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Here is a pdf of all the recipes I have tried throughout the year.

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Starters

Mozzarella tomatoes (v)

This simple salad can be amazingly amazing if good tomatoes, fresh basil and good olive oil are used. It is much more than the sum of its ingredients.



Ingredients

- Tomatoes
- Mozzarella
- Fresh basil
- Olive oil

Coca-cola chicken

Despite the ingredients, this is a Chinese recipe and you would not immediately recognise the key ingredient.



Ingredients

- Chicken wings
- Ginger
- Coca-cola
- Spring onion
- Soy sauce
- Vegetable oil

Preparation

Marinate the chicken wings > 10 min in ginger slices to reduce the meat taste. If you have time cut the skin to put the ginger inside.

Stir fry the chicken wings until they turn brown.

Add cola to cover the wings. Simmer in slow fire for 10 min and then increase the heat to thicken the sauce.

Add dark soy sauce and remove any floating debris.

Sprinkle spring onion and serve!

Olive tapenade

Something fishy is going on with this.



Ingredients

- 180 g olives, pitted
- 1 tsp anchovy paste
- 3 Tbsp capers
- 1.5 Tbsp parsley
- 3 garlic
- 1 lemon juice
- Salt and freshly ground black pepper
- 54 g olive oil
- balsamic vinegar

Preparation

Optionally roast the garlic.

Mix everything in the food processor.

Done!

Guacamole (v)

The secret is to not do too much food processing.



Ingredients

- 1 nice soft avocado (if not soft, keep next to bananas for 1–2 days)
- 1 small red onion
- 1 small tomato
- corriander leafs
- olive oil
- juice of 1 lemon
- bit of balsamic vinegar
- bit of soy sauce
- (optional) bit of yogurt
- pepper

Preparation

Cut avocado in 4, it is then easy to pull off the fruit from the skin.

Combine all ingredients in food processor.

Process, and done!

Bacon asparagus

Another easy starter which is bound to impress.



Ingredients

- Fresh asparagus
- Bacon or pancetta
- salt, pepper
- lemon juice

Preparation

Delicious and super easy:

Wrap the meat around the asparagus. Place on kitchen foil and sprinkle with salt and pepper.

But in preheated oven at 200oC until the bacon becomes cruncy.

Serve with a bit of lemon juice.

Melitzanosalata (v)

A favourite starter.



Ingredients

- 2 aubergines
- Olive oil
- 2 garlic cloves
- 1 small red onion
- 2 Tbsp balsamic vinegar
- salt
- 7 parsley branches
- 50 g feta cheese

Preparation

Wash the aubergines, cut the top and pierce some holes on the skin.

Wrap in kitchen foil and put in 200 oC oven until they become soft (about 50 min).

Remove foil and put in grill until they get some colour. A bit of smoky flavour goes a long way in this dish.

Put out to cool, covered in the foil.

Once cool, peel off the skin by hand, and peel off long aubergine bits.

Mix with remaining (blended) ingredients (except feta) using two forks to pull appart a bit more. Keep in fridge to cool down.

Serve with grated feta cheese on top.

Salads

Watermelon and feta salad (v)

You will not believe the ingredients go so well together until you try it.



Salads

Ingredients

- 300 g watermelon, cubed
- 120 g feta, cubed
- 40 g red onion, thin cut, soaked
- 1 Tbps olive oil
- 1/2 Tsp balsamic vinegar (or lime)
- Optionally add either black olives, mint, chilly flakes

Preparation

Cut everything in pieces and combine.

The idea is that the opposite flavours balance out each other to result in an amazing summer taste explosion dish.

Chicken salad with avocado and lime

An easy dish to eat in summer.



Ingredients

- 2 cups roasted chicken breast cut in small pieces
- 1 large avocado cut in small pieces
- 3 spring onions
- half cup celery in pieces
- 1/4 cup grated Parmesan cheese
- lime juice (1–2)
- salt, pepper
- tomato, pepper, lettuce
- 3 Tbsp mayonnaise
- tortillas

Preparation

You can keep the chicken moist by stir frying and keeping in a bit of wine until most evaporated.

The dish is as good as its ingredients so buy a nice avocado and real parmesan cheese. Keep to low mayonnaise to keep it light and summery.

Cut the avocado last.

Mix everything, add avocado and lime juice.

Add mayonnaise and gently mix to retain avocado consistency. Add lime juice, salt and pepper to taste.

Serve immediately on its own or on bread or wrapped with tortillas.

Meatballs potato salad

Almost party-food, but works on any occasion.



Ingredients

Potato salad

- Potatoes
- Freshly cut parsley
- Olives or cornichon, in pieces
- Balsamic vinegar
- Olive oil
- Salt, pepper
- Mayonaise (optional)
- Red onion chopped
- Mustard

Meatballs

- 500 g mince meat (can be 50% pork and beef)
- Bread
- Olive oil
- Balsamic vinegar
- Salt, pepper
- Soy sauce
- Onion, garlic chopped
- Fresh parsley
- Flour

Preparation

This is an excellent summer dish, that can be eaten at room temperature, especially if you do not involve mayonaise which can cause trouble if left at room temperature for too long.

For the potatoes

Chop the potatoes into smallish bites and boil.

Prepare the vinegraitte by mixing together all liquid ingredients.

Cut the onion and cornichon (picled cucumber) or olives into thin slices.

The trick is to mix the vinegraitte with the potatoes while they are still hot, so they absorb the flavours.

Mix in the chopped vegetables and parlsey too. Refridgerate until ready to use.

Meatballs

Chop all vegetables in food processor. Put bread white in water and squeeze water away by hand. This is good use for old bread.

Mix together all ingredients by hand in a bowl.

Make small balls and put in an oven dish. If too watery, add flour until the consistency is good.

Bake at 200°C until ready.

Can also be eaten at room temperature. They go well with the potato salad, but are also great with cold yogurt, for a lighter and more summery feel.

Soups

Pumpkin soup (v)

Yet another way to get rid of leftover pumpkin.



Ingredients

- 3 Tbsp olive oil
- 2 onions
- 1 kg pumpkin
- 700 ml vegetable stock
- 150 ml full fat milk

Preparation

Peel, deseed and chop the pumpkin. Food process the onions.

Light fry the onions so they don't change colour for 5 min.

Add the pumpkin bits and cook for 8 min until soft and golden.

Add the vegetable stock and bring to boil. Lower the heat and cook for 10 more min.

Add the milk, boil again and puree in a blender.

Done! Serve with toasted bread.

Carrot and courgette soup (v)

A hand blender transforms this from a standard soup to a 5 star restaurant experience.



Ingredients

- 8 carrots
- 3 courgettes
- 1 onion
- 4 garlic cloves
- paprika powder
- soy sauce
- salt, pepper
- olive oil
- vegetable stock
- parsley

Preparation

This is a good way to use leftover courgette after stuffing some.

Multiprocess the courgette, onion and garlic.

Stir fry until they soften. Use a bit of wine if they start sticking to the pan.

Cut carrots in cubes and add to the a pot with boiling water. Add the fried vegetables.

Add a vegetable stock cube, and spices.

After the carrots are soft, add chopped parsley and process with hand blender for a smooth result while still hot.

Serve with crouton.

Broccoli cheese soup (v)



Soups

Ingredients

- 1 onion
- 1 broccoli
- 2 carrots
- pinch flour
- salt, pepper, soy sauce
- olive oil
- grated cheese
- 250 ml milk or soy milk

Preparation

Keep 1/3 of broccoli floret heads. Toss in oil and salt and put in oven until they start turning black.

Stir fry the onion. Once it loses colour, add a bit of flour and stir fry until brown.

Add water and vegetables. Boil until tender. Use the whole broccoli.

Food process with care so you don't need hospitalisation for burns.

Put back on stove, add milk and cheese until it melts.

Top with the broccoli from the oven and toasted bread squares.

Beetroot soup (v)

A good use for leftover beetroot.



Soups

Ingredients

- 1 Kg beetroot
- 2–3 onions
- Olive oil
- salt, pepper
- 1 garlic
- vinegar

Preparation

Boil cut beetroot, onions and garlic with salt, pepper and oil.

Once ready, serve with vinegar.

Chicken soup

Another nice soup, which can turn into a full meal with the addition of a bit of rice or semolina.



Ingredients

- 2–3 chicken breast frozen
- 1 potato
- 1 courgette
- 1 carrot
- 1 onion
- 1 parsley
- 1/4 cup rice
- 2 lemons
- Soy sauce, ground pepper

Preparation

Cut the chicken in small pieces. It works best if it is slightly frozen.

Grate the carrot and courgette. Cut the onion in thin semi-circular slices. Finely chop the parsley.

Add everything in a pot and boil for 1 h.

Serve with lemon juice and freshly ground pepper.

Chickpea pepper tomato soup (v)

Tasty and filling soup.



Ingredients

- 250 gr raw chickpeas
- 3 peppers, food processed
- 3 garlic cloves and 1 onion, food processed
- 20 gr parsley
- Olive oil
- 4 tsp paprika powder
- 2 tsp corriander powder
- salt, pepper, soy sauce
- 1 tomato can
- 3 bay leaves
- Feta cheese

Preparation

Soak the chickpeas in water with some bicarbonate of soda. Overnight soaking works best.

Food process onion, garlic, peppers, tomato can and parsley.

Mix everything in oven dish that has cover.

Heat in oven at 180°C for 2 hr. Turn off heat and leave overnight to slowly cool down.

Serve with feta cheese.

Spiced red lentils (v)

Complex, deep and healthy flavour. Don't make too much or you will be feeding bacteria.



Ingredients

- 2 onions
- 6 garlic
- 2 Tbsp olive oil
- 1 Tbsp ginger
- 0.5 tsp coriander
- 0.5 tsp cumin
- 0.5 tsp cinnamon
- 0.5 tsp turmeric
- 0.25 tsp cardamom
- 0.5 tsp chilli flakes
- 4 cups water
- 1 can coconut milk
- 2.25 cups red lentils
- 6 carrots, medium chopped
- 5 plum tomatoes, chopped
- 1 cup peas
- salt, pepper, soy cause
- 0.25 cup chopped coriander leaves

Preparation

Stir-fry onion, garlic and spices.

Add water, coconut milk, lentils and carrots. Simmer until lentils are tender.

Add tomatoes, cook on high for 10 min. Add peas and boil for 5 min.

Add coriander leaves and serve.

Tomato lentil chicken soup

Unexpectedly nice addition to a familiar flavour that transforms the dish.



Soups

Ingredients

- 250 gr lentils
- 2 chicken breast
- 1 onion
- 3 garlic
- 1 potato, cubed
- 1 carrot, cubed
- 3 celery
- 1 tomato can
- 2 bay leaves
- olive oil
- chilly flakes
- salt, pepper, soy sauce

Preparation

Boil the lentils for 25 min.

Food process onion, garlic and celery.

Stir dry the chicken until golden.

Add all vegetables and stir fry for 3 min.

Add tomato, bay leaves, spices and 250 ml water and boil at medium heat.

Add back lentils and cook for 15 more min.

Sides

Microwave mash potato (v)

Supposedly faster than boiling the potatoes.

Ingredients

- 3–4 potatoes (600 gr)
- 85 g milk
- 20 g butter
- 2 teaspoons finely chopped rosemary
- Soy sauce
- Pepper

Preparation

Peel the potatoes and cut in small pieces. Cook in microwave until done (about 6 min).

Add in a bowl and mash with the remaining ingredients.

Sautéed carrots (v)

A nice way to get taste out of plain carrots.

Ingredients

- Carrots, sliced no thicker rounds than 0.5 cm
- Olive oil
- Salt, pepper
- Fresh sage

Preparation

Do not overcrowd the pan. If they are steaming they are not getting hot enough for their sugars to caramelize.

Cooking should take about 5 min.

Can add a bit of sugared water in the end as well.

Bread (v)

Freshly baked bread is difficult to beat.



Ingredients

- 300 ml water
- 100 ml milk
- 30 g butter
- fresh yeast
- walnut, sesame seeds, oregano...
- 550 g flour
- 3/4 Tbsp salt
- 1.5 Tbsp sugar

Preparation

Add 200 ml tap water to a container. Add the yeast and fill up to 300 ml with boiling water. Leave for 10 min until the block of yeast comes apart and can be mixed into solution

Weight the flour and add salt, sugar and butter. Add the extras.

Mix everything and put in bread machine.



If you have a Dutch oven bake inside at 180°C for 80 min for heavenly crust.

Gourmolaf

Masterpiece omelette (v)

It is certainly a masterpiece, some people may question its status as an omelette.



Ingredients

Base

- Eggs
- Milk
- Olive oil
- Soy sauce
- Grated cheese
- Pepper, spices
- Wine

Extras

- Mushrooms
- Onion
- Garlic
- Peppers
- Courgette
- Olives
- Ham

Anyone can make an omelette. But to make a masterpiece omelette, you need to pay attention to the following.

Stir fry at high heat the extras in a bit of olive oil and add spices. Be creative with the extras, the guideline ones above make for a great starting combination. When they are starting to burn, add the wine and keep closed with a lid for 1–2 min.

Mix eggs, milk, oil and spices. Add to the frying pan with the rest of the ingredients and gently move them around fast so the base covers everything.

Lower the fire to below half strength and cover the pan. Let cook until the base solidifies, gets thicker by steam and starts burning in the bottom. The trick is to keep low heat, eggs do not need high heat to cook.

Once confident the bottom is cooked, move the pan back and forth to unstick the whole omelette from the bottom. You may need the assistance of a wooden spoon. Once it is unstuck, slide to the lid with the bottom of the omelette touching the lid. It should still be in one piece.

Now close the lid in one motion to cook the other side of the omelette. Add grated cheese on top, and maybe ham. Cook until the cheese melts.

If done in awesome way, you end up with a masterpiece omelette. Which is in one piece and not heavy.

Burger and fries

Finally nailed it!



Ingredients

Bread

- 200 ml water
- 28 gr butter (room temp)
- 1 egg
- 418 gr flour
- 50 g sugar
- salt
- yeast

Extras

- 5 small potatoes, in wedges (10 per potato)
- paprika
- mince meat
- 1 onion
- 3 garlic
- salt, pepper, oregano
- oregano
- olive oil
- ketchup, mustard
- lettuce
- 1 tomato

Preparation

Mix dough ingredients. Let it rise for 1 hr.

Separate in buns. Let sit in oven until they get pumped.

Paint with melted butter.

Mix potatoes with salt, paprika and a bit of oil.

Bake both at 190oC. The bread needs about, the potatoes 20-25 min.

Food process onion and garlic. Mix with meat and spices and make balls.

Heat a bit of oil in pan and press down the meat balls with a spatula until thin and the size of the bun. Cook for 3-4 min and reverse to cook on the other side. In the last 2 min add cheese until it melts.

Cut burger buns and toast. Spread sauces, add vegetables (tomato, onion, lettuce, cornichon).

Combine everything and burger time!

Lentil burger (v)

For extra low calories, do not put bread on top!



Ingredients

- 0.5 cup lentils
- salt, pepper, soy sauce
- vinegar
- garlic
- 0.5 onion, diced
- 1 carrot, grated
- breadcrumbs
- olive oil

Preparation

Soak the lentils overnight, if possible. Boil for 45 min, ideally in 1.5 cup water so it evaporates by the end.

Mix with the rest of the ingredients and make into buns. They will hold better if you add an egg.

Either bake in the oven for 15 min, or fry 2 min each side.

Done! Combine with your favourite burger ingredients, and you have a meal.

Spiced chickpeas with yogurt (v)

A combination that is better than the sum of its parts.



Ingredients

- 250 g raw chickpeas (or 600 g from a can)
- 3 thin peppers (300 gr)
- 3 garlic cloves and 1 onion, food processed
- 20 g parsley
- 3 Tbsp olive oil
- 250 ml water
- 4 tsp lemon juice
- 2 tsp cumin
- 4 tsp paprika powder
- 2 tsp corriander powder
- salt, pepper, soy sauce
- 1 courgette, food processed
- Greek yogurt

Preparation

Put the chickpeas in water overnight, with some bicarbonate of soda.

In a tahine/dutch oven, heat some olive oil.

Food process onion and peppers.

Once olive oil is hot, add cumin and stir for 10 sec.

Add onion and peppers and stir fry for 3 min until soft.

Add food processed garlic and courgette and stir fry for 30 sec, then add a cup of water.

Add curry, corriander, pepper, paprika and drained chickpeas. Stir.

Add lemon juice and parsley.

Bring to a boil and transfer to oven, covered. They are ready when there is limited water left.

Serve with Greek yogurt.

Chinese crepzania

Chinese crepe, lazania style!



Ingredients

- Cheese for topping

Filling

- 500 gr mince meat
- 1 tomato can
- 1 onion
- 4 garlic
- wine
- olive oil

Crepe

- 3 eggs
- spring onion
- corriander powder
- 1 tsp salt
- 3 cup flour

Preparation

Food process garlic and onion. Stir fry until golden and add the mince meat.

Once cooked add wine, let it simmer, and add tomato can. Simmer at low heat.

Combine crepe ingredients in bowl, and prepare them individually on a frying pan.

Wrap the mince mix in the crepes and set in orthogonal oven dish. Once all are done, sprinkle with grated cheese.

Cover with aluminum foil, bake at 180°C for 30 min, and fusion time!

TVP chilli (v)

A name worthy of the space age in a recipe that takes you to the stars.



Ingredients

- TVP - textured vegetable protein
- 1 onion
- garlic
- chilli flakes
- 2 tomato cans
- red beans (dry retain more structure)
- more vegetables (corn, carrot, peppers, mushrooms)
- wine
- soy sauce, salt, pepper
- bouillon cube
- cheese for topping

Preparation

TVP is sold in dry form in health/alternative shops. Soak in water before use.

Soak red beans with soda water, if you don't use canned beans.

Food process onion and garlic. Lightly fry.

Add TVP and vegetables. Once they have some colour, add wine and cover.

Food process tomato cans and bouillon cube. Add to mix.

Add beans and remaining ingredients.

Transfer to over, cook for 1h at 180°C and turn off to slowly cool overnight.

Top with cheese and serve with rice, nachos or couscous.

Broccoli tofu (v)

Green and white married in a taste explosion.



Ingredients

- 1 broccoli
- Hard tofu
- 1 onion
- 5 garlic cloves
- 2 carrots
- 6 asparagus stalks
- walnuts
- olive oil
- soy sauce
- sichuan pepper
- chopped corriander
- chilli powder
- white wine

Preparation

Heat the oil in a pan and put in whole sichuan pepper corns. Cover until most have exploded, and released their flavour in the oil.

Add the onion and garlic and stir fry for 1 min. Add the tofu and brown, on all sides, adding soy sauce.

Add the chopped carrots, asparagus and broccoli. Stir fry a bit, add wine and cover.

After 5 min, add the walnuts and chopped corriander.

Take off the heat while some sauce remains.

Falafel burger (v)

A vegetarian burger that resembles the real thing.



Ingredients

Burger

- 200–250 g raw chickpeas (430 g boiled)
- 1/4 cup oats
- 4 garlic cloves
- 1/4 cup fresh mint
- 2 Tbsp lemon juice
- 2 Tsp cumin
- salt, pepper
- 1/4 cup breadcrumbs
- 1 egg
- 1 Tbsp olive oil
- 4 burger buns
- Lettuce

Tzatziki

- Cucumber
- 1/2 cup greek yogurt
- 5 garlic cloves
- salt, pepper
- dill

Preparation

Prepare the tzatziki by combining all its ingredients in a large bowl and keep in the fridge until the burger is ready. It is important to remove as much water as possible from the cucumber.

Boil the chickpeas, if fresh, after having kept them in water overnight. A bit of bicarbonate of soda goes a long way towards softening them while soaking them.

