



# DNA Dining

Recipes inspired by  
the places in our past

**Cooked.**



# Welcome to DNA Dining

– a brand new way of sharing your individuality through food.

We're delighted to be working with Cooked to share this concept with you. It's early days, but we honestly believe this could be the start of a revolution in how we perceive and select what we eat. Thank you for joining us at the beginning.

AncestryDNA uses cutting-edge science to reveal the people and places in your past. This gives you the insights you may need to fully express who you are today. And what better way is there to express who you are, than food?

In this book, you'll find more than 30 recipes inspired by the different places in our past. Some draw on the essence of a particular part of the world, while others are delightful fusions of several regions' culinary cultures.

Whether you have a hint of Scandinavian in your DNA, or you're an eclectic mix of distant locations, you'll find dishes here to suit your unique profile. You can experience them alone – or share these reflections of your heritage with friends and family.

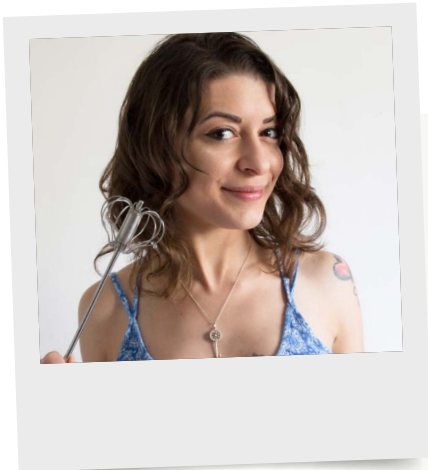
Of course, if you haven't yet explored your ethnic mix, this is the time to get your AncestryDNA kit. It couldn't be simpler – you just spit in a tube, send your sample to our lab, and receive your results online a few weeks later.

Order your kit now at **[www.ancestry.co.uk/dna-book](http://www.ancestry.co.uk/dna-book)**



AncestryDNA is inspiring millions of people around the world by revealing who they are and where they come from.

Learn more at **[www.ancestry.co.uk/dna-book](http://www.ancestry.co.uk/dna-book)**



They say, “we are what we eat”. I would also add that we are what we cook. And it’s so true in many wonderful ways.

If you think about it, food is our primary expression of care, thought and memories. It has one of the most significant roles in our life. Our grandmas’ recipes, our mums’ Sunday meals,

together with the traditional recipes of the places where we grew up, are all examples of food heritage that accompany us throughout our daily foodie routine.

With its unique service, Ancestry offers us the opportunity to discover deeply who we really are and where we come from, and this collection of recipes is a creative way to show off a new, exciting interactive way to connect with our family’s history.

I loved taking part in this collaboration with Ancestry and discovering more about my heritage beyond what I already knew about my family history. Creating recipes inspired by my DNA results, not only was a fun way to learn more about the food culture of the countries where my ancestors came from, but also shows how deeply connected our roots can be.

I’m really proud to be part of the contributors from the Ancestry community, who are based all around the world and with all kinds of backgrounds, and have generously contributed building up this one-of-a-kind ebook.

The outcome is a fabulous collection of recipes offering us a glimpse of our diverse, precious and sometimes unexpected heritage, that will hopefully inspire you to connect more with the incredibly various and exciting culinary traditions from all around the world.

## **Andrea Soranidis**

The Petite Cook



## How does AncestryDNA work?

With one simple test, connect to the people and places that make you who you are.  
Order your kit now at [www.ancestry.co.uk/dna-book](http://www.ancestry.co.uk/dna-book)

AncestryDNA gives you the information you need to better understand who you are and where you come from. This could change how you see yourself or other people, it might inspire you to make changes to your lifestyle, or it might make you want to express your identity – perhaps through food.

All of this comes through a simple test that you take at home. Just by spitting in a tube and sending it away, you'll discover the different parts of the world that make up your unique ethnic mix; the people you're related to among a growing network of millions; and parts of your family history you never dreamt existed.

### Iberian? Scandinavian? What are you?

AncestryDNA can pinpoint your origins across a multitude of ethnic regions. You could discover you're 20% Scandinavian, 12% Iberian, or 2% Middle Eastern.

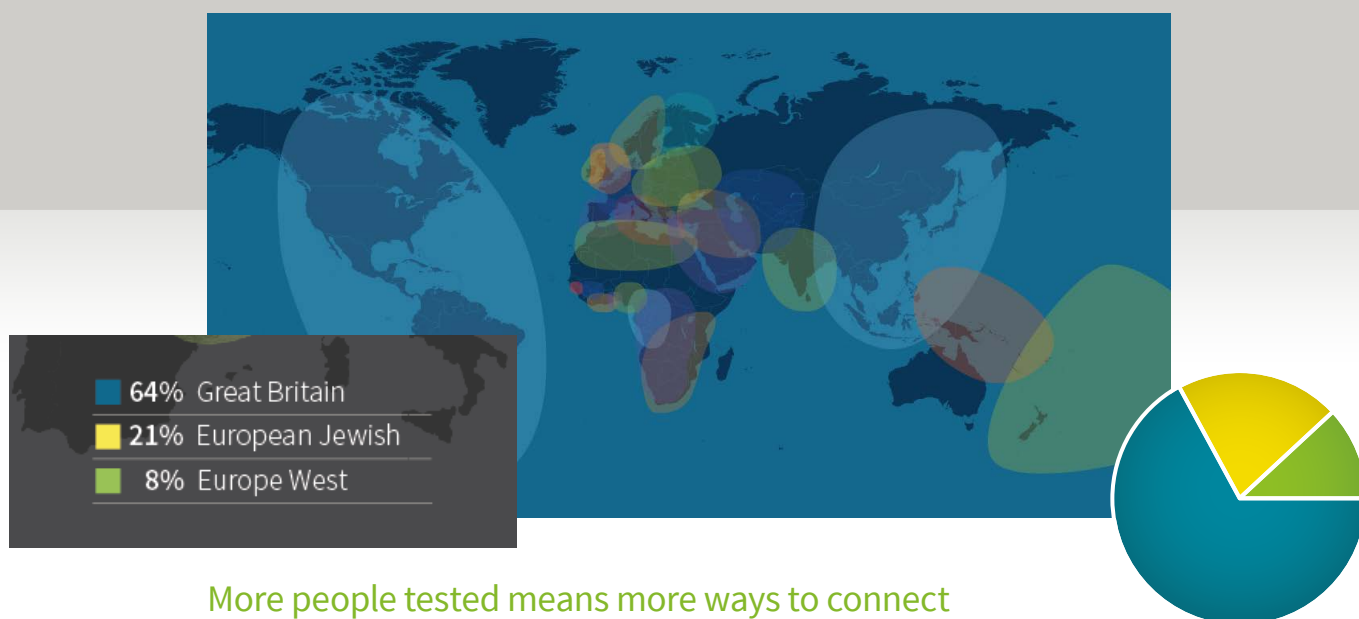
Then you can start learning about the places where your family story began. Discover the events that might have impacted your ancestors' lives, and see what may have inspired them to travel across the world, eventually coming together to create you.

### Connect with relatives you never knew you had

You'll also be connected to living relatives who share parts of your DNA. You can see how closely you're related, and contact them to see what else you have in common.

And since Ancestry has the unique ability to bring together DNA results with 90 million family trees and billions of historical records, we also may be able to help you fill in pieces of your family history.





### More people tested means more ways to connect

With more than five million people now in our network and the unique ability to connect with Ancestry's billions of historical records and millions of family trees, AncestryDNA can help deliver the richest family stories — and solve the toughest family mysteries.

Best of all, this network keeps growing, so after you've taken the test, the opportunities to learn more and connect with new relatives just keep coming!

### The best stories come from the best science

How does AncestryDNA find your story? We've amassed the most diverse DNA collection on earth so we can use our latest science to compare your DNA to people all over the world — from small tribes in Africa to farmers in the Irish countryside. So if your test shows that you're 5% Scandinavian, you know that you share 5% of your DNA with a group of people whose family has remained in Scandinavia for generations, stretching back hundreds of years.

## Get started in a few simple steps

How do you take an AncestryDNA test? It really couldn't be simpler



Order your complete kit with easy-to-follow instructions.



Return a small saliva sample in the prepaid envelope.



Your DNA will be analysed at more than 700,000 genetic markers.



Within 6-8 weeks, expect an email with a link to your online results.

