



## Bagels

A bagel's characteristic "holey" ring shape and dense chewy texture have made it one of the most iconic Jewish breads. Bagels may originate from Poland but their production and popularity have spread together with the Jewish Diaspora. They are often sweetened with malt, sugar or honey and are usually boiled prior to baking which gives them their unique texture.

Makes 18 bagels

1kg strong white flour (you can use up to 50% wholemeal for bagels, but they will be quite solid)

600ml warm water

50g sugar (I use a dark molasses sugar)

12g salt

10g dried instant yeast

Poppy or sesame seeds to sprinkle on top (optional)

1. Start with a sponge - mix the yeast with the water, sugar and  $\frac{1}{2}$  of the flour and ferment for 30 minutes.
2. Stir in the salt and remaining flour.
3. Mix until you have soft, but not too sticky dough and knead for up to 10 minutes until the dough has a satin-like, elastic texture. Shape into a ball and put in a clean, lightly oiled bowl. Cover with cling film or a bag and leave in a warm place to ferment for 2 – 3 hours.
4. Lightly spread the dough out to form a large rectangle. Stretch and fold this, allow it to rest for a moment then roll up to form a long tight tube of dough.
5. On a lightly floured surface, divide the tube of dough into 20 pieces, each about 75g. Shape each piece into a tight ball and put aside covered for 15 minutes.
6. Using an oiled finger or the handle of a wooden spoon, make a hole in the middle of each ball and stretch until the hole is about 3cm wide. Cover the bagel loosely with oiled plastic or a dusted cloth while you shape the remaining dough. Allow these to rise for a further 30 minutes, not too long as they will lose their shape.
7. Heat oven to 220C or gas mark 7/8.
8. Bring one (or even better two) large pans of water to the boil and add a tablespoon of salt and sugar. This acts as a glaze which makes the bagels glossy.
9. Gently slip the bagels into the boiling water – four to six at a time, depending on the size of the (pot or pots) and cook for about 2 minutes, turning over in the water until the bagels have puffed slightly and a skin has formed.
10. Remove with a slotted spoon and drain away any excess water. Allow the water to re-boil before boiling the next batch.
11. Sprinkle over your choice of topping and place on a baking tray lined with parchment, dusted with flour or well oiled.
12. Bake in the oven for 15-20 minutes until browned and crisp and cool on a wire rack.



## Babaganoush

Babaganoush is puree or mash made with grilled or barbecued aubergines, sometimes with added yoghurt or sesame paste. It is rich and silky with a unique smoky flavour. Makes +/- 300g

- 1 large aubergine
- 1 clove garlic, chopped, more if you dare . . .
- 3 tbsp thick yoghurt
- ½ tsp sea salt
- 3 tbsp olive oil
- 1 tbsp fresh chopped mint

1. Heat a grill or BBQ. Prick the aubergine in a few places and cook for about 12 - 15 minutes, turning several times. The skin should be charred and the flesh very soft.
2. Allow the aubergine to cool slightly, then scoop out the flesh, leaving skin behind.
3. Combine the yoghurt, garlic and salt and mix to a smooth paste.
4. Add the cooled flesh and 2 tbsp of the oil and blend until the mixture emulsifies to make a light and smooth paste. Garnish with chopped parsley or coriander, the remaining oil and a dusting of paprika or cayenne pepper.

## Almond dukkah

Dukkah is a North African dry dip made with seeds or nuts and spices. It's delicious with bread and olive oil or sprinkled over salads. Makes 200g and lasts for a few weeks.

- 150g whole almonds
- 50g sesame seeds
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- ½ tsp black onion seeds
- 1 tsp paprika
- ½ tsp salt

1. Start by roasting the nuts and seeds in an oven preheated to 180°C - about 4 minutes for the sesame and 8 – 10 for the almonds.
2. In a pan, gently dry fry the cumin, coriander, fennel and black onion seeds until they go a shade or two darker.
3. Allow the nuts & all of the seeds to cool, add the paprika and salt and grind in a mortar and pestle or blitzer.



## Kale and feta borekas

Borekas are a savoury or sweet turnover made throughout the Middle East. The dough is multi-purpose oil enriched dough which one can also use for flatbreads or pide'.

