

recipes

Assorted recipes collected by Angus McIntyre
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Guacamole

Ingredients

2 avocados
1 tomato
salt
pepper
garlic
onion
lemon

Information

Type Starter
Serves 4
Time 15 minutes
Diet vegan

Notes

Preparation

Cut the tomato and flavour with salt, pepper and lemon juice. Chop the garlic and onion into very small pieces. Add to the tomato. Peel the avocados, crush them and add to the mixture. Serve with corn crackers or tortillas.

Basic Vegetable Soup

Ingredients

2 carrots
1 zucchini
1 potato
1 onion
6 cups water

Information

Type	Soup
Serves	6
Time	30 minutes
Diet	vegetarian

Notes

Preparation

Shred or grate uncooked vegetables, including onion. Add water with vegetables and boil until soft. Season with any spice, like garlic powder, thyme, bay leaves and salt and pepper.

E.N.

Creamy mushroom soup (Vellutata ai funghi)

Ingredients

300g mushrooms
100g single cream
20g butter
20g dried mushrooms
2 eggs
1 potato
1 scallion
chives
1l vegetable stock
salt
white pepper

Information

Type Soup
Serves 4
Time 70 minutes
Diet vegetarian

Notes

This can also be served sprinkled with thin slices of white truffle (in which case the herbs should be omitted).

Preparation

Soak the dried mushrooms in hot water. Slice the scallion finely and fry gently in butter. Clean and finely slice the mushrooms, clean and dice the potato, and add both to the frying pan. Continue to cook for a minute or two, then drain the softened dried mushrooms and add them to the mixture. Pour in the stock and cook for around 30 minutes.

Blend the soup and return it to the pan. Beat the yolks of the eggs with salt and pepper, add cream, mix them well and then pour them into the mushroom soup mixture. Mix rapidly so that the yolk doesn't have a chance to clot, and remove from the heat.

Serve the soup sprinkled with chives and other herbs to taste.

Gill's mushroom and coriander soup

Ingredients

1 tbsp vegetable oil
2 cloves garlic
2 tsp soy sauce
1/2 tsp ground coriander seeds
1/4 tsp fresh ground black pepper
1.5 pints vegetable stock
4-6 medium mushrooms spring onions

Information

Type	Soup
Serves	4
Time	30 minutes
Diet	vegan

Notes

Preparation

Heat the oil, stir in the garlic, coriander and pepper, and cook gently for two minutes. Add soy sauce and stock, bring to a low simmer, and continue to simmer for ten minutes. Add thinly sliced mushrooms and continue to simmer for five minutes more. Garnish with spring onions, and serve.

Gill Flaherty

Arroz tapado vegetariana

Ingredients

2 tbsp oil
2 ground cloves garlic
salt
3 cups water
2 cups rice
2 tbsp butter or margarine 1/4 cup chopped onion
2 small tomatoes
1/4 tsp pepper
1/2 cup seedless raisins
2 hardboiled eggs
1 tbsp chopped parsley
grated parmesan

Information

Type Main course
Serves 3
Time 45 minutes
Diet vegetarian

Notes

Chilean rice dish.

Preparation

Chop onion and tomatoes. Slice eggs. Heat oil in a saucepan and brown half the garlic with a little salt. Add water, and when it boils, add the rice. Cook slowly. In a frying pan, fry the onion quickly with the remaining garlic and the tomatoes in the butter or margarine. Add salt and pepper. When cooked, add raisins, egg and parsley. Grease a mould or bowl and put in a layer of rice, then a layer of the tomato/onion mixture, then another layer of rice. Turn out onto a platter to serve. Sprinkle with grated cheese to serve.

Courgettes aux oeufs

Ingredients

660g courgettes
8 eggs
1 tsp white wine vinegar
45g freshly grated parmesan
3 tbs finely chopped fresh parsley
salt and pepper
60g butter

Information

Type	Main course
Serves	4
Time	30 minutes
Diet	vegetarian

Notes

This is more of a tortilla or frittata than an omelette proper. It is thick and chunky and best cut into wedges to serve. This is one instance where the courgettes should be cut thinly, so that they collapse down to a fraction of their original volume as they fry. Use a large heavy frying pan for this one.

Preparation

Slice the courgettes thinly, spread out in a collander, sprinkle with salt and leave to drain for at least half an hour. Rinse and dry thoroughly. Beat the egg with the vinegar, half the parmesan, parsley, salt and pepper. Melt the butter in a large heavy frying pan and add the courgettes. Cook over a medium heat, stirring frequently, until beginning to brown - about 10-15 minutes. Set the grill to warm through. Tip the eggs over the courgettes and continue cooking as for a large omelette, raising the edges to let the runny egg ooze underneath and set. When the omelette is three-quarters cooked, with the top still a little runny, sprinkle over the remaining parmesan and whip under the grill until browned and just set. Serve hot, warm or cold.

Crepes

Ingredients

1 cup cold water
1 cup cold milk
4 eggs
1/2 tsp salt
2 cups plain flour
4 tsp melted butter

Information

Type Main course
Serves 4
Time 150 minutes
Diet vegetarian

Notes

Traditional French-style pancakes. The preparation time includes the time required for the pancake mixture to stand in the refrigerator before use.

Preparation

Beat the ingredients together, adding flour slowly. Beat until the mixture is thin and lumpless, resembling cream. Cover and refrigerate for at least two hours. If the crepes are too thick, more water can be added. To cook, use a flat pan about 15cm in diameter, heat the pan and add two to three tablespoons of oil. Continue heating until it is very nearly smoking - the oil moves, and then goes still. Add a large cooking spoon of batter and tip the pan quickly so that the batter covers the base of the pan. Cook for about a minute, until the pancake looks nearly dried at the centre, then turn it over with a spatula, and cook for another thirty seconds. Crepes can be filled with sweet or savoury fillings. Sugar and lemon juice, or maple syrup, are ideal for a sweet filling. Another possibility is to make a tower of crepes, with alternating layers of cheese, spinach, tomato or tomato and lentil sauce, and covered with a cheese sauce. Bake in the oven for around 40 minutes.

Egg and cheese stuffed pepper

Ingredients

4 tbsp curd cheese
1 tsp flour
1 egg
2 tbsp grated cheese
1 green pepper
soy sauce
a little milk or yoghurt

Information

Type Main course
Serves 1
Time 45 minutes
Diet vegetarian

Notes

Preparation

Mix the curd cheese with the flour, beaten egg, 1 tablespoon of grated cheese, salt and pepper, and some milk or yoghurt. Blend to a mixture like thick cream cheese. Halve the peppers and remove the seeds and core. Put them in boiling salted water for five minutes. Fill the pepper halves with the cheese mixture, then top with grated cheese and/or breadcrumbs. Place them in an oven dish which has been filled with 3 tablespoons of water and 1 tablespoon of either soy sauce or tomato puree. Heat the oven to Gas 5/190°C/375°F and cook for 30 minutes.

Fettucine Alfredo

Ingredients

450g spinach fettucine noodles
115g butter
1 egg yolk
4 tbsp. heavy cream
1/2 cup grated parmesan cheese
pepper
garlic
nutmeg

Information

Type	Main course
Serves	4-6
Time	30 minutes
Diet	vegetarian

Notes

Preparation

While noodles are boiling in salted water, beat butter until fluffy. Beat in the egg yolk. Add the cream and then the cheese. Add plenty of pepper and mix well. The mixture will be like a thick paste.

When the noodles are done, drain them and add them to the bowl of alfredo while they are still steaming. The sauce will thin from the heat, but it will not get runny.

Add a little garlic or nutmeg to taste.

Kara Andrews

Gnocchi di farina (Flour gnocchi)

Ingredients

5 tbsp of flour
1 1/2 tbsp of fine breadcrumbs
1 egg
salt

Information

Type	Main course
Serves	2
Time	30 minutes
Diet	vegetarian

Notes

Preparation

Mix all ingredients together, forming a dough. The mixture should not be too hard or too liquid. Drop lumps of the mixture into boiling salted water. To prevent the mixture sticking to the spoon, dip it first in the boiling water. About ten minutes after the gnocchi have floated to the surface, they are ready to eat. Garnish with butter and sage, or according to taste.