Get started now at [www.ancestry.co.uk/dna-book](http://www.ancestry.co.uk/dna-book)

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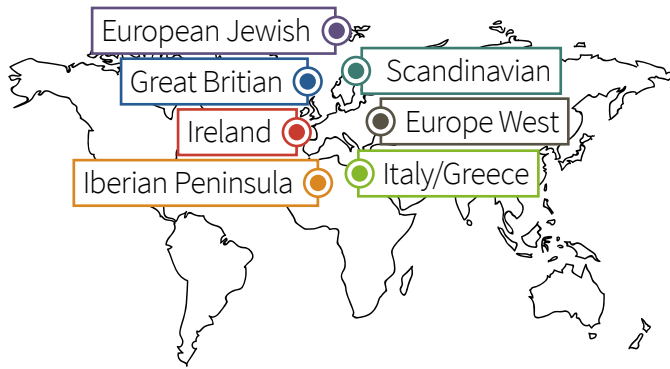
By **Dale Pinnock**

● Asia East ● Asia South



# The REAL Full English Breakfast





## The REAL Full English Breakfast

### Method

#### CASSOULET STYLE BEANS

First soak the beans over night in plenty of cold water. Next day bring 1.5 lt of cold water to the boil, add the beans and cook for about 1.5 hours or until soft, drain and keep warm. Heat 4 tbsp of olive oil in a large saucepan and add the lardons, fry until lightly colored. Add the onion, carrot, celery and cook for 5 mins till soft, add the garlic and cook for 2 mins, add the ground cloves. Add the white wine and cook till almost evaporated. Add the tomato puree and cook for 2 mins. Add the stock, bring to the boil and add the beans, cook for about 1 hour till thick.

By Steve Keilty | SERVES 4

### Ingredients

- 12 British free-range pork sausages
- 4 thick slices lbrico streaky bacon  
(a good dry cured bacon will be fine)

#### CASSOULET STYLE BEANS

- 300g dried haricot or cannellini beans
- 100g smoked bacon lardons
- 1 onion, finely chopped
- 1 stick celery, finely chopped
- 1 carrot, finely chopped
- 4 cloves garlic, finely chopped
- 2 cloves ground
- 100ml white wine
- 2tbsp Tomato puree
- 500ml good chicken stock

#### POTATO FARL'S

- 4 medium potatoes  
(Irish if available but any floury Potatoes will do)
- 250g plain flour
- Salt

#### LATKES

- 4 medium Potato's (waxy if possible but most potato's will work)
- 1 egg yolk

#### BAKED EGGS

- 4 large free-range eggs
- 150 ml crème fresh

#### ROAST TOMATO

- 4 Vine tomatoes
- 1 ball Mozzarella

#### IRISH POTATO FARL

Bring a large pan of water to the boil, chop the potatoes add to the pan and cook for 15 mins. When soft, drain and leave in a baking dish for the water to evaporate. When cold mash till smooth, season and gradually add the flour until you have a dry dough (you may not need all the flour). Roll out to a 30cm round, heat a large frying pan and add a TBSP of flour. Add the farl and cook till brown on both sides, cut into 8.

#### LATKES

Peel and grate the potatoes. Place in a clean tea towel and ring out all the moisture. Mix with egg yolk and flour. Season well. Heat pan on medium heat, add a good knob of butter and add a small amount of the mixture. Press down and cook till crisp, flip over and do the same for the other side. Repeat with the rest of the mixture.

#### BAKED EGG

Heat oven to 200c. Place a good TBSP of crème fresh in the bottom of 4 ramekins. Break an egg in each of them and bake for 12-15 mins or until set.

#### ROAST TOMATO

Heat oven to 200c. Remove the top of the tomatoes. Cut the mozzarella into 4. Remove seeds form the tomatoes. Stuff with mozzarella and roast for about 30 min. Brown under the grill if needed.

#### TO BRING IT ALL TOGETHER

Fry the sausages over a medium heat in lard or beef dripping until crisp and cooked through. Fry the bacon until crisp. Place 3 sausages on the plate, 2 scoops of the beans, 2 potato farls, 1 slice of the bacon, 1 roast tomato, 1 latke then place the baked egg in the middle!



# Aubergine meatballs with Feta cheese





Aubergine  
meatballs with  
Feta cheese

By Andrea Soranidis (Petite Cook) | SERVES 2

## Ingredients

### FOR THE ROASTED AUBERGINE

- 2 large purple aubergines
- a glug of extra-virgin olive oil
- sea salt and black pepper

### FOR THE MEATBALLS

- 2 tbsp pine nuts
- zest of 1 lemon
- 100gr feta cheese, finely chopped
- 140g seasoned panko or Italian breadcrumbs
- 2 large free-range egg whites
- 1 tbsp fresh basil, chopped
- 4 tbsp light olive oil
- 400g fresh tomato marinara sauce or Italian tomato sauce, to serve (optional)

## Method

Heat oven to 350°F/ 180°C and arrange a baking rack in the middle shelf.

Cut the aubergines into small cubes and arrange evenly on a baking sheet covered with parchment paper. Drizzle with olive oil and salt and pepper to taste, and bake for 30 minutes or until tender.

Remove the aubergine from the oven and allow to cool for 5 min.

in a large bowl, place roasted aubergine, pine nuts, lemon zest, breadcrumbs, egg whites, basil, and season with salt and pepper to taste.

Mix all ingredients until fully combined, if the mixture is too wet add a little more breadcrumbs until reaching a dense consistency.

Roll into 10-12 meatballs, about 1-inch diameter, then roll each ball into extra breadcrumbs to seal them evenly.

Heat the olive oil in a large frying pan over medium-low heat.

Cook the meatballs for 2 minutes, then using a spoon, flip and cook on the side for an extra 2-3 minutes.

When the meatballs are nicely crispy and golden-brown, remove from the pan and arrange on a serving plate covered with kitchen paper, to absorb excess oil.

Serve on their own, with fresh marinara sauce or Italian tomato sauce.

Store in an airtight container in the fridge for up to 3 days.



# Roasted leg of lamb with ratatouille-stuffed tomatoes





Roasted leg of lamb with ratatouille-stuffed tomatoes



By Tom Kitchin | SERVES 4

## Ingredients

- 1.2kg boned and rolled leg of lamb
- 5 garlic cloves, peeled and chopped
- handful rosemary sprigs, roughly chopped, leaves only
- 1 teaspoon ground cumin
- 1 teaspoon fennel seeds
- sea salt
- freshly ground black pepper
- 250ml lamb stock
- or 250ml chicken stock
- 50g butter

### STUFFED TOMATOES

- 4 large tomatoes on the vine
- olive oil, for cooking
- 1 onion, peeled and diced
- 3 garlic cloves, peeled and finely chopped
- 1 tablespoon dried herbs de provence
- 1 courgette, diced
- 1 aubergine, diced
- 1 red pepper, cored, deseeded and diced



## Method

Place the lamb on a board. In a bowl, mix together the garlic, rosemary, cumin and fennel seeds. Using a sharp knife, pierce little slits all over the surface of the lamb. Using your fingers, push the rosemary and spice mixture into the cuts. Season the meat with salt and pepper. Put to one side.

To prepare the tomatoes, snip them off the vine, but leave the stalks intact. Cut a slice off the top off the tomatoes, removing about a quarter, and reserve these lids. Using a teaspoon, carefully scoop out the juice and seeds from inside, leaving the shells intact; set aside, along with the tops.

For the ratatouille stuffing, heat a heavy-based saucepan over a medium heat and add a little olive oil. Add the onion and cook slowly for 3–4 minutes. Stir in the garlic and dried herbs. Now turn up the heat and add the courgette, aubergine and some salt and pepper. Cook, stirring often, for a further 3–4 minutes; you may need to add more olive oil as the aubergine will absorb quite a lot. Add the red pepper and cook for a further 2–3 minutes, stirring occasionally. Check the seasoning and take off the heat.

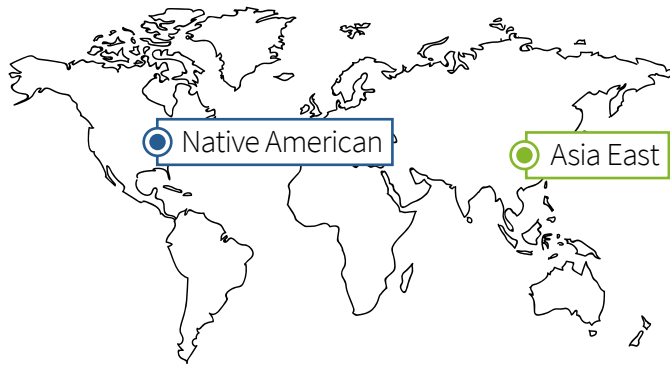
To cook the lamb, heat the oven to 180°C. Heat a heavy-based ovenproof pan over a medium-high heat and add a little olive oil. Add the lamb joint and colour on all sides, allowing 3–4 minutes. Transfer to the oven and roast for 15 minutes.

Meanwhile, fill the tomatoes with the ratatouille and put the lids back on. Stand the stuffed tomatoes in a small roasting tray. Add the stock, butter and a drizzle of olive oil to the tray.

When the meat has been roasting for 15 minutes, turn the setting down to 160°C and put the stuffed tomatoes into the oven. Roast the meat for a further 20 minutes, along with the tomatoes, basting these with the pan juices from time to time.

Rest the lamb in a warm place for 10 minutes. Slice the meat and serve with the stuffed tomatoes, spooning over all the pan juices.

