

SLAUGHTER AND MAY /

# AROUND THE WORLD IN 36 DISHES

A selection of lockdown eats  
in partnership with DIVERSE,  
helping support Bags of Taste





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Welcome to the Slaughter and May cookbook 2020 brought to you by the DIVERSE Committee.

The genesis for this cookbook was a successful recipe competition the DIVERSE Network ran a couple of years ago and in which the winning recipes were served in the Staff Restaurant.

The plan was to run a similar competition this year, but unfortunately Coronavirus put paid to that idea. However, as the pandemic forced people indoors, it encouraged many of us to spend more time in the kitchen, perfecting our Banana Bread and Sourdough Loaves, and much more besides. It also served as the perfect inspiration to the DIVERSE Network to collate, and share, people's favourite recipes from across the firm.

Food is something that brings people together, friends and family, and for many is a real source of comfort. This is what we hope to achieve with this cookbook. As you flick through the book, you'll be struck by the vast variety of the dishes, which is a true reflection and celebration of the diversity of influences that exists across the firm.

From Vietnam to Nigeria, from Lithuania to Cyprus, it's wonderful to see so many different dishes, sweet and savoury, healthy and decadent.

There is also a charitable element to this cookbook. It is free but if you are able, we ask you to provide a donation to Bags of Taste, a UK-wide not for profit organisation that reaches vulnerable people struggling with food costs who need to feed themselves on a tight budget. It encourages them away from being dependent on highly processed and takeaway foods, to regularly cooking good, tasty, home-cooked food for themselves and their families.

We are sure you'll agree, it's an appropriate organisation to support for the cookbook.

Thank you to everyone who has shared a recipe, taken photos of their creation and to the OLIVER team for their expert design.

Happy cooking and happy eating!

Sarah Lee and Andrew Jolly

October 2020



# SAVOURY DISHES





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# NOODLE SOUP

## WITH VIETNAMESE STYLE BROTH

by Kim Nguyen



SERVES 2



30 MINS

“There’s nothing better than mum’s cooking, and I’m sorely missing it being in lockdown! The dish I miss the most is a nice heart-warming bowl of Vietnamese Pho (pronounced ‘fuh’). I’ve found a shortcut version on how to make the broth in a fraction of the time, much to my mum’s disappointment (to make it authentically, you would need to simmer the broth, which can take

between 6-10 hours in order to get the flavour from the marrow in the bones)!”

What I like about this recipe is that I’m maximising the use of the chicken carcass to make stock, before inevitably chucking in the bin – so I would always use this recipe after a roast dinner. The main differences of some noodle-based soups e.g. Japanese ramen vs Vietnamese pho, is what type of noodles you use/toppings/base seasoning. I named this dish loosely as you can easily recreate this dish depending on what you have in your store cupboard/ fridge, but I’ll help you recreate the Vietnamese pho broth flavours!”

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### Ingredients

#### BROTH

1 thumb sized ginger (crushed)  
1 small onion (charred)  
Chicken carcass  
2 cardamom pods  
1 star anise  
1 cinnamon stick  
1 tsp salt  
1 tsp of light brown sugar  
2 chicken stock cubes  
Splash of fish sauce  
1 litre of water

#### TOPPINGS

Packaged dried noodles  
(1 nest per person)  
Your choice of protein  
i.e. shredded chicken,  
fried tofu, beef or pork slices  
1 spring onion (sliced thinly)  
1/3 onion (sliced thinly)  
Handful of coriander

#### CONDIMENTS

Lemon/ lime (cut into wedges)  
More fish sauce  
Sriracha  
Bird’s eye chilli, sliced finely

### Method

1. Combine all broth ingredients, boil and simmer for at least 15 minutes (longer is preferable).
2. Prepare noodles according to instructions, drain and place in your serving bowls.
3. Arrange toppings on top of your noodles.
4. Pour in the broth.
5. Serve with condiments and season to taste.



*Here I used flat rice noodles and tofu as the noodle and protein base.*



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# LINGUINI CARBONARA

by *Lucy Hutchinson*



SERVES 4



30 MINS

“I’ve been making this as a Friday treat every other week during lockdown. It’s one of the wonderful carb-y dishes that motivate me to keep running on a Saturday morning!”

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## *Ingredients*

400g fresh linguini  
50g butter  
6 slices of smoked bacon  
(or 100g pancetta)  
3 large eggs  
50g parmesan  
50g pecorino cheese  
2 large garlic cloves  
A handful of chopped parsley

## *Method*

1. I prefer to chop everything before I start cooking, so chop the parsley, cut the fat off the bacon and cut the meat into smallish (2cm sq) pieces, and peel the garlic cloves (don’t chop these!) and set aside.
2. Melt the butter in a large skillet pan, then fry the bacon pieces/pancetta and garlic cloves until crisp.
3. Mix the eggs, parmesan and pecorino in a bowl together, season with salt and pepper, and set aside.
4. Cook the linguini according to packet instructions – I usually do fresh pasta for 3 minutes to keep it al dente.
5. Take the skillet off the heat, remove the two cloves of garlic, then transfer in the pasta with tongs – don’t throw the pasta water away.
6. The tricky bit – quickly pour the eggs and cheese in with the pasta, continuously turning it over with a fork/pasta tongs so that the mixture doesn’t scramble.
7. Add a small cup of pasta water if needed to spread the sauce further.
8. Add the parsley to finish then serve!





*A Friday treat!*



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# EXTRA-CHEESY HOMITY PIE

by Jade Ewers



SERVES 6



45 MINS

“If you love cheese as much as I do then this recipe, in my view, makes cheese fondue look tame.

I first made this recipe after going out for dinner with friends and being frustrated at the lack of vegetarian pie options. Since then it has become a family favourite.”

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## Ingredients

### PASTRY

175g plain flour  
75g wholemeal flour  
150g butter  
1 egg beaten  
50g grated cheddar cheese

### FILLING

850g potatoes (chopped into small chunks)  
25g butter  
1½ onions (chopped finely)  
1 leek (chopped finely)  
2 crushed garlic cloves  
200g spinach and/or kale  
250g grated cheddar cheese (with some extra for the top of the pie)  
250ml double cream  
Pinch of nutmeg

## Method

### PASTRY

1. Preheat the oven to 180°C.
2. Add the flour and butter into a bowl and combine until it forms breadcrumbs. Add the grated cheese and the egg to the breadcrumbs and combine until it forms a dough.
3. Roll out the pastry dough until it is a good thickness.
4. Grease a pie tin and then cut the pastry to the shape of the tin (leaving enough pastry for the lid of the pie).
5. Cut the lid of the pie from the remaining pastry and place to the side for now.
6. Make sure you blind bake the pastry base in the oven for 10 minutes before adding the filling.

### FILLING

1. Boil the potatoes until tender (but not mushy) and drain. Put to the side.
2. Heat the butter in a frying pan. Add the onions, leeks and garlic and fry until they begin to brown. Add the nutmeg.
3. Combine the potatoes and fried onions, garlic and leeks and mix. Add some pepper for seasoning.
4. Pour the cream and ¾ of the cheese into the mixture. Mix and then transfer into the pie case.
5. Add the extra cheese and the parsley.



6. Place the lid on the pie and poke a few holes in the top (to avoid the pie case bursting open in the oven).
7. Whisk the egg and then using a pastry brush glaze the pie lid with the egg.
8. Cook in the oven for 30 minutes. Then remove from the oven and sprinkle a small amount of grated cheese on the pie lid.
9. Place back in the oven for another 10 minutes or until the cheese has melted and the lid is golden brown.
10. Serve with some green vegetables.



*Cheese heaven!*



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# PULLED PORK

by Sarah Lee



SERVES 4-6



4+ HOURS

“Amy and Isaac, my teenage children, are deeply disappointed that the festivals they’d planned to go to this summer have been cancelled.

So one hot sunny day recently, I made pulled pork for them - a dish that reminds them of late nights, big appetites and gatherings with good friends at Latitude, the Suffolk arts and music festival.

It was the first time I’d ever made it and it was surprisingly easy!”

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## Ingredients

- 1 tsp salt
- 1 tsp pepper
- 2 tsp smoked paprika
- Healthy sprinkle of chilli flakes
- 2 tbsp brown sugar
- Boneless shoulder of pork (approx 1.5kg)
- 3 mugs of cider

## Method

1. Rub the salt, pepper, smoked paprika, chilli flakes and brown sugar onto a boneless shoulder of pork.
2. Put the pork, skin side up into a large casserole dish with three mugs of cider.
3. Cover and slow roast in the oven at 130°C/ gas mark 2 for at least 4 hours - it can stay in the oven for up to 8 hours - adding more cider if it starts to dry out.
4. Discard the skin and then shred the pork with two forks.
5. Eat with your favourite music turned up very loud!







