

THE SOCIAL PRESCRIBING



COOK BOOK

An introduction to healthy recipes
from across the world

1st edition: January 2025-July 2026

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CHAPTER I

About the book

Rushcliffe Social Prescribing supports individuals across the local community to feel empowered not only to manage their health, but to thrive. The service promotes holistic, community led approaches to everyday challenges, which may arise from loneliness, limited social connection, poor diet and lifestyle habits, or financial pressures.

This recipe book has grown from our popular Cook and Connect sessions held at the community hub in West Bridgford. These sessions were created to enhance health and wellbeing through simple, affordable, nutritious recipes, while also bringing people together through a shared enjoyment of food. Participants left with full stomachs, new skills, and, most importantly, new social connections. All the recipes in this book are vegetarian or vegan.

This collection is dedicated to everyone who has contributed, attended, or expressed interest in these recipes. We hope you enjoy preparing and sharing them in your own home.

The Rushcliffe Social Prescribing Team

CHAPTER II

Meet the cooks



Fiona

Fiona may be the youngest member of the team, but she has many years of cooking experience. From testing her recipes on willing friends and family, to completing chef's and pastry chef's courses at Nottingham College, food has always been her main hobby from a young age. The Cook & Connect sessions provided a perfect opportunity to spread this passion with the local community. Her recipes are inspired from her mum's home cooking and her travels across the world.

Sophie is the team's resident birthday cake baker and her creations are the highlight of any celebration. She is a fantastic home cook and uses it to relax. She does not take anything too seriously, recipes included! Sophie's mum was raised during the war when food was rationed, so she has learnt how to be resourceful and make the most of every ingredient.

She recently turned vegetarian so is learning new techniques and nutritional information, such as protein sources, which she is now sharing with the world here.



Sophie



Asha

Asha takes great interest in Indian cuisine, as the herbs and spices not only make flavourful meals, but can be used to heal ailments too. This knowledge has been gained with experience, and she incorporates these in her cooking sessions.

Indian culture celebrates with food, in everyday life, or be it a birth, party, wedding or a wake. As a mum, she has joy in cooking family favourite dishes - she knows they eat well, when food is cooked with love & mindfulness. She cooks traditional dishes, but also like to try new ideas & make her own recipes.

CHAPTER III

Fiona's Recipes

1. Leek & potato soup
2. Pumpkin soup
3. Cheese scones
4. Mushroom risotto
5. Aubergine and goats cheese crumble
6. Spinach and ricotta malfatti
7. Katsu curry
8. Bean chilli
9. Paneer tikka masala
10. Spinach paneer dahl
11. Butternut squash mac & cheese
12. Dhal with easy garlic & coriander naan
13. Falafel



Leek & Potato Soup

Servings: 6

Cooking time: 30-45 mins

Ingredients:

- ☐ 1 tbsp oil/butter
- ☐ 1 onion, chopped
- ☐ 2 cloves of garlic, chopped
- ☐ 2 leeks, sliced
- ☐ 225g potatoes, peeled and cubed
- ☐ 1.2 litres vegetable stock
- ☐ 150ml double cream
- ☐ Salt and pepper

Instructions:

- 1** Heat the oil in a large pan and add the onions. Once starting to soften, add the garlic and cook for 2 minutes.
- 2** Add the leeks and cook for 2 minutes, then add the potatoes and cook for a further 3-4 minutes over a medium heat until starting to soften.
- 3** Add the vegetable stock and bring to the boil. Season with salt and pepper. Simmer for approximately 10 minutes, or until the vegetables are tender.
- 4** Whizz with a hand blender or in a blender until smooth. Stir in the cream. Heat through and serve.



Spiced Pumpkin Soup

Servings: 6-8

Cooking time: 60-90 mins

Ingredients:

- ☐ 1 tbsp oil/butter
 - ☐ 2 onions, roughly chopped
 - ☐ 3 gloves of garlic, chopped
 - ☐ 1 medium potato, chopped
 - ☐ 1 medium pumpkin, prepared weight 850g-1kg
 - ☐ 1.2 litres/2 pints stock
 - ☐ 1 tbsp curry powder
 - ☐ salt and freshly ground black pepper
 - ☐ 100ml Double cream (optional)
- 5** Once the pumpkin is cooked, leave to cool for a few minutes then remove the flesh from the skin. Add the flesh to the soup and leave to simmer for a few minutes to allow the flavours to meld.
- 6** Whizz with a hand blender or in a blender until smooth. Stir in the cream if desired.

Instructions:

- 1** Pre-heat the oven to 180 degrees celcius. Halve the pumpkin and remove the seeds (these can be cooked and eaten separately). Cut the pumpkin into medium chunks and place on a baking tray. Combine the olive oil, curry powder, salt and pepper in a bowl and drizzle over the pumpkin, making sure to coat each piece. Roast in the oven for 40-45 minutes, or until soft.
- 2** Whilst the pumpkin is cooking, heat the oil in a large pan and add the onions. Once starting to soften, add the garlic and cook for 2 minutes.
- 3** Add the potatoes and cook for a further 3-4 minutes over a medium heat until starting to soften.
- 4** Add the stock and bring to the boil. Season with salt and pepper. Simmer for approximately 10 minutes, or until the vegetables are tender.



Cheese Scones

Servings: 9 (depending on cutter)

Cooking time: 30-45 mins

Ingredients:

- ☐ 225g/8oz self-raising flour
- ☐ pinch of salt
- ☐ 0.5 tsp garlic granules
- ☐ 55g/2oz butter
- ☐ 100g/4oz mature cheddar, grated
- ☐ 150ml/5fl oz milk
- ☐ Chives, chopped, dried or fresh

Instructions:

- 1** Heat the oven to 220C/200C Fan/Gas 7. Line or grease a baking tray.
- 2** Mix together the flour, salt, garlic granules and chives and rub in the butter using your fingertips. Stir in 75g of cheese and then the milk to get a soft dough.
- 3** Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm/³/₄in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
- 4** Brush the tops of the scones with a little milk and top with the remaining cheese. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack

Mushroom Risotto

Cooking time: 50 mins

Servings: 4



Ingredients:

- ☐ 2 tbsp butter
- ☐ 300g risotto rice
- ☐ 1 onion, chopped
- ☐ 3 gloves of garlic, chopped
- ☐ 250g white/chestnut mushrooms, sliced
- ☐ 1 leek, washed and sliced
- ☐ 100g frozen peas
- ☐ 187ml white wine (mini bottle)
- ☐ 6 rashers of streaky bacon, chopped (optional)
- ☐ 1 litre vegetable/chicken stock
- ☐ 100g parmesan, grated salt and freshly ground black pepper

Instructions:

- 1 Heat 1tbsp butter in a large pan and add the onions, garlic and leek.
- 2 Once softened, add the risotto rice and toast until just starting to catch on the pan. At this point, add the wine and cook until absorbed.
- 3 Start adding the hot stock, a ladleful at a time, stirring well and waiting for most of the stock to be absorbed before adding the next ladleful. This will take about 20 minutes.
- 4 Meanwhile, add the bacon to a hot frying pan and fry until crispy. Set aside.
- 5 Add the mushrooms to the same frying pan, allowing them to absorb the flavours of the bacon fat.
- 6 Stir in the mushrooms, peas and two thirds of the bacon to the risotto. Add salt and pepper to taste.
- 7 Once the peas are cooked, stir through two thirds of the parmesan and the remaining butter. Serve up and top with the remaining parmesan and crispy bacon.