# Kung Pow chicken with Jollof influences



By Rachel Hunter | SERVES 2

## Ingredients

- 2x chicken breasts
- 50g corn starch
- 1 diced onion
- 2 minced garlic cloves
- 150g baby corn
- 3 carrots
- 200g fresh egg noodles
- 90g spinach

### CHICKEN MARINATE

- 2 teaspoons of salt
- 2 teaspoons onion powder
- 1 teaspoon of garlic powder
- ½ a teaspoon of cayenne pepper
- 200ml of chicken bouillon
- ½ a teaspoon of white pepper and thyme

### SAUCE

- 2x tablespoon soy sauce
- 1x tablespoon sugar
- 2x tablespoon rice wine vinegar
- 2x tablespoon tomato puree

## Method

Start by making the Jollof chicken rub to marinate the chicken. Mix 2 teaspoons of salt and onion powder, 1 teaspoon of garlic powder, ½ teaspoon of cayenne pepper, chicken bouillon, white pepper and thyme together. Rub over the chicken breasts and set aside in the fridge for 30 minutes.

Cut the chicken into bite-sized pieces, coat in corn starch and stir-fry in oil in a hot wok for about 6 minutes, or until no longer pink in the middle.

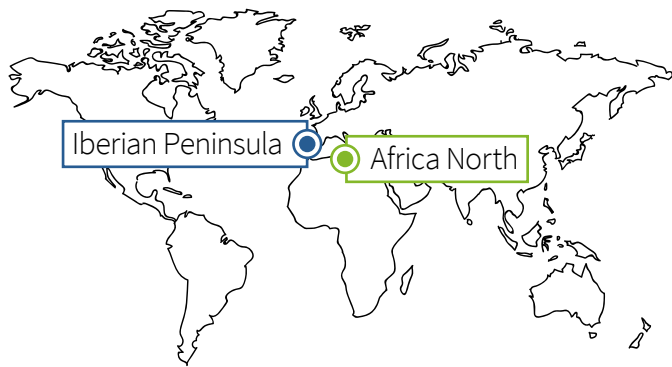
Add the diced onion, 2 minced garlic cloves, baby corn and carrots.

To make the sauce, in a separate dish, combine the soy sauce, sugar and rice wine vinegar with some tomato puree. Throw in your fresh egg noodles, sauce, and spinach and stir until all combined.

Garnish with a banana leaf, a wedge of lime and some of Ghanaian cashews



# Spinach, onion and chorizo giant couscous pilaf



By Alex Mackay | SERVES 2

## Ingredients

- 150g chorizo sausage, (dry or cooking chorizo, both work)
- 1 tablespoon extra virgin olive oil
- 2 medium onions, peeled and cut into 1cm slices
- 500ml vegetable or chicken stock
- 2 garlic cloves, peeled and finely sliced
- 200g plain or wholewheat giant couscous or pasta
- 8 tablespoons water
- 125g spinach
- salt
- freshly ground black pepper
- nutmeg

## Method

Start with the chorizo sausage. Cut 50g of it into 1cm dice; cut the other 100g into 5mm slices.

Get a medium-sized frying pan. Add the extra virgin olive oil and onions. Cover and sweat over a medium heat for 5 minutes. Add the sliced chorizo. Sweat for 2 minutes more until the onions are soft and reddish in colour from the chorizo. Take off the lid and fry gently for 2 minutes. Turn off the heat. Cover and keep warm.



While the onions sweat, get a small saucepan. Add the stock, garlic and 5 gratings of nutmeg. Put the pan on a high heat and bring to the boil. Add the giant couscous and the 50g diced chorizo. Bring back to the boil. Stir. Boil furiously for 1 minute. Turn the heat to low. Cover and simmer gently for 5 minutes; add an extra 2 minutes for wholewheat giant couscous. Take the lid off. Stir and simmer for 3 minutes. Cover and leave to sit for 2 minutes, to finish cooking the giant couscous.

Get a medium-large frying pan. Add 4 tablespoons of the water. Put the pan on a high heat. Bring to the boil. Add the spinach. Cover the pan and wilt the spinach for 1 ½ minutes. Get your blender. Add the spinach and the remaining 4 tablespoons of water. Blend for 2–3 minutes to a smooth purée; if the mixture is too thick to blend, add more water, 1 tablespoon at a time.

Once the giant couscous is cooked, stir in the spinach purée. If you would like the consistency to be a bit saucier, add hot water, 1 tablespoon at a time. Season to taste with salt, pepper and nutmeg. Serve scattered with the sliced chorizo and fried onions.

# Wild boar with peanuts



By Atul Kochhar | MAKES 4

## Ingredients

- 3 tablespoon vegetable oil
- or 3 tablespoons groundnut oil
- 1kg boneless wild boar meat, cut into 2.5 cm cubes
- chicken stock or water
- 2 dried red chillies, cut into pieces
- 50g fresh ginger, thinly sliced
- 2 onions, chopped
- 1 tablespoon Malawi curry powder
- 250g smooth peanut butter
- 4 tomatoes, skinned and chopped
- 100g roasted peanuts
- salt
- pepper



## Method

Heat 2 tablespoons of the oil in a pan and sauté the cubes of meat until lightly browned all over. Pour in enough stock or water to cover. Bring to the boil, then simmer for about 10–12 minutes, until the meat is tender.

Meanwhile, heat the remaining oil in another pan and sauté the chillies and ginger for 1 minute, then add the onions and sauté for about 5–7 minutes, until translucent. Stir in the curry powder and season with salt and pepper.

Using a slotted spoon, lift the meat into the curry mixture. Stir the peanut butter into the meat cooking liquid, then add this to the curry with the tomatoes. Simmer for 2–3 minutes, stirring well. Serve garnished with the peanuts.

# Saffron and leek risotto



By Linda Jones, Paul Jones | SERVES 4

## Ingredients

- 2 litres vegetable stock
- small pinch saffron
- 125ml olive oil
- 3 leeks, cleaned and sliced into 1 cm discs
- 4 garlic cloves, crushed
- 370g arborio rice
- 150ml white wine
- 30g unsalted butter
- 75g parmesan cheese, grated, plus extra to serve
- 1 bunch baby leeks, trimmed and washed thoroughly
- 1 tablespoon sunflower oil



## Method

Bring the stock and saffron to a soft boil in a saucepan over medium-high heat.

Meanwhile, heat the oil in a wide, heavy-based frying pan over medium heat. Sauté the leek and garlic for 3–4 minutes.

Add the rice and cook, stirring, for about 2 minutes until the rice is toasted and well coated with the oil. Add the wine, scraping any tasty sticky bits up from the bottom of the frying pan. Once most of the wine is absorbed, reduce the

heat to low and add a ladleful of stock to the rice and simmer, stirring, until absorbed. Add another ladle, and repeat, simmering and stirring until all of the stock has been added and the rice is al dente. This should take about 20 minutes.

Remove from the heat, mix in the butter and parmesan and season to taste.

Pat the leeks dry with paper towel and drizzle with the sunflower oil. Heat a chargrill pan or heavy-based frying pan to hot over high heat. Cook the leeks for about 1 minute, then turn and cook for another minute, until lightly charred. Season well with salt and pepper.

Serve the risotto topped with the charred leeks and sprinkled with extra parmesan.



# Spiced crab cakes with tamarind mayonnaise



By Anjum Anand | SERVES 2

## Ingredients

- 3 ½-4 ½ tablespoons vegetable oil
- 1 small onion, peeled and finely chopped
- 10g fresh ginger, peeled and finely chopped
- 5g garlic, peeled and finely chopped
- 2 teaspoons coriander powder
- ¼ - ½ teaspoon red chilli powder
- salt, to taste
- 1 teaspoon garam masala
- 2 tablespoons lemon juice
- 25g fresh coriander leaves and stalks, chopped
- 400g prepared crab meat
- 1 large egg
- 2 ½ tablespoons mayonnaise
- 9-10 pieces thick bread, crumbled
- lightly-dressed soft salad leaves, to serve

### TAMARIND MAYONNAISE

- 80g mayonnaise
- 50ml milk
- salt, to taste
- ¼ teaspoon freshly ground black pepper
- 1 scant tablespoon tamarind paste, or to taste
- handful fresh coriander leaves and stalks, chopped

## Method

Preheat the oven to 170°C.

Heat 1½ tablespoons of the oil in a pan and fry the onion for about 4 minutes until soft. Add the ginger and garlic and cook for another 40 seconds. Stir in the coriander powder, red chilli powder, salt and garam masala and cook for another 20 seconds, then take off the heat. Add the lemon juice, fresh coriander, crab, egg and mayonnaise. Stir well and add the breadcrumbs. Divide into eight portions and form into round cakes.

Heat 1 tablespoon of oil in a pan and cook the crab cakes in batches, depending how big your pan is, over a low-moderate heat, for about 2 minutes on each side until golden. Place them on a baking tray in the oven to keep warm while you cook the rest. Add the remaining oil when cooking the second batch of cakes.

