



Southern fried chicken with 'slaw

This recipe asks for drumsticks, but you can use whatever cut of chicken you like, although the cooking time will vary slightly. The buttermilk, which tenderises the chicken, can be found in most supermarkets. If unavailable, substitute 250 ml (8½ fl oz/1 cup) regular milk mixed with 1 tablespoon of lemon juice. SERVES • 4

8 CHICKEN DRUMSTICKS, SKIN REMOVED
250 ML (8½ FL OZ/1 CUP) BUTTERMILK
¼ RED CABBAGE, SHREDDED
4 SPRING ONIONS (SCALLIONS), THINLY SLICED
1 GRANNY SMITH APPLE, PEELED AND GRATED
2 TABLESPOONS CHOPPED FLAT-LEAF (ITALIAN) PARSLEY
125 G (4½ OZ/½ CUP) SOUR CREAM
2 TABLESPOONS LEMON JUICE
SALT AND FRESHLY GROUND BLACK PEPPER
85 G (3 OZ/⅓ CUP) CORNFLOUR (CORNSTARCH)
2 TEASPOONS SWEET PAPRIKA
1 TEASPOON GROUND CORIANDER
½ TEASPOON CAYENNE PEPPER
1 TEASPOON GROUND OREGANO
1 TEASPOON GROUND CUMIN
½ TEASPOON GROUND CARDAMOM
2 LITRES (68 FL OZ/8 CUPS) VEGETABLE OIL
LEMON WEDGES, TO SERVE

Put the chicken in a bowl and cover with the buttermilk. Refrigerate for at least 4 hours or overnight.

Preheat the oven to 180°C (360°F).

Put the chicken in a colander to drain the excess buttermilk.

In a large bowl, combine the cabbage, spring onion, apple and parsley. Mix the sour cream and lemon juice together, and season with salt and freshly ground black pepper. Pour over the salad and toss to combine.

In a shallow bowl, mix the cornflour with the spices and 1 teaspoon salt. Dip the chicken pieces into the flour mixture, and shake to remove excess flour.

Heat the oil to 180°C (360°F) in a deep, heavy-based saucepan or deep-fryer.

Deep-fry the chicken, in batches, for 6–8 minutes, until golden. Transfer to the oven and bake for 20 minutes.

Serve with lemon wedges and the 'slaw.



Mushroom

Mushroom and freekeh salad

Heat 2 tablespoons olive oil in a saucepan over medium heat. Cook 1 diced onion for 3–4 minutes, then add 85 g (3 oz/½ cup) freekeh and 170 ml (5½ fl oz/¾ cup) water and bring to the boil. Reduce to a simmer and cook for 10 minutes, or until the liquid has been absorbed and the freekeh is tender. Heat a generous splash of oil in a large frying pan over medium heat. Add 500 g (1 lb 2 oz) mixed mushrooms (Swiss brown, oyster and shiitake), season with freshly ground black pepper and cook for 5–6 minutes, stirring often. Add 2–3 tablespoons stock or water and 2 tablespoons soy sauce, cover with a lid and cook for a further 5 minutes. Transfer to a bowl and allow to cool. Combine the freekeh and mushrooms, season well, then dress with 3 tablespoons chopped flat-leaf (Italian) parsley, 1 tablespoon lemon juice and 2 tablespoons olive oil.

