



RECIPE BOOK

Project World School Wales Retreat 2016

These are a few of our favourite things!

Soda Bread

to make 1 large loaf

Preheat oven to 230c / 450f

500g / 18 oz

2 tsp salt

2 tsp bicarbonate of soda

4 tsp brown sugar

450 ml / 1 ¾ cups plain yoghurt

oil for your baking sheet

Mix dry ingredients together in a big bowl, sifting with your fingers. Add yoghurt and stir with a wood spoon to bring ingredients together. When mostly mixed, put your hands in and shape into a round loaf (if it gets too sticky, pat some flour onto the dough).

Put the round loaf onto an oiled baking sheet and cut a deep cross across the dough. Put in the hot oven and bake for 12 minutes; then turn down to 200c / 400f and bake a further 20 minutes. Loaf should sound hollow when you thump the bottom.

Scones

to make 8 – 10 scones

450g / 16 oz self-raising flour

½ tsp salt

2 tsp baking powder

100g / 3.5 oz butter

100g / 3.5 oz sugar

oil for baking sheet

275 – 300 ml milk or yoghurt

Sift the flour with the baking powder and salt into a bowl; add the sugar and mix a bit with your hands. Add the butter in small chunks and then rub the butter and flour mixture between your fingers (or use a pastry cutter) until the mixture feels grainy and the butter is

mixed in completely. Add the milk or yoghurt and stir with a wooden spoon until it all starts to come together, then use your hands to bring it into a ball. If the mixture is sticky, pat some flour over the surface so you can handle it.

Gently flatten it out, but leave it 5 cm (2 inches) thick or more. Pull off sections with your hands or use a glass to cut out individual scones and put on an oiled baking sheet. Keep the height of the scones and don't flatten. Bake for 10 – 12 minutes at 225c / 450f until lightly golden. Let cool for 10 minutes before eating.

Flat breads

1 cup white flour
1 cup wholewheat flour
½ tsp salt
coriander seeds (optional)
cumin seed (optional)
water to blend

Mix flours together in a bowl with the salt and seeds if using; add water until dough is pliable but not wet. If it's too sticky add a bit more flour (doesn't matter which one). If it's too stiff, add a bit more water.

Make dough into golf size balls. Using a fair amount of flour to keep the dough from sticking, roll out balls about as thin as you can get them. Heat up a heavy flat pan and oil lightly with a paper towel. Put a flat bread into pan and let cook about 30 – 40 seconds then flip the bread and do another 30 – 40 seconds on the other side. The bread should bubble a bit on the surface as it cooks, but don't let it get crispy. It should be soft and pliable.

Curried Carrot Soup

feeds 4 – 6

1 kg carrots, chopped into smallish chunks
2 medium onions, diced
1 tsp salt
1 Tbsp mild curry powder
1 can of coconut milk
2 Tbsp vegetable oil
vegetable stock or water

Put the oil, salt and the onions in deep pot and cook, stirring, on medium heat until the onions soften. Add the curry powder and a splash of water and continue stirring onions for 5 more minutes. Then add the carrots and mix together with onions; add stock or water to just cover the carrots and onions and cook on medium heat until carrots are completely soft (about 20 - 30 minutes). If the water cooks off too much, add a little more.

When the carrots are cooked, let the soup sit for 5 or 10 minutes and then add the can of coconut milk and liquidize with a hand blender or other blender. Season with more salt and pepper if needed.

Kale and Potato Soup

feeds 4

1 onion, chopped
6 cloves garlic, sliced
450 g / 1 lb potatoes, peeled and cut into smallish chunks
225 – 250 g / 8 – 9 oz kale, washed with stems taken out and leaves torn into pieces
pinch of hot pepper flake or other dried chilli
7 cups of vegetable stock
2 tsp of nutritional yeast (or Marmite) (optional)
2 Tbsp olive oil
bay leaf
1 tsp salt

Saute the onions, with the salt, chilli and bay leaf, in the olive oil on medium heat and when softened add the garlic and cook another couple of minutes. Then add the potatoes and 1 cup of stock, cover with a lid and cook until potatoes are tender (about 5 – 10 minutes). Add the rest of the stock and throw in the kale on top letting it soften in the steam before stirring into the soup. Continue cooking on a low boil until the kale is fully cooked (it should be soft and not tough). Add more stock powder, salt and pepper to taste as needed. Top with a spoonful of crème fraiche when serving.

