



Rat's Tavern Recipes

5th edition

October 2026



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Mains & Sides



Bangers & Mash

serves 4



ingredients:

sausages:

1 **tbsp** olive oil
8 pork sausages

gravy:

1 **tbsp** olive oil
2 red onions, finely sliced
2 cloves garlic, grated
2 sprigs rosemary, chopped
150ml red wine
200ml chicken stock
1 **tsp** worcestershire sauce
2 **tsp** wholegrain mustard
1 **tsp** cornflour

mash:

800g potatoes
25g butter
salt, to taste
1 egg
30g cheddar, grated
oil spray, for the top

directions:

preheat the oven to 180°C.

put the potatoes in a pot of cold salted water and bring to the boil. simmer for 15 mins until tender, then drain well.

meanwhile, heat 1 **tbsp** of the oil in a frying pan and brown the sausages all over. move them to a large ovenproof dish.

heat the rest of the oil in the same pan and fry the onions for 10 mins until very soft. add the garlic and rosemary and cook for 1 min more. add the wine and let it bubble for 2 mins, then add the stock, worcestershire sauce and mustard.

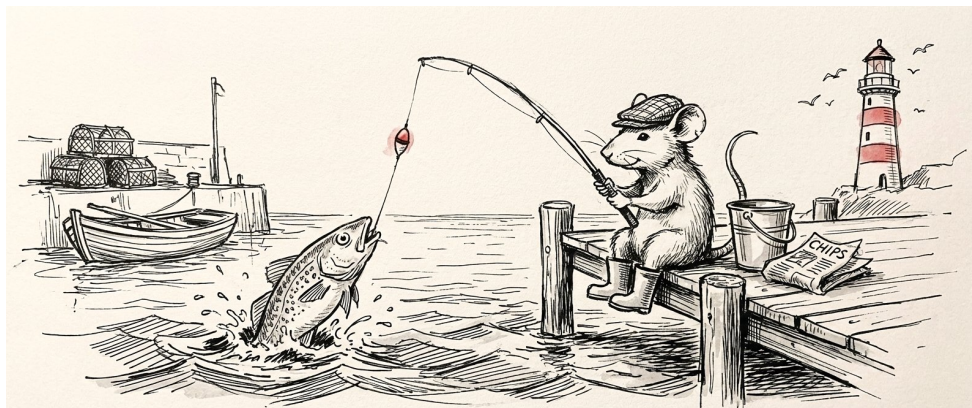
mix a little bit of water with the cornflour to dissolve, stir it in and let bubble until it thickens slightly, then pour it over the sausages.

mash the potatoes with the butter, and season to taste. let it cool slightly before adding the egg. spoon it over the sausages, and sprinkle with cheddar. spray a tiny amount of oil over the top of the potatoes.

bake for 30 mins until golden and bubbling.

Battered Fish

serves 4



ingredients:

fish:

4 cod fillets
1 tsp salt
plain flour, for dusting

batter:

170g plain flour
1 tsp garlic granules
pinch of black pepper
1 tsp salt
1 egg, beaten
330ml bottle of lager (or ½
tsp bread soda and 200ml
soda water)
pinch of turmeric

frying:

vegetable oil, for frying

directions:

pat dry the cod fillets with some kitchen roll. sprinkle each side with the salt. leave to the side for 10 mins while you prep the batter. the fish can be prepared a couple of hrs ahead of time and left in the fridge uncovered if needed. the batter should not be prepped ahead of time.

add vegetable or sunflower oil to a large heavy pot, no more than ⅔ full, and heat to 180°C. always keep a small amount of oil leftover in case you need to quickly cool the hot oil.

add the batter ingredients to a bowl and whisk together. the turmeric is just for colour so only add a tiny amount. start adding beer until the batter is just lighter than a pancake batter.

coat the fish in flour and dip in the batter, then into the oil.

fry each fillet for 6-8 mins. remove from the oil and

season with flaky salt immediately.

serve with chips, mushy peas and a lemon wedge.

