

Chunky Choc Orange Cookies

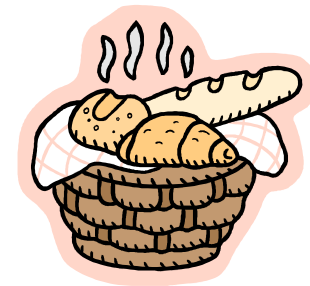
250g butter
50g caster sugar
100g light muscovado sugar
300g self-raising flour
2 tbsp milk
175g orange-flavoured dark chocolate, roughly chopped
50g pecan nuts, roughly chopped

Beat together butter, sugars and when fluffy stir in flour, milk, mix well then stir in chocolate and nuts.
Divide into 18 portions on a non-stick baking tray, and flatten with fingertips.

Bake for 15 to 20 mins at 160 C should be pale golden around the edges and soft in the centre.

Michelle Griffiths

Recipes



Foundation Course
York 2005-6

Fruit Crumble

To serve 4x people

Dish Well Greased

1lb fruit i.e. Peeled and cored Baking Apples*Stoned halved quartered plums* Rhubarb chopped into 1" chunks, Gooseberries topped and tailed.

2oz Sugar

1Tsp Cinnamon

Christmas special-1lb mincemeat with large grated Baking Apple-very rich
Serve with Rum sauce- very yummy or Vanilla ice cream- as contrast
If using baking apples chop and mix with sugar, if using other fruit add sugar.
Soften fruit i.e. stew or bake in oven. Do not over cook. Allow to cool completely.

Crumble.

4oz of sifted flour - (use mixture for different texture i.e. 2oz of rice flour 2oz of spelt flour)

2oz of rolled oats or medium oatmeal

1 Heaped tbsp sesame seeds or sunflower seeds or mixture of both

4oz Butter

2oz Sugar

Rub butter into flour to breadcrumb stage, add sugar, seeds/oatmeal, and mix well.

Place fruit in dish and cover with crumble. Bake 40 mins at approx 190c/350f gas mark 4. Serve with custard, cream, yoghurt or ice cream.

"ENJOY"

N.B there will be a lot of juice if using plums - cover cooked plums with a thin layer of oats so the crumble doesn't soak into the fruit. Add 1oz of ground almonds instead of seeds into the crumble

Judi Lawson

Hummus and Garlic Toasts

Serves 4 - either as a delicious starter to an evening meal or as part of a light lunch. Use organic ingredients where available.

Ingredients HUMMUS

- 400g/14oz can chick peas
- Juice of one large lemon
- 6 tbsp tahini
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- Salt and pepper
- Chopped fresh coriander and black olives to garnish

- 1 Drain the chickpeas, reserving a little of the liquid. Put the chickpeas and liquid in a food processor and blend, gradually adding the reserved liquid and lemon juice. Blend well after each addition until smooth.
- 2 Stir in the tahini and all but one teaspoon of the olive oil. Add the garlic, season to taste and blend again until smooth.
- 3 Spoon the hummus into a serving dish. Drizzle the remaining olive oil over the top, garnish with chopped coriander and olives. Leave to chill in a refrigerator whilst preparing the toasts.
- 4 If you make the hummus one day in advance and chill, covered in the refrigerator until required it tastes even more delicious. Garnish when ready to serve.

Ingredients TOASTS

- 1 ciabatta loaf, sliced
- 2 garlic cloves, crushed
- 1 tbsp chopped fresh coriander
- 4 tbsp olive oil

- 5 Lay the slices of ciabatta on a grill in a single layer.
- 6 Mix the garlic, coriander and olive oil together and drizzle over the bread slices. Cook under a hot grill for 2-3 minutes until golden brown, turning once. Serve hot with the hummus.
- 7 As an alternative to the toasts the hummus is delicious served with oatcakes.

Tracy Hill

Mung Bean Casserole

250g mung beans, pre soaked in water for 6 hours
1 vegetable stock cube
½ tsp turmeric powder
½ tsp ground cumin
3 tbsp chopped fresh coriander
1 onion, finely chopped
2 carrots, diced
2 endive, leaves removed
1 small bunch of radishes
a few clover sprouts

- 1) Drain the mung beans and rinse well
- 2) Bring 750ml of water to the boil and add the mung beans, stock cube, turmeric and cumin, lower the heat and simmer for 30 mins.
- 3) Add the coriander, onion and carrots and simmer for a further few minutes.
- 4) Arrange the endive round a bowl, spoon in the casserole mixture and garnish with the radishes and clover sprouts. Serve with brown rice and a hearty salad.

