

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 BY JAMES

Copyright © 2014 The Black family

THIS IS THE BLACK FAMILY RECIPE BOOK, TYPESET 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.

*First printing, August 2014*

## *Contents*

*Brunch* 13

*Starters* 15

*Sides* 17

*Vegetarian* 19

*Mains* 21

*Vegatarian curries* 27

*Nana's curries* 31

*Meat curries* 35

*Dessert* 39

*Index* 43



*Dedicated to Bill Black*



## *Introduction*

Bill's cookbook is.....





EDWARD R. TUFTE

## BEAUTIFUL EVIDENCE

GRAPHICS PRESS LLC



# *Brunch*

## *Kedgeree*

### FOR RICE:

*120g rice  
600ml stock  
2 eggs  
1 onion sliced  
3 cloves garlic  
1 tbsp English curry powder  
1 tsp tumeric  
5 curry leaves or 3 bay leaves  
2 fillets smoked fish<sup>1</sup>  
1 chilli  
1 tbsp butter  
1 lemon sliced into quarters*

### FOR YOGHURT:

*Big handful coriander finely cut  
1/2 cup yoghurt  
Rind of 1 lemon*

### FOR RICE:

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.

### FOR YOGHURT:

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



<sup>1</sup> In the photo we also added some cooked seafood right before serving.



## *Starters*

### *Beetroot hummus*

*4 tbsp olive oil  
1 tin chick peas  
2 tablespoons tahini  
2 cloves garlic  
Large sprinkle toasted cumin seeds  
4 small cooked beetroot<sup>2</sup>  
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.



<sup>2</sup> You can replace with almost anything!  
My favourite is half a block feta and 4 dates, roughly chopped.



## *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.<sup>3</sup>

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.

<sup>3</sup> 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.



## *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.<sup>4</sup>

Fluff up couscous, add onion, cheese and sultanas.

Serve with yoghurt.

<sup>4</sup> This is super flexible. In the picture, we replaced spinach with beetroot and mushrooms

### *Spinach, blue cheese and pear salad*

*3 rinsed pears, cut into chunks  
200g baby spinach  
1/2 cup blue cheese<sup>5</sup>  
1/2 cup toasted walnuts  
Lemon juice  
4 tbsp olive oil  
1/2 tsp honey  
1 tbsp balsamic vinegar  
Parmesan shavings*

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.

<sup>5</sup> I also really like this salad with a strong goats cheese.

## Mains



### *Anchovy and breadcrumb pasta*

*Spaghetti or linguine for three*

*1/3 cup extra-virgin olive oil, more as needed*

*12 anchovies, chopped*

*6 garlic cloves, minced*

*1/4 teaspoon red pepper flakes*

*1 cup good dried bread crumbs*

*2 egg yolks*

*1 tablespoon Asian fish sauce (optional)*

*1 teaspoon hot sauce, such as Tabasco, or to taste*

*1/2 cup roughly chopped parsley*

*Peas, asparagus, or any quick cooking vegetable (optional)*

*Lemon wedges, for serving*

In a medium skillet 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 with black pepper, and a little salt if needed.

Bring a large pot of salted water to a boil. Add spaghetti and cook according to package instructions; drain well, reserving some of the pasta water (about 1/2 cup is plenty). If vegetables are being added, chuck them into the pasta a few minutes before the end.

In a large, preferably warmed bowl, stir together egg yolks, fish sauce, 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 with plenty of black pepper, and salt to taste. Drizzle pasta with more oil just before serving and serve with lemon wedges.

### *Phat thai*

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.



## *Paella*

250g tomatoes, with x in top<sup>6</sup>

<sup>6</sup> Or half a tin of tomatoes

100ml olive oil

6 chicken thighs<sup>7</sup>

<sup>7</sup> You can easily omit either the chicken or prawns

220g chorizo, sliced

1 onion, finely chopped

1 green pepper, finely chopped

1 red pepper, finely chopped

2 cloves garlic

1 1/2 tsp sweet paprika

1/2 tsp cayenne pepper

Large pinch of saffron

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.

Remove the chicken and add chorizo.<sup>8</sup>

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



<sup>8</sup> I like to blend 1/3 of the chorizo so it melts into the paella, but that's completely optional.

tomatoes and bring to the boil.<sup>9</sup>  
 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.<sup>10</sup>  
 Squeeze over a lemon and sprinkle with zest and juice.

<sup>9</sup> If you deheaded the shrimp, I like to add it to the stock while it's heating (discard before adding to the paella).

<sup>10</sup> If the prawns are large, turn them once by hand to make sure they cook through.

### *Baked chicken, potato and peppers*

#### *CHICKEN*

chicken

### *Pork and Prune Pie*

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 and and prunes and deglaze.  
 Add everything except pastry and milk, and cook for an hour or till meat tender.  
 Let it cool, then 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.<sup>11</sup>

<sup>11</sup> Be careful of it suddenly thickening  
thanks to the prunes, as it will stick.



# *Vegatarian curries*

## *Carrot sambal*

*2 large carrots, grated*

*1 small red onion, diced*

*1 chilli, diced*

*2 big splashes lime juice*

*salt and pepper to taste*

*1/2 cup desiccated coconut*

Mix everything. Best served slightly chilled.