Butter Chicken

serves 4



ingredients:

600g chicken thighs
vegetable oil, for frying

marinade:

1 **tblsp** ginger paste
1 **tblsp** garlic paste
1 **tblsp** red chilli powder
1/2 **tsp** msg (optional)
2 **tsp** salt

sauce:

1 onion, diced
1 **tblsp** butter for frying
1 **tblsp** garlic paste
400g tin tomatoes
50g cashew nuts
rooml water
1 1/2 **tblsp** white/rice vinegar
2 **tblsp** sugar
2 **tblsp** chilli powder
1/2 **tsp** garam masala
1/2 **tsp** msg (optional)
5 **tblsp** butter (75g)
1 **tsp** kasuri methi
1 **tsp** salt

directions:

trim off any large chunks of fat off the thighs. cut the chicken into pieces and cover with marinade. put in the fridge for minimum 15 mins (ideally 2 hrs+ or overnight).

in a pan with some oil, fry the chicken until cooked through. remove from the pan.

add some butter to the pan and fry the onion on medium/low until translucent.

once the onions are soft, add in the garlic paste and cook for 2 mins.

turn up the heat to medium and fry off the vinegar until it has almost evaporated.

add in the sugar, chilli powder, garam masala and msg and cook for a few mins.

add in the tomatoes, cashew nuts, and water. allow it to come to a simmer and then drop the temp to medium/low to let it simmer for 15-20 mins.

remove from the heat and churn the mixture into a fine puree and strain it back into the same pan.

add butter, the cooked chicken (and any juices)

and kasuri methi into the sauce and let it simmer for 5 mins. season with salt to taste.

serve with rice and naan bread. optionally garnish with coriander and a drizzle of cream.

Buttermilk Chicken Burgers

— makes 4-6 burgers —



ingredients:

marinade:

300ml buttermilk
1¼ **tsp** salt
1 **tbsp** garlic granules
1 **tsp** cayenne

chicken:

4-6 boneless skinless
chicken thighs

coating:

400g plain flour
2½ **tsp** salt
1½ **tsp** smoked paprika
1 **tbsp** garlic granules
1 **tsp** black pepper
1 **tsp** cayenne

frying:

vegetable oil, for frying

directions:

add the marinade ingredients in a large bowl and mix. add in the chicken and leave in the fridge for at least 1 hr, ideally 4 hrs or overnight.

heat up a pot of vegetable oil (no more than ⅔ full) to 175°C.

whisk together the flour, salt, paprika, garlic granules, black pepper and cayenne and place in a large tray. add a few drizzles of the marinade into it to create some lumps.

drop the chicken into the flour mix and press in firmly. shake off any excess flour and lower into the oil. cook in batches allowing the temperature to rise again between batches.

the chicken should be cooked in 8 mins (aiming for 75 to 80°C internal temperature). drain on a rack and season with salt while hot.

serve in a bun with pickled gherkin and spicy mayo.

Chicken Burgers

makes 4 burgers



ingredients:

chicken:

4 chicken breasts

½ tsp salt

breadcrumb mix:

150g breadcrumbs or panko

1 tsp salt

1 tsp pepper

1 tsp onion salt

2 tsp paprika

1 tsp garlic granules

½ tsp dried parsley

½ tsp msg

egg wash:

2 large eggs

a dash of hot sauce (optional)

flour:

plain flour, for dusting

directions:

preheat your oven to 220°C. pat dry the chicken breasts with kitchen roll and flatten them to an even thickness with your palm. season with salt.

whisk the eggs and leave to the side. you can optionally add some hot sauce to the egg mix to make slightly spicier burgers. prepare the breadcrumb mix in another bowl.

coat the chicken in flour, then add to the egg mix, then transfer to breadcrumbs mix and coat again. if using panko breadcrumbs, be sure to mix the spices well each time you coat as they tend to fall to the bottom of the bowl.

place on an oiled wire rack over a tray and spray the tops with oil. cook for roughly 20 mins at 220°C until the internal temperature is 70°C. if cooking in an air fryer at 220°C the time will be reduced to closer to 15 mins.

serve on a bun with lettuce, mayo and gherkin.

