

# spiced nuts

**serves 6 (approx.)**

**preparation time:** 5 minutes

**cooking time:** 5 minutes

**this** is a quick and easy nibble for serving with drinks. I was inspired to create the recipe after eating in an American restaurant where the chef had scattered something similar to these spicy nuts over a crisp green salad. The quantity is quite large—deliberately. Any leftover nuts will keep for up to three weeks in a screw-top jar and are perfect for satisfying hunger pangs or peppering up green salads or vegetables. Check the “hotness” of the nuts when they have cooled. If they are not spicy enough for you, heat a little more oil and add more chili powder, then return the nuts to the frying pan and cook them for a few minutes, tossing them to prevent burning.

**1 tablespoon vegetable oil**

**1–2 teaspoons chili powder, preferably Kashmiri chili powder**

**1⅓ cup (about 10½ ozs.) mixed nuts; I recommend Brazil nuts and almonds**

**mixed nuts, about 1⅓ (10½ ozs.) total; I recommend Brazil nuts and almonds**

**3–4 tablespoons soy sauce**

**sea salt**

- ❖ Heat the oil in a wok or large frying pan. Add the chili powder and cook, stirring over a high heat for 1 minute. Add the nuts and toss them in the oil and chili powder until they are well coated. Fry the nuts for 1 minute, tossing and turning them as you do so.
- ❖ Add the soy sauce to the frying pan—it will sizzle as it hits the hot nuts. Cook over a high heat for 3 minutes or until all the sauce has evaporated, stirring frequently so that the nuts do not burn.
- ❖ Scatter a little salt over the nuts, then spread them on paper towels to drain and cool.

**each serving contains:**

Calories 345 • Protein 9g • Fat 32g (saturated 5.5g) • Carbohydrates 3g • Fiber 3g • Calories from fat 86% • Excellent source of vitamin E

# coriander spiced nuts

**serves 4**

**preparation time:** 10 minutes

**cooking time:** 10–15 minutes

**these** make a wonderful change to a bowl of plain nuts, and there is something downright virtuous about saying that you made them.

Whenever you use nuts in a recipe they should ideally be roasted to give the finished dish a really good nutty flavor. These nuts can be stored in a jar for up to three weeks—make sure it is airtight, or they will go soft.

**1 cup (6 ozs.) sesame seeds**

**½ cup (1¾ ozs.) coriander seeds**

**½ cup (1¾ ozs.) hazelnuts**

**½ cup (1¾ ozs.) cashews**

**sea salt and freshly ground black pepper**

- ❖ Preheat the oven to 350°F. Roast the sesame seeds and coriander seeds over moderate heat in a heavy skillet, turning or stirring frequently, for about 5 minutes, until the seeds are golden and starting to pop. Coarsely crush them using a pestle and mortar.
- ❖ Spread out the hazelnuts and cashews on a baking tray, and roast for 10–15 minutes until golden all over. Rub the skins off the hazelnuts. Coarsely chop all the nuts.
- ❖ Mix the nuts and seeds together, season with salt and pepper and serve.

**each serving contains:**

Calories 410 • Protein 12g • Fat 39g (saturated 5g) •  
Carbohydrates 3g • Fiber 4.5g • Calories from fat 85% • Good  
source of vitamin E

# lemon tahini dip

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 5 minutes

**tahini** is a paste made from sesame seeds. Dips like this one are often served with Middle Eastern dishes such as falafel. The cumin seeds in this recipe are dry-fried and, as with all spices, this really enhances their flavor. I enjoy this dip spread on slices of fresh ripe plum tomato or with hot grilled vegetables (see page 35). It is also delicious served with Pita Toasts (see page 34). Add more than 1 teaspoon harissa paste if you wish—the more you add, the hotter the dip gets. The dip will keep for up to two days in the fridge.

**1 teaspoon cumin seeds**

**2½ tablespoons (1¾ ozs.) tahini**

**juice of 1 lemon**

**1 teaspoon harissa paste (available in Middle Eastern grocery stores)**

**sea salt and freshly ground black pepper**

**4 fl. ozs. boiling water**

- ❖ Dry-fry the cumin seeds in a heavy frying pan over moderate heat, turning or stirring frequently, for 3–4 minutes until golden. Coarsely crush the seeds using a pestle and mortar.
- ❖ Put the cumin in a bowl with the tahini, lemon juice, harissa and salt and pepper. Pour the boiling water over the mixture. Whisk thoroughly with a fork until well mixed. Cover the bowl with plastic wrap, and chill before serving.

**each serving contains:**

Calories 76 • Protein 2g • Fat 7g (saturated 1g) • Fiber 1g •  
Calories from fat 88%

# vegetable chips

**serves 4**

**preparation time:** 20 minutes

**cooking time:** about 25 minutes

A very easy start to a meal. Big bowls of vegetable chips look great, taste delicious and are very simple to make. Use a vegetable peeler or sharp knife to cut the vegetables into the thinnest possible slices—aim for potato-chip size.

**vegetable oil, for deep-frying**

**2 cups (7 ozs.) parsnips, thinly sliced**

**1 lb. sweet potatoes, peeled and thinly sliced**

**1 lb. raw beets, peeled and thinly sliced**

**sea salt**

**cayenne pepper (optional)**

- ❖ Preheat the oven to 300°F. Line a plate or baking tray with paper towels. Half-fill a deep fryer or a deep, heavy saucepan with the vegetable oil, and heat to 375°F. To test the temperature, drop a cube of bread in the oil—it should brown within seconds.
- ❖ Carefully drop a handful of vegetable slices into the oil, and fry for 3–4 minutes, until they are golden and crisp. Remove the slices with a slotted spoon, drain them on the paper towels, then transfer them to the oven to keep warm. If you put too many vegetables into the oil at one time, the temperature of the oil will be lowered and the chips will be greasy and soggy when cooked.
- ❖ Repeat the process with the remaining vegetable slices.
- ❖ Transfer the chips to a warm serving dish, sprinkle with salt and cayenne pepper (if using) and serve.

**each serving contains:**

Calories 200 • Protein 3g • Fat 10g (saturated 1g) • Carbohydrates 26g • Fiber 5g • Calories from fat 45% • Good source of folic acid and vitamins A, C and E



# cayenne chips

**serves 4**

**preparation time:** 15 minutes

**cooking time:** about 15 minutes

A bowl of spicy chips is a delicious way to start a casual supper. I fry them for a few minutes, drain them on paper towels and then fry them quickly again so that the chips are crisp on the outside and fluffy in the middle.

**2 lbs. potatoes, peeled**

**8 teaspoons cayenne pepper**

**vegetable oil, for deep-frying**

**sea salt**

- ❖ Preheat the oven to 300°F. Line a plate or baking tray with paper towels. Cut the potatoes lengthwise into 1/2" slices, then cut the slices in half lengthwise. Sprinkle 3 teaspoons cayenne pepper over the slices.
- ❖ Half-fill a deep fryer or a deep, heavy saucepan with the vegetable oil, and heat to 375°F. To test the temperature, drop a cube of bread in the oil—it should brown within seconds.
- ❖ Carefully drop half the potato slices into the oil and fry for 4–5 minutes. Remove and spread them out to drain on paper towels. Heat the oil, to 375°F again, then return the chips to the deep fryer or saucepan for 1 minute. Spread them out on the paper towels, sprinkle with 1 teaspoon cayenne pepper and salt to taste, and transfer to the oven to keep warm. Repeat with the remaining potato slices.
- ❖ Transfer to a warm serving bowl, and serve.

**each serving contains:**

Calories 290 • Protein 5g • Fat 14g (saturated 1.5g) •  
Carbohydrates 39g • Fiber 3g • Calories from fat 43%

# chili pakoras

## with chunky tomato chutney

**serves 4**

**preparation time:** 20 minutes

**cooking time:** about 20 minutes

these vegetables fried in batter are crispy, hot and simple to make. The vegetables must be cut into bite-sized pieces so that they are easy to eat—especially important if you wish to serve them as canapés. The water for the batter must be very cold, so put it in the fridge to chill before you start the recipe.

Garam masala is a classic Indian spice mix usually made from cinnamon, cloves, black pepper, coriander, cardamom, and cumin, and can be found at better supermarkets and specialty grocers. Gram flour is also known as chickpea flour.

2 teaspoons cumin seeds  
2 teaspoons coriander seeds  
2 teaspoons dried chili flakes  
2 tablespoons vegetable oil  
1½ cup (6 ozs.) gram flour  
2 teaspoons garam masala  
3 teaspoon sea salt  
7 fl. ozs. chilled water  
½ handful of fresh mint leaves, roughly chopped  
½ handful of cilantro, roughly chopped  
vegetable oil, for deep frying  
1¼ lbs. mixed vegetables, such as mushrooms, cauliflower, okra, zucchini, cut into bite-size pieces  
Chunky Tomato Chutney (see page 170)

- ❖ Preheat the oven to 300°F. Dry-fry the cumin seeds, coriander seeds and chili flakes in a heavy saucepan over moderate heat, turning or stirring frequently, for a couple of minutes until the seeds begin to pop. Coarsely crush the spices using a pestle and mortar.
- ❖ Heat the oil in a frying pan. Add the spices, and stir-fry them over moderate heat for 2 minutes to “cook off” the spice flavor.
- ❖ Line a plate or baking tray with paper towels. Mix the gram flour, garam masala and salt together in a bowl: Mix in the spice mixture, then gradually add chilled water to make a coating batter, beating vigorously with a wooden spoon or a balloon whisk to remove any lumps. Stir in the mint and cilantro. Leave the batter to stand for about 30 minutes.

- ❖ Heat the oil to about 375°F in a deep fryer or deep, heavy saucepan. To test the temperature, drop a little batter into the oil—it should sizzle immediately. When the oil is hot enough, dip 3 or 4 pieces of vegetable in the batter, then put them carefully in the oil and fry for about 4 minutes, or until they are golden brown. Drain the slices on the paper towels, then transfer them to the oven to keep warm. Repeat the process with the remaining vegetables.
- ❖ Serve the pakoras hot with a bowl of Chunky Tomato Chutney (page 170) as an accompaniment.

**each serving contains:**

Calories 215 • Protein 12g • Fat 9g (saturated 1g) • Carbohydrates 23g • Fiber 6g • Calories from fat 36%

# vegetables in a crispy chickpea batter

**serves 4**

**preparation time:** 10 minutes

**cooking time:** about 20–30 minutes

the batter will keep for 3–4 days in the fridge; you may need to add just a little water to thin it down slightly before using it. Adding paprika and cayenne just before the vegetables are served looks attractive and gives the batter that extra burst of flavor. You could always serve these crispy vegetables with Chunky Tomato Chutney (see page 170). The water for the batter must be very cold, so put it in the fridge to chill before you start the recipe.