To make the tamarind mayonnaise, simply whisk all the ingredients together, taste and adjust seasoning. Serve the crab cakes with a spoon of the mayo with salad leaves on the side. Once the giant couscous is cooked, stir in the spinach purée. If you would like the consistency to be a bit saucier, add hot water, 1 tablespoon at a time. Season to taste with salt, pepper and nutmeg. Serve scattered with the sliced chorizo and fried onions.

# Bakewell cake



By Ellie Smith | SERVES 6-8

## Ingredients

- 200g butter
- 200g golden caster sugar
- 100g ground almond
- 100g self-raising flour
- 4 eggs
- 1 tablespoon of vegetable oil
- 1 teaspoon of almond extract
- half a teaspoon of baking powder
- 200g of icing
- cherry jam



## Method

Mix 200g butter, 200g golden caster sugar, 100g ground almond and 100g self-raising flour in a bowl.

Add 4 eggs, 1 tablespoon of vegetable oil and 1 teaspoon of almond extract and half a teaspoon of baking powder.

Split between two cake tins which have been well greased, and bake at 170c fan for 25 minutes.

Top one of the cakes with cherry jam, as thick as you want.

Sandwich the two cakes together, and cover the top of the cake with 200g of plain icing and glaze cherries



# Vegan German käsespätzle



 @romylondonuk | SERVES 2

## Ingredients

- 500g flour
- 1 tsp salt
- 2 tbsp chickpea flour
- 500ml water
- 200ml soy milk
- 1 tbsp olive oil
- 1 Onion, chopped
- 1 block vegan cheese
- Salt and pepper to taste

## Method

Sieve the flour into a large bowl and mix in the salt and chickpea flour.

Create a well in the middle of the flour and slowly add the water whilst you begin to blend it in with a spatula. Slowly add the remainder of the water and mix until no clumps are in the dough.

Whilst you preheat your oven to 170 degrees, bring 1 litre of water to a boil, then simmer over medium heat.



Use a wide sieve with round holes and a spatula and place the sieve above the steaming water. Add a handful of dough to the sieve and press it through the holes into the hot water with a spatula. This will create the traditionally crinkly spaetzle shape. Ensure that the sieve itself is not placed in the hot water.

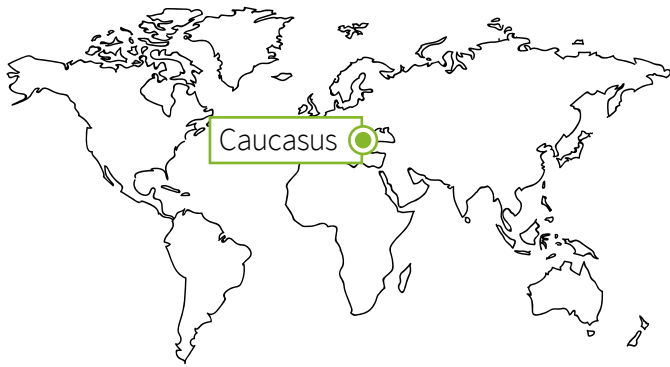
The spaetzle are done when they swim on top of the water. Remove them from the water.

In a medium sized pan heat the olive oil and quickly saute the onion, lower the heat to medium and add the soy milk. Once the soy milk begins to steam, add the block of cheese in pieces. Stir until the cheese is completely melted.

Combine the cheese mixture with the spaetzle and pour them into an oven-proof dish. Season with salt and pepper and bake in the oven for about 15 minutes.

Serve warm and enjoy!

# Circassian chicken with paprika oil and walnut tarator



By Sevtap Yüce | SERVES 4

## Ingredients

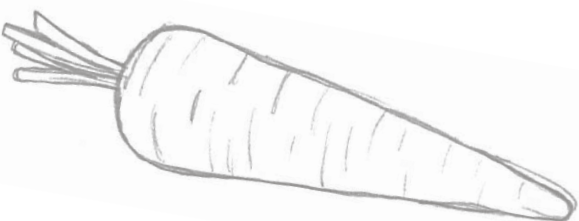
- 1 small chicken, weighing about 1.4 kg
- 1 onion, chopped
- 2 carrots, chopped
- 4 bay leaves

### PAPRIKA OIL

- 20g butter
- 60ml olive oil
- 2 tablespoons sweet paprika

### WALNUT TARATOR

- 20g dry breadcrumbs
- 60g walnuts, crushed
- 2 garlic cloves, crushed
- 250g Yogurt



## Method

Put all the walnut tarator ingredients in a food processor and blend to a thick paste. Slowly blend in just enough cold water to make a smooth sauce. Season to taste with sea salt. Transfer to a bowl, then cover and allow to rest for a couple of hours.

Meanwhile, wash the chicken in cold water and remove all visible fat.

Place the chicken, onion, carrot and bay leaves in a large saucepan. Season with sea salt and pour in enough water to cover. Bring to the boil, then reduce the heat and gently simmer the chicken for about 1 hour, or until tender and cooked through.

While the chicken is poaching, make the paprika oil. Gently heat the paprika oil ingredients in a small saucepan to melt the butter and warm the oil through, then set aside to infuse.

Once the chicken is cooked, allow it to cool slightly in the poaching liquid, then lift the chicken into a large bowl. Remove and discard all the skin and bones. Shred the meat into bite-sized pieces.

Mix the walnut tarator through the shredded chicken, then place in a serving bowl. Drizzle with the warm paprika oil and serve at room temperature.

# Linguine with curried red mullet



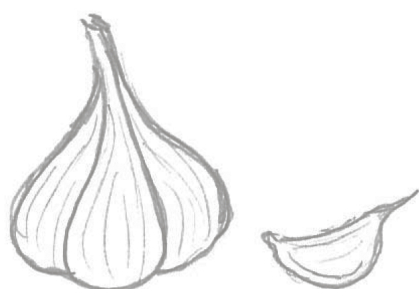
By Antonio Carluccio | SERVES 4

## Ingredients

- 400g dried linguine pasta
- salt and plenty of pepper, to taste

### SAUCE

- 6 tablespoons olive oil
- 2 fresh red mullet, about 500g each, scaled and gutted
- 3 garlic cloves, unpeeled
- ½ small hot red chilli, finely chopped
- 100ml white wine
- 680g good-quality tomato passata
- 1 teaspoon mild curry powder
- 2 bay leaves
- 2 tablespoons finely chopped fresh flat-leaf parsley, plus extra to serve



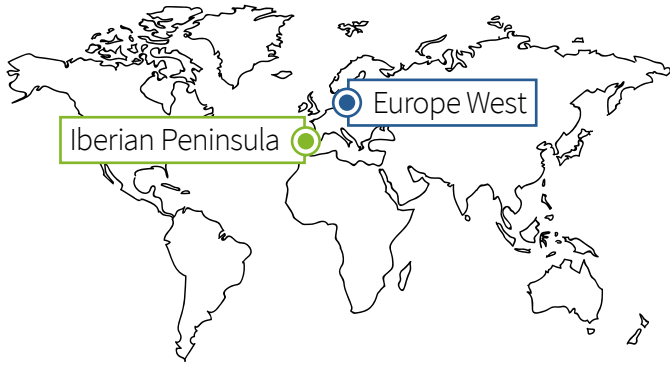
## Method


Heat the oil in a frying pan, and add the fish, the unpeeled garlic and the chilli. Fry the fish gently for 10 minutes on each side, then add the wine and leave to cool down. Take the fish out of the pan and fillet them: discard the fish heads and all the bones and set the flesh aside. Add the tomato passata to the juices in the frying pan along with the curry powder and bay leaves. Simmer a little, about 10 minutes, then add the fish meat, the parsley and salt and pepper to taste.

Cook the pasta in plenty of boiling salted water for 7–8 minutes or until al dente. Drain well, add to the sauce, mix well and serve hot. Remove from the heat, chill for a few hours, then turn out and serve.



# Cheesey chorizo croissant



 @millydaydreams | SERVES 1

## Ingredients

- 1 croissant
- 200mls of Guinness
- 200g chorizo
- 150g cheddar cheese
- 1 courgette

## Method

Chop and lightly fry your chorizo and courgettes before adding 200mls of Guinness and cook through for 10 minutes until the liquid has reduced down.

Toast your croissant lightly in the oven and spoon the mixture over it, before topping with grated cheddar cheese.



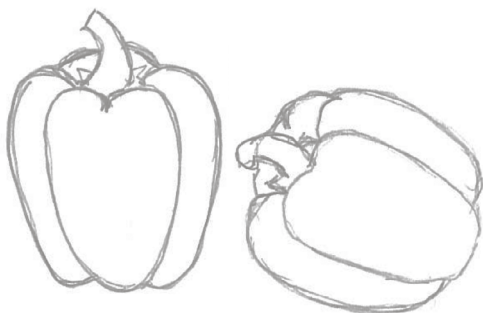
# African stewed beef with peanut butter



By Genevieve Taylor | MAKES 4-6

## Ingredients

- 2 tablespoons vegetable oil
- 900g braising beef, cut into 3 cm chunks
- 2 green peppers, chopped
- 1 carrot, sliced
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 400g canned chopped tomatoes
- 300ml beef stock
- 3 tablespoons crunchy peanut butter
- 1 teaspoon dried thyme
- 1 bay leaf
- pinch dried chilli flakes
- salt
- freshly ground black pepper
- plain rice, to serve



## Method

Heat the oil in a heavy-based pan, with a lid, and quickly brown the beef in two or three batches. Remove to a plate and set aside. Keep the heat high and don't overcrowd the pan or the meat will sweat rather than fry.

