

# SUMMER RECIPES 2017

## GAZPACHO

CHILLED TOMATO SOUP WITH GARLIC CROUTONS

## MAKIZUSHI

SEAWEED AND RICE ROLLS WITH MISO DIPPING SAUCE

## TAPALAPA

WEST AFRICAN BAGUETTE FILLED WITH SPICED BEAN CAKES AND PEPPER & PEANUT SAUCE

## FARINATA

GENOVESE GARBANZO CAKE WITH OLIVES & ROAST VEGETABLES AND ROCKET PESTO

## BAU

ASIAN STEAMED BUNS FILLED WITH HOISIN TOFU SESAME KALE AND PICKLED RADISH

## MAKIZUSHI

SEAWEED AND RICE ROLLS WITH MISO DIPPING SAUCE

## TACOS

CHILLI BEANS, GUACAMOLE & SALSA

## PAD THAI

THAI NOODLES WITH STIR-FRIED VEGETABLES, SHRIMPS AND EGG

## BOREK

FLAKY PASTRIES FILLED WITH SPICED FRUIT AND ROASTED NUTS



## Gazpacho

Gazpacho is a traditional cold summer soup from Andalusia. Often described as a liquid salad, gazpacho descends from ancient Roman concoction based on a combination of stale bread, garlic, olive oil, salt, and vinegar. As with most simple dishes, there are no definitive recipes. This is one I have designed to make best use of seasonal produce.

### Serves 6

500 ml tomato juice (chilled or even slightly frozen)

3 ripe tomatoes, finely chopped (if you have the time and inclination you can de-skin these)

1 red onion, finely chopped

1 small cucumber, peeled and chopped

1 sweet red or green pepper, seeded and chopped

2 clove garlic, finely chopped

6 slices of bread (white or wholemeal)

4 tbsp. red wine or sherry vinegar

4 tbsp. olive oil

Fresh basil for garnishing

Salt and fresh ground pepper to taste

1. Place all of the ingredients except the bread and basil into a blender and blend to the consistency you like.
2. Add salt and pepper to taste and chill for a minimum of 15 minutes before serving
3. If you find the soup is very acidic, add a teaspoon of caster sugar to take the edge off the acidity
4. To serve, tear up the bread into small pieces and place in the bottom of individual bowls
5. Spoon the gazpacho into the bowls and garnish with basil leaves

# Makizushi

## with chilli miso and lime dipping sauce

Makizushi are a delicious dish of rice wrapped up in nori seaweed, traditionally eaten cold with a strong-tasting dipping sauce. The fillings range from raw fish to vegetables, pickles and eggs. Nori seaweed is rich in calcium, zinc and iodine. Miso is a paste made from fermented Soya beans, it is highly nutritious and a good source of Vitamin B.

### Makes 4 servings

1 cup short grain rice  
2 cups boiling water  
½ tsp salt  
½ tsp sugar  
1 tsp rice or white wine vinegar

4 sheets Nori seaweed  
1 avocado, peeled and cut into thin strips  
1 carrot, cut into thin slices

1 tbsp. toasted sesame seeds

2 tbsp. miso paste  
½ tsp flaked chilli  
Juice of 1 lime

1. Bring the water and salt to the boil; add the rice bring back to the boil and reduce to a simmer. Cover with a tight-fitting lid and cook for 15 minutes or until the water is fully absorbed.
2. Tip the cooked rice into a large bowl and mix in the vinegar and sugar. Allow to this cool for 15 minutes before using.
3. Place a sheet of Nori on a dry surface or on a bamboo sushi mat.
4. Working with wet hands, spread 1/4 of the rice evenly over the bottom 2/3 of the sheet, leaving 1/3 uncovered.
5. Place strips of carrot and avocado 2cm from the bottom of the sheet onto of the rice. Sprinkle over sesame seeds.
6. Roll Nori tightly from the bottom. Seal by moistening with water top 2cm of the nori. Repeat with remaining ingredients. Slice with a serrated knife into 4cm thick slices.
7. For the dipping sauce mix together the miso, chilli, lime juice and the same volume of water. Mix to a smooth loose paste.

