prepare the onion, mushrooms, and garlic, and grate the cheese.
2. In a 30cm stainless steel pan fry the onion on medium-high heat for 2-3 minutes.
3. While frying, open a can of tomatoes and add the salt, pepper, sugar, tomato puree, sriracha, and herbs so they are ready to add. Put the pasta water on to boil.
4. When the onion is done, add the mushrooms and garlic and fry for another 2-3 minutes.
5. Add the pasta to the water, and set a timer for 3 minutes less than the pasta's directions.
6. Turn the heat on the pan down a touch to medium and add the tomato mix, and simmer it until the pasta is done. Drain the pasta, and then preheat the oven on fan grill at medium low (door closed).
7. When the pasta is done, turn the pan down to medium low and mix in the sweetcorn, tuna, cream, and some cheese, simmer for another minute or two, and then add the pasta, mixing it in well.
8. Sprinkle the cheese on top, and panko on top of that, then put the pan in the oven under the grill. Grill until brown with the door closed.
9. Garnish with the chopped parsley / basil and serve.

One-pot Orecchiette Puttanesca

Serves 4 - 30 mins

- 50ml olive oil, plus 2 tbsp to serve
- 6 garlic cloves, crushed
- 1 x 400g tin of chickpeas, drained well and patted dry (240g)
- 2 tsp hot smoked paprika
- 2 tsp ground cumin
- ¾ tbsp tomato paste



Figure 2: .

- 40g parsley, roughly chopped
- 2 tsp lemon zest
- 3 tbsp baby capers
- 125g Nocellara olives (or another green olive), pitted and roughly chopped in half (80g)
- 250g small, sweet cherry tomatoes
- 2 tsp caster sugar
- ½ tbsp caraway seeds, lightly toasted and crushed
- 250g dried orecchiette
- 500ml vegetable or chicken stock
- salt and black pepper

Directions

1. Put the first six ingredients (to fry) and a half teaspoon of salt into a large sauté pan, for which you have a lid, and place on a medium-high heat. Fry for 12 minutes, stirring every now and then, until the chickpeas are slightly crisp – you may need to turn the heat down a little if they start to colour too much. Remove one-third of the chickpeas and set aside to use as a garnish.

2. In a small bowl, combine the parsley, lemon zest, capers and olives. Add two-thirds of this parsley mixture to the sauté pan, along with the cherry tomatoes, sugar and caraway seeds, and cook for 2 minutes on a medium high heat, stirring often.
3. Add the pasta, stock, $\frac{3}{4}$ teaspoon of salt and 200ml of water, and bring to a simmer. Reduce the heat to medium, cover with the lid and cook for 12–14 minutes, or until the pasta is al dente.
4. Stir in the remaining parsley mixture, drizzle with the remaining 2 tablespoons of oil and garnish with the reserved chickpeas and a good grind of pepper.

Seafood Gratin Pasta Bake



Serves 4 - 1 hr Fry

- 300g pasta (macaroni is fine)

- 1.5 tbsp olive oil
- ~500g of mixed seafood: salmon, smoked haddock, prawns etc. Small prawns preferred as they disperse better
- 3 leeks, sliced into semi-circles
- 3 garlic cloves, minced

White Sauce

- 50g butter
- 3 tbsp flour
- 2.5 cups milk
- 1 chicken stock cube (could try 1 cube of fish stock as well?)
- 0.5 cups of double cream
- Salt and Pepper

Topping

- Panko breadcrumbs
- Grated parmesan cheese

Directions

1. Chop the leeks and drain the seafood. Put the pasta water on to boil with 1/2 a tbsp of salt.
2. Heat 1 tbsp of oil in a non stick pan over high heat, and sear the seafood for 30 seconds on each side, put aside in the baking dish, then fry the leeks and garlic until they are soft (3-5 mins), and put them with the seafood in the baking dish
3. Put the pasta on when the water is boiling, and cook it for 4 minutes less than the instructions say. Once it is done, add it to the baking dish.
4. Preheat the oven to 180c.
5. Melt the butter in the pan on low heat, then add the flour, cooking for 1 minute. Add the milk slowly to make the white sauce, then add the stock cube crumbled. Cook for around 5 minutes, stirring regularly until it thickens (coats the back of a spoon). Add the cream, check for seasoning and add the salt and pepper, then pour it into the baking dish.
6. Mix everything together, and top with the panko and then parmesan.
7. Bake for 20 minutes, then finish in the grill.