Burgers: Food process the garlic, chickpeas and oats until combined well.

Add mint, lemon juice, cumin, salt, pepper and mix until homogenised. It should become a dry mix that is maleable. If too dry, you can add some of the chickpea water.

Split in 4 flat ‘beefs’.

Mix breadcrumbs with 1 Tbsp linseed. Crack and mix the egg on its own.

Put each beef in the egg and then the breadcrumb mixture.

Fry in medium-high heat about 5 min each side. Alternatively, put in the oven until they stay in one piece.

Combine in burgers along with tomato, lettuce and tzatziki.

Congratulations!

Zucchini patties (v)

A bit of effort to transform an already nice vegetable into a nice mix of vegetables.



Ingredients

Patties

- 1 kg zucchini
- 3 Tbsp parsley, chopped
- 6 Tbsp breadcrumbs
- 3 garlic cloves, chopped
- 1 egg
- 3 Tbsp parmesan
- salt, pepper

- olive oil
- flour

Topping

- 170 g onion
- olive oil
- 1 chopped tomato can
- salt, pepper

Preparation

Preheat oven at 200°C.

Wash zucchini and place whole on top oven shelf, with an oven dish below to gather anything that drops. Bake until tender (can penetrate with toothpick without resistance - maybe 30 min).

In the meantime make the topping: fry chopped onion until golden, add tomatoes from can, with their juice. Heat for 20 min.

Remove zucchini from oven and let cool down. Cut in pieces and put in colander to drain for 15 min. Squeeze more to remove excess water.

Combine zucchini with breadcrumbs, parsley, garlic, egg, parmesan, salt and pepper in food processor.

Shape mixture into patties about 1 cm thick and turn them in flour.

Fry in preheated hot oil in a pan, one at a time. Turn them once, when they have formed a dark crust. Once fried on both sides, drain them on kitchen paper.

Put the patties in an oven dish and cover with the topping tomato sauce.

Red bean ham



Ingredients

- 1 Tbsp vegetable oil
- 1 ham of sausage
- 1 onion, diced
- 1 green pepper, diced
- 2 celery, diced
- 2 Tbsp tomato paste
- 3 garlic, minced
- 1.5 tsp Cajun seasoning
- half bag soaked red beans
- chili flakes
- 1 bay leaf
- salt, pepper, soy sauce
- fresh parsley

Preparation

In Dutch oven, stir fry sausage and set aside when ready.

Repeat with onion, pepper and celery.

When ready, add tomato, garlic and seasonings.

Add red beans, chili, bay leaf and sausage. Season with salt and pepper. Boil and put in oven.

Cook for 1h at 180°C, turn heat off and leave in. The longer the better.

Serve with fresh parsley.

Red lentils with feta and fresh spinach (v)

A sandwich of ingredients you could not hold in your hand.



Ingredients

- 2 Tbsp olive oil, balsamic vinegar
- 2 tsp cumin seeds
- 2 garlic cloves
- 1 chilli pepper, pepper
- 2 tsp grated ginger
- 1.5 cups split red lentils
- 3 cups vegetable stock
- 2 Tbsp of fresh mint, chopped
- 2 Tbsp fresh cilantro, chopped
- 2 red onions, thinly sliced
- 4 cups baby spinach leaves
- 1 teaspoon crushed walnuts
- 100 g crumbled feta cheese
- 4 Tbsp plain yogurt, strained
- Tomato paste
- Soy sauce

Preparation

Fry chopped onions and garlic in olive oil. In the last minute add cumin, ginger and cook for about 2 minutes, stirring constantly.

Add double volume of vegetable stock, chilli and lentils. Let cook, covered for 20 min over medium heat, adding water if necessary. Add tomato paste and soy sauce and stir occasionally.

Once cooked, stir in mint and coriander and remove from heat.

Toss the spinach in olive oil and balsamic vinegar in a bowl, then divide between serving plates.

Mash the feta cheese with the yogurt in a small bowl and season to taste with pepper.

Divide the lentils between the serving plates and top with the yogurt/feta mixture. Garnish with lemon quarters and serve with bread.

Vegetable tajine (v)

A great way to enjoy lots of vegetables.



Ingredients

- 1 onion, chopped
- 4 cloves garlic, finely chopped or pressed
- 3 tablespoons olive oil
- Soy sauce
- 1 teaspoon ginger
- 1 teaspoon turmeric
- 3/4 teaspoon cinnamon
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 2 or 3 tablespoons chopped parsley or coriander
- 4 or 5 carrots
- 1 cup water (half vegetable or chicken broth, if desired)
- 2 cans chickpeas, drained
- 2 to 3 teaspoons honey
 - 3 courgetes
- 1 sweet potato, peeled and chopped
- Zest and juice of 1 lemon
- 4 tsp paprika

Preparation

Saute onions until clear in oil. Add garlic and cook for one min.

Add the spices, parsley or cilantro, the carrots and the water. Cover and simmer over medium-low heat until the carrots are cooked to desired tenderness.

Add the remaining ingredients and finish in the oven.

Portuguese fish

One more way to cook Portuguese style cod, to add to the 1001 implied by the the Portuguese Ministry of propaganda during dictatorship.



Ingredients

- Cod fillets
- Carrots
- Potatoes
- Onion/leek/garlic
- Olives
- Tomato
- Something green (cabbage, broccoli, courgette, asparagus)
- Pepper, soy sauce
- Parsley, coriander seed
- Cheese (optional)

Preparation

As you can see, there are many possibilities. Traditionally it would be salted cod, but frozen deboned fillets work fine.

Peel and wash all vegetables. Cut in relatively big pieces so they remain crunchy after cooking.

Unfreeze the fish in the microwave, if using frozen fish.

The potatoes should either be cut small and put with the rest of the food. Or if you have more time you can make mash potato and use it to form a top layer of all food.

Mix everything in an oven dish, add lid or alluminum foil on top.

Bake in oven at 180°C. 50 min should be enough. Within this time, mix the contents twice, but avoid disrupting the fish shape.

After the last mix, add the (optional) mash potato and cheese on top.

Fish bake

Works from frozen. The trick is not to bake the vegetables.



Ingredients

- frozen fish
- fresh carrot
- fresh broccoli
- olive oil
- lemon
- asparagus
- frozen peas or your favourite vegetable
- spices (paprika, dill, parsley)

Preparation

Place fish in aluminum foil and sprinkle spices on top. Put thin lemon wedges on top to prevent burning and wrap completely in foil.

Put on top of the foil asparagus stalks.

Put in over at 180°C until done. Frozen might take 40 min, the wrapping should prevent drying.

Peel and cut carrots, and cut broccoli to small pieces. The trick is not to overboil them. Carrots need 5 min, broccoli needs 3. Start timer from boiling.

Once the time has passed, immediately drain. You can slightly stir fry in oil and spices.

Microwave the frozen vegetables.

Combine all food in a plate and enjoy!

Oven curry fish

An exotic recipe that is very easy to make, compared to the taste of the final outcome.



Ingredients

- Fish fillets
- Curry powder
- Olive oil
- Soy sauce
- Coconut milk
- Spring onions, garlic
- Chillies
- 3 lemons
- Frozen spinach
- Frozen carrot or peas
- Rice
- Coriander leaves

Preparation

Put rice, spinach, peas, carrots pieces in a pot and heat up to boil. Add salt, pepper and a bit of butter.

Press the fish fillets from both sides on curry powder.

Fry in olive oil and keep on a plate.

Process the coconut milk, spring onions, chillies, coriander leaves and garlic with a food processor.

Drain the rice mix (even if not completely cooked) and mix with the coconut milk mix in an oven dish.

Add the fried fish on top, cover and bake in the oven for 40 min.

Mushroom stuffed fish rolls with white wine sauce

Complicated but worth it.

Ingredients

- 6 Basa Fillets 20 cm long & 8 cm wide (or any boneless fish)
- 200 gm Mushrooms, chopped small
- 1 Onion, chopped small
- 4 cloves of Garlic, chopped small
- 4–5 Tbsp of Breadcrumbs
- 1/2 Tbsp Chilli Flakes
- 4 Tbsp Walnuts, small pieces
- 4 Tbsp of Chives
- 1 cup White Wine
- 1/2 cup Water
- 2 Tbsp White Flour
- 2 Tbsp Butter (sauce)
- 2 Tbsp olive oil (frying)
- 1/2 cup Sour Cream/Yoghurt
- Salt and Pepper to taste
- Fresh Salad to serve

Preparation

Fry the garlic, then onions and add the mushrooms. Season and cook till mushrooms are soft and the water has evaporated.

Take off the flame and throw in the chopped walnuts, breadcrumbs, chilli flakes and 2 Tbsp of chives. If the mixture does not hold together, add more breadcrumbs.

Sprinkle salt and pepper on each fillet and roll around the stuffing. Seal with toothpicks.

Boil 1/2 cup water and 1/2 cup wine. Add the fish rolls, cover and cook for 4 minutes or till the fish becomes white from translucent. With a pair of tongs, pick them and place them in a baking dish.

Retain the left over water-wine mix. Add 2 Tbsp butter and let it simmer.

Mix 1/2 cup yoghurt with 2 Tbsp white flour and pour in the simmering white wine liquid. Add 1/2 cup wine, chives and season it. Let it cook till it reaches a thick consistency.

Pour over the fish rolls in the baking dish. Bake in a pre-heated oven at 200°C for 20 mins or till the sauce starts to turn golden brown on the top.

Serve with salad.

Tuna tajine

Brilliant use of a tajine. The trick is not to overcook the vegetables.



Ingredients

- 6 thick tuna slices
- 1 big green cabbage
- 3 onions
- 1 bunch of fresh coriander
- 0.5 bunch of parsley
- 3 heads of garlic
- 0.2 grams of saffron
- 1 teaspoon of ground cumin
- 5 tablespoons of olive oil
- Salt and pepper

Preparation

The day before, prepare your saffron by diluting it in a small cup of cold water.

Wash the cabbage, cut it into 4 pieces and blanch it for 4 to 5 minutes in salted boiling water. Strain it and cool it, then cut it into thin strips.

Peel garlic and onions, and cut them into small pieces, wash and mince also coriander, parsley, and rinse the tuna.

In a large pot, brown the onions and garlic in hot oil. Add the cabbage strips and pour 15 cl of water, add the cumin, salt and pepper, and mix well together.

Let cook on moderate fire for 20 minutes, and the saffron, and cook again for 10 minutes. Add water when necessary.

Put the tuna slices over the cabbage, and strew with coriander and parsley, and cook for ten more minutes.

Serve very hot.

Haggis

Freshly caught haggis is worth the extra effort. Best hunted while running uphill.



Ingredients

- 500 g haggis
- Mash**
- 500 g potatoes
- 500 g swede or parsnip or similar tuber
- 50 g
- 75 ml double cream
- salt and white pepper
- 1 Tbsp chopped fresh chives
- Whisky sauce**
- 500 ml double cream
- 2 tsp wholegrain mustard
- 1 Tbsp Dijon mustard
- 2 tsp whisky
- salt and white pepper
- 1 Tbsp chopped fresh chives
- Half lemon juice

Preparation

Preheat the oven to 180°C.

Wrap the haggis tightly in aluminium foil and place onto a baking tray. Bake until cooked through. When you realise you've failed to turn the oven on, unwrap the haggis from foil, cut a line through the top and place in the microwave according to the package instructions.

Boil the potatoes and tuber in salted water until tender. Mash with butter, cream, salt, pepper and chives until smooth and well combined.

For the whisky sauce, heat the double cream in a pan over a medium heat. Add the wholegrain mustard, Dijon mustard and whisky and stir to combine. Increase the heat until the mixture is simmering and continue to cook for 1–2 minutes. Add salt, pepper, chives and lemon juice.

To serve, divide the haggis and mash to plates and add whisky sauce accompanied by background of bagpipe music.

Burger zi

East meets West in this Frankenfood. Put in the oven to harden the outside and get even more weird looks.



Ingredients

Filling

- beef mince
- garlic
- red onion
- olive oil
- 1 egg
- balsamic vinegar
- salt, pepper
- your favourite powder spice
- fresh parsley chopped

Dough

- 500 g flour (half soft, half hard)
- 300 ml water
- salt
- bit of butter
- yeast

Side and top filling

- mustard
- ketchup
- cheese
- sliced tomato
- sliced red onion
- cornichon

Preparation

This is the yang to the ying that is the Scottish fried burger.

Basically it is a frankenstein dish, which is half burger and half pao zi. Let your imagination run free and make sure any nearby Chinese person is sitting before sharing the recipe.

Make a bread dough. It is important to roll out thin circles so that the ratio of filling to dough is good.

Combine all mince ingredients in a bowl after food processing the onion, garlic and parsley.

Use your kung fu to surround some of the filling with the dough. Layer on top a slice of tomato and onion, add cheese and add ketchup and mustard to ensure each bite will contain some. Close in a beautiful pattern, and make it more flat than normal.

Put a wet clean kitchen towel on the bottom of a steamer. Put the filled dough balls on the towel, avoid touching them.

Steam with closed lid for 15–20 min (until the dough bounces back from pressure).

Serve with a mix of vinegar, chopped onion, chopped cornichon and more ketchup.

Sushi

Helps to get an assembly line making it, if you want to eat on the same day you started cooking it.



Ingredients

- Sushi rice
- Sushi vinegar
- Sushi seaweed
- sugar and salt
- Cucumber
- Carrots
- 3 eggs
- Soy sauce
- Preserved ginger
- Wasabi
- Smoked salmon

Preparation

Many parts of the roll are prepared separately and are then brought together.

Start with the rice. Follow the instructions on the package, which were 250 g in 500 ml water, bring to the boil, keep at low heat for 15 min, take away from heat and keep for 10 min with lid closed.

Dissolve 1 tsp of sugar and 1 of salt in 6 tablespoons sushi vinegar. Add to the rice and mix and leave to cool.

Cut cucumber and carrots in 8 long strips. Remove the middle if too watery.

Make an omelette at low fire with the eggs and soy sauce.

Place one piece of square seaweed on cling film. Use two metal spoons to transfer and compress the rice throughout the surface. Once you have a layer of rice, add enough salmon, carrot, cucumber, omelette to cover the length of the seaweed. Roll (with hands or sushi mat if available) and apply pressure to make sure it remains stuck. Cut with a knife and place on a black plate.

Repeat. 250 g of rice make about 5 rolls.

Serve with soy sauce, ginger and, of course, wasabi.

Chicken tajine with apricots and almonds

Slow cook it to heaven.



Ingredients

- 1 red onion
- chicken drumsticks
- 2 carrots
- 5 garlic gloves
- half cup quartered apricots
- 1 Tbsp cinnamon
- 1 tsp cumin
- fresh ginger
- parsley, coriander
- 1 tomato can
- half bag chickpeas, soaked
- salt, pepper, soy sauce
- olive oil
- almonds
- honey
- white wine

Preparation

Sprinkle drumsticks with salt and pepper.

Food process onions and garlic.

Cut carrot to large bitesize pieces.

Fry chicken on all sides until it gets some colour. Remove from fire.

Fry onion/garlic for 1 min, add spices, carrots and chickpeas and stir.

Add chicken and wine. Once it boils, add tomato sauce.

Add honey, parsley and apricots. Make sure there is enough water.

Cover and put in over at 180°C for 1 hr. Turn off oven and leave overnight covered to slowly cool down.

Quickly roast almonds in pan and sprinkle over food when serving.

Serve with couscous.

Sichuaterranean stew

A Sichuan and Mediterranean cuisine hybrid. Hence served with pasta or rice.



Ingredients

Special sauce

- TVP
 - 1 onion
 - 5 garlic
 - white wine
 - salt, pepper, soy sauce
 - 1 tomato can
 - 1 tomato
 - 1 aubergine, cubed
 - 1 courgette, grated
- 3 Tbsp soy sauce
 - 3 tsp vinegar
 - 3 tsp sugar
 - 1.5 Tbsp chilli soy bean paste
 - 2 tsp corn starch
 - 0.5 tsp chilli flakes
 - 1 tsp chilli oil (optional)
 - 2 star anise
 - 1 tsp Sichuan pepper

Preparation

Food process the garlic and onion.

Stir fry the grated courgette. Once it smells, add aubergine. Add special sauce and spices.

Once they are both cooked, add TVP and processed onion and garlic. When they start burning add white wine.

Add processed tomato and tomato can. Mix well, cover and put in oven for 1 h at 180°C. Then turn off oven and leave overnight.

Pineapple beef stew

Sweet and sour beef. The pineapple pre-digests the meat for extra tenderness.

Ingredients

- 2 pounds beef top round steak, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 can (15 ounces) tomato sauce
- 2 large onions, chopped
- 4 medium carrots, thinly sliced
- 1 large green pepper, cut into 1-inch pieces
- 1 cup canned pineapple chunks, drained
- 1/2 cup cider vinegar
- 1/4 cup packed brown sugar
- 2 teaspoons chili powder
- 2 teaspoons paprika
- Salt, pepper

Preparation

Mix the beef with the pineapple, onions, and powders and keep in the fridge for at least 1 h (or overnight).

Brown beef.

Transfer to slow cooker with the remaining ingredients and cook for ages.

Fast food ribs

Cooked nicely, but with a sauce that while homemade, is worse than a commercial one.



Ingredients

- 1/2 cup hoisin sauce
- 1/2 cup ketchup
- 1/2 cup sriracha
- 1 kg pork spare ribs, cut individually

Preparation

Preheat the oven to 120°C.

Combine all sauces. Keep 1/4 separately.

Toss ribs in big sauce mix until coated. Transfer to Dutch oven and cook for 2 hr.

Remove from oven to tray in aluminium foil, cover with remaining sauce.

Increase temperature to 200°C.

Bake uncovered for 5-10 min until the edges start to char.

Serve with some vegetables, to avoid constipation/liver poisoning.

Pork with cheese and peaches



Ingredients

- 500 gr pork
- 4 hard peaches or nectarines
- 5 spring onions, chopped
- 1 tsp marjoram or basil or oregano
- 1 tsp nutmeg
- salt, pepper
- 1 Tbsp honey
- 3 Tbsp vinegar
- 200 gr Greek yogurt
- 100 gr haloumi cheese, or any that melts nicely
- 100 ml olive oil

Preparation

Pre heat oven at 180°C.

Set one peach aside. Wash and halve remaining peaches (removing stone). Place on bottom of baking tray and add half the herbs, salt, pepper and nutmeg. Top with vinegar and honey and 3 Tbsp olive oil.

Put in oven until they soften. Take out and keep aside.

Wash pork and cut in cubes.

Food-process the peach.

Stir fry the spring onions. Add meat and stir fry for 10 min. Add salt and pepper, remaining herbs, nutmeg, yogurt and processed peach.

Keep at low heat until most water is gone. Transfer mix on top of the baked peaches. Top with grated cheese, pepper.

Put in oven until the cheese melts, and serve with rice.

Chicken aubergine pesto

One more opportunity to include aubergines in your diet.



Ingredients

- Two chicken breasts
- 1 aubergine
- basil pesto
- olive oil
- rosemary
- soy sauce, pepper

Preparation

Cut the aubergines in long thin slices. Use a paintbrush to spread olive oil and soy sauce on them, and bake in pre heated oven at 180°C until they soften, about 15 min. Take out and pat on kitchen paper to absorb oil.

Cut the breasts in long thin slices. Lightly salt and stir fry in a pan for 2–3 min, until they acquire some colour.

Layer aubergine, chicken, aubergine, chicken slices in a baking tray, after having put pesto on the chicken. Put rosemary on top of the chicken.

Cover with aluminum foil and bake at 180°C for 12 min. Remove the aluminum foil and bake for a bit longer.

Serve with more vegetables.

