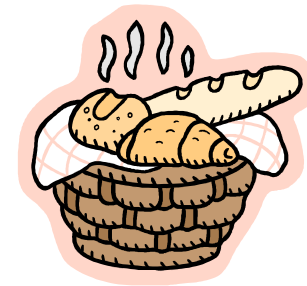


Recipes



Foundation Course
York 2006 - 7

All in One Banana and Walnut Loaf

3oz/75g soft margarine or butter
4oz/110g caster sugar
1 large egg, beaten
The grated rind of 1 orange
The grated rind of 1 lemon
8oz/225g plain flour
2 level teaspoons of baking powder
4 medium bananas, peeled
2oz/50g walnuts, roughly chopped



A loaf tin, base measuring 3.5x7.5" (8.5x19cm), greased, with the base lined with greaseproof paper, also greased.

Pre heat oven to gas mark 4/350F/180C

Place the margarine, sugar and the beaten egg in a large mixing bowl, then sift in the flour and baking powder.

In another bowl, slice the bananas and mash them to a pulp with a fork.

Using an electric mixer, whisk the sugar, fat and flour together until they are thoroughly combined – don't worry if the mixture looks rather dry at this stage. Next add the orange and lemon rinds, followed by the mashed bananas and chopped walnuts, and whisk again thoroughly. Then transfer to the prepared tin and level the top off.

Bake in the centre shelf of the oven for 50-55 minutes until the loaf is golden, well-risen and springs back when pressed with a finger. Leave to cool in the tin for 10 minutes, then loosen around the edges and turn out onto a wire cooling tray to finish cooling. This cake is nice sliced and spread with butter.
Debbie

SENSATIONAL SNACK!

HALOUMI WRAP

INGREDIENTS

haloumi cheese

mixed salad leaves

guacomole/humous/cheese spread/tomato salsa....I prefer Guacomole!

Grated cheddar

tortilla wraps

DO

Cut four medium slices of haloumi and lightly fry in olive oil. Spread paste of choice generously over the tortilla. Place salad leaves in a strip down centre of the wrap (6 o'clock pattern). Place haloumi along the strip on top of salad. Sprinkle grated cheese over the top.

MEAL

To make this a more substantial meal, serve with crisps, mixed salad, rice, chips.....You name it.

ENJOY! :) Hare Krsna.X

Fran Chetter

Lentil Parsnip Dal

Submitted by Deanna Sloan

Preparation time: 10 mins

Cooking time: 45 mins

Serves: 4

Ingredients	Method
2 medium parsnips	Gently fry the parsnips with turmeric in oil until they start to soften and reduce in size. Add a little water, bring it to boiling and let the steam soften the parsnips a little more. Stir frequently.
2 tablespoons oil or ghee	
1 teaspoon turmeric	
¼ pint water	
½ pound red lentils	Add the lentils with the bayleaf and cinnamon stick and the rest of the water. Bring to the boil, simmer and cook for 30 minutes or until tender.
1 bayleaf	
1 short piece cinnamon stick	
1 ¾ pints water	
2 tablespoons oil or ghee	Meanwhile fry the spices for 2 minutes in oil then add the onion and garlic, cooking for 10 minutes until well softened. Stir to avoid burning. When the lentils and parsnips are done, mash or blend them together and stir in the onion spice mixture with lemon juice to taste. Allow to sit for a couple of minutes in a covered pan, removed from the heat, for the flavours to seep in.
4 cardamom pods	
2 teaspoons ground coriander	
2 teaspoons ground cumin	
2 onions	
2 cloves garlic	
Juice of one lemon	
Salt and pepper	Season with salt and pepper. Garnish with fresh coriander and serve with rice and vegetables.
Fresh coriander to garnish	

Parsnip Risotto

Submitted by Laurien Waldie

Serves two as a main course.