Vinaigrette



Serves 4 - 5 mins

- 5 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 0.5 tbsp lemon juice
- 1 tsp smooth dijon mustard
- 0.75 tsp sugar
- 0.5 tsp salt
- 0.5 tsp pepper

Directions

1. Mix everything together in a container that can be shaken and shake

Vibrant Crunchy Wild Rice Salad

Serves 4 - 40 mins

- 2 cups of black rice (possibly can get away with the white and black mix)
- 100g each of midget trees, snow peas, and green beans (2 packs of the Tesco's tenderstem mix is perfect)
- 300g asparagus
- 50g toasted and crushed hazelnuts
- 50g sunflower seeds
- 2 sprigs of mint (untested) roughly chopped
- 1 portion of vinaigrette (see recipe above)
- 2 spring onions sliced diagonally

Goes well with

- Japanese Salmon (see jpn cn recipes)

Directions

1. Put the rice on.
2. Chop the vegetables diagonally into 2-3cm pieces (discard the tough stems), and slice the spring onions diagonally and thinly.
3. Put the some water on to boil (salt with 0.5 tbsp) and make the vinaigrette
4. Once the water boils, boil the vegetables for 5 minutes or until tender, then plunge into cold water. Drain and repeat until they are cold, then drain.
5. Cook the salmon if making it.
6. Once the rice is done, combine everything apart from the spring onions in a large bowl, transfer to a serving plate, and top with the spring onions.

French Omelette

Serves 1 - 10 mins

- 4 eggs
- Just under 1/4 tsp salt
- Butter
- Optional: fillings (go easy on the cheese), chopped chives



Figure 3: Screenshot 2023-09-02 at 20.58.38.jpg

Directions

1. Crack the eggs, add the salt, and then beat them well until completely homogenised with no whites.
2. Put a non-stick pan on medium-low heat with a good nob of butter. Once the butter is just about completely melted (it should not be bubbling) add the egg and start scraping the bottom quickly around and around with a silicone spatula.
3. The idea is to make a runny scrambled egg first. The curds should not form too quickly; if they are forming too quickly, reduce the heat / take the pan off of the heat. See this video for technique. Once the egg is at a custardy consistency, reduce the heat to low, tip most of it towards the far edge of the pan, and spread out the rest in a thin layer over the rest of the pan. Add the fillings where most of the egg is at the edge of the pan, and then gently start to roll the thin layer towards that edge.
4. Once rolled all the way to the edge, tip onto a plate, grind over pepper, add the chopped chives and serve.

Meatless Bolognase

Serves 6-8 - 1.5 hrs

- 3 carrots, peeled and chopped into large chunks (250g)



Figure 4: Screenshot 2023-09-03 at 19.04.28.jpg

- 2 onions, peeled and chopped into large chunks (300g)
- 300g oyster mushrooms, roughly chopped
- 40g dried porcini
- 4 garlic cloves, crushed
- 3–4 plum tomatoes, chopped into large chunks (350g)
- 120ml olive oil
- 70g white miso paste
- 40g rose harissa (adjust according to the brand you are using)
- 4 tbsp tomato paste
- 90ml soy sauce
- 2 tsp cumin powder
- 180g dried brown or green lentils
- 100g pearl barley
- 1 litre vegetable stock (about 4 cubes)
- 160g coconut cream
- 100ml red wine
- salt and black pepper
- Fresh tagliatelle pasta

Directions

1. Preheat the oven to 190°C fan.
2. Put the first six ingredients into a food processor and pulse until everything is very finely chopped (similar in size to bits of mince).
3. Put the chopped vegetables into a large, 36cm x 28cm (it's very important that it's this size of larger as it allows proper browning) high-sided baking tray with the oil, miso, harissa, tomato paste, soy sauce and cumin, and mix very well. Bake for 40 minutes, stirring halfway through, until browned around the edges and bubbling.
4. Reduce the heat to 180°C fan.
5. Add all the remaining ingredients to the tray, along with 150ml of water, 1/3 teaspoon of salt and a very generous grind of black pepper. Stir very well, scraping the crispy sides and bottom with a spatula. Cover tightly with foil and bake for another 40 minutes. Remove the foil and bake for a final 5 minutes. Set aside to rest for 15 minutes for the sauce to be absorbed a little before serving. While resting, cook the fresh pasta.

Tomato, Bacon & Butter Fusilli

Serves 3 - 30 mins

- 400g fusilli pasta
- 150g (half a pack) of bacon, finely sliced
- 1 can tinned tomatoes
- 1/2 (3/4?) tsp sugar



Figure 5: Screenshot 2023-10-12 at 20.47.25.jpg

- 1/2 tsp salt
- 1 tsp oregano
- 1 tsp smoked paprika
- 1/2 tsp chilli flakes?
- 1/2 tsp black pepper, freshly cracked
- 1 tsp garlic paste / 4 cloves minced
- 45g butter
- Cheese and chopped basil to serve

Directions

1. Finely chop the bacon and add it to a cold non stick pan on medium high heat with a tbsp of oil, making sure to break it up evenly. Fry until crispy.
2. Put the water on to boil, and open the can of tomatoes, adding the sugar, salt, oregano, paprika, chilli flakes, and garlic paste to it, so it's ready to pour into the pan.
3. If using minced garlic, just before the bacon is crispy, lower the heat and add it to the pan, cooking it until translucent. Add the tomato mix and butter, and simmer covered on low heat until the pasta is done.
4. When the pasta is done, reserve 250ml of pasta water, drain the pasta, and then add it to the tomato sauce, stirring well. Judiciously add the pasta water, to add silkiness (usually only need 125ml). Mix well again and serve with the cheese and basil.