Indian

Chicken tikka masala



Indian

Ingredients

- 2 Tbsp garam masala
- 2 Tbsp ground cumin
- 2 Tbsp ground coriander
- 4 tsp ground turmeric
- salt
- 2 tsp smoked paprika
- chili flakes
- 4 chicken, cut into cubes
- 2 cup Greek yogurt
- 12 garlic cloves
- 2 Tbsp freshly grated ginger
- 4 Tbsp olive oil
- 2 medium onions, chopped
- your favourite vegetables (pepper, mushroom, broccoli, carrot)
- 1 tomato can sauce
- 1 coconut milk can
- Fresh coriander, chopped

Preparation

Mix all spices together and set aside.

Combine chicken, yogurt, half (garlic, ginger, spice mixture) in bowl and marinate (15 min to overnight).

Fry chicken on preheated oil and turn once. 3 min each side. Set aside once browned.

Add onion and remaining spices and stir fry.

Add tomato and scrape any browned spices from bottom of pan.

Add coconut milk and chicken. Simmer at low heat for 10 min.

Serve with chopped coriander.

Chicken biriani



Ingredients

- 8 cups water
 - 1 cup red lentils
 - 1 cup basmati rice
 - olive oil
 - 1 grated onion
 - 2 garlic
 - 500 gr chicken, cut in bite size
 - 2 tsp paprika
 - 1 tsp chilli powder
 - ginger
 - white wine
 - 1 cup milk
 - 120 gr yogurt
- ### Sauce
- olive oil
 - 1 onion, in rings
 - one lemon juice
 - 2 Tbsp Garam masala powder
 - half cup almonds
 - fresh corriander
 - 3 Tbsp yellow raisins

Preparation

Boil 7 cups water with rice and lower heat for 15 min without stirring.

Add lentils, stir once and continue cooking for 10 min. Once rice has holes in surface, set aside covered with cloth.

Stir fry onion and garlic. Add spices (paprika, ginger, chili, soy sauce). Once they smell, add chicken. Once it is cooked on the outside add wine and 1 cup of water and cook on low heat for 25-30 min, until water runs low.

Mix yogurt and milk in a bowl and add to cooking chicken. Set aside.

Make the sauce. Stir fry onion. Add lemon juice, garam masala, almonds and raisins.

Preheat oven to 160°C.

Add half the rice mix in oven dish. Add half the chicken mix. Cover with remaining rice mix. Top with rest of chicken mix. Add the sauce on top. Put a lid and bake for 20 min.

Fragrant spinach curry

The Indian version of Green curry.



Ingredients

- 1 can of spinach
- chicken or beef in cubes
- 1 onion, thin slices
- 2 garlic
- ginger
- 1 Tbsp ground cumin
- 2 Tbsp ground coriander
- 1 tsp turmeric
- 1 tomato can
- 3 chillies
- Greek yogurt
- 1 tsp cinnamon
- salt, pepper, chilli powder
- 3-4 tsp garam masala

Preparation

Mix chicken with all powders and let sit for 30 min.

Stir fry chicken. Once it gets colour, add food processed onion and garlic.

Add tomato can and spinach and mix well. Cook in oven for 1 h at 180 oC, and let cool down slowly.

Before serving, mix in yogurt.

Fish curry



Ingredients

1st fry

- oil
- 0.5 tsp cumin
- 2 onions, sliced
- 0.25 Tbsp ginger
- 0.25 Tbsp garlic
- 2 tomatoes, chopped
- 1 tsp chilly powder
- 0.25 tsp turmeric
- 1 can coconut milk

Marinade

- 500 gr fish fillets
- 1/4 Tbsp ginger
- 1/4 Tbsp garlic
- chilly flakes

Sauce

- oil
- 1 green chili
- 1.5 tsp garam masala
- soy sauce, salt, pepper

Preparation

Marinade fish for at least 30 min.

Stir fry the fish until the raw smell disappears. Set aside.

Stir fry cumin, add onion and saute until golden.

Add ginger and garlic and saute for 30 sec. Add tomatoes.

Add coconut milk, chili powder and turmeric.

Cool down and add to blender. Blend until smooth.

Stir fry green chili. Add paste and garam masala and fry.

Add water and bring to boil. Cook until oil surfaces and sauce thickens.

Add fish and cover until fish bulges, which means it is ready.

Add coriander leaves.

Mandarin pork

Interesting combination of ingredients. The recipe is not Mandarin Chinese, just mandarin.



Ingredients

- 1 Kg pork, cubed
- 1 onion, sliced
- 4 garlic
- chilli flakes
- 1 pepper
- 50 gr fresh ginger
- 4 mandarin juice
- 150 ml sweet wine
- 50 ml vinegar
- 1 coconut milk can
- 1/2 tsp turmeric
- olive oil
- salt, pepper, soy sauce
- fresh coriander for serving

Preparation

In Dutch oven.

Stir fry pork until coloured. Remove from fire.

Stir fry onion. Add garlic, chillim ginger and peppers.

Put back the meat and add wine.

After 3 min, add mandarin juice, vinegar, coconut milk and turmeric.

Put in over for 1 hr at 180°C, turn off oven and leave in to slowly cook.

Serve with rice or mashed potato, with fresh coriander.

Chinese

Tomato egg noodles (v)

Simple and hearty flavour, the cooking technique is important.



Ingredients

- 2 Tbsp sesame oil
- Ginger, thin slices
- 2 spring onions
- 2 tomatoes, quartered twice
- 2 eggs
- 2 Tbsp ketchup
- vegetable broth
- 2 noodle nests
- salt, soy sauce

Preparation

Heat oil over medium heat and fry ginger.

Add white part of spring onion in slices.

Scramble the eggs until golden.

Add tomatoes, ketchup and salt. Fry until the tomatoes have softened.

Add 8 cups of water. Bring to a boil and add noodles.

Serve with chopped green parts of the spring onion on top of the noodles.

Zha Jiang noodles

Lots of raw vegetables add to the summer freshness.



Ingredients

- 4 Tbsp dry yellow soybean paste
- 1 Tbsp sweet bean or hoisin sauce
- 300 ml water
- Olive oil
- 1 star anise
- 2 spring onions, chopped
- 1 tsp ginger, minced
- 200 g pork mince
- 1 tsp Shaoxing rice wine
- 4 noodle nests

Use at least 3 of the following options, in thin slices

- cucumber, in thin strips
- radishes, sliced
- carrot, in thin strips
- cabbage
- celery
- beansprouts
- fresh edamame

Preparation

Heat oil and add star anise, half spring onions and ginger. Add porc and wine and cook well.

Mix the two sauces with water and add to pan. Bring to boil and simmer for 20 min.

Thicken by boiling. Add the other half of spring onion.

Quickly boil the beansprouts and edamame beans and drain.

Order the raw vegetables and beans over noodles and add the porc in the middle.

Mix and enjoy.

Boiled fish Sichuan

A spicy fish dish from Sichuan province.



Ingredients

Fish marinating

- 1 kg fish
- 1 tablespoon cornstarch/flour
- 3 teaspoons salt
- 1 tablespoon cooking wine

Other ingredients

- 5 garlic cloves
- 2 spring onion
- 2 cups Shitake mushrooms
- 1 inch root ginger, peeled and sliced
- 3 star anise
- 1 large cassia bark, break into small sections
- 1 teaspoon Sichuan peppercorn
- 10 dried chili red pepper
- 2 tablespoon cooking oil
- 1 tablespoon doubanjiang (red soybean sauce)
- 2 teaspoons dou-chi (soy beans)
- pinch of salt
- 1/2 tablespoon sesame seeds for garnish

Preparation

Cut the fish into thin slices.

Mix fish with cooking wine, cornstarch/flour, salt and set aside to marinate about 30 minutes.

Boil mushrooms/other vegetables, then lay in the bottom of your final container.

Heat up 1 tablespoon of vegetable oil in wok, add star anise, cassia bark and taso ko to stir fry for around 2 minutes until you can smell the aroma. Discard the cassia bark.

Add garlic, ginger and white part of green onion to stir-fry around 1 minute, then add half of the Sichuan peppercorn and half of the dried chili peppers to stir-fry.

Add doubanjiang and dou-chi to stir-fry for 1 minute until aroma.

Pour water (around 3 cups) to wok and slow the fire after the water becomes boiling to simmer for 15 minutes, and then add 2 teaspoons of salt.

Add the fish and cook until it becomes white.

Transfer all the content to the serving bowl. Garnish with chopped spring onion and sesame seeds.

Heat up around 2 teaspoons cooking oil in wok again and add the left Sichuan peppercorn and chili peppers.

Pour the hot oil with Sichuan peppercorn and chili peppers evenly on the surface of the serving bowl.

Ma Po Tofu

Make sure the tofu is not too soft so that it retains its shape.



Ingredients

- Half cup chicken broth
- 2 tsp potato starch (or 1 tsp cornstarch)
- 2 tsp soy sauce
- 1 tsp sugar
- 1 Tbsp sesame oil
- 2 garlic cloves, minced
- 2 tsp minced ginger
- 4 spring onions, minced
- 1 Tbsp fermented black beans
- 1/2 tsp Sichuan peppercorns, ground
- 200 g minced porc
- 2 tsp chili bean paste (doubanjiang)
- 500 g silken tofu, drained and cut in cubes

Preparation

Combine stock, starch, soy sauce and sugar in a bowl.

Stir fry garlic, ginger and green onions in sesame oil.

Add black beans and Sichuan pepper and continue stir frying.

Add ground porc and break in small grains. Once cooked, add chili bean paste and mix.

Add tofu and toss to mix so it does not lose its shape.

Add mixed stock mixture, toss to coat everything and boil until the sauce thickens.

Garnish with green tops of spring onions and serve with rice.

MaBeanPorkFu

An experimental variation, necessary when you have run out of Chinese spices.



Ingredients

- 3 Tbsp soy sauce
- 1.5 Tbsp sugar
- 3 Tbsp balsamic vinegar
- 5 Tbsp white wine
- 1.5 Tbsp flour for thickening
- salt, pepper
- chilli powder
- peppers, in strips
- 1/2 red onion
- 200 g beef mince
- 400 g frozen green beans
- 2 garlic cloves

Preparation

Dry green beans well on paper towels.

Mix all the liquids to prepare the sauce.

Heat 2 Tbsp olive oil. Once hot stir fry the beans until brown and shrunk.

Remove from pan.

Heat 1 Tbsp olive oil. Add Onion, garlic, minced beef and stir until cooked.

Mix in beans and add sauce.

Enjoy!

Spicy tofu fish

Spicy and tofu and fish? Count me in.



Ingredients

- 1 fresh/frozen fish, cut into 2 cm x 2 cm pieces
- 1 tsp Sichuan pepper
- 1 tsp salt
- 1 egg, mixed
- 4 garlic cloves, cut in pieces
- 1 ginger 2x2 cm square, cut into pieces
- 2 spring onion, cut into pieces
- 4 tsp starch or flour
- 0.5 Kg tofu, cut into square pieces
- Sichuan bean sauce
- 0.5 tsp sugar
- Shoaxing wine (or white wine)
- Your favourite vegetable, pre-boil so the fish remains intact

Preparation

Marinate fish for 20 min by combining with salt, half cup white wine, flour, pepper, bean sauce and eggs.

Heat 2 Tbsp oil in a frying pan. When hot, put the Sichuan pepper for 20 seconds, and remove from the pan.

Add garlic, spring onion and ginger to the pan and stir fry for < 1 min.

Add the marinated fish and 100 ml boiled water, turn down the fire and cook for 5 min.

Add tofu and stir a bit. Add sugar, pepper and taste. Adjust the taste with soy sauce, chicken stock etc.

Cook for another 5 min until the sauce thickens.

Serve with fresh spring onion pieces.

Sweet and sour tofu (v)

Limited sugar/honey is sufficient for this to work well. The trick is to cook each ingredient just the right amount, by cooking separately. For example keep the carrots and broccoli crunchy.



Ingredients

Sauce (mix and set aside)

- 1/4 cup vegetable stock
- 2 tablespoons light soy sauce
- 2 tablespoons Shaoxing wine (or vegetable stock)
- 1 tablespoon rice vinegar
- 4 tablespoons tomato paste (ketchup works in emergency)
- 1 tablespoon honey (or sugar/maple syrup)

Cook

- 1/2 head broccoli, cut to bite size
 - 2 tablespoons vegetable oil
 - 500 g firm tofu
 - 1/2 small onion, sliced
 - 3 cloves garlic, minced
 - 1 teaspoon ginger, minced
 - Cornstarch
- Tofu marinade**
- soy sauce, honey

Preparation

Dry the tofu between paper towels. Cut in small pieces and marinate in the tofu mix in a bag. Just before use, drain liquid and coat in cornstarch.

Boil a bit of water in a pan and cook the broccoli until it reaches the desired texture (1 min). Set aside in the final serving bowl and dry and reuse the pan.

Heat 1 Tbsp oil over medium heat. Spread the tofu and cook without disturbing until it runs golden (about 5 min). Flip and repeat on the other side. Set aside in plate.

Repeat to stir-fry onion until golden (2 min). Add garlic and ginger and stir a bit until fragrant.

Add the sweet and sour sauce and cooked tofu. Stir gently to mix well with the sauce. Cook until the sauce thickens (2–3 min).

Pour the tofu and all the sauce on top of the broccoli in the serving bowl. Serve with steamed rice or noodles on the side.

Huntun

This is a simple soup, whose simplicity is its strength. Refrain from making it more complicated.



Ingredients

Filling

- 0.5kg minced beef
- 2–3 spring onion, chopped into small pieces
- half stick of celery, chopped into small pieces
- 0.5 Tbsp salt
- 2 Tbsp olive oil
- Spice mix (or peppers, different herbs, coriander powder)
- 0.5 Tbsp sesame oil
- 0.5 Tbsp soy sauce
- 1cm cubed ginger, chopped into small pieces
- two spoon white wine or beer (optional)
- Wonton wrapper (frozen asian shop)

Preparation

Mix all filling ingredients well by hand.

Wrap the filling into individual wrappers by hand: put wrapper in the palm of your hand, place a small amount of filling in the center and seal the wonton into the desired shape by compressing the wrapper's edges together with your fingers. Moistening the wrapper's inner edges with water to partially dissolve them will help with sealing. It is important to press all air out of the interior to avoid rupturing the wonton from internal pressure when cooked.

Boil in a pan. Now is the time to add some salt, soy sauce, a bit vinegar, pepper to make the soup tasty (or you could also use a vegetable bouillon, but a simple soup also works great).

Drop the wonton one by one gently when the water is boiling

After 5–10 mins they are ready to serve. Add some fresh coriander leaves and enjoy.

Stir fried chicken with Chinese cabbage

Healthy cooked chicken.



Ingredients

- 500 g chicken breast
- 5 Tbsp soy sauce
- 3 Tbsp dry sherry
- 1/4 tsp cayenne pepper
- Olive oil
- 1 onion
- 2 cloves garlic
- 1 tsp ground coriander
- 1 Tbsp wine vinegar
- 0.5 chinese cabbage
- 3/4 cup water chestnuts
- 2 tsp tomato paste
- 1/4 teaspoon dried chilly flakes
- 3 Tbsp chopped coriander

Preparation

Marinate chicken with 1 Tbsp soy sauce, sherry (1 Tbsp) and cayenne.

Stir fry chicken and remove from heat.

Stir fry onion, garlic, coriander powder. When almost done add remaining sherry and vinegar and cover for 1 min.

Add cabbage, water chestnuts, remaining soy sauce, tomato paste, chilly and a bit of water and cook for 3 more minutes.

Add chicken, coriander and cook until done, 1–2 more minutes.

Szechuan green beans



Ingredients

- Some Shaoxing wine or Chinese cooking wine
- 2 teaspoons soy sauce
- 1 teaspoon sugar
- 1/2 teaspoon chicken stock
- Soy sauce
- 100 g ground pork
- 1 teaspoon cornstarch
- 3 tablespoons vegetable oil
- 320 g green beans, removed ends, cut to 2-3
- 3 dried chili peppers
- 6-7 Szechuan peppercorn
- 1 tablespoon minced garlic
- 1 tablespoon chopped green onion
- 1 teaspoon minced ginger

Preparation

Combine shaoxing wine, soy sauce, sugar, chicken stock and salt in a small bowl and mix well.

Dry green beans well with a paper towel.

Combine cornstarch with ground pork and mix well by hand.

Heat oil in a frying pan. Add green beans and stir well to coat with oil. Arrange the beans on the bottom of the pan so that many are in contact with the bottom. Flip occasionally so that all sides are heated evenly. When the surface of about half is brown and withered (10 - 15 min) transfer beans to a plate, saving the oil in the pan.

Add the rest of the oil in the pan. Add chili pepper and Szechuan peppercorn. When the spices become fragrant, after about 15 seconds, immediately turn to lowest heat and carefully scoop peppercorns out with a long-handled spoon and discard. Turn to medium high heat, add green onion, garlic and ginger, and stir until fragrant.

Add pork and stir-fry, separating the ground pork into small bits. Pour in the rest of the cooking wine and stir constantly.

When pork is cooked through and slightly browned, add fried green beans. Then, pour in the spice mixture from step 1, quickly stir and mix everything well for a few seconds.

Turn to lowest heat, and taste a green bean. Add soy sauce to taste and serve warm.

Cucumber egg stir fry (v)

If you find yourself with too many cucumbers...



Ingredients

- 2-3 cucumbers
- 3 eggs
- olive oil
- Soy sauce
- Minced garlic
- salt, pepper

Preparation

Remove seeds from cucumber, and cut into thin slices.

Add salt and set aside for 20 min.

Beat eggs with salt and soy sauce.

Rince cucumber and dry on paper towels.

Sauté garlic in oil. Add cucumbers and stir fry for 1-2 min.

Push cucumber to one side of pan and add eggs. Lower temperature.

Let the eggs set then toss around everything.

Serve with pepper.

MaBeanPorkFu

An experimental variation, necessary when you have run out of Chinese spices.



Ingredients

- 3 Tbsp soy sauce
- 1.5 Tbsp sugar
- 3 Tbsp balsamic vinegar
- 5 Tbsp white wine
- 1.5 Tbsp flour for thickening
- salt, pepper
- chilli powder
- peppers, in strips
- 1/2 red onion
- 200 g beef mince
- 400 g frozen green beans
- 2 garlic cloves

Preparation

Dry green beans well on paper towels.

Mix all the liquids to prepare the sauce.

Heat 2 Tbsp olive oil. Once hot stir fry the beans until brown and shrunk.

Remove from pan.

Heat 1 Tbsp olive oil. Add Onion, garlic, minced beef and stir until cooked.

Mix in beans and add sauce.

Enjoy!

Aubergine garlic pork

Slow cooking in the oven to finish it turns it into a magical experience.



Ingredients

- 1 aubergine
- pork mince
- salt, pepper, sugar
- cornstarch
- soy sauce
- olive oil
- 5 garlic
- ginger
- Sichuan pepper

Preparation

Soak aubergine strips in salty water for 15 min and pat dry on paper towel.

Mix soy sauce, with sugar and cornstarch.

Coat dry eggplant with cornstarch.

Fry eggplant one side at a time until all sides are charred. Set aside.

Stir fry pork with garlic, ginger and Sichuan pepper until brown everywhere.

Add eggplant back and mix in the sauce.

Either continue cooking until the sauce thickens, or put in covered baking tray and put in oven overnight at 180°C for 10 min and let slowly cool down overnight in the oven.

Marinated pork stir fry

Make up your own based on leftover stuff!



Ingredients

Marinade

- 1 carrot, slices
 - mushrooms, slices
 - 1 pepper, slices
 - 3 garlic, slices
 - 0.5 onion, slices
 - sichuan soybean paste
 - sweet bean paste
 - salt, pepper
 - chilly flakes
 - peanuts
- 2 Tbsp light soy sauce
 - 1 tsp sugar
 - 0.5 tsp cornstarch
 - 1 clove garlic (minced)
 - pork, in strips or cubes

Preparation

Mix all marinade ingredients, and keep in fridge for 1 h prior to cooking.