Elena Cheli

Goujere

Ingredients

1 cup water
6 tbsp butter
1 tsp salt
pinch of pepper
pinch of nutmeg
1 cup flour
4 eggs

Information

Type	Main course
Serves	4
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Boil the water, butter and salt/pepper in a saucepan, then remove from the heat. Dump in 1 cup of flour, and beat vigorously, blending over the heat for a few minutes, until the mixture becomes a lump in the middle of the pan. Then remove from the heat, make a hole in the centre with a spoon, and break in an egg. Beat the paste until the egg has been absorbed, and repeat with three more eggs. When all the eggs have been absorbed, put the pastry around the inside of a baking dish, and fill the centre with the chosen filling - moistened leftovers, grated cheese, etc. Bake in a medium-hot oven until firm.

Field McIntyre

Greek-style spinach pies

Ingredients

300g spinach
1 tbsp butter
35g thinly sliced onion
150g feta cheese
150g cottage cheese
2 eggs
tbsp farina (cream of wheat)
1 tsp dill weed
2 tbsp finely chopped parsley
salt
pepper
12 sheets phyllo dough
150g melted butter

Information

Type Main course
Serves 3
Time 60 minutes
Diet vegetarian

Notes

The original recipe calls for scallions in place of the onion, but onion also appears to work well. This recipe makes about six pies - which is probably enough for three moderately greedy people.

Preparation

Clean the spinach and cut off the stems, then cook in a small amount of boiling water until tender. Drain off excess water (squeeze it in a towel if necessary).

Heat the butter and cook the onion for 2 minutes; it should be soft but not brown. Mix the crumbled feta cheese, cottage cheese, eggs, cream of wheat, dill and parsley together, add the spinach and onion and mix, adding salt and pepper if needed.

Brush a sheet of phyllo pastry with melted butter, put another sheet on top, and brush that too with butter, then fold the sheets in half lengthwise and brush again with butter. Put a small quantity of spinach mixture - about 75-100g - on the sheets and fold them up so that the mixture is enclosed in a kind of triangular envelope. Brush this with butter and place it on a greased baking sheet.

Cook for 25-30 minutes in an oven preheated to 400°F/200°C/Gas 6, until golden-brown. Serve hot.

Italian soufflé (sformato in crosta)

Ingredients

200g milk
100g mushrooms
100g frozen peas
70g grated parmesan
280g butter
155g flour
3 eggs
1 onion
1 potato
olive oil
salt
pepper
nutmeg

Information

Type Main course
Serves 4
Time 120 minutes
Diet vegetarian

Notes

Preparation

Make the crust by mixing 250g of flour with 125g of chopped butter, a pinch of salt, 1 egg and a little cold water. When the result is smooth and uniform, make a ball and set it to one side.

Cut the onion finely and fry it gently in a small amount of oil. Add the potato cut into cubes, the peas and the finely-sliced mushrooms. Season and cook for around ten minutes, stirring from time to time.

With 30g of butter, 30g of flour and the milk, make a bechamel sauce (white sauce), add salt and pepper and flavor with nutmeg. Remove from the heat and mix in the grated parmesan and the yolks of two eggs.

Roll out about three quarters of the pastry dough and use it to line a buttered deep-sided pie tin. Add the vegetables to the bechamel sauce, whip the egg whites and add them to the mixture, and pour it all into the pie tin.

Roll out the remaining dough and make a disc shape. Place it over the mixture and seal the edges with the base. Cook the result in the oven at Gas 4/350°F/175°C for around 50 minutes.

Italian vegetable quiche

Ingredients

400g piecrust dough
200g single cream
200g milk
3 eggs
3 zucchini (courgettes)
2 carrots
1 red pepper
olive oil
salt
pepper

Information

Type Main course
Serves 6
Time 80 minutes
Diet vegetarian

Notes

Preparation

Knead the dough with 4 tablespoons of olive oil, make it into a ball and set it to one side.

Clean the vegetables, wash them and cut them into fine slices. Fry them for five minutes, then add seasoning and remove from the heat. Beat the eggs in a bowl, add the cream, milk, salt and pepper. Mix in the vegetables.

Roll out the dough and use it to line a buttered and floured pie tin, allowing the dough to spill over the edges of the tin. Pour in the vegetable mixture, fold the edges of the dough inwards, and cook in a preheated oven at Gas 4/350°F/175°C for an hour.

Can be served hot or cold.

Kicheri

Ingredients

4 tbsp mung beans/split red lentils/split
peas/black-eyed beans
4 tbsp brown rice
1 chopped onion or clove of garlic
thin slice of chopped root ginger
1 unpeeled/chopped potato
2 sliced carrots
1 tbsp oil
1 mug water
1 tbsp soy sauce
squeeze lemon juice
1 sliced tomato
salt
pepper

Information

Type	Main course
Serves	1
Time	60 minutes
Diet	vegan

Notes

Preparation

Put everything except the tomato, salt and lemon into a pot. Bring to the boil, stir well, cover and simmer for forty minutes. Add lemon juice, salt and tomato. Turn off the heat, and leave covered for ten minutes. Continental lentils or black-eyed beans may require longer cooking. If you like it spicier, try adding a pinch of cumin and 1/2 tsp of paprika.

Lentil lasagne

Ingredients

175g lasagne
1 onion
1 tbsp olive oil
125g mushrooms
400g can of tomatoes
125g split red lentils
150ml stock or red wine
3 large cloves of garlic
salt
pepper
225g cottage cheese
125g grated cheddar
1/2 tsp dried basil/thyme/oregano/marjoram
breadcrumbs
parmesan

Information

Type Main course
Serves 4
Time 120 minutes
Diet vegetarian

Notes

Preparation

Cook the lasagne in a large pan half filled with boiling salted water. Drain and drape the lasagne over the sides of a colander so the pieces don't stick together while you prepare the filling. Fry the onion in oil for seven minutes, add the mushrooms and cook for three minutes more, stir in tomatoes, lentils, stock/wine and garlic, and cook gently for twenty to thirty minutes until the lentils are very tender. Add the herbs, salt and pepper. Pre-heat the oven to Gas Mark 6/200°C/400°F. Put a layer of the mixture in the base of a shallow casserole dish, cover with the lasagne, then add more lentils, cottage cheese, grated cheese and more lasagne, repeating until all ingredients have been used. Sprinkle with crumbs and grated parmesan cheese, and bake in the oven for one hour.

Lentil & potato bake

Ingredients

100g red split lentils
1 small onion
oil
50g cheese
150g potato

Information

Type	Main course
Serves	1
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Cook and slice the potato thinly. Grate the cheese. Pre-heat the oven to Gas 6/200°C/400°F. Fry the lentils and the onion for 5 minutes, or until the onion starts to turn brown. Cover with a little water and cook until the water is absorbed, usually 10-15 minutes. Spread the lentil mixture in a greased one-person casserole dish. Cover with the potatoes and sprinkle cheese on top. Bake for 30 minutes, and serve with brown rice.

Lentil rissoles

Ingredients

50g red split lentils
1/2 carrot
1/2 stick of celery
1 small onion
1 tsp parsley
1/4 tsp coriander
40g wholemeal breadcrumbs
1 egg
2 tbsp flour
oil
150ml water

Information

Type Main course
Serves 1
Time 90 minutes
Diet vegetarian

Notes

Preparation

Chop the parsley, onion, celery and carrot. Beat egg. Heat the oil in a pan, add the onion, celery and carrots, fry until softened. Add lentils, water, coriander and salt and pepper. Bring to the boil, cover and simmer for 50-60 minutes, stirring occasionally. Mix in parsley and about 1/3 of the breadcrumbs. Turn the mixture onto a plate to cool. Sprinkle flour evenly on your hands, shape the mixture into rissoles and coat with flour. Dip into the beaten egg and coat with the remaining breadcrumbs. Pour the oil into a frying pan to a depth of 5mm, and place over a moderate heat. When hot, add the rissoles and fry until crisp and golden brown, turning once or twice. They can be served with a sauce made from 50g natural yoghurt mixed with 1/2 tsp chopped parsley and a clove of garlic.

