SAUSAGE, POTATO, PEPPER & ONION BAKE

with yogurt & chilli sauce

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| Serves 4-6   * **2 teaspoons cumin seeds** * **2 teaspoons coriander seeds** * **1 tablespoon sweet paprika** * **2 tablespoons pul biber chilli flakes** * **500g sausages** * **3 tablespoons garlic oil** * **2 large potatoes, parboiled with skin on and cut into 1cm-thick slices** * **200g small peppers or 1 large red and 1 large green pepper, cored, deseeded and cut lengthways into 2.5cm-thick strips** * **2 large red onions, quartered and each quarter halved** * **Maldon sea salt flakes and freshly ground black pepper**   **TO SERVE**   * **200g thick Greek yogurt** * **your favourite chilli sauce** | Heat a large frying pan over a medium-high heat, add the cumin and coriander seeds and dry-toast for about 1 minute, shaking the pan until they release their aroma and begin to brown a little, taking care not to let them burn. Using a pestle and mortar, crush the seeds very roughly, just to break them. Transfer to a bowl and combine with the paprika and pul biber.  Set the same frying pan you used to toast the seeds over a high heat and fry the sausages for 6-8 minutes, or until they start to brown on all sides – you don’t need to fully cook them in the pan as they will finish cooking in the oven later. Cut each sausage into 3 slices diagonally and set aside.  Preheat the oven to its highest temperature. Line a large baking tray with baking paper.  Brush the paper with 1 tablespoon of the garlic oil and season the base with salt and pepper. Lay the potato slices in the tray and season again with salt and pepper and one third of the spice mixture. Evenly distribute the sausages, peppers and onions in the tray. Reserve a little of the spice mix for sprinkling, then drizzle over the remaining garlic oil and season generously with salt and pepper.  Bake for 16-18 minutes, or until the peppers are nicely browned and the sausages are cooked through.  Serve with dollops of thick Greek yogurt, a good drizzle of your favourite chilli sauce (I love sriracha) and a sprinkling of the remaining spice mix. This dish goes well with simple fried or scrambled eggs. |

ULTIMATE CHICKEN SHAWARMAS

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| Serves 2-8   * **600g boneless, skinless chicken thigh fillets** * **1 teaspoon ground turmeric** * **1 teaspoon ground cinnamon** * **1 teaspoon ground coriander** * **1 teaspoon ground cumin** * **1 teaspoon cayenne pepper** * **4 fat garlic cloves, crushed** * **finely grated zest of 1 unwaxed lemon** * **juice of ½ lemon** * **4 tablespoons Greek yogurt** * **olive oil** * **Maldon sea salt flakes and freshly ground black pepper**   **TO SERVE**   * **6-8 round flatbreads of your choosing (or use pitta)** * **200g Greek yogurt** * **4 large tomatoes, sliced, then each slice cut in half** * **1 large red onion, halved and finely sliced into half-moons** * **1 small bunch (about 30g) of fresh coriander, roughly chopped** * **gherkins or cucumbers in brine (as many as you like), finely sliced** | Place the chicken thigh fillets in a bowl. Add the spices, garlic, lemon zest and juice, yogurt, a good drizzle of olive oil (about 2 tablespoons) and a generous amount of salt and black pepper. Using your hands, work the marinade into the chicken, ensuring it is mixed evenly and coats every exposed part of all the fillets. Cover the bowl with clingfilm and marinate for at least 30 minutes or overnight in the refrigerator.  Drizzle a little olive oil into a large frying pan set over a medium heat. When the oil is hot, add the chicken – reduce the heat if the thighs begin to cook too quickly. Fry gently for 10-12 minutes on each side, or until the thighs have a nice, deep golden brown crust and are cooked through. When done, remove and cut the thighs widthways very thinly.  To serve, lay a flatbread on your work surface. Spread Greek yogurt across the surface. Place a line of tomato half-moons down the middle. Stack some shredded chicken over this, then follow with the onion, coriander and a few slices of pickled cucumbers. Fold up the bottom of the flatbread, then fold over the sides to enclose the filling as tightly as possible. Repeat with the remaining flatbreads and filling. To make eating the shawarmas a little easier, wrap the base with some doubled-up baking paper or a square of kitchen foil, to hold the juices in. |