SERVES
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4–6

Polenta with mushrooms and parmesan

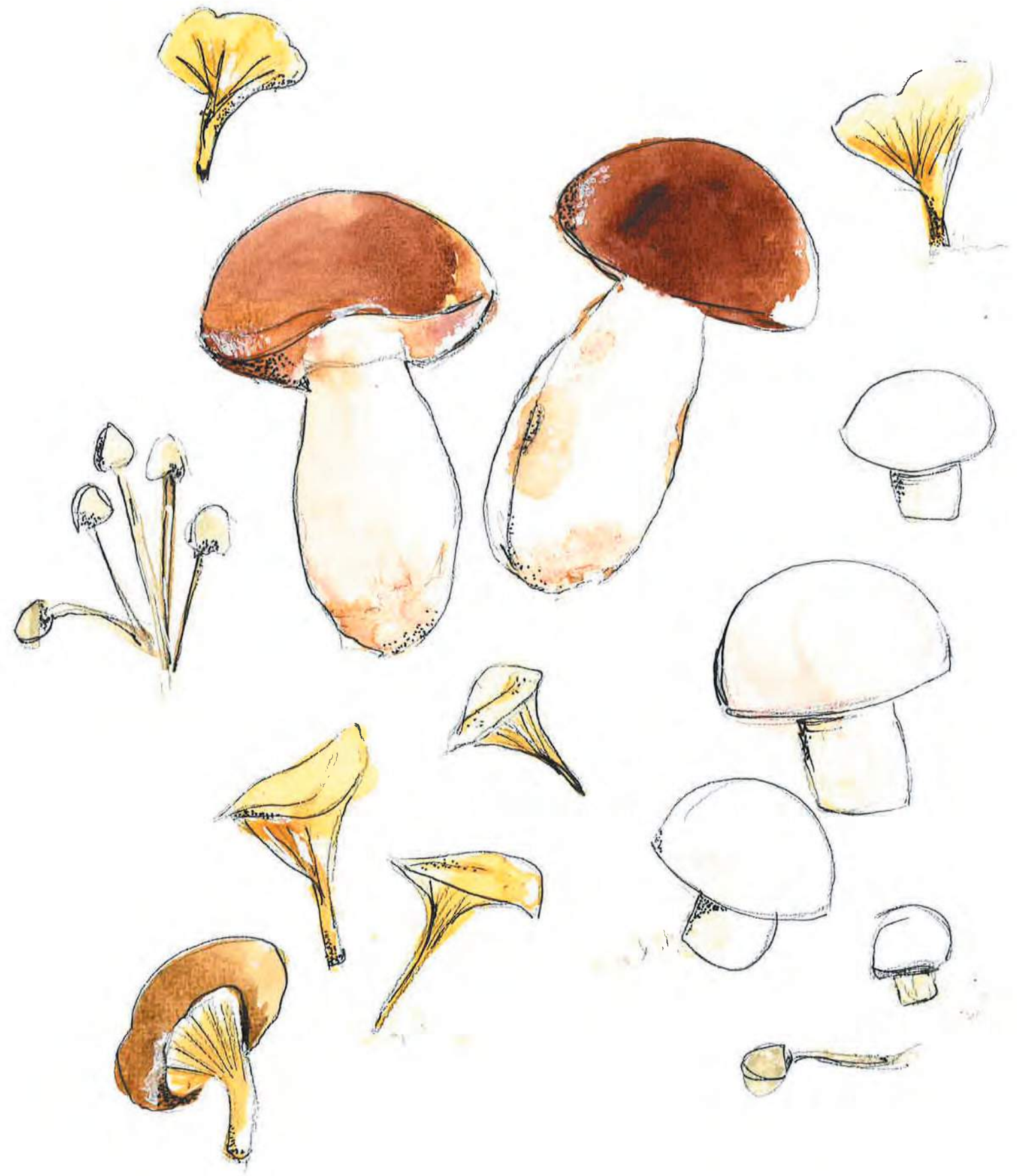
Preheat the oven to 180°C (360°F). Bring 500 ml (17 fl oz/2 cups) water and 500 ml (17 fl oz/2 cups) stock to the boil in a heavy-based saucepan. Sprinkle in 150 g (5½ oz/1 cup) polenta and whisk. Reduce to a low simmer and cook for 10–15 minutes, stirring often. Remove from the heat and stir in 75 g (2¾ oz/¾ cup) grated parmesan. Season with salt and freshly ground black pepper, and pour into a baking dish. Heat a splash of oil in a heavy-based frying pan over medium–high heat. Add 500 g (1 lb 2 oz) mixed mushrooms cut into even-sized pieces. Season with salt and pepper and cook for 4–5 minutes, stirring often. Add 2 tablespoons chopped flat-leaf (Italian) parsley and 1 tablespoon chopped basil. Spread the mushrooms over the polenta and top with 50 g (1¾ oz/½ cup) shaved parmesan. Bake for 30 minutes, or until golden brown.