Laura Henwood

SPINACH & RICOTTA CANNELLONI

INGREDIENTS

225g (8oz) Frozen Spinach
15g (1/2 oz) Butter
50g (2oz) Ricotta
25g (1oz) Parmesan
40g (1 1/2 oz) Mozzarella
Pinch grated Nutmeg
8 Cannelloni Tubes

TOMATO SAUCE

1 Chopped Onion
1 Clove of Garlic
1 Bay Leaf
1 Tbsp Olive Oil
500ml (17 fl.oz) Passata

1. Pre-heat oven to 180 degrees.
2. Make tomato sauce: Saute onion and garlic with bayleaf in oil for two minutes.
3. Add Passata and simmer uncovered for 8 minutes, until thick.
4. Make filling: Cook Spinach, drain well, press liquid out with wooden spoon and roughly chop.
5. Melt butter in saucepan and sauté spinach for a couple of minutes.
6. Add ricotta, Parmesan and mozzarella and stir.
7. Use this mixture to fill cannelloni and arrange in dish.
8. Cover in tomato sauce.
9. Add extra mozzarella over and bake for 25-30 minutes.

Becky Ince

CHILLI AND BUTTERNUT SQUASH RISOTTO

1½ pts. Vegetable stock

Oil

1 red onion, peeled and finely chopped

2 garlic cloves, peeled and finely chopped

1 red chilli, deseeded and finely sliced

9oz rice suitable for risotto

5oz peeled butternut squash cut into ½in dice

salt and pepper

3 tbsp parsley

10z Parmesan cheese

- Bring the stock to boil in a saucepan over medium heat. Meanwhile, heat the oil, add the onion, garlic and chilli and cook gently for 2-3 minutes, stirring occasionally.
- Increase the heat to medium and add the rice to the onion mixture with the chopped butternut squash. Stir in a ladleful of the hot stock.
- Continue to cook in this manner, adding a ladleful of boiling stock as soon as each addition of liquid is absorbed, stirring constantly. It is essential that the stock is boiling hot as it is added or the rice will not cook properly. Add the stock in this way until the squash and rice are creamy and tender, but retaining a bite. Season, stir in the parsley and remove from the heat.
- Sprinkle with the cheese and serve.

It's supposed to feed 4, but here never more than three!! As with any risotto you vary it to taste and what you have...I usually use dried chilli or chilli flakes and whatever herb I happen to have, if I have any!

VEGETABLE CURRY (serves 4)

Ingredients

250g/8oz turnips or swede, peeled

1 aubergine

350g/12oz new potatoes, scrubbed

250g/8oz cauliflower

250g/8oz button mushrooms

1 large onion

250g/8oz carrots, peeled

6 tbsp vegetable ghee or oil

2 garlic cloves, crushed

5cm/2 inch ginger root, grated

1-2 fresh green chillies, seeded and chopped

1 tbsp paprika

2 tsp ground coriander

1 tbsp medium curry powder

450 ml (¾ pint) vegetable stock

400g/14oz tin chopped tomatoes

1 green (bell) pepper, seeded and sliced

1 tbsp cornflour

150ml (¼ pint) coconut milk

2-3 tbsp ground almonds

salt

fresh coriander.

1. Cut the turnips or swede, aubergine and potatoes into 1cm/(½ inch) cubes. Divide the cauliflower into small florets. Leave the mushrooms whole and slice the onion and carrots.
2. Heat the ghee or oil in a large saucepan, add the onion, turnip, potato and cauliflower and cook gently for 3 minutes, stirring frequently. Add the garlic, ginger, chillies, paprika, ground coriander and curry powder and cook for 1 minute.
3. Add the stock, tomatoes, aubergine and mushrooms and season with salt. Cover and simmer for 30 minutes or until tender. Add the (bell) pepper and carrots, cover and cook for a further 5 minutes.
4. Blend the cornflour with the coconut milk and stir into the mixture. Add ground almonds and simmer for 2 minutes, stirring all the time. Add bunch of coriander leaves and serve!