Melanzana alla parmigiana (Eggplant parmesan)

Ingredients

2 medium eggplants (about 1.5kg)
2 cups canned tomatoes
salt
1 mozzarella (grated)
5 tbsp grated Parmesan
1.5 tsp oregano
2.5 tbsp butter

Information

Type Main course
Serves 4
Time 120 minutes
Diet vegetarian

Notes

Rich cheese and eggplant/aubergine dish.

Preparation

Slice the eggplants (aubergines), salt the slices and leave for thirty minutes to lose their moisture. Then fry the slices in very hot oil until they are golden brown. Preheat the oven to Gas 6/400°F/200°C. Butter the inside of a baking dish. Line the base with eggplant slices, cover this layer with chopped and drained tomatoes, then add coarsely grated mozzarella, parmesan and oregano. Continue to build up in layers in this way, finishing with a layer of eggplant. Sprinkle the remaining parmesan on top, and dot with butter. Put it in the upper third of the oven. Cook for twenty minutes, then check to see if there is any extra liquid in the pan. If there is, drain it off. Return to the oven for fifteen minutes, then remove and allow to cool for a short period before serving.

Mushroom and walnut quiche

Ingredients

225g wholewheat flour
1/2 tsp sea salt
50g unsalted butter
50g hard vegetable shortening (or margarine)
1 tbsp lemon juice
1 tbsp cold water
25g butter
225g mushrooms
100g walnuts
4 eggs
300ml single/light cream
50g grated Gruyere cheese

Information

Type Main course
Serves 4
Time 120 minutes
Diet vegetarian

Notes

Preparation

Begin by making the pastry case. The ingredients, the bowl, and your hands should be as cold as possible, for a less brittle pastry. Sift the flour into a bowl, then add the sifted bran back in. Add the salt, and quickly grate the butter and shortening into the bowl. Rub the mixture with your fingers until it resembles fine breadcrumbs. Now add the lemon juice, and start to make a dough. If necessary, carefully add water in small amounts. Divide the dough into two, and leave for 1 hour in the refrigerator before using. (For other recipes, you can also make different kinds of pastry based on this recipe, using half wholemeal flour and half oatmeal, or for a cheese pastry, with 50g grated hard cheese, or for a sweet pastry, with half white flour, half wholemeal, 1/4 tsp salt, 150g unsalted butter and 2 tbsp mild honey).

To bake the pastry, roll it out flat, grease the pan you will be using, and build the pastry shell in the pan. Cover the pastry with foil or greaseproof paper, also greased with oil or margarine, and weighted down with a handful of dried beans (to stop the base rising too much). Bake this at Gas 4/180°C/350°F for about 10 minutes, then remove the foil and the weight, and bake for 3 minutes more.

For the quiche, beat the eggs with the cheese, butter and cream, add the finely chopped walnuts. Fry the mushrooms gently for about 8 minutes (maybe a little longer for funghi cremini, which cook more slowly than the champignons this recipe was designed for), then add them to the egg and cream mixture. Mix well, pour into the pastry case, and cook at Gas 6/200°C/400°F for 25 minutes.

Papas a la Huancaína

Ingredients

10 potatoes
2 cups fresh hard white cheese
lettuce leaves
3 hard boiled egg yolks
2 tbsps ground chillies
salt
pepper
1 cup oil
1/2 cup evaporated milk
5 hardboiled eggs
few drops lemon juice
1/4 cup onion
1 chilli

Information

Type Main course
Serves 6
Time 60 minutes
Diet vegetarian

Notes

Traditional Peruvian potato dish.

Preparation

Cook and peel potatoes. Chop onion finely and rinse in boiling water. Make sauce by mashing together the cheese and egg yolks with a fork, add ground chillies, add salt and pepper to taste, and mix well. Pour in the oil, a little at a time, add the evaporated milk and lemon juice. Beat well, and add the onion. Arrange the potatoes on a serving dish, cover them with the sauce and garnish with olives, sliced hardboiled eggs, the chilli cut into fine strips and lettuce.

Pauper's vegetable strogonoff

Ingredients

1/2 green pepper
few mushrooms
1 small onion
25g margarine
1 tsp (5ml) wholemeal flour
soy sauce
2 tbsp (30ml) natural yoghurt

Information

Type	Main course
Serves	2
Time	15 minutes
Diet	vegetarian

Notes

Preparation

Slice the pepper, mushrooms and onion, then fry in the margarine until soft. Stir in the flour and cook for one minute. Add the soy sauce and yoghurt and heat gently. Serve with rice or tagliatelle, sprinkled with paprika.

Pine nutmeat

Ingredients

30g butter
1 chopped onion
225g ground pine nuts
4 tbsp milk
120g soft white breadcrumbs
2 eggs
salt
pepper
nutmeg
180g breadcrumbs
120g butter
rind and juice of 1 lemon
1/2 tsp dried marjoram
1/2 tsp dried thyme
4 heaped tbsp parsley
salt
pepper

Information

Type	Main course
Serves	4
Time	120 minutes
Diet	vegetarian

Notes

Preparation

Grease tin, sprinkle with dried breadcrumbs. Melt butter and fry onion until soft. Remove from heat, and mix in the ground pine nuts, the milk, breadcrumbs, eggs, salt and nutmeg. For the stuffing, chop the butter into small pieces and mix in the lemon, breadcrumbs, and the herbs and spices. Layer the nutmeat and the stuffing in the tin, and cover with buttered foil. Bake at Gas 4/350°F/180°C for 1 hour. Leave for 5 minutes, then turn out. Garnish with roasted nuts, parsley and lemon.

Potato and mushroom kugel

Ingredients

4 medium potatoes
2 medium onions
4 tbsp butter
1 tsp salt
250g mushrooms
black pepper
dill weed
4 large eggs
1 1/2 cups sour cream
1/2 cup breadcrumbs
paprika

Information

Type	Main course
Serves	4
Time	120 minutes
Diet	vegetarian

Notes

Preparation

Scrub and grate the potatoes.

Chop the onion, and saute it in butter with salt for 5 minutes over moderate heat. Add the chopped mushrooms, black pepper and dill. Saute for another 5-8 minutes.

Add the fried onion and mushroom to the grated potatoes. Beat the eggs, and add them, together with the sour cream and fine breadcrumbs, to the mixture. Blend the ingredients well together.

Pour the mixture into a well-greased baking pan. Sprinkle the top with more breadcrumbs and paprika. Bake for 60-75 minutes, until the top is crisp.

Ratatouille

Ingredients

3 tbsp oil
1 onion
2 cloves of garlic
2 aubergines
2 courgettes
1 green or red pepper
4 tomatoes
1 tsp mixed herbs
salt
pepper

Information

Type	Main course
Serves	4
Time	60 minutes
Diet	vegetarian

Notes

Recipe for basic ratatouille. This should be served with a cooked grain, rice or pulses or, optionally, a handful of cooked pulses (e.g. chickpeas or kidney beans) can be added. Alternatively, add 1-2 eggs per person when the ratatouille has finished cooking, and allow them to cook slowly.

Preparation

Heat a large saucepan and add the oil. When hot, add the chopped onion and let it soften. Add the garlic, aubergines and courgettes cut into slices about 1/2cm thick. Cook for five minutes. Remove the seeds and stalk of the green or red pepper, slice it, and add it together with the tomatoes, herbs - thyme, marjoram and parsley are recommended. Stir and bring to the boil, then cover, reduce the heat and allow to cook for about 40 minutes.

Ricotta gnocchi

Ingredients

450g ricotta cheese
2 beaten eggs
1/2 cup freshly grated parmesan
2/3 cup grated mozzarella
2/3 cup flour
1/4 minced scallion
black pepper
1/2 tsp salt
butter
extra flour and parmesan

Information

Type Main course
Serves 6
Time 300 minutes
Diet vegetarian

Notes

The preparation time includes four hours total chilling time.

Preparation

Combine all ingredients (except butter, extra flour and extra parmesan) and beat well with a fork. Chill for two hours. Flour your hands and make the batter into little balls (about 2.5cm in diameter, rolling them until firm between your palms. Roll them in flour, shake off the excess. Place them in a single layer on a tray. Refrigerate for another two hours. Heat a large kettlefull of salted water to boiling. Lower to a simmer. Drop the balls in, one at a time, and simmer with a lid on for ten minutes. Remove with a slotted spoon and place on a buttered baking tray. (Simmer the gnocchi in shifts - don't put all at once into the pan). Just before serving, grill the balls until golden brown on all sides. Drip melted butter on them and sprinkle parmesan over them as you turn them. Serve on spinach noodles topped with parsley butter (chopped parsley in melted butter) or pesto sauce.

