

IS THERE THAT OWRE HIS FRENCH RAGOUT, OR OLIO THAT WAD STAW A
SOW, OR FRICASSEE WAD MAK HER SPEW WI PERFECT SCUNNER, LOOKS
DOWN WI SNEERING, SCORNFU VIEW ON SIC A DINNER?

ROBBIE BURNS, *ADDRESS TO A HAGGIS*

AFTER A GOOD DINNER ONE CAN FORGIVE ANYBODY, EVEN ONE'S OWN RE-LATIONS.

OSCAR WILDE, *A WOMAN OF NO IMPORTANCE*

LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD.

HIPPOCRATES

TRAINING IS EVERYTHING. THE PEACH WAS ONCE A BITTER ALMOND; CAULIFLOWER IS NOTHING BUT CABBAGE WITH A COLLEGE EDUCATION.

MARK TWAIN

VEGETARIANS, AND THEIR HEZBOLLAH-LIKE SPLINTER FACTION, THE VEGANS ... ARE THE ENEMY OF EVERYTHING GOOD AND DECENT IN THE HUMAN SPIRIT.

ANTHONY BOURDAIN, *KITCHEN CONFIDENTIAL*

THE BLACK FAMILY

THE BLACKBOOK

THE BLACK FAMILY RECIPE BOOK, TYPESET IN LATEX BY JAMES

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THIS IS THE BLACK FAMILY RECIPE BOOK, TYPESET IN LATEX BY JAMES

THE TASTIEST RECIPES, ALL VETTED BY BILL

The majority of these recipes are from Bill's recipe notebook, which is a continuous document, that he has curated over many years. He makes no claim to inventing the recipe, but every recipe has been meticulously tested. This book is designed to be written, and updated. Much like the original notebook this recipe book is based off. Unless required by applicable law or agreed to in writing, recipes distributed here are on a "AS IS" BASIS, WITHOUT WARRANTIES OR CONDITIONS OF ANY KIND, either express or implied. We take responsibility for any kitchen disasters that you may experience.

A continuous document, last compiled April 2015

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Dedicated to Bill Black

This cookbook is a collaborative work. The majority of the recipes come from Bill's recipe book, which he has collected over many years. Tina and I have added a few of our favourites, and tested out all the recipes in our own kitchen. All the photos are from our attempts at making the dishes. While Tina took the majority of the photos in this book, you'll have to forgive the less artistic pictures as they were probably my contributions.



EDWARD R. TUFTE

BEAUTIFUL EVIDENCE

GRAPHICS PRESS LLC

Brunch

Breakfast burritos

NEED TO ADD!

FOR RICE:

120g rice

1 lemon sliced into quarters

FOR YOGHURT:

Big handful coriander finely cut

Rind of 1 lemon

Get 600ml of stock to the boil, then add the eggs and set the timer to soft boiled (take eggs out of the stock when they are cooked).



Kedgeree

Not the usual brunch fare, but this colonial throwback can also make an easy dinner. Recipe serves two.

FOR RICE:

120g rice
600ml stock
2 eggs
1 onion sliced
3 cloves garlic
1 tbsp English curry powder
1 tsp turmeric
5 curry leaves or 3 bay leaves
2 fillets smoked fish¹
1 chilli
1 tbsp butter
1 lemon sliced into quarters

¹ In the photo we also added some cooked seafood right before serving.

FOR YOGHURT:

Big handful coriander finely cut

1/2 cup yoghurt

Zest of 1 lemon

Get 600ml of stock to the boil, then add the eggs and set the timer to soft boiled (take eggs out of the stock when they are cooked).

In another pan, fry the onion with the curry powder, tumeric and a little oil. After a few minutes, add the garlic.

Once the onion is starting to brown, add the rice and stir. As soon as it's mixed, add in the stock.

Keep the rice on medium high and occasionally stir. You might need to add a little water.

Once the rice is cooked, add in the seafood and butter. Season after tasting, as the fish might be salty. Serve with lemon wedges and sprinkle coriander on as garnish.

Mix the yoghurt, rind and coriander. Serve with rice.

*Crisp omellete*

This recipe for braised lamb is from Ferrian Adria's "*kitchen meal*" cookbook. The recipe is for two as a light meal.

4 tbsp olive oil

6 eggs

70g salted potato chips

Break the eggs into a bowl and whip till frothy.

Add the chips and lightly mix, then leave for one minute.

Add half the oil to the pan and cook for 40 seconds.

Once the top has set, flip onto a plate then add the last half of the oil and slide the omellete back into the pan and cook for a final 20 seconds.

Plum cake

Plum cake is originally a Bavarian dish, known as Zwetschgen-datschi. It's spread throughout Germany, where it often known as Pflaumenkuchen (literally, "plum cake"). While in Cambridge, Tina and I have made use of the orchards a few miles away from Cambridge at her old college of Girton. In days after a trip to the orchard, our diet switches to mainly plum cake as we eat our way through kilograms and kilograms of the fruit.

2 sachets yeast (each sachet has 7g)

500g flour

220g sugar²

250ml milk

100g butter

2kg plums

Mix lukewarm milk with sugar and yeast. Leave for 10 minutes until you see bubbles.

Mix butter, flour and salt together. Then add the milk-sugar-yeast mix.

Knead well until dough doesn't stick to your hands anymore.

Let the dough rise (approx. 20 mins in the oven at about 35 degrees).

Then roll dough out on a square tray. Place plums on top.

Let it rise again (approx. 20 mins in the oven at about 50 degrees).

Then bake for 25 mins at 175 degrees.³



² Tina usually uses only 120g

³ If the plums are sour, you can also add some more sugar on top before baking).

Starters

Beetroot hummus

I love hummus. This beetroot hummus is a nice twist. If you are motivated to make it extra creamy, you can peel the chick peas. To do this either pinch each check pea one by one, or, to speed things up just put them in a bowl with water and rub the chick peas together. The second method won't get all the skins, but it only takes a few minutes. The hummus also tastes better after sitting overnight in the fridge.

*4 tbsp olive oil
1 tin chick peas
2 tablespoons tahini
2 cloves garlic
Large sprinkle toasted cumin seeds
4 small cooked beetroot⁴
Salt and pepper to taste.*

Put everything in a food processor.
Blitz it, adding water to get the looseness you want.
Serve with sumac and cumin sprinkled on top.



⁴ You can replace with almost anything!
My favourite is half a block feta and 4 dates, roughly chopped.

Masala pancakes

A cheats Dosa. While it lacks the fermented taste and super crispy edges of real Dosa, this recipe is a super easy approximation of that South Indian dish. The potato filling and the batter are best made a bit ahead of time.

