



BROOKVENTTM

*Community
Cookbook*

*Recipes
from Lockdown*

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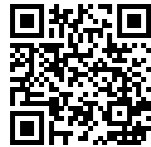
*Recipes
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BROOKVENT™

Brookvent has funded the full design, publication and distribution of all digital and print forms of this Community Cookbook.

We would like to appeal to any recipients to consider a donation to the 'NHS Charities Together: Covid 19 Urgent Appeal' as a thank you and to support NHS staff, volunteers and patients impacted by Covid-19 across the country.

www.nhscharitiestogether.co.uk



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Designed and published in Poland – Trzebnica

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On the cover: Jonny's wonderful daughters, hard at work baking treats in the Kitchen.

Editor: Agnieszka Garczyńska

This recipe book has been presented to you as a member of the Brookvent Team or perhaps the wider Brookvent Family of customers and partners. This is not just any recipe book, this is a recipe book which is a testimony to the creativity, resilience, and perseverance of the Brookvent Team in the face of the challenges we all faced in 2020 because of Covid -19. As you will be aware, Brookvent UK had to close due to the first wave of Covid-19 on the 25th March 2020. A difficult necessity faced by many businesses across the UK and Ireland.

We responded to this new reality, by ensuring that whilst we may have been in lockdown, we were not going to be locked out from keeping in touch with each other!

We were going to remember what makes Brookvent great - and get through this as a Team! We decided to publish a weekly online Brookvent Community magazine, encouraging contributions from the entire team. Week by week it's content grew, full of good advice, fun ideas, quizzes, prizes, and a Cookery Corner section which was so popular, that we simply had to honour and celebrate the many recipes and contributions from the team, and publish an official Brookvent cookbook.

Here it is!

The recipes that were created and shared not only looked delicious, they also captured the emotion and challenge of the time we were living through.

It captures a moment in time in 2020 that was shared by all of us.

It records that we did Extraordinary things in an Extraordinary year!

It reminded us that being part of the Brookvent Team is a privilege that helps us get through the difficult years as well as celebrating the good ones!

The true essence of community!

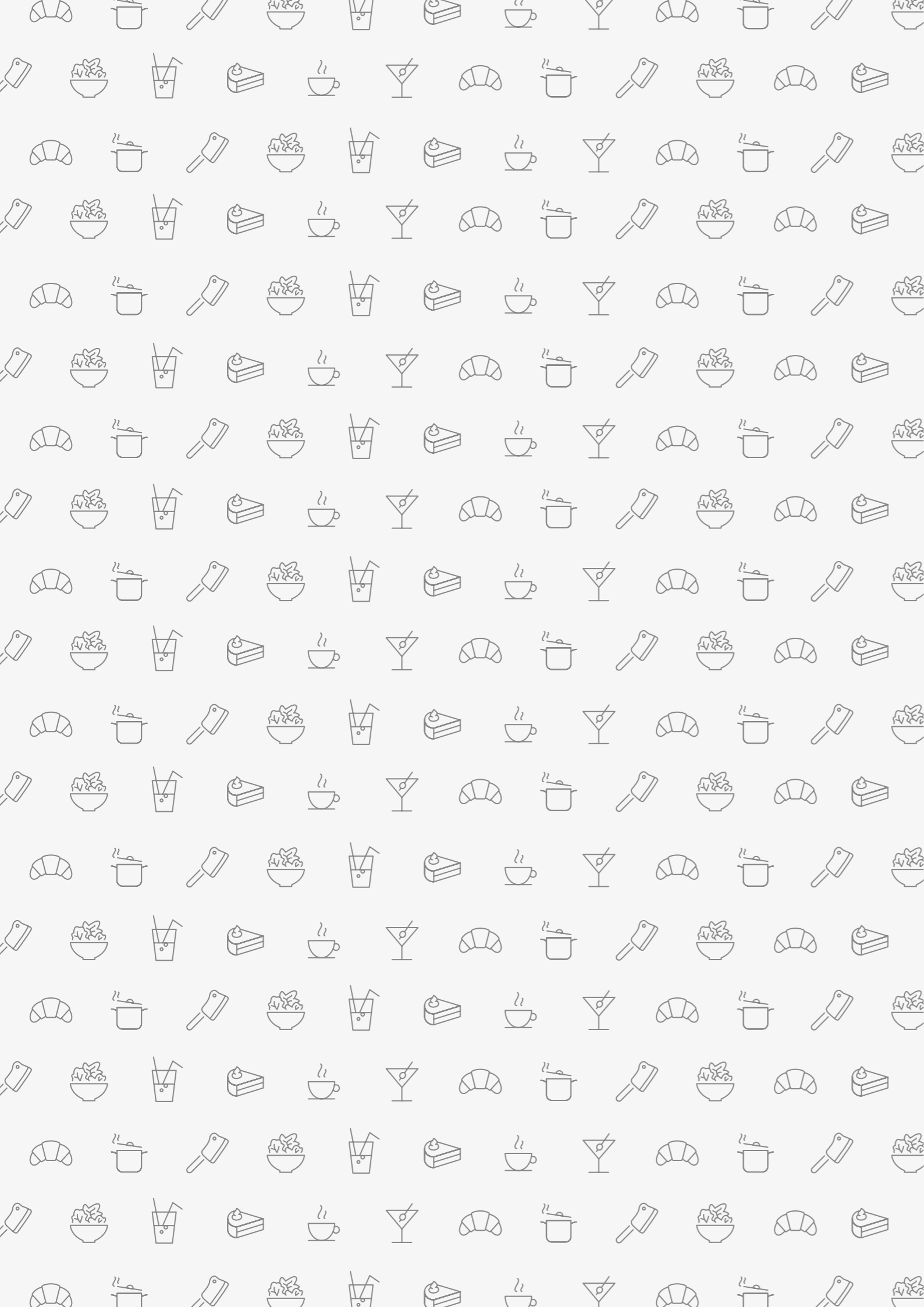
We hope you enjoy recreating the recipes enclosed.

Remember – Keep it simple follow the recipe, and you will be an international cook in no time!