Stir fry pork in oil for 10 min, set aside.

Stir fry garlic and onion for 2 min. Add vegetables and cook for 10 min.

Add sichuan soybean paste, sweet bean paste, salt, pepper, chilly flakes, peanuts.

Cook for 5 min.

Mix back the pork, stir for 2 min and serve with rice.

Red chestnut pork

Slow cooked to redness



Ingredients

- 1 leek, long thin slices
- 1 cup soy sauce
- 6 Tbsp Shaoxing wine
- 0.25 cup ginger, long thin slices
- 2 Tbsp sugar
- 3 garlic
- 1 Tbsp cinnamon
- carrot slices
- 1 star anise pod
- 5 porc pieces, cut into 4 pieces each
- 2 cup roasted peeled chestnuts
- 2 Tbsp rice vinegar
- spring onion for garnish

Preparation

Mix everything in tajine and make sure the meat is evenly distributed. Add the chestnuts on top.

Cover and cook on low heat until the pork falls apart (5 to 7 hours).

Discard the star anise pod and stir in rice vinegar.

Sprinkle with spring onion and serve with rice, noodles or noodle soup

Szechuan cucumber pork stir fry

Who knew that cucumbers can be eaten cooked and balance the heaviness of the dish?



Ingredients

- 2 cucumbers
- 3 eggs
- salt, pepper
- olive oil
- Soy sauce
- minced garlic
- 0.5 tsp dried chilli flakes
- 0.25 tsp Szechuan pepper
- 2 tsp sesame seeds
- 1 Tbsp rice vinegar
- 2 spring onions

Preparation

Stir fry pork in oil. Cook for 10 min in medium heat.

Halve cucumber, remove seeds. Cut in long strips and press down with the flat part of a knife to crack.

Increase heat and add garlic, chilli flakes and pepper.

After one min, add cucumber and cook for 5 min.

Add soy sauce, sesame seeds, vinegar and half the onion.

Serve with the other half of the onion sprinkled on top.

Fish flavoured pork slices

No fish involved, despite the name.



Ingredients

- lean pork 500 gr, julienned
 - 2 Tbsp vegetable oil
 - green (red) chilly pepper 2–3, julienned
 - carrot 1–2, julienned
 - bamboo root (or asparagus) 250gram, julienned
 - black fungus (or mushroom) 100gram, julienned
- Mix with pork**
- 0.5 Tbsp sherry (or dry white wine)
 - 1 Tbsp soy sauce
 - 1 Tbsp starch
 - 1.5 Tbsp water
- Fragrant mix**
- 1 tsp chill paste
 - 1 Tbsp green onion, minced
 - 1 Tbsp ginger, minced
 - 1 Tbsp garlic, minced
- Finishing sauce**
- 0.5 Tbsp sherry (or dry white wine)
 - 0.5 Tbsp white vinegar (or balsamic vinegar)
 - 1.5 Tbsp soy sauce
 - 2.5 Tbsp water
 - 1 tsp sugar
 - 1 tsp starch
 - dash sesame oil (optional)

Preparation

Combine the pork and ‘mix with pork’ ingredients in a bowl.

Combine the ingredients for the finishing sauce in a bowl and set aside.

Heat 1 Tbsp oil in a high-sided frying pan or wok on high heat. Add the pork when the oil is hot and sauté until pork is cooked.

Remove the pork from the pan (reserve in a bowl).

Heat another Tbsp of oil in the same pan and when hot, add the fragrant mix and sauté for a few minutes until fragrant.

Add the water chestnuts and wood ears and stir-fry for a minute more.

Add the pork to the pan and continue to stir-fry.

Add the finishing sauce and stir until it thickens. Remove from pan and serve hot.

Fried white fish with soy sauce

Crispy and light.



Ingredients

- 3 Tbsp chopped coriander
- 3 Tbsp chopped spring onions
- 3 Tbsp minced garlic
- 3 Tbsp minced ginger
- 1 red pepper, seeded and thinly sliced (optional)
- 500 g white fish

Cornstarch slurry

- 1/2 cup of sauce mix (from above) + 2 Tbsp cornstarch
- 1 cup cornstarch (to coat fish)
- 2 cups vegetable oil

Sauce

- 2 cups water
- 1/4 cup soy sauce
- 1/4 cup Black Vinegar
- 1 Tbsp sesame oil
- 2.5 Tbsp sugar
- 2 tsp Shaoshing or Rice Wine

Fish Marinade

- 1 Tbsp each of the chopped cilantro, spring onion, ginger, garlic (from above).
- 1/4 tsp sugar
- 1/4 tsp salt
- 1 Tbsp Shaoshing or Rice Wine
- 1/4 tsp white pepper

Preparation

Place fish in shallow dish and sprinkle with 1 Tbsp each of chopped cilantro, spring onion, ginger, garlic, and marinade ingredients. Cover with plastic wrap and place in refrigerator 30 min.

Coat fish slices lightly in cornstarch.

Heat pan over medium high heat. Add 1 cup of oil (1/2 inch depth) until very hot. Add fish slices in batches (do not overcrowd pan) and cook about 1 minute; carefully turn slices over. Sole is delicate and can break apart easily. Cook another 1 minute until fish is lightly browned. Remove to plate lined with paper towel to drain. Cook the remaining fish in same manner.

Pour out all but about 2 tsp oil in the same skillet the fish was cooked in and return to heat. Saute remaining ginger, garlic, red jalapenos, 1 Tbsp spring onion and 1 Tbsp coriander for about 30 seconds (reserve remaining spring onion and cilantro for garnish).

Add sauce ingredients and bring to a boil; reduce to simmer and cook 5–10 minutes to reduce sauce slightly. Add cornstarch slurry to thicken. Turn off heat.

Place fish slices on serving dish and pour sauce on top (if you're not serving this dish immediately, place fish slices on top of sauce so that fish stays crispy).

Garnish with reserved spring onion and cilantro. Serve with hot white rice.

Beer-flavoured fish (pijiu yu)

The name is a good description for the dish, something which is not always the case with Chinese cuisine.



Ingredients

- 750 g frozen fish, cut in 1.5 cm square pieces
- 1 cm cube fresh ginger, chopped
- 2 spring onions, chopped
- 4 garlic cloves, chopped
- 2 red chilly pepper, chopped
- 3 green peppers, chopped
- half onion, chopped
- 2 tsp soy sauce
- black pepper
- 5 tsp olive oil
- 1 tsp white flour
- 1 can of beer
- 1 tsp soybean sauce

Preparation

Dry the fish pieces with tissue.

Heat the olive oil, and stir fry the fish pieces until golden.

Lower heat, add ginger, spring onion, onion, garlic, red and green chilly and stir fry for 5 min.

Increase heat, add 1/2 can of beer, black peppers, soy sauce, white flour (also soybean sauce if you have). Stir a bit, cook for 5–10 min.

Serve the fish with spring onion on top.

KungPao chicken

A nutty/spicy chicken, also known as Gong Bao Jiding.



Ingredients

- 1 Tbsp starch
- 4 Tbsp soy sauce
- 500 g boneless/skinless chicken breasts, cubed
- 3 Tbsp shaoxing (Chinese rice wine)
- 2 Tbsp sugar
- 3 Tbsp chicken stock
- 1 Tbsp sesame oil (optional)
- 4 tsp chiangang (Chinese black vinegar) or balsamic vinegar
- 2 tsp Chinese dark soy sauce
- 3 Tbsp peanut oil
- 6–12 dried hot red chiles, seeded (based on how spicy you can handle)
- 5 spring onions, white part only, thickly sliced crosswise
- 1 clove large garlic, peeled, ends trimmed off, and thinly sliced
- 1/2 cup shelled raw skinless peanuts
- 1 cube piece of ginger, peeled and minced

Preparation

Mix together starch and 1 Tbsp soy sauce in a medium bowl, add chicken, toss well, and set aside to marinate for 30 minutes.

Mix together the remaining 3 Tbsp soy sauce, rice wine, sugar, chicken stock, vinegar, sesame oil (optional), and dark soy sauce. Set aside.

Heat peanut oil in a pan over high heat until just beginning to smoke. Add chilies, half the spring onions, garlic, ginger, and chicken and stir-fry until chicken is golden, 3–5 minutes.

Add soy sauce mixture and stir-fry until sauce thickens, about 2 minutes.

Stir in peanuts. Garnish with remaining spring onion.

Xinjiang big plate chicken

Using a whole chicken ensures there is more flavour.



Ingredients

- 1 whole chicken, chopped into 1.5 cm cubes
 - 3 Tbsp oil
 - 3 star anise
 - 1 cinnamon stick (or 1 tsp cinnamon powder)
 - 5 bay leaves
 - 6 slices fresh ginger
 - 5 garlic cloves, roughly chopped
 - 1 onion (or 3 spring onions)
 - 1 Tbsp Sichuan peppercorns (optional)
 - 1 tsp sugar
 - 3 medium potatoes, peeled and cut into bite-sized pieces
 - 2–3 sweet peppers
 - 2 teaspoons dark soy sauce
 - 1 can of beer
 - 2–3 spoons of chilly soy bean paste (or salty doufu paste)
- Marinating mix**
- 1 Tbsp soy sauce
 - 2 Tbsp white wine (or Chinese Shaoxing wine)
 - 1 tsp pepper and salt

Preparation

Marinate chicken pieces for 20 min.

Heat olive oil in a wok over high heat.

Stir fry sichuan pepper for 1 min, remove pieces but keep oil.

Add chiles, onion, garlic, ginger and soy bean paste and stir fry for 1 min.

And chicken and stir-fry until chicken is golden, 3–5 minutes.

Add one can of beer and bring to the boil.

Add bay leaves, anise, cinnamon, soy sauce, sugar, potato, sweet peppers.

Boil until the sauce thickens and potatoes are soft (15 min or so).

Red cooking pork and potatoes

The red colour appears out of nowhere. Best to cut everything in small pieces, and use limited potato, as it is served with rice.



Ingredients

- 650 g pork belly, diced
- 300 g potatoes, diced
- 20 g tomato sauce
- 15 g soy sauce
- 15 dark soy sauce
- 10 g crystal sugar
- 10 g yellow wine
- 10 g green onion, ginger respectively, both sliced
- 2 g cumin, star anise, prickly ash and bay leaves respectively

Preparation

Clean potatoes and pork belly, then dice into small pieces.

Pour 1000 ml fresh water in a pan, add pork, yellow wine and few grains of prickly ash. Boil until pork pieces are half cooked. Set aside for later use.

Heat 3 Tbsps oil in pan, add tomato sauce, stir fry for 2–3 minutes.

Add half cooked pork pieces in pan and continue to stir fry over low heat until the pork pieces are colouring. Add salt, soy sauce, dark soy sauce and crystal sugar.

Transfer pork pieces in a casserole. Pour boiled water into casserole until the pieces are submerged.

Add diced potatoes, sliced ginger and green onion, and the other seasonings into casserole. Braise for 1 hour, start with high heat until boiling, then turn to low heat.

Stir-fry beef with peppers (qingjiao chao niurou)

A colourful, hearty dish.



Ingredients

- 0.5 kg beef, chopped in thin slices
- 2–3 spring onion, chopped
- 2 red chilly peppers, cut into 2 cm slices
- 4 green peppers, cut into 2cm slices
- 4 garlic cloves, chopped
- 0.5 onion, chopped
- 2 tsp soy sauce
- black pepper
- 3 tsp olive oil
- 1 tsp white flour
- 1 tsp chicken powder

Preparation

Marinate beef with peppers, garlic, spring onion, soy sauce, chicken powder, white flour, for 15–20 min.

Heat olive oil in the wok, and stir fry onion, garlic, red chilly pepper, spring onion (turn to mid-fire) for 2–3 min.

Add the marinated beef (turn to big fire) for 5–10 min.

Add the green pepper slices, soy sauce, black peppers, chicken powder. Add water, if needed.

Cook for 10 more min, then ready to serve!

Sichuan beef with carrots

Spicy beef with carrots.



Ingredients

- 250 gr beef steak cut in strips
- 2 carrots, cut in long bite size pieces
- 2 spring onions
- 1 Tbsp ginger
- 1 Tbsp sweet bean sauce
- 3 tsp chili
- 0.5 tsp roasted Szechuan peppercorns
- Olive oil
- salt, sugar
- 1 tsp Chinese rice wine

Preparation

Cut everything. Heat oil and stir fry the carrots to the point before browning. Set aside.

Heat oil and stir fry the beef until dark brown but before drying.

Add rice wine and stir fry.

Add bean sauce and chili and stir fry.

Add ginger and spring onions. Add carrots.

Add sugar and peppercorns.

Tadaaa!

Stir-fried rice

Likely the most popular food recycler for humanity. Turns leftover rice into a full dinner.



Ingredients

- 3 eggs
- Olive oil
- 1 carrot, cubed
- 3 tsp corn starch
- 1/2 cup corn
- 1 cup peas
- spring onion, sliced
- 1/2 onion
- Soy sauce, salt
- 3 cups cooked rice, must be cold
- 1 chicken breast, cubed
- baking soda

Preparation

Marinate chicken them in corn starch, soy sauce, a pinch of salt and a pinch of baking soda (moisturises).

Beat the eggs in a bowl with a tablespoon of water. Add salt and spring onion.

Heat oil at medium heat in pan and add the egg mix. Cook without moving for 2 min to make a nice omelette.

Remove to a cutting board, and chop into pieces.

Heat oil at medium heat, and stir fry the marinated chicken with soy sauce. Cook until done (10 min) and set aside.

Heat oil at medium heat and add onion and spring onion. Stir fry for 30 sec.

Add carrots, peas, corn, soy sauce and cook for 5 min. Set aside on a plate.

Heat oil at medium high heat and add leftover rice. Stir fry with soy sauce about 1 min, breaking all clumps.

Add everything back to the pan and stir fry for 2 more minutes.

Serve with spring onion, and enjoy leftover food that took longer to make than the original meal!

Steamed noodles with beef and celery

Steaming allows the noodles to absorb the sauce.



Ingredients

- 500 g beef, cut into thin slices
- 4 tsp olive oil
- 3 slices ginger, sliced
- 3 star anise
- 5 garlic cloves, crushed
- 1 tsp chili flakes
- 1 onion, chopped
- 5 celery sticks, sliced
- 1 carrot, sliced
- fresh noodles or pasta

Marinade mix

- 2 tsp soy sauce
- 1 tsp cornstarch
- 1 Tbsp white wine
- 1/4 tsp pepper

Preparation

Marinate beef in sauce for 30 min.

Quick boil (to remove powder) and then steam noodles for 20 min.

Stir fry beef with soy sauce, set aside.

Stir fry ginger, garlic, onion, anise, chili for ~30s. Add celery, carrot, soy sauce and stir fry for 5min.

Add beef and water and mix for 2 more mins (no need to be completely ready).

Add in noodles and mix well.

Transfer everything back to steamer and steam for further 15 min. You will need a cloth in the bottom to keep the sauce from escaping.

Dan dan noodles

They sound like the effect they have on your head when you first try them.



Ingredients

- 2 noodles
- vegetable to boil (bok choy, carrot...)
- Spring onion, finely chopped

Sauce

- 1.5 Tbsp Chinese sesame paste
- 2.5 Tbsp water
- 2 garlic cloves, minced
- 2 Tbsp soy sauce
- 1 Tbsp vinegar
- 1/2 tsp ground Sichuan pepper
- chilli oil
- 1 pinch sugar

Topping

- 120 g pork/beef mince
- 2 tsp soy sauce
- 2 tsp Shaoxing rice wine
- 2 Tbsp oil
- 2 Tbsp skinless raw peanuts
- 1 tsp minced ginger
- half can of bamboo shoots
- chilli flakes

Preparation

Stir-fry peanuts over low heat until golden brown. Set aside in bowl, with oil.

Once cool, crush with mixer.

Stir-fry ginger, meat, bamboo and chilli flakes. Set aside when the meat is fully cooked.

In a bowl, mix sesame paste and water until it becomes semi-runny & smooth.

Mix the rest of sauce ingredients and set aside.

Boil noodles and vegetables.

Once ready, mix everything and top with peanuts and spring onion.

It is dan.

Pao zi

Steamed buns, for those who don't like breadcrumbs.



Ingredients

Use your imagination for filling. It has worked even with bolognese sauce. The important rule is to keep the water content of the filling as low as possible. Here is an example with pork mince.

Filling

- pork mince
- garlic
- spring onion
- fresh ginger
- Pao zi spices
- sesame oil
- salt, pepper

Dough

- 500 g flour (half soft, half hard)
- 300 ml water
- salt
- bit of butter
- yeast
- raising powder (optional)

Preparation

Make a bread dough. It is important to roll out thin circles so that the ratio of filling to dough is good.

Put all filling ingredients (except the meat) in a food processor, and mix well by hand with the meat.

Use your kung fu to surround some of the filling with the dough, and close it in a beautiful pattern.

Put a wet clean kitchen towel on the bottom of a steamer. Put the filled dough balls on the towel, avoid touching them.

Steam with closed lid for 15–20 min (until the dough bounces back from pressure).

Serve with a mix of vinegar, soy sauce and sesame oil.

French

One pot chicken chasseur

Tender chicken in sauce.



Ingredients

- 1 tsp olive oil
- 25 g butter
- 4 chicken legs
- 1 onion, chopped
- 2 garlic cloves, crushed
- 200 g pack small button or chestnut mushrooms
- 225 ml red wine
- 2 Tbsp tomato puree
- 2 thyme sprigs
- 500 ml chicken stock

Preparation

Heat the oil and half the butter in a large lidded casserole. Season the chicken, then fry for about 5 mins on each side until golden brown. Remove and set aside.

Melt the rest of the butter in the pan. Fry the onion until soft. Add garlic and cook for 1 min, add the mushrooms and cook for 2 mins. Add the wine and tomato puree, let the liquid bubble and reduce for about 5 min. Stir in the thyme and pour over the stock. Slip the chicken back into the pan, then cover and simmer on a low heat for about 1 hr until the chicken is very tender.

Remove the chicken from the pan and keep warm. Rapidly boil down the sauce for 10 mins or so until it is syrupy and the flavour has concentrated. Put the chicken legs back into the sauce and serve.

Carbonade Flamande

A hearty beef stew with dark ale.



Ingredients

- 1200 g stewing beef, cut into cubes
- 250 g diced pancetta
- 3 garlic cloves
- 400 ml dark ale
- 3 Tbsp plain flour, seasoned with salt and pepper
- 2–3 Tbsp olive oil
- 2 bay leaves
- 2 carrots, sliced
- 2 onions, sliced
- 1 leek, sliced
- 1 Tbsp tomato purée
- 350 ml beef stock
- a handful of parsley, chopped

French

Preparation

Marinate the beef overnight in the ale with the garlic and bay leaves.

The next day, drain the beef and keep the marinade. Pat the beef dry with kitchen paper and toss it in the seasoned flour until evenly coated. Shake off excess flour.

Fry the beef in 3–4 batches for about 5 minutes per batch, stirring occasionally, until it is a rich golden brown. Remove each batch to a plate and set aside. Don't worry if the bottom of the casserole is starting to brown, it adds to the flavour of the finished dish.

Lower the heat to medium and fry the pancetta in the casserole for 6–8 minutes, stirring occasionally, until crisp and golden. Set the pancetta aside with the beef.

Preheat the oven to fan 140°C. Tip the carrots, onions and leek into the casserole and fry, stirring occasionally, until they start to brown – this takes about 12 minutes. Spoon in the tomato purée and continue to cook for 2 minutes, stirring constantly.