*Olive oil, for frying
1 green chilli, deseeded and finely chopped
2 garlic cloves, peeled and finely sliced
3cm piece of fresh root ginger, peeled and finely chopped*



*125g plain flour
 1 large egg
 275ml whole milk
 1 tsp mustard seeds
 1/2 onion, peeled and thinly sliced
 1 tsp ground turmeric
 4 to 6 cold, peeled boiled potatoes, roughly chopped
 6 tbsp natural yoghurt
 2 tbsp chopped coriander*

FOR THE POTATO FILLING:

Heat a little oil in a large frying pan over a medium heat, add the mustard seeds and cook for 2 minutes until the seeds begin to pop. Add the onion and cook for 5 minutes until soft and golden brown. Stir in the turmeric and cooked potatoes and season, adding a dash of olive oil if necessary to aid frying. Fry over a medium heat for 4 minutes until softened and heated through. Leave to one side while you cook the pancakes.

FOR THE PANCAKES:

Toast the cumin seeds with a pinch of salt in a dry, medium- hot pan for about 1 minute until aromatic. Add a dash of oil and sauté the chilli, garlic and ginger for a further 2 minutes until softened. Remove from the heat.

Put the spice/garlic mix into a bowl. Sift in the flour, season and make a well in the middle, then break in the egg and add half of the milk. Whisk the flour into the egg slowly until well incorporated, then gradually add the remaining milk. Continue whisking until the mixture is smooth and has the consistency of double cream. Whisk in 1 teaspoon of oil, then taste and adjust the seasoning if necessary. Leave the batter to rest for 10 minutes.

Heat a large, wide frying pan, then add a little oil. If the batter has thickened too much, add a tablespoon or two of milk. Pour in a ladleful of batter and tilt the pan to spread the batter out. Cook for a minute on one side until golden and crisp, then flip the pancake and continue to cook for a further minute until cooked through. Keep warm while repeating with the remaining batter.

TO SERVE:

Mix the yoghurt and coriander together and season to taste.

To serve, place a large spoonful of the potato filling in the middle of each pancake, adding a dollop of the yoghurt if you like, then roll up into a sausage shape.

Potato and leek soup

This recipe for the French soup Vichyssoise is from Ferran Adria's "kitchen meal" cookbook. The recipe is for six as a starter. This dish is usually served cold.

*200g potatoes
1 red onion
2 leeks
100g butter
1 litre chicken stock
6 eggs
240ml whipping cream
4tbsp croutons
Extra virgin olive oil, to drizzle*

Dice the potatoes into small pieces and keep in a bowl of water, so it doesn't brown.

Thinly slice the onion and leeks.

Melt the butter on a medium heat and cook the leeks and onions for five minutes till soft.

Add the potatoes and the stock and simmer covered for 30 minutes.

Blend the soup till smooth, then pass through a sieve and place in the fridge till cold.

Soft boil the eggs (3 minutes in boiling water) then peel and place in the centre of a bowl. Pour the chilled soup around the egg, and drizzle on croutons and olive oil to serve.



Baked camembert

A little slice of 1980's heaven.

*One camembert
1 clove of garlic
3 sprigs of rosemary*

Preheat the oven to 180°C. Leaving it in the box, score around the top of a 250g Camembert about 0.5 cm in. Finely slice a peeled garlic clove and poke it into the top of the cheese with a few fresh rosemary tips. Drizzle with a little olive oil then bake in the hot oven for 15 to 20 minutes, or until gorgeous and oozy in the middle.

Serve with toasted bread and a chutney or cranberry sauce.

Sides

Roast potato with lemon and olives

*4 tbsp olive oil
1kg new potatoes, halved
1 whole preserved lemon, finely diced
4 cloves garlic
1 cup pitted olives
1/2 cup parsley*

Pre-heat oven to 200°C.

Add all ingredients except parsley and mix well.⁵

Place in the oven for 45 minutes or until potatoes are tender, slightly shrivelled and browned.

Remove from the oven, toss with parsley and serve.

⁵ You can also add in chicken, eggplant, kumera, pumpkin or capsicum

Parmesan courgette ribbons

*4 tbsp olive oil
1kg new potatoes, halved
1 whole preserved lemon, finely diced
4 cloves garlic
1 cup pitted olives
1/2 cup parsley*

Pre-heat oven to 200°C.

Use vegetable peeler to cut courgette into ribbons.

Steam till cooked, then drained.

Season with salt and pepper, parmesan and olive oil.

Parmesan courgette ribbons

4 tbsp olive oil

*1kg new potatoes, halved
1 whole preserved lemon, finely diced
4 cloves garlic
1 cup pitted olives
1/2 cup parsley*

Pre-heat oven to 200°C.

Use vegetable peeler to cut courgette into ribbons.

Steam till cooked, then drained.

Season with salt and pepper, parmesan and olive oil.

Vegetarian

Buttercup pumpkin, corn and bean stew

*1 buttercup pumpkin
olive oil
1 onion finely chopped
2 cloves garlic, finely chopped
1 tin white beans, drained
400g tin of tomatoes, drained
Vegetable stock
Coriander leaves
1/2 tsp ground cloves (Or dahl mix instead of these spices)
1 1/2 tsp ground cinnamon
1 1/2 tsp ground cumin
1 1/2 tsp dried oregano
1 tsp dried chilli*

Cut pumpkin in half, scoop out seeds, rub in olive oil on the flesh and place flesh side down on the baking sheet.

Roast for 30 minutes in moderate oven.

When cool cut into cubes and skin.

Sweat onion then add garlic.

Add spices, then pumpkin, tomatoes, beans and corn, and just enough stock to cover.

Simmer briefly until flavours combine.

Garnish with coriander.

Couscous with spinach, almonds and feta

*1 cup couscous
1 cup vege stock
olive oil
Large handful spinach*

*100g feta chopped
1 onion, finely chopped
3 tbsp slivered almonds
zest of one lemon
1/2 cup sultanas
Greek yoghurt to serve*

Prepare the couscous with the stock.

Saute onions with oil for 4 minutes.

Add almonds and zest till nuts start to brown. At the last minute add spinach.⁶

Fluff up couscous, add onion, cheese and sultanas.

Serve with yoghurt.

⁶ This is super flexible. In the picture, we replaced spinach with beetroot and mushrooms



Spinach, blue cheese and pear salad

A Roquefort salad, without having to have the roquefort. In Cambridge, Shopshire Blue (which is an orange cheese with blue veins) makes a great substitution.

3 rinsed pears, cut into chunks

200g baby spinach

1/2 cup blue cheese⁷

1/2 cup toasted walnuts

Lemon juice

4 tbsp olive oil

1/2 tsp honey

1 tbsp balsamic vinegar

Parmesan shavings

⁷ I also really like this salad with a strong goats cheese.

Splash the cut pears with lemon juice to prevent them browning. Whisk together the olive oil, balsamic vinegar and honey to make a vinaigrette.

Season the vinaigrette, remembering to underseason if the cheese is salty.

Fold together all the ingredients except the parmesan and walnuts, which get scattered on when serving.





Kale lasagne

Kale stays crunchy, unlike spinach, which keeps the mix of textures in place. We sometimes make it with a meat sauce layer, like in the photo above.