Easy Broccoli Soup

feeds 4

4 cups of broccoli, broken into pieces
1 1/2 cups of onion, chopped
50 g / 2 oz butter
1 bay leaf
1/2 cup of crème fraiche or cream
1 cup of milk
1 - 2 cups of vegetable stock, depending on how thick you want it
1/2 tsp salt

Melt the butter and then add the onion and bay leaf and saute until very soft. Throw in broccoli pieces and stir together, cooking for another minute. Add 1 cup of vegetable stock or more, to just cover the broccoli and cook until broccoli completely softens and starts to break apart. You can help this along by breaking it up with a wooden spatula once it's cooked. Take off the heat, remove the bay leaf and let cool for a few minutes, then puree with a hand blender or other blender. Add the milk and continue blending a bit more. If the soup is quite thick and not smooth, add a bit more milk or stock and blend until it is the consistency you like – this soup tends to be thinner rather than thicker so add extra milk or stock gradually. Finally, mix in crème fraiche / cream and season to taste adding more salt and pepper.

Black Bean Chili

feeds 4 – 6

4 tsp ground cumin
4 tsp dried oregano
4 tsp paprika
½ tsp cayenne (optional)
1 – 2 Tbls of chilli powder (mild or hot, depending on your preference)
3 medium onions, diced
4 cloves of garlic, roughly chopped
2 cans of plum tomatoes; alternatively, blanch fresh tomatoes and remove their skins, then give a squeeze and get the seeds out and chop into chunks
3 cans of black beans, rinsed under water
1 bay leaf
1 tsp salt
3 Tblsp vegetable oil

Saute onions in oil on medium heat with salt and bay leaf until soft; add garlic and cook another few minutes. Add spices and a splash of water and continue cooking another five minutes. Add tomatoes and simmer for 15 minutes, periodically breaking the tomatoes up with a wooden spatula. Add the beans and continue simmering for another 30 – 45 minutes. The flavour deepens the longer it cooks. Add a bit of vegetable stock, and salt and pepper to taste.

To serve, add a small splash of sherry vinegar to the pot (this brightens the flavour) and serve with crème fraiche or sour cream, grated cheese and a bit of cilantro if you have it around.

Lentil Bake

feeds 4 - 6

12 – 16 oz brown or green lentils
1 cup cream
1 cup vegetable stock or chicken stock
2 Tbls flour
2 Tbls butter
200g chard
2 onions sliced
½ loaf of bread
1 cup grated cheese
1 tsp salt + extra for onions and chard

Boil the lentils in a deep pan with a good amount of water, so they don't stick to the bottom. Cook until they are a soft (but not too soft), then drain and pour into a baking pan.

While the lentils are cooking put the butter in a sauce pan and melt, then add flour and cook for a minute on medium-low heat, whisking all the time. When it bubbles, add the stock and let thicken a bit; then add the cream and let cook together stirring frequently to make sure it's not sticking at the bottom for a further 5 – 8 minutes; it should reduce and thicken slightly. Season to taste with salt and pepper when it's done.

Saute onions in a little olive oil and a pinch of salt, until quite soft. Take out stems from chard and tear into pieces, then wash well. Cook in ½ - 1 inch of water in a saute pan –

drizzle with olive oil and lots of salt and pepper before covering with a lid; let it cook down until soft, checking it periodically to make sure water hasn't cooked off, and drain it in a colander.

Chop up bread roughly and put in a food processor, add cheese and blitz until broken down. If you don't have a food processor, you can also just do this with a knife, chopping it until it's combined.

Assemble Leek Bake

Add cooked chard and onions to your lentils in the baking pan and pour sauce over everything. Stir the mixture in the pan until it's all completely mixed together; taste for seasoning and add more salt or pepper if it needs it. Top with bread and cheese mixture and bake in the oven at 200c / 400f for 30 minutes – keep it covered with tin foil the first 15 minutes and then take the tin foil off and let the top brown.