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# RISOTTO CON ZUCCHINE

## LA RICETTA DELLA MIA NONNA

by Will Doyle



SERVES 4

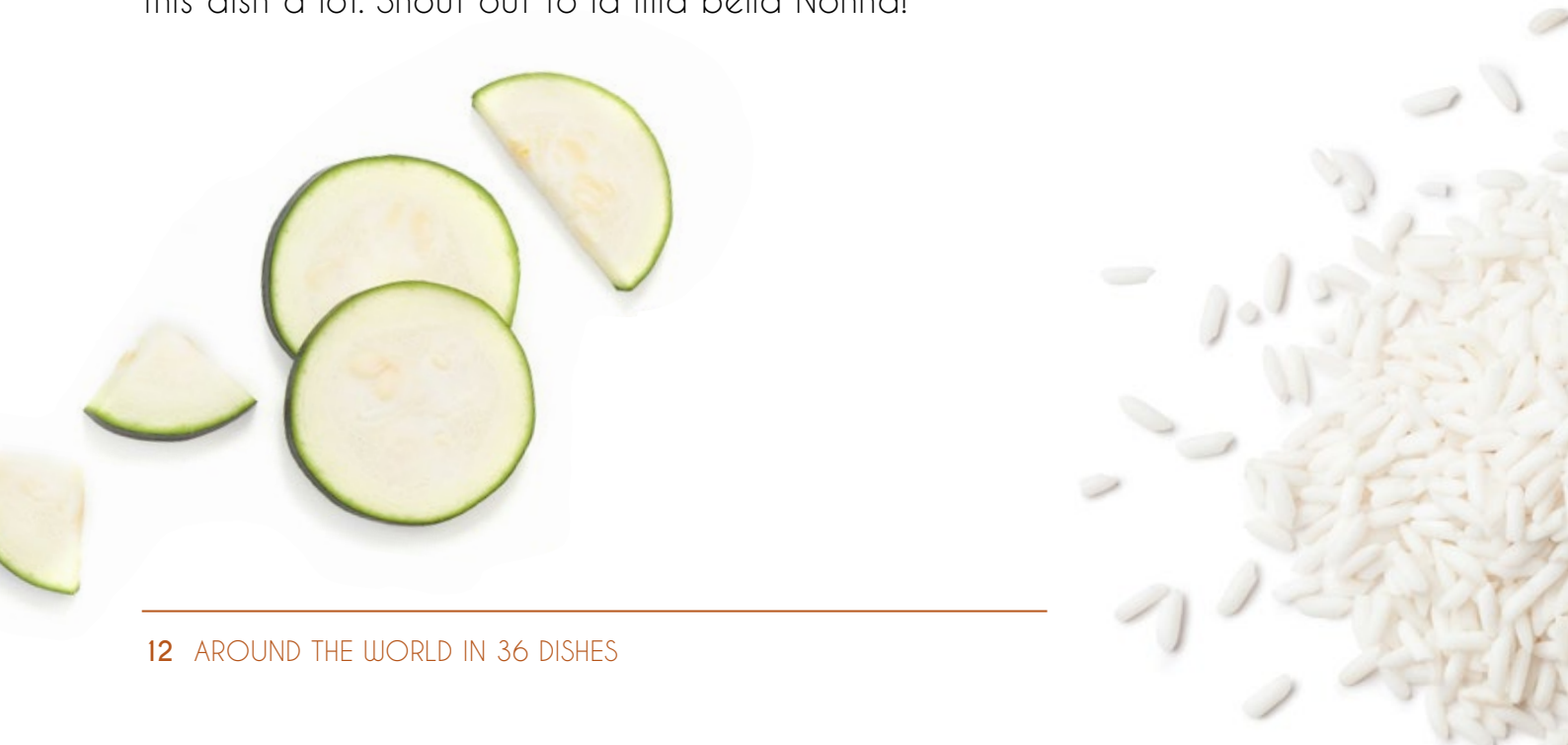


30 MINS

“Whenever someone asks me what my “death-row last dish” choice would be, my mind immediately races to Nonna’s risotto con zucchini. With home grown ingredients from Nonna’s Mediterranean style backyard in Adelaide, South Australia, an alpine serving of parmigiano cheese (I really avalanche it on there), and a recipe older than all the world’s spaghetti tied together, this dish always hits the spot.

Maria Tarraran (Nonna) is 94 years old now. I last saw her in March this year with a fortuitously-timed, pre-lockdown trip back to Australia, and cooking this dish puts me right back in the kitchen and around the dinner table with her. Here is woman who, in the 1950s, boarded a ship from a port in Genoa in the North of Italy to an unknown continent on the other side of the planet with two baby girls in tow, went on to have three more children, build a house and garden with her husband (including the famed zucchini), work as a seamstress, and grow a family of now well over 30 people with this classic dish (among many others) – she’s done all this over the past 6 decades and even up until now. She’s a rather incredible woman.

Whenever I cook this dish (and it’s never as good as when she does it) it causes me to think about what has gone before me, where I am now, and where I am going. It captures a lifetime of experience, the strength of a mother turned great grandmother, and decades of family tradition – that’s why I like this dish a lot. Shout out to la mia bella Nonna!”





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## Ingredients

1 tbsp olive oil  
2 shallots (golf ball size) diced  
1 small garlic clove finely diced  
2-3 zucchini (courgettes) (no more than 700-750g) halved lengthways then slice into 1cm half-discs  
75-100g green peas (optional)  
½ bunch chopped fresh parsley  
1L vegetable stock (boiling)  
2 cups Arborio rice  
(Principe brand if possible)  
1 cup grated parmigiano-reggiano (parmesan cheese)  
2 tbsp unsalted butter  
Salt and pepper to taste

## Method

1. Heat the olive oil in a large pot and once hot, add shallots and garlic.
2. Once the shallots and garlic are starting to brown, add the sliced zucchini and stir until the zucchini begins to soften and break down (depending on freshness of zucchini this could take a while).
3. Once the zucchini is soft, add rice and stir in.
4. Gradually add the boiling 1L vegetable stock to the pot, stirring and letting it evaporate off slowly. Best do it in 5 or 6 doses until all stock is finished. If including, add the peas toward the end of the final dose. Check the rice and if still too al dente, add more water. The success of this dish is dependent on the texture of the rice - not too hard, not too soft.
5. Once consistency of rice is creamy, add butter and parsley and stir in.
6. Serve hot in a bowl, garnish with more fresh parsley and cover generously with shaved parmesan. Enjoy!



*Nonna's risotto con zucchini*

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# LEEK MACARONI & CHEESE

by Anna Lambourn



SERVES 2



30 MINS

“Right at the beginning of lockdown, I signed our family up for a weekly vegetable box delivery. I had no idea what to do with a lot of the random veggies, but after some Googling and experimentation this winner was born. Definitely one for cooler weather when one needs a bit of comfort food.”

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## Ingredients

300g/10½ oz dried macaroni  
2 leeks  
45g/1½ oz flour  
600ml/1 pint milk  
200g/7oz cheddar cheese  
grated  
1 clove garlic, chopped  
(optional)

## Method

1. Clean and slice the leeks. Sauté them in a saucepan with a bit of olive oil, on medium-low heat until well cooked.
2. To make the sauce, add the milk and cheese to the leek saucepan and cook on low heat until the cheese melts into the milk. If you're adding garlic, add at this stage (it will give the sauce a fondue-like flavour). Whisk in the flour until the right consistency is achieved. If you want more sauce (because you need more comfort), by all means add more cheese, flour, and milk to bulk it out!
3. Boil the pasta - self-explanatory. Doesn't have to be macaroni. This sauce works well with fusilli too.
4. Once the pasta is cooked and drained, add the sauce. Voila!





*How to use random veggies*

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# SWEET & SOUR CHICKEN HK STYLE

by Toni Chan



SERVES 3-4



45 MINS

“As a child of Chinese immigrants from Hong Kong, my family, like so many others, made their living in the catering business. So while growing up with the takeaway/restaurant being my second home, I spent a great deal of time honing my skills in the art of dishwashing, waitressing and, most importantly, food prepping and cooking, as well as completing the all-essential school homework!

With access to so many ingredients, and with family meals containing usually 3 or more different dishes, sweet and sour chicken became one of my favourite dishes because it satisfied the sweet/sour/savoury combination. Over time, I have adapted the recipe that I feel works for me at home with less wastage so I hope you'll enjoy this too.”

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## Ingredients

### FOR THE CHICKEN (OR PORK IF YOU WISH)

4 pieces of chicken thigh fillet  
or 2 chicken breast fillet  
½ tsp salt  
1 level tsp of white pepper  
5 heaped tsp cornflour

### FOR THE SAUCE

250ml vinegar  
100ml water  
5 large dessertspoons sugar  
1 large dessertspoon ketchup  
or ½ tomato puree  
Slice ginger (optional)  
1 tsp cornflour mixed with  
2 tsp water  
juice from a small can  
of pineapple juice  
juice of a clementine/small  
orange  
1 pepper  
1 small onion  
Small tin of pineapple chunks

## Method

### MAKING THE SAUCE

1. Put the vinegar, water, sugar and tomato puree/ketchup, clementine/orange juice, and pineapple juice together in a pot. Add a slice of ginger if you have it and gently heat up in a small saucepan to melt the sugar. It should look something like the first picture.
2. Once it has blended thoroughly, taste it a bit and if you prefer it sweeter then add another small teaspoon of sugar, repeat if you need more. If you find the sauce a bit too intense then add a bit more water, a teaspoon at a time, but don't dilute it too much.



3. Once you are happy with the sauce, take it off the heat and set aside. There is enough sauce for two separate servings, depending on how much sauce you like.

#### MAKING THE CHICKEN

4. Cut up the chicken into bite size pieces, roughly 1 inch pieces. Put it into a bowl and add the salt and pepper. Mix it well. Add the cornflour and mix well till it is well coated. It should look something like the second picture.
5. Once it is well mixed, put about 1 cup of oil into a frying pan and heat on high. Touch a wooden spoon or wooden chopsticks to the oil to test. If it sizzles, it's ready for frying.
6. Add about half of the chicken into the pan - do this individually and spaced out. Turn it over after about 1 min of frying. After another min turn it over again a couple of times. After about 3 - 4 mins, scoop it out and set aside. It won't have coloured much. Now heat up the oil again till the end of a wooden spoon or wooden chopsticks sizzle. Add in the remaining chicken and repeat.

7. Heat up the oil again, this time to smoking point, and put the chicken back in again. This double frying method ensures that the chicken is really crispy.
8. Cook the chicken for roughly another 4 mins and scoop the chicken out into a bowl with a kitchen towel to soak up some of the oil. You can actually eat the chicken now as it will be a bit like popcorn chicken.
9. If you have a deep fat fryer you can also use that to shorten the cooking time as you don't need to turn the chicken. But do continue with the double fry method.

#### COMBINING THE SAUCE AND CHICKEN

10. Pour in about half of the sweet and sour sauce into the pan over high heat - add more if you like a lot of sauce.
11. Add in the onion, the pepper and pineapple into the sauce and cook on high for about a minute. Then thicken with the cornflour mixed with water.
12. Add the chicken and coat with the sauce. After about 1 min this is ready to serve.



*The perfect sweet, sour, savoury combo*

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# EGG FRIED RICE

by Toni Chan



SERVES 3-4



20-30 MINS

“Fried rice is one of those versatile dishes that can be an accompaniment to a main dish or, if you add other cooked protein such as chicken, ham, bacon or prawns to it with some peas and/or sweetcorn, it can be a standalone main meal.”

