

Cooking Book

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1 Carbonara [5]

1.1 General Information

Information	Value
Preparation time	10 minutes
Difficulty level	Very easy
Serves	2
Calories per serving	860 calories

Table 1: General information about the dish

1.2 Ingredients

- 3 large free-range egg yolks
- 40g Parmesan cheese, plus extra to serve
- 1 x 150g piece of higher-welfare pancetta
- 200g dried spaghetti
- 1 clove of garlic
- Extra virgin olive oil

1.3 Method

1. Put the egg yolks into a bowl, finely grate in the Parmesan, season with pepper, then mix well with a fork and put to one side.
2. Cut any hard skin off the pancetta and set aside, then chop the meat.
3. Cook the spaghetti in a large pan of boiling salted water until al dente.
4. Meanwhile, rub the pancetta skin, if you have any, all over the base of a medium frying pan (this will add fantastic flavour, or use 1 tablespoon of oil instead), then place over a medium-high heat.
5. Peel the garlic, then crush with the palm of your hand, add it to the pan and leave it to flavour the fat for 1 minute. Stir in the pancetta, then cook for 4 minutes, or until it starts to crisp up.
6. Pick out and discard the garlic from the pan, then, reserving some of the cooking water, drain and add the spaghetti. Toss well over the heat so it really soaks up all that lovely flavour, then remove the pan from the heat.
7. Add a splash of the cooking water and toss well, season with pepper, then pour in the egg mixture – the pan will help to cook the egg gently, rather than scrambling it. Toss well, adding more cooking water until it's lovely and glossy.

8. Serve with a grating of Parmesan and an extra twist of pepper.

1.4 Picture



Figure 1: Carbonara

2 Lamb Meatballs [2]

2.1 General Information

Information	Value
Preparation time	25 minutes
Difficulty level	Not Too Tricky
Serves	4
Calories per serving	241 calories

Table 2: General information about the dish

2.2 Ingredients

- 1 lemon
- 1 x 200g tub of tzatziki
- 1 bunch of mint (30g)
- $\frac{1}{2}$ x 460g jar of roasted red peppers
- 400g higher-welfare minced lamb

2.3 Method

1. Finely grate the lemon zest and put aside. Squeeze half the lemon juice into a blender, add the tzatziki and pick in most of the mint leaves, then whiz to a smooth sauce. Season to perfection with sea salt and black pepper, then put aside.
2. Drain and finely chop one of the peppers, then place in a bowl with half the lemon zest, the lamb, a pinch of salt and plenty of pepper. Scrunch and mix together really well, then divide into 8 and squeeze into long oval-shaped rustic meatballs.
3. Drizzle 1 tablespoon of olive oil into a large non-stick frying pan on a high heat, then dot in the meatballs and cook for 10 minutes, or until golden and cooked through, turning occasionally.
4. Drain and slice the remaining peppers and add to the pan, in and around the meatballs, for the last 2 minutes, turning halfway.
5. Divide the sauce between plates, top with the meatballs and peppers, then scatter over the remaining lemon zest and mint leaves. Slice the remaining lemon half into wedges, for squeezing over. Delicious served with a hunk of bread for mopping up the sauce.

2.4 Picture



Figure 2: Lamb Meatballs

3 Double Corn Salad [1]

3.1 General Information

Information	Value
Preparation time	30 minutes
Difficulty level	Not Too Tricky
Serves	4
Calories per serving	248 calories

Table 3: General information about the dish

3.2 Ingredients

- Rapeseed oil
- 50g popping corn
- Chipotle Tabasco sauce
- 4 corn on the cob
- 1 iceberg lettuce
- 4 spring onions
- 30g mature Cheddar cheese
- 30g blue cheese
- 6 tablespoons natural yoghurt
- $\frac{1}{4}$ of a clove of garlic
- 2 teaspoons English mustard
- 2 tablespoons white wine vinegar
- 1 teaspoon Worcestershire sauce
- 4 sprigs of fresh coriander

3.3 Method

1. Place a large non-stick frying pan on a high heat with 1 tablespoon of oil, then add the popping corn and cover with a lid. Once popped, add a few generous shakes of Tabasco, toss together and tip into a large salad bowl.
2. In the same pan, grill the corn until lightly charred all over, turning regularly, then remove.