This recipe can be made vegetarian by not including the bacon and substituting parmesan with a vegetarian alternative.



Aubergine and Goats Cheese Crumble

Servings: 4

Cooking time: 60-70 mins

Ingredients:

- ☐ Olive oil
- ☐ 2 aubergines, halved widthways and cut lengthways into slices just under 1cm thick
- ☐ 2 courgette, same as above
- ☐ 1 onion, chopped
- ☐ 2 cloves garlic, chopped
- ☐ 400g can chopped tomatoes
- ☐ 1tbsp tomato puree
- ☐ 1tbsp fresh basil, chopped and a few extra leaves to garnish
- ☐ 80g parmesan, grated and another 30g for the top
- ☐ 175g goats cheese from a log, cut into slices
- ☐ 60g panko breadcrumbs

Instructions:

- 1** Preheat the grill to its highest setting. Brush 2 baking trays with the oil and lay the aubergines and courgette on it. Brush the tops with more oil, season with salt and pepper and grill for 7-8 minutes. Turn over and grill until tender. Preheat the oven to 200c (fan 180, gas 6).
- 2** Whilst the vegetables are grilling, make the tomato sauce. Heat some oil in a pan over a medium heat and add the onion and garlic. Once translucent, stir in the tomato puree, chopped tomatoes and basil. Season and simmer for 10-15 minutes until thick
- 3** Spread a layer of tomato sauce in your baking dish. Lay the courgette on top and sprinkle over one-third of the parmesan. Add another layer of sauce, then lay the aubergines on top. Sprinkle over another third of the parmesan. Spread the final layer of sauce over the aubergines and top with the final third of parmesan. Place your slices of goat's cheese and basil leaves on top.
- 4** Mix the breadcrumbs with a tablespoon of oil, the 30g of parmesan and season. You can also add garlic and onion granules here for extra flavour. Sprinkle over the goats cheese and bake for 25 minutes or until golden.



Spinach and Ricotta Malfatti

Cooking time: 30-45 mins

Servings: 2

Ingredients:

For the sauce:

- ☐ Olive oil
- ☐ 2 cloves of garlic, chopped
- ☐ 400g can of tomatoes
- ☐ 1 tbsp tomato paste
- ☐ 30g basil, stems chopped and leaves torn
- ☐ Chilli powder (to taste)

For the malfatti:

- ☐ 250g spinach
- ☐ 125g ricotta cheese
- ☐ 1 egg yolk
- ☐ 30g plain flour, plus extra for dusting
- ☐ 60g parmesan cheese, grated, plus extra to serve
- ☐ Zest of half an unwaxed lemon

Instructions:

- 1** Rinse the spinach and put into a saucepan. Place over a medium heat and cook for a few minutes until wilted. Tip into a strainer and leave until cool enough to handle, then squeeze out as much water as possible. Transfer to a chopping board and finely chop.
- 2** For the tomato sauce, heat the olive oil in a deep saucepan, then sauté the garlic and chopped basil stems for a few minutes. Add the canned tomatoes, chilli powder, season with salt and pepper and let it simmer for five minutes. Add the basil leaves and stir.
- 3** In a mixing bowl, combine the ricotta, egg yolk, flour, parmesan, lemon zest and chopped spinach. Mix thoroughly and season generously with salt and pepper.
- 4** On a well-floured board, gently roll the mixture into 4cm balls. The mixture can be wet, so handle it delicately and use the flour to prevent sticking.
- 5** One at a time, gently place each malfatti in the tomato sauce. Cover with a lid to allow the malfatti to steam, and cook for about 5 minutes, or until the malfatti expand slightly and the sauce reduces. Top with more basil and grated parmesan.



Katsu Curry

Servings: 4

Cooking time: 60-70 mins

Ingredients:

For the sauce:

- 1 onion, chopped
- 2 garlic cloves, chopped
- 5cm piece of ginger, peeled + chopped
- 1 carrot, chopped
- 1 tsp turmeric
- 2 heaped tbsp mild curry powder
- 2 tbsp plain flour
- 500ml chicken or veg stock
- 200ml coconut milk
- 1 tbsp soy sauce
- 1 tsp sugar, to taste

For the Katsu:

- 150g panko breadcrumbs
- 2 eggs, beaten
- 100g plain flour
- Your choice of protein or vegetable - chicken, tofu, aubergine or pumpkin/butternut squash all work well
- Oil for frying

Instructions:

- 1** To make the curry sauce, fry the onions, carrot, garlic and ginger until tender. Add the curry powder and turmeric and cook for a minute, followed by the flour for another minute. Gradually add the stock, then the coconut milk, stirring as you go. Cover and simmer on a low heat for 20 mins or until the carrot is soft. Blend the sauce until completely smooth. Add a pinch of sugar, salt and dash of soy sauce to taste.
- 2** For the katsu, tip the flour, eggs and breadcrumbs into three separate bowls and season appropriately. Cut your produce into the desired slices or fillets. Coat each piece in the flour, then the egg, then the breadcrumbs.
- 3** To cook the katsu, heat a good layer of oil in a large frying pan, then add as many of the pieces as you can fit and fry for 3-4 mins on each side until deep golden and crisp. Transfer to a tray and keep warm in a low oven while you cook the remaining pieces.
- 4** Serve with rice and salad/pickled veg of your choice.

Bean Chilli

Cooking time: 50 mins

Servings: 4-6

Ingredients:

- ☐ 1 onion, chopped
- ☐ 1 carrot, chopped
- ☐ 2 stalks of celery, chopped
- ☐ 3 cloves of garlic, chopped
- ☐ 1 red pepper, chopped in to chunks
- ☐ 2 small sweet potato
- ☐ 2x tins of chopped tomatoes
- ☐ 2x tins of beans (of your choice e.g. kidney, cannellini, black, pinto etc)
- ☐ 2 tsp ground cumin
- ☐ 2 tsp smoked paprika
- ☐ 1tsp dried oregano
- ☐ Chilli powder (to taste)
- ☐ 350ml vegetable stock
- ☐ 2 tbsp chopped coriander, plus extra for garnishing



Instructions:

- 1** Peel and chop the sweet potato into small chunks. Season and toss in some oil, then roast until soft.
- 2** Heat some oil in a large pot and fry the onion, carrot and celery for approx. 5-10 minutes, until tender and the onions translucent.
- 3** Add the garlic, chilli powder, cumin, smoked paprika and oregano. Cook for about 1 minute, until fragrant while stirring constantly.
- 4** Add the tomatoes, pepper, the drained beans and vegetable stock. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
- 5** For the best texture and flavour, transfer 350ml of the chilli to a blender, making sure to get some of the liquid portion. Blend until smooth (watch out for hot steam), then pour the blended mixture back into the pot.
- 6** Season with salt and pepper, add the chopped coriander and stir to combine. Serve with rice or crusty bread.