Angela Mulligan

Celery & Cashew Timbale

Onion	1 small
vegan margarine	1 tbs
bay leaf	1
celery	4 sticks
cashews	2oz
flour	1tsp
tomato paste	1 tbs
lemon	juice & rind of quarter
grating of nutmeg	
sea salt and freshly ground black pepper	
boiled or roast potatoes	

1. Heat margarine in pan. Add onion & bay leaf. Cover and cook on low heat until onion tender.
2. Meanwhile chop celery and steam until tender. Drain and retain water.
3. Grind cashews.
4. Remove bay leaf. Stir in flour. Make celery water up to approx 3 fl oz and stir in with tomato paste.
5. Add celery, ground cashews, lemon juice and rind, nutmeg and seasoning. Stir well and heat thoroughly.
6. Serve with potatoes.

Quick and lovely, also works well with asparagus. Nice with brown rice.
Ingredients given serve 1 person.

Karen Glew

10. Add the tomato slices to the saucepan and stir-fry the mixture for 3-5 minutes.
11. Mix together the salt, ginger, garlic and chilli powder and spoon into the pan. Blend the whole mixture together.
12. Add the green beans and potatoes to the pan and stir-fry for about 5 minutes.
13. Add the water to the pan, reduce the heat and leave to simmer for 10-15 minutes, stirring occasionally.
14. Garnish the green bean and potato curry with chopped coriander leaves and green chillies and serve!

Angela Mulligan

Frittata makes 2, 8-inch foil pie trays

Red, yellow, green peppers
Red onion
4 large eggs
250ml double cream
Mozzarella cheese
Cheddar cheese

Cut Peppers and onion and place in trays
Whisk eggs and cream together, then pour over evenly in both trays
Sprinkle cheddar over and then mozzarella.
Bake for 45 mins 170 C

Can use any filling.

Michelle Griffiths

Aduki Bean Soup

- 125g aduki beans
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 celery sticks, chopped,
- 2 carrots, chopped
- 4 tomatoes or a tin, chopped
- 1 tablespoon tomato puree
- Bay leaf
- Thyme
- 900ml water
- Seasoning
- Splash of Tabasco?
- Chopped parsley to garnish

Soak the beans in cold water for 3 hours, drain well.

In a large pan, heat the oil, cook the onion, carrot and celery and cook until softened. Add the remaining ingredients, with salt and pepper to taste. Bring to the boil and simmer for an hour

Sprinkle with parsley (and a dollop of yoghurt if liked) to serve.

Jane Kettle

FRUIT TART

This recipe is sweet, delicious, sugar-free, wheat-free, vegan, raw, and above all dead simple to make. Enjoy!

Crust:

200g almonds, soaked overnight

200g dates

a little cinnamon

perhaps some dried coconut

perhaps a little water or fruit juice to help it bind together

Filling:

Fruit! Bananas are good, as is melon, pineapple, peaches, pears, anything you fancy.

2 tbsp dates

2 tbsp tahini

juice of 1 lemon

Grind the soaked almonds and the chopped dates.

Add the cinnamon, coconut and a drop or two of liquid until it forms a 'dough'.

Press this mixture into the base and around the sides of a flan dish, about 9cms.

Slice all you fruit and arrange them on top of the flan crust.

Blend the chopped dates, tahini, lemon juice and perhaps a little water together to make a thick cream. Pour this over the fruit, and try not to eat it all at once!

Jude Fox

Divine Raw Curry

The almonds and coconut are essentials.

Four handfuls (both hands together) almonds

One handful of coconut

One avocado

One decent sized piece of ginger

One decent sized clove of garlic

One squeezed lemon

At least a teaspoon of the following seeds:

celery, dill, fennel, fenugreek

Mild curry powder

Turmeric

Paprika

Soak the almonds over-night (or for at least 7 hours) and strain. Throw all of the above into a food processor or blender with a little mineral water. You can add more water if required. Ideally, and really this depends on your tastes, we are looking to get either a creamy or a pasty texture. We will mix the veg into this.

When I make this dish my intention is to make it light so I tend to use lots of green leaves like spinach, kale and chard, and veg like courgettes and celery, which can be thinly sliced in different ways for creativity. I also use sprouted alfalfa, mung beans, puy and brown lentils. (No kidding!)