**1¾ cups (7 ozs.) chickpea flour**  
**1 garlic clove, crushed**  
**2 teaspoons cumin seeds**  
**½ teaspoon turmeric**  
**½ teaspoon baking powder**  
**sea salt and freshly ground black pepper**  
**2 tablespoons olive oil**  
**12 fl. ozs. chilled water**  
**vegetable oil, for deep-frying**  
**1½ lb. mixed fresh vegetables, such as broccoli, cauliflower and zucchini, cut into bite-sized pieces**  
**1 teaspoon cayenne pepper**  
**1 teaspoon paprika**

- ❖ Preheat the oven to 300°F. Line a plate or baking tray with paper towels. Mix the chickpea flour, garlic, cumin seeds, turmeric, baking powder and salt and pepper together in a bowl. Mix in the olive oil, then gradually add 12 fl. ozs. chilled water, or enough to make a coating batter. Beat vigorously with a wooden spoon or a balloon whisk to remove any lumps. Let the batter stand for about 30 minutes.
- ❖ Heat the oil to about 355°F in a deep fryer or deep, heavy saucepan. To test the temperature, drop a little batter into the oil—it should sizzle immediately. When the oil is hot enough, dip 3–4 pieces of vegetable in the batter, then put them carefully in the oil. Fry for about 4 minutes, or until they are golden brown. Drain them on the paper towels, and transfer them to the oven to keep warm. Repeat the process with the remaining vegetables.

- ❖ Transfer the vegetables to a warm bowl. Sprinkle the cayenne pepper, paprika and additional salt and pepper to taste over them. Toss lightly, and serve.

**each serving contains:**

Calories 400 • Protein 14g • Fat 25g (saturated 3g) •  
Carbohydrates 29g • Fiber 7g • Calories from fat 50% • Good  
source of folic acid and vitamin C

# parsley and garlic pita toasts

**serves 4**

**preparation time:** 10 minutes

**cooking time:** 10 minutes

these toasts are a lighter version of garlic bread. I can guarantee that everyone you serve them to will love them. As with many of the other starters, they can be served with a soup or salad to make a lunch dish.

**4 large pitas**

**3 tablespoons extra virgin olive oil**

**3 garlic cloves, crushed**

**handful of fresh flat-leaf parsley, roughly chopped**

- ❖ Preheat the oven to 350°F. Slice each pita bread in half lengthwise, then cut each half into 4 or 5 strips. Place in a single layer on a baking tray, and bake for 10 minutes, until golden and crispy.
- ❖ Heat the oil in a frying pan. Add the garlic, and fry gently for a few minutes until softened. Drizzle the garlicky oil over the pita slices, and scatter the parsley over them.

To make **spicy pita toasts**, follow the recipe above, but replace the garlic with  $\frac{1}{2}$  teaspoon cayenne pepper and 1 teaspoon paprika.

**each serving contains:**

Calories 300 • Protein 7g • Fat 12g (saturated 2g) • Carbohydrates 43g • Fiber 1.5g • Calories from fat 36%

# pureed chickpeas with stir-fried vegetables

**serves 4**

**preparation time:** 10 minutes

**cooking time:** 10 minutes

**one** cup of cooked chickpeas provides one quarter of an adult's daily protein requirement, one and a half times the folic acid requirement, half the iron and one fifth of the zinc. This puree also makes a great dip served with strips of toasted pita bread or potato chips.

**approx 1¾ cups (14½ ozs.) canned chickpeas**

**1 garlic clove, roughly chopped**

**juice of ½ lime**

**3 tablespoons extra virgin olive oil**

**sea salt and freshly ground black pepper**

**handful of freshly chopped flat-leaf parsley**

**olive oil, for brushing**

**1 cup (4 ozs.) asparagus**

**1 cup (4 ozs.) baby corn**

**1 cup (4 ozs.) baby carrots**

- ❖ Drain the chickpeas, and reserve half their liquid. Put the chickpeas, reserved liquid, garlic, lime juice and oil in a food processor, and process to a smooth puree. Season with salt and pepper, and mix in the freshly chopped parsley.
- ❖ Brush a griddle or heavy frying pan with a little oil, and heat it until very hot. Add the vegetables. Cook them, turning frequently, for 5 minutes or until golden.
- ❖ Serve the vegetables warm with the soft, creamy puree as an accompaniment.

**each serving contains:**

Calories 285 • Protein 10g • Fat 17g (saturated 2g) •  
Carbohydrates 24g • Fiber 6g • Calories from fat 55% • Good  
source of vitamin A

# warm butter bean puree

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 20 minutes

it makes a welcome change to serve a warm, rather than chilled, dip. This puree is always a big hit. Serve it with fingers of hot toast or sea salt kettle chips. It also goes well with polenta, griddled vegetables or mashed potatoes. The cayenne pepper adds quite a kick, so if you feel the dip needs a sprinkling of color before serving, it is advisable to dust a little paprika, rather than extra cayenne, over the top.

**2 cups (14½ ozs.) canned butter beans, drained**  
**1 large potato, about 1 cup (8 ozs.), peeled and cut into chunks**  
**1 bay leaf**  
**4 tablespoons olive oil**  
**1 medium-size onion, chopped**  
**1 tablespoon cayenne pepper**  
**3 garlic cloves, crushed**  
**1 tablespoon lemon juice**  
**sea salt and freshly ground black pepper**

to serve

**pinch of cayenne pepper (optional)**  
**handful of cilantro leaves, roughly chopped**

- ❖ Mash the beans into a coarse puree, and set aside.
- ❖ Bring a small saucepan of water to a boil, add the potato chunks and bay leaf, and simmer for 10–15 minutes, until the potato chunks are tender. Drain, discard the bay leaf, and return the saucepan to the heat. Dry the potato chunks over very low heat, shaking the pan gently, then mash them.
- ❖ While the potato chunks are boiling, heat 1 tablespoon of the oil in a frying pan. Fry the onion, cayenne pepper and 2 garlic cloves for about 10 minutes, or until the onion is soft. Add the pureed beans and mashed potatoes to the onion, and mix well. Warm the mixture through over low heat, stirring every now and then to make sure the puree doesn't stick to the pan.



- ❖ Beat the remaining garlic and olive oil into the puree, add the cilantro, and season to taste with the lemon juice, salt and pepper. Dust with a sprinkling of cayenne pepper, if using, and serve warm.

**each serving contains:**

Calories 230 • Protein 7g • Fat 12g (saturated 1.5g) •  
Carbohydrates 25g • Fiber 6g • Calories from fat 46%

# roasted apple, onion and sweet potato soup

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 50 minutes

despite their name, sweet potatoes are not related to potatoes. However, they will do most things that potatoes do. You can roast, bake or mash them, and they are a great thickener for soups. They have their own natural sweetness, which is why I have added a few tart apples to help balance the flavors. They seem to enjoy being mixed with flavors such as ginger, chili, lime and coriander, as well as the fennel and cumin used here. You could always add a few parsnips to the roasting dish if they are in season—and sweet potatoes work really well with other root vegetables.

**1½ teaspoons fennel seeds**

**1 teaspoon cumin seeds**

**1 lb. baby onions, quartered**

**3 large sweet potatoes, peeled and roughly chopped**

**3 apples, preferably a tart variety such as Granny Smith**

**3 tablespoons olive oil**

**3 cups (1½ pints) vegetable stock**

**sea salt and freshly ground black pepper**

**handful of fresh tarragon leaves**

- ❖ Preheat the oven to 450°F. Dry-fry the fennel and cumin seeds in a heavy frying pan over moderate heat, turning or stirring frequently, for 3 minutes or until they start to go brown and pop. Coarsely crush the seeds using a pestle and mortar.
- ❖ Put the onions and sweet potatoes into a roasting dish. Core and roughly chop 2 apples, and add them to the dish. Sprinkle the crushed seeds over the vegetables and apples, and season. Drizzle 2 tablespoons olive oil over the top. Roast for 25 minutes, then turn the vegetables over and roast for an additional 25 minutes. The onions should be tender when pierced with a knife. Remove 2 potato chunks and 8 onion quarters, and set them aside.
- ❖ Put half the remaining vegetables into a food processor with half the stock, and process to a smooth puree. Transfer to a saucepan. Repeat with the remaining vegetables and stock. Warm the soup through over a gentle heat.
- ❖ Core and roughly chop the reserved apple. Roughly chop the 2 reserved potato chunks and the 8 reserved onion quarters. Heat the remaining oil in a frying pan, add the chopped apple and sauté for 5 minutes, or

until golden. Add the chopped potatoes and onions and warm through, stirring every now and then, over low heat. Season with salt and pepper to taste.

- ❖ When the soup is warm, divide it among four warm bowls, and spoon a little of the chopped onion, potato and apple mixture into the center of each bowl. Scatter the fresh tarragon leaves over the soup, and serve.

**each serving contains:**

Calories 340 • Protein 5g • Fat 9g (saturated 1.5g) • Carbohydrates 64g • Fiber 8g • Calories from fat 25% • Excellent source of vitamins A and E • Good source of vitamins B<sub>1</sub> and C

# tomato soup with cilantro salsa

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 20 minutes

I often turn this into a sorbet and serve it as a starter or between courses. Remember always to skin the tomatoes, or you will end up with tough bits of skin in an otherwise smooth soup.

**2 lbs. ripe tomatoes**  
**1 tablespoon olive oil**  
**1 large onion, finely sliced**  
**2 garlic cloves, crushed**  
**1 teaspoon lime juice**  
**14 fl. ozs. water**  
**pinch of light brown sugar, softened**  
**handful of cilantro**  
**zest of 1 lime**  
**sea salt and freshly ground black pepper**

- ❖ Skin the tomatoes (see page 46), and dice the flesh.
- ❖ Heat the oil in a large saucepan. Fry the onion and garlic over low heat, stirring, for 10 minutes, until the onion is cooked but not brown. Reserve 2 tablespoons of the tomato flesh, and add the remainder to the saucepan. Cook gently for 10 minutes. Add the lime juice, 14 fl. ozs. water, and the sugar. Bring to a boil, then reduce the heat, and simmer for 5 minutes. Let cool slightly.
- ❖ Put the soup in a food processor, and process to a smooth puree. Pass the puree through a sieve into a clean saucepan, and season to taste. Add half the cilantro, and warm the soup through over a gentle heat.
- ❖ Divide the soup among four warm serving bowls. Mix the reserved diced tomato, the remaining cilantro and the lime zest together, and put a spoonful of the salsa in the middle of each bowl. Serve.

# moroccan spiced couscous with fruit

**serves 4**

**preparation time:** 15 minutes, plus standing time

**cooking time:** 20 minutes

I have a real passion for couscous, one of the truly great dishes of Morocco, Tunisia and Algeria. Couscous is made from strong or hard wheat, which is moistened with water and coated with a fine flour, then rolled into tiny, cream-colored pellets. Like other carbohydrates, couscous relies on the ingredients that you add to it for flavor and contrasting texture.