Bon Appetit



Declan Gormley
Managing Director



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BAKED EGGS SHAKSHUKA RECOMMENDATION FROM DANE

Coffee shop style brunch is my favourite type dining out experience these days. Last year when visiting Berlin (back when travelling was possible) I had a red pepper Shakshuka that was one of the best meals I've ever tasted. This was my attempt at it, if you ever find yourself in Berlin, then I'd highly recommend that you check out the real thing @Café Mugarbi in Friedrichshain.

INGREDIENTS

- 1 tbsp olive oil
- 2 red onions (chopped)
- 1 sweet red pepper (chopped)
- 1 red chilli (de-seeded and finely chopped)
- 1 garlic clove (sliced finely)
- chorizo (diced)
- 1 tin chopped tomatoes
- half a tin of kidney beans
- 1 heaped tsp of smoked paprika
- 4 eggs
- parmesan (grated)
- feta (crumbled)

METHOD

Heat the oil in a frying pan, then fry the onions and garlic for 2-3 mins.

Then add the chilli and red pepper for 7-10 mins until everything is cooked down and softened on a medium heat.

Dice the chorizo and fry in a separate pan for 3-4 mins (no oil needed). Add the chopped tomatoes, paprika, kidney beans and fried chorizo to the onions and peppers and simmer for 8-10 mins.

Transfer to a baking dish and using the back of a large spoon, make 4 dips in the surface of the sauce, then crack an egg into each one.

Crumble some feta over the top and put the dish in the oven (at 200) for 6-8 mins depending how you like your eggs done.

Scatter with grated parmesan when you take it out, and serve :)

Top tip:

The eggs can take a little longer depending on your oven, keep a regular eye on them to make sure they are cooked to your preference



BACKSTAGE



SOURDOUGH LOAF

RECOMMENDATION FROM DANE

Sourdough has always been a go-to weekend brunch option for me if eating out, so I decided to give it a crack last week and start the 7 day journey to a final loaf. I've been following Olivia Burt (MasterChef Finalist 2019 who has a sourdough masterclass as part of her "stories" - Worth a follow on Instagram if you like your pastry!!

Warning - This recipe is a marathon, not a sprint! But definitely worth the end result!

INGREDIENTS

For the starter

700g strong white flour

For the loaf

500g strong white flour,
plus extra for dusting

1 tsp fine salt

1 tbsp clear honey

300g sourdough starter

flavourless oil, for greasing

METHOD

First, make your starter. In a large bowl, mix together 100g of the flour with 125ml slightly warm water. Whisk together until smooth and lump-free.

Transfer the starter to a large jar (a 1-litre Kilner jar is good) or a plastic container. Leave the jar or container lid ajar for 1 hr or so in a warm place (around 25°C is ideal), then seal and set aside for 24 hrs.

For the next 6 days, you will need to "feed" the starter. Each day, tip away half of the original starter, add an extra 100g of flour and 125ml of slightly warm water, and stir well. Try to do this at the same time every day.

After 3-4 days you should start to see bubbles appearing on the surface, and it will smell yeasty and a little acidic. This is a good indicator that the starter is working.

On day 7, the starter should be quite bubbly and smell much sweeter. It is now ready to be used in baking.

Tip the flour, 225ml of warm water, the salt, honey and the starter into a bowl, or a mixer fitted with a dough hook. Stir with a wooden spoon, or on a slow setting in the machine, until combined – add extra flour if it's too sticky or a little extra warm water if it's too dry.

Tip onto a lightly floured surface and knead for 10 mins until soft and elastic – you should be able to stretch it without it tearing. If you're using a mixer, turn up the speed a little and mix for 5 mins.

Place the dough in a large, well-oiled bowl and cover with oiled cling film. Leave in a warm place to rise for 3 hrs. You may not see much movement, but don't be disheartened, as sourdough takes much longer to rise than a conventional yeasted bread.

Line a medium-sized bowl with a clean tea towel and flour it really well or, if you have a proving basket, you can use this (see tips below). Tip the dough back onto your work surface and knead briefly to knock out any air bubbles. Shape the dough into a smooth ball and dust it with flour.

Place the dough, seam-side up, in the bowl or proving basket, cover loosely with a sheet of oiled cling film and leave at room temperature until roughly doubled in size. The time it takes for your bread to rise will vary depending on the strength of your starter and the temperature in the room, anywhere from 4-8 hrs. The best indicators are your eyes, so don't worry too much about timings here. You can also prove your bread overnight in the fridge. Remove it in the morning and let it continue rising for another hour or 2 at room temperature. The slower the rise, the deeper the flavour you will achieve.

Place a large baking tray in the oven, and heat to 230°C/210°C fan/gas 8. Fill a small roasting tin with a little water and place this in the bottom of the oven to create steam. Remove the baking tray from the oven, sprinkle with flour, then carefully tip the risen dough onto the tray.

Slash the top a few times with a sharp knife, if you like, then bake for 35-40 mins until golden brown. It will sound hollow when tapped on the bottom. Leave to cool on a wire rack for 20 mins before serving.

Top tip: Don't be tempted to add excess flour to make it easier to handle/ knead, it is supposed to be sticky!



KÖRÖZÖTT

HUNGARIAN COTTAGE CHEESE SPREAD - RECOMMENDATION FROM DIÁNA

This spread is a favourite in Hungary. Almost every household has a special way of making it. The main spices are ground caraway seeds that give it its unique taste and sweet paprika powder for the nice orange colour. The special ingredient in Körözött is túró, a Hungarian dairy product that can be substituted with either smooth (but not watery) cottage cheese, quark or farmer's cheese. This spread makes a great starter served with fresh bread slices or buns along with spring onions or tomatoes. It can also be used as a vegetable dip or can be filled in tomato peppers.

INGREDIENTS

250 grams (túró) cottage cheese or farmer's cheese or quark

Half of a medium yellow onion – diced

55 g butter

1 teaspoon of sweet red paprika powder

1 level teaspoon of ground caraway seeds

1 good tablespoon of sour cream

Salt to taste

METHOD

Mix all ingredients thoroughly until evenly mixed.

Let it chill for 3 to 4 hours so that the flavours come together.