Risotto alla parmigiana (Parmesan rice)

Ingredients

5 cups vegetable stock
2 tbsp finely chopped onion
3 tbsp butter
2 tbsp vegetable oil
salt
1 1/2 cups rice
1/2 cup freshly grated Parmesan

Information

Type	Main course
Serves	4
Time	45 minutes
Diet	vegetarian

Notes

Preparation

Bring the stock to a slow simmer, fry the onion in oil and butter until translucent but not browned. Add the rice and stir until it is well-coated. Then add the stock slowly, half a cup at a time. Stir the rice to prevent it sticking. When it is about 5 minutes from being done, add the cheese and 1 tablespoon of butter. Mix well and serve.

Risotto with leaks and mushrooms

Ingredients

320g rice
1 leek
dried mushrooms
milk
butter
parsley
stock cubes

Information

Type	Main course
Serves	2
Time	45 minutes
Diet	vegetarian

Notes

Preparation

Cut the leek into thin slices and put it in a saucepan with the milk over a very low heat. Soften the mushrooms in hot water, dry them and slice them into small pieces. Fry the mushrooms briefly in butter, then put them in with the leek and the milk, and add the rice. Heat the rice for a little, and then add bit by bit the water in which the mushrooms were softened (reheated). Extra water can be added as necessary, flavoured with a stock cube. After about eighteen minutes, the rice should be cooked. Add parsley and a little butter, cover with a lid for around one minute, and then add parmesan cheese if required.

Rita's ricotta and spinach rolls

Ingredients

flaky pastry
spinach
ricotta
salt
1 egg.

Information

Type	Main course
Serves	4
Time	75 minutes
Diet	vegetarian

Notes

Preparation

Boil and slice the spinach into small pieces. Mix it with half as much ricotta as there is spinach (e.g. for 1kg of spinach, use 500g of ricotta). Roll out the pastry and spread over it the yolk of the egg diluted with a few drops of water. Spread the ricotta and spinach mixture over the pastry, form into a roll, and then bake in the oven until the pastry becomes golden-brown. Slice into thin slices to serve.

Rita Falcone

Sarmi (Stuffed Vine Leaves)

Ingredients

1 big jar (1 litre) of pickled vine leaves
1 tea cup of rice
1 egg
feta cheese
tomatoes or tomato sauce
1 small onion
dill
pepper
salt
olive or vegetable oil
handful of raisins

Information

Type Main course
Serves 6
Time 75 minutes
Diet vegetarian

Notes

As an alternative to pickled vine leaves, you can use fresh vine leaves rinsed in boiling water.

For non-vegetarians, 500g of minced pork can be substituted for the egg, cheese and raisins. The pork should be added to the frying pan with the tomatoes and rice.

Preparation

Chop the onion and fry it until it becomes yellowish. Add the rice and the pre-mashed tomatoes. Stir for a minute or two, then add the dill, the salt, the pepper and about two mugs of water. Boil until the rice soaks up the water, then remove from the heat. Add the egg, cheese and raisins.

Take a deep cooking pot and cover the bottom with vine leaves. Then take a vine leaf, spread it on your palm, put a teaspoon of the rice mixture on it and fold it. The resulting 'sarma' should be about as big as a table tennis ball. Repeat until you've used up either all the rice or all the leaves. Put the 'sarmi' in the pot so that each prevents the others from unfolding. When you're ready, put a clean plate upside down over the 'sarmi' to make sure they will stay tucked.

Pour 2 or 3 teacups of water over them and boil for about 40 minutes. When the dish is ready, the vine leaves should be soft and edible, and the rice should be soft as well.

The dish is served hot with plain yoghurt (used like a sauce).

Zornitsa Dimova

Siobhan's famous lasagne

Ingredients

450g lean mince steak
1 large chopped onion
1 entire bulb garlic
1 can concentrated tomato soup
400g chopped tomatoes
1 cup beef stock
1 cup white wine (optional)
2 tbsp. basil/oregano
2 tbsp. sugar

1 large tbsp. of butter
2 heaped tbsp. plain flour
1 vegetable stock cube
1 tsp. nutmeg
1 litre milk

1 packet of lasagne sheets

grated cheese (cheddar or parmesan)

Information

Type Main course
Serves 6
Time 60 minutes
Diet any

Notes

This dish keeps well and tastes even better when reheated.

Preparation

In a large saucepan, fry the mince gently for five minutes, breaking up all the time. Drain off the excess fat by squeezing it through a colander or sieve. Add the onions and garlic and fry for one minute. Add all the other ingredients and simmer gently.

In another large saucepan, melt the butter and stir in the flour. Do not allow the mixture to brown. Gradually add the milk (it is important to add it drop by drop otherwise the sauce goes lumpy). Stirring continually, heat the sauce until it begins to boil and thickens. Add the nutmeg and the vegetable stock cube. If you run out of milk, you can use half milk half water.

Cover the bottom of a square or rectangular oven dish (at least three inches deep) with a little of the meat sauce. Follow this with a layer of the white sauce, and a layer of lasagne sheets. Do not overlap the lasagne sheets. Add another one or two layers of meat sauce, white sauce and lasagne, finishing about one inch from the rim of the oven dish.

Add a final layer of white sauce over the lasagne sheets, and sprinkle the grated cheese generously over the top.

Bake towards the top of an oven heated to Gas Mark 6/400°F/200°C for 30 minutes.

Siobhan Marlow

Sour cream chili bake

Ingredients

450g hamburger meat
225g can Mexican-style tomatoes
425g can pinto beans
170g corn chips
1 1/2 cup shredded cheese
285g enchilada sauce
1 tsp. minced onion
225g sour cream

Information

Type	Main course
Serves	6
Time	45 minutes
Diet	any

Notes

Preparation

Brown and drain the hamburger meat. Do not drain the tomatoes or pinto beans.

Put about half of the corn chips in the bottom of a casserole dish. Layer hamburger, tomatoes, pinto beans, about 1 cup of cheese, the enchilada sauce, and minced onions. Cover with foil and bake for 30 minutes at 375°F/190°C/Gas 5. Remove from oven and spoon on sour cream, the remaining cheese. Crush the rest of the corn chips and spread them on top. Bake uncovered for an additional 2 to 3 minutes until the cheese is melted.

Christy B. Bingham

Stir-fried vegetables

Ingredients

1 small onion
1/2 carrot
1/2 stick of celery
1/2 green pepper
1/2 tsp chopped root ginger
30g mushrooms
50g beansprouts
1 clove garlic
1/2 tbsp sherry
1/2 tbsp soy sauce

Information

Type	Main course
Serves	1
Time	15 minutes
Diet	vegan

Notes

Preparation

Slice the carrots and celery into thin strips, core and slice the pepper, slice mushrooms and onion. Heat the oil in a wok or frying pan, add the onion, carrots, celery, pepper and ginger, and fry briskly for 5 minutes, stirring constantly. Add the mushrooms, beanshoots and garlic, and stir fry for another 2 minutes. Add the sherry, soy sauce, salt and pepper, and stir fry for another 2 minutes, then serve immediately.

Tomato Scotch eggs

Ingredients

2 eggs
100g wholemeal breadcrumbs
50g mixed groundnuts
1 tomato
100g grated onion
1 tsp tomato puree
1 tsp dried herbs

Information

Type	Main course
Serves	2
Time	25 minutes
Diet	vegetarian

Notes

Preparation

Set the oven to 400°F/200°C/Gas 6.

Boil the eggs for seven to ten minutes. When hard-boiled, put them in cold water to cool and then remove the shells.

While the eggs are cooking, mix the breadcrumbs and nuts, chopped tomato, grated onion, herbs and tomato puree. Add a small amount of tomato ketchup to bind the mixture if required.

Mould the paste around the eggs and place them on a baking sheet. Bake for ten minutes each side (twenty minutes total).