Paneer Tikka Masala

Cooking time: 60 mins (plus marinating time)

Servings: 4-6



Ingredients:

For the masala:

- 2 tbsp ghee/butter
- 1 tsp cumin seeds
- 1 cinnamon stick
- 1 large onion, roughly chopped
- 3-4 garlic cloves, crushed
- 1 inch piece of ginger, chopped
- 3-4 medium tomatoes
- 1 tin of chopped/plum tomatoes
- 2 tsp curry powder
- 1 tbsp sugar
- 1 tsp salt
- 100ml cream
- Chopped coriander to serve

For the Paneer Tikka:

- 250g paneer, chopped into small cubes
- 3 tbsp plain/Greek yoghurt
- 1 tsp finely chopped ginger
- 1 tsp finely chopped garlic
- 1 tsp coriander powder
- 1 tsp garam masala
- ½ tsp paprika
- Salt, to taste

Instructions:

- 1** In a bowl, combine all the ingredients for the paneer tikka. Cover, and place in the fridge for as long as possible (preferably the night before or morning of cooking).
- 2** Cut small crosses into the bottom of the tomatoes. Submerge in water that has just boiled. Leave for a few minutes until you can easily peel the skins off.
- 3** Heat the ghee/butter in a large pan. Once hot, add the cumin seeds and cinnamon stick. Once the seeds crackle, add the onions, garlic and ginger. Fry till the onions turn golden brown in colour.
- 4** Add the tomatoes, curry powder, salt and sugar. Simmer for 10 minutes (or longer if you have the time), remove the cinnamon stick, then blend until smooth.
- 5** Whilst the masala is cooking, roast or grill the marinated paneer until golden brown in colour, turning halfway to ensure even cooking.
- 6** Add the paneer and cream to the masala and stir. Simmer for another 5 minutes.

Spinach Paneer Dahl

Cooking time: 40 mins

Servings: 4

Ingredients:

- ☐ 3 tbsp olive oil
- ☐ 1 onion, chopped
- ☐ 3 garlic cloves, chopped
- ☐ 1 tsp cumin seeds
- ☐ 1 tsp ground coriander
- ☐ 1 tsp ground turmeric
- ☐ 2cm ginger, diced
- ☐ Juice of ½ lemon
- ☐ 400ml can of coconut milk
- ☐ 400g can green lentils, drained
- ☐ 100g spinach leaves
- ☐ 1 tbsp fresh coriander, chopped
- ☐ 200g paneer, chopped into small cubes
- ☐ Salt to taste (1tsp)



Instructions:

- 1** Heat the oil in a medium sized pan or casserole dish, and sauté the onion for 5 minutes. Stir in the garlic and cook for 1 more minute before adding the spices and ginger.
- 2** After 2 more minutes, stir in the lemon juice, coconut milk, lentils and salt. Bring the pan to the boil, then put the lid on and allow it to simmer for 10 minutes, stirring occasionally and adding more water if needed.
- 3** Add the spinach and paneer and cook for 5 minutes, then stir in the chopped coriander.



Butternut Squash Mac & Cheese

Cooking time: 60 mins

Servings: 4-6

Ingredients:

- ☐ 3tbsp Olive oil
- ☐ 1 butternut squash
- ☐ 250g pasta
- ☐ 40g plain Flour
- ☐ 40g butter
- ☐ 750ml milk
- ☐ 200g cheddar cheese, grated
- ☐ 50g panko breadcrumbs
- ☐ handful sage leaves, finely chopped
- ☐ ½ garlic granules
- ☐ 50g parmesan, finely grated

Instructions:

- 1** Heat the oven to 180C. Cut the butternut squash into chunks, coat with olive oil and seasoning and bake in the hot oven for about 20 minutes until soft. Set aside.
- 2** Cook the pasta in a large saucepan of boiling salted water for a couple of minutes less than advised on the pack to ensure it is al dente. Drain and set aside.
- 3** For the cheese sauce, melt the butter over a medium heat. Add the flour and stir to form a roux, cooking for a few minutes. Gradually whisk in the milk, a little at a time. Cook for 5-10 minutes to a thickened and smooth sauce. Remove the sauce from the heat and stir in the grated cheddar.
- 4** Add the butternut squash to the cheese sauce and blend with a stick blender until it forms a smooth sauce. Season.
- 5** Add the pasta to the sauce and mix well. Transfer to a deep suitably-sized ovenproof dish.
- 6** For the breadcrumb topping, combine the breadcrumbs, sage, parmesan, garlic granules, seasoning and 2tbsp of olive oil in a bowl and mix. Layer evenly over the pasta and bake in the oven for 30 minutes until golden and bubbling.



Dhal

Cooking time: 60 mins

Servings: 4-6

Ingredients:

- ☐ 250g mung dal
- ☐ 3 tbsp ghee/oil
- ☐ 1 onion, chopped
- ☐ 3 cloves of garlic, chopped
- ☐ Thumb size piece of ginger, chopped
- ☐ 1 tin of plum tomatoes
- ☐ 1 tbsp cumin seeds
- ☐ 1 tsp turmeric
- ☐ 1 tsp garam masala
- ☐ 1 ½ tsp ground coriander
- ☐ ¼ tsp chilli powder
- ☐ 1 tsp salt
- ☐ A handful of chopped coriander

Instructions:

- 1** Soak the mung dal for 20 minutes in cold water. Then place in a saucepan with 900ml water, season and bring to the boil. Skim off any froth that forms on the surface. Reduce to a gentle simmer and cook for approximately 20 minutes. Once tender, remove from the heat and whisk. Set aside to thicken.
- 2** Meanwhile, heat the ghee in a pan and add the cumin seeds. Once crackling, add the onion and fry for 5 minutes until golden brown.
- 3** Add the garlic and ginger to the pan and fry for another 2 minutes.
- 4** Add the turmeric, ground coriander, chilli powder and garam masala and fry for 30 seconds.
- 5** Add the tinned tomatoes, breaking the tomatoes up so they can cook down, and 100ml water. Season with salt and pepper.
- 6** Simmer over a medium heat for 20 minutes until the oil has risen to the surface and the sauce has thickened.
- 7** Add the cooked dhal to the sauce and stir well, adding more water as necessary to loosen the mixture. Stir in the chopped coriander to finish.