Add the beef and pour in the reserved marinade. Bring to a simmer, scraping any sticky bits off the bottom of the pan, then add all the beef stock to the casserole.

Season with salt and pepper and bring to the boil.

Remove from the heat. Cover with a lid and cook in the oven for 2 hours, stirring once halfway through.

Remove from oven and scatter the chopped parsley over the top

Serve with a side dish such as potatoes, greens...

Meatloaf

An easy winter dish which for some reason impresses people



Ingredients

- 500 g beef mince
- 6 Sausages
- Your favourite ingredient for the mince
- Potatoes
- Lemons
- Olive oil
- Oregano
- 5 Eggs
- Soy sauce
- A bit of vinegar
- Coriander seed
- Rosemary

Preparation

Boil 4 eggs.

In a bowl add the mince, contents of sausages, one egg, vinegar, oregano, soy sauce, crushed pepper and your favourite ingredient (ground carrot, celery, onions, garlic can work well). Mixx well with your hands until it is consistent. If it is too runny, add breadcrumbs.

Spread the mince meat mixture out and add the boiled eggs (cleaned) in the middle. Roll them together to make a long roll of meat and place in an oven dish.

Surround the meat with small cut potatoes. Add the juice of 2–3 lemons and olive oil. Add pepper, soy sauce and your favourite herbs to the potatoes (coriander seed and rosemary).

Cover and bake in the oven.

Chicken chettinad

Chicken and lots of spices.



Ingredients

Paste

- 500 g chicken
 - 2–3 peppers
 - 75 ml oil
 - 150 g onions
 - 100 g tomatoes
 - 2 g cinnamon sticks
 - 2 g cloves
 - 2 g cardamom
 - 5 g cumin
 - 2 g curry leaves
 - 10 g turmeric powder
 - 25 g coriander leaves
- 100 g onions
 - 50 g ginger
 - 50 g garlic
 - 50 g fennel seeds
 - 20 g cumin seeds
 - 25 g peppercorns
 - 10 g red chillies

Preparation

Grind the ingredients for the paste.

Marinate small pieces of chicken with the paste.

Chop the tomatoes, coriander leaves, onions and peppers.

Heat oil and fry the cinnamon, cardamom, cloves and cumin.

Add the chopped onions and the curry leaves. Saute until the onions are golden.

Add the tomatoes and peppers and saute for 5 minutes.

Add the marinated chicken and turmeric powder. Saute for 10 minutes, sprinkling water at intervals.

Add enough salt, cover with a lid and cook until done.

Serve garnished with coriander leaves.

Sausage stew

Excellent hearty meal for deep winter and stressing your heart.



Ingredients

- Olive oil
- Sausage
- 2 onions, in thick strips
- 1 apple, cubed
- mushrooms
- 2 tomatoes
- 2 tomato cans
- garlic
- green pitted olives
- cooking wine
- soy sauce, pepper

Preparation

This is an extremely easy recipe, which warms the spirit and the house, since you do everything in the oven.

Cut the sausage in bite-size halves.

Cut the onion in strips.

Food process the tomato and garlic.

Mix everything in a dutch oven or similar oven pot. Add spices and wine.

Cook in oven until most of the water is gone.

Can be accompanied by mashed potatoes, rice, couscous.

Pork sausage with red cabbage

A way for bad smells to neutralise each other.



Ingredients

- 3 garlic cloves
- olive oil
- 650 g red cabbage, cut in fine strips
- salt, pepper
- 450 g pork sausages

Preparation

Sauté garlic and olive oil in medium heat, until golden.

Add cabbage and turn to coat well. Add salt and pepper.

Put two sausages in pan and pierce. Cook them in their own fat, until brown.

When the cabbage is nearly done (still not soft but reduced in bulk), add more pepper and soy sauce and mix with sausages.

Cook for 20 more min, turning occasionally, until the cabbage is very soft.

Serve with rice or mash potato.

Greek Spanakopita (v)

A favourite pie that can be had on all occasions.



Ingredients

- Filo pastry or whatever you can find in the supermarket
- 1 Kg spinach (frozen or can works fine)
- 500 g feta cheese
- olive oil
- salt, pepper, soy sauce
- dill
- garlic
- 2–3 onions
- a bit of Greek yogurt
- 1 egg
- 1 leek

Preparation

Food process onions, garlic, leek, dill and put in large pot to boil with a bit of water.

Add spices, salt, pepper, oil, soy sauce.

Preheat oven to 180°C.

After they have boiled an mixed well, add a bit of yogurt and one egg and mix well.

Cut the feta in cubes. Take the mix off the fire and mix with the feta.

Layer an oven dish with the pastry. Add the mix. Add a top layer of pastry. Use a knife to mark the pieces without cutting the pastry.

Bake in the oven.

Mini cheese pies

Excellent for snacks, gatherings and parties.



Ingredients

Stuffing

- 350 gr flour
 - 20 gr baking powder
 - 150 gr butter or oil
 - 5 gr salt
 - 200 gr yogurt
 - 1 egg for painting
 - sesame
- 200 gr cheeses (incl feta, of course)
 - 1 egg
 - 50 ml milk
 - pepper
 - thyme or nutmeg or celery or ham

Preparation

Food process all stuffing ingredients.

Mix dough.

Make small circles with the dough on sesame.

Engulf stuffing with dough.

Add mini pies in baking tray, paint with beaten egg and bake until golden (20 min at 180°C).

Yogurt aubergines (v)

A summer meal, can be eaten hot or cold.



Ingredients

- 2 aubergines
- 1.5 onion
- 2 garlic cloves
- Feta cheese
- Olive oil
- White wine
- Sultanas
- Spearmint (FRESH!)
- Greek yogurt

Preparation

Cut the aubergines in half. Use a small knife to remove most of the inside into a bowl. Leave a 0.7 cm wall.

Paint the aubergine shells with olive oil on both sides. Put in the oven for 15 min.

Cut the onion and garlic into small pieces. Cut the inside of the aubergine into medium pieces. Lightly fry in olive oil, in the following order: onion, garlic and aubergine.

Add some wine and sultanas.

After it cooks for a while, add freshly cut spearmint.

2 min before taking off the fire, add feta cheese in cubes. There is no need to fully cook yet.

Add the stuffing to the aubergines from the oven. Add feta on top and return to the oven.

Once ready, add yogurt on top and serve. Leftovers can be eaten cold.

Tajine beef manestra

Pasta disguised as rice to absorb all the juices of the rest of the dish.



Ingredients

- Beef steak, in thin slices
- Mushrooms
- 1 onion, 1/2 garlic (chopped)
- 3 peppers of different colours
- 4 tomatoes
- 1 tomato can
- Soy sauce
- 1 beer bottle
- 1 teaspoon cinnamon
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 500 g your favourite small pasta
- Cheese for topping

Preparation

Here is an easy recipe. The trick is to have lots of water when the pasta is added so the pasta never dries.

All vegetables need to go to a food processor. First onions and garlic. While frying them process the rest of the vegetables.

Add the mushrooms to the frying frenzy with some herbs. Add the beef.

Once they start browning, add the beer and cover.

After 5 min add the remaining ingredients and simmer at low heat for a while, stirring occasionally.

Once almost there, add the pasta. They should be completely immersed in water, if not add more.

Put in over for 30 min. In the end add some grated cheese on top and keep in oven until the cheese melts.

Amaaazing!

Spiced giouvetsi

Perfect for Halloween, as pasta masquerades as rice in this dish.



Ingredients

- **Beef**
 - 1 Kg beef, cubed
 - 2 onions
 - 2 cm ginger
 - 0.5 star anise
 - vanilla
 - 5 chilli peppers
 - 1 can coconut milk
 - 2 bay leaves
 - 5 garlic gloves
 - red wine
 - 2 tsp honey
 - 400 ml water (of beef juice)
 - olive oil
 - salt, pepper
- **Orzo**
 - 30 gr butter
 - 350 gr orzo pasta
 - 1100 ml water (or vegetable water)
 - thyme
 - 120 gr cheese
 - parsley, salt pepper

Preparation

Beef part

Salt the beef.

Saute beef until coloured on all sides. Set aside.

Saute onion, ginger, carrot, anise, vanilla, peppers.

Add garlic and mix for 30 min.

Add beef and wine and cook until alcohol evaporates.

Add honey, tomato, water, coconut can, vanilla and bay leaves and let it boil at low heat for 1.5-2 hr.

Remove bay leaves, anise.

Orzo part

Preheat oven at 200°C.

Heat butter at medium heat, and saute the orzo until coloured.

Transfer to oven dish. Add vanilla, thyme, salt and pepper and mix.

Add water, cheese and beef sauce.

Bake for 15-18 min without covering.

Take out of oven for 10 min. There should still be water.

Serve with parsley and a bit of oil.

Spanakorizo (v)

A rizotto like recipe with spinach. The trick is to avoid putting too much rice.



Ingredients

- 1 Kg spinach
- 4 leeks
- 6 small onions, trimmed
- Dill, in small pieces
- Rice
- Olive oil
- Salt, pepper
- 2 lemon worth of juice

Preparation

Stir fry the onions and leeks.

Once they change colour, add spinach and cover. Only add water if the spinach does not produce enough on its own.

Add dill, rice, water (double the volume of rice, e.g. 1 cup rice 2 cups water), salt and pepper.

Boil for 10 min stirring occasionally.

Remove from fire and add lemon juice. Keep covered until the rice absorbs more of the juices.

Serve with feta cheese, and optional bread.

Lahanorizo (v)

Bored of dealing with stuffing cabbage leaves? Chop everything to pieces!



Ingredients

- 1 cabbage, chopped
- (optional) a bit of pork steak, cubed
- 3 carrots, grated
- 2 onions, chopped
- 3 spring onions
- 0.5 cup parsley
- 3 Tbsp dill
- Olive oil
- 1 tomato can
- salt, pepper
- 0.75 cup rice
- lemon juice for serving

Preparation

Stir fry the onion. Add chopped cabbage and water.

After 10 min, add carrots.

After 5 min, add remaining ingredients and boil at medium temperature for 15 min. Keep adding water if needed.

Serve with lemon and pepper. It can be accompanied with olives, feta, sausage, fish.

Spinach pie without the pie (v)

Have you found yourself in a country where fyllo pastry is buttery, difficult to find, expensive or generally inconvenient? No worries, you can make a spinach pie without the pastry.



Ingredients

- 40 ml olive oil
- 350 g spinach
- 2 onions, cut in small pieces
- 120 g multipurpose flour
- 1 tsp baking powder
- 0.5 cup dill, cut in small pieces
- 4 eggs
- 100 ml milk
- feta cheese, crumbled
- salt, pepper, soy sauce

Preparation

In a bowl mix eggs, milk, baking powder, salt, pepper.

Continue stirring while you add flour, dill, onion.

Once homogeneous, add the spinach and feta cheese.

Heat the olive oil in a large pan, add the mix and fry for 5 min until golden.

Invert the contents using a plate or the pan lid, and cook the other side for 5 min.

Ready to serve!

Baked courgette balls (v)



Greek

Ingredients

- 400 gr grated courgette, water squeezed off
- 1 onion, chopped
- 1 egg
- 50 gr bread crumbs
- olive oil
- 50 gr parsley, chopped
- 5 spearmint leaves, chopped
- 150 gr hard cheese, grated
- 50 gr flour
- 1/2 tsp baking powder
- salt, pepper
- 1 tsp oregano

Preparation

Pre-heat oven at 180°C.

Grate courgettes, add salt. Press the water off, a cloth works well for this, and put in a bowl.

Add everything else with half the flour, and mix well by hand.

If there is too much water, add more flour.

Knead into balls and place on baking paper on a baking tray. They need about 30 min, if needed you can turn them over for the last 5 min of baking.

Serve with lemon and yogurt. Or on top of toast, or french toast.

Potato beefs

Oven beef patties baked with potatoes in lemon oil.



Ingredients

- mince
- potatoes
- lemons
- olive oil
- salt, peper, soy sauce
- vinegar
- meat spices
- oregano
- 1 egg
- onions
- garlic
- peppers
- bouillon

Preparation

Mix in a bowl the mince, onions, garlic, peppers, spices, egg. Make long beefs with the mixture and place in oven tray.

Peel potatoes and cut in small pieces. Place in oven tray.

Dissolve the bullion powder in half a mug of boiled water. Add to the oven tray with olive oil and lemon juice. Sprinkle with oregano.

Cover with aluminium foil, cook at 200°C.

Stuffed beefs with mushrooms

Stuff one with a surprise ! ingredient to keep it exciting.



Ingredients

- 500 gr beef mince
- 30 gr oatmeal
- 1 egg
- 50 ml milk
- salt, pepper, soy sauce
- green herb of choice
- onion, chopped
- garlic, shopped

Stuffing

- 400 gr mushrooms, sliced
- 50 gr blue cheese
- 2 Tbsp thyme
- 20 ml olive oil
- wine

Preparation

Stir-fry the mushrooms until out of juice. Add a bit of wine and remove from fire once no juice is left.

Add cheese and thyme and set aside.

Mix everything in a bowl by hand. Flatten 1/4th of the mix by hand, fill and close well so that melted cheese does not escape.

Bake at 180°C until golden, 20-25 min.

Serve with potatoes or mash.

Giant beans (v)

Goes well with feta cheese, like all tomato-oil sauces.



Ingredients

- 500 g giant white beans
- 600 g onions
- 1/2 garlic
- celery
- parsley
- dill
- 1 tomato can
- 200 ml olive oil
- salt
- red pepper
- 2 bay leaves
- oregano

Preparation

Wash the beans and keep in water with bicarbonate of soda, overnight.

Boil on low heat until ready, maybe after 1.5 hours.

Food process onions and fry a bit.

Food process garlic, celery, parsley, dill.

Mix everything in a baking tray, keeping some of the water from the beans.

Bake at 180°C.

Serve with feta cheese and bread.

Briam (v)

Amazing Greek dish for the summer.



Ingredients

- 2 aubergines
- 6 courgettes
- 6 peppers
- 1–2 carrots
- 4 onions
- 5 cloves garlic
- 2 large potatoes, cut in rolls
- 1/2 cup olive oil
- parsley, salt, pepper
- 3 cubed fresh tomatoes or 1 can of tomatoes
- a bit tomato pasata
- Feta cheese
- and your favourite vegetable

Preparation

Cut the aubergines into rolls, 1 cm thick. Add salt and leave for 1 h.

Cut all other vegetables into rolls.

Wash and drain the aubergines.

Place all vegetables in an oven pan.

Mix with olive oil, salt and pepper.

Bake for 2 h at 200°C.

Stir and add water, if necessary.

Feta cheese was designed to go with this sort of food.

Fasolakia ladera (v)

One of the best Greek tomato-oil recipes, that feta whas designed to accompany.



Ingredients

- Thin red beans, frozen work
- 1 onion
- garlic
- 1 tomato can
- 2 fresh tomatoes
- olive oil
- Soy sauce
- Salt, pepper
- Fresh parsley
- Feta cheese for serving

Preparation

This green bean dish belongs to the ‘ladera’ category of Greek cuisine which means ‘oily’. All ladera have an oil and tomato base, are cooked in the oven, are always excellent for summer, can be eaten at room temperature and go amazingly well with feta cheese.

This is easy to make. Food process onions, garlic and parsley and fry for a bit. Add the beans and food processed tomatoes and mix all remaining ingredients.

Boil for a while.

Let cool and you are done! Serve with feta cheese.

Mousaka

A famous Greek dish, for good reason.



Ingredients

- 1 aubergine, 1cm thick slices in salty water for 30 min
 - 1 potato, 1 cm thick slices
 - 1 courgette
 - 125 g grated cheese
 - salt, pepper
 - fresh parsley
 - 500 gr beef mince
 - 6 tomatoes
 - 200 ml wine
 - 75 g olive oil
 - 2 egg whites
 - Garlic, onion
 - Oregano, carnation, cinnamon, nutmeg
- Bechamel**
- 60 gr butter
 - 500 ml whole milk
 - salt, pepper
 - nutmeg
 - 2 egg yolks

Greek

Preparation

Oven-grill or stir-fry aubergines, courgettes and potatoes. Don't burn!

Stir-fry food processed garlic/onion and mince. Add wine and spices and boil for 30 min.

Add tomatoes and remaining spices and boil. In the end add egg whites and a bit of the béchamel to thicken it.

Béchamel: Melt the butter over medium fire. Add flour and constantly stir until the mixture becomes golden and bubbles. Should take about 2 min, if it turns brown it has been too long.

Slowly add the milk while stirring with omelette wire. The aim is to mix the flour well. While it thickens, add salt pepper and nutmeg. As it cools down, add 4 egg yolks.

Layer potatoes with salt and pepper and add half the parsley and 1/3 of the cheese. Cover with half the mince, layer aubergines, and make one more similar layer.

Add top layer of bechamel and cheese and bake in pre-heated oven at 180°C.

Trick: Bake for 1hr at full temp covered, turn oven off and leave until next morning.

Serve with feta cheese.

Chicken souvlaki

Making this at home upgrades a traditionally fast-food meal to the elegance status of a gourmet burger.



Ingredients

- Chicken breast
- Oregano, salt, pepper
- Vegetables for skewer (pepper, tomato, courgette...)
- Vegetables for raw addition (tomato, onion)
- Lemon
- Pita bread - mexican wrap

Tzatziki

- Greek yogurt (as little water as possible)
- Cucumber
- Cumin
- Olive oil
- Vinegar
- Garlic

Preparation

Cut the chicken in bite pieces and marinade in oregano, oil, lemon, salt, pepper.

Skewer the chicken pieces and add your favourite vegetable.

Cook in the oven ensuring it doesn't dry.

Cut tomato and onion in thin slices. They go better uncooked, all other vegetables can be cooked along with the meat.

For the tzatziki

Grate the cucumber and press hard on the grated pieces to remove as much water as possible.

Ideally crush the garlic with a mortar and pestle - it releases much more flavour than cutting in pieces even with a food processor.

Combine all ingredients and mix with a large spoon.

Make the souvlaki

In a pita, combine the contents of a skewer with thin tomato and onion slices, add tzatziki and your favourite sauce (mustard, ketchup, chilly sauce).

Meatballs and mash

Perfect for winter.



Ingredients

Meatballs

- beef mince (or mix with pork mince)
- 1 onion
- garlic
- soy sauce
- salt, pepper
- olive oil
- vinegar
- oregano, other herb
- 1 egg

Sauce

- 2 tomatoes
- 1/2 tomato can
- garlic
- onion
- soy sauce
- salt, pepper
- beer/wine
- chilli flakes (optional)
- 1/2 teaspoon sugar

Preparation

Chop the onions and garlic.

Mix with the meatball ingredients by hand, and make into small balls.

For the sauce, fry the onions and garlic and add the meatballs.

Before they burn, add the alcohol (beer/wine) and close the lid.

Process the tomatoes and add to the sauce.

Add the tomatoes and cook at low heat.

While the sauce is cooking, prepare mash potato.

Turkey meatballs

Turkey is tasteless, which means it takes the flavour of anything you add, which is great.



Ingredients

- 400 gr turkey mince
- 1 egg
- breadcrumbs
- herbs (oregano, basil, coriander)
- grated parmesan
- soy sauce, salt, pepper
- okara (soy bean pulp)

Preparation

Put everything in bowl and release your anger to punch everything into a homogeneous mix.

Form small balls and bake in oven at 180°C until golden.

If you have the patience, you can paint olive oil on the outside to improve the colour.

Eat in sandwich, in pasta sauce, with yogurt, in salad. They are meatballs!

Lahanodolmades

Tip: if you have limited time, you can make the ‘bored cook’ version of the dish, which replaces individually wrapping pieces of meat with layers of cabbage and meat in a bit pot. The flavour is not significantly different and it is much faster to make.