ŻUREK

POLISH TRADITIONAL SOUR SOUP - RECOMMENDATION FROM KATE

Żurek is a traditional Easter breakfast dish in Poland. The soup typically includes a spicy white sausage, to celebrate and mark the end of Lenten fasting.

INGREDIENTS

(for the sour soup liquid - zakwas)

- 5 tablespoons rye flour
- Crust from a slice of rye bread (optional)
- 3 cups water
- 4 cloves garlic, crushed
- 3 bay leaves
- 5 allspice berries

INGREDIENTS

(for the sour soup)

- 4 slices bacon, diced
- 1 pound Polish sausage, sliced
- 2 large onions, coarsely chopped
- 1 large carrot, sliced
- 1 large parsnip, sliced
- 1/2 celery root, peeled and diced
- 6 – 8 cups water
- 1 bay leaf
- 2 cloves crushed garlic
- 4 large potatoes, peeled and diced
- 1/2 teaspoon marjoram
- salt & pepper, to taste
- 2 tablespoon horseradish (fresh grated or jarred)
- 2 tablespoons cream
- hard boiled eggs

METHOD (for the sour soup)

Add the flour and crust (if you're using it) to a large jar. Add the water, garlic, bay leaves, and allspice. Mix thoroughly. As it sits, it will separate with the flour sinking to the bottom. Cover the jar with a paper towel or kitchen towel (I like to secure it with a large rubber band). Let sit for five days, giving it a swirl daily to mix.

METHOD (for the sour soup liquid - zakwas)

Brown the bacon and sausage in a Dutch oven. Add the onion, carrot, parsnip and celery root. Add water, bay leaf and garlic and simmer for 40 minutes. Add the potatoes and marjoram, then cook until the potatoes are tender. Add 2 cups of the zakwas (strained or flour mixed in, your choice). If you want the soup to have a deeper sour flavour, add the remaining zakwas. Season with salt and pepper. Add horseradish and cream. Return to a boil and remove from heat. Serve by garnishing with hard boiled egg, halved, quarter or diced.

BACKSTAGE





SOLIANKA

RUSSIAN BEEF SOUP

- RECOMMENDATION FROM ALEX

This is a traditional Russian soup that is served as a meal by itself. Vodka is usually served with it. Garnish with fresh lemon slices and sour cream.

INGREDIENTS

(serves 6)

- 2 ounces dried mushrooms*
- ¾ cup water*
- ½ cup unsalted butter*
- 3 onions, chopped*
- 1 cup cooked diced veal*
- 1 cup diced ham*
- ¼ pound sausage, cut into 1 inch pieces*
- 2 quarts beef stock*
- 3 bay leaves*
- 10 black peppercorns*
- 2 dill pickles, diced*
- 2 tablespoons capers*
- 12 marinated mushrooms*
- 1 (28 ounce) can Italian-style whole peeled tomatoes*
- 2 tablespoons tomato paste*
- 1 ½ tablespoons all-purpose flour*
- 12 kalamata olives*
- ½ cup chopped fresh dill weed*
- ¼ teaspoon dried marjoram*
- 3 cloves garlic, minced*
- ¼ cup dill pickle juice*
- 1 teaspoon Hungarian sweet paprika*
- salt to taste*
- ground black pepper to taste*

METHOD

Soak mushrooms in ¾ of a cup of water until tender (20-30 minutes). Set aside.

Melt half the butter and sauté the onions, meats, and rehydrated mushrooms. Add the stock and liquid from the mushrooms and bring to a boil. Make a bouquet garni by tying the bay leaves and peppercorns tightly in cheesecloth. Lower the heat and add the bouquet garni, pickles, capers, and marinated mushrooms. Simmer 10-15 minutes.

Melt remaining butter in a skillet and cook the tomatoes and tomato paste for a few minutes, then add the flour and sauté for another few minutes. Add a cup of the soup to the skillet and stir in well, then return the pan ingredients to the soup pot.

Add the olives, dill, marjoram, garlic, pickle juice and paprika. Adjust soup's seasoning with salt and pepper; simmer for another 10-15 minutes.

Remove the pot from the heat and remove the bouquet garni. Adjust seasonings and serve with sour cream and lemon.



BACKSTAGE





BACKSTAGE



PORK RAGÙ

RECOMMENDATION FROM DANE

Pork Ragù is a real favourite of mine, it's pretty straightforward too. This is a recipe from Coppi, one of my favourite restaurants in Belfast. Coppi's owner and head chef, shared the recipe on social media during lock-down and I couldn't resist having a go at it.

INGREDIENTS

1 Onion
Mushrooms
Chicken
Beef or Veg Stock
1 Pork Fillet
Chives
Parmesan
Black Pepper
Rosemary
Butter
Red Wine
Garlic
Spaghetti

METHOD *(for the sour soup)*

Slow roast the pork fillet in the oven at 180°C for an hour with black pepper and a drizzle of oil. Once it's ready, start the Ragù. Fry the onion and garlic in the pan with a decent knob of butter until the onions start to slightly colour. Then add chopped mushrooms. Then add 200ml of red wine and some rosemary, and simmer to reduce it down. Add 200ml of stock and reduce down. Then shred the cooked pork with two forks, add it to the Ragù and let it simmer down, then serve with cooked spaghetti and top with chives and Parmesan.

The Parmesan tweels are a nice extra, and are really simple. Grate some Parmesan and put it in a thin circle about the size of a coaster, on some non stick, greased baking paper. Dust the Parmesan circles with some chives and black pepper and put them in the oven at 180°C until they go golden, usually around 4-5 mins. When you take them out they should harden very quickly as they cool and form a solid disc, and that's it. If they don't harden fully, you haven't left them in long enough, just put them back in and keep a close eye on them.

Top tip:

Keep some of the wine for personal consumption!



MACARONI CHEESE RECOMMENDATION FROM COLIN

My take on Macaroni Cheese - tried, tested and all survived.