Easy Garlic & Coriander Naan

Time: 30 mins

Makes 6

Ingredients:

- 250g self-raising flour, plus extra for dusting
- 200g greek yoghurt
- 1 tsp salt
- 2 tsp cumin seeds
- 2 tsp nigella seeds
- 50g ghee
- 2 small garlic cloves, finely chopped
- Handful of chopped coriander

Instructions:

- 1 In a large bowl, combine the flour, yoghurt, cumin seeds, nigella seeds and salt with a wooden spoon. Once combined, use your hands to bring it together until it forms a dough.
- 2 Tip the dough onto a lightly floured work surface and knead until smooth.
- 3 Leave the dough to rest for 20 minutes.
- 4 Divide the dough into 6 equal pieces and roll into thin circles using a rolling pin.
- 5 Cook one-by-one in a hot dry frying pan. Once one side starts to puff up, flip to cook the other side.
- 6 Heat the ghee with the garlic in a pan or in the microwave. Once heated, add the chopped coriander.
- 7 Brush each naan with the garlic butter as you go and enclose in foil to keep warm until the others are cooked.



Falafel

Ingredients:

- ☐ 200g dried chickpeas
- ☐ ½ tsp bicarbonate of soda
- ☐ 1 white onion
- ☐ 4 garlic cloves
- ☐ 1 tbsp ground cumin
- ☐ 1tbsp ground coriander
- ☐ 1 tsp baking powder
- ☐ 2 tbsp toasted sesame seeds
- ☐ 30g Parsley
- ☐ 30g Coriander
- ☐ 15g Dill
- ☐ 1 tsp of salt
- ☐ Ground black pepper
- ☐ Oil for frying

Instructions:

- 1** Place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 2 inches. Soak overnight for 18 hours (longer if the chickpeas are still too hard). When ready, drain the chickpeas completely and pat them dry.
- 2** Blend the onion and garlic in a food processor to a fine paste. Squeeze in a piece of muslin to remove any excess moisture.
- 3** Blitz the chickpeas, spices, fresh herbs and seasoning to a coarse mix, then pulse with the onion mix until everything is combined.
- 4** Refrigerate the mixture for at least one hour (When chilled, it will be easier to shape the mixture into patties). Just before frying, mix in the sesame seeds and baking powder.
- 5** Use your hands to shape the falafel mixture into about 20 even-sized balls.
- 6** Fry the falafel. To deep fry, fill a heavy-based pan with oil to a depth of about 8cm. Heat the oil to 180 degrees. Fry the falafel until they float to the surface and are golden brown all over, about 5 minutes.

Falafel continued

Alternatively, you can shallow fry or cook in the air fryer. If air-frying, lightly brush the falafel disks with olive oil, and then add them to the air fryer basket, being careful not to crowd them (the patties need some room so they crisp up well). Cook the falafel in 5-minute increments until crispy and golden brown.

Hints and tips:

Ideally, you need to start with dry chickpeas and you will need to begin soaking the chickpeas overnight, allow up to 24 hours. This recipe is a labour of love. Using tinned chickpeas makes the mixture too wet and will fall apart when frying, however, cooking in the air fryer or oven works better if you want to save time by using tinned.

To make ahead and freeze, prepare the falafel mixture and divide into patties. Place the patties on a baking sheet lined with parchment paper and freeze. When they harden, you can transfer the falafel patties into a freezer bag. They will keep well in the freezer for a month or so. You can fry or bake them from frozen.

Serve your falafel with anything from warm pita, tzatziki, tahini sauce, pickles, fresh salad or halloumi.



CHAPTER IV

Sophie's Recipes

1. Irish soda bread
2. Garlic mushrooms
3. Leek and Tallegio tart
4. The perfect granola
5. Garlic Confit
6. Pasta with tomato sauce 3 ways
7. Homemade butter
8. Sourdough crackers
9. Pea soup
10. Frittata



Irish Soda Bread

Servings: Makes 1 loaf

Cooking time: 60 mins

Ingredients:

- ☐ 250g plain white flour
- ☐ 250 plain wholemeal flour
- ☐ 100g porridge oats
- ☐ 1 tsp bicarbonate of soda
- ☐ 1 tsp salt
- ☐ 25g butter
- ☐ 500ml buttermilk

Instructions:

- 1** Preheat the oven to 200C/gas 6/fan 180C and dust a baking sheet with flour.
- 2** Mix the dry ingredients in a large bowl, then rub in the butter. Pour in the buttermilk and mix it in quickly with a table knife, then bring the dough together very lightly with your fingertips (handle it very, very gently).
- 3** Now shape it into a flat, round loaf measuring 20cm/8in in diameter.
- 4** Put the loaf on the baking sheet and score a deep cross in the top. (Traditionally, this lets the fairies out, but it also helps the bread to cook through.) Bake for 30-35 minutes until the bottom of the loaf sounds hollow when tapped. If it isn't ready after this time, turn it upside down on the baking sheet and bake for a few minutes more.
- 5** Transfer to a wire rack, cover with a clean tea towel (this keeps the crust nice and soft) and leave to cool.



Ingredients:

- ☐ 2 large cloves garlic, skin removed
- ☐ 2 shallots, skin removed
- ☐ 200g mushrooms (ordinary white mushrooms are fine for this dish, but you could use a selection of your favourite mushrooms instead)
- ☐ 1 desertspoon olive oil
- ☐ 2 tablespoons double cream
- ☐ 1 tbs chopped parsley
black pepper to taste

Garlic Mushrooms

Servings: 2

Cooking time: 25 mins

Instructions:

- 1 Prepare your mushrooms by gently wiping any dirt from their surfaces with a piece of kitchen towel - never wash mushrooms as they will absorb the water and become slimy. Slice the mushrooms into chunky pieces and boil them for 3-5 mins: drain.
- 2 Pour the oil into a flat, shallow frying pan and place over a gentle heat. Finely slice the garlic and shallots and add to the pan. Fry gently for a few minutes, stirring occasionally and ensuring the garlic and shallots do not start to brown or burn.
- 3 Add the mushrooms and cook for a few minutes. Once they have started to colour, the mushrooms should be cooked, so turn the heat back down quite low and add the cream to the pan along with black pepper according to taste. Stir everything around and heat gently for a couple of minutes and serve on Irish Soda bread, sprinkled with the chopped parsley.