**1 lb. couscous**

**8½ fl. ozs. vegetable stock**

**pinch of saffron threads**

**½ cup (2 ozs.) dried apricots, roughly chopped**

**¼ cup (2 ozs.) dates, pitted and roughly chopped**

**⅓ cup (2 ozs.) raisins**

**sea salt and freshly ground black pepper**

**pinch of chili powder, preferably Kashmiri chili powder**

**2 tablespoons lemon oil or olive oil**

**juice of 1 lemon**

**2 cups (14½ ozs.) canned chickpeas, drained and rinsed**

**handful of fresh mint leaves, roughly chopped**

**handful of cilantro, roughly chopped**

**¾ cup (2½ ozs.) flaked almonds**

- ❖ Preheat the oven to 400°F. Put the couscous in an ovenproof dish. Mix the stock, saffron, apricots, dates and raisins in a saucepan, and bring to a boil. Pour the hot stock and fruit over the couscous. Add just enough boiling water to cover the grains, but do not flood them. Set aside for 15 minutes.
- ❖ Fluff up the couscous with a fork, and season it with salt, pepper and chili powder to taste. Drizzle the lemon or olive oil and lemon juice over it, and add the chickpeas. Mix the ingredients well, then cover the dish.

- ❖ Bake the couscous for 15 minutes. Fluff up the grains, and stir in the mint and cilantro. Return the couscous to the oven for an additional 5 minutes. Meanwhile, dry-fry the almonds in a heavy frying pan over moderate heat, turning or stirring frequently, for 5 minutes until they are golden. Scatter the almonds over the couscous, and serve immediately.

**each serving contains:**

Calories 630 • Protein 20g • Fat 20g (saturated 2g) •  
Carbohydrates 98g • Fiber 7g • Calories from fat 29% • Excellent  
source of vitamins B<sub>1</sub>, B<sub>3</sub> (niacin), B<sub>6</sub> and E, and also iron

# griddled red onion slices with COUSCOUS

**serves 4**

**preparation time:** 10 minutes, plus 30 minutes standing time

**cooking time:** about 20 minutes

**red** onions cook really well on a griddle—they go soft in the middle and char on the edges. If you have slightly more time, parboil the onions before griddling them. The texture and flavor will be slightly different, but equally delicious.

Leave the couscous to stand, covered, in a warm place for as long as possible after pouring warm water or vegetable stock (see page 62) over it. It will be much lighter and fluffier as a result. There are many ways of preparing couscous, but this one is my favorite.

**1 lb. couscous**

**4 red onions**

**olive oil, for griddling**

**juice of ½ lime**

**sea salt and freshly ground black pepper**

to serve

**large handful of fresh flat-leaf parsley, roughly chopped**

**1 lime, cut into 4 wedges**

- ❖ Put the couscous in a bowl, and add just enough warm water or vegetable stock to cover the grains, but do not flood them. Cover, and let sit for at least 30 minutes in a warm place.
- ❖ Cut the onions vertically into ½" slices. Brush a griddle with a little olive oil, and heat until very hot. Cook the onion slices for about 3–4 minutes on each side—you may need to do this in 2 batches. If you do not have a griddle pan, heat a grill until it is very hot, and grill the onions for the same amount of time.
- ❖ Fluff up the grains of couscous with a fork. Squeeze the lime juice over them, and season well with salt and pepper. Divide the couscous among four warm plates. Arrange the onion slices on top of the couscous, and scatter fresh parsley over the top. Serve with the lime wedges.

**each serving contains:**

Calories 310 • Protein 7.5g • Fat 4g (saturated 0.4g) •  
Carbohydrates 65g • Fiber 1g • Calories from fat 12% • Good  
source of iron

# warm couscous with garlic, black olives and tomatoes

**serves 4**

**preparation time:** 15 minutes, plus 30 minutes standing time

**cooking time:** 5 minutes

I adore the combination of garlic, olives and tomatoes—it whisks me off to a Mediterranean country every time I eat it. The good news is that 10 large olives contain about one-fifth of an adult's daily iron requirement.

**3 tablespoons extra virgin olive oil**  
**1 garlic clove, crushed**  
**1 lb. couscous**  
**8 medium-size vine-ripened plum tomatoes; choose juicy, ripe ones**  
**approx.  $\frac{3}{4}$  cup (7 ozs.) black olives, pitted**  
**juice of  $\frac{1}{2}$  lemon**  
**handful of fresh flat-leaf parsley, roughly chopped**  
**sea salt and freshly ground black pepper**

- ❖ Heat the olive oil in a saucepan, add the garlic, and fry gently for 5 minutes, or until it is softened but not brown. Add the couscous, and stir until well coated. Remove the saucepan from the heat, and add just enough warm water to cover the grains, but do not flood them. Cover, and let sit for at least 30 minutes in a warm place.
- ❖ Put the tomatoes in a bowl, and cover with boiling water. After 20 seconds in the boiling water, plunge them straight into cold water. Drain and skin the tomatoes, then dice their flesh. Roughly chop the olives.
- ❖ Fluff up the grains of couscous with a fork, and squeeze the lemon juice over them. Add the tomatoes, olives and half of the parsley. Mix together. Season with salt and pepper. Divide among four warm plates, scatter the remaining parsley over the top and serve.

**each serving contains:**

Calories 380 • Protein 8g • Fat 12g (saturated 2g) • Carbohydrates 62g • Fiber 3g • Calories from fat 30% • Excellent source of vitamin C • Good source of iron and vitamin E



# bright red pepper pesto linguine

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 10–12 minutes

the color and flavor of this sauce is brilliant and intense. I developed the recipe while roasting peppers for a soup. There were some left over, so I tossed them in a food processor with a few other ingredients. Always wash your hands immediately after preparing fresh chilies, and be careful not to rub your eyes—you'll be in agony.

**4 red peppers**

**2 red chili peppers**

**¼ cup (2½ ozs.) hazelnuts**

**large handful of fresh basil leaves**

**2 garlic cloves, crushed**

**3 tablespoons extra virgin olive oil, plus extra for tossing**

**12 ozs. linguine**

**sea salt and freshly ground black pepper**

**handful of fresh basil leaves, roughly torn**

- ❖ Preheat grill or broiler to high. Put the red peppers and chili peppers under the flame source, and cook, turning until they are black and charred all over. Put them immediately into a plastic bag. Seal and let sit for 5 minutes—the steam will help to loosen the pepper and chili skins.
- ❖ Peel the peppers and chilies, and remove their seeds with a teaspoon. Dry-fry the hazelnuts in a heavy frying pan over moderate heat, turning or stirring frequently, for 5 minutes or until golden. Allow the nuts to cool a little, then chop them roughly. Put the basil, garlic and chopped hazelnuts in a food processor, and process to a coarse paste. With the motor running, gradually add the olive oil. Add the flesh of the peppers and chilies, and process again until the pesto sauce is smooth.
- ❖ Bring a large saucepan of water to a boil, and cook the linguine according to the instructions on the packet. Drain, return the linguine to the saucepan and add the pesto and a little olive oil. Toss well, and season with salt and pepper. Scatter fresh basil over the top, and serve.

**each serving contains:**

Calories 575 • Protein 15g • Fat 23g  
(saturated 2.5g) • Carbohydrates 82g •  
Fiber 8g • Calories from fat 35% •  
Excellent source of vitamins A, C and E

# fresh ginger and basil pasta

**serves 4**

**preparation time:** 10 minutes

**cooking time:** 10 minutes, depending on the type of pasta

One of the great advantages of vegan cooking is that the flavors of fresh herbs and roots such as garlic and ginger are not masked by dairy products. They remain clean, crisp and fresh. Wherever and whenever possible, I eat garlic and ginger in their most effective state: raw. Garlic is especially good for improving the body's immune system.

1 tablespoon peeled, roughly chopped fresh ginger  
1 tablespoon cilantro  
3 tablespoons fresh basil leaves  
2 tablespoons finely chopped garlic  
1 tablespoon peanut oil  
2 teaspoons sesame oil  
sea salt and freshly ground black pepper  
12 ozs. pasta of your choice  
handful of fresh basil leaves, roughly torn

- ❖ Put the ginger, cilantro, basil, garlic and peanut and sesame oils in a food processor, and process until smooth. Season with salt and pepper. Set the sauce aside.
- ❖ Bring a large saucepan of water to a boil, and cook the pasta according to the instructions on the packet. Drain, return the pasta to the saucepan, and add the sauce. Toss well. Scatter fresh basil over the top, and serve.

**each serving contains:**

Calories 335 • Protein 10g • Fat 6g (saturated 1g) • Carbohydrates 64g • Fiber 2.5g • Calories from fat 16%

# four-onion croustades

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 45 minutes

I once made a five-onion tart on television, and not one member of the audience could name all of them. They were amazed to learn that chives and garlic are both members of the onion family. Since then I have experimented with soups, tarts and pizzas that contain a number of different onions. Combining them in one dish always seems to work really well, as they complement one another in flavor, color and texture. Although onions contain a lot of natural sugar, I have added a little brown sugar to speed the caramelization process along a little. The little bread cups are excellent for serving vegetables. For a sweet version, use a good fruity bread for the croustades, and dust with cinnamon and sugar before baking. Fill them with poached fruit.

**8 medium slices white bread, crusts removed**  
**sea salt and freshly ground black pepper**  
**3 tablespoons vegetable oil**  
**2 medium leeks**  
**1 garlic clove, crushed**  
**1 Spanish onion, sliced**  
**1 tablespoon chopped chives**  
**1 tablespoon light brown sugar, softened**  
**handful of fresh chives, finely chopped**

- ❖ Preheat the oven to 325°F. Lightly oil 8 tart pans. Flatten the bread slices with a rolling pin. Brush both sides of each slice with oil, and season with salt and pepper. Press the slices into the patty pans. Bake for 40 minutes, until crisp and golden.
- ❖ Meanwhile, chop each leek into 4 pieces, then cut each piece into long, thin strips. Heat about 1½ tablespoons oil in a frying pan, and add the garlic, leeks, onion and chives. Sauté over moderate heat for 5 minutes, until the vegetables are softened. Add the sugar, cover, and sauté for another 10 minutes, or until the onions have caramelized. Season to taste with salt and pepper.
- ❖ Spoon the caramelized onions into the crispy croustades, and heat through in the oven for 5 minutes. Scatter fresh chives over the top, and serve immediately.

**each serving contains:**

Calories 270 • Protein 7g • Fat 9g (saturated 1g) • Carbohydrates 41g • Fiber 2.5g • Calories from fat 33%

# warm lemon and olive oil beans on rosemary mashed potatoes

**serves 4**

**preparation time:** 10 minutes

**cooking time:** about 20 minutes

these warmed beans with oil and watercress are very simple and extremely effective. I love to infuse oils with herbs and garlic, especially when recipes use tough herbs such as rosemary. It's a great way to add their flavor to a dish without adding the herb.