- **A generous slice of butter**
- **1 onion, peeled and chopped**
- **2 large parsnips, peeled, woody core removed, chopped into 1cm dice**
- **900ml chicken or vegetable stock**
- **175g arborio rice**
- **A decent slosh of white wine**
- **A handful of freshly grated Parmesan, plus more to serve**
- **Salt and freshly ground black pepper**

Heat the butter in a heavy-based pan over a medium heat. Add the onion and cook for 2-3 minutes, until translucent. Add the parsnips, raise the heat a little and cook until almost tender, stirring frequently to prevent sticking. Meanwhile, bring the stock to simmering point in a separate pan.

When the parsnip pieces are soft, add the rice and stir constantly for a couple of minutes. Add the wine and continue to stir until it has been absorbed by the rice. Then start to ladle hot stock into the risotto, waiting for each batch to be absorbed before adding the next. Keep stirring and adding stock till the rice is tender, with just the tiniest residual chalky 'bite' in the middle. Taste and adjust the seasoning.

Stir in a handful of Parmesan and serve with plenty of freshly ground black pepper and more grated Parmesan on the table.

Aubergine Gateau

with Cherry Tomatoes, Basil & Parmesan

Serves 6

2 medium aubergines thinly sliced
olive oil to drizzle
large knob of butter
600g cherry tomatoes, halved
1 garlic clove crushed
of basil leaves
sea salt & pepper
75g parmesan, freshly grated

Heat oven to 200c / gas mark 6.....thinly slice aubergines and lay slices out on two large baking sheets.....drizzle with olive oil and bake for 5 - 8 minutes until softened and lightly browned

Ideally, line a 20cm round cake tin with greaseproof paper (dish if not).....melt the butter in a large sauté pan and cook the cherry tomatoes with garlic until soft and pulpy....tear in the basil leaves and season with salt & pepper

Layer a third of the aubergine slices over the base of the prepared tin or dish....top with half the tomato mixture, then scatter with half the parmesan mixture.....add another layer of aubergine, then the remaining tomato mixture.....cover with a final layer of aubergine slices and then sprinkle generously with parmesan

Bake for 10 minutes until the top is golden and bubbling.....allow to stand for 5 minutes and then turn out onto a warm plate.....cut into wedges and serve with good crusty bread

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.

HUMMUS

MAKES 4 SERVINGS

400g (14 oz) tinned chickpeas
2 Garlic cloves, crushed
2 tbsp (30ml) extra virgin olive oil
120 ml (4 fl oz) tahini (sesame seed paste)
Juice of 1 lemon
2-4 tbsp (30-60ml) water
A little low-sodium salt and freshly ground black pepper
Pinch of paprika or cayenne pepper

Drain and rinse the chickpeas. Put them in a food processor or blender with the remaining ingredients, apart from the paprika. Process to a smooth paste. Add extra water if necessary to give the desired consistency. Adjust the seasoning to taste.

Spoon into a serving dish. Pour over a little olive oil and sprinkle with cayenne or paprika. Chill in the fridge for at least 2 hours before serving.

Fran Taylor

Recipe for nettle soup – SERVES FOUR

1 large onion, 1 clove of garlic
2 potatoes
2 handfuls of nettle heads
Olive oil, salt and pepper
1 stock cube, vegetable or chicken
¼ pint single cream

REMEMBER TO WEAR GLOVES DURING NETTLE COLLECTING!

Sophie

Yummy Scrummy Carrot Cake (Emma Courtndage)

I made this for our pre Christmas meet. It's light and moist, serves about 15 and normally keeps for a week in a tin.

175g light muscovado sugar
175ml sunflower oil
3 large eggs, lightly beaten
140g grated carrot (about 3 medium sized)
100g raisins
Grated zest of 1 large orange
175g self-raising flour
1 tsp bicarbonate of soda
1 tsp ground cinnamon
1 tsp grated nutmeg

Frosting:

175g icing sugar
1½ - 2 tbsp orange juice

1. Preheat oven to 180°C/Gas4/fan oven 160°C. Oil and line the base and sides of a 18cm square cake tin or similar. Tip the sugar into a large bowl, pour in the oil and add the eggs. Lightly mix, then stir in the grated carrot, raisins and orange rind.
2. Mix the flour, soda and spice, then sift into the bowl. Lightly mix all the ingredients.
3. Pour the mixture into the prepared cake tin and bake for 40-45mins, until it feels firm and springy when you press in the centre. Cool in the tin for 5 minutes, then turn it out, peel off the paper and cool on a wire rack.
4. Beat together the frosting ingredients in a small bowl until smooth. Set the cake on a serving plate and drizzle the icing over the top. Leave to set, then cut into slices.