Ingredients:

- ☐ 2kg leeks
- ☐ 50g butter- vegan or dairy
- ☐ 50ml white vermouth - optional
- ☐ 500g puff pastry or 2 x Ready Rolled packets (all vegan)
- ☐ 250g taleggio
- ☐ a small egg and a little milk - plant or dairy
- ☐ black pepper to taste

Leek and Taleggio Tart

Servings: 8

Cooking time: 50 mins

Instructions:

- 1 Remove the roots and tough dark green stalks from the leeks. Thinly slice the white and pale green parts and rinse thoroughly.
- 2 Melt the butter in a heavy-based pan. Add the leeks and vermouth and cover them with a piece of greaseproof paper and a lid. Let them cook over a moderate to low heat for 15-20 minutes until they are soft and pale. They should not colour at all. When they are done, remove from the heat.
- 3 Set the oven at 180C/gas mark 4 and put a baking sheet in to get hot. Cut the pastry in half and roll out one half slightly larger than the baking tin. Line the tin with the pastry, letting it overhang a little. Cut the cheese into small cubes and toss it into the leeks, with salt and black pepper.
- 4 Spoon the leek and cheese filling into the pastry case and pull the edges in 1-2cm over the leeks. Break the egg in a small bowl and add a tbsp or so of milk. Use some to wet the edges of the pastry. Roll out the second half and use it to cover the top of the pie, pressing the edges against the overlapping pastry to seal them. (I do this with a fork or by pinching them together with my finger and thumb.) Brush the top with egg and milk, then pierce a hole in the centre to let the steam out during cooking.
- 5 Place the tart on the hot baking sheet and cook for 50 minutes until the top is golden.

The Perfect Granola

Cooking time: 50 mins

Servings: makes 1 large jar

Ingredients:

- ☐ 40g coconut oil
- ☐ 120ml honey
- ☐ ½-1½ flaked salt
- ☐ 170g jumbo rolled oats
- ☐ 170g grain of your choice, eg spelt, barley or rye flakes (or twice the amount of oats)
- ☐ 200g mixed nuts, roughly chopped (I like almonds, pistachios, pecans and macadamias)
- ☐ 50g pumpkin seeds or seeds of your choice
- ☐ 50g coconut shavings (available at health food shops)
- ☐ 1 large egg white
- ☐ 80-100g mixed chopped dried apricots, dates and sour cherries (or dried fruit of your choice)



Instructions:

- 1** Heat the oven to 150C and line a baking tray with greaseproof paper. Put the oil, honey and salt together in a small pan and heat gently until the oil has melted and they're all well combined. Take off the heat and allow to cool slightly.
- 2** Mix the dry ingredients, apart from the fruit, in a large bowl. Stir the honey and oil into the bowl until well distributed. Beat the egg white in a separate bowl until frothy, then toss with the mixture.
- 3** Spread out on the baking sheet and bake for about 30-35 minutes until golden, stirring occasionally so it cooks evenly, and more regularly if you'd prefer a looser texture.
- 4** Leave to cool and crisp up on the tray, then stir in the fruit. Store in an airtight container.

Garlic Confit

Cooking time: 45 mins

Instructions:

- 1** Heat the olive oil (220g) on medium low heat until hot, then add in all the peeled garlic cloves (3 head of garlic cloves).
- 2** Make sure the garlic is submerged, add a little extra olive oil if you need to. Reduce the heat to low, and cook for about 30-45 minutes until the garlic is fork tender.
- 3** Remove from heat and store in a jar in the fridge with the olive oil you used in the pan for up to 2-3 weeks.



Tomato Pasta Sauce 3 Ways

Cooking time: 20 mins

Servings: 2-3 (for each)

Ingredients:

Basic tomato sauce

- 2 tbsp olive oil from confit garlic
- 1 x 400g tin Mutti Polpa
- 3-6 cloves confit garlic, mashed
- Salt + black pepper

Puttanesca-style tomato sauce

- 1 batch Basic tomato pasta sauce (above)
- 1-2 tbsp capers, drained (rinse if very salty)
- 80-120g olives (black/Kalamata), roughly chopped
- 1 small handful fresh parsley, finely chopped
- Optional: pinch to ½ tsp chilli flakes
- Optional: 1-2 tsp lemon juice (or a little zest)

Tomato and spinach sauce

- 1 batch Basic tomato pasta sauce (above)
- 80-120g fresh spinach, washed (about 2 big handfuls)
- Optional: grated cheese to serve (Parmesan, Grana Padano, Pecorino)

Instructions:

Basic tomato sauce

- 1 Warm the confit garlic oil in a pan on medium-low for 30-60 seconds.
- 2 Add the Mutti Polpa, stir, and bring to a gentle simmer.
- 3 Add the mashed confit garlic and stir until it melts into the sauce.
- 4 Simmer 10-15 minutes, stirring occasionally, until slightly thickened.
- 5 Season with salt + pepper. Toss with pasta. Loosen with a splash of pasta water if you like.

Puttanesca-style tomato sauce

- 1 Start making the basic sauce. After it's simmered for about 5 minutes, stir in the capers + olives (and chilli flakes if using).
- 2 Simmer another 5-8 minutes.
- 3 Turn off the heat and stir through parsley.
- 4 Finish with lemon if using, then toss with pasta and serve.
Tip: Hold back on salt until the end – capers and olives are salty.

Tomato and spinach sauce

- 1 Make the basic sauce. In the last 1-2 minutes of simmering, add the spinach a handful at a time, stirring until just wilted.
- 2 Toss with pasta and serve. Top with grated cheese if you want.

Homemade Butter

Time: 20 minutes

Instructions:

- 1** Put 500ml cream into a mixer with a balloon whisk and whisk until the solid and liquid separates.
- 2** Drain off the liquid into a bowl with a sieve.
- 3** Put the solids into a large bowl of ice water, and using clean hands, squeeze it together to wash the butter. Change the water and repeat.
- 4** Add any salt you'd like to at this point.
- 5** Press the solid butter into shape using baking paper, wrap well and store.





Easy Sourdough Discard Crackers

Ingredients:

- 1 cup (200 g) sourdough discard (unfed sourdough starter)
 - 1/2 cup (56 g) rye flour, see notes
 - 1/2 cup (56 g) all-purpose flour
 - 1 teaspoon (3 g) kosher salt (or 1/2 teaspoon if you are sensitive to salt)
 - 4 tablespoons (57g) unsalted butter, room temperature
 - olive oil, for brushing
 - flaky sea salt for sprinkling or sesame seeds or everything bagel seasoning
- 6 Repeat with the remaining portion of dough or keep it in the fridge or freezer until you are ready to use it.