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## Ingredients

4 cups of cooked long grain rice  
(approx. 2 cups when uncooked)  
3 eggs  
3 dessertspoon light soya sauce  
1 dessertspoon sweet soya sauce  
(if you don't have it then don't worry)  
1 tablespoon oyster sauce (this is optional but I think it is nicer with it)  
1 teaspoon salt  
1/2 teaspoon black pepper  
1/2 cup frozen peas (if you like peas then double the amount)

## Method

1. Heat up a wok or deep frying pan on high and add 2 tbsp oil.
2. Beat eggs and add into the hot pan and stir light till it resembles lightly cooked scrambled eggs. Scoop the eggs out and set to one side.
3. The pan should still be nice and hot so now add the rice and stir for about 2 mins or so. Add the light soya sauce and sweet if you have it and stir well. It is better if you have a frying spatula rather than a wooden spoon to do the stirring. Keep stirring it well for about 2 mins.
4. Add the peas, Turn the heat to about medium as you don't want to burn it. Also add the salt and pepper and then continue to stir well until most of the white rice has turned brown from the soya sauce that has been added.
5. Cook and stir for about 5 mins and then add the eggs. Mix the egg in well - it will break up into small pieces as you continue to stir.
6. You can taste the rice to see if you are happy with the flavour. It is at this point I would add the oyster sauce. If you don't have it then just add about another teaspoon of sweet soya sauce and light soya sauce.
7. Continue to stir fry for about another 3 mins or so until you can see a lot of steam coming from the rice. This means that the rice and other ingredients have been cooked well.
8. You can adapt the recipe by adding cooked meats at the same time as the frozen peas.





*Adapt by adding cooked meat*



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# RHYS' PAELLA

by Rhys Calcott



SERVES 4



40 MINS

“Paella is one of my favourite dishes but as I’ve not being able to go to Spain for a while now I thought I’d try to make my own! It’s a great dish if you are having friends or family over – very simple yet delicious!”

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## Ingredients

200g paella rice  
1 onion  
2 garlic cloves  
1 red pepper  
Chicken thighs  
Chorizo  
Parma ham (optional)  
Cooked seafood mix  
2 tsp saffron  
1 tsp paprika  
1 can of tinned tomatoes  
1 small bottle of white wine  
200ml of chicken stock pot  
Chilli (fresh or flakes)  
Lemon  
Frozen peas  
Fresh parsley (optional)

## Method

1. Place chicken and chorizo in a large pan with olive oil, season with salt and pepper and leave on a medium heat for 5-8 minutes. Do not cook meat too much. Take meat off the heat, on to a plate and leave.
2. Put the onion, garlic and rice into the pan. Fry off for 2-3 minutes. Add the saffron and paprika.
3. Add the parma ham (if using) to fry off before any liquid is added on a low to medium heat. Add fresh chilli now.
4. Add white wine and turn heat up, cook for 2 minutes.
5. Add meat back into the pan. Add chicken stock, tinned tomatoes and a squeeze of lemon. Turn heat up until it boils then reduce to a simmer with the lid off for 10 minutes. (If using chilli flakes add them now).
6. Add peppers (and fresh parsley if you have any) and simmer for a further 6 minutes .
7. Add cooked seafood and peas. Place lid on and turn up the heat a little for 8-10 minutes. (Only put lid on if not a lot of juice left.)





*Just about makes up for not  
being able to go to Spain...*



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# CHICKEN, LEEK AND MUSHROOM PIE

by Bre Botter



SERVES 4



PREP: 25 MINS  
COOK: 1 HR  
10 MINS

“ I have never been an amazing cook, mainly because my boyfriend and I have only recently moved into our own place - I was pretty lazy at home because my parents would do the cooking most of the time. With both my boyfriend and I commuting into London from Essex every day, it never left us much time to experiment with food and we would stick with the easy and quick

recipes we were familiar with. Lockdown has given us both the opportunity to try new recipes that take a little bit longer to prepare and we now each try to cook something new at least once a week and the chicken, mushroom and leek pie was one of my picks. Weirdly, I have found a new love for leeks in lockdown, I never used them much in cooking before but they have now become a bit of a staple - maybe my new love of leeks has something to do with me being half Welsh! ”

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## Ingredients

3 large chicken breasts / 3 skinless boneless chicken thighs  
2 bay leaves  
½ small pack thyme  
½ small pack flat-leaf parsley, leaves and stalks separated  
1 large onion  
1 garlic clove  
1 chicken stock cube, crumbled  
750ml milk, plus extra to glaze  
100g butter  
2 leeks, cleaned and chopped  
250g button mushrooms, halved  
100g plain flour  
200ml crème fraiche  
500g puff pastry

## Method

1. Put the chicken in a large pan with the bay, half the thyme sprigs, the parsley stalks, onions, garlic, stock and seasoning. Pour the milk over the chicken and if necessary, top up with water to ensure the chicken is fully covered. Bring the chicken to the boil, then turn down and simmer for 15 mins. Lift the chicken out of the liquid and place to the side to cool.
2. Drain the poaching liquid through a sieve into a large jug. You will need at least 650ml to make a sauce for your pie.
3. Heat the butter in a saucepan over a medium heat. Add the leeks and mushrooms and cook for 5-10 minutes until soft, ensuring they are well seasoned. Add the flour and stir to coat the vegetables. Slowly add the poaching liquid and stir until you have a medium to thick sauce.
4. To shred the chicken, use two forks to pull the chicken apart until you are happy with the size of the chunks and chop the parsley leaves. Stir the parsley leaves, thyme leaves, crème fraiche and chicken into the leeks and mushrooms. Check you are happy with the seasoning and then remove from the heat and leave to cool.



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5. Heat your oven to 220°C/200°C fan/gas 7. Roll out the pastry on a lightly dusted work surface to about the thickness of a £1 coin. Use your pie dish to trace around the pastry.
  6. Pour your chicken, mushroom and leek mixture into your pie dish. Place the pastry on top and crimp the edges with your fingers or a fork. If you want to add a bit more personality to your pie, use any extra pastry to make a little design for the top (I have done a heart). Brush the top of the pie with milk and cut a steam hole in the middle.
  7. Put the pie dish on a baking tray and cook in the oven for 20 - 25 minutes until the pastry is risen and golden. Remove from the oven and enjoy - but be careful not to burn your mouth as it will be very hot!



*Customise the shape on top!*



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# RISOTTO

by Grace Powell



SERVES 2



30 MINS

“I’ve been getting into my cooking during lockdown as I usually don’t have much time for it but I’ve quite enjoyed it! I’ve also been taking my dog out for long walks which is probably a good thing with all the cooking.

My new favourite thing to cook is a risotto which is something I’ve avoided making in the past as I thought it was something that was difficult

to make! It’s actually pretty easy and only takes about half an hour to prep and cook. Full disclosure – the base for the risotto recipe is from an Instagram page my sister recommended and I’ve been using a few recipes on there.”

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## Ingredients

160g risotto rice  
½ tin chopped tomatoes  
600ml chicken stock (1 stock pot and boiling water)  
1 tbsp tomato puree  
Pepper (to taste)  
Mixed herbs (to taste)  
Chilli flakes (to taste)  
100g mozzarella  
Then anything you want to add – I usually use chicken or pancetta plus peppers, onions and tomatoes

## Method

1. Fry any meat/veg you’re using.
2. Add the mixed herbs and chilli flakes to taste.
3. Add the risotto rice.
4. Add the chopped tomatoes.
5. Add some of the stock and stir.
6. Keep stirring and adding the stock a bit at a time as it gets absorbed.
7. Add a spoonful of tomato puree plus pepper to taste.
8. Add the last bit of the stock.
9. Have a little taste to check the rice is done.
10. Cut up the mozzarella into small pieces, add it in and stir so it melts.





*Easier than I thought!*



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# JOLLOF RICE

by *Loye Oyedotun*



SERVES 9



1 HOUR  
10 MINS

“A friend and I recently discussed the idea of a Madeleine de Proust. An expression used to describe smells, tastes, sounds or any sensations reminding you of your childhood or simply bringing back emotional memories from a bygone era. For me that will always be jollof rice. Jollof rice - more commonly called jollof - is one of West Africa’s most famous dishes. Which

West African country makes the best jollof rice (cough\* Nigeria \*cough) has been a topic of fierce debate among Africans and Africans in the diaspora. But for me, the meal brings back memories of family lunches on a Sunday and watching my mother cook. It reminds me of family, love and boisterous Nigerian parties.”

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## Ingredients

4 cups easy cook rice  
3 large red bell peppers  
1 can of peeled plum/  
chopped tomatoes  
2 scotch bonnet peppers  
(I like it spicy, but tone down  
as needed)  
2 cups beef or chicken stock  
(can also be made with veggie  
stock!)  
130g tomato paste  
(concentrated tomato puree)  
2 red onions  
100ml cooking oil  
2 tbsp butter  
1 tbsp minced ginger  
½ tsp curry powder and thyme  
½ tsp any seasoning of your  
choosing  
4 Knorr chicken/bullion cubes  
2 tsp white pepper  
2 bay leaves  
1 large cooking pot

## Method

1. First blend the red bell peppers, tomatoes, scotch bonnet and 1 onion to a smooth paste and set aside.
2. Add cooking oil into a large pot, place on the hob on medium heat, add half of one sliced onion into pot and let fry till fragrant.
3. Add the blended pepper, tomato paste, Knorr cubes, curry powder, one teaspoon white pepper, bay leaves, cover and let it fry till oil begins to float to the top. Beware, it will bubble! Give it 15 to 20 minutes.
4. While that’s frying, wash your rice thoroughly to rid it of starch and set aside.
5. When oil floats to the top, add your stock, cover and let it fry for a further 8-10 minutes.
6. Add the washed rice.
7. When that’s fully combined, add the butter, the minced ginger, the remaining teaspoon of white pepper and combine.
8. Cover and let it cook till the rice softens. Stir occasionally with a wooden spoon; this prevents clumps without breaking the rice.



9. Add little bits of stock or water as you go, be careful not to add too much. Jollof rice needs steam to cook and not water, don't be alarmed if/when the rice begins to burn, it will definitely burn a little, giving it a much loved smoky flavour.