Once the meat is browned return it all to the pan, lower the heat a little and add the green peppers, carrot, onion and garlic. Allow the vegetables to soften for a few minutes before pouring in the chopped tomatoes and beef stock and bring up to a steady simmer.

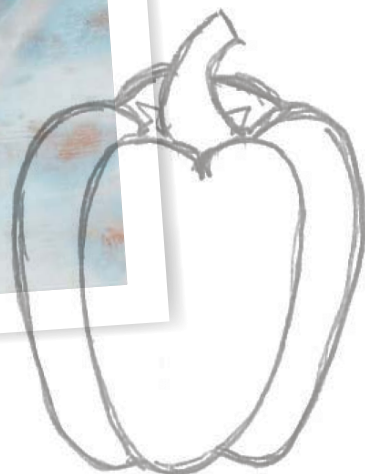
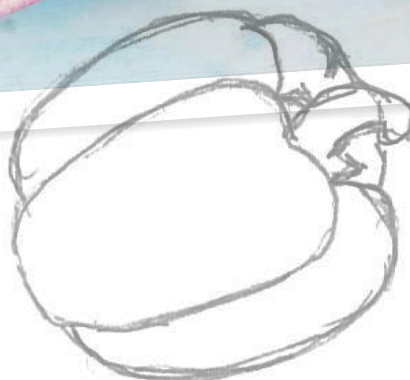
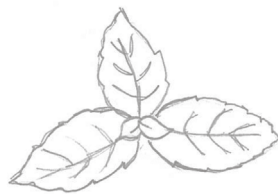
Add the peanut butter, stirring well until it has melted into the sauce, then add the thyme, bay leaf and chilli flakes. Season with a little salt and pepper, go easy on the salt as peanut butter can sometimes be quite salty. You can always add more at the end of cooking.

Reduce the heat to as low as possible, cover with the lid and cook gently for about 2 hours, after which time the meat should be tender and melting.

Check the seasoning and adjust if necessary. Serve with rice.



# Grilled octopus baja-med style





## Grilled octopus baja-med style

### Method

To prepare the octopus, combine 500 ml water with the vinegar, sugar, orange zest and juice and bay leaves in a large saucepan and heat until simmering. Season with salt. Add the octopus and cook over low heat for 2 hours, or until very tender. Leave the octopus in the cooking liquid and set aside to cool.

Meanwhile to prepare the salsa picada, boil the orange juice in a medium saucepan until reduced to 100 ml (3 1/2 floz). Combine the orange juice reduction with the vinegar, jalapeño, garlic and mint in a food processor and blend to combine. Strain through a fine-mesh sieve.

Once the octopus has cooled, remove any excess skin or suckers that have been disturbed by the cooking process. Cut the tentacles into lengths, roughly 75 g each.

Preheat a wood-fired or coal barbecue until the coals have a thin coating of grey ash. Add presoaked aromatic wood such as oak, mallee oak, ironbark or hickory. Alternatively, if using a gas barbecue soak smaller wood chips and place them in a smoking box on your barbecue. If you don't have a barbecue you can seal the octopus in a large pan. Simply stir-fry in olive oil with a pinch of smoked paprika and sea salt for 2 minutes. Then reduce the heat and keep warm until serving.

To prepare the salad, briefly fry the peppers in the oil and paprika, till softened.

Combine the peppers, beans, orange segments, onion, olives and basil in a large bowl.

Lightly drizzle the octopus with olive oil and season with salt and paprika. Grill for 4 minutes, turning occasionally, until cooked through.

While the octopus is cooking, combine the breadcrumbs, hazelnuts, oregano and orange reduction and season with salt, hot sauce and a little olive oil to moisten to a spoonable consistency. (It's important this is done just before serving otherwise you lose the crunchy texture.) Dress and toss the salad with the vinaigrette.

To serve, arrange the octopus on a serving platter. Spoon over the salsa picada and arrange the salad alongside. Serve immediately.

By Paul Wilson | SERVES 8

### Ingredients

- 125ml chardonnay vinegar
- 110g sugar
- 2 oranges, finely grated zest and juiced
- 2 bay leaves
- sea salt
- 1.2kg best-quality large octopus tentacles
- extra-virgin olive oil
- pinch smoked paprika

#### SALSA PICADA

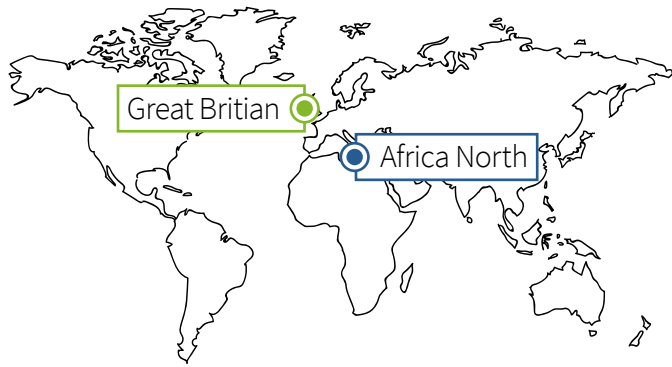
- 1 litre orange juice
- 50ml chardonnay vinegar
- 2 jalapenos, roughly chopped
- 2 garlic cloves, finely grated
- 1 small bunch mint leaves
- 45g day-old coarse breadcrumbs, fried in 75 ml olive oil
- 50g hazelnuts, roasted, peeled and roughly chopped
- 1 large handful oregano leaves, finely chopped
- habanero hot sauce, to taste

#### SALAD

- 100g padron peppers
- oil, for frying
- pinch smoked paprika
- 300g green beans, blanched, split lengthways and cut into 3 cm lengths
- 4 oranges, segmented
- 2 red onions, thinly sliced
- 160g black olive cheeks
- 1 large handful basil leaves
- 100ml Latin vinaigrette



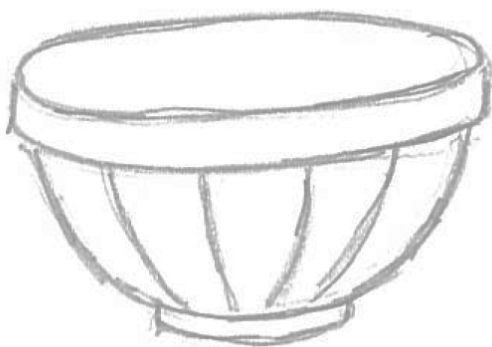
# Johnny cakes



By Lynette Lucas | MAKES 10-12

## Ingredients

- 3 cups plain flour
- 2tbsp sugar
- 1tbsp baking powder
- 1tsp salt
- 2 ½tbsp butter
- 1 cup water
- 1 ½cups veg oil (for frying)



## Method

Mix dry ingredients in a large mixing bowl and work in the butter with your fingers. Add 1 cup of water to the dry ingredients and mix until smooth.

Sprinkle some flour onto a flat surface and knead the dough until smooth. Feel free to sprinkle additional flour on the surface as needed.

Let the dough sit in a clean bowl covered with a towel for 15-30 minutes.

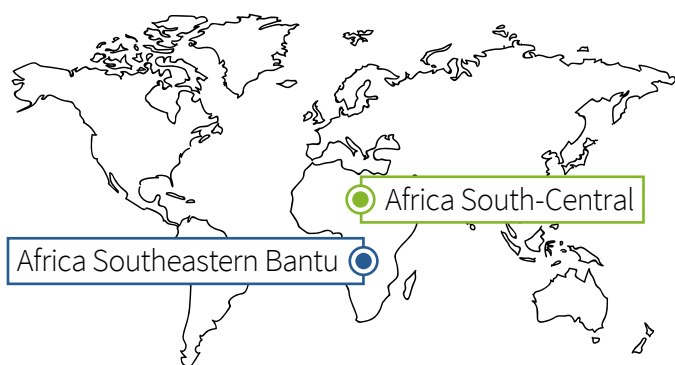
Once dough has rested, heat the oil in frying pan over medium-low heat.

Create small golf ball sized balls of dough and press the dough into circles using the palms of your hands. Don't make them too thin though.

Fry on each side until golden brown, normally a few seconds each side.

Allow to cool and drain on paper towel.

# Radishes and chilli



By Matt Wilkinson | SERVES 2-4

## Ingredients

- 20 sparkler, champion or cherry belle radishes, tops trimmed
- 1 tablespoon fine salt flakes
- 250ml canola oil
- 20ml sesame oil
- 50ml soy sauce
- 20ml black rice vinegar
- 1 tablespoon caster sugar
- 1 long red chilli, halved
- 1 teaspoon chilli flakes
- 50g beef biltong, beef jerky or prosciutto, thinly sliced
- 1 tablespoon flat-leaf parsley, chopped



## Method

Crack each radish by hitting it with the bottom of a pot or a mallet. You don't want to completely crack or split them — just crush or break the skins in parts. Once they're all done, place them into a bowl, add the salt and thoroughly mix through. Let them sit for 20 minutes, then rinse under cold water to wash off most of the salt. Dry.