If you're not planning to eat it immediately, don't add the leaves until just before serving. The almonds will start to go off after about 24hrs so best to be eaten before then.

Roots

This is a very simple recipe, but in the Ayurvedic health system it's balancing for all 3 doshas (pitta, vata, kapha) and is said to stimulate digestive fire – i.e. increase your energy levels

Kichadi

1. Wash ½ cup basmati rice and ½ cup lentils
2. Soak both for 1-2 hours [optional] then drain
3. Fry:
 - ½ teaspoon cumin;
 - ½ teaspoon coriander;
 - ½ teaspoon turmeric and
 - a pinch of asafoetida (hing)lightly in sunflower oil (or ghee)
4. Add drained rice and lentils so rice and lentils are well soaked in with oil [mixed veg. can be added here – optional]
5. Add 2 cups of cold water
6. Add:
 - 5 cardamom pods
 - ½ teaspoon ginger
 - Pinch of salt
7. Bring to boil, cover, then simmer until soft

Ian Clifford

Moroccan Chick Pea Stew

With Couscous

Serves 4

I love this recipe as it is so easy and makes such a comforting, healthy meal. I have used different vegetables and it still works.

Ingredients:

500g (1lb) couscous – follow instructions on packet
1 x 410g tin chickpeas – drained and rinsed
1 large red onion – finely chopped
1 head of broccoli – cut into small florets
75g cherry tomatoes – cut in half
75g fresh French beans – cut in half
75g baby corn
Fresh chillies to taste – finely chopped
3 cloves garlic – peeled and crushed
2.5cm piece fresh ginger – grated
1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp olive oil
500ml (1pt) vegetable stock
Handful fresh coriander – roughly chopped

In a large wok or saucepan heat the oil and cook onion for 2 minutes. Add the cumin, coriander, garlic and chilli. Stir over a medium heat for 2-3 minutes, make sure it does not burn. Turn down heat and add the stock, chickpeas and grated ginger. Stir and cover, cook over a low heat for 10 minutes. Now add the florets of broccoli, beans, tomatoes and baby corn and stir mixture. Cook covered until vegetables are heated through and soft enough for individual taste. When cooked, garnish with coriander and serve with couscous.

Karen Cole

ROAST RED VEGETABLES

INGREDIENTS

6 Small Red Apples
6 Red Skinned Potatoes
4 Small Red Onions
Sea Salt
Ground Black Pepper
Sprigs of Thyme
4 tbsp extra virgin olive oil
2 tbsp Balsamic Vinegar
20 Cherry Tomatoes

1. Pre-heat Oven to 180 degrees/Gas 4. Slit the skin of each apple and cut the potatoes into chunky wedges.
2. Oil a baking tray and arrange the apples and potatoes and onions, season with salt and pepper and thyme sprigs and drizzle with 2 tbsp of olive oil and balsamic vinegar. Bake for 30 mins.
3. Coat the cherry tomatoes with olive oil, add to the tray and bake for a further 20 mins. Serve hot.

Adele Herdsman

GREEN BEAN & POTATO CURRY

(serves 4)

Ingredients

300ml (1/2 pint) oil
1 tsp white cumin seeds
1tsp mustard and onion seeds
4 dried red chillies
3 fresh tomatoes, sliced
1 tsp salt
1tsp fresh ginger root, grated
1 tsp fresh garlic, crushed
1 tsp chilli powder
200g/7oz green cut beans
2 medium potatoes, peeled and diced
300 ml (1/2 pint) water
fresh coriander leaves
2 green chillies, finely chopped

1. Heat the oil in a large saucepan.
2. Add the white cumin seeds, mustard and onion seeds and dried red chillies to the saucepan, stirring well.
3. Add the tomato slices to the saucepan and stir-fry the mixture for 3-5 minutes.
4. Mix together the salt, ginger, garlic and chilli powder and spoon into the pan. Blend the whole mixture together.
5. Add the green beans and potatoes to the pan and stir-fry for about 5 minutes.
6. Add the water to the pan, reduce the heat and leave to simmer for 10-15 minutes, stirring occasionally.
7. Garnish the green bean and potato curry with chopped coriander leaves and green chillies and serve!
8. Heat the oil in a large saucepan.