FOR THE FILLING:

300g curly kale

30g butter

500g mushrooms, sliced

2 garlic cloves, finely chopped

A few sprigs of thyme, leaves only, chopped

175g lasagne sheets (fresh is best, but dried is fine)

20g Parmesan, grated

FOR THE BÉCHAMEL SAUCE:

*750ml whole milk
1 bay leaf
1 onion, roughly chopped
1 celery stalk, roughly chopped
A few black peppercorns
50g unsalted butter
50g plain flour
2 teaspoons Dijon mustard*

Preheat the oven to 180°C. Heat the milk for the bâchamel sauce with the bay leaf, onion, celery and peppercorns until just below simmering. Remove from the heat and set aside to infuse. Roughly shred the kale or cavolo nero.

Put into a large saucepan and just cover with cold water. Add salt. Bring to the boil, reduce the heat and simmer for 2-3 minutes, until just tender. Drain well and set aside. Heat half the butter in a large, wide frying pan over a medium heat.

Add half the mushrooms and some salt and pepper. Increase the heat and fry, stirring often, for 5-10 minutes, until the liquid released by the mushrooms has evaporated and they are starting to reduce, concentrate and caramelise.

Stir in half the garlic and half the thyme, cook for a minute longer, then remove to a bowl. Repeat to cook the remaining mushrooms and set aside. Gently reheat the infused milk, then strain. Heat the butter for the béchamel sauce in a large saucepan. Stir in the flour to form a smooth roux and cook gently for a minute or two. Remove from the heat. Add about a quarter of the hot milk and beat vigorously until smooth.

Repeat with the remaining milk, adding it in 2 or 3 lots, until you have a smooth sauce. Return to the heat and cook for a few minutes, stirring often, allowing it to bubble gently until thickened. Stir in the mustard, then add some salt and pepper. Stir about half of the béchamel sauce into the kale; put to one side. Spread half the remaining béchamel over the bottom of a 28 x 22cm (or thereabouts) ovenproof dish.

Layer a third of the lasagne sheets in the dish, then spoon the kale over the top. Add another layer of lasagne, then the mushrooms. Finish with a final layer of pasta and the remaining béchamel. Scatter over the cheese and add a trickle of oil. Bake for about 30 minutes until golden. Serve straight away.

Mains

Oxtail stew

*2 star anise
5 cloves
1 orange, zested
1 tsp cracked black pepper
6 medium carrots
6 medium onions
125g unsalted butter
Groundnut oil
4 large leeks
1 head celery
1 bulb garlic
100g tomato purée
350g fresh white button mushrooms
6-8 ripe tomatoes, halved
2.5kg oxtail, jointed
2 tbsp plain flour
1.7l of beef stock
Bouquet garni of thyme, bay and rosemary
15g unrefined sugar
150ml red-wine vinegar*

THE DAY BEFORE:

Place the half the butter, a splash of oil, spices, orange zest, black pepper in with finely diced or sliced vegetables (except the mushrooms).

Take a casserole large enough to contain all the ingredients for the stew and place it over a medium flame.

Cut the head of garlic in half, then add this, too (there's no need to bother peeling it or anything). Cook on medium heat for another 10 minutes, then stir in the tomato purée. Cook for a further five minutes, stirring all the time, then remove from the heat and set

aside.

Finely slice the mushrooms and in another pan sautÃ© them in 75g of butter until they have released all of their liquid and turned brown.

Drain off the excess fat and add to the vegetable mix in the large pan. Take a casserole or frying pan that is large enough to accommodate the tomatoes, flesh-side down, in one layer with a little more of the groundnut oil. Place the pan on medium heat and leave until the pan side of the tomatoes turns dark brown. Add one cup of the stock.

Bring to the boil and reduce until a syrupy mush is left. The pan will need to be stirred while the stock is reducing. Scrape this mix into the pan with the other vegetables.

Pat the pieces of oxtail dry and toss them in the flour. Dust off any excess flour, then season generously. Heat a couple of tablespoons of groundnut oil in a large casserole. Add the oxtail and brown over high heat, turning regularly. Do this in several batches, to facilitate even browning. If necessary, change the oil in the pan so that the pieces of oxtail are not being browned in burned oil. Drain the browned pieces of oxtail on kitchen paper and add them to the pot of cooked ingredients.

Place the pan in which the meat was browned on high heat and, after a few minutes, pour in the port. Bring to the boil, the whole time scraping any meat residue off the bottom and sides of the pan, and as soon as the liquid boils, flame and reduce it by half.

Add the spice parcel and the bouquet garni, and return to the boil. Reduce the heat and leave to simmer for five minutes. Remove from the heat and leave to cool.

Add this to the other pan containing the meat and vegetables, carefully combining the ingredients.

It is important that the meat is completely covered, so it might be necessary to add a little cold water.

Preheat the oven to 90°C. On the top of the stove, place the casserole on high heat and bring the liquid to the boil, making sure to scrape the bottom of the pan to stop the contents burning. Skim off any impurities that rise to the surface, remove from the heat and lay a pierced piece of parchment paper on the surface of the liquid in the pan.

Place the pan in the oven for a minimum of seven hours, checking occasionally and topping up with water if the level of liquid has dropped too much. And I mean seven hours - this is the minimum time that should be set aside to cook the oxtail; longer will be even better.

Once cooked, remove the pan from the heat and allow to cool. When warm, carefully remove the pieces of oxtail with a slotted spoon and place them on a tray.

Return the pan to the heat for five to 10 minutes, and then pour into a smaller pan through a fine sieve. Reduce this liquid to somewhere between 300ml and 400ml, then remove from the heat and leave to cool a little before putting back the meat.

THE DAY BEFORE:

Cook the sugar in a small pan on high heat until it caramelises - on no account let it burn, so watch it carefully - then add the red-wine vinegar, stir, reduce to a syrup and add this to the reduced cooking liquid with the oxtail. Stir carefully to combine, then leave to stand for five to 10 minutes before serving. You may need to reduce the liquid to a sauce consistency



Roast pork belly with apple and sweet potato mash

This dish takes about three days - but it's actually a really easy, and impressive, main to make. This recipe is a slightly modified version of one by Peter Gordon (a kiwi chef). The pork is first marinated, then cooked. It can be served immediately after the first roasting, but if you're cooking it for a dinner party, it can be cooled, portioned into perfect rectangles, then reheated on the day.

*2 kg boneless pork belly
50g (5 tbsp) five-spice
5 large carrots
3 granny-smith apples, peeled and diced
700g potatoes, peeled and diced
700g sweet potato, peeled and diced
50g butter
4 tbsp grain mustard
2 limes
3 tbsp capers, drained and chopped
Big bunch of coriander, chopped*

Score the rind and fat about 1cm apart, being careful to not cut all the way down into the meat.

Mix the five-spice with an equal amount of salt and rub into the pork. Then place the pork in a tupperware so it's just submerged in water and leave for 24-48 hours in the fridge.