Chicken Fried Rice

serves 4



ingredients:

rice:

250g basmati rice

stir-fry:

1 **tbsp** vegetable oil

2 chicken breasts

2 spring onions, chopped

1 carrot, cut into thin strips

50g sweetcorn

40g frozen peas

2 cloves garlic, minced

1cm ginger, grated (1 **tsp**)

1 egg

sauce:

1 **tsp** chilli flakes

1 **tbsp** light soy sauce

1 **tsp** dark soy sauce

1 **tbsp** fish sauce

½ **tsp** msg (optional)

2 **tsp** sesame oil

directions:

cook the rice, and set aside to cool. leftover rice from the night before works best in this recipe.

cut the chicken into strips and season. fry in the oil on medium-high heat until just cooked through (about 5 mins) and set aside.

fry the spring onion, carrot, sweetcorn and peas in the pan on medium heat for 5 mins. add in the garlic and ginger and cook for 2 mins until fragrant.

turn the heat up to high. add the soy sauces and fish sauce to the edge of the pan and let them sizzle for a few seconds, then add in the rice and the chicken, chilli flakes, msg and sesame oil. toss until everything is hot.

make room in the pan, crack in the egg, let it cook for a min and then scramble it through the rice. season with salt and pepper to taste.

Chicken Katsu Curry

— serves 4 —



ingredients:

sauce:

- 1 **tbsp** vegetable oil
- 2 onions, diced
- 4 cloves garlic, sliced
- 4 carrots, diced
- 4 **tbsp** plain flour
- 2 **tbsp** curry powder
- 1200ml chicken stock
- 4 **tsp** honey
- 2 **tbsp** soy sauce
- 1/2 **tsp** msg (optional)
- 1 bay leaf
- 1 **tsp** garam masala

chicken:

- 4 chicken breasts
- 1 **tsp** salt

coating:

- 100g plain flour
- 1 egg, lightly beaten
- 200g panko breadcrumbs (or toasted regular breadcrumbs)

frying:

- 100ml vegetable oil

directions:

in a pan on medium heat, sauté diced onion for 5 mins, then add in the carrots and garlic and cook slowly for 10 mins with the lid on.

stir in the flour and curry powder and cook for a min. slowly pour in the stock bit by bit until combined.

add the honey, soy sauce, msg and bay leaf and bring to the boil, then reduce the heat to a slow simmer and cook for 20 mins.

add the garam masala, then with a hand blender, blend and pass the sauce through a sieve.

flatten the chicken breasts with your palm, or butterfly them, and season with the salt. prepare the flour, egg and breadcrumbs in separate bowls. coat the chicken in the flour, then dip into the egg and finally into the breadcrumbs.

heat the oil in a frying pan to 170°C and fry the breaded chicken breasts for 5 mins on each side, until golden and 70°C inside. remove from the pan and leave to drain on kitchen roll.

slice the chicken and serve with the sauce drizzled over, and some steamed rice and salad.

Chicken Kebabs

serves 4



ingredients:

marinade:

- 450ml greek yogurt
- 4 **tb**sp lemon juice (juice of 1 lemon)
- 4 **tb**sp olive oil
- 2 **tb**sp tomato puree
- 6 cloves garlic, minced (2 **tb**sp garlic paste)
- 2 **tb**sp chilli flakes
- 4 **tsp** salt
- 3 **tsp** ground cumin
- 2 **tsp** black pepper
- 2 **tsp** paprika
- 1/4 **tb**sp ground cinnamon

kebabs:

- 1kg boneless, skinless chicken thighs
- 4 long metal skewers

directions:

whisk the marinade ingredients together in a bowl. keep half to the side as a dressing for the cooked kebabs.

slice the chicken thighs in halves, place into the marinade and coat them thoroughly on all sides. cover the bowl with cling film and refrigerate for 2 to 8 hrs.

preheat a bbq on medium-high heat and lightly oil the grate, or use a hot grill indoors.

using 2 skewers for each kebab, thread half of the chicken thighs onto each pair of skewers. using 2 skewers per kebab makes it easier to cook evenly.

place kebabs on the bbq / under grill. do not try to turn them until they have browned properly and, for the bbq, easily unstick from the grill. turn the kebabs and cook the other side until browned and cooked through (75-80°C internal temp).

serve with the dressing, red onion, cucumber and tomato on pitta bread.

Chicken Nuggets

makes 18 nuggets



ingredients:

chicken:

500g chicken breast, minced

2 **tsp** salt

1 **tsp** sugar

1/2 **tsp** msg

light batter:

45g cornflour

240g water

dredge:

450g plain flour

22g salt

1/2 **tsp** msg

1 **tsp** white pepper

1 **tsp** celery salt

tempura batter:

75g cornflour

100g plain flour

1 1/4 **tsp** baking powder

1/4 **tsp** bread soda

240g cold water

2 whisked eggs

frying:

vegetable oil, for frying

directions:

mince the chicken in a mincer or a food processor. alternatively, buy chicken mince. add in the salt, sugar and msg and mix to combine. put in the fridge for 10 mins to allow it to firm up.

while you wait, add vegetable oil to a large pot and begin to heat it to 190°C.

in a bowl, make the light batter by mixing the cornflour and water.

in a large tray, mix together the dredge ingredients (flour, salt, msg, pepper, celery salt). whisk so that the ingredients are combined.

finally whisk together the tempura batter (everything else).

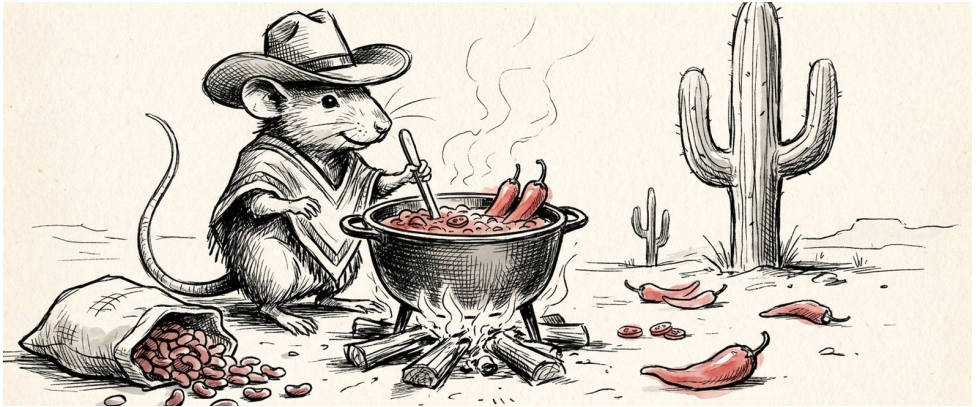
with wet hands, shape the chicken into small nuggets. dip in the light batter, coat in the dredge, and finally into the tempura batter.

fry in 190°C oil for 6 mins in batches. let the oil come back up to temperature between batches.

remove from the oil, drain on a rack and salt lightly.