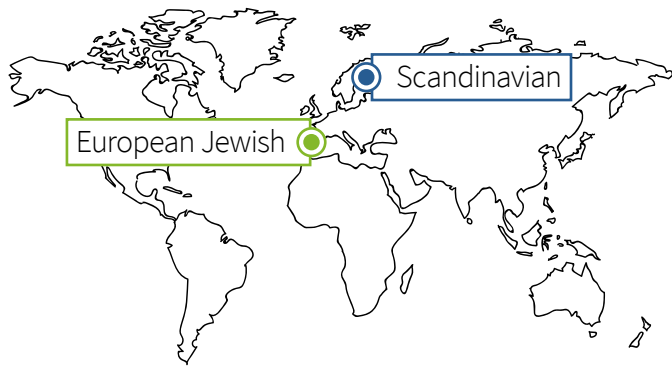
Place the canola oil, sesame oil, soy sauce, vinegar, sugar, chilli and chilli flakes in a large pot and bring to the boil. Once boiling, add the radishes, then bring back to the boil. Immediately take off the heat and let sit for 5 minutes.

Take the warm radishes out of the pot and place in a bowl. Add the biltong, if using, and parsley, toss together and serve.

Photograph by Jacqui Melville. Recipe from Matt Wilkinson's Mr Wilkinson's Simply Dressed Salads, published by Hardie Grant Books, and available online at [www.cooked.com](http://www.cooked.com)



# Open toasted sandwich kick with rollmops



 @Missrachelphipps | SERVES 1

## Ingredients

- 200ml full fat milk
- 1 bagel
- 100g light cream cheese
- 3-4 rollmops
- fresh dill
- freshly ground black pepper

## Method

Split a bagel down the middle and lightly toast it.

Spread with light cream cheese.

Unroll and cut 3-4 rollmops into bite sized pieces, and lay over the bagels.

Garnish with fresh dill and freshly ground black pepper.



# Vietnamese crème caramel



By Charmaine Solomon | MAKES 6

## Ingredients

- 110g sugar

### CUSTARD

- 500ml milk
- 4 eggs
- 110g sugar
- 1 teaspoon natural vanilla extract



## Method

To make the caramel, put the sugar and 60 ml water into a saucepan over medium heat and sit over the heat, without stirring, until golden. Divide this mixture evenly between six 125 ml capacity ramekins or similar moulds, swirling to coat the base. (Heating the caramel briefly in a microwave will make it fluid again if it has set prematurely.)


Put the milk into a separate saucepan and bring just to simmering point. In a bowl, whisk together the eggs and sugar until just combined, then gradually add the hot milk, stirring constantly. Stir in the vanilla to combine, then remove from the heat and strain the milk mixture into each mould over the caramel until filled almost to the top.

Fill a large saucepan or deep frying pan with water and bring to the boil, then reduce the heat to low, place the ramekins on a rack over the simmering water, cover, and cook for 20 minutes, or until firm. If the heat is too high, the custard will bubble and lose its silky smoothness.

Remove from the heat, chill for a few hours, then turn out and serve. The caramel melts as the dessert chills, so for more caramel syrup, make them a day ahead.

# Greek yogurt panna cotta served with figs and blood orange marmalade



 @mintandrosemary | SERVES 4

## Ingredients

- 200 ml full fat milk
- 200 ml double cream
- 200 ml greek yogurt
- 3 leaves gelatine
- 2 tsp caster sugar
- 1 fresh rosemary spring
- 4 fresh figs
- 4 tsp blood orange marmalade



## Method

Place the gelatine in a bowl of cold water.

Heat the milk and double cream in a pan, add the sugar and rosemary and bring to a boil. Set aside, pass through a sieve and leave to cool down for about 10 minutes.

Remove the gelatine from the cold water, squeeze out the excess water. Add the gelatine to the milk and double cream mixture. Stir gently until it cools down completely and begins to thicken. Add the greek yogurt and stir until completely combined.



Pour the mixture into 4 panna cotta moulds, cover with cling film and place in the fridge for at least 3 hours.

To serve, dip the panna cotta molds into hot water, then turn them out onto individual plates. Garnish with blood marmalade and fresh figs cut in quarters.



# Confit de canard with tartiflette and runner beans



By Roger Johnson | SERVES 4

## Ingredients

### DUCK CONFIT

- 2 duck legs
- 3 whole garlic cloves
- 1 bay leaf
- 2 sprigs of parsley
- 2 sprigs of thyme
- sea salt
- black pepper
- around 250g duck fat (enough to cover the duck)

### TARTIFLETTE

- 500g of potatoes
- 2 cloves chopped garlic
- 1 large white onion
- 150g lardons
- black pepper
- 125ml of creme fraiche or double cream
- 250g Reblochon cheese

### SIDE

- 75g Green beans



## Method

Take two duck legs, season well with sea salt and black pepper and cover in duck fat. Place in roasting tray along with whole garlic cloves, bay leaves, plenty of sprigs of parsley and thyme.

Cook the duck legs for just over four hours on a low heat (100c) until tender.

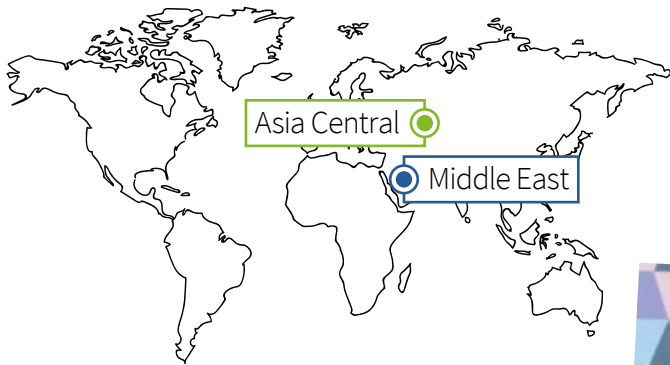
Peel and par boil the potatoes in salty water and set them to one side. Once a bit cooler, chop into chunks.

Chop garlic and white onion and sautee until soft. At the same time, cook the bacon lardons on a high heat until cooked through.

Put the potato and lardons mix into an oven proof dish. Pour about 250ml of creme fraiche or double cream over the ingredients and then add sliced 'discs' of Reblochon cheese to the top, covering as much of the surface as you can. Bake until the cheese has seeped into the mix leaving just the rind behind (takes around 15-20 mins).

Serve with green beans.

# Fig and halloumi skewers



By Posh Kebabs | SERVES 4

## Ingredients

- 8 small, firm, ripe figs
- 250g halloumi, cut into 2.5cm
- 1 tablespoons clear honey
- 1 tablespoon finely chopped

## Method

Cut a small cross through each of the figs, making sure you do not cut all the way through to the base. Thread onto 4 small skewers, alternating with halloumi cubes. Transfer to a baking tray.

Preheat the grill to high. Grill the skewers for 3 minutes until the figs are soft and juicy and the halloumi golden in places and hot.

Use a spatula to transfer to serving plates. Drizzle with the honey and sprinkle with the mint.



# Sea bass on mashed potato with chunky Asian slaw



By Gabi Williamson | SERVES 1

## Ingredients

### SEA BASS

- 2 sea bass fillets
- juice of a lemon
- 2 cloves of garlic
- a walnut sized piece of ginger
- a handful of fresh coriander and olive oil

### MASHED POTATO

- 2 large baking potatoes
- a dash of milk
- 2 tsp chives
- 60g cheese

### CHUNKY ASIAN SLAW

- 1 red cabbage
- 1 white cabbage
- 1 green apple
- 1 carrot
- 10g mint (small handful)
- 10g coriander (small handful)

### DRESSING

- 2 teaspoons of sesame oil
- 2 table spoons of soy sauce
- a squeeze of lemon

## Method

Combine the juice of a lemon, 2 cloves of garlic, a walnut sized piece of ginger, a handful of fresh coriander and olive oil in a food processor and pulse until it forms a paste. Cover the sea bass in the paste and let marinate in the fridge for 2-4 hours.

Warm up the grill and place the fish on a baking pan.

Cook under the grill for 15 minutes without turning over. Peel one large baking potato and chop into medium sized chunks before boiling in salted water until the potato is soft.

Pour out the water, add a dash of milk, some chives, and a little bit of cheese and mash until smooth.

Cut up the red and white cabbage, green apple, carrot, mint and coriander and set aside.

Combine 2 teaspoons of sesame oil, 2 tablespoons of soy sauce and a squeeze of lemon. Mix well.

Combine all the ingredients, mix and serve.