**5 tablespoons extra virgin olive oil**

**3 sprigs of fresh rosemary**

**1 garlic clove**

**2 lbs. potatoes, peeled and cut into chunks**

**zest of ½ lemon**

**4 cups (1 lb., 12 ozs.) canned borlotti beans or  
cannellini beans, drained**

**juice of 1 lemon**

**handful of fresh parsley, roughly chopped**

**1 cup (1 oz.) bunch of watercress, roughly chopped**

**sea salt and freshly ground black pepper**

- ❖ Heat 2 tablespoons of the olive oil in a frying pan. Add the rosemary and garlic, and heat gently for 2 minutes. Remove from the heat, cover, and allow it to infuse while you prepare the mashed potatoes.
- ❖ Bring a saucepan of water to a boil, add the potato chunks, and simmer for about 15 minutes, until the potatoes are tender. Drain, and return the saucepan to the heat. Dry the potatoes over very low heat, shaking the pan gently.
- ❖ Remove the rosemary sprigs and garlic from the oil with a slotted spoon, and discard. Add the oil and lemon zest to the potatoes, and mash until they are smooth and creamy. Keep warm.

- ❖ Put the beans in a saucepan. Drizzle the remaining olive oil and the lemon juice over them, and warm through over a gentle heat. Stir in the parsley and watercress, season well with salt and pepper, and warm through again.
- ❖ Divide the rosemary mashed potatoes among four warm plates. Put the beans on top, and serve immediately.

**each serving contains:**

Calories 448 • Protein 17g • Fat 15g (saturated 2g) •  
Carbohydrates 64g • Fiber 12g • Calories from fat 31% • Good  
source of vitamin C

# red cabbage relish with parsley mashed potatoes

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 25 minutes

A little balsamic vinegar and some sweet fruit, such as apples and raisins, can transform the humble cabbage. This dish always makes me think of Christmas—if you are the same you may like to join me in topping it with a large spoonful of cranberry relish. You could even add a handful of dried cranberries to the dish.

- 3 cups (1½ lbs.) red cabbage**
- 3 tablespoons olive oil**
- 2 tablespoons red wine vinegar**
- 3 tablespoons (1 ozs.) light brown sugar, softened**
- 3 tablespoons red wine**
- 2 York Imperial apples, peeled, cored and thickly sliced**
- ¼ cup (1 oz.) raisins**
- 1 bay leaf**
- sea salt and freshly ground black pepper**
- 2 lbs. Idaho or russet potatoes, peeled and cut into chunks**
- 2 tablespoons very finely chopped fresh flat-leaf parsley**

- ❖ Remove the outer leaves and core of the cabbage, and slice finely. Heat 1 tablespoon of the olive oil in a saucepan. Stir in the cabbage, then cover and sweat for 5 minutes over very low heat. Add the vinegar, sugar, wine, apples, raisins and bay leaf, and season with salt and pepper. Mix well. Cover the saucepan, and cook gently for 20 minutes, or until the cabbage is soft and sticky but still has a little crunch. Stir frequently to prevent sticking and burning.
- ❖ Meanwhile, bring a saucepan of water to a boil. Add the potato chunks, and simmer for about 15 minutes, until the potatoes are tender. Drain and return the saucepan to the heat. Dry the potatoes over very low heat, shaking the pan gently. Mash the potatoes, then add the parsley and remaining olive oil. Season with salt and pepper. Divide the parsley mashed potatoes among four warm bowls. Top with the red cabbage relish, and serve.

**each serving contains:**

Calories 350 • Protein 7g • Fat 9g (saturated 1g) • Carbohydrates 63g • Fiber 8g  
• Calories from fat 24% • Excellent source of vitamin C • Good source of Vitamin B<sub>6</sub> and folic acid

# chili and cilantro corn fritters

## with tomato sauce

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 15 minutes

although I am not a great fan of deep-frying, I recognize that many people enjoy a fritter from time to time, so I have included a couple of such recipes to satisfy those cravings. To make these fritters a little different, I have included a few chopped and ground almonds to add flavor, crunch and extra protein. The addition of lots of red chili peppers and cilantro ensures that each fritter is packed with color and flavor. Eat the fritters as soon as they are cooked—they do not improve with age.

for the tomato sauce

**1 tablespoon olive oil**  
**1 shallot, finely sliced**  
**1¾ cups (14 ozs.) canned tomatoes**  
**1 tablespoon cilantro, roughly chopped**  
**sea salt and freshly ground black pepper**

**½ cup (2 ozs.) almonds**  
**1½ cups (8 ozs.) plain flour**  
**½ cup (2 ozs.) ground almonds**  
**2 teaspoons salt**  
**1 cup (8 fl. ozs.) water**  
**1½ cups (12 ozs.) canned corn kernels**  
**3 red chili peppers, seeded and finely chopped**  
**2 teaspoons chili powder**  
**pinch of freshly ground black pepper**  
**2 tablespoons cilantro, roughly chopped**  
**vegetable oil, for deep-frying**

- ❖ Preheat the oven to 300°F. Line a plate or baking tray with paper towels. To make the tomato sauce: Heat the olive oil in a frying pan. Add the shallot, and sweat over a gentle heat for 2–3 minutes, until softened. Add the tomatoes, and simmer for 5 minutes. Stir in the cilantro, and season to taste with salt and pepper. Keep warm.
- ❖ Dry-fry the almonds in a heavy frying pan over moderate heat. Toss or stir frequently for 5 minutes, until golden. Let the nuts cool a little, then chop them.
- ❖ Put the flour, ground almonds and salt in a food processor. Add the water, and process to a thick batter. Transfer to a bowl. Add the corn kernels, chopped

almonds, chili peppers, chili powder, pepper and cilantro; mix well.

- ❖ Heat the vegetable oil to about 375°F in a deep fryer or a deep, heavy saucepan. To test the temperature, drop a little batter into the oil—it should sizzle immediately. Carefully drop a few tablespoons of the mixture into the hot oil, and fry for a few minutes, until golden brown. Drain on paper towels, and keep warm in the oven. Repeat the process with the remaining mixture. Serve immediately with the tomato sauce as an accompaniment.

**each serving contains:**

Calories 633 • Protein 15g • Fat 34g (saturated 4g) •  
Carbohydrates 72g • Fiber 6g • Calories from fat 48% • Excellent  
source of vitamin E • Good source of vitamin C



# grilled eggplant with black olive dressing

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 10 minutes

**eggplant** has such a satisfying texture—the bigger the slices, the better the dish. And thick ones grill very well. The secret is not to panic when the vegetable initially cries out for oil. Allow it to carry on cooking, however dry it may appear, and it will gradually release its own juices. Because of its bland flavor, eggplant needs a few pungent additions, hence the sauce of black olives, capers and garlic.

**2 garlic cloves**

**12 black olives, pitted and roughly chopped**

**4 teaspoons small capers**

**handful of fresh flat-leaf parsley, roughly chopped**

**handful of cilantro, roughly chopped**

**2 tablespoons extra virgin olive oil, plus extra for grilling and drizzling**

**2 large eggplants, each cut into 4 slices**

**½ cup (2 ozs.) mixed baby salad leaves, roughly torn**

**sea salt and freshly ground black pepper**

**handful of cilantro, to serve**

- ❖ Preheat the oven to 400°F. Crush the garlic using a pestle and mortar. Add the chopped olives and capers, and crush to a thick, lumpy paste. Add the parsley and cilantro, then whisk in the 2 tablespoons of olive oil with a fork.
- ❖ Brush a griddle pan or heavy frying pan with a little olive oil, and heat until very hot. Brush the eggplant slices with a little oil. Grill the slices for about 5 minutes on each side, until charred and cooked. Remove from the pan.
- ❖ Mix together the salad leaves, drizzle a little extra virgin olive oil over them, and season with salt and pepper. Divide the leaves among four plates, top with the eggplant slices, and drizzle the dressing over the top. Serve topped with a few cilantro leaves.

**each serving contains:**

Calories 105 • Protein 1.5g • Fat 10g (saturated 1.5g) •  
Carbohydrates 3g • Fiber 3g • Calories from fat 84%

# spanish potato gratin

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 35 minutes

**my** brother's Spanish girlfriend often comes to stay with us in England. She and I play in the kitchen with ingredients that she is familiar with to create a meal that we both love. This recipe was developed one evening before we rushed off to the cinema. It is one of those dishes that you can further develop each time you cook it. The brown bread crumbs can come from any type of brown bread, as long as it is vegan. And you could add peppers—or other vegetables such as zucchini and eggplant—to the tomato base. It all depends on the available ingredients and how long you wish to spend in the kitchen. Serve with a fresh green salad.

**2¼ cups (10½ ozs.) potatoes, peeled and cut into chunks**  
**3 tablespoons olive oil**  
**1 large onion, sliced**  
**1 garlic clove, finely chopped**  
**1⅓ cups (14 ozs.) canned plum tomatoes, roughly chopped**  
**4 tablespoons (2 ozs.) green olives, pitted**  
**4 tablespoons (2 ozs.) black olives, pitted**  
**2 tablespoons (1 oz.) fresh flat-leaf parsley, finely chopped**  
**1 tablespoon (1 oz.) fresh thyme leaves, finely chopped**  
**sea salt and freshly ground black pepper**  
**¼ cup (2½ ozs.) brown bread crumbs**

- ❖ Preheat the oven to 375°F. Bring a saucepan of water to a boil. Add the potato chunks, and simmer for about 15 minutes, until tender. Drain, and return the saucepan to the heat. Dry the potatoes over very low heat, shaking the pan gently. Mash the potatoes.
- ❖ Heat half the oil in a large saucepan. Add the onion and garlic, and sauté over moderate heat for 5 minutes, or until the onion is soft and golden. Mix in the tomatoes, olives, half the parsley and thyme, and season with salt and pepper. Spoon the mixture into an ovenproof dish. Top with the mashed potatoes, and scatter the bread crumbs and remaining parsley and thyme over them. Drizzle the remaining oil over the top, and bake in the oven for 15 minutes, or until the potatoes are golden. Serve immediately.

**each serving contains:**

Calories 240 • Protein 5g • Fat 12g (saturated 2g) • Carbohydrates 28g • Fiber 5g • Calories from fat 47% • Excellent source of vitamin C

# basmati and wild rice salad

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 10–15 minutes

the combination of beets and horseradish gives this salad a delicious flavor kick. Make the salad in advance and keep it in the fridge. The flavor improves with time, so you could prepare it in the evening for lunch the following day.

**10 tablespoons (5 ozs.) basmati rice**  
**4 tablespoons (2 ozs.) wild rice**  
**7 radishes, thinly sliced**  
**1 red pepper, seeded and cut into thin strips**  
**2 medium-size cooked beets, cut into small chunks**  
**1 red onion, diced**  
**large handful of fresh chives, finely chopped**

for the dressing

**4 tablespoons white wine vinegar**  
**2 tablespoons creamed horseradish**  
**whole-grain mustard**  
**1 teaspoon turbinado sugar**  
**1 teaspoon sea salt**  
**1 teaspoon freshly ground black pepper**  
**4 tablespoons extra virgin olive oil**

- ❖ Cook the rice according to the instructions on the packet. Let cool, then transfer to a serving bowl.
- ❖ Meanwhile, make the dressing: Put all the ingredients in a screw-top jar, and shake vigorously until thoroughly blended.
- ❖ Add the radishes, red pepper, beets and onion to the rice, and mix well. Scatter the fresh chives over the top. Pour the dressing over the rice, mix well, and serve.