After the brining has finished, heat the oven to 190°C. Place a sheet of baking paper on a rimmed tray, and place the carrots, cut in half long-ways, on top.

Place the pork on top of the carrots, skin side up. Pour 200ml of water on the tray, and roast the pork and carrots for 2 hours.

After two hours, remove the pork and place in the fridge. Keep the fat and carrots as well. At this stage the pork can be kept for up to 4 days.

On the day you plan to eat, turn the oven to 190°C.

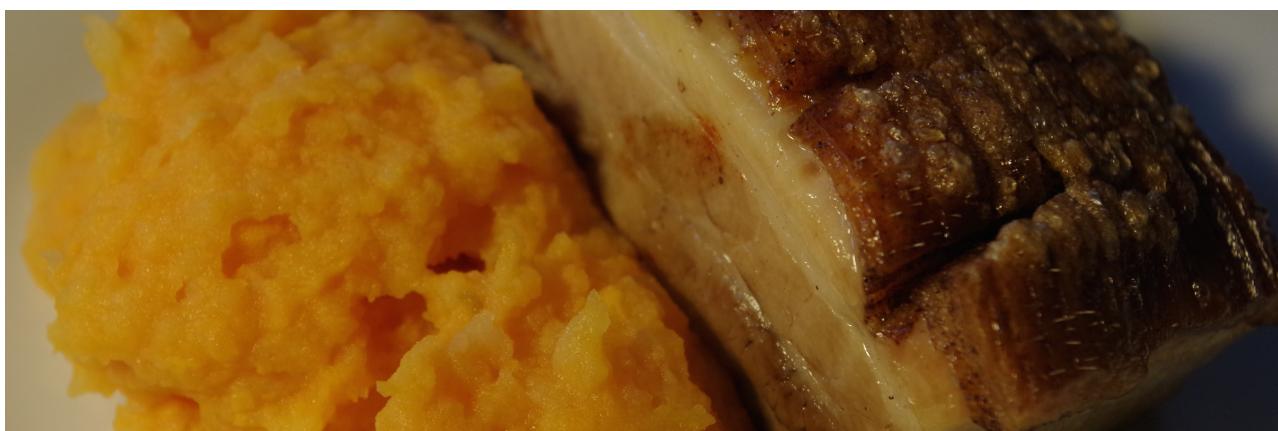
To make the coriander mustard, simply mix lime juice, mustard, capers and coriander. Add a little oil if you want it smoother.

To make the mash, take the fat and add to a pan with the butter. When the butter starts to brown, add in the apples and carrots and cook with the lid on low till the apple turns to mush.

While the apple cooks, boil the diced potato and sweet potatoes.

Once the potatoes are ready, add the apple and mash. This mash can be made a bit early, and reheated when needed.

About 40 minutes before you want to eat, fry the portioned belly pork in a pan with oil till the skin gets bubbly. Then flip the pork over, and put in the oven for 30 minutes.





Bo Ssam

This is a recipe for informal dinner parties: slow-roasted pork shoulder served with lettuce, rice and a raft of condiments. The recipe comes from David Chang who runs the shrine to pork called Momofuku in New York. This is a remarkably straightforward way to achieve high-level excellence with little more than ingredients and time. Simply cure the pork overnight beneath a shower of salt and some sugar, then roast it in a low oven until it collapses. Apply some brown sugar and a little more salt, then roast until it takes on the quality of glistening bark. Meanwhile, make the condiments; hot sauces and kimchi & rice. Then tear meat off the bone and wrap it in lettuce, and keep at that until everything's gone.

PORK BUTT (START THE DAY BEFORE):

1 whole bone-in pork butt or shoulder (3.5 to 4.5 kg)⁸

1 cup white sugar

1 cup plus 1 tbsp kosher salt⁹

⁸ You can either cut away the skin before cooking, or peel it off half way through. In the photo I peeled it off, but this leaves a much thicker layer of fat. Probably best to choose the method based on your cut.

⁹ Kosher salt has a much larger grain than table salt, so half if not using kosher salt.

7 tbsp brown sugar

GINGER & GREEN ONION SAUCE:

2 1/2 cups whole green onions thinly sliced

1/2 cup minced ginger

1/4 cup neutral oil

2 tsp light soy sauce

1 tsp sherry vinegar

Salt to taste

SSAM SAUCE:

2 tbsp fermented bean-and-chili paste (ssamjang)

1 tbsp chilli paste (kochujang)

1/2 cup sherry vinegar

1/2 cup neutral oil

ACCOMPANIMENTS:

2 cups white rice

3 heads bendable lettuce

1 packet kimchi

1/2 cup neutral oil

PORK: Place the pork in a large, shallow bowl. Mix the white sugar and 1 cup of the salt together in another bowl, then rub the mixture all over the meat. Cover it with plastic wrap and place in the refrigerator for at least 6 hours, or overnight. When you're ready to cook, heat oven to 150°C. Remove pork from refrigerator and discard any juices. Place the pork in a roasting pan and set in the oven and cook for approximately 6 hours, or until it collapses, yielding easily to the tines of a fork. (After the first hour, baste hourly with pan juices.) At this point, you may remove the meat from the oven and allow it to rest for up to an hour. When ready to serve, turn oven to 260°C. In a small bowl, stir together the remaining tablespoon of salt with the brown sugar. Rub this mixture all over the cooked pork. Place in oven for approximately 10 to 15 minutes, or until a dark caramel crust has developed on the meat. Serve hot, with the accompaniments.

ACCOMPANIMENTS: For the green-onion and Ssam sauces - simply mix ingredients. Blend half the kimchi into a sauce, and serve the other half whole. Prepare rice, wash lettuce and put kimchi and sauces into serving bowls.



Black pudding, pea, peanut, mushroom and spinach ragout

This dish is a Scottish-Chinese hybrid, but it really works. The recipe comes from Peter Gordon at The Providores - a highly rated Kiwi restaurant in London.

200g black pudding

Peanut oil

Sesame oil

1 onion, peeled and thinly sliced

Big handful shitake mushrooms

Half thumb of ginger, julienned

50 ml mirin or 25ml rice wine vinegar

50 ml soy sauce

60 peanuts

100g spinach

100g peas

400g fresh rice noodles

Add the black pudding to a cold pan, and heat to medium high. Add a little oil if the black pudding isn't fatty.

Once the black pudding is starting to go crispy, remove from the pan and add the oil, mushrooms and ginger. As it browns, add the soy sauce and wine vinegar.

Add the peanuts, spinach and peas with a heavy splash of water.¹⁰

Heat the noodles in the microwave by pouring on some water and covering with cling film then serve.

¹⁰ As soon as the spinach wilts it's ready. Add more water if needed so there is a little sauce.

Honey soy chicken

The easiest recipe ever! Serves 2.

2 tbsp honey

2 tbsp soy sauce

4 skinned and boned chicken thighs

Mix the honey and soy and pour it into a cold pan with the chicken. Turn on the element to medium and cook till the sauce is reduced and chicken cooked (around 30 mins).