Vegetable curry

Ingredients

1 tbsp. vegetable oil
3 cloves garlic
1 tbsp. grated fresh ginger
1 jalapeno pepper
1 tsp. ground cumin
1/4 tsp. ground turmeric
2 tsp. sugar
1 tsp. salt
1 lb. eggplant
1 lb. potatoes
1/2 lb. tomatoes
1/4 lb. green beans
1-2 tbsp. chopped almonds
2 tsp. garam masala or curry powder

Information

Type Main course
Serves 4
Time 75 minutes
Diet vegetarian

Notes

Makes a mild, well-flavoured curry. Serve with rice or millet, a bowl of plain yogurt and fresh fruit.

Preparation

Five-vegetable curry

Finely chop the garlic, core and seed the jalapeno pepper. Cut the eggplant into 1-inch cubes but do not peel. Peel the potatoes and cut them into 1-inch cubes. Seed and coarsely chop the tomatoes. Cut the beans into 2-inch lengths. Grind the almonds to powder.

Heat oil in a large, steep-sided skillet over medium heat until very hot. Add garlic and ginger and cook until golden, about 1 minute. Add the jalapeno pepper, cumin and turmeric and stir. Add sugar, salt and 1 cup water. Increase heat and bring to a boil. Add eggplant, potatoes, and tomatoes. Lower heat and simmer, covered, for 15-20 minutes. Add green beans and continue to simmer for another 15 minutes.

Mash some of the potatoes and mix them in with the sauce. Stir in the ground almonds and the curry powder. Remove from the heat and allow to stand for ten minutes before serving.

Vegetarian bake (*Scrigno vegetariano*)

Ingredients

800g green beans
800g potatoes
500g frozen flaky pastry
4 eggs
5tbsp grated parmesan
marjoram
chives
parsley
olive oil
salt
pepper

Information

Type Main course
Serves 6
Time 120 minutes
Diet vegetarian

Notes

Preparation

Defrost the pastry. Boil the unpeeled potatoes. Peel, wash and boil the beans until they are half-cooked, then drain, slice finely and fry them gently in a pan with 2 tbsp oil and a pinch of marjoram, chives and parsley. Peel the still-warm potatoes and mash them. Mix the result in a bowl, add 3 eggs, the parmesan, salt, pepper and the beans.

Roll out about two thirds of the pastry and use it to line an oiled oven dish. Blend the potato and bean mixture and spread it out in the dish. Roll out the remaining pastry and cover the potato and bean mixture completely, merging the edges of the crust with the edges of the base. Leftover pastry can be used to decorate the crust.

Brush with the remaining egg and cook it in a preheated oven at Gas 4/350°F/175°C for an hour.

Zucchini Crostata

Ingredients

300g mushrooms
200g flour
100g butter
100g single cream
3 zucchini (courgettes)
3 onions
4 eggs
6 tbsp grated parmesan
olive oil

Information

Type Main course
Serves 6
Time 90 minutes
Diet vegetarian

Notes

Preparation

Mix the flour and butter together, add a pinch of salt and enough water to make a fairly solid dough. Roll out the dough and use it to line a buttered and floured pie plate. Pierce the base and sides and cook the crust in a preheated oven at Gas 4/350°F/175°C for around 20 minutes.

Meanwhile, wash the mushrooms and zucchini and chop them into fine slices. Slice the onions finely and fry them lightly in oil. Add the mushrooms and zucchini, season and cook over a low flame until the vegetables are just tender, then allow to cool. Beat the eggs and add the parmesan, cream, salt, pepper and the vegetables. Mix everything together and then pour the mixture into the piecrust. Cook for twenty minutes.

Bolivian baked corn

Ingredients

300g tin of sweetcorn or 5 cobs fresh corn
2 eggs
15g margarine
1/8 level tsp chilli powder
1 clove garlic
1 level tsp flour
110g cheese

Information

Type	Side dish
Serves	4
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Prepare corn. Beat eggs and combine with corn in a bowl. Heat margarine, add chili powder and chopped/crushed garlic and flour. Cook for one minute. Combine with egg and corn mixture. Pour half of the mixture into a well-oiled 0.85 litre casserole. Cover with some thin slices of cheese. Pour in the rest of the mixture, and cover with the rest of the cheese. Cook for 45 minutes in a moderate oven at Gas 3/325°F/160°C.

Curried Sweet Potatoes & Spinach

Ingredients

1 medium onion, chopped fine
3-4 tablespoons extra virgin olive oil
3 garlic cloves, minced
4-6 sweet potatoes, peeled and cubed
3-4 handfuls of fresh, washed raw baby spinach leaves
14 oz vegetable stock
8 oz orange juice
salt
pepper
curry powder
tumeric
chile powder
allspice
grated parmesan or romano cheese

Information

Type Side dish
Serves 4-6
Time 45 minutes
Diet vegetarian

Notes

Preparation

Sweat(gently saute) the onion in the olive oil and add the garlic. After a few minutes add the spices and saute that mixture until the onions are translucent.

Add the cubed sweet potatoes and pour in the stock and orange juice. Bring the mixture to a boil and then turn it down to a simmer and cook 'til the sweet potato chunks are fork tender. Adjust the seasoning with salt and/or pepper if necessary.

Right before serving stir in the baby spinach leaves until they are just wilted - you don't want to lose the brilliant green color.

Serve as-is or dust with grated parmesan or romano cheese. Also good served cold.

Nancy Walker

Mushrooms Berkeley

Ingredients

mushrooms
green pepper
onion
butter or oil
tomato puree
red wine
mustard
dark brown sugar
Worcester sauce
salt
pepper

Information

Type	Side dish
Serves	4
Time	75 minutes
Diet	vegan

Notes

Preparation

Saute the onion. Add mushrooms, quartered if large, and the roughly-chopped green pepper. Make a sauce by blending in a saucepan the red wine, mustard, sugar, Worcester sauce, salt, pepper, and, optionally, tomato puree, heating it gently. Use around 80-120g of sugar for each cup of red wine. Pour the sauce over the vegetables, mix well, and cook slowly for forty-five minutes or longer. Over a low heat this can cook indefinitely. If needed sooner, increase the heat and stir.

Field McIntyre

Polpettone di fagiolini (Bean and potato mash)

Ingredients

500g beans
500g potatoes
1 onion
dried mushrooms
2 eggs
breadcrumbs
salt
parmesan cheese

Information

Type	Side dish
Serves	4
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Boil the potatoes and beans so that they can be easily mashed on a plate using a fork. Put the mixture in a bowl, mixing potatoes and beans together. Fry the onion with sliced mushrooms in butter or oil. Add the bean-potato mixture and mix the ingredients together well. Allow the mixture to cool, and then add the eggs, cheese and salt. Grease an ovenproof dish, pour in the mixture and sprinkle with breadcrumbs. Cook for 30 minutes at Gas 4/350°F/180°C.

Elena Cheli

Roasted vegetables with rosemary & garlic ali-oli

Ingredients

6 red-skinned new potatoes
1 red pepper
1 yellow pepper
1 red onion
2 courgettes
1 handful of mushrooms
10 cloves of garlic
rosemary leaves
extra-virgin olive oil
freshly-ground black pepper
salt to taste
2 tbsp. balsamic vinegar

1 egg
unspecified quantity of vegetable oil
pinch of salt
1 clove garlic

Information

Type Side dish
Serves 4
Time 30 minutes
Diet vegetarian

Notes

Can be served as a main dish with a green salad and some good crusty herbed peasant bread.

Preparation

First make the ali-oli mayonnaise:

Break an egg into a blender goblet or small mixing bowl. Use a hand-held blender or turn goblet blender on "low" to whip egg (an electric whisk works well, too). Add vegetable oil in steady dribble (do NOT dump it all in at once!) until egg thickens and turns the consistency of mayonnaise. This will take a while, 15-20 minutes or so, so don't get discouraged!

Add a pinch of salt and the crushed garlic clove.
Refrigerate until ready to consume.

Parboil the potatoes and cut into large bite-sized pieces. Cut the red and yellow peppers into strips, and the onion into chunks. Slice the courgettes into medium-thick slices. Halve the mushrooms if necessary, and rough-chop the garlic. Grind the rosemary leaves in a pestle and mortar to distribute the flavour.