INGREDIENTS

300g Macaroni

tin chopped tomatoes

6 Pieces of lean bacon cut into 1-inch strips

1 Onion diced

250g Chopped Mushrooms

300ml cheese sauce (buy premixed)

Grated Cheese

1 unit of red wine

1 flat teaspoon chilli chips

METHOD

Boil the macaroni in a saucepan for 10 minutes, add salt and a splash of olive oil. Drain wash & with hot water from your kettle, then set aside. Heat up a large pan to a medium heat & add a splash of olive oil, add the onions, bacon, mushrooms & chilli chips, sauté for 5 minutes while stirring. Now add the red wine and allow to sweat down. Add the tinned tomatoes and bring to the boil, allow the moisture to absorb into the ingredients for a couple of minutes., add the macaroni and cheese sauce into the pan and mix well. Season with salt & pepper, transfer to a casserole dish & allow to cool down before covering the top with grated cheese. Place into a pre-heated oven 180°C for 25 minutes or until golden brown on top.

Serve with cherry tomatoes drizzled with balsamic vinegar, olive oil & garlic bread.



CHILLI CON CARNE

RECOMMENDATION FROM COLIN

The temperature in Bedfordshire has been 25°C for the last couple of days and due to continue next week, so this recipe might not suit everyone because its seen as an Autumn/Winter meal, but it is a option if you don't want to live on fish, salad & fruit all week. This is a good one to batch cook & freeze.

INGREDIENTS

500g Minced beef (no more than 5% fat)
400g Tin of kidney beans (drained)
400G Tin of chopped tomatoes
200 ml of beef stock (I use an oxo cube)
Glass of red wine
4 Tbs of tomato puree
6 bulbs of garlic, crushed
1 large Spanish onion, chopped
250g mixed mushrooms, chopped
1 large green pepper, chopped
2tsp of hot chilli powder
2 flat tsp of cumin
2 flat tsp paprika
1 red chilli chopped.

METHOD

Add some olive oil to a large pan, heat for a couple of minutes then add the mince beef, once it goes brown, discard onto a dish.

If required, add a dash more olive oil to the pan on a medium heat before adding the onion, mushrooms, peppers & red chilli. Stir for approximately 2 minutes, then add the chilli, cumin & paprika powders before adding the crushed garlic & some water so you don't burn the mixture, stir for about a minute.

Stir in the mince then add the red wine and stir until the red wine is absorbed into the mixture. Now introduce the kidney beans, tinned tomatoes & beef stock into the pan, then add the puree. Bring to the boil while stirring, then reduce to simmer for 30 minutes. Don't worry if there seems to be a lot of liquid, it will get absorbed. Make sure you still stir while simmering, if the mixture starts to dry just add more water. Add salt and pepper to your taste.

You can serve with rice (I add frozen peas when boiling), or jacket spud, it's also great with chips. Doritos tangy tortilla chips are nice as well. Greek yogurt is also a good accompaniment.

My favourite wine with this dish is Chianti.



ROASTING TIN: VEGETARIAN MIX RECOMMENDATION FROM STEVE

I love garlic so added a few cloves which seemed to go well, but it is one of those recipes you can adapt to your own taste.

INGREDIENTS

2 Medium Red Onions
1 Green Pepper
400g Red Kidney Beans
5 Tablespoons of basmati rice
250ml Fresh orange juice
2 Tablespoons of piri piri spice blend
1 Tablespoon of smoked paprika
½ Tablespoon of dried chilli flakes
½ Tablespoon dried thyme
1 Medium Orange
1 Lemon
Sprig of coriander
Smoked sea salt
Black pepper

METHOD

Pre-heat the oven to 180°C/ gas mark 4.

Throw sliced red onion, green pepper, 400g of canned red kidney beans (drained and rinsed), and 5 tbps basmati rice into a deep baking tin.

Measure 250 ml fresh orange juice (from the carton is fine) and mix in 2 tsp piri piri spice blend, 1 tsp smoked paprika, half tsp dried chili flakes, and half tsp dried thyme. Pour this over the ingredients in the roasting tin.

Lay over slices of peeled unwaxed orange. Loosely cover with tin foil, then bake in the oven for 40 minutes. Remove from the oven and squeeze over the juice of half an unwaxed lemon. Scatter with coriander. Season to taste with smoked sea salt and plenty of black pepper.



CRISPY STICKY TOFU (OR CHICKEN) WITH PAK CHOI WOK-TOSSED RICE RECOMMENDATION FROM JONNY

This dish reminds me of all the best Chinese takeaways I've ever eaten. The tofu is crispy and delicious yet still light and fluffy on the inside, and the sauce is rich, spicy and sweet. You'll never need a Chinese takeaway again.

INGREDIENTS (for the crispy tofu)

200g firm tofu
30g cornflour
low-fat cooking

INGREDIENTS (for the sauce)

5cm piece fresh ginger
2 large garlic cloves
1 fresh red chilli
1 tbsp water
1 tsp cornflour
1 tsp sesame oil
1 tbsp rice wine vinegar
2½ tbsp maple syrup
1 tbsp soy sauce

INGREDIENTS (for the pak choi wok-tossed rice)

1 x250g bag
microwaveable brown
basmati rice
2 pak choi
1 garlic clove
1 tbsp sesame oil
1 tbsp soy sauce
pinch of chilli flakes
1 spring onion
1 tsp white sesame seeds

METHOD

Preheat oven to 225°C | Line a baking tray with parchment paper | Tofu press or use 2 clean tea towels and a weight such as a heavy book | Fine grater or microplane | Medium frying pan. | Wok

First, prep and roast the tofu. Press the tofu using a tofu press or place it between two clean tea towels, lay it on a plate and put a weight on top. Leave for at least 30 minutes to drain off any liquid and firm up. Cut the tofu into 1cm-thick batons. Roll the tofu in the cornflour, until well coated. Cover the lined baking tray with 4 sprays of cooking oil spray. Space out the coated tofu pieces on the baking tray. Spray the tops lightly with cooking spray. Bake in the oven for 15 minutes. Take the tray out, turn the pieces over, spray with a little more cooking oil, then bake for a further 15 minutes.