## Tapalapa

Tapalapa is a West African sandwich usually made with local baguette style breads. They are stuffed with all sorts of fillings including butter and jam, peanut and pea stew and fried bean cakes. In this version, they are filled with Accara, fried bean cakes and Maafe, a pepper and peanut sauce. Serves 6

6 demi-baguettes

### Accara

500g dried black-eyed peas or chickpeas

1 large onion, finely chopped

4 cloves of garlic, chopped

small bunch of parsley, chopped

1 tsp salt

½ tsp black pepper

sunflower oil

1. Soak the peas overnight in lots of water. Drain then put back into the pot with more water and give the peas a rub – this is to loosen off the skins which are quite fibrous – swirl the water and the skins will float to the top, remove those you can and re-drain the peas.
2. Put the peas, onions, parsley, garlic and seasoning into a food processor or blender and blitz together to form a chunky paste. Ideally refrigerate this for an hour or two before frying.
3. Heat up your oil to a medium heat, around 160°C.
4. Make small balls of the mixture and fry in batches until golden brown all over, turning once. Remove with a slotted spoon and drain on paper towels.

### Maafe

4 onions, peeled and finely chopped

4 sweet red peppers

100g smooth peanut butter

2 or more red chillies, chopped and de-seeded if you don't want it too spicy.

Sunflower or coconut oil

Salt and pepper

1. Pre-heat the oven to 200°C and halve and de-seed the peppers. Roast these for 25 minutes until soft and charring a little. Allow them to cool and then fine chop or blitz to a paste.
2. Peel and chop and fry the onions in 2 tbsp. of oil until soft, but not brown. Add the chilli and cook for a moment. Then add the peanut butter, 250ml of water and pepper paste, mix well and cook gently for 5 more minutes. Add salt and pepper to taste.

**To assemble** – cut the baguette lengthways, but not all the way through. Open them up and butter liberally. Fill with the accara, top with the hot sauce and serve with a mango slaw.

## Farinata

Genovese garbanzo pancake - it's delicious, fermented, high protein, vegan and gluten free. Farinata are delicious cooked as a simple pancake or as a tray bake, poured over fine chopped raw or roasted vegetables.

150g chickpea flour  
450g warm water  
6 spring onions or a small leek  
1 red pepper, sliced  
1 courgette, small cubes  
olives  
25ml olive oil  
3g salt  
Chilli flakes

1. Mix the flour and water and whisk to a smooth batter. Cover and leave in a warm place for 12 - 18 hours. You can do this in two stages which encourages the fermentation. (which in this case makes the chickpea more digestible and the nutrients more available) The batter should be bubbly and have a slight cheesy aroma.
2. Preheat the oven to 200°C and line a large, heavy baking tray with non-stick baking paper.
3. Finely chop the onions or leek and pepper and scatter about the bottom of the tray. Dress with half of the oil.
4. Mix the salt into the batter and whisk. Pour this over the onions or leek - it should be about 1cm thick. Pour over the remaining oil, scatter with olives and sprinkle over a pinch of chilli flakes.
5. Bake for about 20 minutes, it should be golden and set with the texture of a well-done omelette.
6. Cut into slices and serve hot.
7. If you prefer, you can also make several smaller ones in a frying pan - preheat a thick bottomed oven proof frying pan or skillet to a medium heat. Brush liberally with oil and spoon in a ladle full of batter. Using the bottom of the ladle, swirl the batter round so it covers most of the pan. Sprinkle over the onions, chilli and some oil and cook till it is set. Transfer the pan to the oven and cook for a few minutes to brown the top. Serve hot

## Rocket pesto

100g rocket  
50g toasted hazelnuts  
20g grated parmesan  
1 tbsp balsamic vinegar  
4 tbsp olive oil  
Salt and Pepper

**Method:** Wash and dry the rocket. Toast the hazelnuts in a dry pan or under a grill until they are a shade or two darker. Allow them to cool before using them. Place all of the ingredients except the oil in a food processor and start to blend. Pour the oil in, a little at a time, until the pesto has emulsified. Add salt and pepper to taste.