Toss the prepared vegetables with the chopped garlic and rosemary. Spread evenly on a large flat baking sheet. Drizzle with olive oil and grind sea salt and pepper over them to taste. Roast under a preheated grill for 10 minutes, or until crisp and golden. Toss with the balsamic vinegar.

Serve with ali-oli mayonnaise for dipping.

Lysa Salisbury

Diana Cooper's pasta salad

Ingredients

450g pasta (shells/macaroni/butterfly type)
green/red pepper
courgettes
carrots
celery
onion
spring onions
cucumbers
watercress
tomatoes
lettuce
bean/alfalfa sprouts
spinach
snowpeas/peas
cauliflower
broccoli
garbanzo beans
chickpeas
water chestnuts
sweetcorn
salt
pepper

Information

Type	Salad
Serves	4
Time	45 minutes
Diet	vegetarian

Notes

Preparation

Cook pasta, rinse and cool. Mix with any of the listed ingredients. Onion should be raw and thinly sliced, spring onions should include the green part. Courgettes can be cut into slivers or sticks, carrots either slivered, chopped thinly or grated. Tomatoes should be sliced and seeded, and lettuce should be cut into thin strips. Cooked ingredients, such as lightly-cooked cauliflower, broccoli or green beans can be used in place of or together with uncooked ingredients. Additional possible ingredients include garbanzo beans or chickpeas, black olives, water chestnuts or sweetcorn. To prepare, simply mix all the ingredients together, and add an appropriate dressing, such as a vinaigrette or a creamy yoghurt dressing. When using the yoghurt dressing, stand the salad in the refrigerator for a while to allow time for it to absorb the flavour of the dressing.

Diana Cooper

Vegetables remoulade

Ingredients

1 large carrot
1 large celery stalk
1 large green pepper
1 medium cucumber
1/2 cup yoghurt
1/2 cup mayonnaise
1/4 cup minced sweet pickle
2 tbsp Dijon mustard
1/4 cup minced fresh parsley
1/2 tsp dried tarragon
1 scallion
4 tbsp fresh lemon juice
black pepper
cayenne pepper
salt
spinach
cheese
1 tomato
1 hardboiled egg

Information

Type Salad
Serves 4
Time 60 minutes
Diet vegetarian

Notes

Needs to be chilled before serving.

Preparation

Cut the carrot and celery into small thin strips like matchsticks, about an inch long. Put them in boiling water for five minutes to blanch them, then drain and rinse them in cold water.

Chop the pepper into small pieces. Remove the seeds from the cucumber (cut it in half lengthways and scrape the seeds out using a spoon) and chop it into small pieces. Add the cucumber and the green (or red) pepper to the carrot and celery.

Mince the parsley and chop the scallion into small pieces. Make the dressing by mixing the yoghurt, mayonnaise, pickle, mustard, parsley, tarragon, scallion, lemon juice, salt and pepper. Blend all the ingredients well together.

Mix the vegetables and the dressing together, cover the mixture, and refrigerate it until it is very cold. When ready, serve it on a bed of fresh spinach (or lettuce), decorated with slices of tomato and hardboiled egg, and thin slices of cheese.

Basic vinaigrette for pasta salad

Ingredients

3/4 cup of olive oil
1/4 cup of red wine vinegar
1 clove of crushed garlic
1/4 tsp of Dijon mustard
chopped fresh or dried herbs
salt
pepper

Information

Type	Dressing
Serves	4
Time	15 minutes
Diet	vegan

Notes

Preparation

Mix separately and add to the salad. Use 3/4 cup of olive oil, 1/4 cup of red wine vinegar, 1 clove of crushed garlic (optional), 1/4 tsp of Dijon mustard (optional), chopped fresh or dried herbs (optional), salt and pepper. Allow the sauce to marinate for a while, optionally adding more vinegar, lemon juice or seasoning to taste.

Diana Cooper

Creamy yoghurt salad dressing for pasta salad

Ingredients

mayonnaise
yoghurt
parsley
basil
oregano
tarragon
chives
garlic

Information

Type	Dressing
Serves	4
Time	15 minutes
Diet	vegetarian

Notes

Preparation

Use 1 part of mayonnaise with 3 parts of yoghurt, absolute quantities as appropriate, but at least 500ml yoghurt for every 500g of pasta. Add seasoning (dried or fresh herbs, such as parsley, basil, oregano, tarragon and chives, and/or garlic), and let the salad sit for a while to absorb the flavours.

Diana Cooper

Claudia's chocolate pralines

Ingredients

200g almonds
200g sugar
2 heaped tbsp bitter cocoa
2 egg yolks
1/2 glass sweet rum
chocolate 'hundreds and thousands'

Information

Type	Dessert
Serves	6
Time	30 minutes
Diet	any

Notes

Preparation

Chop the almonds finely, mix with the sugar and spread out in a thin layer. Add the egg yolks, the powder cocoa, and the rum. Mix all the ingredients until it forms a smooth paste.

Wash your hands, and shape the mixture into a large number of tiny balls. Then roll them in the 'hundreds and thousands'.

For a more professional appearance, serve the pralines in paper 'cups' of the kind used by confectioners.

Claudia Magro

Guadalupe river bottom pudding cake

Ingredients

450g crushed pecans
Butter
Whipped cream cheese
Instant chocolate pudding
Instant vanilla pudding
Whipped cream

Information

Type	Dessert
Serves	8
Time	150 minutes
Diet	any

Notes

Preparation

Prepare the chocolate and vanilla pudding.

Make gummy sludge of about 450g of crushed pecans and an appropriate amount of melted butter.

Smear about a 6mm thick layer of pecan sludge on bottom and sides of rectangular pan to form a "crust".
Recommended size for the pan is about 36cm x 20cm x 7.5cm.

Line crust with whipped cream cheese to form a layer about 12mm thick, then pour in previously prepared vanilla pudding followed by chocolate pudding. Top with lots of whipped cream.

Place in fridge for a couple of hours.

Bob Pickwood

Quark pudding

Ingredients

1 pkt custard powder (0.5l)
250g quark
50ml ground hazelnuts
6 tsp sugar
500ml milk
1/2 tsp vanilla essence

Information

Type	Dessert
Serves	4
Time	15 minutes
Diet	vegetarian

Notes

An unusual German recipe.

Preparation

Heat the milk in a pan, and prepare the custard powder as directed on the packet. Add all the ingredients to the hot milk, and stir gently. Serve with jam.

Mechtild Tronnier

Tirami Su

Ingredients

3 eggs
300g mascarpone
3tbsp sugar
bitter cocoa powder
coffee
sponge biscuits

Information

Type Dessert
Serves 4
Time 180 minutes
Diet vegetarian

Notes

The quantities of the ingredients depend on the number of people it is intended for: the general rule is that for each egg you should add 100g of mascarpone and a tablespoon of sugar: 3 eggs makes enough for around 4 people.

The biscuits used are the kind known in Italy as 'savoiardi'. A less traditional substitute for mascarpone is Robiola del Beck, a cream cheese similar to English/American cream cheese.

Preparation

Make and cool the coffee. To make the cream, separate the yolks of the eggs from the whites and beat them well together with the sugar. Add the mascarpone and mix it in, making sure that it doesn't become too stiff. Whip the egg whites and add them to the mixture.

Dip the biscuits in the coffee (taking care not to let them disintegrate) and lay them out in the base of a container. Pour on the cheese mixture, and alternate layers of mixture and biscuits, finishing with a layer of the mixture. Dust with bitter cocoa powder and place in the refrigerator to chill for several hours. Take out fifteen minutes before serving. Optionally decorate with whipped cream.

Elena Cheli

Barbados swirl cake

Ingredients

225g margarine
170g caster sugar
3 eggs
200g flour
2.5 tbsp milk
1 tbsp treacle
1 tbsp custard powder
1 tsp cinnamon
1 tsp nutmeg
170g icing sugar
45g dark brown sugar
few drops vanilla essence

Information

Type Cake
Serves 6
Time 150 minutes
Diet vegetarian

Notes

Preparation

Cream 170g margarine with the caster sugar. Add beaten egg. Fold in flour, stir in 1 tablespoonful of milk. Take 1/3 of cake mix, and add the treacle, custard powder and spices. Drop alternate spoonfuls in a greased and lined 16cm tin and stir lightly. Bake at Gas 3/160°C/325°F for one and a half to one and three-quarter hours. Leave to cool in the tin for ten minutes before turning out. To make the icing, melt the remaining margarine with the brown sugar, and stir until boiling. Remove from the heat and add milk and vanilla essence. Beat in the icing sugar, and spread quickly over the cake.