**each serving contains:**

Calories 320 • Protein 5g • Fat 12g (saturated 1.5g) • Carbohydrates 47g • Fiber 2g • Calories from fat 34% • Excellent source of vitamin C • Good source of vitamins B<sub>1</sub> (thiamin), B<sub>3</sub> (niacin), B<sub>6</sub> and E

# pita bread with garlic cream and fresh lime

**serves 4**

**preparation time:** 15 minutes

**i**f you are looking for sandwich fillings that are more interesting than nut butter or salad, the suggestions on the next few pages are for you. And, of course, many of the dishes in this chapter and the previous one can be adapted to fill sandwiches.

**3 slices white bread, crusts removed**  
**1 tablespoon tahini**  
**2 garlic cloves, crushed**  
**juice of 1 lime**  
 **$\frac{2}{3}$  cup extra virgin olive oil**  
**sea salt and freshly ground black pepper**  
**2 teaspoons sesame seeds**  
**4 pitas, split in half**  
**1 head of romaine lettuce, finely shredded**  
**handful of fresh mint leaves, roughly chopped**  
**1 lime, cut into chunks**

- ❖ Tear the white bread into chunks. Put the bread, tahini, garlic and lime juice in a food processor, and process to a coarse paste. With the motor running, gradually add the olive oil. Transfer the garlic spread to a bowl, season well with salt and pepper, and mix in the sesame seeds.
- ❖ Cut each pita in half horizontally, then cut each half open to make 8 pockets. Pack a little lettuce inside each half, spoon a little garlic spread onto the lettuce, and scatter some fresh mint over the spread. Serve with wedges of lime.

**each serving contains:**

Calories 540 • Protein 10g • Fat 32g (saturated 5g) •  
Carbohydrates 55g • Fiber 3g • Calories from fat 54%

# carrots with mint and lime dressing in pita bread

**serves 4**

**preparation time:** 10 minutes

the combination of mint, lime (or lemon) and olive oil makes a wonderfully refreshing dressing for the carrots. This dish would also be delicious with a little pureed chickpeas (see page 35) spread in the pita pockets and a big handful of fresh watercress squeezed in.

**1½ lbs. carrots, coarsely grated**

**1 tablespoon olive oil**

**1 tablespoon fresh lime or lemon juice**

**large handful of fresh mint leaves, roughly chopped**

**sea salt and freshly ground black pepper**

**4 pitas**

- ❖ Put the carrots in a bowl. Combine the olive oil, lime or lemon juice and mint leaves in a small bowl, and season with salt and pepper. Pour the dressing over the carrots, and mix well.
- ❖ Cut each pita in half horizontally, then cut each half open to make 8 pockets. Pack the pita pockets with the carrot salad.

**each serving contains:**

Calories 300 • Protein 8g • Fat 4g (saturated 0.7g) • Carbohydrates 62g • Fiber 6g • Calories from fat 12% • Excellent source of vitamin A • Good source of vitamin C

# tomato and pine nut linguine with caramelized lemon

**serves 4**

**preparation time:** 15 minutes, plus marinating time

**cooking time:** 10–12 minutes

the flavors in this dish are fresh and simple, with hot golden lemon slices to squeeze over the pasta just before you eat it. Serve with French bread.

**1 lb. ripe, juicy vine-ripened tomatoes, quartered**

**½ cup (1¾ ozs.) pine nuts**

**2 large handfuls of fresh basil leaves**

**1 tablespoon balsamic vinegar**

**3 tablespoons light fruity olive oil**

**sea salt and freshly ground black pepper**

**14 ozs. linguine (or other pasta of your choice)**

**½ lemon, thickly sliced from the top**

- ❖ Put the tomatoes in a large bowl. Add the pine nuts and half the fresh basil. Drizzle the balsamic vinegar and 2 tablespoons of the olive oil over the top. Season with salt and lots of pepper, and mix well. Let sit at least 30 minutes.
- ❖ Bring a large saucepan of water to a boil, and cook the linguine according to the instructions on the packet. Drain.
- ❖ While the linguine is cooking, heat the remaining olive oil in a frying pan. Fry the lemon slices for 1 minute on each side, or until they start to turn golden.
- ❖ Add the linguine to the marinated tomatoes, and toss well. Scatter the remaining fresh basil over the top, and serve with the hot lemon slices.

**each serving contains:**

Calories 535 • Protein 15g • Fat 19g (saturated 2g) •  
Carbohydrates 81g • Fiber 4.5g • Calories from fat 32% • Excellent  
source of vitamin C • Good source of vitamins A and E

# roasted garlic and walnut linguine

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 1¾ hours

**my** father lived in Rome for three years, and I frequently flew to Italy to see him. This dish is based on one of the most memorable vegan meals we ate together. There may seem to be a lot of garlic, but don't panic—the flavor is sweet and subtle after 1½ hours of roasting.

**2 heads of garlic**  
**4 tablespoons vegetable stock (see page 62)**  
**2 tablespoons olive oil**  
**½ cup (2½ ozs.) walnuts, roughly chopped**  
**1 tablespoon ground walnuts**  
**2 tablespoons fresh flat-leaf parsley, roughly chopped**  
**sea salt and freshly ground black pepper**  
**14 ozs. linguine**

- ❖ Preheat the oven to 350°F. Cut the heads of garlic in half horizontally, and put them in a roasting tin. Drizzle the stock over the garlic, and roast for 1¼–1½ hours, until soft and tender. Squeeze all the garlic flesh out of the cloves. Mash half the flesh with 1 tablespoon olive oil to make a puree. Reserve the remaining flesh.
- ❖ Put the walnuts on a baking tray in a single layer, and roast for 5 minutes, turning once.
- ❖ Heat the remaining oil in a large saucepan. Add the garlic puree and ground walnuts, and sauté over moderate heat for 5 minutes. Add the roasted walnuts, the remaining garlic and the parsley. Season with salt and pepper.
- ❖ Bring a large saucepan of water to a boil, and cook the linguine according to the instructions on the packet. Drain. Toss the linguine with the garlic and walnut sauce, and heat gently to warm through. Divide among four warm bowls, and serve immediately.

**each serving contains:**

Calories 440 • Protein 13.5g • Fat 11g (saturated 1.5g) •  
Carbohydrates 76g • Fiber 3.5g • Calories from fat 23%

# tomato and basil risotto

**serves 4**

**preparation time:** 10 minutes

**cooking time:** 20 minutes

**once** you know the secret to making a really good risotto it's easy to adapt the ingredients and change its identity completely. The important thing to remember is to add the liquid gradually to the rice. Once cooked, a good risotto should be slightly soupy, not mushy, and the rice should still have a little bite left in it. As with all risottos, keep the stock warm at all times; this way the rice will never stop cooking.

**1½ cups (12¼ ozs.) fresh tomatoes**  
**2½ cups vegetable stock (see page 62)**  
**1 tablespoon olive oil**  
**3 shallots, chopped**  
**1¾ cups (14 ozs.) arborio rice**  
**sea salt and freshly ground black pepper**  
**1 large bunch of fresh basil leaves, roughly torn**

- ❖ Put the tomatoes in a bowl, and cover with boiling water. After 20 seconds in the boiling water, plunge them straight into cold water. Drain and skin the tomatoes, then dice their flesh.
- ❖ Heat the stock in a saucepan until just simmering. It must continue to simmer while you cook the rice.
- ❖ Heat the oil in a large saucepan, and gently fry the shallots for 5 minutes, or until softened and golden. Add the rice, and stir for 2 minutes, until well coated. Add 2 ladles of stock and cook, stirring, until the rice has absorbed all the stock. Continue to cook, adding a few ladles of stock at a time, until all the stock has been absorbed and the rice is tender and creamy but still firm to the bite. If more liquid is required, use hot water.
- ❖ Remove the pan from the heat, season with salt and pepper, and stir in the fresh basil. Transfer to a warm serving dish, and serve immediately.

**each serving contains:**

Calories 430 • Protein 9g • Fat 6.5g (saturated 1g) • Carbohydrates 90g • Fiber 1g • Calories from fat 13%



# moroccan pilaf

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 45 minutes

the great thing about this dish is that you can pop it in the oven and forget about it until the rice is cooked—just remember to set a timer, or you may come back to overcooked grains. I love the way Moroccans use citrus fruit and cinnamon in savory dishes. It makes a welcome change to dishes such as pilafs that can otherwise seem very similar.

**2 tablespoons olive oil**

**½ cup (1¾ ozs.) whole almonds, roughly chopped**

**1 large onion, chopped**

**2 carrots, diced**

**1 cinnamon stick**

**½ teaspoon ground cinnamon**

**approx. 1 cup (7 ozs.) long grain rice**

**⅓ cup (1¾ ozs.) currants**

**¼ cup (1¾ ozs.) dried apricots**

**grated zest of 1 orange**

**¼ teaspoon cayenne pepper**

**2½ cups water**

**sea salt and freshly ground black pepper**

to serve

**large handful of cilantro, roughly chopped**

**large handful of fresh chives, finely chopped**

- ❖ Preheat the oven to 375°F. Heat the oil in a large flameproof casserole dish. Sauté the almonds over moderate heat for a few minutes, until golden. Add the onion, carrots and cinnamon, and sauté for 5 minutes, until the onion is soft and golden. Add the rice, and cook for 1 minute, stirring, to coat the grains. Stir in the currants, apricots, orange zest and cayenne pepper, and pour in the water. Season with salt and pepper, and bring to a boil.
- ❖ Transfer the casserole dish to the oven, cover, and cook for 40–45 minutes, until the liquid is absorbed and the rice is tender. Scatter fresh cilantro and chives over the pilaf, and serve.

**each serving contains:**

Calories 400 • Protein 8g • Fat 14g (saturated 2g) • Carbohydrates 62g • Fiber 3g • Calories from fat 33% • Good source of vitamins A and E

# spring vegetables with saffron basmati rice

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 20 minutes

**this** is a quick main course that looks as pretty and delicious as it tastes. Despite the few ingredients, the flavor is fabulous. There is something magical about saffron and the way it washes a golden hue over everything. A good way to maximize the flavor and color of the threads is to toast them in a metal spoon over low heat, then pound them using a pestle and mortar before steeping them in a few tablespoons of warm liquid. This kind of recipe extols the virtues of fresh vegetables. If you do not appreciate vegetables that have bite, you will need to cook them a little longer. I like to use baby vegetables, but if they are unavailable, larger ones will do just as well.