# Steamed buns

## Filled with hoisin tofu & kale

Steamed buns are found all over Asia, but in China they are known as bau or bauzi. They are prepared either as stuffed dumplings or as buns which are split and filled after steaming. They are delicious and easy to make. A large bamboo or steel steamer is ideal for the job, but a round cake tin balancing on a trivet in your largest pot will also work. This recipe is for filled buns and will make 10 good size bau.

### Buns

500g plain flour  
250g warm water  
50g sunflower oil  
50g caster sugar  
7g salt  
5g instant yeast  
3g baking powder

1. Mix all of the ingredients together and knead until smooth and the gluten has developed. Place in an oiled bowl, cover and ferment for 2 – 3 hours.
2. Knock back and divide into 8 pieces each about 100g. Roll these into balls and put aside to relax for 10 minutes. On a dusted surface, flatten half of each dough ball. Tuck the flattened half under the fuller side. Place these into onto oiled silicon paper into a large steamer with enough space for them to double in size.
3. Prove up for 30 minutes and then steam over a large pan of boiling water for 10-12 mins. You may need to do this in batches. Allow these to rest for a few minutes before stuffing with the filling below.

### Filling

500g smoked tofu, cut into small cubes  
200g curly kale or cavolo nero, shredded  
3 tbsp. sunflower oil  
3 tbsp. hoisin sauce  
1 tbsp. soy sauce  
2 tbsp. clear honey  
½ tsp chilli flakes  
1 tsp cornflour, dissolved in 1 tbsp. rice wine  
1 tbsp. sesame seeds, toasted  
6 spring onions, finely sliced  
pickled Chinese cabbage or radish

Heat the oil in a wok or large pan and fry the tofu briefly before adding the hoisin, soy, honey, chilli and cornflour wine mixture. Cook this hard for a minute or two and then add the kale, lower the heat and cover. Cook for 5 minutes or until the kale is wilted then add the sesame seeds.

**To assemble:** gently tear or slice open each bun and stuff with 2 -3 tbsps. of the tofu. Top with some pickled vegetables and the shredded spring onions.

## Chilli Bean Tacos

A taco is a traditional Central American dish composed of a soft or crispy corn tortilla folded or rolled around a filling. They are a good way of experimenting with new ingredients, re-invigorating leftovers or making a quick meal or packed lunch. Traditional fillings include beans, salsa, cheese, eggs, avocado, cooked fish, pork or chicken and salad. This chilli bean recipe is versatile and lends itself to bulking up and countless variations. Beans are inexpensive and nutritious. They are a good source of carbohydrates, vitamins B and fibre, and when eaten with bread or rice provide a source of vegetable protein.

**This will make 8 tacos, enough for 4 hungry people.**

2 tins of red kidney or pinto beans, drained and washed

1 onion, chopped

2 tomatoes, chopped or ½ tin of plum tomatoes

1 sweet pepper, chopped

1 clove of garlic

1 tbsp. tomato puree

1 mild red chilli or ½ tsp chilli powder (optional)

Salt and pepper

Olive or sunflower oil

1 pack of ready-made taco shells

6 tbsp. about 100g grated cheddar cheese

4 tbsp. chopped fresh coriander (optional)

1. Heat 2 tbsp. of oil in a saucepan and fry the chopped onions until browned.
2. Add the chopped garlic, pepper and chilli and cook for a minute before adding the chopped tomatoes, tomato puree and the beans.
3. Cook on a medium heat for 5 minutes until the sauce starts to thicken.
4. Season with a pinch of sugar and salt and extra chilli to taste.

Place 8 taco shells upright in a baking dish and spoon a good amount of beans into each shell. Sprinkle over some cheese and bake for five minutes. Serve with salsa and guacamole.