Ingredients

Main

- 1 big cabbage, or 2 medium ones
- 700 g mince (preferably beef, but pork also works)
- parsley, chopped
- 1 cup rice
- 2 onions
- 0.5 cup olive oil
- salt, pepper
- Dill (a bit)
- Anise seeds (a bit)

Avgolemono cream

- 4 large eggs
- 25 g butter
- 3 lemon juice

Preparation

Boil water with salt in a large pot.

Cut a hole in the cabbage base to allow water to enter. Boil the cabbage for 5 min on one side, and repeat on another side. Remove from water.

Remove the leaves that easily come apart, and boil again if needed.

For each leaf, remove the hard base and put on the bottom of the pot, so that the dolmades do not burn. Cut the large leaves in half.

Prepare the mince. Combine parsley, onions, half the oil, rice, salt and pepper in a bowl.

Add mince to each cabbage leaf and close tightly. The aim is for them not to open when boiling. It is possible to stack 2 layers of the dolmades in the cooking pot.

Anise and dill go well in the soup too. Now would be the time to add them.

Once done, add water until they are all submerged, and add a plate on the top to stop them from unwrapping while boiling. Boil for 1 hour.

When done, add the avgolemono. It is made by combining its ingredients as if making an omelette. However it cannot be added immediately to the food as it will coagulate. Instead, keep adding small amounts of the liquid of the food into the mix while continuously stirring. Once it warms up this way, you can put everything back into the cooking pot and mix by moving the cooking pot around.

The food goes well with feta cheese.

Stuffed paprika (v)

A colourful and delightful dish.



Ingredients

- 10 paprikas, any colour
- 500 g mixed pork and beef mince
- 150 g rice
- 1 onion
- 2 carrots
- 400 ml tomato paste
- 3 tomatoes
- oil
- Parsley (or dill or both)
- Paprika/chilly powder

Preparation

Clean paprikas of stem and seeds.

Fry small pieces of onions and carrots. When they change colour, add parsley/dill, 2 tomatoes and rice. Cover with water and 1/3 tomato paste.

When the rice is done, mix in the meat, salt, pepper and paprika/chilly powder.

Stuff the paprikas, cover with tomato and add water and remaining tomato paste outside.

Boil or put in the oven for 30–40 min.

You can serve with yogurt.

Gemista (v)

The ingredients are simple, the trick is in the technique.



Ingredients

- 4 tomatoes
- 3 peppers
- 1 cup long grain rice
- Fresh parsley and mint (4 stalks each)
- salt, pepper, soy sauce
- 1 tsp sugar
- olive oil
- potatoes
- 1 tomato can
- 1 onion, 1 garlic clove
- a bit of cheese

Preparation

Food process the onion and garlic. Keep in a bowl.

Cut the tomatoes and peppers on the top and keep the tops to cover them later.

Empty the tomatoes and peppers and fork each at the bottom twice to allow water to enter and keep the inside moist.

Food process all the tomato and pepper you removed, just removing the pepper seeds. Include the parsley and mint.

Cut the potatoes into long pieces. Place all tomatoes and peppers in the baking tray you will be using, and balance them with the potatoes if necessary.

Fry for 1 minute the onion and garlic. Add the rice and fry for one more minute. Add the food processed tomato and pepper, add the cheese, cover and lower the heat.

After the rice absorbs most of the water, remove from heat and add the cheese.

Stuff the tomatoes and peppers leaving some space for the rice that will rise as it absorbs more water. Add the original lids of the fruit.

Food process the tomato can and add to the tray with any remaining stuffing and some water. Add olive oil to the tray.

Bake at 200°C for 1.5 - 2 hrs, depending on how burnt you like the top of the vegetables.

Let cool for at least 1 hr. Serve with feta cheese.

Stuffed courgettes

Less well known vegetable to stuff, but less dependent on vegetable quality.



Ingredients

- 8 courgettes
- 300 g beef mince
- 1 onion
- garlic
- olive oil (traditionally butter)
- Salt, pepper, soy sauce
- 1 lemon
- 1 egg
- Parsley or dill
- 3–4 Tbsp rice

Preparation

Use the special tool to empty the hole in the courgettes. The material you remove can be used in another recipe, from omelette to fried courgette balls.

Food process the onion, garlic and parsley/dill. Mix with the mince along with olive oil and your favorite spices. Add the rice.

Fill the courgettes with the mince mix. If any is left over, roll into balls and pretend it is a stuffed courgette.

Heat oil and stir fry the courgettes. After 5 min or when things are getting out of control, add boiled water to cover the courgettes. Cook in medium heat for about 1 hr and replenish the water if necessary.

When done, mix one egg with the juice of one lemon. Slowly heat up by mixing the sauce from the food into it, and once it is warm pour into the main dish.

Shake to get the sauce everywhere and let cool down.

Serve with bread, feta cheese or yogurt.

Green peas (v)

Super easy and excellent light dish for hot summers. Even frozen vegetables will work well.



Ingredients

- Green peas
- Carrots
- 1 tomato can
- 1 onion
- 3 garlic cloves
- olive oil
- fresh parsley
- salt, pepper, soy sauce
- feta cheese for serving

Preparation

Food process onion and garlic. Light fry in olive oil.

Add peas, carrots and tomato.

Once it boils add the rest of the ingredients and slowly boil.

Serve with feta cheese and bread.

Yogurt manti

A taste from the East.



Greek

Ingredients

Pasta

- 640 gr flour
- 2 eggs
- salt
- 250 ml water

Filling

- 300 gr beef mince
- 1 onion, food processed
- salt, pepper

Sauce

- 400 gr Greek yogurt
- 2 garlic cloves, in peaces
- salt
- 150 gr butter
- 1 tsp paprika
- chilli powder

Preparation

Mix all dough ingredients, turn into a ball and rest for 10 min.

Mix all filling ingredients.

Combine the two in dumplings (the manti).

Put in boiling water at medium heat for 10-12 min.

Mix yogurt, garlic and salt.

Melt the butter on a pan, and stir fry the paprika in.

Mix with the pasta, serve on a plate, and cover with the yogurt sauce.

Feta tart

Feta employed to improve a tart!



Ingredients

- 400 g feta cheese
- 600 g milk
- 6 tsp thin semolina
- 2 tsp coconut powder
- 2 tsp butter
- 1 egg
- salt, pepper
- 5 slices of bacon, thinly cut
- 1 pastry layer for the bottom

Preparation

Turn the oven on at 180°C.

Add the milk and semolina in a pot and place in medium heat, stirring constantly touching the bottom, so that nothing gets stuck.

Add the butter so it melts in time.

Once the mixture starts bubbling, remove from heat. It should have started condensing.

Add coconut powder, salt and pepper. Once it cools down a bit, add one egg and stir continuously.

Place the pastry layer in a baking tray.

Add the mixture and top with bacon pieces.

Bake in the oven for about 40 min. It is ready when the bacon is crunchy.

Take out of the oven and leave for 1 hr to cool down, so the pieces hold together on their own.

Giouvarlakia

Balls in white sauce!



Ingredients

- 500 g beef mince
- 1/4 cup butter
- 1/3 cup rice
- 1/3 cup onion
- 2 eggs
- Fresh parsley
- 2 lemons
- salt, pepper

Preparation

Wash the rice.

Chop onion and parsley.

Mix rice, onion, parsley, whites from 1 egg, salt pepper and lemon juice with the mince. Make mince balls.

Melt the butter.

Add the mince balls to the pot. Add warm water to cover and boil in medium heat.

Mix 2 egg yolks and remaining egg white with lemon juice and slowly warm by adding sauce from the boiling mix.

Mix with the rest of the food and move the pot to mix in the sauce evenly.

Aubergine papoutsakia

The name of this dish means little shoes, and is based on the shape of the final product.



Ingredients

For the aubergines

- 4 Aubergines
- 400 g beef mince
- 1 tomato
- 1 onion
- garlic
- pepper
- alcohol (beer/wine)
- parsley
- olive oil

Bechamel

- 1 cup milk
- 2 spoons butter
- 3 spoons flour
- pepper, nutmeg
- your favourite cheese
- 1 egg

Preparation

Prepare the aubergines by cutting in 4 long slices, crossing the inside without reaching the bottom of each slice, and soaking in saltwater overnight to remove the bitterness. Make sure they are immersed in water.

Once ready, put in oven at 200°C for 30 min, or until they clearly gain colour.

In the meantime prepare the filling: Cut onion and garlic and fry for a bit. Add mince, and spices and brown. Once out of liquids, add the alcohol and cover to boil. Add chopped tomatoes (or from can) and simmer until the juices run out. 5 min before, add chopped parsley.

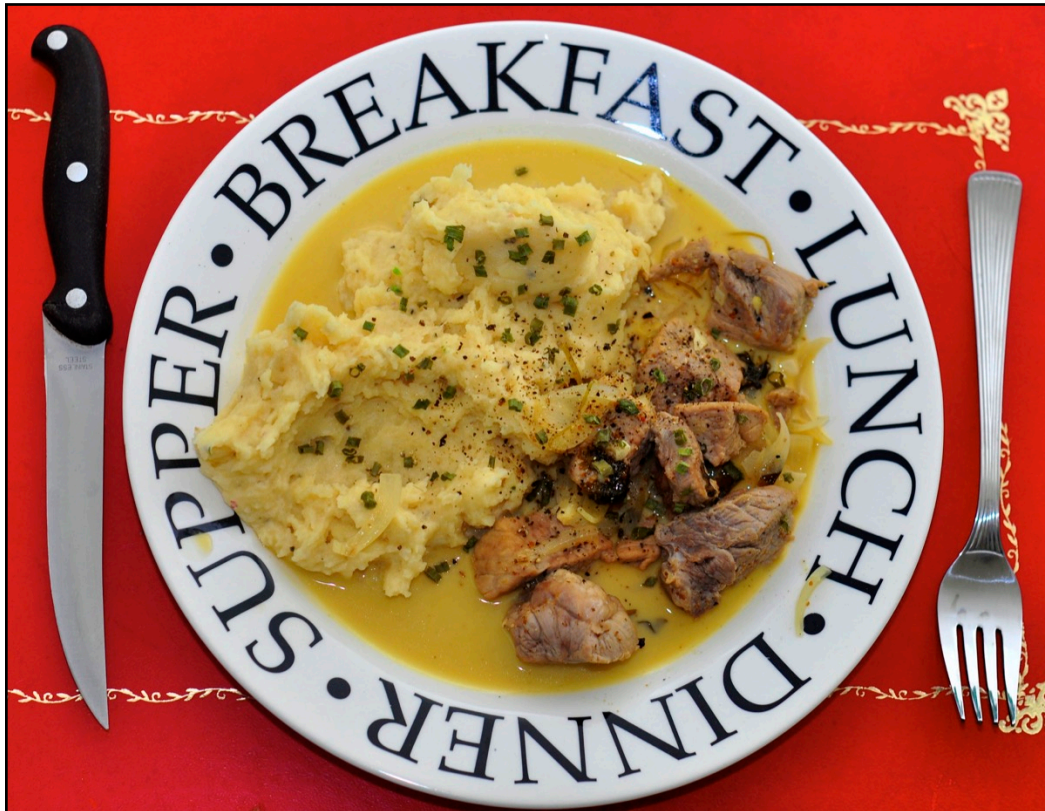
In the meantime, prepare the bechamel: Melt the butter, and mix with spices and flour. Warm milk. Slowly add warm milk while stirring. Add egg. Add your favourite cheese. The consistency should be quite thick because it needs to stand on top of everything.

Take the aubergines out of the oven. Add the mince as a layer, and then the bechamel.

Cook in the over covered at 200°C for 45 min. Remove cover for the last 10 min.

Corfu parsley pork

Excellent recipe from the island of Corfu, passed down from my grandmother.
Quick and tasty.



Ingredients

Pork

- Pork pieces
- Garlic
- 1 onion
- Fresh parsley (lots!)
- White cooking wine (Lambrini works well)
- Olive oil
- Freshly crushed pepper
- Lemons

Mash

- Potatoes
- Butter
- Cheese (be adventurous)
- Condensed milk
- Soy sauce
- Garlic
- Freshly crushed pepper

Preparation

Cut onions and garlic while boiling the potatoes.

The pork can be cooked cut in pieces or as large fillets. In either case cover it with cling film and 'hammer' it with a pan. Brown in oil until the outside is cooked. Add onion, garlic, pepper and some parsley. Stir fry until some juices come out.

Before the juices run out, add the wine and close the lid. Simmer for a while.

While the meat simmers, add the mash ingredients into a bowl. Grate the cheese.

Squeeze the lemons and add the juice to the meat. Add the remaining parsley.

Keep the lid closed.

Once the potatoes are done (10 min if cut in pieces), pass them through a collander and mash them in the bowl with the ingredients.

Serve the mash and the meat in the same plate. Sprinkle with pepper and chives.

Oink oink!

Pork with celery

Celery root and leaves used traditionally but good luck finding them.



Greek

Ingredients

- 500 gr pork, cut in bites
- 700 gr celery, cubed
- Olive oil
- 1 onion, food processed
- 1 tomato can, food processed
- Salt, pepper, soy sauce
- 2 eggs
- 2 lemon juice

Preparation

Stir fry the meat until it obtains some colour.

Add the onion and stir fry until softened.

Add tomato can and enough water to cover the meat. Add pepper, salt and soy sauce. Lower heat and boil until the meat softens for about 1 h 10 min.

Boil water in separate pot, and boil celery for 2 min. Drain and add to the meat. Cook for 15 min more.

Let cool a bit. Slowly mix the sauce with lemon and egg, warm them up, and put back with the meat and move pot to mix evenly.

Serve with rice or potatoes.

Chickpeas with feta cream (v)

A vegetarian combination where two quite different flavours combine into something new again.



Ingredients

Chickpeas

- 500 g chickpeas
- 1 large onion
- 200 ml olive oil
- 2 Tbsp rosemary leaves, or 1 Tbsp rosemary powder
- 2 bay leaves
- salt, pepper

Feta cream

- 125 ml full-fat milk
- 300 g feta cheese
- 1 tsp oregano

Preparation

Soak chickpeas in water overnight. Adding a bit of bicarbonate of soda helps.

On next day, wash off and put in oven tray with a lid (tajine).

Multi process onion and add along with olive oil, bay leaves and rosemary.

Cover with water and bake at 120 oC for 3–4 hours.

Make the feta cream by heating up the milk and removing from fire before it boils. Add in food processor along with feta pieces and oregano, and process until it turns into a smooth cream.

Refrigerate before serving.

Once the chickpeas are done, add salt and pepper, remove the bay leaves and serve with 2 spoons of feta cream.

Meat with bloom potatoes

The name of the dish comes from the sound of the potatoes when serving.



Ingredients

- 500 g pork
- 8 large potatoes
- 1 onion
- 1/3 garlic
- 2 lemons
- white wine
- soy sauce
- salt, pepper
- oregano
- olive oil

Preparation

Cut the pork in small pieces and marinate with olive oil, wine, salt, oregano, soy sauce and your favourite spice.

While it is marinating, peel and wash the potatoes and cut into thin but wide slices.

Peel and cut the onion and garlic into small pieces. Fry for 1–2 min and then add the meat pieces without the marinade.

Once almost cooked, add the marinade, potatoes and lemon juice and boil at lower temperature. Add some water so that everything is submerged.

After 2 hrs it should be ready. Simple and nice.

Green pea beef

Very simple, but full of flavour.



Greek

Ingredients

- 400 gr beef
- 2 onions
- 2 large carrots, large pieces
- half garlic
- 340 gr green peas (frozen)
- 1 tomato can
- 1 tomato fresh
- bay leaves
- fresh mint
- rosemary
- 200 ml white wine
- olive oil
- salt, pepper, soy sauce

Preparation

Cut the meat in cubes and add salt and pepper.

In 70 ml olive oil, fry the meat until all sides are brown.

Food process onions and garlic, add to meat and fry for 2 min.

Add wine.

Food process tomato can, tomato and mint. Add to meat.

Add peas, carrots and herbs.

Cover. Transfer in oven for 1 h at 180°C, turn oven off and leave until next morning to slow cook.

Fish soup

Light, healthy and easy to make, especially if frozen fish is used. The creaminess depends on what proportion of the soup is goes through a food processor, once cooked.



- Tomatoes
- Carrot
- Potatoes
- Parsley
- Fish (tried with Haddock)
- A bit of rice or couscous
- Olive oil

Ingredients

Optional

- Lemons
- Eggs
- Rice or couscous (a bit)

Preparation

Start by chopping and boiling the vegetables. The main ones are parsley, carrots and potatoes, but feel free to add your own.

Cut the fish to large pieces and add to the soup. The fish should cook within 20 min.

When everything is almost ready, remove many vegetables, pass them through a food processor and add them back to the soup.

You can add a bit of rice or couscous at this stage.

The soup becomes richer by adding lemon and egg. The key is to add those slowly. Take the soup off the heat source. Scramble an egg and add the juice of lemons. Once done, add the liquid part of the soup very slowly in small quantities to the egg mixture. The idea is to slowly heat the egg, because if it is done fast it will turn into omelette.

Once most of the liquid is mixed in, pour everything back to the soup. Add fresh parsley and pepper, and serve.

Stifado fish

Brilliant fish taste explosion, from Greece.



Ingredients

- 1–1.2 Kg Monkfish
- 2 lemons
- 1 kg small onions (or regular small onions)
- 2 cups of tomatoes peeled and cut in cubes
- 5 garlic cloves
- 150 ml Extra Virgin Olive Oil
- 4 Tbsp of white vinegar
- 300 ml wine (white or red)
- 1 tsp of rosemary
- 4 bay leaves
- 1 Tbsp of oregano
- 5–6 allspice grains & salt

Preparation

Clean the fish thoroughly and place in a large bowl with lemon and water to tighten the meat until cooking.

Peel the onions and garlic and cut or food process them separately.

In a frying pan pour a large amount of olive oil and sauté the onions. Once they become transparent add the garlic cloves. After 1 minute add the tomato and stir until the sauce thickens, approximately after 6 minutes. Season and add the allspice, oregano, bay leaves and finally the rosemary.

Stir well and then add the vinegar. Turn off the heat and set aside to “relax”.

Get rid of the lemon water and place the fish in a clean baking pan. Pour the onion sauce on the top and all around the fish. Add the wine.

Bake in a preheated oven for approximately 1 hour at 180°C.

Stuffed chicken

An iconic meal with lots of variations, guaranteed to surprise guests.



The key to success is good roasting. Even just the chicken with minimal add-ons can be amazing when roasted properly, so be sure to know how to use your cooking equipment. The tajine, shown in the photo, excels at slow cooking. Roasting over an aga for 8–10 hours resulted in a delightful chicken.



Ingredients

Chicken

- Whole chicken
- Your favourite herb (rosemary, coriander, oregano all work well)
- Olive oil
- Fresh fruit juice (lemon, orange, pineapple?)
- Potatoes peeled (optionally add carrots/parsnips)

Stuffing

- Mince meat
- Onion/celery
- Nuts (chestnuts are the best, but walnuts, raisins also work well)
- Garlic
- Spices (cinamon is good)
- A bit of wine
- (optional) fruit (apples, plums work well)

Preparation

Cook the stuffing by frying all its ingredients in a pan, in the order presented above. Leave to boil in a bit of wine and water. It is difficult to make little enough stuffing for one chicken, either do two chickens or keep some of the stuffing in its pan, to be served later with the chicken.

Fill the chicken with as much stuffing as possible. Saw the bottom.

Place in baking tray. Ideally the tray will have a lid, otherwise foil can also work. Put the potatoes, carrots on the side. Fill with water, fruit juice and oil until most vegetables are covered.

Cook in the oven. Occasional basting will help keep the top moist.

Once you get the hang of the basics, the world is yours to experiment. Pickled red cabbage worked unexpectedly well as an easier stuffing replacement!