Chilli Con Carne

serves 4



ingredients:

chilli:

- 500g beef mince
- 1 **tsp** salt
- 1 **tsp** pepper
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 red pepper, diced
- 1 **tsp** hot chilli powder
- 1 **tsp** paprika
- 1 **tsp** ground cumin
- 2 **tbsp** tomato puree

sauce:

- 1 beef stock cube
- 300ml boiled water
- 400g tin chopped tomatoes
- ½ **tsp** dried marjoram
- 1 **tsp** sugar (or thumbnail-sized piece of dark chocolate)

beans:

- 410g tin red kidney beans

directions:

fry the beef mince on high until it sizzles (all fat and water gone) and begins to brown. season with salt and pepper. remove from the pan. turn to medium/low and add the onion and cook, stirring fairly frequently, for about 5 mins.

add the mince, garlic, red pepper, hot chilli powder, paprika, ground cumin and tomato puree. cook for another 5 mins, stirring occasionally.

add 1 beef stock cube with hot water, chopped tomatoes, dried marjoram and sugar (or chocolate). stir the sauce well. bring to a boil and then immediately reduce to a simmer for 45 mins. add water as necessary to stop drying out.

drain and rinse the tin of red kidney beans before adding to the pot. cook for another 5-10 mins, adding water as necessary. season to taste.

Chips (Air Fryer)

serves 2



ingredients:

chips:

500g maris piper potatoes

seasoning:

2 **tbsp** goose/duck fat (or any oil)

1½ **tsp** salt

½ **tsp** celery salt

½ **tsp** garlic granules

directions:

to chop the potatoes into chips, cut initially into 1cm thick slices. then lay flat and cut again into 1cm batons. peeling is optional. soak the chips in water to rinse off their starch.

bring a large pot of salted water to a boil. add the chips and set a timer for 8 mins. you are aiming to cook the chips until just barely cooked through, they will be very delicate when cooked but should still hold their own weight if held. 8 mins may be too short depending on cut size,

but you should check regularly after 8 mins - it is very easy to overcook these chips.

lay the chips out on a tray to cool. put them in the fridge or outside if you can. the chips need to fully cool so they are no longer steaming.

when the chips are cool, add back to a pot with the oil and seasoning and gently toss to coat the chips and fluff up the edges. spread out in a single layer in the air fryer and cook for 15 mins at 240°C, tossing them once in between cooking.

Chips (Deep Fried)

makes multiple portions



ingredients:

maris piper potatoes (250g per person)
vegetable oil, for frying
salt to taste

directions:

these triple cooked chips need to be made well in advance of cooking.

to chop the potatoes into chips, cut initially into 1cm thick slices. then lay flat and cut again into 1cm batons. peeling is optional. soak the chips in water to rinse off their starch.

bring a large pot of salted water to a boil. add the chips and set a timer for 8 mins. you are aiming to cook the chips until just barely cooked through, they will be very delicate when cooked but should still hold their own weight if held. 8 mins may be too short depending on cut size, but you should check regularly after 8 mins - it is very easy to overcook these chips.

lay the chips out on a tray to cool. put them in the fridge or outside if you can. the chips need to fully cool so they are no longer steaming. gently toss the chips when cooled to fluff up the edges.

get a pot of oil on the stove heating to 150°C. drop in your first batch of chips and the temp will drop. we are aiming to cook for 3-4 mins at 140°C.

remove from the oil to drain. they should be pale after the first fry. let the oil come back up to temp before dropping in your 2nd batch.

allow the chips to cool completely (put them in the freezer if you can). these chips can be made in advance up to this point, and left in the freezer.

when ready to cook, heat the oil to 180°C and fry the chips in batches for another 3 mins or so until golden. leave to drain and toss with salt to taste.

General Tso's Chicken

serves 2



ingredients:

chicken:

2 chicken breasts, cubed
1 egg
145g cornflour
1 **tsp** bread soda
90g water
1 **tbsp** vegetable oil

sauce:

1 **tbsp** chilli flakes
8 cloves garlic, sliced
70g ketchup
3 **tbsp** oyster sauce
1½ **tbsp** dark soy sauce
1½ **tbsp** light soy sauce
500ml cola

to finish the sauce:

2 **tbsp** cornflour
70g sugar
60ml apple cider vinegar

frying:

vegetable oil, for frying

directions:

dice the chicken and add to a large bowl with the egg, cornflour, bread soda and water. mix together with your hand. add more water as needed until the batter is slightly lighter than a pancake batter. add the oil and mix in. place in a fridge for 10 mins.

in a bowl, add the ketchup, oyster sauce, soy sauces and leave to the side. heat up a pan on medium heat and add a few **tbsp** of vegetable oil. fry the chilli flakes and garlic for a min until aromatic, then add the sauce you set to the side and the cola. fry for 10 mins to allow the liquid to reduce by about 1/3.

get the cornflour ready by mixing it with a little bit of water, and add it to the sauce while stirring. the sauce will thicken up quite a bit. add in the sugar and vinegar and the sauce will loosen again to the correct consistency.

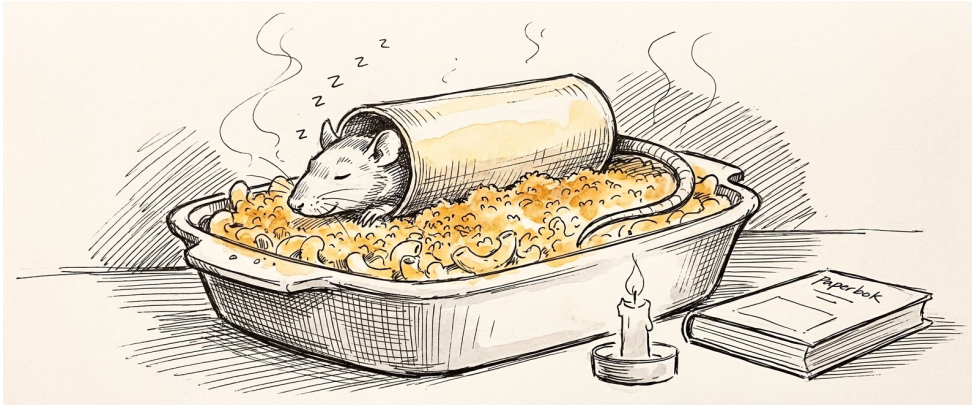
take the chicken out of the fridge and fry in a large pot of oil at 170°C for 5 mins (70°C inside). leave to drain for a few mins while you prepare your rice or broccoli side. let the oil heat up to 200°C.

come back 5 mins later and fry the chicken a 2nd time for 2 mins until it gets very crispy. add to the sauce to

coat for a min. serve with rice and broccoli.

Macaroni & Cheese

serves 2



ingredients:

crumb:

4 strips bacon
2 cloves garlic, sliced
100g breadcrumbs or panko
handful jalapenos
3 **tbsp** olive oil
1 **tbsp** paprika
1 **tsp** salt
1 **tsp** pepper

pasta:

250g macaroni

cheese sauce:

600ml white sauce (a double batch, recipe no. 44)
120g grated cheddar
30g grated parmesan
1 **tbsp** butter

directions:

cut the bacon into pieces and begin to fry in a pan until crispy. add the sliced garlic, breadcrumbs, jalapenos and olive oil. season with salt, pepper and paprika. cook until crispy.

prepare a double portion of white sauce and transfer to a large pot, gradually adding the cheese and parmesan, while stirring, to create a cheese sauce. add in the butter and stir.

cook the macaroni in water well-seasoned with salt. drain the macaroni and add to the pot of cheese sauce.

put the breadcrumb mix pan under the grill to allow the top to brown and crisp.

portion the macaroni and cheese in bowls and top with the breadcrumb mix and a sauce of your choice.