10. When the rice is soft enough, add the onion rings.

11. Turn off the heat and let cook for another 5 minutes using steam.



*Childhood memories*



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# SUAN RONG YOU CHOY

(蒜蓉菜心)

by Jack Hull



SERVES 1-2



30 MINS

“ Lockdown is a great opportunity to experiment with cooking new foods. I’ve always loved Chinese food, but have no experience cooking it, and so decided to give it a go. Fortunately, Hong Kong has a fantastic selection of markets offering fresh vegetables, meat and fish. Meat and fish can be a little trickier to begin with, as the traditional Chinese meat cuts are often

quite different from Western cuts, meaning that you have to rethink how you go about cooking the meat. So I decided to start with vegetables. The vegetables are fresh, and seasonal. It’s amazing to see how the combination of the dedication to food freshness and Hong Kong’s free market interact. One of the most common vegetables available here is choy sum, and the price of it will change every time you go to the market, depending on the weather conditions in Mainland China where it is grown.

This recipe is a very basic method of stir frying vegetables which I took from a Chinese cooking YouTube channel soon after arriving in Hong Kong. It is almost impossible to live here without coming across this way of cooking vegetables almost every day. The simplicity is part of the appeal - effectively being just garlic and ginger mixed with the vegetable of your choice. This recipe calls for choy sum, but it can really be done with any green vegetable, and is commonly used as means of cooking broccoli in restaurants. It is quick, and an easy accompaniment to any meal. ”





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## Ingredients

### FOR STIR-FRY

400g fresh choy sum  
A neutral oil (e.g., vegetable oil)  
1 ½ tsp minced ginger  
3 cloves of garlic, minced

### FOR THE SAUCE

¾ tsp salt  
½ tsp sugar  
2 tsp cornstarch  
3 tbsp water

## Method

1. Wash the choy sum (or other green vegetable). If the vegetable has a thick stem, use a knife to cut open the stem (this will help to even out the cooking).
2. Bring a pot of salted water to the boil. Blanch the choy sum. If they have thick stems, then just lower the stem in first, wait about 15 seconds and then drop the rest of the choy sum in. Take out the choy sum and put it in some icy water to stop the cooking process (so that the choy sum retains some crunchiness).
3. Meanwhile, mix together the salt, sugar, cornstarch and the 3 tbsp of water. Heat up your wok until smoking.
4. Add enough oil to just coat the bottom of the wok, three cloves of roughly minced garlic and 1 ½ tsp of minced ginger. Stir them for about 10 seconds. They should become almost immediately fragrant. Take the choy sum out of the ice bath and dry them with a paper towel. Add them to the wok and stir for 10 seconds. Pour in the sauce. Quickly toss everything for another 10 seconds. The sauce should be thickened and coat the choy sum properly. Take out and serve.



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# MY BEST FRIEND'S SPECIAL OXTAIL STEW

by Charlotte Perfect



SERVES 4



5 HOURS  
OR OVERNIGHT

“At the start of lockdown, I was finding it particularly challenging working from home with my two flatmates in our tiny London flat – let’s just say that our home environment wasn’t set out to double up as an office space. Just before the lockdown came in, I escaped back to my family’s farm in the countryside for some space, fresh air and a more peaceful (and private) working from home environment!

Whilst I’m very grateful and happy to be spending the lockdown period with my family, one of the things I miss most is my best friend – and especially her cooking! My friend and I usually cook all our meals together (including our packed lunches which have become the envy of the office), and I really miss having her around to share the cooking, wine and laughter that had become a big part of my weekly routine.

My best friend is Vietnamese and has introduced me to some amazing new dishes over the years, both cooked by her and when we have been exploring Vietnam and Thailand during our travels. With me being from a traditional English farming family, we have found that our cooking styles really complement each other and have lots of fun fusing our cultures and cuisines to create new dishes.

One of my favourite things that we have created is an Oxtail Stew. This has become a great lockdown recipe that I have made regularly, as it is both comforting and reminds me of good times. As Oxtail is the main ingredient to this stew, it is often overlooked as a cheap meat that is not often used as part of British cuisine – therefore, it is inexpensive and widely available, making it perfect for this period where I often find that the meat supplies are very low in my local supermarket!

Since lockdown, my best friend has also created a food Instagram which is dedicated to exploring Vietnamese and global food cultures using ingredients you can find at your local supermarket, which showcases hundreds of recipes such as this. You can see all the recipes (and what we’re eating for dinner) by following @funbohue

The recipe is as follows (best served with love, laughter, and wine – much like how it was created).”



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## Ingredients

200g oxtail

1 tbsp each of garlic powder, cayenne pepper, rosemary, onion powder, sage, paprika, basil, salt, pepper

Assortment of vegetables (we usually use 1 pack of tomatoes, 4 onions, 3 leeks, 4 carrots and 1 pack of celery)

3 tbsp tomato puree

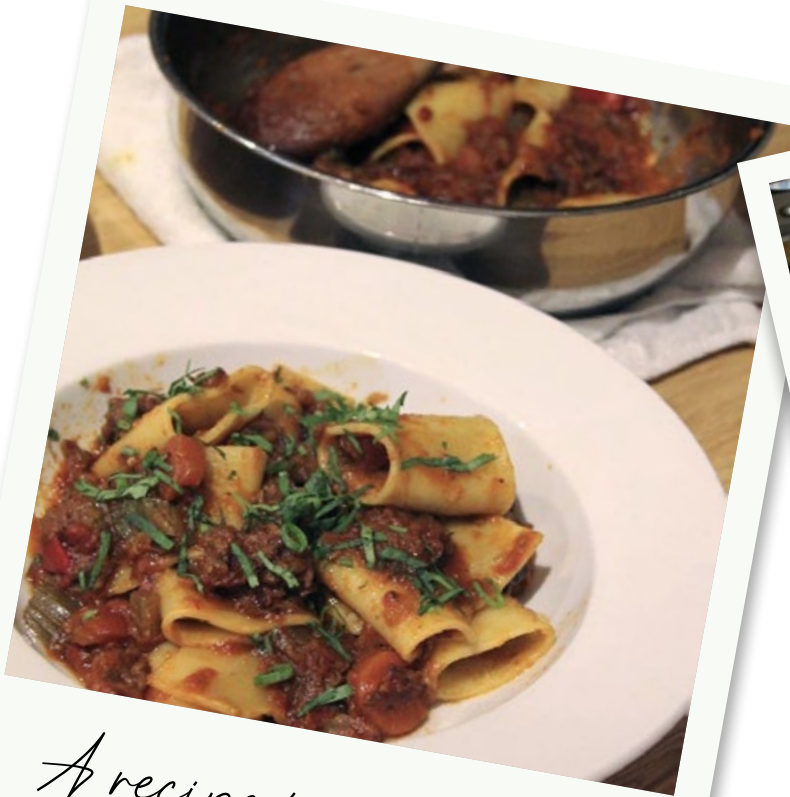
½ cup beef stock

1 can chopped tomatoes

2 bay leaves

## Method

1. Mix all of the herbs and spices with the olive oil to create a marinade for the oxtail.
2. Leave the oxtail to marinate for around 6 hours.
3. Preheat the oven to 180°C.
4. Place the marinated oxtail in a roasting tin and leave to roast lightly in the oven for around 20 minutes.
5. While the oxtail roasts, chop the vegetables roughly (do not chop them too finely as the stew cooks for a very long time which can turn small vegetables into mush).
6. Add the vegetables to a hot sauté pan with some olive oil and leave to sweat (around 10 minutes).
7. Remove the oxtail from the oven and add straight to the pan, leaving in the juice from the roasting tin.
8. Add the tomato puree, beef stock, can of chopped tomatoes and bay leaves to the pan with the oxtail and vegetables, then bring to the boil.
9. Leave to simmer on a very low heat for 5 hours, or overnight.
10. Serve with your favourite sides (this is where we usually end up eating both rice and mashed potatoes – some comfort foods are just irreplaceable) and lots of wine for good measure!



*A recipe for happiness*



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# LOCKDOWN LEFTOVERS

by Joanna Dennahy



SERVES 4



30 MINS

“I can't see this making it into the staff restaurant - but it was a hit with the other half (he's easily pleased!).”

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## Ingredients

Dried pasta (I used fusilli  
75-100g per person)  
Sundried tomato red pesto  
Leftover roasted gammon ham  
Cherry tomatoes  
Halloumi

## Method

1. Cook pasta and stir in red pesto and some olive oil.
2. Shred ham and stir through pasta along with cherry tomatoes.
3. Grill halloumi then rip over top of pasta. Add a bit of black pepper.
4. Serve with garlic bread and salad.







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# VIENNA GOULASH

by Jennifer Nice



VARIABLE



4-5 HOURS

“ This recipe is bringing me comfort during lockdown as it reminds me of Easter – a joyous, chocolate-centric weekend of me and my partner’s entire extended family piling into his grandmother’s tiny house in Salisbury, Wiltshire. The goulash is always on hand to serve at least 30 people from ages zero to elderly, and has been a staple for generations.”

---

## Rules

The recipe is not written down, it instead relies on a few important rules:

- an equal weight of finely sliced onions to stewing beef steak (this will seem absurd but trust the process) - I suggest 250g per person;
- lard is the preferred frying medium, and if in doubt add more lard (of course, those that don't eat pork can use an alternative);
- onions must be sweated until caramelised, prepare to leave up to 30 minutes for this;
- add the meat and half the paprika and let it fry for a few minutes then add enough water to just cover the meat, plus the remaining paprika;
- you will need more paprika than you think possible: at least 3-4 tablespoons;
- do not use smoked paprika; a mixture of sweet and hot usually works well;
- let it blip away for 3-4 hours on the hob or in an oven, adding more water to desired consistency; and
- don't add tomatoes or tomato paste, it doesn't need it.
- I frequently make a veggie version of this, replacing the meat with peppers and aubergines (but with a 1:2 onions:veg ratio)

## Sides

- Gürkensalat – cucumber sliced as finely as possible, dressed in simple white wine vinegar, salt and a sprinkle of paprika;
- Spaetzle – any large pasta is great with the goulash, but if you fancy a challenge (and washing up), these tiny egg dumplings are more traditional:
  1. For every 2 servings, put 1 cup plain flour, 2 eggs, ¼ cup milk and some grated nutmeg in a bowl;
  2. Beat with a wooden spoon until fully combined;
  3. Pass the dough through a colander (or spaetzle maker) straight into a large pot of salted boiling water;
  4. When they all rise to the top of the water (1-3 minutes), drain and put the spaetzle in a bowl of cold water; and
  5. Right before serving, heat up the spaetzle in a frying pan with plenty of butter– a few crispy bits encouraged.