Variation

Of course you can do this with just the chicken legs and call it lemon chicken.

Herbed pork with mash

Easy and filling, great for winter.



Ingredients

- 4 thickly cut pork chops
- Salt and pepper
- 4 bay leaves
- A generous mix of herbs (oregano, thyme, rosemary, fennel seeds, coriander seeds)
- Extra virgin olive oil, and a bit of orange juice

Potato mash

- 500g potatoes
- 150 g light cream cheese
- A knob of butter
- A splash of milk
- Salt, pepper, nutmeg

Preparation

Season the pork chops with the salt, pepper, and other herbs. Arrange the bay leaves at the bottom of a plastic container (large enough to fit all chops), and place the chops on top. Leave in the fridge to marinate for at least one hour. When ready, place the chops in a deep roasting pan (like a pyrex), together with the bay leaves (make sure they are covered by the chops, so that they do not burn). Sprinkle some olive oil on top of the chops, and add some orange juice to the pan (just a little bit, so that the bottom is not entirely dry). Roast at 200 C for about an hour. When done, remove from the oven, squeeze the juice of one lemon over the chops, and serve.

Peel, rinse, and cube the potatoes. Boil them in plenty of salted water (do not add too much salt, as this prevents the potatoes from turning soft), until thoroughly tender (about 30 mins, though the time depends on the type of potatoes used try piercing them with a fork, in order to test the texture).

Just before draining, remove some of the water (about one mug) and keep to the side. Drain the potatoes and return them to the boiling pan. Add about half of the reserved water, together with the cream cheese, butter and milk. Using a common mixer, whisk at low speed until completely velvety. Add more water, depending on how firm the texture is, or how thick you like the mash. Finish with pepper and nutmeg. Serve immediately, while both chops and mash are still hot.

Enjoy!!!

Spinach chicken

Finally, I found what to do with fennel!



Ingredients

- chicken drumsticks
- olive oil
- 2 onions
- 4 garlic, minced
- 1 Kg spinach
- 50 gr tomato paste
- 200 ml water
- fennel
- salt, pepper, soy sauce
- lemon juice for serving

Preparation

Season chicken and stir fry in oil until golden on all sides. Set aside.

Saute onion and garlic for 2 min.

Add spinach and mix for 3 min. Add tomato.

Add back the meat and water. Cook for 40 min.

Remove from fire, add fennel. Add lemon juice on plates before serving.

Red chicken leg

Another good that goes great with mashed potato.



Ingredients

- 4 chicken legs
- 2 tomatoes
- 1 tomato can
- Wine
- 1–2 onions
- 0.5 garlic
- salt, pepper, soy sauce
- Green pitted olives
- Mushrooms
- Spices (chilli, cinammon, oregano)
- Olive oil

Preparation

In the food processor, process garlic and onion.

Start frying them, and process the tomatoes and tomato can. You can add peppers too in the food processor, if you have them.

Add the chicken legs to colour the outside. This is the time to include your favourite spices.

Cut the mushrooms and add to fry.

Once almost burning, add wine and cover. Simmer for a bit.

Add processed tomatoes, and lower fire once it is boiling again.

Cook at medium heat, if possible transfer to the oven.

Best served with rice or mash potato.

Italian Carbonara

Recognisable in most parts of the world, but rarely done without cream, which is improper.



Ingredients

- 1 egg per person
- bit of fresh cream
- parmesan
- salt, pepper
- peppers
- fresh mushroom
- garlic
- pasta
- olive oil
- fresh bacon of pancetta
- white wine

Preparation

Cut in thin stripes garlic, peppers and mushrooms. If fresh, first push water into the mushrooms and drain, to add to their flavour while cooking.

In a pan stir fry the ingredients above plus bacon/pancetta, in olive oil. Fry until crispy bacon appears, add a bit of wine and remove from heat.

In the meantime boil the pasta.

Stir together in a bowl the eggs, cream and cheese.

Once the pasta is ready drain and combine with the fried food. While still hot, add the egg sauce and stir to even the heat. Serve immediately.

Yogurt mushroom pasta

A healthier option for a white sauce.



Italian

Ingredients

- 500 gr pasta
- 500 gr mushrooms
- 150 ml white wine
- garlic
- 200 gr yogurt
- 1 tsp corn flour
- 200 ml milk
- 1 Tbsp grated parmesan
- 3 Tbsp parsley
- olive oil
- salt, pepper, soy sauce

Preparation

Boil pasta.

Slice mushrooms, push in water, stir fry with garlic. Add salt, pepper and soy sauce and once they are out of water add the wine.

Once softened, add parsley and set aside.

Add yogurt in new pot at low heat. Using the wine pot will cause coagulation.

Add milk, cornflour, salt, pepper and parmesan. Keep stirring.

Add in mushrooms.

Add in drained pasta, and serve.

Rosemary tomato pasta

Almost fast-food in its simplicity, the vinegar balances the rosemary.



Ingredients

- 8 Tbsp olive oil
- 4 garlic cloves, thin slices
- 2.5 Tbsp rosemary, small pieces
- 1 tomato can
- 1 tomato
- salt, pepper, soy sauce
- 3 Tbsp balsamic vinegar
- grated parmesan cheese

Preparation

Incompletely food process tomato and tomato can.

Put oil and garlic in pan, and heat over medium fire.

Once noisy, add tomatoes and boil for 10 min, with occasional stirring. Add salt, pepper and soy sauce.

Boil pasta. Once ready, dry and add to sauce.

Stir in sauce for 1 min. Add balsamic vinegar, mix and cover.

Serve immediately with parmesan cheese.

Mascarpone pasta

If you buy too much mascarpone for a cheesecake, here is what to do with the rest.



Ingredients

- Pasta
- 200 g mascarpone cheese
- 2 spring onions
- 2 peppers
- 1 zucchini
- 1 tablespoon butter
- mushrooms

Preparation

Cut the zucchini in thin slices. Boil with mushrooms for 2 min to soften.

Drain the water to a new pot, and keep for the pasta.

Stir fry the vegetables, including the peppers.

Boil the pasta.

Drain the pasta keeping some of the water.

Combine pasta, cooked vegetables, butter and mascarpone cheese. Add some of the pasta water, if needed. Cook together for 3 min.

Serve with pepper and parmesan cheese.

Salmon asparagus pasta

A royal treatment for simple pasta. Fresh pasta improves the dish.



Italian

Ingredients

- smoked salmon
- dill
- asparagus
- mushrooms
- 1 onion, garlic, food processed
- dill
- fresh pasta
- mascarpone cheese
- white wine
- olive oil
- lemon juice of two lemons
- salt, pepper

Preparation

Put the asparagus in the oven at 200°C and cook until slightly burned. This step takes the longest time so start early.

Wash and cut the mushrooms in small slices. Push in water until they absorb it and drain them.

Stir fry the onion, garlic and mushrooms. Before they burn, add the white wine.

Hopefully the asparagus is ready by now. Remove from oven, cut in bitesize slices and add to the sauce.

After 5 min, add the salmon, dill, salt and pepper.

After 5 min add mascarpone and lower the heat. Add the lemon juice.

Let cook until all ingredients tie together.

Mix with freshly cooked pasta and serve with extra cheese.

Spicy pasta

This is a classic example of a simple, yet wonderfully tasty pasta recipe.



Ingredients

- 500 g pasta (fusilli, farfalle, or any other short pasta you like)
- 1 jar of red pesto sauce
- Salty black olives (ideally *not* the flavourless, pitted ones you find in jars)
- 1 beef stock cube
- Parmesan (alternatively, pecorino or grana padano)
- Goat's cheese
- Salt, pepper, and red chilli flakes (for serving)

Preparation

Using a sufficiently large cooking pan, add the beef stock cube in plenty of boiling water. Add the pasta, and boil according to pack instructions (between 8–11 mins, depending on how ‘al dente’ you like it). Drain, but not thoroughly: make sure you leave a very small amount (equivalent to 6 large spoonfuls) of the beef-flavoured, gluten-rich boiling liquid in the pan. Return to the hob, turning the heat to moderate. Add the pasta and red pesto, and mix well for about 5 mins (until there is no more liquid in the pan). Add the black olives, which you have previously lovingly and patiently pitted. Remove from the hob and serve immediately.

While the pasta is still very hot on the plates, add freshly grated parmesan and large chunks of goat's cheese (Welsh goat's cheese is best). Finish with plenty of pepper and, if you can handle it, chilli flakes. Enjoy the yummy, nourishing result!

Caramelised onions and/or fried mushrooms would make excellent accompaniments to the olives. The flavour can be further enhanced with herbs (fresh or dried basil, perhaps a little bit of oregano too). The dish is elevated to heavenly status, if consumed with a glass of red wine (Cabernet Sauvignon or Merlot)!

Spicy sausage sugo

Sugo time!



Ingredients

- Olive oil
- 1 red onion
- 1 garlic clove, finely chopped
- 1/4 tsp chilli flakes
- 1/4 tsp cinnamon
- 400 g thin sausage
- 300 ml red wine
- 500 g passata
- Salt and pepper

Preparation

Fry the onion gently until softened, for 5 min.

Add garlic, chilli and cinnamon for 30 sec.

Add sausage pieces and fry for 10 min, until brown.

Add remaining ingredients and bring to boil. Then simmer for 30 min.

Serve on cooked pasta.

Pizza

Countless variations are possible, the only limit is your creativity.



Ingredients

Dough

- 500 g white bread flour
- Optional, replace with 100 g finely ground semolina flour
- 1 teaspoon salt
- 7 g dried yeast (or woken up live yeast that has spent 10 min in warm water)
- 1 tablespoon sugar
- 4 tablespoons extra virgin olive oil
- 310 ml warm water (mix 200 ml from tap, 110 ml boiled water)

Discovering interesting ingredients is part of the fun. A tomato base and grated cheese goes well with everything. Interesting ideas include

Ingredients

- Blue cheese and pears
- Artichoke
- Zucchini
- Onion
- Feta, olives, peppers, oregano (Greek salad version)

Preparation

Mix the dough. Leave to rise until double in size.

Make a ball and spread on a thin layer of flour. Form the pizza base.

Turn oven on to as high temperature as possible.

Add tomato sauce and ingredients. Cheese on top to protect other ingredients from burning.

The trick is to have a very hot oven, so open and close fast when inserting the pizza. The easiest way to avoid the dough sticking is to add flour in the bottom of the tray you use.

Bacon pea courgette pasta

Don't let the appearance of a lack of sauce trick you.



Ingredients

- olive oil
- 25 g butter
- 150 g unsmoked bacon
- 1 garlic clove, chopped
- 500 g coarsely grated courgettes
- 150 g peas
- 200 g crème fraiche
- salt and pepper

Preparation

Heat oil and butter in pan. Stir fry bacon for 5 min.

Add garlic and cook for 30 more sec.

Add courgette and fry for 3 min until some moisture has evaporated.

Add peas and cook for 5 min.

Stir in crème fraiche, add salt and pepper and heat for 3 more min.

Mix with cooked pasta.

Broccoli pasta

Crunchy and fresh-tasting.



Ingredients

- 500 g pasta
- 100 g smoked ham
- 600 g broccoli, in florets
- 3 garlic, sliced
- 2 Tbsp almonds
- mint
- olive oil
- white wine
- soy sauce, salt, pepper
- Mascarpone cheese

Preparation

Heat the almonds on pan without oil for 2 min.

Boil the broccoli for 3 min so it softens. Set aside.

Boil pasta.

Stir fry the meat in garlic. Add wine.

Add the pasta and broccoli. Add the mascarpone and mix until it melts.

Mix in the almonds and mint.

Ready to serve.

Spinach lasagna (v)

A light and slightly more healthy alternative to the favourite dish.



Ingredients

- 2 onions
- 3 cans of spinach
- Few mushrooms
- Half a garlic
- 200 ml milk
- 3 cheeses (feta, parmesan, cheddar, gouda, mozzarella...)
- 3 tomatoes
- Bit of cooking wine
- Soy sauce
- Olive oil
- Pepper
- Dill, mint

Preparation

Cut the mushrooms in small pieces. Quickly soak in water and remove most.

Chop or food process onions and garlic.

Fry the mushrooms with mint, pepper and soy sauce.

Once most of the water is gone, add onions and garlic.

Once starting to burn, add a bit of wine and cover for a bit.

Add spinach and dill. Add milk.

Layer lasagna sheets on an oven dish. Make 3 layers with spinach and lasagna, adding the mix of cheeses in each.

You can top with a layer of tomato and cheese, or add optional béchamel on top of this layer.

Bake at 180°C for 40 min.

Take out of the oven and let cool for a while before cutting.

Oven sausage cheese pasta

Any small pasta will do.



Ingredients

- 1 onion
- 5 garlic cloves
- peppers
- sausage
- 1 tomato can
- olives without stones
- white wine
- small pasta
- ricotta cheese
- parmesan cheese
- other cheese (cheddar?)
- chilli flakes
- parsley flakes
- salt, pepper, soy sauce

Preparation

Food process onion and garlic.

Cut the sausage in half circles and fry.

In oven-proof dish, add onion and garlic and fry for one minute.

Add peppers and wine and close lid.

Once it is boiling add tomato can, olives and cheeses and stir until they melt.

Add the pasta and water to cover it. Mix well and put in oven at 180°C for 1 hr.

Turn off and keep food to slow cook until the next day.

Chicken tarragon pasta

Done properly, it should convince Italians that pasta and chicken can go well together.

Ingredients

- Chicken
- Tomatoes, passata or can
- 1 onion
- Garlic
- Mushrooms
- Cooking wine
- Olives
- Olive oil
- Tarragon, cinnamon, chilly powder



Preparation

Cut the chicken and onion in thin slices. Half frozen chicken is very easy to cut thin. Cut the mushrooms in long pieces.

Optionally can put the tomatoes, garlic, cinnamon and chilly powder through a food processor. If this is not possible, finely chop the garlic.

Stir fry the chicken in a bit of oil. Once almost cooked, add the mushrooms and tarragon. Stir fry more.

Add onions. Once the food starts burning, add the wine, stir and cover for 5 min.

Add passata, garlic, chilly powder, cinnamon. Add a bit more oil. Cover and stir occasionally.

Two minutes before serving, add some (destoned) olives.

Serve with cheese and freshly crushed pepper.

Benicimo!

Pasta au gratin

Classical French recipe.

Ingredients

- 110 g macaroni
- 50 g butter
- 40 g plain flour
- 1 level teaspoon mustard powder
- ¾ pint (450 ml) milk
- 175 g Cheddar cheese, grated
- A little freshly grated nutmeg
- 1 medium onion, peeled and chopped
- Smoked ham
- 50 g mushrooms, sliced
- 1 tomato, cut into small pieces
- Salt and freshly milled black pepper
- Chives
- Garlic

Preparation

Bring 850 ml water to the boil in a large pan with 1 teaspoon salt, add the macaroni and boil without a lid, according to the instructions on the packet.

Meanwhile, melt 50 g of butter in a saucepan, add the flour and mustard, and make up a white sauce with the milk, cooking for about 6 minutes before adding 75 g of the grated cheese to melt gently into it, together with a seasoning of salt and pepper and a few gratings of nutmeg.

Then in a little butter in a small frying pan, soften the onion, bacon and mushrooms together for about 6 minutes. Now drain the macaroni in a colander, combine it with the sauce and the bacon, onion and mushroom, then place the whole mixture in a buttered 2 pint (1.2 litre) baking dish.

Sprinkle the rest of the cheese on top, plus the pieces of tomato. Finish off by placing the dish under a hot grill until golden brown and bubbling. Note: if you want to make this in advance, you can reheat it in a high oven, gas mark 6, 400°F (200°C) for about 15–20 minutes.

Bolognese pasta

A classic Italian favourite.



Ingredients

- beef mince
- destoned green olives
- 1 pepper
- 1 tomato can
- olive oil
- salt, pepper, chilli
- cinamon
- soy sauce
- vinegar
- white wine
- onions
- garlic
- your favourite pasta

Preparation

Clean and chop in food processor olives, pepper, onion and garlic.

Stir fry in olive oil and once they colour a bit, add the beef mince.

Break up and stir until the red colour disappears. Add spices in the meantime and a bit of vinegar.

Add wine, close lid and let boil for 5–10 min.

Add tomato can. Ideally whole tomatoes. After boiling for 10 min you can break them up with a wooden spoon.

Cook at low heat until you are hungry, the longer the better. If you can wait, transfer to oven in covered ovenware, cook for 30 min at 180°C, turn off oven and leave overnight to slow cook.

Mix with freshly cooked pasta and add cheese on top.

Oven pumpkin risotto (v)

A rizzoto that does not take too much effort to make. Almost blasphemous, but great way to get rid of pumpkin.



Ingredients

- 1 cup rice
- 7 Tbsp olive oil
- 1 onion
- 1 spring onion
- 4 garlic cloves
- 2 cup pumpkin
- 2 cup vegetable stock
- 1 cup water
- soy sauce, pepper
- 50 g spinach
- 2 tsp pine nuts

Preparation

Peel and cut the pumpkin in pieces. Food process it.

Food process onion, spring onion, garlic.

Prepare vegetable stock.

Combine all ingredients in oven tray. Bake for 30 min covered, and 20 min uncovered.

Pan heat the pine nuts and add on top in the end, along with parmesan cheese.

Salami chicken with mushrooms

If you think chicken is not fat enough.



Ingredients

- 500 g chicken
- olive oil
- mushrooms
- 50 g salami
- 1 large onion or 2 large shallots
- 4 garlic pieces
- 250 ml chicken stock
- white wine
- 50 g frozen peas
- 50 g frozen carrots
- parsley
- breadcrumbs or flour
- soy sauce

Preparation

Cut mushrooms and put in water. Drain before use. Cut onions and garlic.

Cut the chicken in small pieces and cover with breadcrumbes, salt, pepper and your favourite spice.

Stir fry until brown on all sides. Remove from heat.

In the same pan, stir fry the onion for 2 min. Add the mushrooms, the salami and your favourite herb. Stir fry until most of the water is gone. Add wine.

Add chicken stock, peas and carrots.

Add back the chicken and boil until the sauce gets a thick consistency.

Congratulations! Serve with rice.

Thai

Tom yum

A favourite Thai soup guaranteed to wake you up.



Thai

Ingredients

- tom yum paste
- mushrooms
- soy sauce
- lemon juice (fresh)
- carrots
- chicken or fish
- coconut milk or condensed milk
- fresh coriander leaves
- chillies
- noodles (optional)

Preparation

This is an amazing and easy soup as long as you have the paste. Can be made in emergency from frozen ingredients, or if you have a cold.

Cut everything and boil in water.

Add the paste mix.

Towards the end, add the milk, coriander leaves lemon juice and noodles, if you are using them.

Congratulations.

Pad Thai

Peanut stir-fry noodles with lemon and chilli.



Ingredients

- Thin flat rice noodles
- 3 Tbsp oil
- 200 g chicken breast, thin slices
- 200 g tofu, cubed
- 1 cup bean sprouts
- 4 cloves garlic, minced
- 2 eggs, whisked
- 1 onion, sliced in average size pieces
- Ginger
- Garlic
- Peanuts

Sauce

- 5 Tbsp Pad Thai sauce
- 2 Tbsp water
- sugar
- 1 tsp soy sauce
- juice of half fresh lime
- chili flakes

Preparation

Boil noodles until ready, run cold water to stop their cooking, mix with oil and set aside.

Stir-fry chicken with oil, soy sauce and salt. Set aside.

Pour whipped eggs on hot pan, wait until golden brown, stir to cut into pieces, take out and set aside.

Stir-fry tofu until all sides are golden brown, take out and set aside.

Stir-fry peanuts, until golden color, take out and food process so they become small pieces.