HARISSA SKIRT STEAK SANDWICHES

with sweet red onion pickle

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| Serves 6-8   * **1kg skirt steaks** * **4 tablespoons rose harissa** * **vegetable oil** * **1-2 baguettes (depending on how much bread you like)** * **2 handfuls of mixed salad leaves** * **Maldon sea salt flakes and freshly ground black pepper**   **FOR THE SWEET RED ONION PICKLE**   * **2 red onions, halved and thinly sliced into half-moons** * **4 tablespoons rice wine vinegar (or use red or white wine vinegar)** * **2 teaspoons pul biber chilli flakes** * **2 teaspoons nigella seeds** * **½ small packet (about 15g) dill, roughly chopped** * **3 tablespoons caster sugar or golden caster sugar** | Coat the steaks well in the rose harissa, using your hands to really work the spice into the meat. When evenly coated on both sides, lay out the steaks, stacked on top of each other, on a plate and cover with clingfilm. Leave to marinate for 20 minutes.  Combine all the ingredients for the onion pickle in a bowl and mix well, ensuring the pickle dressing has evenly coated all the onions. Set aside.  Drizzle a little oil into a large, heavy-based frying pan and set it over a medium-high heat. When the oil is hot, place as much steak into the pan as you can fry in one go without overcrowding. Cook according to your liking – the length of time depends on the thickness of the steak. The best way to check is to test its firmness by poking the fattest part with your finger; if it is still bouncy, it will be very rare. The firmer it becomes, the more well done the meat is. Ideally, you want something lovely and pinkish red on the inside so the cut is at its peak – juicy, tender and cooked to perfection. I find with most skirt steaks that 4-5 minutes cooking on each side over a medium-high heat does the trick. Transfer the cooked steak to a plate, cover with kitchen foil and leave to rest for 5 minutes as you continue cooking subsequent batches.  Once rested, slice the steak widthways into thin, juicy slivers. Season well with salt and pepper. Pile the slices into as much or as little bread as you like. Stir the pickle once more, then serve with the pickle spooned over the meat and some mixed salad leaves on top. |

BLACK-EYED BEAN SALAD

with diced peppers, spring onions, dill & parsley

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| Serves 4-6   * **2x 400g cans black-eyed beans** * **1 red pepper, cored, deseeded and finely diced** * **1 green pepper, cored, deseeded and finely diced** * **5 spring onions, thinly sliced from root to tip** * **1 small bunch (about 30g) of dill, finely chopped** * **1 small bunch (about 30g) of flat leat parsley, finely chopped** * **2 celery sticks, cut lengthways into 3, then diced** * **3 tablespoons red wine vinegar** * **4 tablespoons olive oil** * **Maldon sea salt flakes and freshly ground black pepper** | Combine all the ingredients in a large bowl and mix well. Leave to rest for 20 minutes, then mix again, taste and adjust the seasoning if desired, then serve. |

PAN ROASTED PEPPERS

with a sweet harissa glaze

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| Serves 6   * **1 tablespoon cumin seeds** * **olive oil** * **6 large peppers (I like to use a mix of red, yellow and orange), cut vertically into 7-8mm-thick strips** * **1 teaspoon ground cinnamon** * **2 tablespoons rose harissa** * **3-4 tablespoons clear honey** * **1 tablespoon red wine vinegar** * **½ small bunch (about 15g) of flat leaf parsley, roughly chopped, plus extra to garnish** * **Maldon sea salt flakes and freshly ground black pepper** | Heat a large frying pan over a medium-high heat, add the cumin seeds and dry-toast for about 1 minute, shaking the pan until they release their aroma and begin to brown a little, taking care not to let them burn. Drizzle in enough oil to coat the base of the pan and increase the heat. Add the peppers and cook for 8-10 minutes, stirring occasionally, until they begin to soften and brown around the edges.  Add the cinnamon, harissa and honey to the pan and season generously with salt and pepper. Lastly, add the vinegar and stir to coat the peppers in the sauce. Cook for 2 minutes, then remove the pan from the heat, stir in the parsley and adjust the seasoning if desired. Scatter with chopped parsley and serve as a topping for bruschetta or as a condiment for cheese. They are also great alongside chorizo sausages. |