**1½ cups (12¼ ozs.) basmati rice**

**2 medium-size tomatoes**

**large pinch of saffron threads**

**10 fl. ozs. hot vegetable stock (see page 62)**

**2 tablespoons olive oil**

**8 large spring onions, cut diagonally into thin slices**

**4 cups (14 ozs.) carrots, cut diagonally into thin slices**

**4 cups (14 ozs.) leeks, cut diagonally into thin slices**

**4 cups (14 ozs.) zucchini, cut diagonally into thin slices**

**sea salt and freshly ground black pepper**

**handful of fresh flat-leaf parsley, roughly chopped**

- ❖ Bring a large saucepan of water to a boil, and add the rice. Bring back to a boil, reduce the heat, and simmer for 15–20 minutes, until the rice is tender. Drain, and keep warm.
- ❖ Meanwhile, put the tomatoes in a bowl, and cover with boiling water. After 20 seconds in the boiling water, plunge them straight into cold water. Drain and skin the tomatoes, then roughly chop the flesh. Put the saffron threads in a little bowl, and cover with 2 tablespoons of the vegetable stock. Let soak for 5 minutes.
- ❖ Heat the olive oil in a wok or deep frying pan, and sauté the spring onions over high heat for about 3 minutes, until soft. Add the carrots, leeks and zucchini, and cook for another 5 minutes, stirring occasionally. You may need to use 2 spoons to toss everything together. Stir in the tomatoes, the rest of the stock and the saffron and its liquid. Season with salt and pepper. Simmer for 3 minutes.

- ❖ Divide the rice among four warm bowls. Pile the vegetables on the rice using a slotted spoon, then drizzle their juices over the top. Scatter fresh parsley over them, and serve.

**each serving contains:**

Calories 450 • Protein 12g • Fat 7g (saturated 1g) • Carbohydrates 82g • Fiber 6g • Calories from fat 15% • Excellent source of vitamins C and A • Good source of folic acid

# juma's special african curry

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 25 minutes

**special** thanks go to Juma Mashaka, the cook at Ras Kutani Hotel on the coast of East Africa where I sampled this dish. I have adapted it slightly, and this version is one of my favorites for four reasons: It is incredibly quick to prepare; you need only a few ingredients; you can use any vegetables that you happen to have available; and, last but by no means least, it brings back fond memories of my honeymoon. (Note: You should be able to find creamed coconut in Asian grocery stores.)

6 medium-size tomatoes  
3 tablespoons sunflower oil  
2 large onions, chopped  
6 garlic cloves, finely chopped  
1 orange pepper, seeded and coarsely chopped  
2 tablespoons medium Madras curry powder  
14 fl. ozs. canned unsweetened coconut milk  
2 teaspoons creamed coconut  
4 red chili peppers, seeded and chopped  
8 cups (1½ lbs.) mixed fresh vegetables, such as  
carrots, sugar snap peas and baby corn  
2 zucchini, sliced  
grated zest of 1 large lime  
1⅓ cups (10½ ozs.) basmati rice  
handful of cilantro, roughly chopped  
handful of fresh flat-leaf parsley, roughly chopped

- ❖ Put the tomatoes in a bowl, and cover with boiling water. After 20 seconds in the boiling water, plunge them straight into cold water. Drain and skin the tomatoes, then chop their flesh.
- ❖ Heat the oil in a large saucepan. Add the onions, garlic, orange pepper and curry powder. Cook, stirring often, for 5 minutes, or until the onion has started to soften. Stir in the tomatoes, coconut milk, creamed coconut and chili peppers. Bring to a boil, then reduce the heat, and simmer gently for 15 minutes.
- ❖ Meanwhile, prepare the mixed vegetables according to their type: If you are using large vegetables, chop them into bite-size pieces; leave small produce, such as sugar snap peas, whole. Add the mixed vegetables, zucchini and half the lime zest to the sauce, and continue to cook for 5 minutes.

- ❖ While the curry is simmering, bring a large saucepan of water to a boil. Add the rice, and cook for about 15 minutes, or until the grains are tender. Drain well. Mix the remaining lime zest with the cilantro and parsley.
- ❖ Divide the freshly cooked rice among four warm serving bowls, and spoon the curry on top. Scatter the lime zest and herb mixture over the top, and serve immediately.

**each serving contains:**

Calories 330 • Protein 8g • Fat 21g (saturated 10g) •  
Carbohydrates 26g • Fiber 7g • Calories from fat 58% • Excellent  
source of vitamins A, C and E

# polenta with beans

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 20 minutes

this recipe comes all the way from Ras Kutani, a beach resort in East Africa, which I found particularly stunning as I was on my honeymoon.

Cornmeal (also known as polenta) and beans is the staple local diet—not a dish that appeared on the hotel menu. However, when I expressed an interest in their food, the staff was more than delighted to cook this dish and share it with us, on one condition: that we ate it with our hands! This is easier than it may seem. Take a piece of cornmeal, roll it into a ball, dip the ball into the beans, and enjoy. (I must confess I used a spoon towards the end—I didn't want to waste any of the delicious juices.)

**2 tablespoons sunflower oil**  
**1 large onion, finely chopped**  
**2 teaspoons turmeric**  
**7 fl. ozs. canned unsweetened coconut milk**  
**10 fl. ozs. water**  
**1¾ cups (14 ozs.) canned kidney beans, drained**  
**1 cup (5½ ozs.) corn meal**

- ❖ Heat the oil in a frying pan, and sauté the onions over high heat for 3 minutes, or until they soften and start to turn golden. Add the turmeric, and cook, stirring, for another 2 minutes. Stir in the coconut milk, and bring to a boil. Add the beans, and simmer for 10 minutes.
- ❖ Put the water in a large saucepan, and bring to a boil. Add the cornmeal by letting it run through your fingers in a thin stream while beating continuously over moderate heat. The cornmeal is cooked when the mixture leaves the sides of the pan.
- ❖ Pile the corn meal in a mound on a warm dish, and divide the beans among four warm bowls. Guests can have fun taking balls of the meal and dipping them into their beans. Alternatively, spoon a little pile of the cornmeal in the centers of 4 warm plates, top with the beans, and eat with a fork or spoon.

**each serving contains:**

Calories 350 • Protein 11g • Fat 12g (saturated 5g) •  
Carbohydrates 47g • Fiber 7g • Calories from fat 32% • Good  
source of vitamin E

# roasted vegetables

## with couscous and lemon pepper oil

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 30 minutes

**soaking** the couscous as well as baking it makes the grains light and fluffy. Serve the roast garlic cloves whole so that everyone can squeeze the flesh out of the skins and enjoy the delicious flavor.

1 fennel bulb  
12 medium-size vine-ripened tomatoes  
2 red peppers, seeded and cut into bite-size chunks  
2 zucchini, cut into bite-size chunks  
1 red onion, cut into bite-size chunks  
4 cloves garlic, unpeeled  
4 tablespoons extra virgin olive oil  
freshly ground black pepper  
grated zest of 1 lemon  
1 lb. couscous

to serve

large handful of cilantro, roughly chopped  
4 lemon wedges

- ❖ Preheat the oven to 400°F. Trim the tough stalks off the fennel bulb. Shave off the base, and remove any damaged outer layers. Slice the bulb in half lengthwise, cut out the core, and slice each half into bite-size chunks. Skin the tomatoes (see page 46), then cut them into bite-size chunks.
- ❖ Put the fennel, tomatoes, peppers, zucchini, onion and garlic in an ovenproof dish. Drizzle 2 to 3 tablespoons of the oil over them. Scatter pepper and half the lemon zest over the top. Bake for 30 minutes, until slightly golden around the edges.
- ❖ Put the couscous in another ovenproof dish, and pour warm water over the top—just enough to cover the grains, but not flood them. Cover, and let sit for at least 10 minutes in a warm place. Fluff up the cous-

cous grains with a fork. Add the remaining oil and lemon zest, and mix together. Cover the couscous with foil, and bake alongside the vegetables for 20 minutes.

- ❖ Mix the couscous and vegetables together, and scatter cilantro over them. Serve warm with lemon wedges and extra black pepper.

**each serving contains:**

Calories 425 • Protein 9g • Fat 13g (saturated 2g) • Carbohydrates 70g • Fiber 4.5g • Calories from fat 25% • Excellent source of vitamins A and C • Good source of vitamin E



# moroccan spiced red potato with chickpeas

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 40 minutes

**this** very satisfying dish can quite happily be served on its own. However, it is also delicious on a bed of steamed couscous; the little grains absorb some of the Moroccan-flavored juices. You should be able to find harissa in Middle Eastern grocery stores.

**2 red-skinned potatoes, unpeeled**  
**1 lb. fresh ripe plum tomatoes or 1¾ cups (14 ozs.)**  
**canned chopped tomatoes**  
**1 teaspoon cumin seeds**  
**2 tablespoons olive oil**  
**1 large onion, chopped**  
**1 large garlic clove, chopped**  
**large pinch of saffron threads**  
**2" piece of fresh ginger, peeled and chopped**  
**1¾ cups (14½ ozs.) canned chickpeas, drained**  
**1–2 teaspoons harissa**  
**¾ cup (6 fl. ozs.) water**  
**sea salt and freshly ground black pepper**  
**handful of cilantro, roughly chopped**  
**handful of fresh mint leaves, roughly chopped**

- ❖ Put the potatoes in a small saucepan of boiling water, and simmer for about 20 minutes, until tender. Drain, and let cool. Cut the potatoes into cubes, leaving the skins on. Set aside. If you are using fresh tomatoes, skin them (see page 46), then roughly chop their flesh.
- ❖ Dry-fry the cumin seeds in a heavy frying pan over moderate heat, turning or stirring frequently, for a couple of minutes, until they start to pop and turn golden. Crush coarsely using a pestle and mortar.

- ❖ Heat the oil in a large saucepan. Add the onion, garlic, saffron, ginger and cumin and sauté over moderate heat for 5 minutes, until the onion is soft and golden. Stir in the tomatoes, diced potatoes, chickpeas and harissa, and pour in the water. Bring to a boil, then reduce the heat and simmer, covered, for 20 minutes. Season with salt and pepper.
- ❖ Transfer the potatoes to a warm serving dish, scatter cilantro and mint over them, and serve.

**each serving contains:**

Calories 270 • Protein 10g • Fat 9g (saturated 1g) • Carbohydrates 39g • Fiber 7g • Calories from fat 30% • Good source of vitamins C and E

# mediterranean potatoes with olives, herbs and tomatoes

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 55 minutes

these potatoes are visually appealing and very satisfying. All they need to accompany them is a fresh green salad dressed in a vinaigrette.

**2 lbs. waxy potatoes, unpeeled**  
**2 tablespoons olive oil**  
**1 Spanish onion, finely sliced**  
**1 clove garlic, chopped (optional)**  
**sea salt and freshly ground black pepper**  
**1 cup (7 ozs.) sun-dried tomatoes, cut into strips**  
**1 cup (7 ozs.) mixed black and green olives, pitted**  
**15 fl. ozs. vegetable stock (see page 62)**  
**large handful of fresh flat-leaf parsley, roughly chopped**

- ❖ Preheat the oven to 375°F. Bring a large saucepan of water to a boil, add the potatoes, and simmer for 10 minutes, until they are partly cooked. They should still be firm when pierced with a sharp knife. Drain.
- ❖ Heat the oil in a frying pan, and sauté the onion and sun-dried tomatoes over moderate heat for about 5 minutes, until soft and golden. Peel and thinly slice the potatoes. Oil an ovenproof dish. Arrange a layer of the sliced potatoes on the bottom, and season with chopped garlic, if desired, salt and pepper. Scatter some of the onion slices, tomato strips and olives over them, and season well. Arrange another layer of potato slices, then another layer of onions, tomatoes and olives. Continue the process until all the ingredients have been used, finishing with a layer of potatoes. Remember to season each layer.
- ❖ Bring the stock to a boil, and pour it over the vegetables. Bake in the oven for 30–40 minutes, until the potatoes are cooked and crispy. Scatter fresh parsley over the top, and serve.