NB: this dish can also be made with leeks, mushroom or squash or just about anything that appeals to you!

Lasagne

feeds 4

Lasagne is a bit of a moveable feast but here are the basics:

Tomato Sauce

1 medium – large onion, chopped
2 cans of plum tomatoes
½ tsp salt
olive oil
splash of wine
about ½ - 1 tsp of sugar

Saute onions and salt in about tablespoon or two of olive oil on medium heat, until very soft (about 10 – 15 minutes); add canned tomatoes, a good glug of red wine and the sugar (you may want to add a little bit more, further into the cook to soften the acidity). Turn down and cook on low for about ¾ of an hour or more. Add more salt, pepper and sugar if needed.

Bechamel Sauce

2 Tbls butter
2 Tbls flour
1 cup whole milk
½ cup grated cheese, preferably cheddar
salt and pepper

Melt the butter on medium-low heat and then add the flour, stirring vigorously with a whisk for about 2 – 3 minutes. Add milk slowly in a stream as you continue whisking the mix. When all the milk is added, continue stirring and bring to a boil. It will thicken as it gets hotter. Do not let the sauce stick to the bottom. When it has thickened, take it off the heat and add the cheese, stirring until the cheese has melted and is incorporated.

Vegetables

You can use whatever veg suits your fancy; season well with salt & pepper. Here are some suggestions:

fried aubergine and / or courgette – with aubergine don't forget to salt and let sit for 20 minutes before cooking.

roasted squash and peppers

cooked spinach or chard with sautéed onions

fried pork or beef mince – saute onions on medium-low heat, then add mince, breaking it up as it cooks; then incorporates with tomato sauce.

Other bits

crème fraiche

ricotta cheese

parmesan

Assemble lasagne

- ! cook enough lasagne sheets to make three layers in the pan you are using. Bring water to a boil in a deep pan $\frac{3}{4}$ full of water with salt and oil in it. Drop the sheets in 2 or 3 at a time and stir with a wooden spoon for the first minute or so to prevent them sticking. Cook 5 – 7 minutes until the sheets become floppy but not falling apart. When cooked transfer to a big bowl of cool water.
- ! drizzle olive oil in the bottom of the pan you are using and put the first layer of pasta sheets into the pan; put a layer of whatever vegetables you are using and then top with tomato sauce.
- ! On top of the tomato sauce, put dollops of crème fraiche or ricotta cheese (or alternate in each layer), then put another layer of the pasta sheets, and repeat process.
- ! When this is done, top with the final layer of pasta sheets and pour the Bechamel sauce over the top of the pasta and sprinkle with grated parmesan.

Once assembled, put the lasagne in the oven and cook for 30 – 40 minutes on 200c / 400f, until top is browning.

Cottage Pie

feeds 4

450 g (16 oz) ground beef

1 large onion

2 medium carrots

500g (18 oz) floury potatoes

1 tsp salt

2 – 3 Tblsp olive oil

red wine

ketchup
Worcestershire sauce
Chipotle Tabasco (optional)

Finely dice onion and carrots (you can do this by hand or in a food processor) and saute in the oil and salt until onions and carrots have softened. Add meat and incorporate, breaking down the beef mince with a wooden spatula and stirring together with the carrots and onions. When the beef has browned off and is completely mixed together with carrots and onions, add a small glass of red wine, a ladle of water (if you've got the potatoes cooking, take a ladle of the potato water), and a good squeeze of ketchup and a generous sprinkle of worcestershire sauce. Turn the heat right down and let simmer for a minimum of 45 minutes, stirring occasionally. At the end, taste it again and if it needs more flavour add more ketchup, Worcestershire sauce and water and continue cooking another 15 – 20 minutes. Also season well with salt and pepper.

While the beef mixture is cooking, peel the potatoes and chop into medium chunks. Bring to a boil in a good amount of water with a generous bit of salt. Let cook until really soft, then drain and add butter and a splash of milk. Using a potato masher break the potatoes down – you may need to add more milk and butter to get a smooth consistency but do this gradually or the potatoes may become too runny; you want the consistency to be smooth but thick so it holds form on top of the meat mixture. Add salt and pepper to taste.