SERVES
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4 AS A
SIDE DISH

Pan-fried mushrooms with soy and butter

Cut 300 g (10½ oz) mixed mushrooms into even-sized pieces. Heat a splash of olive oil in a heavy-based frying pan over medium–high heat. Sauté the mushrooms for 5–6 minutes, stirring often. Add 1 tablespoon butter and stir to coat. Add 1 tablespoon soy sauce, freshly ground black pepper and a handful of chopped herbs, such as flat-leaf (Italian) parsley and basil, and toss to combine. Serve immediately. Delicious with grilled steak.

SERVES
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4–6 AS A
SIDE DISH





Broccoli

Pasta with bacon and broccoli

Bring a large saucepan of salted water to the boil over high heat. Add 400 g (14 oz) pasta and stir until the water returns to the boil. Reduce the heat, cover and cook the pasta for 8 minutes. Heat a frying pan over medium-high heat. Add a splash of oil and 1 diced onion and cook for 3–4 minutes. Add 200 g (7 oz) diced bacon and cook for 3–4 minutes, until it starts to turn golden brown. Add 3 tablespoons stock and bring to the boil. Add the chopped florets from a head of broccoli and cook for 1–2 minutes. Season with salt and freshly ground black pepper and add 2 tablespoons chopped flat-leaf (Italian) parsley. Drain the pasta and toss with the bacon and broccoli, along with a handful of grated parmesan.