SPICY CHICKPEA, HARISSA & CHEDDAR PITTAS

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| Makes 10   * **1 teaspoon cumin seeds** * **1 teaspoon coriander seeds** * **olive oil** * **1 onion, finely chopped** * **3 fat garlic cloves, crushed** * **400g can chickpeas, drained** * **1 teaspoon ground turmeric** * **½ teaspoon ground cinnamon** * **finely grated zest of 1 unwaxed lemon** * **juice of ½ lemon** * **1 small bunch (about 30g) of fresh coriander, finely chopped** * **Maldon sea salt flakes and freshly ground black pepper**   **TO SERVE**   * **1 heaped teaspoon rose harissa** * **10 mini pitta breads** * **150g mature cheddar cheese, coarsely grated** | Heat a large frying pan over a medium-high heat, add the cumin and coriander seeds and dry-toast for about 1 minutes, shaking the pan until they release their aroma and being to brown a little, taking care not to let them burn. Crush the toasted seeds with a pestle and mortar. Set aside.  Return the frying pan to the hob. Add a good drizzle of olive oil and the onion and fry for 6-8 minutes, or until translucent and the edges start to brown. Add the garlic, crushed cumin and coriander mixture, chickpeas, turmeric, and cinnamon and mix well. As you stir, lightly mash some (but not all) of the chickpeas to create texture. Now add the lemon zest and juice and season generously with salt and pepper. Mix well, then remove the pan from the heat. Stir in the coriander, reserving a little to garnish, and set aside.  Put the rose harissa into a bowl and stir in a drizzle of olive oil to loosen the consistency a little.  Lightly toast the pittas, just to warm them through. Slice open each pitta and spoon the chickpeas inside. Top with a little of the harissa mixture, some grated cheese and a little of the reserved fresh coriander. Serve immediately. |

SPICY HALLOUMI SALAD

with tomatoes & fried bread

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| Serves 4-6   * **600g tomatoes, cut into rough chunks** * **1 large red onion, finely sliced** * **1 large cucumber, halved lengthways, halved again and cut into 2.5cm dice** * **2 tablespoons dried oregano** * **finely grated zest and juice of 1 unwaxed lemon** * **olive oil** * **2 heaped teaspoons cumin seeds** * **2 heaped teaspoons coriander seeds** * **2 teaspoons black mustard seeds** * **1 heaped teaspoon chilli flakes, plus extra to season** * **1 teaspoon Maldon sea salt flakes, plus extra to season** * **garlic oil (optional)** * **4-5 thick slices of sourdough bread or similar, preferably stale or left out to dry, cubed** * **2 x 250g blocks of halloumi cheese, each cut into 5 slices** * **freshly ground black pepper** * **1 small bunch (about 30g) of mint, leaves stripped, rolled up tightly and cut into thin ribbons, to garnish** | Put the tomatoes, onion and cucumber chunks into a large mixing bowl. Add the oregano, leman zest and juice and a good drizzle of olive oil, season well with salt and pepper and mix well. Set aside.  Heat a large frying pan over a medium-high heat, add the cumin seeds, coriander seeds, mustard seeds and chilli flakes and dry-toast for about 1 minute, shaking the pan until they release their aroma and being to brown a little, taking care not to let them burn. Transfer to a mortar and add the sea salt flakes. Using a pestle, crush the seeds lightly to break them down just a little – you want to keep a lot of the texture. Add the crushed seed mix to the salad and mix well.  Line a plate with a double layer of kitchen paper. Set the same frying pan in which you toasted the seeds over a medium-high heat and drizzle in some olive or garlic oil. Once the oil is hot, add the bread pieces and fry on both sides for 4-5 minutes, or until deep golden. Transfer to the paper-lined plate and set aside.  Drizzle a little olive oil into the same pan, add the halloumi slices and fry for 1-2 minutes on each side, or until golden brown.  Add the fried bread to the salad and toss well to coat the bread chunks in the dressing. Adjust the seasoning as necessary, then arrange the salad and halloumi on a large platter and sprinkle with mint ribbons just before serving. |