Delyth Davies

Basic Banana Bread

Ingredients

1/2 cup margarine
1 cup sugar
2 eggs
1 cup mashed bananas
1 tsp lemon juice
2 cups flour
3 tsp baking powder
1/2 tsp salt
1 cup chopped walnuts

Information

Type Cake
Serves 6
Time 75 minutes
Diet vegetarian

Notes

An excellent way of using up over-ripe bananas.

Preparation

Mash the bananas. The riper the bananas are, the better. Cream the margarine and the sugar together. Beat the eggs until light and add lemon juice to the mashed bananas. Blend with the sugar/margarine mixture. Mix flour, baking powder and salt together and mix quickly into the banana mixture. Add nuts. Bake in a greased one-pound loaf pan in an oven preheated to Gas 4/350°F/180°C for approximately one hour. Use a knife to ensure that the centre is baked before removing.

Chocolate beer cake

Ingredients

110g butter or margarine
275g dark soft brown sugar
2 beaten eggs
175g plain flour
1/4 tsp baking powder
1 tsp bicarbonate of soda
125g plain chocolate
250ml sweet stout
50g cocoa
50g butter
110g icing sugar
25g finely chopped walnut pieces
8 walnut halves

Information

Type	Cake
Serves	6
Time	60 minutes
Diet	vegetarian

Notes

A rich chocolate cake. Canned Guinness is ideal for use as the stout in this cake ... with the advantage that there's usually some left over after you've made the cake, which the cook gets to drink.

Preparation

Brush two 20cm sandwich tins with margarine, and line the bases with circles of greaseproof paper, also brushed with margarine. Cream the butter and sugar together, beating thoroughly for 3-4 minutes until pale and fluffy. Next beat in the eggs, a little at a time, beating well between each. Sift the flour, baking powder and bicarbonate of soda onto a sheet of greaseproof paper. Weigh the cocoa, and put in a separate bowl, gradually stirring the beer into it. Lightly fold into the butter-sugar mixture small quantities of the flour, alternately with the cocoa-stout liquid. When both have been added, divide the cake mixture between the tins, level out, and bake in an oven pre-heated to Gas 4/350°F/180°C for 30-35 minutes. The cakes should be flat on top, feel springy, and have shrunk slightly from the sides of the tin. Leave to cool for 5 minutes, then turn out onto a wire rack to cool further. To make the icing, melt the chocolate with about 2 tbsp of the beer, in a bowl set over a pan of hot water. When it has melted, remove it from the heat, beat in the butter, and leave to cool slightly before beating in the icing sugar. Take about a quarter of the mixture to mix with the chopped walnuts. When the icing is cool enough to spread, sandwich the cake with the walnut icing, then spread and smooth the rest over the top and sides of the cake. Decorate with walnut halves and grated chocolate, and leave until the icing becomes firm before eating.

Fiona Elder

Chocolate refrigerator cake

Ingredients

225g unsalted butter
1 tbsp sugar
2 eggs
225g plain chocolate
2 tbsp sherry or rum
225g semi-sweet biscuits (digestives)
150ml double cream
45g flaked almonds

Information

Type	Cake
Serves	6
Time	180 minutes
Diet	vegetarian

Notes

An unusual - and very rich - chocolate cake that is put in the refrigerator, rather than being baked. Preparation time includes an estimate of the time required for the cake to set in the refrigerator.

Preparation

Beat together butter and sugar with a fork until they are blended smooth. When the mixture is light and fluffy, beat in the egg yolks. Melt the chocolate and beat it in with the alcohol, then add the broken biscuits. Whip the egg whites until they are stiff but not dry, and fold them into the chocolate mixture. Line a square cake tin with foil and spoon in the mixture. Smooth the top and chill in the fridge until it is firm. To serve, turn it out of the tin and spread with stiffly whipped cream. Scatter with the nuts.

Chocolate ribbon cake

Ingredients

170g flour
1 tbsp baking powder
pinch of salt
rind of 1/2 lemon
125g margarine
150g sugar
2 eggs
200ml evaporated milk
45g plain chocolate

Information

Type	Cake
Serves	6
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Cream sugar and margarine, add lemon rind and then beaten eggs. Fold in sifted dry ingredients alternately with the evaporated milk. Divide cake mix and grated chocolate into three. Spread alternate layers in a greased lined 17.5cm square tin with chocolate on top. Bake at Gas 4/180°C/360°F for 30-35 minutes.

Delyth Davies

Florida lemon squares

Ingredients

1.5 cups of flour
1 tsp baking powder
1/2 tsp salt
140g margarine
1 cup sugar
1 cup oats
400ml condensed milk
rind of 1/2 lemon
1 cup lemon juice

Information

Type	Cake
Serves	6
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Rub margarine into dry ingredients (add oats at the end). Press half the mixture into a greased 15cm x 20cm tin. Mix together condensed milk, lemon juice and rind, and pour over the base. Then lightly press on the remaining half of the mixture. Bake for 40 minutes at Gas 4/180°C/350°F or until light golden. Cut in tin.

Delyth Davies

Italian carrot cake

Ingredients

300g grated carrots
150g sugar
3 eggs
75g chopped almonds
75g potato flour or cornflour
1 packet of dried yeast
icing sugar

Information

Type	Cake
Serves	6
Time	90 minutes
Diet	vegetarian

Notes

Preparation

Separate the yolks from the whites of the eggs and beat them together with the sugar, then add the grated carrot, potato or corn flour, almonds and yeast. Whip the eggwhites until stiff and add them to the mixture. Butter a cake tin and dust it with flour before pouring in the mixture.

Cook in the oven at Gas 4/350°F/175°C for 55 minutes. Before serving, dust with icing sugar.

Elena Cheli

Really wicked chocolate cake

Ingredients

125g butter or margarine
225g caster sugar
2 eggs
125g flour
1/2 tsp bicarbonate of soda
60g cocoa
60g ground almonds
4 tbsp rum
225g plain chocolate
225ml double cream
115ml cold water

Information

Type Cake
Serves 6
Time 100 minutes
Diet vegetarian

Notes

Preparation

Beat butter and sugar together until they are evenly blended. Gradually add beaten eggs. Sift dry ingredients and fold into the mixture, along with 3 tbsp rum and the cold water. Spoon into a greased and lined 20cm cake tin, level the surfaces and bake in a preheated oven at Gas 4/180°C/350°F for between one hour and an hour and a quarter. Leave to cool for five minutes before turning out. For the topping, heat the chocolate and cream gently until boiling, then remove from the heat and beat in the remaining rum. Leave to cool, stirring occasionally. When cooled, spread liberally over the top and sides of the cake.

Delyth Davies

Salame al cioccolato

Ingredients

200g crackers
100g butter
1 egg
2 tbsp sugar
2 tbsp unsweetened cocoa

Information

Type Cake
Serves 6
Time 180 minutes
Diet vegetarian

Notes

Italian chocolate/biscuit rolls. In Italy, the best crackers for use are either 'Oro' by Saiwa, or 'Burrelle', made by Mulino Bianco. Elsewhere, digestive biscuits (UK) or Graham crackers (USA) could probably be used. Preparation time includes an estimate of the time required for the roll to set in the refrigerator.

As an alternative, substitute powdered coconut for the chocolate to make 'salame di cocco'.

Preparation

Break the biscuits in a bowl. Add the sugar, cocoa and the butter (which should be allowed to soften before use). Work the ingredients with your hands, adding a whole egg. When the ingredients are well mixed, form them into a roll, wrap in foil and put in the freezer or refrigerator until solid. Serve cut into slices of the thickness desired.

Elena Cheli

Uncooked lemon cheesecake

Ingredients

1 pkt chocolate digestive biscuits
4 tbsp butter
sugar
150g cream cheese
250ml double cream
vanilla essence
1 lemon
3 eggs
gelatine

Information

Type	Cake
Serves	6
Time	180 minutes
Diet	any

Notes

For best - or at least the richest - results, use something like Philadelphia cream cheese. The preparation time shown includes a rough estimate of the time needed for the cake to set in the refrigerator.