Lamb with mustard and mint

A simple dish of lamb, slow roasted. It will seem like too much water, but trust the recipe, as it will all evaporate. Goes well with polenta. Serves 6.

6 Lamb neck fillets

Large handfull mint

80ml olive oil

3 tbsp wholegrain mustard

3 tbsp soy sauce

3 tbsp Worcestershire sauce

1.5L water

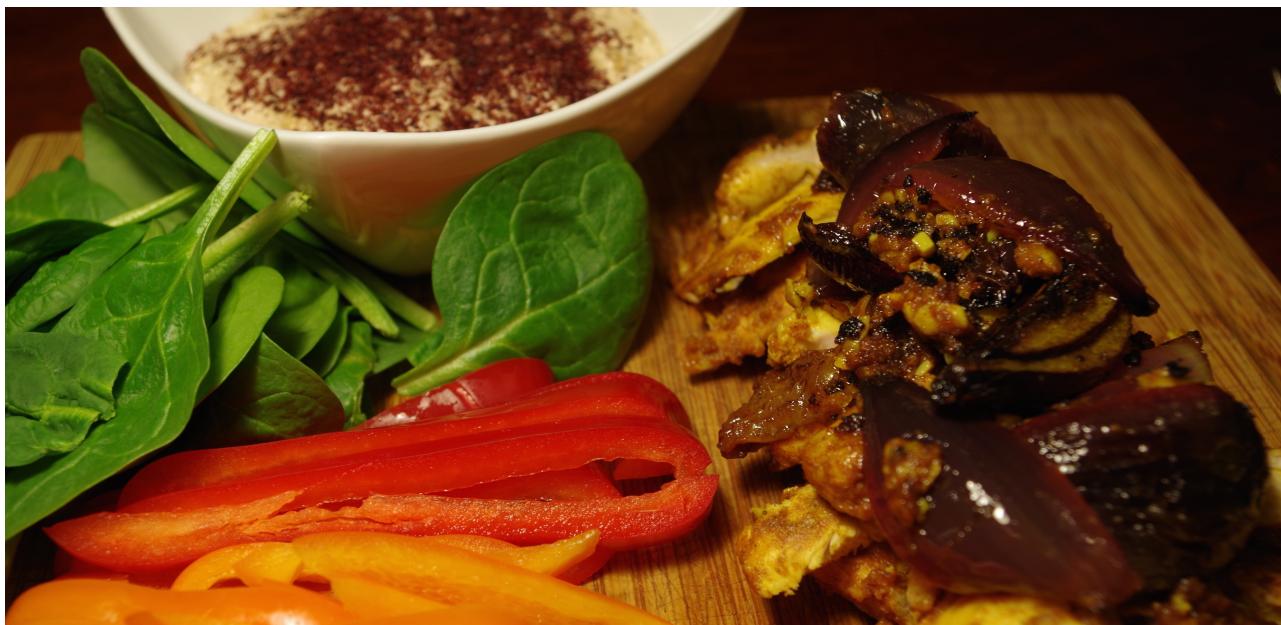
Preheat oven to 180°C. Pick the mint leaves from the stalks.

Season the lamb with salt and pepper, then brown in the olive oil.

Place in roasting dish, cover with mustard, soy sauce, Worcestershire sauce, and 80% of the mint then pour in water.

Seal with foil and roast for 3 hours, turning roughly every 45 mins.

Finely chop the remaining mint as a garnish.



Chicken doner

A healthier take on the doner. Goes well with shredded lettuce, tomatoes, feta, pita bread and a tahini yoghurt sauce. Serves 4-5.

*2 lemons, juiced
 1/2 cup olive oil
 6 cloves garlic, peeled, smashed and minced
 1 tsp kosher salt
 2 tsp each of ground cumin, paprika, turmeric, pepper
 Red-pepper flakes, to taste
 900g boneless, skinless chicken thighs
 2 large red onions, peeled and quartered
 2 tbsp chopped fresh parsley*

1 TO 12 HOURS BEFORE:

Combine the lemon juice, 1/2 cup olive oil, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon and red-pepper flakes in a large bowl, with the chicken. Marinade for 1 to 12 hours.

WHEN READY TO COOK:

Preheat oven to 220°C. Add the quartered onions to the chicken and marinade, and toss once to combine. Place everything in a rimmed oven tray and roast until it is browned (about 30 to 40 minutes). Remove from the oven, allow to rest 2 minutes, then slice into bits. Scatter the parsley over the top.



Anchovy and breadcrumb pasta

A great store cupboard recipe - if you have bread, you probably have all the ingredients needed. With good quality olive oil it's an amazing dinner.

Spaghetti or linguine for three

*1/3 cup extra-virgin olive oil, more as needed
12 anchovies, chopped¹¹
6 garlic cloves, minced
1/4 teaspoon red pepper flakes
1 cup good dried bread crumbs
2 egg yolks
1 teaspoon hot sauce, such as Tabasco, or to taste
1/2 cup roughly chopped parsley
Lemon wedges, for serving*

Over medium-high heat, warm oil. Add anchovies, garlic and red pepper flakes; cook until fragrant, 1 minute. Stir in bread crumbs and cook until golden, 2 to 3 minutes. Season liberally.

Cook the pasta; drain well, reserving some of the pasta water (about 1/2 cup is plenty).¹²

Stir together egg yolks, hot sauce and 2 tablespoons pasta water. Add hot pasta and toss well, adding more pasta water if the mixture looks dry or unevenly yellow. You want the yolk to evenly coat the pasta but you don't want it to be soupy. Add bread crumb mixture and parsley and toss well. Season and serve with lemon wedges.

¹¹ Can also add a tbsp of fish sauce to boost the umami

¹² You can freeze peas just before the pasta is cooked if you want some veges.



Pork and Prune Pie

This is a super easy, and tasty stew that doesn't have to be served in a pie. The fruit makes it quite rich, so in lieu of pastry it needs something like mashed potatoes as a side. Serves at least four.

*400g diced pork
2 tbsp flour
2 tbsp oil
1 onion, diced finely
4 apples, peeled and chopped
2 cloves garlic
2 cups apple juice or cider
150g pitted prunes
Shortcrust pastry packet
4 tbsp milk*

Toss pork in flour and fry until lightly brown, then put aside.

Fry onion, garlic and apple for 3 minutes.

Add apple juice or cider to deglaze, then add the prunes.

Cook on low for about an hour, then let it cool with the pan off the heat.

When cold (or at least cool-ish), make pie and glaze pastry with milk.

Moroccan lamb

1 kg lamb in 4 cm cubes

2 onions

15g butter

2 tbsp oil

1 tsp black pepper

1 cinnamon stick

1 1/2 tbsp honey

2 tsp ground ginger

2 tsp ground cumin

1 1/2 tbsp ground cinnamon

200g dried apricots

200g prunes

2 long strips lemon rind

Remove all fat from lamb then sear in butter, and remove.