Add the white cumin seeds, mustard and onion seeds and dried red chillies to the saucepan, stirring well.

CHEESE AND LENTIL LOAF

This can be served hot and goes well with a homemade tomato sauce or cold with salad.

Ingredients

6oz red lentils
12 fl oz water
4oz grated Cheddar cheese
1 onion, peeled and finely chopped
1 tablespoon fresh parsley, chopped
 $\frac{1}{2}$ teaspoon cayenne pepper
a little lemon juice
1 large egg
3 tablespoons single cream (or milk)
salt and freshly ground black pepper
1 teaspoon butter

1. Cook lentils in water for 10 - 15 mins until they form a stiff puree, check in case you need to add more water.
2. Remove pan from heat and mix in grated cheese, chopped onion, parsley, cayenne pepper and lemon juice. Season to taste.
3. In a separate bowl lightly beat the egg, stir in the cream and then pour this mixture over the lentils.
4. Grease a 1 lb loaf tin with the teaspoon of butter and press in the mixture.
5. Bake for 45 - 50 minutes at gas mark 5 / 190 °C until top is golden brown and mixture feels firm to the touch.
6. If serving hot, let it stand for 10 minutes in the tin before turning it out.

Jayadhara

Oven-Roasted Ratatouille and Mozzarella Strudel

The Strudel:

Four 18x11 inch sheets of frozen filo pastry, defrosted.

4oz mozzarella, cubed

4oz pecan nuts

3oz butter

For the Ratatouille:

2 medium courgettes

1 small aubergine

1lb ripe, plum tomatoes

1 small red pepper, de-seeded and cut into 1 inch squares

1 small yellow pepper (as above)

1 medium onion, peeled and chopped into 1 inch squares

2 large, garlic cloves, peeled and finely chopped

A handful of torn, fresh basil leaves

1 heaped teaspoon of coriander seeds, crushed

2 tablespoons of olive oil

Sea salt and freshly milled black pepper

First you need to roast the vegetables. Prepare the courgettes and aubergine ahead of time by cutting them into 1inch dice, leaving the skins on. Now place them in a colander and mix them with a rounded dessertspoon of salt. Then place a plate on top of them and weigh it down with a heavy weight, making sure you have a plate underneath the colander to catch the drips. Leave them like this for an hour so that any bitter juices can drain out.

Meanwhile, pour boiling water over the tomatoes, leave them for 1 minute exactly, then drain, slip the skins off and quarter the flesh. When the aubergines and courgettes have drained, squeeze out any excess juice then dry them thoroughly in a clean cloth. Pre-heat the oven to gas mark 9, 475F (240C). Now arrange the tomatoes, aubergines, courgettes, peppers and onion on the roasting tray, sprinkle with garlic, torn basil leaves, crushed coriander seeds and season. Drizzle the oil over, then thoroughly mix so the vegetables get a good coating. Roast on the highest shelf of the oven for 30-40 minutes, or until the vegetables are tender and tinged brown at the edges. Remove from the oven and leave until cold.

When you are ready to make the strudel, preheat the oven to gas mark 4, 350F (180C) and pop the nuts to toast on a baking sheet for 6minutes. While they toast, melt the butter. When the nuts are ready, remove them from the oven and allow to cool a little. Now pulse them in a processor to chop them small, transfer them to a small bowl and mix them with two tablespoons of the parmesan.

Now spread a sheet of parchment paper out on the baking sheet. Follow this with a sheet of filo, covering the remaining sheets of filo with a clean, slightly damp tea cloth. Brush all over the filo sheet with some of the melted butter. Sprinkle on a quarter of the nuts. Then do this another 3 times with the other filo sheets. Now scatter half the cubes of mozzarella in the middle of the pastry and then, using a draining spoon, transfer the roasted ratatouille on top of that, leaving a gap of 2 inches at either end, followed by the other half of the mozzarella.

Then use the parchment paper to help you roll the filo over the filling and then over again. What you need to end up with is the seam and the ends tucked in. You can then discard the paper.

Now brush the rest of the butter all over and bake on the centre shelf of the oven for 40 minutes. If you want to, you can make the strudel in advance and bake it when you want to serve it.

Sprinkle with a little parmesan before serving et voila!

Emma Broadbent