Pour the meat mixture into your baking pan and then dollop the mash potatoes on the top, quite close together so you can spread them with a spoon to fill any gaps. The potato should cover the meat entirely.

Bake at 200c / 400c for 30 minutes, until it is bubbling and top is browning a bit. Some people score the top with a fork, so you get a kind of fluffy look to the potatoes and it browns at the tips. You can also grate a little cheddar cheese over the potatoes to make them extra yummy!

Fattee

feeds 4 – 6

Fattee is a North African dish. It usually has chicken in it, but this is a vegetarian version that works well on its own or as a side dish to lamb kebabs like we did. It's made by compiling a range of elements.

Cinnamon Tomato Sauce

8 cloves of garlic, roughly chopped
1 can plum tomatoes
2 cinnamon sticks
5 Tblsp olive oil

Heat the olive oil and the garlic on medium-high heat and cook until the garlic is just starting to go golden (careful here because if it goes too golden it will be bitter.) Add the can of the tomatoes and the cinnamon sticks and mix together, breaking down the tomatoes a bit with a wooden spatula. Cook on low heat for 45 mins – 1 hour. Add a bit of salt at the end for seasoning.

Vegetables

1 medium – large aubergine or 1 medium winter squash

If using the aubergine, cut into largish chunks and salt for 20 minutes; squeeze out moisture and saute in a pan with a good amount of olive oil – if it sticks add more – until quite soft. If using winter squash, peel the squash and cut the flesh into good sized chunks; you can either fry in olive oil like the aubergine or roast in the oven at 200c / 400f drizzled well with olive oil. In both cases season well with salt and pepper.

Rice

300 g (12 oz) basmati or other long grain rice
1 onion diced
1 can of chickpeas (garbanzo beans), drained and rinsed
2 – 4 Tblsp butter

Rinse the rice well in cold water, then transfer to a bowl and fill with luke warm water and a ½ tsp salt; let sit for at least 30 minutes, then rinse again with cold water.

Melt half the butter in your rice pan and saute the onion in it. When the onion is really soft and cooked through, add the rest of the butter and the rice and continue frying for 5 minutes on high heat. Add 550 ml (approximately a pint) of water and add the chickpeas, give a stir once only and shake the pan gently so the rice settles. Cover and cook on high heat for 5 minutes, then turn heat right down to low and leave for another five minutes, checking that the rice is cooked. If it's not, leave it a little longer on the low heat until all the moisture is absorbed.

Salty garlic yoghurt

250 – 300g greek or plain yoghurt
6 – 8 cloves garlic, finely chopped
½ tsp or more of sea salt

Mix together well, making sure salt is dissolved. If it's not salty enough add a bit more.

Assemble Fattee

chopped parsley
pine nuts (optional)

Put the rice in a baking dish, then add your vegetable (you can also add cooked chicken here if you want, torn into pieces). Pour over the tomato sauce and put spoonfuls of the salty garlic yoghurt on top. Sprinkle with chopped parsley and toasted pine nuts (optional).

Lemon Tart

feeds 8

Base

1 cup of flour

¼ icing (powdered) sugar
4 oz (125g) butter

Melt butter; sift flour and sugar, then pour in butter and mix with a fork until combined. Press into bottom of tart tin and bake 20 minutes at 180c / 350f until just browning at the edges.

Filling

While the base cooks, make the filling.

1 cup of sugar
zest and juice of 1 lemon (zest first with a zester or fine grater, then juice the lemon)
2 eggs
½ tsp baking powder

Mix ingredients together until combined. When the base is done, take it out and pour in the filling and bake another 25 minutes at 180c / 350f until the filling is set. Let cool completely and then dust with icing sugar using a sieve.

Almond Cookies

10 oz / 250g ground almond
8 oz / 225g sugar
¼ tsp baking soda
1 Tbsp cream or milk
2 egg whites

Mix the dry ingredients until thoroughly mixed. Whip egg whites until stiff and gently pour on top of dry ingredients add cream/milk and fold in until the mix is combined and there are no traces of the egg whites. Gently make the mix into balls and roll in icing sugar, then baked on an oiled baking sheet at 180c / 350f for 10 – 20 minutes until cookies are slightly brown on edges.