Meanwhile, prep the sauce. Peel the ginger by scraping off the skin with a spoon, then grate it. Peel and grate the garlic. Rip the stem from the chilli, cut it in half lengthways and remove the seeds, then thinly slice. Mix the water and cornflour in a glass to form a slurry. Warm the sesame oil in the medium frying pan over a medium heat. Add the garlic, ginger and chilli and cook for 1 minute, stirring. Add the rice wine vinegar, maple syrup and soy sauce and simmer, gently stirring for 1 minute. Add the cornflour slurry, stir it into the sauce, turn the heat down and simmer, stirring constantly, for 1 minute until slightly thickened. Remove the pan from the heat.

Cook and stir-fry the rice and pak choi. Cook the rice following the packet instructions. Trim and slice the pak choi into 2mm-thick strips. Peel and grate the garlic. Heat the oil in the wok over a medium-high heat. Add the garlic and stir for 1 minute. Add the pak choi and toss for 2-3 minutes, until slightly softened. Stir in the cooked rice. Add the soy sauce and chilli flakes and toss to combine.

Finish and serve. Trim and thinly slice the spring onion. Bring the sauce in the frying pan up to a simmer. Add the crispy roast tofu and coat evenly. Plate up the rice, top with the crispy tofu, garnish with spring onion and sesame seeds and serve.



BIGOS

POLISH HUNTER STEW

- RECOMMENDATION FROM KATE

Bigos is a traditional Polish dish that originated in Medieval times. Sauerkraut, Kielbasa, Wild Mushrooms, Prunes and spices are braised in red wine for hours to achieve this amazing comfort food.

INGREDIENTS

6 cups Sauerkraut or 2 - 1 pound jars

Porcini mushrooms (about 20 grams)

1/4 cabbage, shredded

1 carrot medium, shredded

10 oz Baby Bella Mushrooms, cut

1 cup red wine

1/2 cup prunes pitted, roughly chopped

2 tbsp tomato paste

1 onion medium, yellow, chopped

2 cups Kielbasa cubed

2 bay leaves

1/4 teaspoon rosemary, dried

1/4 teaspoon caraway seeds

1/4 teaspoon garlic, granulated

1/4 teaspoon sweet paprika

1/4 teaspoon mustard seeds, granulated

1/4 teaspoon coriander

1/2 teaspoon sugar

Salt & Black Pepper to taste

1 tbsp olive oil

METHOD

Place dried mushrooms in a bowl, submerge them in water and let sit for an hour; Rinse the sauerkraut and chop it. Place it in large pot and submerge with water, cook it for about an hour, adding water if needed so that the sauerkraut is fully covered. After fully cooked, let the water reduce by half; In a frying pan, add 1 tablespoon of olive oil, a chopped onion and fry it for about 5 minutes until golden brown; Remove the onions and set aside. Add another tablespoon of oil to the same pan, baby bella mushrooms, and season with salt & pepper and cook for about 5 minutes, until soft and cooked through; Remove the mushrooms and set aside. Add another tablespoon of oil to the same pan and your kielbasa. Cook until golden brown, or for about 5 minutes; When sauerkraut is soft and the water has reduced by half, add chopped cabbage, and carrot; mix together and let cook for about 5 minutes; Carefully remove dried mushrooms from the bowl and chop them. Be careful not to grab the dirt which inevitably fell down to the bottom of the bowl; Into the pot with your sauerkraut, add cooked onions, mushrooms, kielbasa, red wine, tomato paste and all seasonings; Let it cook for another half hour to an hour, mixing often until all the ingredients are well blended; Season with salt and pepper, if needed; It can be served immediately with bread or potatoes. Additionally, it can be reheated the next day and I suspect you'll be presently surprised at how well the dish aged!

Top Tip:

This dish gets better the longer it cooks for and the longer it sits. It can actually taste the best on the third day after it's been reheated. But it can be eaten immediately. Enjoy.



RAKOTT KRUMPLI HUNGARIAN LAYERED POTATOES -RECOMMENDATION FROM DIÁNA

Hungarian layered potatoes is a very tasty and easy to make one-pot dish. Smoked sausage is the star in the dish along with the hard-cooked eggs smothered in sour cream. It makes a good dinner alone or stands as a second course for lunch.

INGREDIENTS

9 medium sized potatoes

6 eggs

300g smoked paprika sausage, or chorizo style sausage/ bacon as substitute

550 grams of sour cream

Sweet paprika powder

Ground black pepper

Salt

Oil

METHOD

Cook the potatoes in their skins in salted water until tender. Drain and rinse under cold water until cool enough to handle. Peel the potatoes and cut into 1-1.5 cm rounds. Set aside.

Hard boil 6 eggs, drain and rinse them under cold water until cool enough to handle. Peel and slice the eggs. Peel and slice the sausage. Grease your baking dish. Start with a layer of potatoes, salt it. Now place the egg slices on them. Salt it, sprinkle with ground black pepper and paprika powder and a little oil. Add the sausage slices.

Add a new layer of potatoes, eggs and sausage and cover with a layer of potatoes. Salt it. Spread the sour cream on top and bake it in a preheated oven, 180°C, for about 30-35 minutes, until the sour cream browns a little bit.
Serve with sour cream.



BACKSTAGE



KVASS

RUSSIA'S REAL NATIONAL DRINK - RECOMMENDATION FROM ALEX

Classic Kvass has the texture and tartness of a mildly alcoholic cider and is made from fermented black or rye bread, spring water, and herbs, though versions of Kvass are also made with berries, other grains and beets.

EQUIPMENT

Cheesecloth or a clean dishtowel
Glass bottles with plastic stoppers

INGREDIENTS

4 litres of boiling water and 45 ml of warm water
1 thumb of fresh ginger, peeled and sliced into thin rounds
15 ml of fresh lemon zest, diced
50 grams of raisins
125 ml of sugar
750 grams of dried or stale rye, pumpernickel or black bread, cut or crumbled into small chunks. Russian "borodinsky" produces the best taste.
1 package of active dry yeast (2-1/4 tsp or 7 grams)

METHOD

Bring the water to a rolling boil in a large soup pot with a tight lid. Arrange the bread chunks on a baking sheet and bake for 30 minutes at 180°C (350F) until hard. If the bread is already stale, then bake for just 15 minutes. When the water comes to a boil, remove it from the heat and add the bread, and stir briefly to combine. Cover tightly and set aside for five hours. Line a colander with layers of cheesecloth and set it over a clean bowl or pot. Strain the bread and water mixture through the cheesecloth, using the back of a wooden spoon to press the remaining breadcrumbs to get their flavour. Discard the breadcrumbs. Combine the yeast with the warm water and set aside for 2 minutes to proof. Add the proofed yeast, sugar, lemon zest and ginger to the liquid, cover with towel and set aside overnight (8-12 hours).