Stir fry ginger, garlic and onion. Once golden add noodles and soy sauce. After 2 min add all ingredients set aside, and the sauce, and stir-fry for 5 min.

For serving, mix with peanuts, spring onion and lime wedges. Sprinkle lime juice on top.

Massaman curry

The less spicy, thicker Thai curry that goes well with strongly flavoured meat like beef and sheep.



Ingredients

- 300 g beef
- onions
- shallots
- carrots
- ginger
- coconut milk
- massaman curry jar
- coriander leaves

Preparation

The creamy and mild nature of this curry is particularly enhanced by slow cooking of the meat.

Mix everything apart from the coconut milk into an oven proof dish that closed well to retain condensation. Note: if you have time to brown the onions and meat on a pan, before mixing with everything else, you will be adding to the flavour of the dish.

Put in oven for 5+ hr at 80°C. Add a bit of water if necessary.

After cooking, take out from oven and add coconut milk. Mix well. You can use remaining coconut milk on the rice you cook to accompany the meal.

Enjoy!

Brazilian fish stew

Here fishy fishy fishy!



Thai

Ingredients

- olive oil
- 2 garlic
- 1 onion
- chilly flakes
- 6 small peppers
- 2 carrots
- 1.5 tsp sugar
- 1 Tbsp cumin powder
- 1 Tbsp paprika
- 1 can coconut milk
- 1 can tomatoes

Fish marinade

- 1 500 gr white fish, cubed
- 1 lime juice
- salt, pepper, soy sauce
- olive oil

For serving

- lime juice
- chopped coriander

Preparation

Marinate the fish in fridge in the marinade ingredients.

Stir fry until golden. Set aside.

Food process onion and garlic. Stir fry in new oil.

Food process peppers and tomato can. Add to onions.

Add spices. Add coconut milk, carrots and fish.

Let it stew.

Serve with lime juice and freshly chopped coriander.

Deserts

Fruit salad (v)

The best desert to offer at a gathering, healthy and unusual.



Ingredients

- apple
- banana
- your favourite fruit
- some of: sesame, honey, mint, nuts, cinamon
- yogurt
- honey

Preparation

Here is a summer desert to compete with the standard cake you buy at the supermarket.

Cut everything in bite size pieces. Mix in a bowl and enjoy.

Stuffed apples with walnut and raisins (v)

Simple in appearance, yet surprisingly exotic.



Ingredients

- 1/2 cup brown sugar
- 1/2 cup walnuts
- 1/4 cup golden raisins
- 1/4 cup unsalted butter, cut into 1/4-inch pieces
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 4 large Gala apples
- 1/2 cup fresh orange juice, your favourite alcohol

Preparation

Preheat oven to 200°C.

In small bowl, combine brown sugar, walnuts, raisins, butter, cinnamon, ginger, nutmeg and cloves.

Remove top of each apple. Scoop out inner core and seeds but do not reach the bottom.

In a baking tray, fill each apple with the mixture. If any remains, sprinkle on top of apples and pour juice in and around them. With 2 tablespoons brown sugar-walnut mixture. Sprinkle remaining brown sugar-walnut mixture on top of apples. Pour juice around apples.

Bake for about 35 minutes, rotating baking dish halfway through baking.

Serve warm, after spooning any remaining juice over the apples.

Chocolate cookies (v)

No reason to buy ready-made cookies when you can make your own.



Ingredients

- 140 g butter
- 140 g caster sugar
- 2 eggs
- 255 g self-raising flour
- 30 g cocoa powder
- chocolate bar

Preparation

Melt the butter at low heat.

Add sugar and mix with machine.

Add the eggs and mix.

Add flour and cocoa powder. Knead and put in fridge.

Preheat oven at 190°C.

Make small disks with the dough and place a small piece of the chocolate bar in the middle. Add on top another disk.

Cook for 10 min.

Deserts

Okara matcha cookies (v)

Green tea and soy pulp (okara) go well with white chocolate. Bonus, you cannot tell when they are green from mold!



Ingredients

- 6 Tbsp olive oil
- 1/3 cup sugar
- 1 egg yolk
- 1 Tbsp matcha powder
- 1 cup flour
- 1/2 cup okara
- 3 Tbsp white chocolate chips

Preparation

Combine olive oil with sugar and egg yolk.

Add in matcha powder and once incorporated add flour and okara.

Add white chocolate.

Form into small balls and flatten. Place in baking tray.

Bake at 180°C until lightly browned on the bottom (20 min).

Chocolate banana cake (v)

If you don't have old bananas you can instead put some ok ones in the freezer for a day.



Ingredients

- 100 ml oil
- 175 g sugar
- 175 g self raising flour
- 1/2 tsp bicarbonate of soda
- 100 g chocolate chunks
- 175 g ripe banana
- 3 medium eggs
- 50 ml milk
- Walnuts, raisins, apple

Preparation

Separate eggs in yolks and whites.

Mix sugar, flour, bicarbonate of soda and chocolate in a large bowl.

Mash the bananas and add 3 egg yolks, oil and milk.

Beat egg whites until stiff.

Combine with banana and dry mix.

Gently add beaten egg whites and combine. Add any other ingredients.

Bake in preheated oven until an inserted knife comes out clean (about 1 hr).

Chocorange cake (v)

Easy, spongy, orangy.



Ingredients

- 300 gr flour
- 75 gr unsweetened cocoa powder
- 1 tsp baking soda
- 1 tsp salt
- 0.5 tsp cinnamon
- 225 gr unsalted butter, room temperature
- 430 gr granulated sugar
- 4 large eggs
- 1 tsp vanilla
- 280 ml orange juice
- 2 Tbsp orange zest

Preparation

Preheat oven to 325°C. Butter baking tray and set aside.

Combine flour, cocoa powder, baking soda, salt and cinnamon in a bowl and set aside.

With mixer, beat butter and sugar for about 3 min. Add eggs one at a time. Add vanilla.

Add 1/3 of the flour mixture, add 1/2 orange juice and repeat until done. Add orange zest.

Pout in baking tray and cook until a knife comes out clean (1h 15 min). Cool for 10 min and remove from tray.

Kanelbullar (v)

An easy way to get rid of excess cinnamon.



Ingredients

- 100 g unsalted butter
- 500 ml whole milk, lukewarm
- 50 g lump of yeast
- 120 g caster sugar
- 1 tsp ground cardamon
- 1/2 tsp salt
- 600 g plain wheat flour
- 200 g full spelt flour
- (Or a total of 800 g plain wheat flour, if you don't like wholemeal flour)

Filling

- 80 g sugar
- some honey
- 2 Tbsp cinnamon powder
- 100 g unsalted butter, lukewarm
- raisins
- chocolate powder

Topping:

- 1 egg, slightly beaten
- coarse sugar (optionally)

Preparation

Add butter, sugar, honey and crumbled yeast to the tepid milk.

Sieve flour in a bowl, add cardamom and salt.

Pour in tepid milk mix and knead until the dough peels away from the bowl. Dust with a bit of flour.

Cover and put in a warm place and let rise to double size for about 30 min.

Flour your working top and knead again until the dough peels away from your hands.

Roll out the dough to a rectangle about 1 cm thick.

Mix the cinnamon, sugar, chocolate and butter for the filling and spread evenly on top of the dough. Then roll up the dough carefully and cut into slices of about 2 cm. Put them on the cut surface on a baking tray.

Put in a warm place again let rise again for about 30 min. Preheat your oven to 250°C. meanwhile. Brush the rolls with the beaten egg and optionally sprinkle with coarse sugar. Bake for about 10–15 min.

Toffochocobanoffee (v)

Tina's toffochocobanoffee is not for the faint of heart - literally, considering the amount of fat involved! A great desert ready in 30 min.



Ingredients

- 2 tubs double cream
- 2 bananas
- 1 can of caramel
- 1/2 pack dark chocolate digestive biscuits
- 1/3 block of butter
- Bit of cocoa powder

Preparation

Melt butter and mix with crushed biscuits.

Layer caramel and thinly sliced bananas.

Whip the cream and layer on top.

Top with cocoa powder.

Leave in the fridge to set for 30 min.

Enjoy!

Cookies (v)

Don't make too many. Very old leftovers can be crumbled over ice cream.

*Ingredients*

(Makes 40 cookies)

- 1 cup brown sugar (helps with colour)
- 1 cup sugar
- 0.5 cup unsalted butter (room temp, don't melt)
- 0.5 cup vegetable oil (or just use butter)
- 2 eggs
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp vanilla
- 3 cups flour
- 2 cups chocolate chips
- 1 cup nuts
- 1 cup raisins
- 1 tsp milk powder (optional, for soft cookies)

Preparation

Mix butter, oil and sugar in electric mixer.

Add eggs, one at a time, and homogenise.

Mix remaining ingredients.

Optionally, refrigerate dough for 30 min for softer cookies.

Make round scoops of dough and place on baking paper on oven tray.

Bake at 180°C 8 minutes for soft cookies. When they come out they should look undone.

Bake at 150°C for 20 min for crispy cookies.

Rice pudding (v)

An easy desert that is healthy by being filling.



Ingredients

- 100–125 g rice
- cinamon
- salt
- 250 ml water
- 800 g milk
- 6 Tbsp corn flour with vanilla flavour
- 3 Tbsp brown sugar
- 1 citrus fruit

Preparation

Wash the rice and put in water with salt, cinamon stick and any citrus fruit you are using.

Boil in low fire unti the rice is soft.

Add 3/4 of milk, sugar and cornflour. Mix well and let boil twice.

Add remaining milk and lower fire, until the mixture assumes a creamy structure.

Split in bowls, top with cinamon, and serve hot or cold.

Sponge cake (v)

A low calorie desert with unbelievably few ingredients.



Ingredients

- 5 eggs
- 150 gr flour
- 150 gr sugar
- 2 tsp vanilla extract
- lemon skin grated
- 2 tsp lemon juice
- salt pinch
- 5 Tbsp milk
- 1 tsp baking soda

Preparation

Preheat oven at 180°C.

Separate egg white from yolk, and whip whites until it foams well. Add half sugar and mix and then add the remaining sugar and mix.

Separately mix yolks, vanilla, milk, lemon juice and lemon skin.

Combine the two mixes.

Add baking soda and flour slowly.

Pour in baking tray and cook for 40 min or until the surface is golden.

Blueberry cake (v)

If you buy too many blueberries to eat... (frozen work too)



Ingredients

- 2 cups flour
- 2 tsp baking powder
- 0.5 tsp salt
- 1 stick unsalted butter, softened
- 0.75 cup sugar
- 2 eggs
- 1.5 tsp vanilla extract
- lemon zest from 1 lemon
- 0.5 cup milk
- 2 cups blueberries

Topping

- 6 Tbsp brown sugar
- 0.5 cup flour
- 1 tsp cinnamon
- 0.25 tsp salt
- 4 Tbsp unsalted butter, cold chunks

Preparation

To make topping: Combine sugar, flour, cinnamon, and salt in a small bowl. Mix with fingers until no lumps remain. Rub in butter until crumbly and refrigerate until ready to use.

Mix flour, baking powder and salt and set aside.

With mixer beat the butter and sugar until creamy, about 2 minutes. Add the eggs one at a time. Beat in vanilla and lemon zest.

Slowly add the flour mixture and milk and combine at low speed.

Add the berries to the batter and fold gently with a spatula until evenly distributed.

Transfer to oven pan and spread evenly. Sprinkle the topping over.

Bake for 40 to 45 minutes at 190°C.

Fat-free apple pie (v)

Quick and easy to carry.



Ingredients

- 2 eggs
- 200 gr sugar
- cinnamon
- 140 gr self raising flour
- 2 vanilla
- pinch of salt
- 1 apple, 1 peach, peeled and pieced
- 2 Tbsp sweet wine
- 120 gr walnuts
- 3 Tbsp raisins

Preparation

Preheat oven at 180°C

Mix eggs and sugar in a bowl.

Add flour, vanilla, cinnamon, salt and mix.

Incorporate fruit and wine. Add walnuts and raising.

Prepare baking tray with baking parchment or buttered sides. Add mix.

Bake for 40 min.

Carrot cake (v)

Even without the topping it is great.



Ingredients

- 1.25 cup unsweetened applesauce (or oil)
- 2 cup sugar
- 3 eggs, room temp
- 2 cup flour
- 1 tsp baking soda
- 1.5 tsp baking powder
- 0.5 tsp salt
- 1 tsp cinnamon
- 2 cup grated carrots
- 1 cup shredded sweetened coconut
- 1 cup chopped nuts (optional)
- 1 tsp vanilla
- 1 cup Dole crushed pineapple, not drained, juice not syrup

Frosting

- 0.5 cup butter softened
- 225 gr cream cheese softened
- 1 tsp vanilla
- 450 gr sugar

Preparation

Preheat oven to 180°C.

Combine applesauce/oil, sugar and eggs.

Add the rest of the ingredients, in order.

Pour into 2-3 greased pans. If not available it is possible to cut a big cake, but it is tricky because it is quite moist.

Bake for 40 minutes or until inserting knife comes out clean.

Cool in pan for 10 min, take out and cool completely.

In the meantime prepare the frosting. Beat butter and cream cheese. Add vanilla and sugar and beat until smooth.

Invert cake on final plate. Frost it. Put other cake piece and repeat.

Refrigerate for an hour before serving for best results.

Zucchini chocolate cake



Deserts

Ingredients

- 200 gr flour
- 60.4 gr cocoa powder
- 1.8 tsp baking soda
- 0.4 tsp baking powder
- 1 tsp espresso powder
- 0.4 tsp salt
- 190 ml vegetable oil
- 160 gr sugar
- 120 g brown sugar
- 3 eggs
- 70 gr yogurt
- 2 tsp vanilla extract
- 3 medium zucchini
- 180 gr chocolate chips

Preparation

Mix dry and wet ingredients separately.

Food process and blot dry the zucchini.

Pour wet into dry ingredients. Top with chocolate chips.

Bake at 180°C for 70 min.

Cheesecake (v)

For some reason associated with America, even though mascarpone is easier to find in Europe.



Ingredients

Cream

- 1000 g mascarpone (or cream) cheese
- 1 cup sugar
- 2 Tbsp flour
- 1/8 tsp salt
- 1/2 cup sour cream
- 2 tsp lemon juice
- 1 tsp vanilla extract
- 3 eggs

Crust

- 180 g biscuit (12 whole graham crackers)
- 5 Tbsp butter

Preparation

Smashing the crackers using food processor.

Melt the butter, and mix with the smashed crackers well.

Lay mixture on cake tray, put in the oven for 5 min at 180°C and take out.

Mix the cream cheese, sugar, flour and salt slowly with wire mixer for 3 min.

Slowly add lemon juice and sour cream to the mix.

Whip the egg whites and slowly add to the cream cheese bowl together with egg yolks and vanilla extract. They should form a semi-solid mixture by now.

Pour the mixture on top of cracker base and bake at 180°C for 55 min.

Take out and leave in fridge for >4 hours.

30 min before serving, return to room temperature and top with cherry jam.

Choco yogurt cake (v)

A very easy summer desert.



Ingredients

- 400 gr dark chocolate, in pieces
- 220 gr Greek yogurt
- 130 ml full milk
- 2 oranges, juice
- 180 gr digestive biscuit, blended
- 80 gr butter, melted

Preparation

Mix biscuit and butter and push to form a firm base in cake dish. Keep in fridge.

Warm milk without boiling and mix with chocolate until melted.

Add orange juice and yogurt, slowly.

Place on top of base and keep in fridge for at least 3h until it holds together.

Giant kok



Ingredients

Pastry

- 2 eggs
- 1/2 cup sugar
- 1 Tbsp water
- 1/2 Tbsp milk
- 1/2 cup flour
- 2 tsp baking powder
- 1 vanilla

Topping

- 200 gr chocolate pieces
- 200 gr cream

Cream

- 3/4 lt milk
- 1 egg
- 3/4 cup sugar
- 3 Tbsp butter
- 4 Tbsp corn flour
- 2 Tbsp flour

Preparation

Preheat oven to 180°C.

Bottom: Mix eggs and sugar until the mix is white. Add water and milk to the mix.

Add flour, baking powder and vanilla and mix again, gently.

Put baking parchment in round baking tray. Add mix and bake for 20 min until it raises and browns. Then take out to cool.

Cream: In a pot add milk, eggs, sugar, butter, corn flour and flour and stir on medium heat until it becomes thick. Once it thickens, transfer to new pot so it stops cooking.

Once the bottom has cooled enough to leave space for the cream, add the cream and put in the fridge for 30 min.

Topping: Heat cream until it almost boils and add the chocolate pieces.

Homogenise by mixing and leave to cool at room temp for 30 min.

Top the thing that comes off the fridge with the topping. Then leave the assembly in fridge for 8 hours to cool down.

Melomakarona

Honey pastries, always bought in Greece until I made my own and they are better!



Ingredients

Main

- 240 g light oil (corn, sunflower)
- 240 g olive oil
- 50 ml cognac or sweet wine
- 160 ml orange juice
- 2 orange grated skin
- 1 tsp baking soda
- 2 tsp baking powder
- 200 g sugar
- 1 tsp clove
- 2 tsp cinnamon
- 900 g flour
- walnuts

Syrup

- 400 g sugar
- 400 ml water
- 400 g honey
- 1 lemon juice

Preparation

In another bowl mix oils, cognac, sugar, cinnamon, cloves, orange skin, using a wire, until the sugar melts.

Add soda and orange juice.

Slowly add the flour mix, and mix a bit so that they remain soft.

Make the appropriate shape, add holes on top with a fork. Bake at 160oC for 25 min.

Mix the syrup ingredients in a pot, boil for 3 min and then heat at low temperature.

Once they are baked, add into syrup for 20 sec on each side, and take out. You can pour the leftover syrup in their container.

Add crushed walnuts on top and they are ready to serve.

Galaktoboureko (v)

A syrupy, creamy desert. Only eat if you have run a marathon before. Orange, chocolate or lemon versions are possible.



Ingredients

Cream

- cup simigdali
- 1.5 cup sugar
- 700 ml full fat milk
- 300 ml double cream
- 4 eggs
- 3 Tbsp butter
- 2 vanilla
- Grated lemon
- 500 g butter to coat the fillo

- * 0.5 Kg fillo pastry

Syrup

- 700 g sugar
- 400 g water
- 2 Tbsp honey
- 1 lemon

Preparation

Simigdali is wheat-based, something like thin ground couscous or fine semolina.

Start with the syrup. Juice the lemon. Place all ingredients in a pot, including the lemon skin. bring to boil and keep boiling for 4 min. Then remove from heat.

Melt butter and use a paintbrush to butter an oven tray.

Place 5 fillo sheets in the bottom and butter each, including the sides.

In a pot add milk, cream, simigdali, sugar, vanilla, grated lemon skin and keep on low heat stirring occasionally.

Separate the egg whites from the yolk. Make meringue with the whites.

Smash the yolks on their own and combine with the meringue gently.

Combine the eggs with the pot of the rest of the cream ingredients.

Add 3 Tbsp butter and keep stirring until the cream thickens and turns silky.

Remove from heat.

Add the cream in the oven tray and even it out.

Add the remaining fillo pastry one by one, buttering each layer.

Carve the top pastry into pieces, without touching the cream.

Can add more butter and sprinkle water at the top.

Bake at 180°C for 1 hr, until the top darkens.

Once out of the oven, while still hot, slowly add the syrup which is room temperature by now. This is the time you find out whether your tray is deep enough. If you have too much syrup, save it to add later.

Leave to cool down completely without covering. Only then can you cut pieces.

Conversion table

Here is a conversion table from imperial to metric, for fast access to all recipes.

Conversion from imperial to metric.

1/4 cup	60
1 cup	250
3 cups	720
1 tsp	5
1 Tbsp	15
0.5 oz	14
1 oz	28
1.5 oz	43
2 oz	57