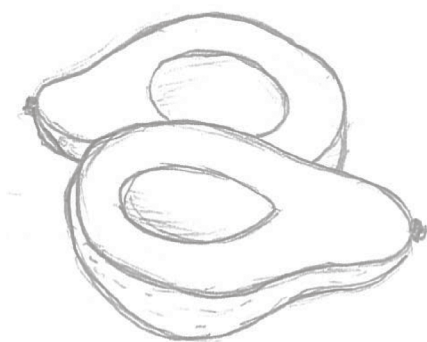
# South Western style chicken salad with egg



By April Colley | SERVES 1

## Ingredients

- 2 chicken breasts
- 1 crushed garlic clove
- 1 tbsp. of butter or coconut oil
- 1 corn on the cob
- 200g of black beans (you could use kidney beans or even edamame for a twist)
- 2 eggs
- 2 tbsp. of olive oil
- 2 tsp of Dijon mustard
- 1 tsp of white wine vinegar
- salt and pepper
- 1 romaine lettuce
- 1 beef tomato, diced
- 1 avocado, sliced



## Method

Rub the chicken with the garlic and season with salt and pepper.

Heat a pan with the butter/oil and cook the chicken for 8 minutes each side until cooked through.

Steam the corn for 5-6 mins, then remove the kernels.

Heat the black beans until cooked through. Soft boil the eggs (about 6 mins). Mix the olive oil, mustard and vinegar together well with a pinch of salt and pepper.

Mix the lettuce, tomato, black beans, corn kernels, avocado with the dressing, top with boiled eggs sliced in half and the chicken.

# Arancine



By Manuela Darling-Gansser | MAKES 15-20 arancine

## Ingredients

- 300g leftover risotto
- 1 large fresh mozzarella ball, cut into small cubes
- 2 thick slices cooked ham, very finely chopped
- 120g unbleached plain flour
- 2 organic eggs, lightly beaten
- 240g fresh breadcrumbs
- 500ml sunflower oil, for frying



### variation

To make black squid ink arancine, use risotto made with fish stock. Add a little squid ink to the risotto to make it black. Follow the method for the arancine recipe above, substituting prawns for the ham.



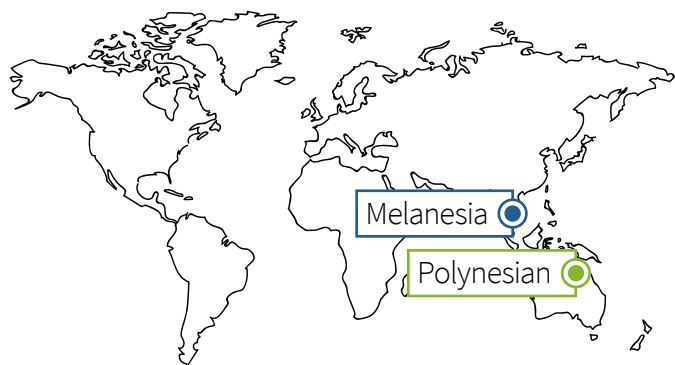
## Method

Moisten your hands with a little water, then take a tablespoon of risotto and flatten it gently in the palm of one hand. Place a cube of mozzarella and a little ham in the centre, then shape the risotto around the filling, forming it into a neat, tight ball. Add a little more risotto to cover the filling if necessary.

Roll the arancine in the flour, shaking off any excess. Dip them into the eggs, then coat with breadcrumbs. Pat the arancine well with your hands to make sure they are nice and firm and evenly coated. Place them on a board, ready for frying.

Heat the oil in a medium saucepan. Deep-fry the arancine in batches over a medium-high heat until golden, turning them frequently as they cook. Drain on kitchen paper and keep them warm while you cook the remainder. Serve straight away.

# Spam musubis



By Celia Farrar, Guy Jackson | MAKES 4 musubis

## Ingredients

- 120g short-grain white rice, cooked, seasoned and cooled as per instructions
- 4 sheets toasted nori
- Nori furikake
- 350g spam, cut into 4 oblong pieces
- 60ml teriyaki sauce
- 80g kimchi or 4 oblong pieces pineapple, peeled and grilled

## Method

To assemble the musubis, shape the sushi rice into 4 oblong pieces, using the palm of one hand and the thumb and forefinger of the other.

Place each piece of rice in the centre of a toasted nori sheet, and sprinkle the furikake over the top.

Fry the spam in the teriyaki sauce until hot and crispy. Place the fried spam on top of the rice and top with kimchi or grilled pineapple.





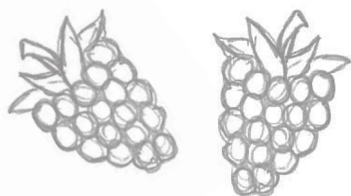
# Runeberg cake



By Claire Clark | MAKES 20cm cake

## Ingredients

- 75g amaretti biscuits
- 110g plain flour
- 50g ground almonds
- 50g ground hazelnuts
- ½ teaspoon baking powder
- ½ teaspoon bicarbonate of soda
- ½ teaspoon salt
- 110g unsalted butter, at room temperature
- 100g dark muscovado sugar
- 110g light soft brown sugar
- 2 medium eggs
- ½ teaspoon vanilla extract
- 2 oranges, grated zest
- 65ml whole milk
- 65ml orange juice



### RASPBERRY JAM

- 300g frozen raspberries
- 150g caster sugar
- 1 tablespoon lemon juice

### RUM SYRUP

- 125g caster sugar
- 125ml water
- 30ml dark rum

### FILLING

- 300ml whipping cream
- 1 teaspoon vanilla extract
- 25g icing sugar

### TO DECORATE

- a little icing sugar
- 150g white ready-to-roll icing
- 1 punnet raspberries, (optional)



Runeberg cake

## Method

Heat the oven to 150°C. Grease and flour two 20cm sandwich cake tins.

Place the amaretti in a plastic bag and crush them to a fine powder with a rolling pin. Transfer to a large bowl and stir in the flour, ground almonds and hazelnuts, baking powder, bicarbonate of soda and salt.

Place the butter and both sugars in a mixing bowl and cream together with an electric mixer until pale and fluffy. Lightly whisk the eggs with the vanilla and add to the mixture a little at a time, beating well after each addition. Mix in the grated orange zest. Using a large metal spoon, fold in the dry ingredients alternately with the milk and orange juice. Divide the batter evenly between the cake tins and level the surface.

Bake the cakes for 20-25 minutes, until a skewer inserted in the centre comes out clean. Cool in the tins for 10-15 minutes, then turn out on to a wire rack to cool completely.

To make the raspberry jam, put the raspberries in a pan and heat gently until they start to simmer. Add the sugar and stir to dissolve. Continue to simmer over a low heat for about 10 minutes, until the mixture reaches setting point.

The best way to test for setting point is to drop a small amount of the mix on to a plate that you've chilled thoroughly in the freezer; the mixture should form a skin and set in a matter of 30 seconds or so. When it is ready, stir in the lemon juice and leave to cool.

To make the syrup, put the sugar and water in a small pan and bring to the boil, stirring to dissolve the sugar. Remove from the heat and stir in the rum. Brush the syrup generously over the bottom layer of the cake.

Whisk the cream with the vanilla and icing sugar until it forms firm peaks. Transfer to a piping bag fitted with a St Honore nozzle. With the open part of the nozzle facing upwards, pipe a short line of the cream about 2.5cm long on the edge of the cake, taking it in towards the centre of the cake slightly, to give the shape shown in the picture. Continue to pipe the cream in the same fashion around the edge of the cake, then fill the centre with more cream. If you do not have a St Honore piping nozzle, you could just pipe neat blobs with a 2.5cm nozzle.

Soak the second layer of sponge with rum syrup and place it on top of the cream. Spoon the raspberry jam into the centre of the cake, pushing it to within about 1cm of the edge.

On a surface lightly dusted with icing sugar, roll the white icing out into a rope; it should be large enough to fit around the jam on the top of the cake. Arrange it on the cake, then pinch it with crimpers. If using the raspberries, arrange them in a ring inside the rope.



# Pasta with chickpeas



By Elisabetta Minervini | MAKES 4

## Ingredients

- 200g dried chickpeas
- sea salt
- 3 sprigs rosemary
- 1 carrot, peeled and cut into large chunks
- 1 celery stalk, cut into large chunks
- 2 garlic cloves, peeled
- 12 cherry tomatoes, halved
- olive oil
- 250g small pasta, (such as chifferi, broken spaghetti, ditalini or conchiglie)
- black pepper



## Method

Soak the chickpeas in slightly salted water overnight. Drain, rinse and tip into a saucepan of fresh cold water. Bring to the boil, so that a white foam rises. Drain and rinse the chickpeas.

Boil some water in the kettle, then pour into the pan. Bring the water back to the boil, then tip in the chickpeas and cook for 15 minutes, covering partially with a lid.

Add the rosemary, carrot, celery, garlic, tomatoes, a large pinch of salt and 1 tablespoon of olive oil. Leave to cook for another 45 minutes, or until the chickpeas become soft.

Meanwhile, bring a deep, tall pan of well-salted water to the boil and cook the pasta until al dente (check the packet and start testing towards the end of the cooking time), stirring now and then.