*This has been a staple for generations!*





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# CHALLAH

by Janine Arnold



SERVES 6



PREP: 40 MINS,  
PROVE: 2.5 HOURS  
BAKE: 30 MINS

“ I wanted to share this recipe for Challah, the traditional sweet plaited Jewish bread eaten as part of the Friday night/Shabbos dinner. Lockdown has given me the time to do lots of cooking/baking with my 6 year old daughter. This was the first time I’ve ever made Challah but it’s a fun activity to do with a child as they can get really involved – especially with the kneading and plaiting of the dough. Amazingly, it came out exactly as it should and we were pretty pleased with ourselves! ”

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## Ingredients

500g strong white bread flour  
60g caster sugar  
8g dried yeast  
10g salt  
1 whole egg plus one yolk  
1 egg for egg wash  
60ml sunflower oil  
200-250ml water (at room temperature)

## Method

1. Pre-heat the oven to 180°C (fan).
2. Mix the dry ingredients in a large bowl then make a well in the middle and add the egg, egg yolk and oil.
3. Slowly add the water, mixing as you go (using your hands if you prefer!). Only add 200ml initially. Mix all the ingredients and get a feel of the dough as it starts to come together. If you feel the need, add more water, drop by drop. The consistency should be moist and pliable, with the dry ingredients absorbing the wet.
4. Turn out onto a clean surface dusted with flour.
5. Start working the dough with the heel of your hands, stretching the dough away from you and bringing it back to you. Scrape the surface if the dough is sticking but do not add more flour.
6. Knead the dough for about 10 minutes until it is smooth and elastic, then form it into a ball, lightly oil your bowl, then roll the dough ball lightly around the bowl.
7. Cover with cling film or a wet clean cloth and leave in a warm place until the dough has doubled in size. This may take a couple of hours.

8. Beat the second egg and line your baking tray with non-stick parchment.
9. Check the dough is ready by pressing it gently. If your finger leaves an indentation, it is ready.
10. Turn it out onto a clean surface, and for a medium size challah, weigh out 700g.
11. Divide this into 4 equal amounts of 175g and roll them into strands of equal length. Taper the top and bottom of the strands and press the top of the 4 strands to bind them together. Dust each of the strands lightly with flour to ensure they retain their shape once baked.
12. To plait the 4 strands, imagine they are numbered 1, 2, 3 and 4. Place 1 over 3, then place 4 over 2. Repeat this process until you have used all the dough. Press together the tapered ends.
13. With the remaining dough, you might like to make a couple of challah rolls. To do this, split the dough in half. Make each half into a strand and then roll it on to itself like a snail. Alternatively you could do a three strand plait.
14. Place the plaited challah and rolls on the lined oven tray and cover, leaving to rise in a draft-free place for a further 30 minutes.
15. When risen (slight indentation), brush well with the beaten egg. You can choose to sprinkle with poppy and/or sesame seeds.
16. Place in the middle of oven for around 25 - 30 minutes.
17. The mini rolls should be ready after about 20 minutes. The challah is ready when the underside is golden brown.



*Great recipe for kids*



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# BUTTER CHICKEN

by Connor Williamson



SERVES 4



45 MINS

“Of all the homemade curry recipes I’ve had a go at, this is the first one which has stopped me from hammering JustEat continually. Incredibly easy to make, and completely ideal with a few beers on a Friday eve.”

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## Ingredients

### CHICKEN & MARINADE

400g chicken thighs (boneless and skinless) / chicken breast  
1 tbsp ginger paste / a nub of fresh ginger  
3 cloves of garlic  
1 tbsp hot chilli powder  
Salt

### SAUCE

500g fresh tomatoes  
½ onion  
2 cloves garlic  
50g cashew nuts (peeled)  
1 tsp kasoori methi  
½ tsp garam masala  
4 tbsp sugar  
2 tbsp hot chilli powder  
5 tbsp butter  
3 tbsp cream  
1 ½tbsp malt or white vinegar

## Method

1. Marinate the chicken in a bowl with all of the marinade ingredients (plus vegetable oil) for at least four hours, but preferably overnight.
2. Once marinated, slice then fry the chicken until 95% cooked. Once done, set aside.
3. In the same pan, add the onion and a spoonful of butter. Fry until the onions are translucent.
4. Once the onions are cooked, add all the tomatoes, the cashew nuts, garlic, vinegar, garam masala and hot chilli powder. Fry for about 5 mins. Then, mix it and add ¼ of a cup of water. Let this simmer for 15 – 20 mins.
5. Now the sauce has reduced down, chuck it into a blender and blitz it into a fine purée.
6. Next, put it back into a pan and add: (i) the chicken; (ii) the rest of the butter and cream; and (iii) kasoori methi. Keep cooking this over a low heat until the chicken is cooked and the sauce is the correct consistency (i.e. 10 – 20 minutes).

### TO SERVE

1. Serve in a dish, and garnish with cream and a sprinkle of kasoori meethi.
2. Serve with rice and naan bread.





*Who needs takeaway??*



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# EGG CURRY

by Deeksha Rathi



SERVES 4



30 MINS

“This is one that I have been trying to master for long. Not sure whether or not I have mastered it yet, but last time when I made it my husband said, “I think you make this better than my mom”. Having a mother-in-law who is an exceptional cook, this was a big compliment (although a minute later he also said, “just don’t say this to her, she might not like it”, which made me lose family bragging rights instantly!).

Bragging rights or no bragging rights, I find the recipe easy to cook and very comforting, especially from the point of view of a vegetarian constantly on look-out for adding protein to the diet!”

---

## Ingredients

8 eggs  
4 tomatoes (and tomato puree (optional))  
1 small onion  
4-5 cloves of garlic (to taste)  
Little slice of ginger (to taste)  
Shredded coconut  
Salt, red chilli powder, coriander powder, cumin, turmeric powder, garam masala  
Ground sesame (if easily available)  
Lemon  
Coriander for garnishing

## Method

1. Soft boil the eggs and keep them aside.
2. Peel the onion, finely chop it and keep it aside.
3. Finely chop or make a paste of the garlic and ginger and keep it aside.
4. Finely chop the tomatoes and keep them aside. You can also just blend them using a hand blender.
5. Put 4 tsp of oil in a pan and add cumin (½ tsp should be fine).
6. When the cumin starts to turn golden brown (it gives a nice aroma and a crackling sound when that happens), add the chopped onion and chopped ginger and garlic/ginger-garlic paste.
7. When the onion starts to turn golden brown (and it would look like its oozing out the oil at that point) add the tomatoes. Top tip: add salt (½ tsp or more to taste) to bring the onion to that golden brown stage faster.
8. Add the tomatoes. If you have some tomato puree add it to the mix (2 tsp or so) in addition to bring a slightly sweet and sour taste.



9. Add the red chilli powder (to taste - I add at least ½ tsp), 1 tsp coriander powder, turmeric powder (slightly less than ½ tsp), 3 tsp of shredded coconut, 3 tsp of ground sesame, 1 tsp garam masala, and juice of one lemon.
10. Cover the mix, and let the mix cook on medium heat. Add little water to the mix if it looks dry before covering.
11. Peel your eggs and chop them in half.
12. Keep checking (pressing and mixing) the mix so that it does not burn. It would be ready when tomatoes look cooked (they should seem less red and the whole mix should look like it's coming together as one).
13. Add the eggs. Gently mix them with the curry. Avoid too much mixing or heating for more than 2 minutes after adding the eggs. You do not want them overcooked.
14. Take off the stove and garnish with coriander leaves.
15. Best served hot with naan bread or rice.





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# RED WINE RAGOUT

by Yana Grishanenko



SERVES 4



1 HOUR  
50 MINS

“ This is my fiancé’s lockdown favourite. As I have so much more time in the evenings now that I don’t commute, we wanted to try something that takes longer to prepare than the usual 30 minute recipes we use during the week. I promise it’s worth the long cooking time, and the smell from the kitchen is incredible while you wait! ”

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## Ingredients

1 tbsp olive oil  
2 large onions, halved and finely chopped  
2 large carrots, finely chopped  
600g pack mince of choice or turkey for a healthy option  
3 tbsp tomato puree  
4 garlic cloves, finely grated  
2 tsp fresh or dried thyme leaves  
250ml red wine  
500ml stock of choice (chicken is my favourite)  
400g linguini  
50g grated parmesan, plus extra to serve

## Method

1. Heat the oil in a large pan and add the onions and carrots. Fry over medium heat for 10 minutes, stirring every now and then until softened and slightly coloured.
2. Stir in the mince and cook until browned.
3. Add the tomato puree, garlic and thyme and cook for 2 more minutes.
4. Pour in the wine and increase the heat to boil off the alcohol.
5. Reduce the heat and add the stock and season to taste.
6. Cover with a tight-fitting lid and leave to cook on low-medium heat for 1 hour 30 minutes.
7. Remove the lid and continue cooking for 15 minutes while cooking the pasta.
8. Add about half a cup of pasta water to the sauce, stir in the pasta and the parmesan.
9. Serve with extra parmesan on top.



*Smells incredible!*



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# CHICKEN, LEEK AND PANCETTA PIE

by Yana Grishanenko



SERVES 5-6



PREP: 1 HOUR  
BAKE: 15-20  
MINS

“ This is the recipe I’m most proud of, created through trial and error. I have learned from my mother how to make Russian pies and really enjoyed traditional English pies, so I did my own take on it. The best part is that it can be done quickly in one go, or you can prepare the filling the day before and then cook the rest the next day! It can be served with any sides, but my favourite is some sweetcorn and broccoli. ”

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## Ingredients

600g chicken breast, chopped into small squares  
160g pancetta  
1 small and 1 large leek, quartered and finely sliced  
3 cloves of garlic, finely diced  
2 eschalion shallots, peeled and finely chopped  
150ml single cream  
60g Philadelphia light soft cheese  
500g shortcrust pastry (store-bought tastes the same as homemade without the fuss!)  
1 small egg  
1 tbsp milk  
Dried mixed herbs to taste  
You will need a standard round pie dish (23-25cm), pyrex or metal

## Method

1. Take your pastry out of the fridge and let it reach room temperature so it is easier to work with.
2. Pre-heat the oven to 180°C (fan).
3. While the pastry is warming up, put a deep pan on medium heat and add the pancetta and the garlic. Cook for about 7 minutes or until pancetta starts to crisp up, stirring throughout to ensure that the garlic does not burn.
4. Add the shallots and the leeks to pancetta. Cook on medium heat for about 13-16 minutes until the leek and shallots soften and start releasing juice, stirring occasionally.
5. While the leeks cook, sprinkle some flour on the counter and roll out your pastry to about 7mm thick.
6. Cut the rolled out pastry, making sure one bit is slightly larger than the other, as it will need to cover your pie dish.
7. Butter the pie dish to help prevent the dough from sticking to it.
8. Add the diced chicken into the leeks and increase the heat to medium-high, stirring from time to time so the chicken cooks through.