Makes 16 borekas

### Dough

400g plain white flour  
100g wholemeal flour  
50ml olive oil  
225ml warm water  
5g instant yeast  
7g salt

### Filling

1 large onion, chopped  
400g kale, washed and shredded  
200g feta cheese  
20g fresh dill or mint or some of each, chopped  
1 clove garlic, chopped  
Olive oil

1. Start with the dough, you will need to start this 2 hours before you want to fill your borekas. Mix all the dough ingredients together and knead for a few minutes. The dough should be silky and well mixed.
2. To make the stuffing, heat a little oil in a pan and fry the onions till soft. Add the garlic and shortly after the kale. Turn the heat down and sweat the greens until they soften. Add the chopped herbs, diced cheese and a little seasoning. Cool this before moving onto filling shaping your borekas.
3. Knock the dough back and divide into 12 equal pieces about 75g each - ball these up and leave to rest for 10 minutes.
4. If your filling is very wet, drain off excess liquid.
5. Roll each ball out to form a disk of about 12cm diameter. Place a big spoon of the kale in the centre. Brush the edge with water or egg and crimp to form a half moon shape.
6. Place these onto a lined or oiled tray, brush with a little oil and allow them to rise for 30 minutes.
7. Preheat the oven to 200°C. Prick each borekas with a fork just before baking for 15 minutes.



## Giant baked beans

This dish is usually known as “Fasulye” and people all over Turkey, Greece and the southern Mediterranean eat variations of it. Serve it as part of a Meze with salad, fresh pita breads and dips such as Hummus or Babaganoush. Serves 4

2 tins of butter beans or flagella beans, drain and rinse the beans before using  
1 small onion, very finely diced  
1 clove of garlic  
2 tbsp tomato puree  
½ tsp chilli powder  
1 tsp dried mint  
1 tsp sugar  
2 tbsp of olive oil  
Salt & pepper

1. Heat your oil and fry the onion for five minutes until soft, then add the garlic and cook for a minute or two before adding the chilli powder, mint, tomato puree, 1 cup of water or vegetable stock and beans.
2. Bring this to a boil and then reduce the heat and cook as slowly as you can for as long as you can (45 minutes on a low heat is ideal) You can also transfer this to an oven proof dish, cover and bake at 160°C for an hour
3. Add salt and pepper and mash the beans a little with a fork too thicken.
4. Serve hot or cold with rice, salad and pita breads

## Broad bean and dill aioli

This is an egg free aioli using broad beans as an emulsifier and for enrichment. If you don't like dill leave it out or replace with a soft herb of your choice.

200g shelled fresh or frozen broad beans  
100g olive or sunflower oil  
1 large clove of garlic, chopped  
1 tsp of dill seeds or 1 tbsp fresh dill  
½ tsp salt  
1 tsp lemon zest  
Lemon juice to taste

1. Steam the beans until soft and then cool them down. For bigger beans, remove the skin.
2. Crush the garlic and chop the herbs and mix with the beans, salt, lemon zest.
3. Blend with a hand blender or food processor, adding the oil slowly and steadily to this until it is smooth and thick. Add lemon juice to taste.





### 3 Seed Sourdough 50:50

This is a basic sourdough bread enriched with mixed seeds. For lighter bread, use the same basic formula and adjust the percentage of white and wholemeal flours to suit.

Makes 2 large or 4 small loaves

400g wholemeal flour

600g strong white flour

600ml warm water

200g refreshed whole wheat starter (100% hydration)

15g salt

50g each sesame, sunflower and pumpkin seeds (lightly toasted)

#### Stage 1:

Refresh your starter. You are aiming for a 100% h<sub>2</sub>o starter which means equal amounts of flour to water. Portion off 50g of starter from your “mother” and refresh it with 100g of flour and 100ml of water. Cover with a cloth and allow this to ferment in a warm environment for up to 6 hours. Your starter should be bubbly and smell alcoholically sweet and fruity.