SERVES

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4

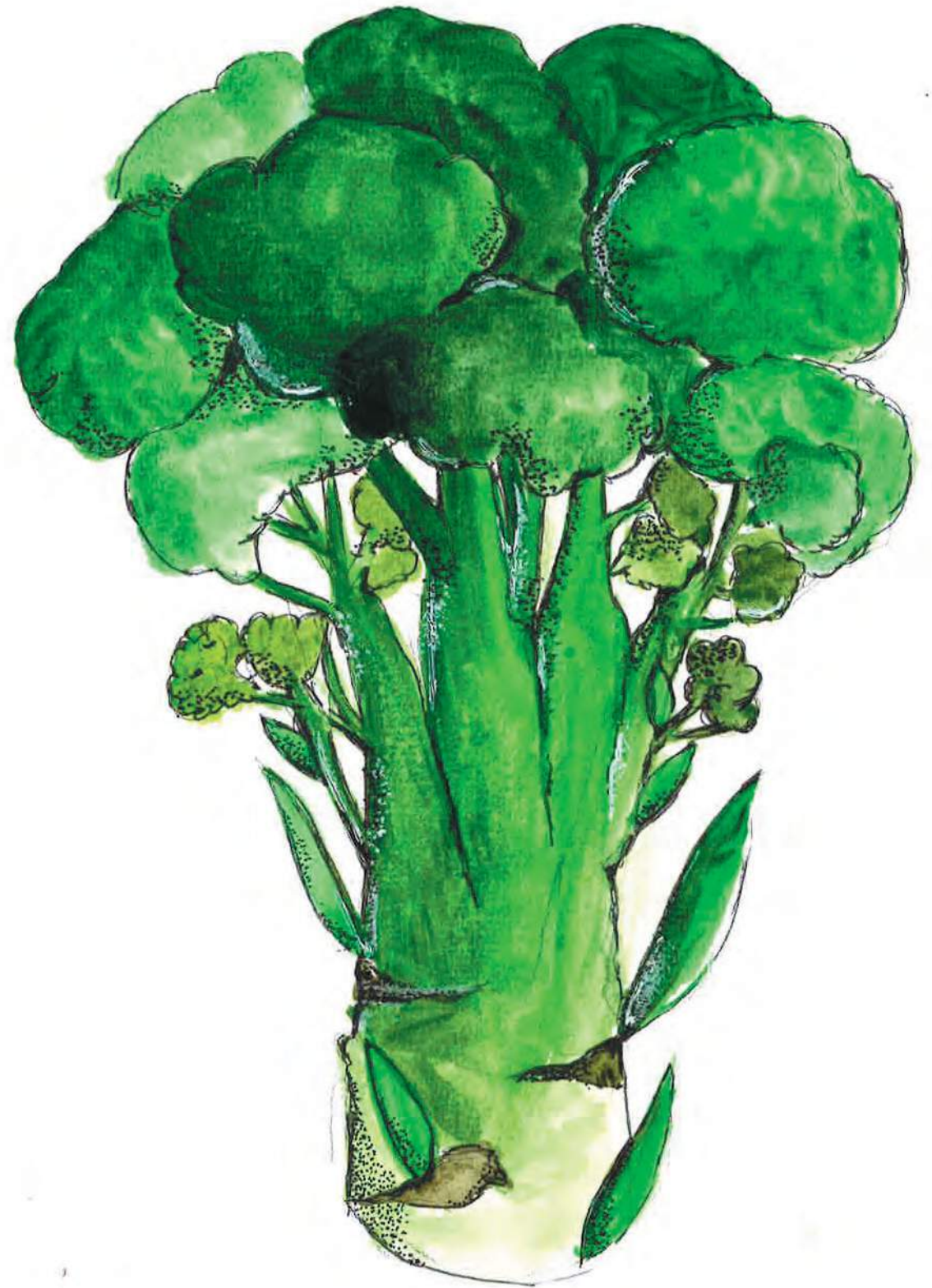
Thai chicken and broccoli stir-fry

Bring 3 tablespoons coconut cream to the boil in a saucepan and add 1 tablespoon Thai red curry paste. Allow the paste to cook in the natural oils of the coconut cream for 4–5 minutes, stirring often. Add 2 teaspoons fish sauce, 2 teaspoons grated palm sugar (jaggery) and 125 ml (4 fl oz/½ cup) coconut milk and leave the sauce to simmer. Heat a wok until hot. Add 1 tablespoon oil and 4 sliced spring onions (scallions), cooking briefly before adding 2 thinly sliced boneless, skinless chicken breasts. Cook until brown all over. Remove the chicken and add to the curry sauce, along with 1 thinly sliced carrot and 1 head of broccoli cut into small florets. Allow to cook for 5–6 minutes, stirring often. Check the seasoning, adding more fish sauce if needed. Finish with 2 tablespoons chopped coriander (cilantro) leaves and serve with steamed rice.

SERVES

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4



Apple and quince pie

Custard powder has an interesting effect on pastry. The golden colour it imparts makes for a more aesthetically pleasing dessert, and it adds a flakiness that is lighter than traditional pastry. SERVES • 6–8

345 G (12 OZ/1½ CUPS) CASTER (SUPERFINE) SUGAR, PLUS EXTRA FOR SPRINKLING

1 VANILLA BEAN

1 LEMON, HALVED

3 QUINCES

3 GRANNY SMITH APPLES

½ TEASPOON GROUND CINNAMON

300 G (10½ OZ/2 CUPS) PLAIN (ALL-PURPOSE) FLOUR

40 G (1½ OZ/½ CUP) CUSTARD POWDER

100 G (3½ OZ) ICING (CONFECTIONERS') SUGAR

200 G (7 OZ) UNSALTED BUTTER, DICED

1 EGG

Put 1 litre (34 fl oz/4 cups) water, 230 g (8 oz/1 cup) of the caster sugar, the vanilla bean and lemon halves in a saucepan and bring to a rolling boil. Peel, quarter and core the quinces before immediately transferring them to the poaching liquid to prevent discolouration. Reduce the heat and simmer for 1½ hours, or until the quinces are tender and ruby-red coloured. Drain and set aside.