9. Lay the larger bit of rolled out dough onto the pie dish, ensuring the dough is slightly overflowing from the rim of the dish, and press it to the sides to avoid it slumping down while baking.
10. Add a bit of baking paper/foil/baking beans/rice to the bottom of the pie and stick in the oven for about 10 minutes or until the dough hardens. This will prevent the pie from having a soggy bottom.
11. Add the cream and Philadelphia to the mixture and season with the dried herbs, salt and pepper to taste.
12. Cook for another 2 minutes and then set aside to cool down a little while the pastry is cooking through, so it is more solid when the filling goes in the pastry.
13. Take the pie out of the oven, remove the extra things and add the filling onto the cooked dough, then cover with the remaining bit of rolled out pie dough.
14. Crimp the edges of the pie dough together with a fork.
15. In a bowl, mix the egg and the milk with a fork and then brush onto the pie to give it a nice golden colour when it bakes through.
16. Put the pie in the oven for about 15 minutes or until golden on top. Tastes even better the next day!



*I'm really proud of this recipe -  
I hope you like it!*



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# BAMYA

## CYPRITOT STYLE OKRA

by Nuran Bayram



SERVES 4-6



45 MINS

“ The origins of the dish came from my mother’s childhood whilst she was living in Cyprus. It was a staple, economic and tasty meal that was quick to prepare and sufficient to feed a family, without the need to add meat as meat was a costly commodity at that time. Okra is now more readily available, including in frozen form, and can be enjoyed in either vegan, vegetarian or omnivorous form, and either as a side dish or main meal! ”

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### Ingredients

300 grams baby okra  
(fresh or frozen)  
1 tin chopped tomatoes  
1 tbsp tomato paste  
1 tbsp virgin olive oil  
2 tbsp vegetable/corn oil  
1 chicken stock cube  
1 large lemon  
500ml water  
2 medium size onions  
Salt and pepper to taste

### Method

1. If using fresh okra, wash and dry first before cutting off the top stalk. Frozen variety are already prepared.
2. Chop the onions and fry in vegetable oil over medium to low heat to prevent burning.
3. Add the tomato paste once the onions are softened and mix it in. Stir it in so that the paste ‘cooks’ a little.
4. Add the chicken stock cube and the chopped tomatoes and simmer for a minute.
5. Add the water and bring to the boil.
6. Add in the okra (which ought to be covered by the water; add a little more if needed) and season with salt and pepper to taste. Turn the heat down to a simmer and cook for 30 minutes.
7. Once cooked, add the lemon juice from 1 large lemon and 1 tbsp of olive oil for extra flavour.
8. Can be served alongside white or brown rice or simply enjoyed with some fresh bread.



*Perfect as a main or a side*





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# TRUSTY TUNA CHEESECAKE

by Helena Davies



SERVES 8



1 HOUR

“It’s a family joke that I always make this for parties. I have used it a lot in lockdown (even though there are just 2 of us) as it keeps for ages in the fridge.”

Lockdown Tip 1: cover with one of those shower caps ‘saved’ from hotel rooms (remember those?!).”

---

## Ingredients

125g butter  
250g cheddar cheese biscuits (Lockdown Tip 2: for Waitrose online shoppers – search ‘thins’ for their version)  
4 tabs grated Parmesan (long life is fine)  
113g cream cheese (the posh chefs always say “don’t be tempted to use low fat versions” but I do)  
1 tsp French mustard  
125g grated strong cheese – meant to be Gruyere but Cheddar is fine  
3 eggs beaten  
142ml (small pot) soured cream  
250g tinned tuna drained, two small tins is plenty  
Herbs e.g. parsley, chives

## Method

1. Melt the butter and crush the biscuits. Combine the butter, biscuit crumbs and 2 tabs of parmesan. Press into base and sides of a 20cm loose-bottomed flan tin. Chill for at least an hour.
2. Beat cream cheese until soft and then stir in the mustard, grated strong cheese and rest of parmesan. Gradually stir in the eggs. Fold in the soured cream, tuna and herbs. Don’t forget to season (think Masterchef!).
3. Spoon the mixture into the prepared flan tin and bake at 180°C (160°C fan) for 40-45 minutes. I turn the oven off after about 35 minutes and let it cool in the oven. Serve cold with a glass of something. It’s good with chutney too.



*A savoury cheesecake??*

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# RATATOUILLE

by *Kate Hursthouse*



SERVES 2



35 MINS

“ I have often struggled to use up the slowly decaying veg in my fridge when I’ve found myself exhausted near the end of the week. It’s just me and my son so when work, childcare and domestic duties have just become too much, I often resort to something completely lazy and inappropriate for my dinner, like crumpets or crisps. Therefore, this recipe is something I

rustle up at the weekend to eat during the week or freeze for other days. It is healthy, but also uses up my old veg and avoids food waste, and is a great pasta sauce for kids if you blend it up. I adapted this from a Mindful Chef recipe and I guess you can call it ratatouille... ”

---

## Ingredients

Any vegetable that can be roasted e.g. red onion, peppers, mushrooms, sweet potato, courgette or aubergine

Olive oil or vegetable oil

Salt and pepper

2 garlic cloves

200g passata

1 tbsp sundried tomato paste or normal tomato paste

2 tsp dried Italian herbs, or even better, a handful of fresh basil

A glug or three of red wine (optional)

## Method

1. Preheat your oven to 220°C.
2. Cut your vegetables into small bite-sized pieces and place them into an ovenproof dish. Drizzle with 1 tbsp oil, season with salt and pepper and combine well. Roast in the oven for 15 minutes.
3. Boil the kettle and finely chop the garlic.
4. Heat a large frying pan with ½ tbsp of oil on a medium heat and add the chopped garlic, passata, 50ml boiling water, tomato paste and herbs (and optional wine). Simmer for 15 minutes.
5. Remove the roasted veg from the oven and add to the pan with your sauce. Mix well and continue to simmer for 5-10 minutes, adding water to thin the sauce if needed. You can also chuck in anything else you want to use up that might work, such as spinach, olives, tinned lentils or tomatoes. Top up with more salt and pepper if needed.
6. Once thickened, serve!
7. Serve with jacket potato and cheese, or get creative and top with roasted feta cheese and serve on toast.





*Great way to use up veggies*



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# MARMITE PASTA

by Eddie Creamer



SERVES 1



15 MINS

“ This is based on a Nigella Lawson recipe, and is my go-to when I want a quick and comforting dinner but don't have much food in the house. It won't be for everyone but I promise for Marmite lovers it really does work! ”

---

## Ingredients

100g spaghetti  
20g unsalted butter  
1 tsp Marmite (or more to taste)  
Freshly grated parmesan cheese

## Method

1. Cook the pasta according to the packet instructions.
2. When the pasta is almost ready, melt the butter in a small saucepan, then add the Marmite and a teaspoon of boiling water.
3. Drain the pasta and pour over the sauce, adding a little additional pasta water if needed.
4. Serve with lots of parmesan.





*Love it or hate it!*





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# KATSU-DON

by Sam Franklin



SERVES 2



30 MINS

“Katsu-don is a one-bowl meal frequently made at home in Japan. Although the word ‘katsu’ simply means a deep-fried cutlet, it has a homonymous meaning, ‘to win’. My mother used to make this dish the night before the year-end exam, or an important football match, or for anything I wanted or needed to win. She even spelled out the word ‘katsu’ with red ginger strips to make it even surer that I would succeed. It is, of course, a rather funny way of showing parental love and support. It was like a ceremony, thinking about it now.”

---

## Ingredients

2 pork cutlets (boneless)  
about 1-1½ cm thick  
Salt and pepper  
Flour  
3 eggs  
½ cup breadcrumbs,  
preferably panko  
½ onion  
1 tbsp sake  
2 tsp mirin  
2 tsp sugar  
1 tbsp soy sauce  
80-100ml water

### TO SERVE

Rice  
Nori (seaweed)  
Mange tout

## Method

1. Get your pork cutlets, season with salt and pepper and dress with flour.
2. Coat with beaten egg (½ egg will be enough) and cover it with the breadcrumbs.
3. Pierce pork and deep fry.
4. Cut in strips of 1½cm width
5. Place small onion in a small frying pan, then add the pork on top.
6. Pour in sake, mirin, sugar, soy sauce and water. Cook until onion is tender, add the remaining beaten eggs.
7. Serve on cooked rice, sprinkle with shredded nori and put a few cooked mange tout on top.



*A dish for winners!*



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# JAPANESE ONIGIRAZU

by Sam Franklin



SERVES 2



30 MINS

“It’s a simple-to-make nutritious and delicious snack-like dish popular in Japan. For me, and I imagine for many other ex-Japanese primary school children, it brings back memories of sports day lunches where I could count on my mum’s neatly packed onigirazu to provide a much needed energy boost ahead of the 50 metre dash and dodgeball competition. These days,

as I am staying at home with family, it’s more a case of bothering her to help me make them, while I wait for the days when we can all play sports together again outside.”

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## Ingredients

There are no strict rules, but the core ingredients are rice and nori (seaweed). I then like to mix and match things like:

- tin salmon mixed with soy sauce
- cucumber slices
- asparagus
- okra
- carrots
- ham
- eggs
- sesame
- umeboshi
- katsuobushi

When putting it together, it’s useful to have some cling film to hand.