CHARRED CAULIFLOWER

with tahini, harissa honey sauce & preserved lemons

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| Serves 6   * **2 large cauliflowers** * **3 tablespoons rose harissa** * **4 tablespoons clear honey** * **1 tablespoon olive oil, plus extra for frying** * **1 teaspoon ground cinnamon** * **4 tablespoons light tahini** * **6 tablespoons Greek yogurt** * **good squeeze of lemon juice** * **Maldon sea salt flakes and freshly ground black pepper**   **TO SERVE**   * **6 preserved lemons, deseeded and thinly sliced into rounds** * **generous handful of toasted flaked almonds** * **½ small bunch (about 15g) of flat leaf parsley, roughly chopped** | Cut away any outer leaves from the cauliflowers, then cut each cauliflower into 4 slices of equal thickness. On the slices cut from the outer edges of the cauliflowers, trim and shave away enough of the curves to create flat surfaces, so that the slices cook evenly.  Combine the harissa, honey, olive oil and cinnamon in a small bowl, season with salt and pepper and mix well. Brush or rub the mixture over the cauliflower slices.  Drizzle a little oil into a large frying pan set over a medium heat. When the oil is hot, fry the cauliflower slices for 6-8 minutes on each side, or until they are cooked through and charred nicely on both sides. Blackening will occur as the spice paste is not only dark but also contains sugar (in the honey), which will burn naturally. This is part of the flavour of the dish and nothing to be worried about. (Alternatively, roast the cauliflower slices in a preheated oven, 220˚C (200˚C fan), Gas Mark 7, for 20-25 minutes.)  Meanwhile, mix the tahini with the yogurt and lemon juice in a bowl, season generously with salt, then stir in a little lukewarm water, 1 tablespoon at a time, until the mixture has a sauce-like consistency.  Transfer the cauliflower slices to serving plates. Drizzle over the yogurt sauce and any remaining marinade, then scatter over the preserved lemon slices, toasted almonds and parsley to serve. |

SAFFRON ROAST POTATOES

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| Serves 4-6   * **1g Iranian saffron** * **2 generous pinches of Maldon sea salt flakes, plus extra to season** * **2-3 tablespoons boiling water** * **1.5kg Maris Piper or King Edward potatoes** * **2 tablespoons table salt** * **6 tablespoons vegetable oil or light olive oil** | Preheat the oven to 190˚C (170˚C fan), Gas Mark 5. Line a large baking tray with baking paper. Line a plate with a double layer of kitchen paper.  Using a pestle and mortar, grind the saffron with the sea salt flakes to a fine powder. Add the boiling water and set aside to infuse.  Peel the potatoes, then trim any larger potatoes to ensure all the potatoes are of roughly the same size. Put them into a pan of cold water to rinse off the excess starch, then drain. Bring a large saucepan of water to the boil, add the table salt and parboil the potatoes for 8-10 minutes.  Drain the parboiled potatoes in a colander and leave to stand for 5 minutes to allow the excess moisture to evaporate. Shake the colander to help fluff up the potatoes and rough up the edges. Transfer the potatoes to the prepared baking tray.  Combine the saffron solution with the oil, mix well and pour the mixture over the potatoes. Season generously with sea salt flakes. Using a large metal spoon, turn the potatoes in the saffron oil to coat them. Season again, then roast for 30 minutes. Remove the tray from the oven, give it a good shake, then bake for a further 45 minutes, or until crispy. Transfer to the paper-lined plate to drain excess oil. Serve immediately. |

SPICED POTATOES

with garlic chips & turmeric yogurt

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| Serves 4-8 as a side   * **700g waxy potatoes, such as Fingerling, Anya or Charlotte, halved lengthways** * **extra virgin olive oil** * **finely grated zest of 1 unwaxed lemon** * **2 teaspoons cumin seeds** * **1-1½ teaspoons chilli flakes** * **1 tablespoon coarse black pepper** * **ghee or vegetable oil** * **Maldon sea salt flakes and freshly ground black pepper**   **FOR THE TURMERIC YOGURT**   * **200ml Greek yogurt** * **extra virgin olive oil** * **7.5cm piece of fresh turmeric, finely grated** * **1 small bunch (about 30g) mint, leaves stripped, rolled up tightly and thinly sliced into ribbons** * **6 fat garlic cloves, bashed, thinly sliced and fried into garlic crisps** | Bring a large saucepan of water to the boil. Add the potatoes and parboil them for about 10 minutes, or until the potatoes are almost cooked but still firm in the centre (use a skewer or knife to check this). Drain and rinse the potatoes, then pat them dry, put them into a bowl and leave to dry. When dry, drizzle a little extra virgin olive oil into the bowl and add the lemon zest, cumin seeds, chilli flakes and pepper. Toss to coat the potato halves well with this mixture.  Pour enough ghee or vegetable oil into a large frying pan to generously coat the base and set it over a medium heat. When the oil is hot, add the potatoes with their cut sides facing downwards. Fry them slowly for 8-10 minutes on each side, or until the potatoes have a deep golden crust on them. (Alternatively, roast them at 220˚C, 200˚C (fan), Gas Mark 7, for 35-40 minutes if you prefer.) Transfer the potatoes to a platter and season well with salt.  Meanwhile, season the yogurt with salt and pepper and stir in a little olive oil. Mix the grated turmeric loosely into the yogurt, swirling it to give a marbled effect.  Scatter the mint and crispy garlic chips over the fried potatoes, and serve with the turmeric yogurt. |

