

Moroccan

Ingredients

1kg lamb (can use boneless), cut into 3cm cubes
 4 tbsp sunflower oil
 2 onions, chopped
 ½ tsp ginger, crushed
 ½ tsp garlic, crushed
 ½ tsp red chilli powder
 ½ tsp ground cumin
 ½ tsp ground cinnamon
 2 bay leaves
 Salt and freshly ground black pepper to taste
 400g can chopped tomatoes
 500g bulgar wheat
 1 litre good stock

Method

1. Prepare lamb as per recipe on page 129 (Lamb curry), including freshly ground black pepper with powdered spices but omitting whole spices, green chillies and garam masala.
2. Add bulgar wheat when lamb is almost cooked.
3. Add 1 litre of water and gently bring to the boil. Turn down heat and leave to simmer for about 45 minutes on a low heat. Check during cooking time and add more water if required. The bulgar wheat should thicken and bulk up and the lamb should be tender.
4. Add stock and mix through.
5. Leave on a low heat for about 15–20 minutes to achieve a good, thick consistency.

Preparation time:

15 minutes

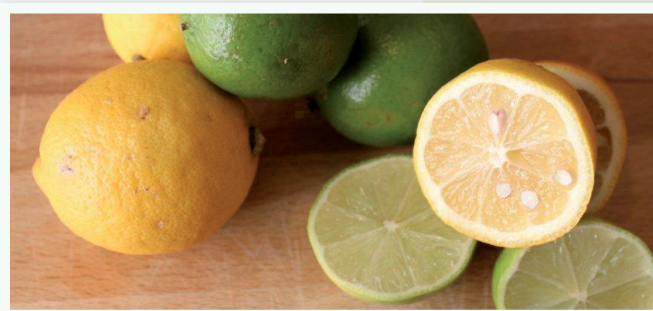
Cooking time:

120 minutes

10 portions

Serving suggestion:

Serve with freshly chopped coriander leaves and lemon wedges.





Nutritional analysis per 100g:

Energy (kcal)	Fat	Saturated Fat	Sugar	Sodium
111.0	4.5g	1.3g	3.6g	0.3g

Pea and mint

Ingredients

500g peas

½ an onion, chopped

1 tbsp olive oil

3 sprigs of fresh mint leaves (equivalent to about 3 tbsp), chopped and stalks discarded

2 potatoes, diced

1 litre good stock

Salt and freshly ground black pepper to taste

Method

1. Lightly fry onion in olive oil until golden.
2. Add peas, mint and potatoes and stir-fry.
3. Add 500ml of water and gently bring to the boil. Turn down heat and leave to simmer until peas and potatoes are soft and cooked. Check during cooking time and add more water if required. Peas should be soft.
4. Blend the mixture and return to the pan. Add stock, mix through and season to taste.
5. Leave on a low heat for about 15 to 20 minutes, stirring occasionally, to achieve a smooth, thick consistency.

Preparation time:

15 minutes

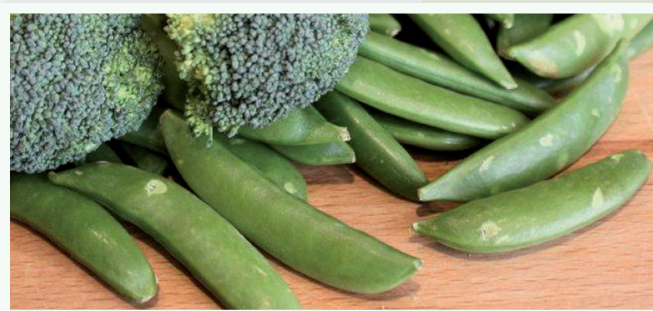
Cooking time:

45 minutes

4–6 portions

Serving suggestion:

Garnish with mint leaves and a swirl of half-fat crème fraîche.





Nutritional analysis per 100g:

Energy (kcal)	Fat	Saturated Fat	Sugar	Sodium
32.2	0.7g	0.1g	5.2g	0.3g

Roasted red pepper and tomato

Ingredients

3 red peppers
6 tomatoes
2 tbsp olive oil
½ an onion, chopped
1 litre good stock
Salt and freshly ground black pepper to taste

Method

1. Roast red peppers and tomatoes drizzled with half the olive oil in a hot oven (250°C) until char-grilled.
2. Dice roasted vegetables.
3. Lightly fry onion in remaining olive oil.
2. Add peppers and tomatoes and cook together for a few minutes, stirring occasionally.
3. Add stock, bring to the boil and leave to simmer for about 15 minutes.
4. Liquidise/blend the mixture and return to pan.
5. Add water to achieve a good, thick consistency.
6. Season if required and simmer for about 30 minutes.

Preparation time:

15 minutes

Cooking time:

45 minutes

4–6 portions

Serving suggestion:

Garnish with fresh basil leaves and serve with crusty bread.





Nutritional analysis per 100g: Soup

Energy (kcal) 81.0	Fat 2.7g	Saturated Fat 0.1g	Sugar 2.9g	Sodium 0.2g
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Fish

Ingredients

1kg red mullet, sea bass and cod, mixed
 Further 500g cod and sea bass
 500g small peeled prawns, crayfish, mussels and prawns in shell, mixed
 1 tbsp olive oil
 1 onion, sliced
 1 tsp garlic, crushed
 2 carrots, chopped
 2 sticks of celery, chopped
 1 fennel bulb, diced
 1 tsp white wine vinegar
 400g can tomatoes
 225g tomato purée
 1 strip orange rind
 3 bay leaves
 1 tbsp dried herbes spéciales poisson
 1 tsp powdered saffron
 Salt to taste

½ tsp cayenne pepper, or to taste
 1 tbsp basil, freshly chopped
 1 tbsp parsley, freshly chopped
 Rouille (recipe overleaf)
 3 tbsp grated Cheddar cheese for serving (optional)
 Croutons for serving (optional)

Method

1. Gently heat olive oil in a large deep pan and fry onion and garlic. Then add all the prepared vegetables and cook until golden. Deglaze pan with white wine vinegar.
2. Add tomatoes, tomato purée, orange rind, bay leaves and dried herbs. Stir and allow to simmer gently.
3. Cut the 1kg of red mullet, sea bass and cod into large pieces and add to the pan.
4. Fill the pot with water and bring to the boil.
5. Reduce heat and allow to cook for about 45 minutes.
6. Remove from heat and pour into a fresh pot through a coarse strainer. Reserve liquid part. Discard the rest.
7. Cut 500g cod and sea bass into bite-size pieces and add to soup, together with peeled prawns, crayfish, mussels and prawns in shell (reserve one per person for garnish). Cook for 15 minutes.

continued over

Preparation time:

1 hour

Cooking time:

1 hour

8–10 portions

Serving suggestion:

Garnish with remainder of chopped herbs and a single prawn on the side of each bowl.

8. Add saffron, salt, cayenne pepper, some of the basil and parsley.
9. Simmer for a further few minutes before serving.
10. Serve with rouille (recipe below), grated Cheddar cheese and croutons.

To prepare rouille:

Use a 250ml/200g pot of fresh mayonnaise. Add ½ tsp crushed garlic, ½ tsp powdered saffron, ½ tsp cayenne pepper and a pinch of salt. Blend or whisk all ingredients together until smooth. Use approximately 1 teaspoon per portion.



Nutritional analysis per teaspoon: Rouille

Energy (kcal) 35.5	Fat 3.9g	Saturated Fat 0.6g	Sugar trace	Sodium 0.1g
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