Add spices and onion and fry till soft.

Add lamb back in, cover and simmer for an hour.

Remove lid, add lemon rind, honey, cinnamon, and fruit and simmer
for 30mins with the lid off.¹³

¹³ Be careful of it suddenly thickening
thanks to the prunes, as it will stick.



Paella

An easy dinner party dish as you can make it 90% before hand, then just add the shellfish and reheat to serve.

250g tomatoes, with x in top¹⁴
100ml olive oil
6 chicken thighs¹⁵
220g chorizo, sliced
1 onion, finely chopped
2 peppers (any colour), finely chopped
2 cloves garlic
1 1/2 tsp sweet paprika
1/2 tsp cayenne pepper
350g paella rice
1.2L stock
75g fresh peas
12 tiger prawns
3 tbsp chopped flat-leaf parsley leaves
Finely chopped zest and juice of one lemon

Boil the tomatoes for 10 seconds then skin and deseed.

Heat the oil in a large frying pan to medium and fry the chicken skin side down till dark brown with the chorizo.

Remove the chicken and add chorizo.¹⁶

Soon after, add the peppers and garlic and fry for 3 minutes.

Add the spices and rice.

After a few minutes, once the rice starts to go clear, add the stock and tomatoes and bring to the boil.¹⁷

Turn the heat to low and simmer for 15 minutes with the lid off.

Then add back the chicken, with the prawns and peas, and cook for 15 more minutes.¹⁸

Squeeze over a lemon and sprinkle with zest and juice.



¹⁴ Or half a tin of tomatoes

¹⁵ You can easily omit either the chicken or prawns

¹⁶ I like to blend 1/3 of the chorizo so it melts into the paella, but that's completely optional and probably heresy.

¹⁷ If you deheaded the shrimp, I like to add it to the stock while it's heating (discard before adding to the paella).

¹⁸ If the prawns are large, turn them once by hand to make sure they cook through.

Phat thai

Phat thai and I have a weird relationship. Like how hollandaise becomes less appealing when you make it yourself (and see all the butter) - I can't seem to make good phat thai without a lot of oil. It's still a great, and easy dish to make - it just needs a lot of ingredients.

*120g 2-3mm wide flat rice sticks
60ml fish sauce
60ml tamarind water
60g palm sugar
Pinch of chilli powder, to taste
80ml groundnut or vegetable oil
2 cloves of garlic, finely chopped
100g extra-firm tofu, chopped into small cubes
8 large prawns
2 large eggs, ready cracked
1 tbsp small dried shrimp
100g beansprouts
4 stalks Chinese chives, chopped
50g roasted peanuts, roughly chopped
Lime wedges, chilli flakes, fish sauce and sugar, to garnish*

Soak the rice sticks in cold water for about half an hour until pliable but al dente. Drain.

Meanwhile, make the sauce by combining the fish sauce, tamarind and palm sugar in a small pan. Heat gently to dissolve the sugar and taste. Add more of any of the ingredients as you wish. Season with chilli to taste. Set aside.

Lay out all the ingredients within easy reach of the hob in the order they'll be used. Put a wok on a high heat and add half the oil. Add the garlic, stir fry for a few seconds, then add the noodles and a splash of water. Stir fry until they're drying out, then add the sauce. Fry until they are almost soft enough to eat (they should be slightly chewy).

Push the noodles to the side of the wok and add the rest of the oil. Fry the tofu and prawns until the tofu is beginning to colour, then push to the side and add the eggs. Pierce the yolks and, when starting to set on the bottom, scramble.

Stir through the noodles, and add the radish, dried shrimp, beansprouts, chives and peanuts. Stir fry until well combined, then serve with the garnishes for people to add as they wish.



Fleur's fish rarebit

2 fillets of boned, skinned, white fish

50g flour

50g butter

200ml of beer

1 tbsp mustard

1 tbsp Worcestershire sauce

100g of strong cheddar cheese¹⁹

1 egg yolk

5 cloves garlic

Packet spinach leaves

2 eggs

Vinegrette

¹⁹ You can also use any strong cheese.

THE DAY BEFORE:

On a low heat, melt the butter and stir in the flour to make a roux.

Heat the ale, but do not let it boil, and add it to the mix, stirring gently and constantly over a low heat.

Melt the cheese in a bowl placed over a pan of boiling water. When melted, pour into the mixture. Stir once to amalgamate, then remove from the heat.

Add the Worcestershire sauce, mustard, egg yolk, salt and pepper, then transfer to a food processor and blitz until the rarebit mixture has formed an emulsion. Transfer to a bowl, allow to cool, then refrigerate. ON THE DAY: Heat the oven to 200°C.

Take your Welsh rarebit mixture out of the fridge and spread on the fish, then bake for 20 mins.

Boil the eggs, and serve with the fish as on top of the spinach.

Vegetarian curries

Carrot sambal

Super simple, light and refreshing. Letting it sit in the fridge softens the coconut a lot, and changes the dish substantially. It's best to season just before eating to keep the carrots firmer.

*2 large carrots, grated
1 small red onion, diced
1 chilli, diced
2 big splashes lime juice
1/2 cup desiccated coconut
Salt and pepper to taste*

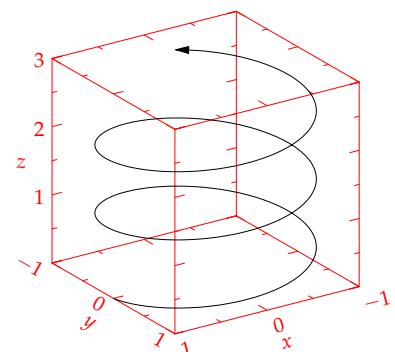
Mix everything. Best served slightly chilled after a few hours in the fridge.



Fried potatoes

*1/2kg boiled potatoes
1/4kg onions
5 curry leaves
2 tbsp Maldive fish (optional)
1/4 tsp tumeric
2 tbsp chilli
4 tbsp olive oil
salt to season*

Mix the potatoes, tumeric and salt.
Heat the oil till hot and fry chilli and curry leaves.
Add onion and fry till golden brown.
Add the potatoes and toss till hot.

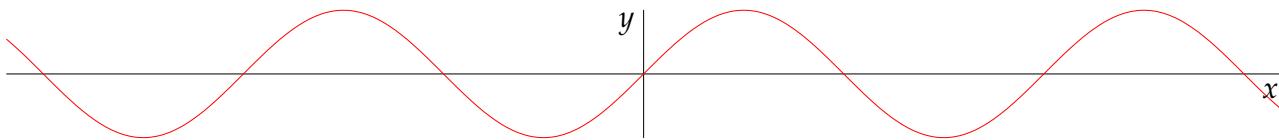


Curried carrots

*Carrots*²⁰
Lemon juice
Sugar
Olive oil
Black or white mustard seeds

Grate carrots and dress with lemon juice and sugar.
 Heat a little oil and mustard seeds, as soon as they pop pour the mustard over the carrots and mix.