Instructions:

- 1 Set the oven to 160 degrees. Mix together the sourdough starter, flours, salt, and butter until you have a cohesive dough. It's OK if it's a little sticky. Turn the dough out onto a lightly floured work surface, divide into two portions, pat each into a rectangle, wrap in plastic wrap (or place in an airtight vessel), and refrigerate for 30 minutes, or longer – I've done this 24 hours in advance – until the dough is firm
- 2 .Working with one piece of dough at a time, unwrap the plastic wrap and reserve it. Very lightly flour a piece of parchment, a rolling pin, and the top of the dough.
- 3 Place the dough onto the floured parchment paper, and place the sheet of plastic wrap on top of the dough. Roll the dough as thinly as possible
- 4 Transfer the dough-topped parchment sheet to an upside-down baking sheet. This prevents over-baked edges. Lightly brush with oil and then sprinkle the salt (and/or other toppings) over the top of the dough.
- 5 Cut the dough as you wish. I like to do long strips, about 1.25 to 1.5 inches wide. Bake for 20-25 minutes.



Pea Soup

Cooking time: 30 mins

Ingredients:

- ☐ 1 tbsp vegetable oil
- ☐ 1 small onion, chopped
- ☐ 1 medium potato, peeled and diced
- ☐ 300 g frozen peas
- ☐ 500 ml vegetable stock
- ☐ Salt and black pepper
- ☐ Optional: a few mint leaves, chilli flakes, 25 g feta, spoon of yoghurt, handful of spinach, stale bread

Instructions:

- 1** Heat the oil in a saucepan and cook the onion gently for 5-6 minutes until soft.
- 2** Add the potato and cook for 1 minute, then add the peas and stock.
- 3** Simmer for about 12-15 minutes until the potato is soft.
- 4** Blend until smooth. For a brighter green soup, stir in a handful of spinach or a few mint leaves right before blending.
- 5** Season well and serve plain or topped with feta, yoghurt, chilli, or croutons.

Hints & Tips:

- Frozen peas are often cheaper than fresh and work perfectly.
- Use up herbs or spinach by blending them in at the end.
- A little feta or yoghurt adds flavour without much cost.
- Stale bread can be cubed, toasted, and used as croutons.



Frittata

Servings: 2-3

Cooking time: 50 mins

Ingredients:

- ☐ 4 eggs
- ☐ 350g potato, cubed
- ☐ 1 small onion, sliced
- ☐ 1tbsp oil
- ☐ 100g frozen peas or chopped spinach
- ☐ 60g grated cheese (optional)
- ☐ 1tsp mixed herbs or chopped parsley
- ☐ Salt and pepper

Instructions:

- 1** Boil or steam the potatoes for 8-10 minutes, till just tender, then drain.
- 2** Cook the onion in the oil until just soft.
- 3** Beat the eggs with seasoning, herbs and cheese if using.
- 4** Fold in the potatoes, onion and spinach/peas.
- 5** Fold into a small overproof lined dish or frying pan and bake at 190 degrees for 20 minutes until set and golden.

Swap in peppers, mushrooms, broccoli, courgette or any vegetable you like. You can also add leftover chicken, sausage or ham.

CHAPTER V

Asha's Recipes

1. Samosas and hot salsa
2. Onion bhajis
3. Homemade paneer and tandoori paneer
4. Chickpea curry and cumin rice
5. Bean curry
6. Daal
7. Mixed vegetable curry
8. Pea and paneer curry
9. Potato and pea curry
10. Potato and pepper curry
11. Sweetcorn curry
12. Savoury black chickpeas
13. Savoury pancakes
14. Stuffed potato paratha
15. Naan bread
16. Chapatti
17. Sweet dough balls



Samosas

Ingredients:

- ☐ 1 pack small fajitas (cut in half)
- ☐ 2 potatoes (boiled & cut in small cubes)
- ☐ ½ cup frozen peas
- ☐ 1 small onion (finely chopped)
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon salt
- ☐ ¼ teaspoon red powdered chillies
- ☐ 1 teaspoon amchoor (dry mango powder)
- ☐ Oil in frying pan (to shallow fry samosas)
- ☐ Paste (glue to make up samosas):
2 tablespoons flour
¼ cup water

Instructions:

- 1** Boil & cut potatoes. Chop the onions.
- 2** Make the paste used for forming the samosas.
- 3** Heat 2 tablespoons oil in frying pan – add cumin seeds. When they turn golden brown add onions potatoes & peas – sauté for 2 minutes.
- 4** Stir in salt, chilli powder & amchoor, & remove from heat.
- 5** Fill the samosa:
Make a cone with a ½ fajita – use the paste to hold together the overlapped edges

Fill the cone with the potato mixture & seal edges with the paste (triangular shape).

Fry on medium till golden brown. Serve hot & enjoy

Onion Bhajis

Ingredients:

- ☐ 3 cups gram flour -sifted
- ☐ 2 teaspoons cumin seeds
- ☐ 1 teaspoon carom seeds
- ☐ 1 ½ teaspoons salt
- ☐ ½ teaspoon red chilli powder
- ☐ 2 tablespoons lemon juice
- ☐ 1 tablespoon oil
- ☐ 2 cups warm water added a bit at a time
- ☐ 2 onions – ½ inch squares
- ☐ 2 potatoes – ½ inch square
- ☐ 2 hand full of spinach leaves – coarsely cut

Instructions:

- 1** In a big mixing bowl, add the gram flour, spices and salt.
- 2** Whisk the oil & 1 cup of water, & stir into the flour to form a thick paste.
- 3** Chop the onions, potatoes & spinach leaves & add to the gram flour paste. If more water is required, add more water a little at a time to evenly mix & coat the cut vegetables
- 4** Heat the oil - to a medium heat.
- 5** Drop small mounds of the coated vegetables. Fry to golden brown & drain on to paper towel covered plate





Homemade Paneer and Tandoori Paneer

Ingredients:

Homemade paneer

- ☐ 2 pints full fat milk
- ☐ 2 tbsp vinegar

Easy tandoori paneer

- ☐ 100ml yoghurt
- ☐ 1 teaspoon garam masala
- ☐ ½ teaspoon ground ginger
- ☐ ½ teaspoon salt
- ☐ ¼ teaspoon chilli powder
- ☐ ¼ teaspoon black pepper
- ☐ ¼ teaspoon turmeric powder

Instructions:

Homemade paneer

- 1** Heat 2 pints of milk to bring to boil
- 2** As it's coming to the boil, stir in 2 tablespoons vinegar.
- 3** The milk will curdle & milk solids will clump together to leave the clear whey.
- 4** Sieve & drain the paneer to rinse out residual vinegar & whey.
- 5** Leave the paneer in the sieve – place aside to allow it time to a firm texture.

Easy tandoori paneer

- 1** Combine the ingredients to make the marinade.
- 2** Cut Paneer in thick rectangular strips
- 3** Marinate the paneer in the tandoori paste minimum 15 minutes – longer if possible.
- 4** Arrange the paneer on a foil wrapped tray and grill at a high temperature.
- 5** As the paneer browns, flip the pieces to brown the other side.