Strain the liquid through a sieve, discarding the ginger and lemon zest, then decant into the glass bottles, taking care not to fill the bottles all the way – leave sufficient room for the fermentation process to continue. Add a handful of raisins to each bottle, then cap or seal the bottles and set aside for 2-3 hours. Chill in the refrigerator for 2-3 days before serving.

BACKSTAGE





RUSSIAN ROAST

RECOMMENDATION FROM ALEX

It is no secret that Russians like to eat. The national dishes are mostly hearty, with lots of meat and vegetables. One of the favourite dishes in Russia is a pot roast.

INGREDIENTS

pork – 500 grams
onions – 3 heads
potatoes – 1.5 kg
hard cheese – 300 grams
milk – 50 grams
mayonnaise – 150 grams
sour cream – 150 grams
butter – 100 grams
salt
pepper
Bay leaf
Greens

METHOD

Rinse meat in cold water, and cut into cubes of medium size. Mix the finely chopped onions with the meat, 50 grams of softened butter, and sprinkle with salt and pepper. Leave for 15 minutes to marinate.

Peel and cut the potatoes into cubes. Cut 2 potatoes into thin slices. Transfer the meat and potatoes to a crock pot. Stir and cover the top with potato slices. Add the Bay leaf and grate the cheese. In each pot place the components on top of a piece of butter, sprinkle the cheese liberally and evenly pour the mixture of sour cream, milk and mayonnaise. Put the pots in a preheated 220°C oven. Simmer for 35 to 45 minutes. Serve in the hot pots, sprinkled with finely chopped greens.



GREAT SOFT CHEWY COOKIES RECOMMENDATION FROM JONNY

Great fun for the whole family!

INGREDIENTS

125g Unsalted Butter

115g Soft Brown Sugar

110g White Caster Sugar

1 Medium Egg

1 tsp Vanilla Extract

220g Self Raising Flour

½ tsp Salt

200g Chocolate Chips
(We Used Milk Chocolate
leftover Easter Egg)

METHOD

Preheat the oven to fan 180°C and line 2 or 3 (depending on your cookie size) baking trays with baking parchment.

In a large bowl cream together the butter and sugars until pale and fluffy then add the egg and vanilla extract and mix together well.

Sift the flour and salt and then add to the egg mixture. Mixing thoroughly until a soft dough forms. Finally stir in the chocolate chips.

Break off slightly smaller than golf ball sized pieces of the dough, and roll into balls. Place these on the baking sheets leaving space between them as they will spread out during baking.

Place in the oven and bake for 7 minutes for the soft chewy type, or 10 minutes if you prefer a crunch. Leave to cool on the trays for about 10 minutes then transfer onto a cooling wire to cool completely.



ENERGY BALLS WITH A DASH OF THE GOOD STUFF!

RECOMMENDATION FROM ELAINE

Vegan recipe that can be replaced with milk, butter, honey etc. if required.

INGREDIENTS

- 150g rolled oats
- 50g plant based protein
- 50g Biscoff spread
- 25g agave nectar
- 10g of sunflower based "butter"
- 20g of oat milk
- 36g of Irish Whiskey

METHOD

Simply put in a bowl and mix by hand.
Roll 6 even balls and put in the fridge to chill for an hour (or have a sneaky one straight away!)

Lactose free, nut free & vegan friendly!



WAREING'S BAKED HONEYCOMB PUDDINGS

RECOMMENDATION FROM DANE

I'm a big fan of Masterchef the Professionals on BBC, and in particular Marcus Wareing's recipes. During lock-down, the Michelin Guide on Instagram started sharing make-at-home recipes from many of the world's top chefs and this one from Marcus looked great! It tasted even better!

INGREDIENTS

(for the puddings)

75g of butter

40g caster sugar (and 15g for coating the ramekins)

2 eggs

40g golden syrup

100g plain flour

5g baking powder

INGREDIENTS

(for the honeycomb)

200g caster sugar

5 tbsp of golden syrup

2 tsp bicarbonate of soda

Serve with ice-cream

METHOD

Honeycomb

Butter a 20cm square tin or line with baking paper.

Mix 200g caster sugar and 5 tbsp golden syrup in a deep saucepan and stir over a gentle heat until the sugar has melted. Try not to let the mixture bubble until the sugar grains have disappeared.

Once completely melted, turn up the heat a little and simmer until you have an amber coloured caramel (this won't take long), then as quickly as you can turn off the heat, tip in 2 tsp bicarbonate of soda and beat in with a wooden spoon until it has all disappeared and the mixture is foaming.

Scrape into the tin immediately but be careful as the mixture will be very hot.

The mixture will continue bubbling in the tin, simply leave it and in about 1 hr - 1 hr 30 mins the honeycomb will be hard and ready to crumble or snap into chunks.

Puddings

Preheat the oven to 180 (fan over).

Lightly butter four ramekins and sprinkle them with the tablespoon of sugar.

Put the eggs and caster sugar in a mixing bowl and whisk on high speed until light and fluffy.

Melt butter with golden syrup in a pan. Then, stir it into the eggs and sugar, and fold in the flour and baking powder.

Put a large spoonful of the pudding mixture into the bottom of the ramekins.

Sprinkle the crushed honeycomb on top.

Finish by spooning the remaining pudding mix over the honeycomb. Smooth over the surface with a knife.

Sit the ramekins on a baking tray and bake for around 15 mins, until the puddings puff up and become golden.

Remove from the oven and leave the puddings to rest for 1-2 minutes, then serve with some ice-cream.

Top Tip:

Don't over-fill the ramekins, give them space to rise!

BACKSTAGE





BACKSTAGE



VICTORIA SPONGE

RECOMMENDATION FROM ELAINE

I like this recipe because it is perfect for any amateur like me, easy to follow and a tasty treat. There's plenty of scope to become more adventurous with different toppings and icing as confidence grows with this one. The flavour isn't too fussy so perfect for adults and children.