²⁰ Bill gives no measurements here - and you don't need them. This is a super simple side dish to go alongside a chicken curry or similar.



Spinach and coconut cream

One of my favourite side dishes. It's super easy to make and the spinach soaks up all the coconut sauce.

Packet spinach, roughly chopped
Medium onion, finely chopped
Oil
2 tbsp mustard seeds
1 cup coconut milk
Salt to season

Fry mustard seeds till they pop.
 Add onions and fry till soft.
 Add turmeric and salt.
 Add coconut milk, when thickness as you want add spinach.
 Season and eat.

Leek curry with cashew nuts

1 1/2 cashew nuts, soaked in water for at least 2 hours
2 or 3 leeks finely sliced
1 onion
2 tbsp mustard seeds
1/2 tsp turmeric
3 cloves garlic, sliced

10 curry leaves

Fry onions, garlic and curry leaves until soft.
 Add mustard seeds and fry till seeds start to pop.
 Add turmeric, leeks and nuts.
 Add some water, white wine or chinese wine to steam.

Pumpkin curry

*1 cup red lentils
 700g pumpkin peeled, chopped, and roasted.
 1 tbsp oil
 1 onion
 Fresh ginger to taste
 2 cloves garlic, crushed
 1/4 cup Korma curry paste
 1 tbsp mustard seeds
 400ml coconut cream
 Spinach²¹*

Cook lentils in a large pot of water until tender (about 10 minutes), then drain.

Heat oil and fry onion, garlic and ginger till cooked.
 Add curry paste and seeds and cook until fragrant.
 Add lentils, pumpkin and coconut cream and cook until boils.
 Add green vegetable and cook until tender.
 Serve with rice.

²¹ Optional, can also use silverbeet, peas, or any other green vegetable.

Nana's curries

Nana's brinjal

Nana was known for creating the three greatest dishes in the culinary world (marrow bone mutton curry, Nana's rolls & Nana's brinjol).

The original eggplant dish required the vegetable to be fried. If you fry - the dish will be incredible, but it will soak up at least 250mls of oil. Hence the slightly more waistline friendly recipe below.

3-4 Brinjal (eggplant)

1 tbsp mustard seeds

a few heavy splashes of oil

3 onions, diced or sliced

1 tsp salt

1 chillies, finely diced

2 tsp tumeric

1 stem curry leaves

1 tin coconut milk

Preheat the oven to 200°C

Dice the brinjal and pour over the oil. Tip into an overproof tray and cook for 40 minutes, or till brown.

In a fry pan, fry the mustard seeds in a little oil.

Once the seeds start popping, add the onions, chilli, tumeric and curry leaves and fry till it starts to get brown.

Once browned, add the coconut milk, and cook on medium with the lid off for 15 minutes.

Add the aubergine back in, and serve.

Curried vegetables

Any diced vegetables²²

1/2 onions finely chopped

1 chilli sliced diagonally

²² Potatoes, cauliflower, courgettes, carrots, etc.



*1 stem curry leaves chopped
 1 tsp mild indian curry powder
 1/2 tsp turmeric
 1 tsp garlic
 1 tsp cumin seeds
 1 ripe tomato, skinned and diced
 1 tbsp water or stock
 Salt
 Oil for frying*

Gently fry onions, curry leaves, cumin seeds and chillies.²³

²³ Stir often during this step.

Add potatoes and water and simmer.

Add other vegetables in order they need to cook.

Add tomatoes when almost cooked, the tomato forms the sauce.

Nana's dahl

This dish can be served a bit runny, or quite dry. I prefer it pretty dry, and with the dahl completely broken down, which can be achieved by cooking it for an extra hour or so.

*1 1/2 cups red lentils
 1/2 tsp turmeric
 1 tsp salt
 2 small green chillies, finely diced
 5 tbsp ghee or butter
 2 medium onions, finely chopped
 1 tbsp fresh ginger, grated
 2 large finely chopped tomatoes
 1 tsp mustard seeds
 1 tsp fennel seeds
 1 tsp nigella seeds
 1/2 tsp fenugreek seeds
 4 curry leaves
 2 small red chillies
 2 cloves garlic, chopped*

Fry onions in 3 tbsp ghee.

When beginning to brown, add ginger and tomatoes, cooking till the tomatoes are reduced.

Add dahl and 5 cups water and bring to the boil, with turmeric, salt and green chillies.

Simmer for 50 minutes, stirring and adding water if it gets thick enough to burn.

As the lentils begin to dissolve, fry the seeds, garlic and the whole red chillies till it begins to brown.

Combine the spices and the dahl, and serve.²⁴

²⁴ Add one tin coconut milk to Nana's dahl. Stir in spinach, serve with half boiled eggs and coriander on top

Nana's chicken curry

A relatively easy curry. I like it with the skin removed, although you could try browning the chicken to make the skin more appealing.

1.25 kg chicken chopped

2 onions, finely chopped

2 chillies, chopped

10 curry leaves, chopped

2 tbsp Jaffna curry powder

1 tsp cinnamon, cloves, cardamon and salt

200ml coconut cream

1 clove garlic

2 tbsp chopped ginger

2 tsp fenugreek, cumin and fennel

Juice of one lemon

Salt

Oil

Coat meat with curry powder and salt.

Marinate for 24 hours in the fridge.

Gently fry onions, curry leaves, and chillies. When clear, add the spices and fry till brown.

Add the garlic and ginger and fry for 5 minutes.

Add meat and fry gently for 10 minutes.

Add the coconut cream and simmer gently for 20 minutes or until tender.

Add lemon juice just before serving.

Meat curries

Lamb curry

Nana's lamb/mutton marrow bone curry is one of my favourite dishes. In Sri Lanka mutton usually means goat, but lamb is often substituted in New Zealand. While this isn't Nana's recipe - it's still worth seeking out marrow bones for the curry.

Jaffna curry powder is dark roasted, and while optional, without it the curry has a very different taste.

*3 tbsp ghee or butter
1 kg bone in lamb, diced
1 tin tomatoes
200ml stock
2 chillies, chopped
10 curry leaves, chopped
1 tbsp Jaffna curry powder (optional)
2 tbsp fennel, cinnamon, cumin, coriander, fenugreek, pepper, all ground, cardamon
5cm ginger
2 red onions, diced
10 cloves garlic
1 big bunch coriander*

Pre-heat oven to 170°C.

Put everything from the chillies, to the garlic in a food processor.

Add half the coriander, then blend.

In an oven proof dish, fry the paste in the butter till it goes brown.

Add the tomatoes and the stock, cover in foil, and place in the oven for 1.5 hours.

Remove the foil and return to the stove.

Add the lamb, and cook for 1.5 hours, with the lid off for about half that time.



Chicken curry (Scottish style)

Similar to a chicken tikka masala, a Glaswegian curry, but without the sweetness or food colouring.