Chickpea Curry with Cumin Rice

Servings: 3

Cooking time: 30 mins



Ingredients:

Chickpea curry

- 2 cans chickpeas (drained)
- ½ can tinned tomatoes - chopped
- 1 inch knot ginger - grated
- 2 green chillis - chopped
- 1 onion - finely chopped
- 1 teaspoon salt
- ½ teaspoon turmeric powder
- ½ teaspoon cumin
- ½ teaspoon mustard seeds
- ½ teaspoon mango powder
- ½ cup fresh coriander - chopped
- 20 ml oil
- 300 ml water

Cumin rice

- 1 mug rice
- 1 teaspoon cumin seeds
- 1 teaspoon salt
- 2 mugs of water
- 2 dessert spoons of oil

Instructions:

Chickpea curry

- 1** Heat oil in a pan. Sprinkle in mustard seeds - when they splatter, add cumin seeds. Fry till lightly brown.
- 2** Add onions - fry till golden brown.
- 3** Add tomatoes, ginger, chillis, and half of the coriander - fry till tomatoes are not watery, and oil starts to float.
- 4** Add turmeric & salt - fry for 2 minutes.
- 5** Add chickpeas - simmer for 5 minutes.
- 6** Add water & mango powder - cover with lid, bring to the boil & simmer for 15 minutes. Sprinkle remaining coriander.

Cumin rice

- 1** Heat oil in a pan. Add cumin & fry till light brown.
- 2** Add washed rice & fry lightly for 2 minutes.
- 3** Add water & salt - bring to the boil. Cover with lid and simmer for 15 minutes.

Bean Curry

Ingredients:

- ☐ 3 tins of beans - (in water or saline)
- ☐ 2 tablespoons oil
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tin tomatoes
- ☐ 1 green chilli
- ☐ 1 inch knot ginger
- ☐ 1/2 teaspoon turmeric
- ☐ 1/4 teaspoon hot chilli powder
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground coriander
- ☐ fresh chopped coriander

Instructions:

- 1** Open & drain the tins of beans.
- 2** Empty the tomato tin contents in the blender. Add to it the ginger & chilli - blend till finely chopped.
- 3** In deep frying pan, heat the oil & fry cumin to golden colour.
- 4** Add the tomato mix & cook for 2 minutes.
- 5** Add the turmeric, chilli powder, salt & ground coriander -stirring continuously.
- 6** Add the drained beans & stir to coat with the tomato sauce.
- 7** Cover with lid & cook on low heat for ten minutes; stirring occasionally. Serve hot garnished with fresh chopped coriander.

Daal

Ingredients:

- ☐ 1 cup mong daal
- ☐ 1 tablespoon oil
- ☐ 1 teaspoon cumin
- ☐ 1 small onion - chopped finely
- ☐ 1 inch knot ginger - grated
- ☐ ½ teaspoon turmeric
- ☐ ¼ teaspoon hot chilli powder
- ☐ 1 teaspoon salt
- ☐ ½ teaspoon garam masala
- ☐ 3 cups water

Instructions:

- 1 Wash the daal in warm water & drain water.
- 2 In a saucepan, heat the oil. Add in cumin seeds. When they turn golden brown add onion & grated ginger - sauté for a minute.
- 3 Add turmeric, chilli powder & salt - stir to cook the turmeric till golden colour.
- 4 Add the washed daal - stir to coat with the spices.
- 5 Add the water & bring to the boil.
- 6 If using a pressure cooker- lock the lid & place the weight. Bring to steam & on 1 whistle turn the off. DONT open the lid till the steam pressure drops.
- 7 If using saucepan, half cover with the lid & simmer for 10 minutes. Keep an eye on the water being absorbed - keep topping up water for the lentil seeds to cook to soft texture.
- 8 Check if the daal is cooked - the daal should be suspended in the gravy & not sink to the bottom of the pan. Garnish with sprinkling of garam masala.

Mixed Vegetable Curry



Ingredients:

- ☐ 20ml vegetable oil
- ☐ 1/2 teaspoon cumin seeds
- ☐ 1/2 teaspoon mustard seeds
- ☐ 1 onion chopped
- ☐ 2 teaspoon tomato purée
- ☐ 1/2 teaspoon red chilli powder
- ☐ 1 teaspoon salt
- ☐ 450g frozen mixed vegetables
- ☐ 1 large potato- cut in small cubes
- ☐ 300 ml water

Instructions:

- 1** Heat the oil in a pan. Add the mustard & cumin seeds - gently fry.
- 2** Add the onion - cook till golden brown.
- 3** Add the tomato puree & remaining spices - cook for 2 minutes.
- 4** Add the mixed vegetables & potatoes- stir & cook for 2 minutes.
- 5** Add the water & bring to the boil.
- 6** Reduce the heat, cover & simmer for 20 minutes.

Potato and Pea Curry

Ingredients:

- ☐ 1kg potatoes
- ☐ 1 small bag frozen peas
- ☐ 20ml vegetable oil
- ☐ 1/2 teaspoon cumin seeds
- ☐ 1/2 teaspoon mustard seeds
- ☐ 1 tin chopped tomatoes
- ☐ 1 inch ginger - grated
- ☐ 1/2 teaspoon red chilli powder
- ☐ 1 teaspoon salt

Instructions:

- 1** Peel & cube the potatoes & boil.
- 2** In another pan, heat the oil . Add the mustard & cumin seeds - gently fry.
- 3** Add tomatoes & remaining spices - cook for 5 minutes.
- 4** Add to the pan of boiling potatoes- stir & cook till the potatoes nearly done.
- 5** Add the turmeric, chilli powder, salt & ground coriander -stirring continuously.
- 6** Add the peas & bring to the simmer - cook for 5 minutes.



Potato and Pepper Curry

Ingredients:

- ☐ 4 large potatoes
- ☐ 4 capsicum peppers - red & green
- ☐ 2 tablespoons oil
- ☐ 1 tin tomatoes
- ☐ 1 bunch fresh coriander
- ☐ 1 green chilli
- ☐ 1 inch knot ginger
- ☐ ½ teaspoon turmeric
- ☐ ¼ teaspoon hot chilli powder
- ☐ 1 teaspoon salt
- ☐ ½ teaspoon garam masala

Instructions:

- 1** Peel & cut the potatoes and peppers to 1 inch square cubes.
- 2** Place potatoes in microwave oven & heat on full power for five minutes.
- 3** Empty the tomato tin contents in the blender. Add to it the coriander, ginger & chilli - blend till finely chopped.
- 4** In a deep frying pan, heat the oil & fry the cumin to a golden colour.
- 5** Add the peppers & fry lightly for a minute.
- 6** Add the tomato mix & cook for 2minutes.
- 7** Add the turmeric, chilli powder, salt & garam masala -stirring continuously.
- 8** Add the partly cooked potatoes & stir to coat with the tomato sauce. Cover with lid & cook on low heat for ten minutes; stirring occasionally to check if potatoes are cooked. Garnish with fresh coriander.