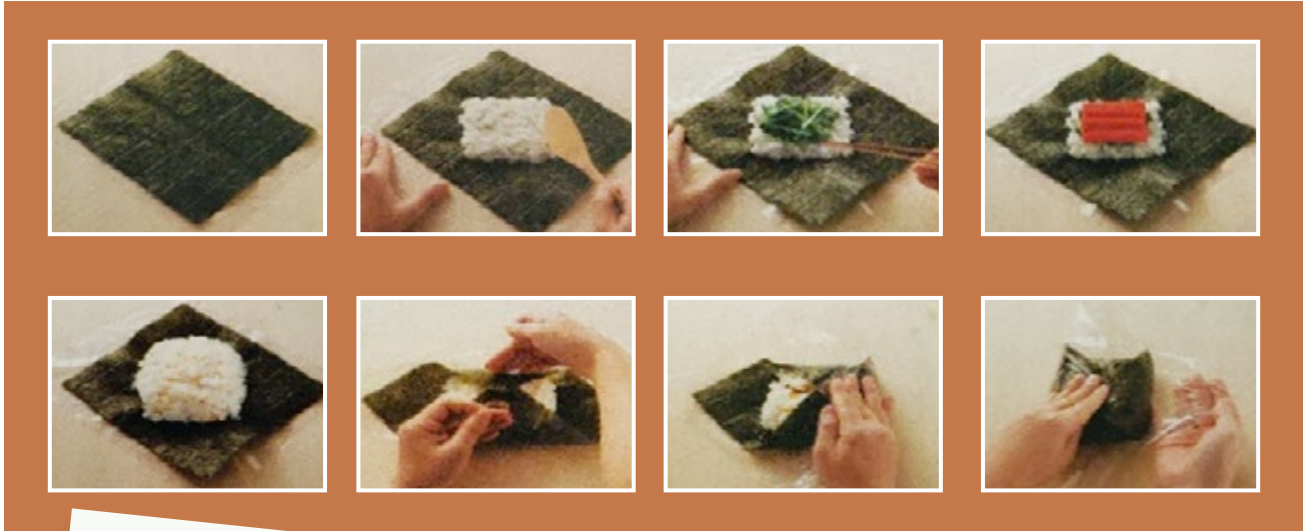




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## Method

The easiest way to make these is by looking at the step by step pictorial recipe or by following a YouTube recipe.\*



*The perfect portable snack*



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# LEMON BASIL SPAGHETTI CARBONARA

by *Katie Zinser*



SERVES 2



30 MINS

“ I wanted to share a staple recipe of mine which has been a great source of comfort during the bleak lockdown time! This recipe developed out of a need to justify wanting to eat spaghetti carbonara more than once a week. The logic was, if you mix it up by making a slightly different type of carbonara, then it’s entirely justified. I think it makes perfect sense...”

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## Ingredients

9 oz spaghetti  
Zest of 1 lemon  
Handful finely chopped fresh basil  
3 eggs + 1 egg yolk  
Generous splash of single cream  
2 large handfuls of finely grated parmesan cheese (pecorino is also fine)  
Pancetta or any kind of smoked bacon, chopped (I use roughly 3 rashers per person, but you can use as much/little as you like) – or, if vegetarian, you can use finely chopped pieces of halloumi cheese  
3 small garlic cloves, peeled (keep whole)  
Lots of black pepper

## Method

1. Fry the bacon in a non-stick pan (or a little bit of oil) with the whole garlic cloves, until very crispy. Set aside the pan, keeping the bacon (and its fat) in it.
2. Crack the eggs and extra egg yolk into a jug/bowl, and add: (i) the lemon zest, (ii) the basil, (iii) the cream, and (iv) lots of black pepper. Mix well.
3. Cook the pasta in salted water until al dente – drain, reserving a small amount of the pasta water.
4. Put the bacon pan back on a (very low) heat, and add the pasta. Mix, and then add the egg/lemon/basil/cream mixture, and a small slosh of pasta water. Sprinkle over all of the cheese and mix as quickly as possible, to stop the egg scrambling. It is important to keep the heat low.
5. Top with more parmesan cheese, pepper and/or toasted pine nuts if you’re feeling fancy.



*This makes big portions!*





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# TRADITIONAL GOAN CHICKEN CURRY

by *Kate Rodrigues*



SERVES 4



1 HOUR

“This was the dish I cooked when I was on Australian Masterchef. This recipe is very special to me because it was taught to me by my grandmother. My father is from Goa, a Portuguese-influenced region in the south-west coast of India, so I decided to go back to my roots when I cooked the dish for the Masterchef judges. One of them found the dish really hot, so

if you aren't a chilli fan it's probably not for you! However, a milder curry can be achieved by adding more coconut milk to taste.”

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## Ingredients

2 tbsp vegetable oil  
1 onion, finely diced  
3cm piece ginger, finely grated  
5 garlic cloves, crushed  
4 tomatoes, finely diced  
500g chicken thigh fillets, quartered  
400ml can coconut milk  
4 large potatoes, peeled and quartered  
2 tbsp malt vinegar  
Coriander, to garnish

### MASALA

3 red Kashmiri chillies  
1½ tsp coriander seeds  
1 tsp cinnamon  
¾ tsp cumin seeds  
½ tsp whole peppercorns  
½ tsp whole cloves  
½ tsp ground turmeric

## Method

1. To make the masala, process all ingredients in a spice grinder or mortar and pestle until finely ground. Set aside
2. Heat the oil in a large non-stick frying pan over medium-high heat and fry onion, garlic and ginger until lightly browned. Add tomatoes to the pan and fry until they start to break down. It is important to fry the tomato for quite some time as this will form the base of a nice thick gravy for the curry.
3. Add the masala to the pan and fry for two minutes. The mixture should be very fragrant.
4. Add chicken and coat with the spice mixture. Fry for a couple of minutes and then add the coconut milk. Bring to the boil, reduce the heat to medium low and simmer for 20 minutes. Add the potatoes. If the mixture is too dry, add some more coconut milk or half a cup (125ml) of water. Simmer for another 20 minutes or until the potatoes are tender and the chicken is cooked through. Season with vinegar, salt and pepper, then garnish with coriander and serve.

Note: Kashmiri chillies are an Indian chilli which give a wonderful red colour to curries. They are available dried through spice specialists (try online).



*Masterchef quality!*

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# SOY-BRAISED PORK BELLY

by Victor Chu



SERVES 4



1 HOUR  
15 MINS

“This dish is a classic in many Chinese households and like any classic, every family will claim that their version is the best. This recipe is inspired by my maternal grandmother’s version (although she’d typically use pig’s trotter so that the sauce would be extra gelatinous and luxurious). She was born in Hainan province, China and emigrated to Australia via Singapore. She’d

cook this dish in a clay pot and the aroma of warm spices and soy would fill the entire kitchen. In some Chinese households, one peeled hard-boiled egg per person is added to the pot in the last 15 minutes of cooking so that it stains to a deep brown. I always mash up the yolk, mix it with the savoury-sweet sauce and eat it with rice.”

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## Ingredients

600g pork belly, cut into roughly 2 inch cubes  
3 whole garlic cloves, skins removed and gently crushed  
1 thumb-sized piece of ginger, peeled and sliced  
2 star anise  
1 cinnamon stick  
1 tsp Chinese five spice  
½ tsp ground white pepper  
2 tbsp light soy sauce  
2 tbsp dark soy sauce  
1 tbsp sugar  
1 tbsp toasted sesame oil  
1 tbsp vegetable oil  
4 hard-boiled eggs, peeled

## Method

1. In a mixing bowl, combine the pork belly with all the ingredients except the vegetable oil and eggs. Mix well, cover with cling film and allow to marinate in the fridge for a couple of hours (or even overnight).
2. When it’s time to cook, carefully pick out the marinated pieces of pork and reserve the liquid marinade. Place a heavy-bottomed pot over a medium-high heat and once hot, add the vegetable oil and fry off the pork for a minute or two, stirring occasionally to ensure that the pork does not burn and the sugars from the marinade do not catch the base of the pot.
3. Add all the reserved liquid marinade back to the pot, including all the aromats (i.e. garlic, ginger, star anise and cinnamon stick). Mix well and cover the pork, liquid marinade and aromats with some water until the pork is almost covered.



4. Bring to a boil and then lower the heat to a simmer. Place a lid over the pot, leaving a small gap for some steam to escape. Simmer for about 45 minutes to an hour. The pork is ready when it is tender.
5. About 15 minutes before the pork is ready, add the hard boiled eggs and coat with the sauce so that it can stain. Taste the sauce for seasoning. This is a relatively liquid sauce, great for spooning over rice. It should taste warm, savoury and slightly sweet. Adjust with extra light soy or sugar, if needed.
6. To serve, spoon the pork over a plate of steamed rice. The eggs should be sliced lengthwise in half and arranged on the plate with the yolk facing upwards. Garnish with a steamed green vegetable, such as pak choi. Generously spoon the sauce over the pork, egg and pak choi.



*A Chinese classic*



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# PLOVAS

by Ieva Marcinkerciciute



SERVES 6



2 HOURS

“ Known as Pilau in English, it is a very popular rice dish originating in Central Asia. During the period of the Soviet Union, versions of the dish spread throughout all Soviet republics, becoming a part of the common cuisine. It still remains popular in Lithuania (but is considered quite ‘old school’). Despite the long cooking time, it is relatively easy to make and is one of those dishes whose leftovers (arguably) taste even better! ”

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## Ingredients

500 g beef  
1 onion  
2 carrots  
Oil (for frying)  
½ teaspoon of salt  
¼ teaspoon of ground black pepper  
1 bay leaf  
1 teaspoon of smoked paprika  
½ teaspoon of cumin  
700 ml beef stock  
2 tbsp of tomato paste  
350g rice  
1 garlic head

## Method

1. Pick a large pot which has a lid and is good for both stewing and frying.
2. Chop beef in 1cm size cubes.
3. Chop onion and carrots in small cubes.
4. Heat oil in the pot, add onions and fry for a few minutes.
5. Add in the carrots and fry for a few more minutes.
6. Add in the beef, fry for a few more minutes on low heat - meat should get browned on the outside but not fully cooked.
7. Add in all the spices, mix up and fry for one minute.
8. Add in the beef stock and tomato paste, mix well. Turn the heat down, so stock is just simmering, cover the pot and leave to cook for 1½ hours.
9. Once beef is cooked and is soft, rinse rice under water and add to the pot. Mix everything well. Add in a whole head of garlic sliced in half. Cover the pot, adjust the heat, so the stew is simmering and leave for 15 minutes.
10. Once you are happy that the rice is cooked, remove the bay leaf and garlic head.
11. Your plovav is ready to eat - enjoy!