Channa No Sak (Chickpea Curry)

1. Brown 2 – 3 onions (finely chopped) with sunflower or olive oil
2. When almost brown add 2 tsp brown mustard seeds, 2 tsp cumin seeds and 2 cardamom pods
3. Keep stirring and wait for the seeds to pop
4. When the seeds have popped add 2 cloves garlic (crushed), 1 tsp of fresh ginger (chopped finely or grated) and 1 or 2 fresh chillies (chopped finely), (add chilli depending on how hot you like it)
5. When these are mixed in – add dry spices (1 or 2 tsp chilli powder, 2 tsp turmeric, ½ tsp garam masala)
6. Stir up so it makes a paste with the onions (keep adding oil as needed to stop it drying up) – keeping the hob on a fairly low heat
7. Then add 1 tin of chickpeas (drained) – you can use dried chickpeas but they will need to be soaked in water over night. Stir in the chickpeas briskly so that they are covered in the paste then add water with a vegetable stock cube to cover the chickpeas by about one cm
8. Add one third of a can of tinned tomatoes and one tbsp of tomato puree
9. Add a few curry leaves and keep stirring
10. Add salt and pepper to your taste
11. Leave to simmer and for the water / liquid to reduce down so that it becomes thicker (this should take 20 – 30 minutes). Keep stirring and adding water (if needed) to make sure that it doesn't dry up or stick to the pan
12. Serve with rice.

Laura

Baked Coconut Rice

pudding Veg HT CD DP 110mins

Serves 4-6 Hot Cold Vegetarian Dessert
Pudding Gluten Wheat Free Eggless

Ingredients

50g/2 oz Butter
100g/4oz Short Grained Rice
600ml/20fl.oz. Coconut Milk
300ml/10fl.oz. Milk
50g/2oz Sugar
½ teasp Ground Star Anise

Instructions

1. Preheat the oven to 150C, 300F, Gas mark 2 and lightly grease a 1.1L/40fl.oz. pie dish with butter some of the butter.
2. Place the rice, coconut milk, milk, sugar and star anise in a saucepan and bring to the boil, stirring.
3. Pour the rice mixture into the greased pie dish and dot the surface with the remaining butter. Bake in the oven for 1 to 1 ½ hours or until almost all the milk has been absorbed and the top is golden brown. Cover the top of the pudding with foil if it starts to brown too much towards the end of the cooking time.

Serve hot or cold. Very good with stewed fruit

Matthew

Shepherdess Pie

(For four people)

Ingredients

200g (7oz) split red lentils
750ml (1 ¼ pt) vegetable stock
15ml (1tbsp) sunflower oil
1 onion sliced
1 clove garlic chopped
2 sticks celery trimmed and sliced
2 small leeks trimmed and sliced thinly
2 carrots peeled and diced
5ml (1 tsp) dried mixed herbs
Salt and freshly ground black pepper

For the topping

675g (1 1/2lb) potatoes peeled
350g (12 oz) parsnips peeled
15g (1/2 oz) butter
60ml (4tbsp) milk
A pinch of grated nutmeg
75g (3oz) mature cheddar cheese, grated

Method

Preheat oven to 180 degrees C (350 deg F, gas 4).

Rinse the split lentils in a sieve under cold running water. Put in a medium saucepan with 600ml (1pt) vegetable stock and bring to the boil. Cover and simmer for 20 mins until the lentils are tender, stirring occasionally.

