

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

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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.

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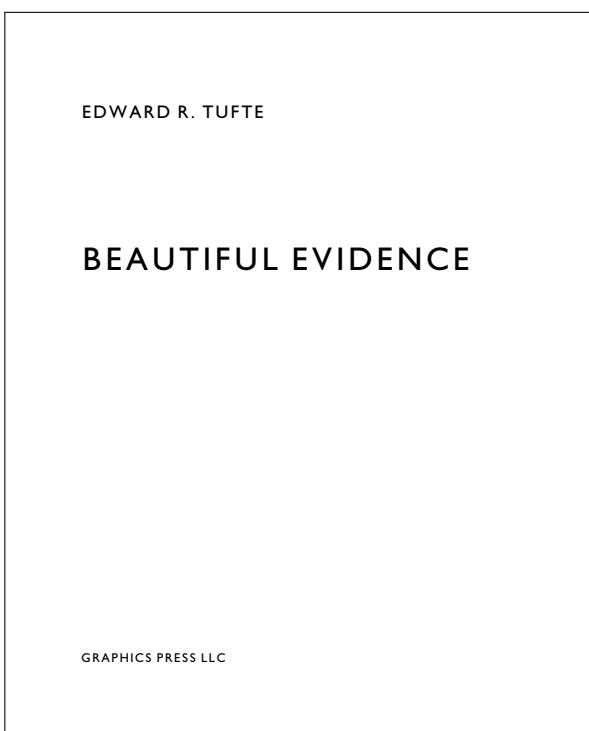
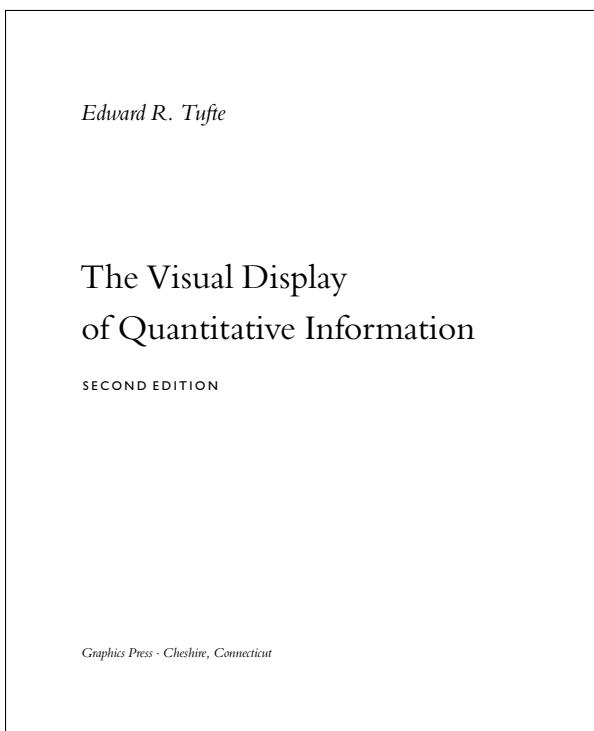
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Dedicated to Bill Black

Introduction

Bill's cookbook is.....



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 beetroot¹
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.



¹ 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.²

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.

² 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.³

Fluff up couscous, add onion, cheese and sultanas.

Serve with yoghurt.

³ 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 cheese⁴
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.

⁴ I also really like this salad with a strong goats cheese.

Mains

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 cubes⁵
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.

⁵ This is more traditional. In the accompanying photo we made lots of changes. Peanut butter & black bean chilli paste made it into the sauce.

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 top⁶

⁶ Or half a tin of tomatoes

100ml olive oil

6 chicken thighs⁷

⁷ You can easily omit either the chicken or prawns

150g 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 rice⁸

⁸ (Most types of short grain rice is doable here. Or, if you use long grain rice, just rename the dish 'dirty rice'.

1.2L chicken 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.

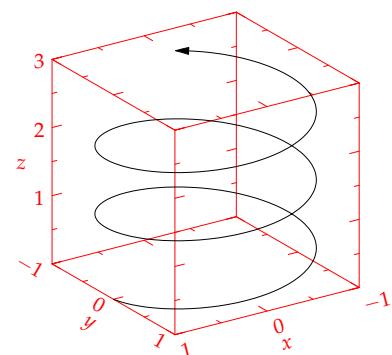
Soon after, add the peppers and garlic and fry for 3 minutes.

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.

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.⁹

Squeeze over a lemon and sprinkle with zest and juice.

⁹ 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 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.¹⁰

¹⁰ 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

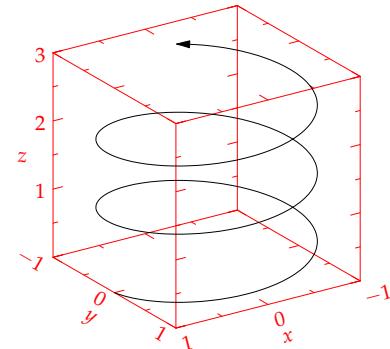
salt to season

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

Carrots¹¹

Lemon juice

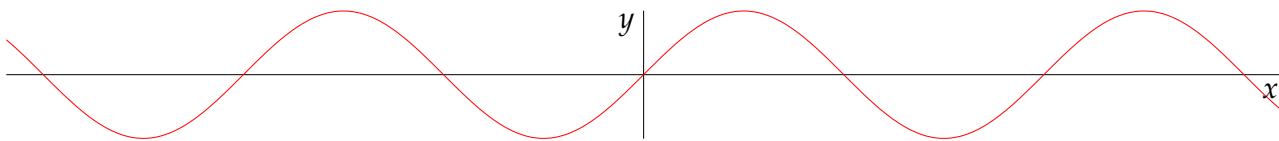
Sugar

Olive oil

Black or white mustard seeds

¹¹ 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

Spinach¹²

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.

¹² 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 vegetables¹³

1/2 onions finely chopped

¹³ 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.¹⁴

¹⁴ 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.¹⁵

¹⁵ 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
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 gentlyw 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 paste¹⁶
3 kaffir lime leaves, chopped
500g minced chicken¹⁷*

¹⁶ You can use red, green or even a penang curry paste here.

¹⁷ 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.

Dessert



Pumpkin pie

*14 ounces chocolate wafers, finely ground
3/4 cup (1 1/2 sticks) unsalted butter, melted
1 pumpkin, roasted and blended.¹⁸
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

¹⁸ 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.



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