*You might know this as Pilau*







# **SWEET DISHES**



# NYC CHOCOLATE CHIP COOKIES

by Katie Wells



MAKES 8



1 ½ HOURS

PREP: 20 MINS

BAKE: 12 MINS

CHILL: 1 HOUR

“Giant, gooey and utterly epic NYC chocolate chip cookies based on the famous cookies from New York City!”

## Ingredients

125g unsalted butter/stork  
100g light brown sugar  
75g white granulated sugar  
1 large/medium egg  
1 tsp vanilla (optional)  
300g plain flour  
1 ½ tsp baking powder  
½ tsp bicarbonate of soda  
½ tsp sea salt  
300g chocolate chips  
(150g dark, 150g milk)

## Method

1. Add your butter and sugars to a bowl and beat till creamy - I use my stand mixer with the beater attachment.
2. Add in your egg, and beat again. If using vanilla, add it in now.
3. Add in the plain flour, baking powder, bicarbonate of soda, and salt and beat till a cookie dough is formed!
4. Add in your chocolate chips and beat till they're distributed well.
5. Weigh your cookies out into eight cookie dough balls - they're about 120g each.
6. Once they're rolled into balls, put your cookie dough in the freezer for at least 30 minutes, or in the fridge for an hour or so!
7. Whilst the cookie dough is chilling, preheat your oven to 180°C Fan, or 200°C regular. If your oven runs hot, go for 160°C-170°C.
8. Take your cookies out of the freezer/fridge and put onto a lined baking tray. I put 4 cookies per tray.
9. Bake the cookies in the oven for 12-14 minutes. I don't personally flatten the cookies, as they flatten enough during baking - however, if you like flat cookies, flatten them a bit before baking.
10. Once baked, leave them to cool on the tray for at least 30 minutes, as they will continue to bake whilst cooling.





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# TEA LOAF

by Zoe Andrews



SERVES 6



1 HOUR  
35 MINS

“I’ve been enjoying a slice of tea loaf (buttered of course) with a cup of tea during lockdown. I like this recipe because there are few ingredients and it is very little effort but it gives plenty of slices and keeps well in a tin for several days. It also feels quite healthy (until you smother it in butter!). I can’t remember where the original recipe came from – it has

been on a scrap of paper in my kitchen drawer for the last 20 years hence the imperial measurements! The only thing to watch out for is you do need to plan a day ahead to soak the fruit overnight.”

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## Ingredients

8oz tea (I use Earl Grey but you can use any tea – fruit teas also work well)

12oz dried fruit (I use just sultanas but you can use any dried fruit)

3oz dark brown sugar

8oz self-raising flour

1 egg

## Method

1. Soak the sugar and fruit in tea overnight.
2. Next day, spoon in the flour and egg and mix together.
3. Grease a loaf tin and pour in the mixture.
4. Cook at gas mark 4/160°C fan oven for 1 hour, then 30 minutes at gas mark 3/150°C fan oven.





*Perfect with a cuppa*



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# TARTE TATIN

by Zoe Andrews



SERVES 6



2 HOURS  
30 MINS

“I tried this [Raymond Blanc Tarte Tatin recipe](#) for the first time during lockdown and my family loved it. I'm looking forward to making again for friends/wider family when we can have people over for dinner again!

There were lots of Tarte Tatin recipes on the internet but I chose the simplest one that used ready-made puff pastry. I happened to buy a

frying pan that can go in the oven just before lockdown so I was keen to try it out. You do need an oven-safe frying pan for this recipe.”

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## Ingredients

300g all-butter puff pastry  
Plain flour, for dusting worktop to roll out pastry  
6 dessert apples (about 900g/2lb) (I used Braeburn which worked well and I only needed 5 to fill my pan as I used an 18cm pan rather than the 20cm one suggested)  
100g golden caster sugar  
85g unsalted butter (60g/2¼oz chilled and diced, 25g/1oz melted)

## Method

1. Roll the pastry to a 3mm thick round on a lightly floured surface and cut a 24cm circle, using a plate as a guide. Lightly prick all over with a fork, place on a baking sheet, then cover and freeze while preparing the apples. (Put the rolled pastry in the freezer for a while so it's easier to put over the hot apples later.)
2. Heat oven to 180°C/160°C fan/gas 4. Peel, quarter and core the apples. Put the sugar in a flameproof 20cm ceramic tatin dish or a 20cm ovenproof heavy-based frying pan and place over a medium-high heat. Cook the sugar for 5-7 minutes to a dark amber caramel syrup that is starting to smoke, then turn off the heat and stir in the 60g diced chilled butter.
3. To assemble the tarte tatin, arrange the apple quarters very tightly in a circle around the edge of the dish first, rounded-side down, then fill in the middle in a similar fashion. Gently press with your hands to ensure there are no gaps. Brush the fruit with the melted butter.
4. Bake in the oven for 30 minutes, then remove and place the disc of frozen puff pastry on top - it will quickly defrost. Tuck the edges down the inside of the dish and, with a knife, prick a few holes in the pastry to allow steam to escape. Bake for a further 40-45 minutes until the pastry is golden brown and crisp.
5. Allow to cool to room temperature for 1 hour before running a knife around the edge of the dish and inverting it onto a large serving plate that is deep enough to contain the juices. Serve with crème fraîche or vanilla ice cream.



*Tip: use ready-made pastry*

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# PEPPERMINT CRISP PUDDING

by Nicola Earle



SERVES 6-8



30 MINS  
COOL: 4 HRS

“This is a South African favourite! I have had to adapt the ingredients to products you can easily get in the UK. It is an extremely easy recipe and takes a small amount of preparation time. Being from South Africa, peppermint crisp pudding was a staple dessert growing up at every braai (barbecue...) and even on a hot, sunny Christmas day. My sister and I have both

moved to the UK and when we feel like a taste of home this dessert is one of our favourites to make.”

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## Ingredients

250ml double cream whipped  
2 packets of Rich Tea biscuits  
375g tin of caramelised condensed milk (i.e. Nestle Carnation) or dulce du leche (empty contents into a bowl and place in the microwave for short bursts until the caramel is workable – not liquid – just capable of mixing with the whipped cream)

One slab (or two) of Peppermint Aero (or Cadbury's Mint Crisp) crushed (use your hands to break apart pieces to include in the mixture and use your grater to grate some of the chocolate as a topping)

## Method

### BASE

1. Crush the biscuits - put half a packet at a time into a zip bag and crush with a rolling pin.
2. Put ½ of butter at a time into a bowl and heat in the microwave until melted (the amount of butter you melt will depend on the amount of biscuits you decided to crush for your base).
3. Add the crushed biscuits into the bowl of melted butter and stir to combine. (You will just want to use as much butter as is necessary to stick the biscuits together).

### TOPPING

1. Whip the double cream. Add the caramelised condensed milk to the whipped cream and beat until well mixed.
2. Stir in ⅔ of the crushed Peppermint Aero (or Cadbury's Mint Crisp).
3. Place a layer of crushed biscuits in a buttered 29x19x5cm dish.
4. Spoon the caramel / whip mix over the biscuits and spread evenly.
5. Decorate by grating pieces of Peppermint Aero (or Cadbury's Mint Crisp) on top and sprinkling the remainder of the crushed chocolate.
6. Refrigerate for at least 4 hours, cut into squares and serve.





*A South African favourite*



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# BABIČČINY VANOČNÍ DORTÍČKY

by Steph Schiller



SERVES 6-8



1 HOUR  
30 MINS

“This is originally my Great Granny Mila’s recipe and has been passed down three generations, moving from the Czech Republic to Scotland and onto England. Traditionally, these biscuits are baked at Christmas time but are delicious all year round. Ideally complemented with a cup of tea, coffee or even a shot of Becherovka (Granny’s recommendation!).”

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## Ingredients

### BISCUITS

330g unsalted butter  
400g plain flour  
140g caster sugar  
100g ground roasted hazelnuts  
2 egg yolks  
Vanilla sugar/2 tsp  
of vanilla essence

### HAZELNUT CREAM FILLING

100g unsalted butter  
1 egg yolk  
200g icing sugar  
1 tsp vanilla essence  
20g ground (roasted) hazelnuts  
or (unroasted) walnuts

### TOPPING

A handful of (roasted) whole  
hazelnuts or (unroasted) walnuts  
Large bar of milk chocolate

## Method

1. Mix all of the biscuit ingredients together to form a dough. Roll the dough into a ball, wrap it in cling film and leave to cool in the fridge for at least one hour.
2. Take half of the dough out of the fridge and warm with your hands (there is a lot of butter in the dough so it is best to keep the other half chilled for now).
3. Roll the dough to about 1½-2mm thick and cut out small circles using a sherry glass (between 3-4cm diameter).
4. Bake the biscuits in the oven on a greased baking sheet at 180°C until they are slightly golden (should be around 5-10 minutes but you should watch them continuously), then transfer to a wire rack to cool. You have to be very gentle to ensure the biscuits don't break.
5. Repeat steps 2-4 with the other half of the dough.
6. Mix together the hazelnut cream filling.
7. Melt the chocolate over steam.
8. Once the biscuits have cooled, sandwich them with the hazelnut cream filling then spread the melted chocolate on top.
9. Top with half a hazelnut or walnut and serve.





*Passed down through generations*





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Challenging times call for innovation! So when our plans to organise a firm-wide recipe competition with the winning recipes to be served in the staff restaurant were thwarted, the DIVERSE Committee switched to compiling the contributions into a recipe book, and we must say that the creative thinking and agility involved in coming up with this Plan B has been emblematic of the Slaughter and May approach.

This Cookbook is the result of people from across the firm taking out the time to send in their recipes (with photographs of the end product to tempt you into making them!), swift editing, brilliant design from Beth Fenton and the OLIVER team, and Kate Hursthouse and Lucy Hutchinson's input on charities to support via this project.

We found it was very much the "one firm, one big team, regardless of wherever we are" experience that Steve Cooke has often mentioned in his firmwide emails. Microsoft Teams deserves some credit, but really the true star was people's generosity with their time and ideas.

We hope that you will enjoy reading and cooking using this book as much as we enjoyed bringing it to you, and that lockdown or no lockdown, it will be a positive reminder of what we cherish about our firm.

Deeksha, Emily, Loye, Steph and Charles