Meanwhile, heat the sunflower oil and cook the onion for 3mins. Add the garlic, celery, leeks and carrots, and then cook for a further 5mins. Add the remaining 150ml (1/4pt) stock. Then cover and simmer for 15 mins, until tender.

To make the topping, cut the potatoes and parsnips into evenly sized pieces and place in a saucepan. Cover with cold water, add a good pinch of salt, and then bring to the boil. Reduce the heat and simmer for 10 -15 mins, or until both are tender. Drain thoroughly in a colander, then mash until smooth.

Add the butter, milk and nutmeg, and then season with salt and black pepper. Whisk with a fork until smooth.

Mix the split lentils and vegetables together, add the mixed herbs, and then season to taste. Spoon into an oval, 1.4ltr (2 ½ pt) ovenproof dish.

Spoon the potato and parsnip mash over the lentil mixture and swirl lightly with a fork. Sprinkle over the grated cheddar cheese and bake in the centre of the oven for 25-30 mins or until the top is crisp and brown.

ENJOY!

Collette

Lentil & Chickpea Bake

Ingredients

Red lentils (cook)
Chickpeas (better to use canned)
Onions (sliced)
Chopped tomatoes (if poss fresh)
Tomato puree
Herbs of your choice
Salt & Pepper
Fresh basil (optional)

Topping

Gruyere cheese

Instructions

Place the sliced onions in a frying pan in a drop of olive oil. Cook until soft. Add the tomato puree, S&P and herbs and cook until it has a slight burnt look (but don't burn it).

Take a casserole dish and layer as follows:-

Onion
Chickpeas
Red lentils
Tomatoes

Finish off with a tomato layer. Once complete, grate the Gruyere cheese (or a cheese of your choice) for the topping. Bake in oven until golden brown. Yum and Om

Jan

Aubergine Bake/ parmigiana di melanzane

For 6-8

4-6 aubergines
800g-1kg fresh tomatoes or 2 tins
Fresh basil leaves, torn by hand
1 onion
1/2 - 1 stick celery (optional)
3 garlic cloves (optional)
1 tbs tomato paste
2 large mozzarella (buffalo is much nicer, but also more expensive)
Fresh parmesan (grate yourself!)
2 eggs beaten (optional)
Flour to dip aubergine in (optional) season
Olive oil for frying
Salt and pepper

Preheat oven to Gas 6/ 200C/ 190C fan oven.

Slice aubergine into 1/2" thick rounds, salt and set aside on kitchen paper if you need to, ie. if the aubergine is a bit soft/old. In summer shouldn't need to.

Lightly dip aubergine slices first into the flour and then beaten egg (this stage is optional, you can just fry the aubergine as it is).

Shallow fry batches of aubergine until golden brown, both sides. Put aside. Gently fry chopped onion, add chopped celery and then garlic after a couple of minutes, do not burn! Add the chopped fresh tomatoes/ tins and tomato paste. Add salt and pepper to taste. If using fresh toms, once started breaking down add torn basil leaves. If using tinned, add basil once toms heated through, then take off heat after 30 secs.

Start to assemble dish. Use an oven proof casserole or similar. Cover bottom with aubergine slices, then cover slices with tomato sauce, then slices of mozzarella on top, add grated parmesan all over. Continue the process finishing with a layer of sauce with parmesan on top/ or a layer of mozzarella if you prefer. Then add grated parmesan. Place in the oven until tomato sauce starts to bubble, about 30 mins.

NB: I tend to cook by eye and taste so I've had to guess a bit with quantities. If you have tomato sauce left over, it will have many uses in the kitchen and you can freeze it. Left over aubergine can be cubed and used with pesto or tomato sauce with pasta for instance.

I have marked certain things as optional, as it's really a matter of taste and preference, so experiment! And more importantly, enjoy! Personally I don't think salt is optional and so have not marked it as such, but please, please, don't use table salt in any cooking, buy unbleached natural sea salt. It's usually a dirty grey colour, but don't let this put you off.

Sara