#### Stage 2:

1. Mix all the ingredients together really well to form loose dough and allow it to rest for 10 minutes before starting to knead. Return the remaining starter to your mother sourdough.
2. Turn this onto a dusted surface and knead with vigour for a few minutes. The dough should be loose and sticky so try not to add too much flour. A dough scraper is very handy at this time. It will tighten up – have faith and trust in the process.
3. Return your dough to a bowl, cover and place in a warm space to ferment for a minimum of two hours – a longer ferment is preferable – up to 12 hours in a very cool environment.
4. Dust or oil your surface and turn out the dough. Gently ease out the dough, stretch it out and fold it over in three. Ball it up and rest this for another 15 minutes then scale at 900g for a large or 500g for small loaves. Ball these up and form into a shape of your choice and place onto oiled bread tins or linen lined bread basket or. Sourdough can be less tensile than yeasted dough's which is why people often proof sourdough breads in tins or baskets. Prove in a warm place for up to two hours.
5. Preheat the oven to its hottest setting. If using a basket for rising, turn the bread carefully out onto an oiled tray. Cut a few slashes across the top of the bread and place into the oven. You can also brush with a little water and top with extra seeds. This works best for loaf tins.
6. Bake hot for 10 minutes and then turn the heat down to 200°C. Bake for a further 25 minutes for small or 35 for large loaves.
7. Cool completely before slicing.





## Squash, feta & sunflower salad

A warming autumn/winter salad which is filling, low in fat and packed with flavour and goodness.

1 small butternut squash (about 500g), deseeded and cut into 2cm cubes  
1 small red onion, very finely sliced  
200g low fat feta or salad cheese,  
1tbsp olive oil  
1 lemon, juiced  
1 clove of garlic, more if you like garlic  
2 tbsp fresh basil, washed, drained and roughly torn  
4 tbsp sunflower seeds, dry toasted  
Black pepper

1. Prepare the squash and cook - either steam until tender or for a richer dish, preheat the oven to 200°C, and dress the squash and beetroot lightly in olive oil, season with salt then roast for 25 minutes until it is soft and starting to char.
2. While it is cooking, roast the sunflower seeds in a dry pan until a shade or two darker.
3. Chop the garlic with a pinch of salt and work into a paste with the side of a knife. Mix this with the olive oil, lemon juice and 1 tbsp basil.
4. Chop the feta cheese into cubes and mix together with the sliced onions, cooked squash and the lemon and basil dressing.
5. Gently mix the salad together, season with black pepper, and garnish with the sunflower seeds and the remaining basil.

## Beetroot hummus

Adding cooked beetroot to this basic hummus recipe make for a delicious and vivid dip or filler.

200g roast or precooked beetroot  
400g tin of chickpeas, drained and rinsed  
4 tbsp sesame paste (Tahini)  
4 tbsp water  
2 tbsp olive oil  
1 clove of chopped garlic, add more or less to taste  
Juice of 1 lemon  
1 tsp salt  
½ tsp cumin powder (optional)

1. Blend the sesame paste, water, oil and lemon juice until you have a smooth paste. (You should be able to just pour the mixture.)
2. Add the garlic, cumin and chickpeas and blend until smooth. Serve with a splash of olive oil and a dusting of paprika.



## Hamantashen

These triangular shaped pastries are usually served at the Jewish festival of Purim. They are said to resemble the ears or possibly the three cornered hat of the villain of the Purim story Haman. The dough is enriched with milk, sugar, butter and egg. The poppy seed filling is traditional as is a filling of spiced and sweetened cream cheese. Makes 12 pastries

500g plain white flour  
275g milk, 25°C  
75g butter (at room temp)  
75g caster sugar  
1 egg  
7g instant yeast  
7g salt

### For the filling:

100g poppy seeds  
75g runny honey  
25g dark sugar  
25g cocoa  
1 tsp cinnamon

1. Warm the milk to about 25°C and add the butter. Mix this with the flour, sugar, yeast, salt and egg. Mix and allow this to sit for a few minutes.
2. Knead this for 5-10 minutes or until the dough is smooth and elastic, try not to add extra flour if you can. Place the dough in a clean, oiled bowl, cover and allow it to rise in a warm place for up to 2 hours.
3. While this is rising, mix the poppy seeds, honey, cocoa and sugar with 2tbsp hot water and mix really well to form a paste.
4. Line a large baking tray with greaseproof paper.
5. Knock the dough back and divide into 12 equal pieces about 75g each - ball these up and leave to rest for 10 minutes.
6. Roll each ball out to form a disk of about 10cm diameter. Place a couple of spoons of the poppy seeds in the centre. Brush the edge with water or egg, and draw 3 sides up to form a triangle shape a bit like a tricorner hat. Pinch the edges together, leaving a small gap at the apex
7. Brush the tops with egg wash and top with poppy seeds. Prove for 30 minutes more and then bake at 180°C/ 350°F for 10-12 minutes.