INGREDIENTS

4 free-range eggs
225g/8oz caster sugar
225g/8oz self-raising flour
2 tsp baking powder
225g/8oz butter at room temperature, plus a little extra to grease the tins

280g icing sugar
140g butter
1 tbsp milk
1/4 tsp vanilla extract
Good-quality strawberry or raspberry jam

METHOD

Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins. Use a piece of baking paper to rub a little butter around the inside of the tins until the sides and base are lightly coated.

Break the eggs into a large mixing bowl, then add the sugar, flour, baking powder and butter. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon), but be careful not to over mix. Put a damp cloth under your bowl when you're mixing to stop it moving around. The finished mixture should fall off a spoon easily.

Divide the mixture evenly between the tins: this doesn't need to be exact, but you can weigh the filled tins if you want to check. Use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes.

Bake the cakes on the middle shelf of the oven for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch. Set aside to cool in their tins for 5 minutes. Run a palette or rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.

To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too. Top with the second cake, top-side up. Sprinkle over the caster sugar.



MEXICAN ORANGE CITRUS & ALMOND CAKE

GLUTEN FREE

- RECOMMENDATION FROM COLIN

This recipe was a Rick Stein creation, I met him in Rhodes where we both stayed at the same hotel in 2017. We were sitting at the same table one evening and were talking about citrus fruits and he gave me this recipe on the back of a tissue. It featured on his recent TV series America to Mexico road trip, using Mandarins. This is my take on his recipe, I prefer to use a large juicy orange with a coconut finish and a dash of Galiano, I suspect you can use Cointreau instead, if preferred.

INGREDIENTS

*1 large good quality orange
approximately 220g*

175g ground almonds

4 large eggs

*1 large lemon zest only
(keep the lemon for the syrup)*

100ml olive oil (not virgin)

160g of golden caster sugar

2 tsp baking powder

Dash of Galiano

Desiccated coconut

METHOD

Cover the orange with water in a saucepan bring to the boil and simmer for 20 minutes, remove and set aside. When it cools down cut the orange including the skin into pieces, place into a blender to create a paste.

Whisk the eggs, lemon and caster sugar in a bowl with an electric mixer until smooth.

Add the olive oil and fold into the mixture with a wooden spoon followed by the ground almonds & the dash of Galiano.

Finally stir in the orange paste and baking powder to a smooth texture.

Pour into your baking tin (I use an 8in round springform tin lined with baking paper) and bake for 50min at 160°C fan, or 180°C for conventional oven.

Use the juice from the lemon and 15g of castor sugar in a small saucepan and slowly heat for a couple of minutes.

When you remove the cake from the oven, let it cool in the tin for about 10 minutes, then make lots of small holes in the cake with a cocktail stick and then pour the syrup slowly over the top of the cake.

Sprinkle with the desiccated coconut.

Nice served with clotted cream and grated orange peel mixed together.

BACKSTAGE





BACKSTAGE



FROZEN BANANA YOGURT CUPS

RECOMMENDATION FROM ELAINE

A quick and easy, summertime sweet treat, for all the family to get in on.

INGREDIENTS

1 Small banana
2 kids pots
Yogurt
Handful frozen berries
Splash of milk
Small bun cases

METHOD

Place 8 small bun cases on a tray.

Chop banana and place one slice in bottom of each case.

In a blender, blend yogurt, fruit and splash of milk.

Pour yogurt mix over the banana and pop in freezer for 3-4 hours.

Take out of case and turn over so banana is facing up.

Eat quickly before they melt.



VIETNAMESE ICED COFFEE RECOMMENDATION FROM JONNY

Good morning Vietnam!

This is a simple go to for the summer months and delivers a cold sweet coffee hit! I can't recommend it enough!

INGREDIENTS

2 tbsp or 30ml of condensed milk

Ice

Espresso shot

(can be from a coffee pod or mokka pot)

METHOD

Put the condensed milk into a 250ml glass.

Add the coffee and stir.

Fill the glass with ice.

(Use less condensed milk if you prefer less sweetness)

BACKSTAGE



SUMMER ICED COFFEE RECOMMENDATION FROM ELAINE

As a coffee addict it is hard to enjoy a hot coffee on one of our rare hot spells of summer. This is a great way to get my caffeine fix in a smooth sweet summer drink. You can also experiment with so many different flavours depending on your mood, the options are endless.

INGREDIENTS

55g shot of espresso (or as I used, a pod machine)

100g Alpo Coconut for professionals

160g Frozen Alpo Coconut for professionals (used large ice cube tray)

55g chocolate syrup

METHOD

Blend the Alpo Coconut ice and drink together, making it into a thick slush. Mix the espresso with the chocolate syrup. Pour the blended ice into a glass and add the espresso/syrup mix.

Stir and enjoy!



CRAFT RISING (CITRUS ONE)

SUMMER COCKTAILS

- RECOMMENDATION FROM ELAINE

A crisp summer cocktail to pass those hot summer evenings in our gardens during lockdown. We've learnt to appreciate our outdoor spaces and this zingy cocktail tops off the bliss.

INGREDIENTS

50g Jameson Caskmates IPA

20ml pink grapefruit juice

10ml 2:1 sugar syrup

2 flakes of sea salt

METHOD

Add all ingredients into the small tin of your cocktail shaker and fill it with ice. Then close the shaker up and give a great big shake, 10/15 seconds should do the trick.

Open the cocktail shaker and using a Hawthorne strainer & fine strainer, strain into a nick & nora or fancy martini glass.

You want to see a nice froth on top allowing all those fresh flavours to jump out at you.

Garnish with a nice grapefruit zest, squeezing it before hand to release all of its fresh oils.



WHISKEY SOUR SUMMER COCKTAILS - RECOMMENDATION FROM ELAINE

Personally, this is a winter favourite of mine, the type of drink you order after a busy spree shopping in town for the holidays. That experience may be different this year as we order from our local shops online but you can still prep and enjoy this whiskey reward in the comfort of your own home in front of the fire.