**each serving contains:**

Calories 300 • Protein 6g • Fat 12g (saturated 2g) • Carbohydrates 43g • Fiber 5g • Excellent source of vitamin C • Good source of vitamins B<sub>1</sub> (thiamin) and B<sub>6</sub>

# eggplant and potato bake

**serves 4**

**preparation time:** 25 minutes

**cooking time:** 50-55 minutes

the eggplant's perfect, blemish-free purple skin never ceases to amaze me. This vegetable always looks soft, glossy and perfect. The actual flavor of its flesh could be described as rather bland but, to me, that adds to its versatility. The soft flesh will absorb spices, chili peppers and garlic. And it can cope with strongly flavored ingredients such as chopped gherkin pickles, olives and fresh herbs. Serve this dish with fresh bread.

**2 lbs. potatoes, peeled and cut into chunks**

**2 tablespoons extra virgin olive oil, plus extra for griddling and drizzling**

**3 large garlic cloves, crushed**

**sea salt and freshly ground black pepper**

**1 lb. ripe plum tomatoes**

**1 large eggplant, cut into thick slices**

- ❖ Preheat the oven to 400°F. Bring a pan of water to a boil, and add the potatoes. Bring back to a boil, and simmer for 15-20 minutes, until tender. Drain, return the potatoes to the pan, and dry them out over low heat, shaking the pan gently. Add 2 tablespoons oil and the garlic, and season well with salt and pepper. Mash to a smooth puree.
- ❖ Put the tomatoes in a bowl, and cover with boiling water. After 20 seconds in the boiling water, plunge them straight into cold water. Drain, skin and seed the tomatoes, then roughly chop their flesh.
- ❖ Brush a griddle with a little olive oil, and heat until very hot. Put a few eggplant slices on the griddle, and cook for 5 minutes on each side, until golden and soft. Transfer to a shallow ovenproof serving dish. Repeat with the remaining eggplant slices. If you don't have a griddle, put the slices in the ovenproof dish, and cook in the oven for 10 minutes on each side.
- ❖ Spread the tomatoes over the eggplant, then spread the mashed potatoes over the tomatoes. Drizzle a little olive oil over the potatoes, and scatter salt and pepper over the top. Bake for 20-25 minutes, until golden and crispy and hot all the way through. Serve immediately.

**each serving contains:**

Calories 273 • Protein 6g • Fat 9g (saturated 1.5g) • Carbohydrates 43g • Fiber 5.5g • Calories from fat 30% • Excellent source of vitamin C • Good source of vitamin B<sub>6</sub> (thiamin) and folic acid

# stir-fried black beans

## with lime and chili

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 20 minutes

**warm** tortillas can hold many fillings and are always great fun to serve to friends. Provide a pile of warm tortillas, a bowl of hot beans and a dish of lime chunks, then leave everyone to help themselves.

**8 tortillas**

**1 teaspoon cumin seeds**

**1 tablespoon vegetable oil**

**2 red onions, sliced into rings**

**2 garlic cloves, thinly sliced**

**1 teaspoon ground coriander**

**½–1 teaspoon chili powder**

**5 fl. ozs. vegetable stock (see page 62)**

**4 cups canned black beans, drained**

**juice of ½ lime**

**sea salt and freshly ground black pepper**

to serve

**large handful of cilantro, roughly chopped**

**4 wedges fresh lime**

- ❖ Preheat the oven to 325°F. Wrap the tortillas in aluminium foil, and warm them through in the oven for 10 minutes.
- ❖ Dry-fry the cumin seeds in a heavy frying pan over moderate heat, turning or stirring frequently, for a couple of minutes, until the seeds start to pop and turn golden. Crush coarsely using a pestle and mortar.
- ❖ Heat the oil in a wok or large frying pan. Sauté the onions over moderate heat for 5 minutes, until soft and starting to turn golden. Add the garlic, ground coriander, crushed cumin and chili powder, and cook, stirring, for another 3 minutes. Pour in the stock, and simmer for about 10 minutes, until the liquid is reduced by half. Add the beans, and heat them

through. Stir in the lime juice, and season with salt and pepper.

- ❖ Divide the beans among four warm bowls, and scatter cilantro over them. Serve with the warm tortillas and wedges of lime.

**each serving contains:**

Calories 540 • Protein 23g • Fat 5g (saturated 0.5g) •  
Carbohydrates 105g • Fiber 16g • Calories from fat 9% • Good  
source of vitamin B<sub>1</sub> (thiamin)

# eggplant butter with sea salt-crusted potatoes

**serves 4**

**preparation time:** 15 minutes

**cooking time:** about 1 hour

**this** thick, chunky puree is packed with flavor and is incredibly filling. It can also be served on top of baked potatoes or with thick, fresh bread and a green salad.

**4 medium-size eggplants**  
**6 fat garlic cloves**  
**6 tablespoons extra virgin olive oil**  
**4 large Idaho or russet potatoes**  
**sea salt for the potatoes, plus extra for seasoning**  
**2 teaspoons cumin seeds**  
**3 tablespoons tahini**  
**juice of 1 lime**  
**large handful of cilantro, roughly chopped**  
**freshly ground black pepper**

- ❖ Preheat the oven to 425°F. Put the whole eggplants and garlic cloves on a baking tray. Coat the eggplant and garlic with 2 tablespoons of the olive oil.
- ❖ Put the potatoes on another baking tray. Coat them with 2 tablespoons of the olive oil, and scatter salt to taste over them.
- ❖ Put both baking trays in the oven, and bake for about 50 minutes, until the eggplant has softened and collapsed. Remove the eggplant from the oven. Bake the potatoes for an additional 10–15 minutes, depending on their size. When the eggplants have cooled a little, peel them and the garlic, and put the flesh in a sieve to finish cooling.
- ❖ Dry-fry the cumin seeds in a heavy frying pan over moderate heat, turning or stirring frequently, for a couple of minutes, until they start to pop and turn golden. Crush coarsely using a pestle and mortar.

- ❖ Put the eggplant and garlic, cumin, tahini, lime juice and remaining olive oil in a food processor, and process to a puree. Put the puree in a bowl, mix in half the cilantro, and season to taste with salt and pepper. Halve the potatoes lengthwise, and spoon some eggplant butter onto each half. Scatter the remaining cilantro over the top, and serve.

**each serving contains:**

Calories 450 • Protein 10g • Fat 25g (saturated 3.5g) •  
Carbohydrates 50g • Fiber 10g • Calories from fat 50% • Excellent  
source of vitamin C • Good source of folic acid and vitamins B<sub>1</sub>  
(thiamin) and B<sub>6</sub>



# pacific rim coconut curry

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 50 minutes

**this** is a filling little number, perfect to serve to burly young men. I speak from experience. My brother and his friends adore this curry and don't complain of being hungry when they've eaten it—which is often the case, even when I serve them meat. I use store-bought pastes very rarely; I always think it pays to toss fresh ingredients in a food processor and make my own base to a curry. So for a taste of flavors from the Pacific Rim—fresh root ginger, chili and garlic—get your food processor out, and start whizzing. Serve the curry with rice or chunks of fresh bread.

for the paste

- 2–3 tablespoons (1 oz.) cilantro**
- 2 garlic cloves, finely chopped**
- 1" piece of fresh ginger, peeled and finely chopped**
- 1 red chili pepper, seeded and finely chopped**
- 1 green chili pepper, seeded and finely chopped**
- 1 teaspoon light brown sugar, softened**
- 1 tablespoon olive oil**
- 2 tablespoons water**
- sea salt and freshly ground black pepper**

- handful of coconut shavings or dried coconut**
- 4 medium-size vine-ripened tomatoes**
- 3 tablespoons olive oil**
- 2 large eggplants, about 1½ lbs. total, cut into large chunks**
- 1 large onion, sliced**
- 2¼ cups (12¼ ozs.) potatoes, peeled and diced**
- 14 fl. ozs. canned unsweetened coconut milk**
- 2 kaffir lime leaves or juice of 1 lime**
- 10 fl. ozs. boiling water**

- ❖ To make the paste: Put all the ingredients except the salt and pepper in a food processor, and process until smooth. Put in a bowl, and season with salt and pepper. Set aside.
- ❖ Dry-fry the coconut shavings or dried coconut in a heavy frying pan over moderate heat, turning or stirring frequently, for a couple of minutes, until golden. Set aside.
- ❖ Put the tomatoes in a bowl, and cover with boiling water. After 20 seconds in the boiling water, plunge

them straight into cold water. Drain and skin the tomatoes, then roughly chop their flesh.

- ❖ Heat the olive oil in a wok or large frying pan. Fry the eggplant over high heat for about 10 minutes, until the chunks are brown all over. Don't panic—the chunks will soak up all the oil at first, but as they begin to brown they will start to release it. Add the onion, fry for 2 minutes, then add the paste. Reduce the heat, and fry gently for 10 minutes, stirring occasionally to prevent the vegetables from sticking to the bottom of the pan.
- ❖ Meanwhile, add the potatoes, coconut milk, lime leaves or lime juice and boiling water to the curry. Simmer, covered, for 25 minutes. Stir occasionally to prevent the curry from sticking. Add the tomatoes a couple of minutes before the end of cooking, and heat through for 1 minute.
- ❖ Put the curry in a warm serving bowl, scatter the toasted coconut shavings or dried coconut over the top, and serve.

**each serving contains:**

Calories 325 • Protein 4.5g • Fat 22g (saturated 11g) •  
Carbohydrates 26g • Fiber 6g • Calories from fat 61% • Excellent  
source of vitamin C

# crispy polenta peppers and zucchini with balsamic vinegar

**serves 4**

**preparation time:** 20 minutes, plus marinating time

**cooking time:** 20 minutes

I enjoyed something similar to this in a restaurant and had a go at making it as soon as I got home. Here is my version. It really is a nice way of serving crunchy vegetables. Don't worry if the cornmeal (polenta) falls off the vegetables when you fry them—just serve any excess crumbs with the vegetables. Remember to cut all the vegetables into similar-size strips so that they cook evenly. Serve them with Chunky Tomato Chutney (see page 170) for dipping and a fresh green salad tossed in a light vinaigrette.