3. Trim and roughly chop the lettuce, and trim and finely slice the spring onions, then add to the bowl.
4. Break the cheeses into a blender, and spoon in the yoghurt. Peel and add the garlic, followed by the mustard, vinegar and Worcestershire sauce, then blitz until smooth, and season to taste with sea salt and black pepper.
5. Carefully slice off the corn kernels and add to the bowl. Pour over the dressing, toss together and pick over the coriander leaves, then serve straight away.

3.4 Picture



Figure 3: Double Corn Salad

4 Chicken Skewers [4]

4.1 General Information

Information	Value
Preparation time	1 hour 20 minutes
Difficulty level	Not Too Tricky
Serves	6
Calories per serving	479 calories

Table 4: General information about the dish

4.2 Ingredients

- 60g blanched almonds
- 6 cloves of garlic
- 1 tablespoon balsamic vinegar
- 1 tablespoon baby capers in brine
- 6 anchovy fillets in oil, from sustainable sources
- 1 bunch of fresh flat-leaf parsley (30g)
- 10 skinless, boneless free-range chicken thighs
- 10 slices of higher-welfare prosciutto
- 1.2kg potatoes
- 300g ripe cherry tomatoes
- Olive oil
- 1 bunch of fresh thyme (30g)
- Extra virgin olive oil

4.3 Method

1. Preheat the oven to 200°C/400°F/gas 6. Put the almonds into a food processor and pulse to rough crumbs.
2. Peel and add the garlic, add the balsamic and capers, the anchovies and a splash of their oil, then tear in the top leafy half of the parsley and pulse until fairly fine.
3. Open the chicken thighs out on to a board, smooth side down, and pound with your fist or a rolling pin until flattened and tenderized.

4. Divide the stuffing between them and roll up, wrapping each thigh in a slice of prosciutto. Double skewer 5 thighs across two long metal skewers, then repeat.
5. Peel the potatoes and slice 1cm thick, then parboil in a large pan of boiling salted water for 6 minutes.
6. Prick each tomato with the tip of a sharp knife and add to the pan for the last 40 seconds, then drain it all. Once cool enough to handle, pinch the skins off the tomatoes.
7. Layer the potatoes in a large, sturdy baking dish, seasoning with sea salt and black pepper, and drizzling lightly with olive oil as you go, then scatter over the tomatoes.
8. Nestle the skewers on top so that all the tasty juices drip down over the potatoes as they cook. Roast for 30 minutes.
9. Dip the bunch of thyme in olive oil, then use it as a brush to baste the chicken and potatoes with the pan juices. Sprinkle the thyme sprigs over the dish and return to the oven for a final glorious 10 minutes.
10. Slice between the skewers, then drizzle with extra virgin olive oil, to serve. If you like your potatoes super-crisp, pop them back into the oven for an extra 10 minutes at the end.

4.4 Picture



Figure 4: Chicken Skewers

5 Mushroom Soup [3]

5.1 General Information

Information	Value
Preparation time	30 minutes
Difficulty level	Super easy
Serves	4
Calories per serving	189 calories

Table 5: General information about the dish

5.2 Ingredients

- 4 cloves of garlic
- 300g frozen chopped mixed onion, carrot and celery
- 750g chestnut mushrooms

- 1 litre organic chicken or vegetable stock
- 4 tablespoons sour cream

5.3 Method

1. Preheat the oven to 180°C/350°F/gas 4. Peel and finely slice the garlic, then place it in a large casserole pan on a medium-high heat with 2 tablespoons of olive oil and the frozen mixed veg.
2. Fry for a few minutes while you slice 500g of the mushrooms, then add them to the pan with a good pinch of black pepper.
3. Cook for 10 minutes, or until golden, then pour in the stock and cook for a further 10 minutes.
4. Meanwhile, slice the remaining 250g of mushrooms (slice them so you have some beautiful cross-sections, throwing any trimmings into the soup as you go), place on a tray with a drizzle of olive oil and a pinch of sea salt and pepper, and roast for 15 minutes, or until beautifully golden and crisp.
5. When the time's up, blitz the soup to your desired consistency, then season to perfection.
6. Divide between warm soup bowls, ripple 1 tablespoon of sour cream into each, and top with the crispy mushrooms and a little drizzle of extra virgin olive oil, if you like.

5.4 Picture



Figure 5: Mushroom Soup

6 References

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