FOR CURRY:

4 skinless chicken thighs or breasts

2 onions

Thumb-sized piece of fresh ginger

1/2 bunch fresh coriander

1 fresh red chilli

1/2 tin of chopped tomatoes

400g tin coconut cream

Handful of flaked almonds, to serve

1 lemon, to serve

FOR SPICE PASTE:

2 cloves of garlic

Thumb-sized piece of fresh ginger

1 teaspoon cumin seeds

1 teaspoon coriander seeds

1 teaspoon cayenne pepper

1 teaspoon sugar

2 teaspoons garam masala

1/2 teaspoon sea salt

2 tablespoons groundnut oil

2 tablespoons tomato puree

*Small bunch of fresh coriander
1/2 tablespoon desiccated coconut
2 tablespoons ground almonds*

To make the curry paste, halve, deseed and roughly chop the chillies, then peel the garlic and ginger.

Put a frying pan over a medium-high heat and add the cumin and coriander seeds. Lightly toast for a few minutes, or until golden brown and smelling delicious, then remove from the heat.

Add the toasted spices to a pestle and mortar and grind until fine, or put them in a food processor and whiz to a powder.

Once you've ground them, add the toasted spices to a food processor along with the remaining paste ingredients and whiz to a smooth paste, then put to one side.

Slice the chicken lengthways into 2cm strips.

On a clean chopping board, peel, halve and finely slice the onions.

Peel and finely slice the ginger, then pick the coriander leaves and put to one side, finely chopping the stalks along with the chilli.

Place a large casserole pan over a medium-high heat and add a couple of lugs of oil. Once hot, add the onions, chilli, ginger and coriander stalks, then cook for around 10 minutes, or until softened and lightly golden.

Add the chicken and roughly 140g of the tikka masala paste, stirring well so everything is nicely coated. Season with salt and pepper, add the tomatoes and coconut milk (save the rest for another day), then bring everything to the boil.

Turn the heat down to medium-low, cover and simmer for 20 minutes, then take the lid off and cook for further 5 minutes, or until the meat is tender and the sauce has reduced, stirring occasionally.

Divide the curry between bowls, sprinkle over the almonds and coriander leaves. Serve with fluffy rice, a dollop of yoghurt and lemon wedges for squeezing over.

Thai chicken curry

*2 tbsp oil
1 medium onion, sliced
2 cloves garlic, chopped
3 tbsp Thai red curry paste²⁵
3 kaffir lime leaves, chopped
500g minced chicken²⁶
1 cup coconut cream
1 cup chicken stock*

²⁵ You can use red, green or even a penang curry paste here.

²⁶ Or diced chicken or beef. If adding fish, add with the fish sauce and briefly simmer till cooked.

1/2 cup crunchy peanut butter

2 tbsp fish sauce

1 tsp each salt and sugar

3 tbsp coriander, chopped

1-2 cups sliced or diced vegetables (zucchini, cauliflower, broccoli, carrots, beans, peas)

Spring onions or roasted peanuts

Heat the oil, add the onion and garlic and cook.

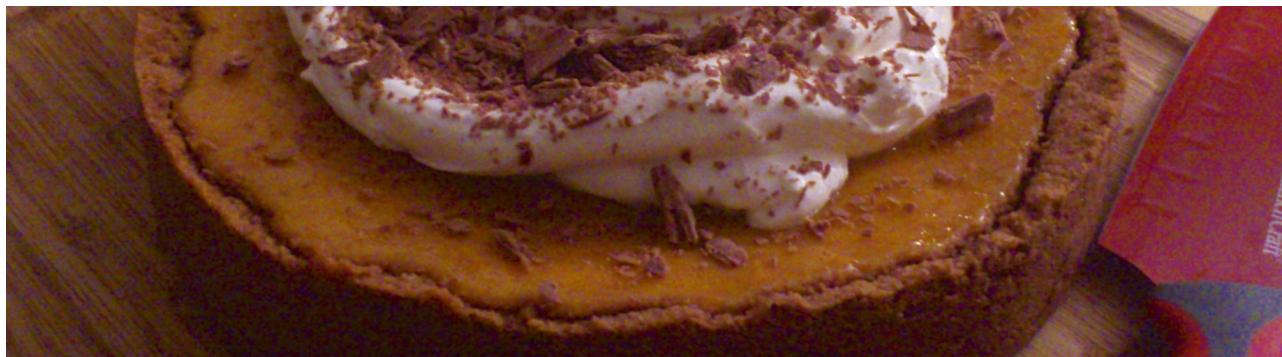
Stir in the curry paste and lime leaves.

Add minced chicken, cook till meat is white.

Add coconut cream/stock and stir in peanut butter and cook for 8 minutes.

Add fish sauce, salt and sugar, serve when vegetables are cooked.

Dessert



Pumpkin pie

*14 ounces chocolate wafers, finely ground
3/4 cup (1 1/2 sticks) unsalted butter, melted
1 pumpkin, roasted and blended.²⁷
1 (14 ounce) can sweetened condensed milk
1/2 lemon, juiced
5 tablespoons salted butter, melted
3 1/2 tablespoons light brown sugar
2 eggs
1 tablespoon vanilla extract
2 teaspoon ground cinnamon
1/2 teaspoon nutmeg
Sweetened whipped cream:
1 cup heavy cream
1/2 cup superfine sugar
1/2 teaspoon vanilla extract
Cadbury flake*

²⁷ You can also use 3 sweet potatoes, or 2 squashes. Just make sure to roast, not boil, and add a little water when you puree.

Preheat oven to 170°C

FOR CRUST:

In a large bowl mix together the chocolate wafer crumbs and melted butter until fully incorporated. Press the mixture into a pie dish or tart shell, pressing both evenly on the bottom and up the sides. Place onto a baking sheet and then into the refrigerator until ready to use.

FOR FILLING:

Place pumpkin puree in a bowl and add the remaining filling ingredients. Stir together until fully incorporated and no lumps remain. Pour the filling into the prepared crust and carefully set into the lowest rack of the oven. Bake for 55 to 70 minutes or until the filling has set, but is slightly loose in the middle.

Allow pie to cool completely, about 2 hours.

FOR SWEETENED CREAM:

Pour cream, sugar and vanilla extract into a mixing bowl and beat together using an electric hand mixer until stiff peaks form.

Generously top pie with whipped cream and finish with the crumbled flake to serve.



German mess

Apparently it's called "Raspberry Dream" in Germany. Really, it's an Eton Mess. The substitution of cream for the cheeses makes it taste a lot less creamy.

Ingredients for 6 portions:

200g meringue

500g frozen raspberries

500g mascarpone (or instead: 250g sour cream and 250g soft cheese)

250g quark

vanilla essence

Mix mascarpone, quark, and vanilla.

Break meringue in pieces (not too small).

Fill mascarpone mix, raspberries and meringue in a bowl in layers.

Leave for 3-4 hours in the fridge.



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