Peel, core and thinly slice the apples. Put in a saucepan with the remaining caster sugar, the cinnamon and 125 ml (4 fl oz/½ cup) water. Bring to the boil over high heat, then reduce the heat and simmer for 5–10 minutes, until the apples are tender but still hold their shape. Slice the quinces into a similar size and mix the two together.

To make the pastry, sift the flour, custard powder and icing sugar together. Rub in the butter to produce a texture resembling breadcrumbs. Add enough water to bring the pastry together and knead briefly. Wrap in plastic wrap and refrigerate for 30 minutes.

Divide the pastry in half and roll one half on a lightly floured work surface to a 3 mm (¼ in) thickness. Line either a greased 23 cm (9 in) pie dish or shallow flan (tart) tin with the pastry, making sure the pastry is pushed down into the corners. Trim any excess pastry using a small knife and return the pastry to the refrigerator for another 30 minutes. Roll the remaining pastry to the same thickness and refrigerate until needed.

Preheat the oven to 180°C (360°F).

Once chilled, prick the pastry shell with a fork. Line the pastry shell with baking paper and fill it with pastry weights or uncooked rice. Blind bake for 15 minutes before removing the paper and pastry weights or rice and baking for a further 5 minutes to crisp the pastry.

Fill the pastry base with the fruit. Top with the remaining pastry, pressing down the edges and then trimming the excess. Lightly whisk the egg with 2 tablespoons water. Brush the top of the pie with the egg mixture and sprinkle with caster sugar. Bake for 30–40 minutes, or until the pastry is cooked and golden brown.



Herb-roasted leg of lamb with hot broad bean and feta dressing

Lamb, feta and herbs are a perfect combination. Try to cook the lamb so it's still pink in the middle and allow to rest for a good 15 minutes before carving. SERVES • 6

2 GARLIC CLOVES
2 TABLESPOONS CHOPPED OREGANO
2 TABLESPOONS CHOPPED ROSEMARY
2 TABLESPOONS CHOPPED BASIL
ZEST OF 2 LEMONS
125 ML (4 FL OZ/½ CUP) OLIVE OIL
SALT AND FRESHLY GROUND
BLACK PEPPER
1.5 KG (3 LB 5 OZ) LAMB LEG
1.5 KG (3 LB 5 OZ) BROAD (FAVA) BEANS
80 G (2¾ OZ/½ CUP) PITTED
KALAMATA OLIVES
1 HANDFUL OF FLAT-LEAF (ITALIAN)
PARSLEY
1 SMALL HANDFUL OF MINT,
ROUGHLY TORN
2 TABLESPOONS LEMON JUICE
1 TEASPOON DIJON MUSTARD
3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
100 G (3½ OZ) CRUMBLED FETA

Preheat the oven to 180°C (360°F).

Grind the garlic using a mortar and pestle. Add the herbs and lemon zest and grind to a rough paste. Add the olive oil, season with salt and freshly ground black pepper and mix until combined.

Rub the herb-and-garlic paste all over the lamb. Place in a deep roasting tin and roast for 1–1½ hours. To check if the lamb is done, insert a small knife into the centre of the roast. Count to five. If the knife feels warm (tepid), the meat is rare. If it feels bearably hot, the meat is medium. You're aiming for medium to medium-rare. If necessary, cook for a further 5 minutes and test again. Cover and rest for 20 minutes in a warm place before carving.

Meanwhile, remove the broad beans from their pods and bring a large saucepan of water to the boil. Cook the beans for 1 minute, then drain and refresh under cold water. Remove the pale green skins by creating a slit in the skin and pushing the beans through it. Discard the skins.

Toss the broad beans, olives, parsley and mint together in a bowl. In a separate bowl, whisk together the lemon juice, mustard and extra-virgin olive oil, and season with salt and freshly ground black pepper. Pour into a large frying pan over medium-low heat, add the feta and the broad-bean mixture, and cook gently until just warmed through. Pour the lamb roasting-pan juices into the dressing and stir to combine. Remove from the heat.

To serve, carve the lamb and top with the hot broad bean and feta dressing.