Drain the pasta (reserving the cooking water) and place it in shallow bowls. Drain the chickpeas, discarding the vegetables. Add the chickpeas to the pasta with enough reserved pasta water to make a sauce. Season with a little black pepper, if you like, and serve.



# Bunny chow



By Billy Law | SERVES 4

## Ingredients

- 2 tablespoons oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 1 cinnamon stick
- 2 green cardamom pods
- 1 star anise
- 1 bay leaf
- 1 onion, finely chopped
- 2 tablespoons curry powder
- 2 tablespoons tomato paste
- 1kg boneless leg of lamb, cut into 2 cm cubes
- 5 cm piece fresh ginger, finely chopped
- 3 garlic cloves, finely chopped
- 10-12 curry leaves
- 500ml vegetable stock
- 2 large potatoes, cut in cubes the same size as the meat
- salt, to taste
- 4 small white or cobb loaves
- coriander leaves, to garnish



## Method

Heat the oil in a saucepan over a medium heat and sauté the seeds, cinnamon, cardamom, star anise and bay leaf until the spices sizzle. Add the onion and cook for 5–7 minutes until translucent. Stir in the curry powder and sauté for 1 minute, then add the tomato paste and stir to mix.

Add the meat, ginger, garlic, curry leaves and 300 ml of the vegetable stock, bring to the boil, reduce the heat and simmer, stirring occasionally, for 40–50 minutes or until the meat is tender.

Add the potatoes and remaining stock. Continue simmering until the meat and potatoes are perfectly cooked, about 15 minutes. Season with salt.

To serve, cut the top of the bread off and hollow it out, keep the hollowed-out bread for dipping in the sauce. Pour the curry into the loaf and garnish with coriander leaves.

# Chocolate Guinness cake with mascarpone and Greek yoghurt icing



@TheLittleFoodAtlas | SERVES 8

## Ingredients

- 100g butter
- 80g dark chocolate
- 2 eggs
- 200ml Guinness
- 200g plain flour
- 1 tbsp cocoa powder
- 1 tsp baking powder
- 200g caster sugar

### ICING

- 1tbsp Greek yoghurt
- 2 tbsp mascarpone
- Mixture of berries

## Method

Preheat the oven to 160 degrees fan and grease and line a 23cm cake tin with butter.

Gently melt the butter and chocolate in a bain marie. Once melted remove from the heat and let it cool to room temperature. Stir in the Guinness.

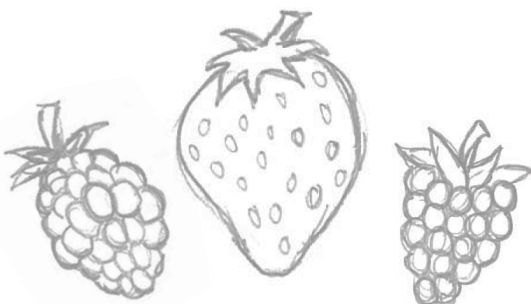
In a separate bowl mix the flour, baking powder and cocoa powder. In another bowl beat together the eggs and sugar together with an electric whisk until fluffy.

Add half the chocolate mixture to the eggs and mix until well combined then add half the flour mixture. Repeat until all ingredients are mixed.

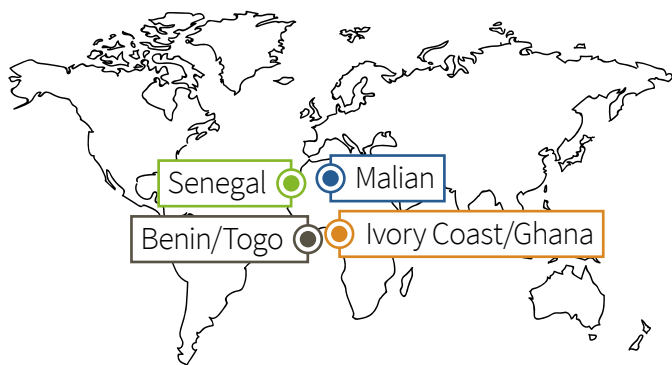
Pour your cake mixture into the tin and place in the oven for about 40mins.

Once cooked remove and let it cool for about 10 minutes before transferring to a cooling rack.

For the icing, mix the Greek yoghurt and mascarpone together in a bowl and sift in the icing sugar. Beat all the ingredients together until smooth then ice the cake (once it's cool enough) and serve with fresh berries.



# Berried alive ice-cream with baobab



By Kimberly Parsons | SERVES 2-4

## Ingredients

- 500g fresh or frozen raspberries
- 160ml coconut cream
- 2 tablespoons baobab powder
- 1 tablespoon vanilla bean paste

## Method

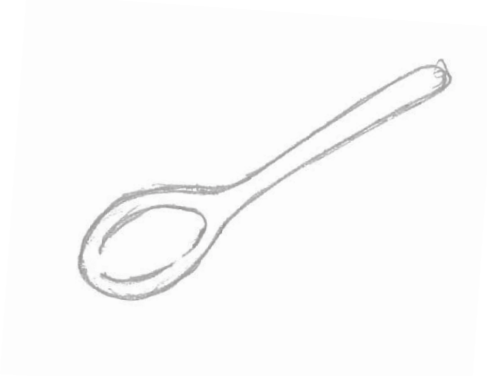
Place the frozen raspberries, coconut cream, baobab powder and vanilla paste into a high-speed blender or food processor. It is not necessary to have an ice-cream machine to make wonderful ice-creams or sorbets, but they do create the best results.

Transfer the mixture to ice-cream maker and process according to manufacturer's instructions, churning for approximately 1 hour.

Alternatively, line a baking dish with clingfilm (plastic wrap) making sure there is enough clingfilm hanging over the edges to cover the top as well. I like to use loaf tins (pans) or glass dishes, as plastic containers tend to crack upon serving. Pour the mixture into the lined baking dish, cover and place in the freezer for 2-3 hours. When it is semi-solid, whisk it again with a fork or spoon and refreeze. Make sure

the ice-cream is covered each time it goes into the freezer as ice crystals will form and create an 'icy' ice-cream instead of a smooth, creamy consistency. When frozen, place in a food processor or blender and process until smooth. Cover and refreeze until serving time.

Feel free to use any berries or fruits to begin creating wonderful creamy ice-creams.





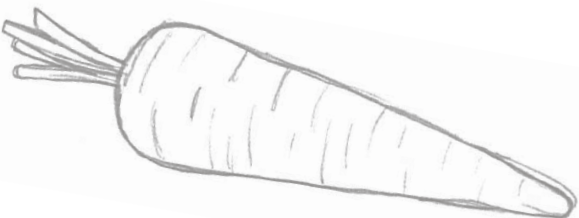
# Sesame soy salmon and vegetables with coconut rice



By Dale Pinnock | SERVES 2

## Ingredients

- 2 tablespoons low-salt soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon honey
- 2 large salmon fillets
- 150g brown rice
- 400ml coconut milk
- 2 tablespoons desiccated coconut
- olive oil, for cooking
- 1 garlic clove, finely chopped
- 1 large red onion, finely sliced
- 1 small carrot, cut into thin strips
- ½ courgette, cut into thin strips
- handful baby spinach
- sea salt



## Method

Mix together 1 tablespoon soy sauce with the sesame oil and honey, and stir well to create a marinade. Pour over the salmon and leave to marinate for at least an hour, or overnight.

Put the rice in a saucepan and cover with salted boiling water. Simmer over a medium heat until half cooked, about 10 minutes (check the instructions on the packet). Add the coconut milk and continue to simmer until soft and tender. You may need to add a little extra water. Add the desiccated coconut and stir well. Transfer to a warmed dish and set aside.

Heat a non-stick frying pan over a medium heat, add the salmon and its marinade and cook for 6–8 minutes, turning regularly.

Meanwhile, heat a little olive oil in a large pan or wok and add the garlic, onion, carrot and courgette. Stir-fry for 2–3 minutes, until soft. Add the spinach and remaining soy sauce, and cook for 1 minute. Once the salmon and vegetables are cooked, serve immediately with the coconut rice.

Photograph by Martin Poole. Recipe from Dale Pinnock's The Medicinal Chef, published by Quadrille, and available online at [www.cooked.com](http://www.cooked.com)

# Cooked.

Food is such a key part of who we are and how we relate to our heritage. From the moment we're born we're immersed in the flavours and smells that come from the foods our parents cook. It brings us closer to the past and our culture - but also it has a huge influence on how we engage with cooking in the future too.

This ebook is special because it serves as a tribute to the diversity and creativity of cooks across the UK, bringing together flavours from around the globe in a celebration of amazing food inspired by your heritage. We know that when it comes to our DNA, people in Britain represent a real mix of origins and backgrounds – whether we're aware of it or not – which means there's a great deal of value in becoming more aware of our heritage and letting it influence us creatively.

We hope this collection of recipes, which fuses exciting flavours from around the world, will also inspire a lot of cooks out there to try the same, and create dishes that are true representations of themselves on a plate.



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