**2 red peppers, seeded and cut into thick strips**  
**2 orange peppers, seeded and cut into thick strips**  
**2 zucchini, cut into thick strips**  
**2 carrots, cut into thick strips**  
**2 garlic cloves, crushed**  
**2 tablespoons extra virgin olive oil**  
**1 tablespoon balsamic vinegar**  
**5 tablespoons fine cornmeal**  
**pinch of paprika**  
**sea salt and freshly ground black pepper**  
**vegetable oil, for frying**

- ❖ Put the peppers, zucchini, carrots and garlic in a bowl, and drizzle the olive oil and vinegar over them. Marinate for at least 30 minutes, stirring occasionally. Drain. Discard the marinade.
- ❖ Preheat the oven to 300°F. Line a plate or baking tray with paper towels. Mix the cornmeal and paprika in a bowl, and season lightly with salt and pepper. Heat ¼" oil in a frying pan. Toss the vegetable strips in the polenta, and fry them in batches for 3–4 minutes, until golden and crispy. Drain each batch on the paper towels, and keep warm in the oven. Scoop out any excess polenta with a slotted spoon, and sprinkle the crumbs over the vegetables. Serve in a warm bowl.

**each serving contains:**

Calories 330 • Protein 4g • Fat 20g (saturated 3g) • Carbohydrates 24g • Fiber 4g • Calories from fat 65% • Excellent source of vitamins A and C

# spicy vegetable rounds with chunky tomato chutney

**makes 12 vegetable rounds**

**preparation time:** 20 minutes

**cooking time:** about 45 minutes

## handheld

food is easy to eat, and there is always an element of fun associated with it. This recipe is for those times when you feel like something hot and nourishing on the run. The vegetable rounds can be prepared ahead of time and kept in the fridge, awaiting a quick, shallow fry. (If time allows, you could bake them in a hot oven for 20 minutes.) The best way to serve them is hot inside slices of fresh ciabatta, with plenty of the chunky tomato chutney between the bread and vegetables. Supply napkins—eating can get messy.

**1 lb. zucchini**

**sea salt and freshly ground black pepper**

**2½ cups (13 ozs.) sweet potatoes, peeled and cut into chunks**

**1⅔ cups (10½ ozs.) carrots, grated**

**1 green chili pepper, seeded and finely chopped**

**1 spring onion, thinly sliced**

**2 pinches of cayenne pepper, plus extra to serve**

**plain flour, for coating**

**vegetable oil, for frying**

for the chunky tomato chutney

**3 medium-size ripe tomatoes**

**1 tablespoon olive oil**

**2 shallots, thinly sliced**

**2 garlic cloves, crushed**

**2 tablespoons balsamic vinegar**

**1 tablespoon sugar**

**sea salt and freshly ground black pepper**

**handful of fresh basil leaves, roughly torn**

- ❖ Preheat the oven to 300°F. Line a plate or baking tray with paper towels. Grate the zucchini, and sprinkle with salt. Set aside for 30 minutes to draw out some of the juices, then pat dry.
- ❖ To make the chutney: Put the tomatoes in a bowl and cover with boiling water. After 20 seconds in the boiling water, plunge them straight into cold water. Drain and skin the tomatoes, then dice their flesh.

- ❖ Heat the oil in a frying pan, and gently fry the shallots for about 5 minutes, until softened and golden. Add the tomatoes and garlic. Raise the heat slightly, and cook for a few more minutes, until the tomatoes have released some of their juices. Stir in the vinegar and sugar, and season to taste with salt and pepper. Simmer, stirring frequently, for 3–4 minutes, until the tomatoes have softened and the liquid has reduced slightly. Remove from the heat, and set aside. When the chutney has cooled slightly, stir in the basil leaves.
- ❖ Bring a saucepan of water to a boil. Add the potatoes, and simmer for about 15 minutes, until tender. Drain, and return the saucepan to the heat. Dry the potatoes over very low heat, shaking gently, then mash them. In a large bowl, mix the potato mash with the zucchini, carrots, chili pepper and spring onion. Add a pinch of cayenne pepper, and season with salt and pepper. Using floured hands, shape the mixture into small balls. Flatten the balls slightly, and coat them very lightly with flour. Sprinkle with a pinch of cayenne pepper.
- ❖ Heat a  $\frac{1}{2}$ " layer of oil in a heavy frying pan. Fry 4 vegetable rounds over moderate to high heat for about 4 minutes on each side, until golden. Drain on the paper towels, and keep warm in the oven. Repeat the process with the remaining rounds.
- ❖ Sprinkle a little cayenne pepper over the vegetable rounds, and serve immediately with the tomato chutney as an accompaniment.

**each serving contains:**

Calories 320 • Protein 4.5g • Fat 20.5g (saturated 2.5g) •  
 Carbohydrates 31g • Fiber 6g • Calories from fat 58% • Good  
 source of vitamins A, C and E

# moroccan-style chickpeas with saffron rice

**serves 4**

**preparation time:** 20 minutes

**cooking time:** 20 minutes

I have always been attracted to Moroccan flavors—the combination of saffron, cinnamon and ginger is just exquisite. This is a really quick supper. The rice cooks merrily alongside the chickpeas so that everything is ready at the same time.

**1½ cups (12¼ ozs.) basmati rice**  
**large pinch of saffron threads**  
**4 medium-size ripe tomatoes**  
**4 tablespoons olive oil**  
**¼ teaspoon paprika**  
**¼ teaspoon cayenne pepper**  
**¼ teaspoon ground ginger**  
**¼ teaspoon cumin seeds, roughly crushed**  
**1 cinnamon stick, broken in half**  
**1 Spanish onion, grated**  
**1 lb., 13 ozs. canned chickpeas, drained**  
**½ handful of cilantro, coarsely chopped**  
**½ handful of fresh mint, coarsely chopped**  
**5 fl. ozs. water**  
**sea salt and freshly ground black pepper**

- ❖ Bring a large saucepan of water to a boil, and add the rice and saffron. Bring back to a boil, reduce the heat, and simmer for 15–20 minutes, until the rice is tender. Drain.
- ❖ Put the tomatoes in a bowl, and cover with boiling water. After 20 seconds in the boiling water, plunge them straight into cold water. Drain and skin the tomatoes, then roughly chop their flesh.
- ❖ Heat the oil in a wok or frying pan. Add the paprika, cayenne pepper, ginger, cumin seeds and cinnamon stick, and fry gently for 3–4 minutes to cook off the spice flavor. Add the onion, and sauté over moderate heat for 5 minutes, until soft and golden. Add the tomatoes, chickpeas, cilantro, mint and water. Simmer gently, covered, for 15 minutes. Season with salt and pepper.

- ❖ Divide the saffron rice among four warm serving plates. Pile the vegetables on top, and serve immediately.

**each serving contains:**

Calories 670 • Protein 22g • Fat 17g (saturated 2g) •  
Carbohydrates 108g • Fiber 9g • Calories from fat 23%

# moroccan spiced rice pudding

**serves 4**

**preparation time:** 15 minutes

**cooking time:** about 25 minutes

## ingredients

such almonds and dried fruit play a major role in Moroccan desserts. I love the combination of almonds, apricots and raisins, especially with the addition of a splash of orange-flower water (available at supermarkets).

4 cups (2 pints) soy milk  
3½–5 tablespoons (1¾–2½ ozs.) jasmine rice  
2 tablespoons rice flour  
1 cup (6 ozs.) turbinado sugar  
1¼ cups (4½ ozs.) ground almonds  
½ handful of dried apricots, soaked in orange-flower water to cover  
½ handful of raisins, soaked in orange-flower water to cover  
¼ teaspoon almond extract  
½ teaspoon vanilla extract  
2 tablespoons orange-flower water  
pinch of ground cinnamon, for dusting

- ❖ Put 3 cups (1½ pints) of the soy milk in a saucepan, and bring gently to a boil. Add the rice, reduce the heat, and simmer for 15–20 minutes, until the rice is tender but still has a bite to it. (Stir frequently to prevent the mixture sticking from to the bottom.) If necessary, add a few tablespoons of water to loosen the mixture.
- ❖ In a small bowl, mix the rice flour with about 2 tablespoons water—enough to make a smooth paste. Add the remaining milk to the paste, and stir well. Pour the rice flour mixture into the saucepan with the rice, and bring to a boil over low heat, stirring constantly. Add the sugar, ground almonds, apricots and raisins, and simmer gently, stirring constantly, until the mixture thickens. Remove the saucepan from the heat, and stir in the almond and vanilla extracts and the orange-flower water. Let cool for a few minutes.



- ❖ Divide the rice pudding among four short, fat drinking glasses, and chill in the fridge for several hours. Dust with ground cinnamon, and serve.

**each serving contains:**

Calories 560 • Protein 17g • Fat 23g (saturated 2g) • Carbohydrates 73g • Fiber 3g • Calories from fat 37% • Excellent source of vitamin E • Good source of riboflavin and vitamin B<sub>2</sub>

# pancakes

**serves 4**

**preparation time:** 10 minutes, plus chilling time

**cooking time:** about 15 minutes

**serve** these pancakes in the traditional way with maple syrup, or with Fresh Fruit Compote (see page 208), Apricot Sauce (see page 217), or Apple and Brandy Sauce (see page 210).

**1¼ cups (4½ ozs.) wholemeal flour**

**½ cup (1¾ ozs.) soy flour**

**8½ fl. ozs. soy milk**

**2 teaspoons vegetable oil, plus additional for frying  
lemon juice and turbinado sugar**

- ❖ Sieve the wholemeal and soy flours into a large mixing bowl. Gradually add the soy milk, whisking vigorously with a fork to prevent lumps from forming, to make a smooth batter. Whisk in the oil. Chill for 30 minutes.
- ❖ Preheat the oven to 300°F. Heat a little oil in a frying pan. As soon as it is hot, pour 2 tablespoons of the batter into the center of the pan. Swirl it around to form a thin pancake, and cook for 1 minute, until the underside is brown. Turn the pancake over, and cook the other side. Transfer to a warm serving plate, and continue until all the batter is used. Interleave the pancakes with sheets of grease-proof paper, and keep them warm in the oven. Serve with lemon juice and sugar to taste.

**each serving contains:**

Calories 245 • Protein 10g • Fat 13g (saturated 1.5g) •  
Carbohydrates 23g • Fiber 4g • Calories from fat 47%

# baked bananas

## with orange and hazelnuts

**serves 4**

**preparation time:** 15 minutes

**cooking time:** 20 minutes

**this** is a hot version of a banana sundae. As with all nuts, dry-frying the hazelnuts really brings out their flavor.

**4 firm bananas, unpeeled**

**1 tablespoon lemon juice**

**1¼ cups (4½ ozs.) hazelnuts, roughly chopped**

**4 scoops soy ice cream**

**juice of ½ orange**

- ❖ Preheat the oven to 400°F. Put the bananas on a baking tray, and brush them with the lemon juice. Bake for 20 minutes, or until they are dark and soft.
- ❖ Meanwhile, dry-fry the hazelnuts in a heavy frying pan over moderate heat, turning or stirring frequently, for 5 minutes, until golden. Roughly chop the nuts.
- ❖ Snip open the banana skins with scissors or a knife, and put a scoop of ice cream in the middle of each one. Drizzle the orange juice over the ice cream, and scatter the hazelnuts on top. Serve immediately.

**each serving contains:**

Calories 400 • Protein 7.5g • Fat 25g (saturated 4g) •  
Carbohydrates 39g • Fiber 3g • Calories from fat 56%