Preparation

Crush the biscuits to crumbs, mix in 3-4 tablespoons of butter, pat into a pie tin and bake for 10-15 minutes at around Gas 4/350°F/180°C. For the filling, mix in a bowl the cream cheese, 3 tablespoons of sugar, and 1 teaspoon of vanilla essence. Add the juice of half a lemon and its grated rind, and the egg yolks, and beat them all together. In a cup put 1 tablespoon of gelatine and pour on about 1/4 cup of boiling water and stir until is is all liquid. If it does not dissolve easily, put the cup in a bowl of very hot water. Add the liquid gelatine to the mixture. Beat the eggwhites until stiff, and fold them into the mixture. Beat the cream until thick, and fold that in as well. Fill the crust, and store in the refrigerator until it is set.

Field McIntyre

American brownies

Ingredients

50g unsweetened/plain chocolate
110g butter
2 eggs
225g granulated sugar
50g plain flour
1 tsp baking powder
1/4 tsp salt
110g chopped nuts (walnuts/almonds/hazelnuts)

Information

Type	Biscuits
Serves	5
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Pre-heat oven to Gas 4/350°F/180°C. Melt the butter and the chocolate (broken into small pieces) together in the top of a double saucepan, or else in a basin fitted over simmering water at a very low heat. Away from the heat, stir all the other ingredients into the butter and chocolate mixture thoroughly, then spread all this in a tin greased with butter or margarine. Bake in the oven for thirty minutes, or until a knife inserted in the centre comes out cleanly - but don't overcook, as it will firm up as it cools. Leave the mixture in the tin for about ten minutes, before dividing into approximately fifteen squares, and transferring to a wire rack to finish cooling. Makes 15 brownies.

Baci di dama

Ingredients

100g roasted walnuts
100g flour
100g butter
100g sugar
100g chocolate

Information

Type	Biscuits
Serves	4
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Chop the nuts. Melt the butter in a basin fitted over a saucepan of boiling water, and mix it with the flour, sugar and nuts. Use the mixture to make small balls. Place the balls on a buttered baking tray and cook at Gas Mark 6/400°F/200°C for 10-15 minutes. Allow to cool, and then dip in melted chocolate.

Elena Cheli

Damian Murphy's truffles

Ingredients

25 wheatmeal digestive biscuits
1 medium can sweetened condensed milk
150g dessicated coconut
50g butter
5 tbsp cocoa
1 tbsp drinking chocolate

Information

Type Biscuits
Serves 4
Time 45 minutes
Diet vegetarian

Notes

Preparation

Crush the biscuits, and divide into two. The biggest lump should be no larger in diameter than about 1.5cm.

In a large saucepan, under a "very" gentle heat, melt the butter into the condensed milk, stirring slowly. Once the butter has melted, stir in the coconut and cocoa, and the drinking chocolate if you want it. Stir till uniform, then turn off the heat.

Stir in half of the biscuit crumbs. After the first half, stir to a uniform consistency - then do the same with the second. Once it is right, leave the pan to cool until the mixture can support its own weight when "peaked" with a spoon.

Roll out into 1-2" diameter balls, and roll the balls in coconut, chocolate vermicelli, or icing sugar, then stack on a plate and leave in the fridge for about 30 minutes to 1 hour to set fully.

They can be frozen. If left out, they're probably fresh for about 5 days before they start to dry out.

Damian Murphy

Gumshoe's brownies

Ingredients

225g sugar
75g cocoa
100g flour
1/2 tsp salt
2 eggs
2 tbsp milk
175g margarine
3 tbsp evaporated milk
125g icing sugar

Information

Type	Biscuits
Serves	6
Time	60 minutes
Diet	vegetarian

Notes

Preparation

Stir together sugar, flour, 45g of cocoa and salt. Add beaten eggs, milk and 125g margarine (melted). Pour into a 17.5cm square lined tin, and bake in a preheated gas oven at Gas 4/180°C/350°F for about forty minutes. For the icing, melt the remaining margarine with the cocoa and boil for one minute. Stir in the evaporated milk, then sift in the icing sugar. If the icing seems too gooey, add more sugar.

Delyth Davies

Lace Cookies

Ingredients

1 1/2 cups uncooked oatmeal
1 1/2 cups light-brown sugar
2 tbsp flour
1/2 tsp salt
2/3 cup melted butter
1 egg, lightly beaten
1/2 tsp vanilla

Information

Type Biscuits
Serves 10
Time 45 minutes
Diet vegetarian

Notes

The batter is extremely simple to put together but judging when they are done can be rather tricky. A certain amount of trial and error is to be expected. But there are those who love the slightly burnt version ...

Preparation

Preheat oven to Gas 4/350°F/175°C. Mix the oatmeal, brown sugar, flour and salt in a bowl (be careful to make sure that brown sugar is without lumps). Stir in the melted butter, then add the egg and vanilla and combine well. Arrange the batter by half-teaspoonfuls about 2 inches apart, on ungreased cookie sheet(s). Bake until lightly browned, about 5 minutes. Cool slightly, removing the cookies from the cookie sheet with a spatula as soon as they are firm. If they become too hard, return to the oven for a few minutes to soften.

Sydney Hillery

Nana Dunning's Oatmeal Cookies

Ingredients

1 tbsp butter
1 cup sugar
2 beaten eggs
2 1/2 cups oats
1 tsp baking powder
1/4 tsp salt
1/2 tsp almond essence

Information

Type	Biscuits
Serves	6
Time	minutes
Diet	vegetarian

Notes

Preparation

Cream together the butter, sugar and eggs. Add the oats, baking powder, salt and optionally, almond essence.

Drop drops of the mixture on buttered tins and cook in a medium to hot oven (Gas 4/350°F/180°C).

Field McIntyre

Oatmeal cookies

Ingredients

1 cup white sugar
1 cup brown sugar
225g butter
2 large eggs
1 tsp vanilla extract
1/4 tsp almond extract
2 cups flour
1 tsp baking soda
1 tsp baking powder
3 cups oatmeal/ raisins/chocolate
chips/nuts/coconut/dried fruit

Information

Type	Biscuits
Serves	5
Time	45 minutes
Diet	vegetarian

Notes

Preparation

Mix sugar and butter, add eggs and mixed vanilla and almond extract. Stir, add oatmeal and chocolate, raisins, nuts, coconut or fruit. Stir and place by spoonfuls on a baking sheet. Bake at Gas 6/400°F/200°C for approximately 12 minutes.

Diana Cooper

Shortbread

Ingredients

1 mug wholemeal flour
100g butter
4 tbsp brown sugar

Information

Type	Biscuits
Serves	6
Time	45 minutes
Diet	vegetarian

Notes

Preparation

Put the flour into a bowl and add the butter cut in small pieces. Rub the butter into the flour until it looks like breadcrumbs; stir in the sugar. Using a knife, and then your hands, press the mixture into a dough. Take an 18cm flan tin and press the mixture over the base. Heat oven to Gas 3/300°F/160°C, and bake for 20-25 minutes. Turn out when cold.

Urban legend sweet revenge cookies

Ingredients

2 cups butter
4 cups flour
2 tsp soda
2 cups sugar
5 cups blended oatmeal
680g chocolate chips
450g brown sugar
1 tsp salt
1 225g Hershey Bar (grated)
4 eggs
2 tsp baking powder
3 cups chopped nuts
2 tsp vanilla

Information

Type	Biscuits
Serves	10
Time	45 minutes
Diet	any

Notes

Allegedly this recipe comes from a large American department store. A customer apparently asked for the recipe and was told that it couldn't be given to him, but that he could buy it for "two-fifty". When his credit card bill came, he found that he had been charged \$250. As the store would not reimburse him, he distributed the recipe via the Internet by way of revenge. Curiously, a very similar recipe appears in the source distribution for the EMACS editor.

Preparation

Cream the butter and both sugars. Blend the oatmeal to a fine powder in a blender. Add eggs and vanilla (if desired) mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey Bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at Gas 5/380°F/190°C. Makes 112 cookies.