SPICY TOMATO & PEPPER DIP

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| Serves 4 as a dip   * **4 ripe tomatoes, finely chopped** * **1 onion, very finely chopped** * **1 red pepper, cored, deseeded and very finely chopped** * **1 green pepper, cored, deseeded and very finely chopped** * **2 red chillies, deseeded and finely chopped** * **1x 20g packet of flat leaf parsley, leaves picked and finely chopped** * **2 tsp sumac, plus extra to garnish** * **1 tsp pomegranate molasses** * **2 tsp red wine vinegar** * **4 tbsp extra virgin olive oil, plus extra for drizzling** * **sea salt flakes and freshly ground black pepper** | In all truthfulness, you could simply put all the ingredients into a food processor and blitz the whole lot together with great ease. If you do this, then start with the onion first and put in the tomatoes last but, whatever you do, pulse them – don’t blitz them to a puree or you will end up with a soup! And if you choose this method, add the dressing components after the vegetables are finely chopped.  To do things the old-fashioned and authentic way, chop the tomatoes, onion, peppers, chillies and parsley by hand, then put them into a large bowl. Add the sumac, pomegranate molasses, vinegar, olive oil and sea salt flakes and black pepper to taste before giving everything a stir. Cover with clingfilm and put it int the refrigerator for 15 minutes to allow the dressing to macerate the vegetables.  Once ready to serve, arrange on a flat plate and flatten with a fork, drizzle with a little extra virgin olive oil and sprinkle with a couple of pinches of sumac. |

ZA’ATAR ROASTED SQUASH WITH SPICED YOGURT & PICKLED CHILLIES

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| Serves 4 as a side dish   * **1 large butternut or coquina squash** * **3 tbsp za’atar** * **3 tbsp olive oil** * **sea salt flakes**   **FOR THE SPICED YOGURT SAUCE**   * **200g Greek yogurt** * **1 bunch of mint, leaves picked and finely chopped** * **2 tsp sumac** * **1 tbsp ground coriander** * **2 tbsp olive oil** * **grated rind and juice of 1 lemon** * **freshly ground black pepper**   **TO SERVE**   * **1 small bunch of flat leaf parsley, leaves picked and roughly chopped** * **2 tsp nigella seeds** * **8 fat red pickled chillies, thinly sliced** | Preheat the oven to 240˚C/fan 220˚C/gas mark 9. Line a baking sheet with nonstick baking paper.  Cut the squash horizontally in half at the point of the bulge. Now halve each portion vertically. Scoop out the seeds with a metal spoon and discard, then halve each piece vertically again until you have 8 pieces. Peel the squash and cut the pieces into any shape you wish.  Make a paste with the za’atar and olive oil in a small bowl and rub the squash pieces all over with the paste until every piece is well coated. Place all the pieces on to the prepared baking sheet. Season with sea salt flakes, then roast for about 40-45 minutes (depending on the size of the pieces of squash), or until the edges start to brown and almost char a little.  Meanwhile, in another bowl, mix the yogurt with the fresh mint, sumac, coriander, olive oil, lemon rind and juice and sea salt flakes and black pepper to taste. Mix the ingredients together well, then taste and adjust the seasoning if necessary.  Remove the squash pieces from the oven and place them on a serving platter. Liberally dollop or pour the yogurt over the wedges, then sprinkle with the parsley. Follow this with a scant scattering of nigella seeds. Lastly, scatter over the pickled chillies. Serve this dish alongside meat, fish or even grilled halloumi. |

\*Za’atar substitute: equal parts thyme, oregano, marjoram, cumin, coriander

\*pickled chillies: pickle 300g chillies in 200ml cider vinegar, lime juice, 50g sugar or honey, 1tsp fine sea salt (+ herbs/garlic as desired)