## *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*

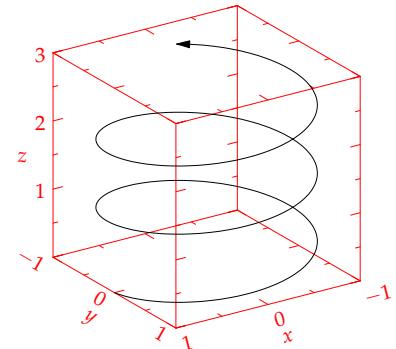
*salt to season*

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<sup>12</sup>*

*Lemon juice*

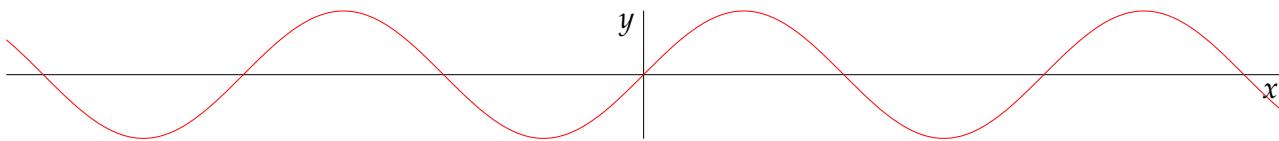
*Sugar*

*Olive oil*

*Black or white mustard seeds*

<sup>12</sup> 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.

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.



### *Spinach and coconut cream*

*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*

*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, seeds 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*

*Spinach<sup>13</sup>*

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.

<sup>13</sup> Optional, can also use silverbeet, peas, or any other green vegetable.



## *Nana's curries*

### *Nana's brinjal*

*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 vegetables<sup>14</sup>*

*1/2 onions finely chopped*

<sup>14</sup> Potatoes, cauliflower, courgettes, carrots, etc.

*1 chilli sliced diagonally  
 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.<sup>15</sup>

<sup>15</sup> 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*

*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.<sup>16</sup>

<sup>16</sup> 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*

*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 boil gently for 15 minutes or until tender.

Add lemon juice just before serving.



# *Meat curries*

## *Lamb curry*

*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,  
cardamom  
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.

## *Thai chicken curry*

*2 tbsp oil  
1 medium onion, sliced  
2 cloves garlic, chopped  
3 tbsp Thai red curry paste<sup>17</sup>  
3 kaffir lime leaves, chopped  
500g minced chicken<sup>18</sup>*

<sup>17</sup> You can use red, green or even a penang curry paste here.

<sup>18</sup> Or diced chicken or beef. If adding fish, add with the fish sauce and briefly simmer till cooked.

*1 cup coconut cream  
1 cup chicken stock  
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.



### *Chicken curry (Scottish style)*

#### **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  
400g tin of chopped tomatoes*

*1/2 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.

## *Dessert*



### *Pumpkin pie*

*14 ounces chocolate wafers, finely ground  
3/4 cup (1 1/2 sticks) unsalted butter, melted  
1 pumpkin, roasted and blended.<sup>19</sup>  
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*

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

<sup>19</sup> 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.

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.







# *Index*

- Blue cheese  
    spinach and pear salad, 20
- Brunch  
    Kedgeree, 13
- Carrot  
    curried, 27
- carrot  
    Sambal, 27
- Chicken  
    baked with potato & peppers, 24  
    curry, 36  
    Nana's curry, 33  
    Thai curry, 35
- Courgette  
    ribbons with parmesan, 17
- Curry  
    Seafood, 13
- Dessert  
    German mess, 40  
    pumpkin pie, 39
- Eggplant  
    Nana's brinjal, 31
- European sides  
    roast potatoes with lemon, 17
- Hummus  
    beetroot, 15
- Lamb  
    curry, 35  
    Moroccan stew, 24
- Leek  
    cashew nuts, 28
- Mains  
    Baked chicken, 24  
    Moroccan lamb, 24  
    paella, 23  
    Pasta, 21  
    Phat thai, 22  
    pork pie, 24
- Meat curries  
    Chicken, 36  
    Lamb, 35  
    Nana's chicken, 33  
    Thai chicken, 35
- Nana's  
    brinjal, 31  
    chicken curry, 33  
    Curried vegetables, 31  
    dahl, 32
- Noodles  
    Phat thai, 22
- Pasta  
    Anchovy and breadcrumb, 21
- Pie  
    pork & prune, 24  
    pumpkin, 39
- Pork  
    & prune, 24
- Potato  
    fried, 27  
    roasted with lemon and olives, 17
- Pumpkin  
    curry, 28  
    pie, 39  
    stew, 19
- Rice
- paella, 23
- Salads  
    carrot sambal, 27  
    spinach, blue cheese and pear salad, 20
- Seafood  
    paella, 23
- Sides  
    courgette ribbons, 17
- Spinach  
    blue cheese and pear salad, 20  
    coconut cream, 28  
    couscous, feta and almonds, 19
- Starters  
    beetroot hummus, 15
- Stew  
    Moroccan, 24  
    pork and prune, 24
- Vegetarian  
    couscous with spinach, feta and almonds, 19  
    pumpkin stew, 19  
    spinach, blue cheese and pear salad, 20
- Vegetarian curries  
    carrot sambal, 27  
    curried carrots, 27  
    fried potatoes, 27  
    leek and cashew, 28  
    Nana's, 31  
    Nana's brinjal, 31  
    Nana's dahl, 32  
    pumpkin curry, 28  
    spinach & coconut cream, 28