INGREDIENTS

*50g Jameson Crested
20ml fresh lemon juice
10ml 2:1 sugar syrup
10ml egg white / 5ml Aquafaba (vegan option)
2 dash Angostura bitters
1 dash orange bitters*

METHOD

Add all ingredients into the small cocktail shaker tin.

Close the shaking tins and dry shake for about 5/10 seconds.

Open the cocktail shaker & add ice to the tin, close and shake again for about 10 seconds or until you can feel the tin getting ice cold. Open the cocktail shaker and using a Hawthorne stainer & fine strainer, strain into a chilled rocks glass filled with ice.

Garnish with a long lemon zest.



BOOZY MARGARITA ANYONE? CHRIS'S COCKTAIL CORNER

Although these go down a treat in summer, I love making a batch when cooking Mexican food, whether it be Chilli Con Carne, Fish Tacos or Fajitas.

Bomboleo!

Perfect taste of summer nostalgia as the winter nights draw in.

INGREDIENTS

100ml Silver Tequila

50-60ml Cointreau

100ml freshly squeezed limes (4 good sized limes should give you about the right amount)

Top tip - roll your limes before you cut to juice.

This will make the limes yield more juice.

2 tbs sugar syrup

2 tbs sea salt sprinkled on a side plate

2-3 handfuls of ice

METHOD

Pour Tequila, Cointreau, lime juice and sugar syrup into a blender along with your ice and blitz until a slush puppy consistency.

If you find it is too slushy just add some more ice and blitz.

Note:

To make a simple sugar syrup add water and sugar to a saucepan in the ration 1:1, simmer gently and allow to cool.

If you are feeling lazy or in a rush, simply add a couple of teaspoons of caster sugar to your mix.

To serve:

Grab two of your favourite cocktail glasses, or if you want to be really hip, cocktails in tumblers are a thing at the minute. Jam jars are so 2019!

Run a wedge of lime around the rim of your glass and dip it into your side plate of course sea salt.

Divide contents of your blender into two glasses and plonk a wedge of lime on the rim of your glass.

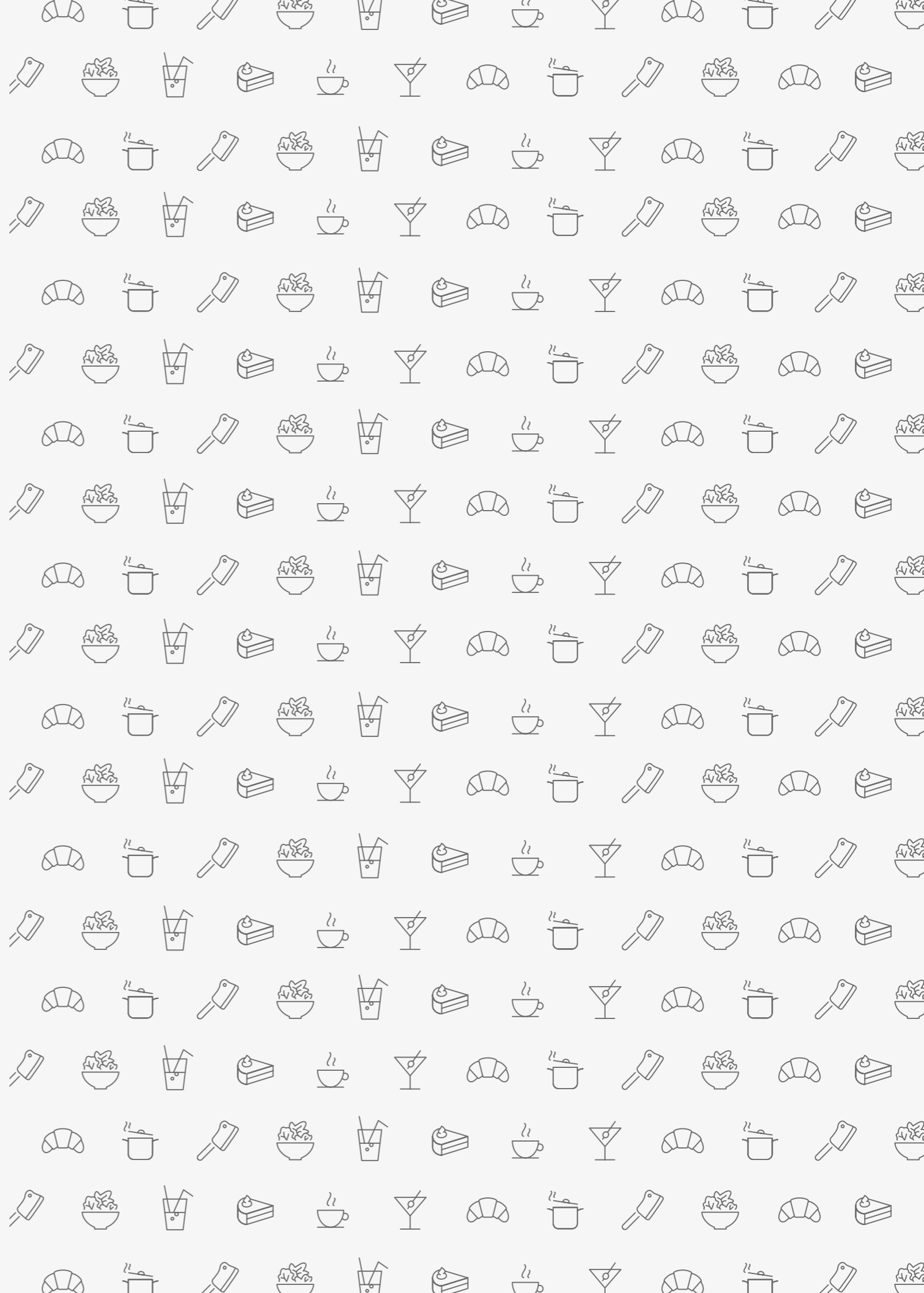
Great in the garden in this kind of weather.

BACKSTAGE



*“No rules. Don’t be afraid to do whatever you want.
Cooking doesn’t have to have rules.
I don’t like it that way”*

Masaharu Morimoto





BON APPÉTIT

BROOKVENT