### Variations:

- **Meaty Chilli** - add 200g of lean beef or turkey mince to the onions and brown lightly before adding the vegetables. You will need to cook this for a little longer to make sure the meat is thoroughly cooked.
- **Chicken tacos** - take two chicken fillets and rub them with oil, tomato puree, salt and chilli powder. Place them under a hot grill or on a griddle pan until cooked and then slice diagonally into thin strips.
- **Nachos** - spoon the chilli beans over nacho corn chips, top with grated cheese and grill until the cheese melts. Serve with a chopped onion and pepper salad, dressed with fresh lime juice

## Pad Thai

Thailand is a street food delight and Pad Thai, a simple, bold flavoured noodle dish, is one of the most popular. You can add other ingredients such as prawns or precooked chicken, but the noodles and pungent sweet sauce are key to this dish. Serves 4

200g flat rice noodles, the 2-3mm wide ones are better than the vermicelli noodles  
50ml fish sauce  
50ml tamarind water (you can use tamarind concentrate, thinned with a little water)  
30g brown or palm sugar  
50ml sunflower oil  
2 cloves of garlic, finely chopped  
100g firm tofu, chopped into small cubes  
2 large eggs, ready cracked  
100g shredded cabbage or Chinese leaf  
100g beansprouts  
A small bunch of chives, chopped  
50g roasted peanuts, roughly chopped  
Lime wedges, chilli flakes, fish sauce and sugar, to garnish

1. Soak the rice noodles in cold water for about half an hour until pliable but still firm.
2. Combine the fish sauce, tamarind and sugar in a small pan, gently heat to dissolve the sugar and set aside. A little chilli powder can be added to this as well.
3. Prep all the ingredients in advance as this dish is very quick to cook.
4. Drain the noodles. Heat a wok over a high heat and add half the oil. Add the garlic, stir fry for a few seconds and then add the shredded cabbage followed by the noodles and a splash of water. Stir fry until the noodles start to dry out, then add the sauce and fry until the noodles are mostly cooked, but still firm.
5. Make a well in the centre of the wok and add the rest of the oil. Fry the tofu until it starts to colour then add the eggs and scramble until just done.
6. Add the beansprouts, chives and peanuts and stir fry until well combined, then serve with the sugar, lime, chilli and fish sauce garnish.



# Borek

## With apple, prunes and nuts

Borek are traditional flaky pastry pies found in Turkey and other Eastern Mediterranean countries. There are countless variations, sweet and savoury. These are filled with apples, prunes. Nuts and spices. Makes 10 borek

4 dessert apples, peeled, cored and cubed small.  
200g stoned prunes  
50ml orange juice  
200g toasted almond flakes  
1 tsp cinnamon  
olive oil, for frying onions and brushing filo  
10 thin filo pastry sheets, usually 30cm by 20 cm

Pour the orange juice over the apple and prunes allow to soften for 15 minutes. Mix with the chopped nuts and cinnamon. Preheat the oven and assemble the borek.

## For cigar borek

Lay one sheet of filo down short side facing you and brush with oil. Place a heaped spoon of the mixture about 2cm from the edge closest to you and spread out the mixture along the short side. Fold over the long edges and roll up to form a closed tube. Repeat with the remaining filo and mixture.

Place the pastries fold side down on an oiled baking tray, brush with beaten egg, sprinkle with sesame seeds and bake in a preheated (180c/350f) oven for 15 minutes or until golden brown and crispy.

## For triangular borek:

Lay one sheet of filo down and brush half lengthways with oil and fold over to form a strip 10cm by 30cm. Place a heaped spoon of the mixture about 2cm from the edge closest to you. Fold one corner up over it to make a triangle. Continue folding away from you until the whole strip is folded to form a triangle.

Place the pastries fold side down, close together on an oiled baking tray, brush with more olive oil, sprinkle with sesame seeds and bake in a preheated (180c/350f) oven for 20 minutes or until golden brown and crispy.