Sweetcorn Curry

Ingredients:

- ☐ 1 bag frozen corn off the cob
- ☐ 2 pints water
- ☐ 1 teaspoon salt
- ☐ 30 ml oil
- ☐ 1 teaspoon mustard seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 cup gram flour
- ☐ 1/2 teaspoons turmeric powder
- ☐ 1/2 teaspoon red chilli powder
- ☐ 1 inch knot ginger - grated
- ☐ 1 cup tinned chopped tomatoes
- ☐ 2 cups yoghurt
- ☐ 1 tablespoon dedicated coconut



Instructions:

- 1** Set corn to boil in 2 pints salty water for 30 minutes- or until grains are tender.
- 2** In another pan, heat oil & add mustard & cumin seeds - when they start spitting add the gram flour. Sauté till resembles wet sand & is golden brown in colour.
- 3** Add the turmeric powder, red chilli powder, salt, ginger, & tomatoes - gently stir till gram flour absorbs the tomato juices.
- 4** Stir in the yoghurt & coconut - simmer for 5 minutes- add 1/2 cup water if required, the mixture should be a thick paste consistency- not be dry.
- 5** Add the boiled corn & water - simmer for 10 minutes, stirring occasionally.
- 6** Serve hot with boiled rice or nan bread.

Savoury Black Chickpeas

Ingredients:

- ☐ 3 cans black chickpeas
- ☐ 2 tablespoons oil
- ☐ 2 teaspoons cumin seeds
- ☐ 2 teaspoons coriander powder
- ☐ 1/2 teaspoon turmeric
- ☐ 1 teaspoon salt
- ☐ 20 ml water

Instructions:

- 1** Drain 3 cans of chickpeas - discard the liquid.
- 2** Heat the oil in a pan and add the cumin seeds.
- 3** When golden brown add coriander powder, turmeric & salt.
- 4** Add the drained chickpeas & stir to coat with the spices.
- 5** Add the water & simmer to heat the chickpeas.

Savoury Pancakes

Ingredients:

- ☐ 2 cups gram flour
- ☐ 1 tablespoon yoghurt
- ☐ 1 1/2 cups water
- ☐ 1 potato
- ☐ 1 carrot
- ☐ 1 green capsicum pepper
- ☐ 1 onion
- ☐ 6 mushrooms - optional
- ☐ 1 green chilli
- ☐ 1 inch knot ginger
- ☐ Juice of 1/2 lemon
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon caroms seeds
- ☐ 1 1/2 teaspoon salt
- ☐ 1/2 teaspoons red chilli powder
- ☐ 1/2 teaspoon ground black pepper
- ☐ Oil to fry

Instructions:

- 1** In a mixing bowl, sieve the chickpea flour.
- 2** Whisk in yoghurt, lemon juice & half the water to a medium thickness batter. If the batter looks thick, then stir more water, a little at a time, until consistency looks right. Stir in the spices & seasoning
- 3** Using a food processor, chop all the vegetables & remaining ingredients to quite fine pieces.
- 4** Mix the chopped vegetables into the batter.
- 5** Heat 1 tablespoon of oil in a frying pan, & pour a ladleful of batter in the frying pan & spread it out fairly thinly & wait for it to change colour.
- 6** Drizzle a tablespoon of oil & flip the pancake over. Let the pancake go a golden brown colour.
- 7** Serve hot with a chutney or yoghurt dip.

Stuffed Potato Paratha

Makes 8 parathas

Ingredients:

- ☐ 200g chapatti flour
- ☐ 1 cup water
- ☐ Oil
- ☐ (2 teaspoons butter-optional)
- Filling:
- ☐ 8 medium potato's-boiled & mashed
- ☐ 1/2 bunch washed, dried & chopped coriander
- ☐ 1 tablespoon lemon juice
- ☐ 1 onion
- ☐ 1 inch Knot of ginger finely chopped
- ☐ 2 green chillies
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon carom seeds

Instructions:

- 1 To prep, peel & boil the potatoes. Wash, dry & chop the coriander. Finely chop the ginger, chillies & onion. Mash the potatoes and mix all ingredients together.
- 2 Place the flour in a mixing bowl. Add water a bit at a time whilst mixing by hand. Add enough water to bring dough together to medium firmness.
- 3 Divide dough into 8 equal portions.
- 4 Roll 1 dough ball to 6inch round. Spread 3 teaspoon of the filling in centre half of dough circle.
- 5 Fold up edges of dough to enclose the filling & roll out to an 8 inch circle. Brush with oil.
- 6 Place in a hot frying pan. Flip once brown. Cook until both sides are golden.
- 7 Serve hot and accompany with a small bowl of yoghurt to dip & eat each bite of paratha.

Easy Homemade Naan Bread

Makes 10 naans

Ingredients:

- ☐ 3 cups SR flour
- ☐ 2 tablespoons yoghurt
- ☐ 4 tablespoons oil
- ☐ 2 cups warm water

Instructions:

- 1** Sift the flour in a big mixing bowl. Whisk the yoghurt, oil & 1 cup of water, & stir into the flour to form a soft dough. If more water is required, Add more water a little at a time to bring the dough together.
- 2** Make 10 equal dough balls and roll out each dough ball to a 6 inch round.
- 3** Heat a griddle or frying pan. Place the naan on the pan. When the colour changes to slightly translucent, flip the side.
- 4** When you see bubbles rise, flip the side again heat for 1 minute & remove from the pan. Coat with butter if desired.

Easy Homemade Chapatti

Makes 8 chapattis

Ingredients:

- 200g chapatti flour
- 1 cup water

Instructions:

- 1** Place the flour in mixing bowl. Add the water a bit at a time whilst mixing by hand. Add enough water to bring dough together to medium firmness.
- 2** Make 8 equal dough balls and roll out each to a 6 inch round.
- 3** Place on a hot frying pan. Once the chapatti starts to form small bubbles, flip the chapatti. It should puff up with steam.

Sweet Dough Balls

Ingredients:

- 3 cups SR flour
- 2 tablespoons icing sugar
- 2 tablespoons yoghurt
- 4 tablespoons oil
- 2 cups warm water
- Oil to fry dough balls
- 1 cup icing sugar - to coat the dough balls

Instructions:

- 1** Sift flour & icing sugar in a big mixing bowl.
- 2** Whisk the yoghurt, oil & 1 cup of water, & stir into the flour to form a soft dough. If more water is required, add more water a little at a time to bring the dough together.
- 3** Make 5 equal rounds of dough.
- 4** Roll out a round of dough to ½ inch thickness and using a knife, cut into 1 inch squares.
- 5** Heat oil to medium heat - the oil temperature is right, when a tiny drop of dough is dropped in the fryer & it rises to float immediately.
- 6** Fry to golden brown & drain on to paper towel covered plate. Sprinkle with a shaking of icing sugar and serve hot.