Marry Me Chicken Pasta

serves 4



ingredients:

chicken:

- 600g chicken breast
- 1 **tblsp** onion powder
- 1 **tblsp** garlic granules
- 1 **tblsp** dried oregano
- 1 **tblsp** smoked paprika
- 1 **tsp** mild chilli powder
- 1½ **tsp** salt
- 1 **tsp** black pepper
- 1 **tblsp** olive oil

sauce:

- 10g butter
- 2 shallots, finely chopped
- 3 cloves garlic, crushed
- 1 **tblsp** tomato puree
- 300ml chicken stock (or 1 stock cube in 300ml boiling water)
- 100ml single cream
- handful of basil, chopped

pasta:

- 400g rigatoni

directions:

coat the chicken breasts with the onion powder, garlic granules, oregano, smoked paprika, chilli powder, salt and pepper. heat the oil in a large pan on medium and cook the chicken for 3-4 mins each side until browned, then set aside. don't burn the pan as you want to retain the chicken fond.

melt the butter in the same frying pan and fry the shallots and garlic for 5 mins until soft. stir in the tomato puree and cook on a high heat for 1 min.

slice your chicken into strips.

begin cooking the pasta in a large pot of salted water. you are aiming to cook to just al dente. reserve a ladle of pasta water before draining.

add the stock, cream and sliced chicken. simmer with the lid off for 5 mins, until the chicken is 70°C inside.

add the pasta to the sauce with the ladle of pasta water to heat it back up for a minute or 2, season to taste and take off the heat.

toss with the chopped basil to serve.

Pancakes (American Style)

serves 2



ingredients:

wet:

1 egg, lightly beaten
180g milk
1/2 **tbsp** vanilla extract

dry:

150g plain flour
1/4 **tbsp** bread soda
2 **tbsp** baking powder
1/2 **tbsp** salt (3g)
30g sugar
1 **tbsp** protein powder
(optional)

to finish:

1 **tbsp** butter, melted

directions:

mix the egg, milk and vanilla extract in a bowl. in another bowl add the flour, bread soda, baking powder, salt, sugar, protein powder and whisk.

gradually add the wet mix to the dry. only barely combine the two, leaving some lumps is the ideal texture. when mixed through, add the melted butter and stir once more.

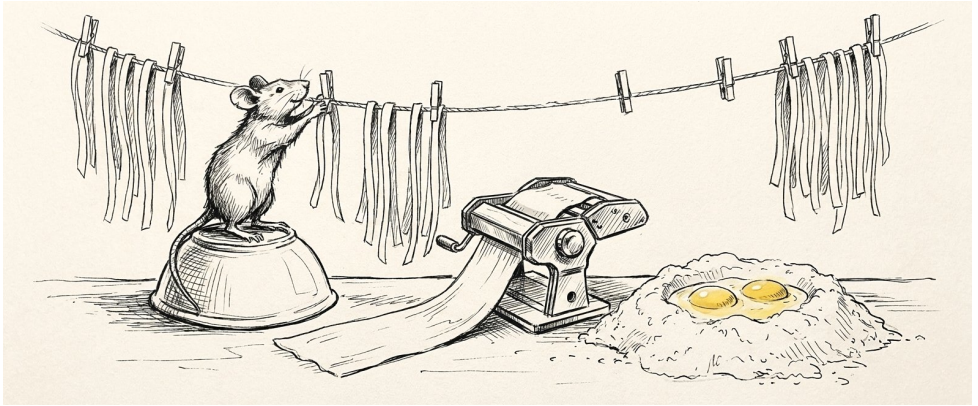
leave for 5 mins while you heat a pan on medium. add some spray oil and butter. add about a ladle of batter per pancake and cook until golden brown on both sides. flip when bubbles form and the edges look set.

notes:

for a buttermilk-style pancake, add 1 **tbsp** apple cider vinegar to the milk.

Pasta

— serves 2 —



ingredients:

150g 00 flour
50g semolina
2 large eggs

directions:

in a bowl, combine the flour, semolina and eggs, and knead for 10 mins. you can use a stand mixer to knead, or you can put into a food processor and pulse it for about 1 min.

take it out and knead it for 4-5 mins. you should be left with a smooth (ish) dough. it's ok if the dough still looks brain-like, the rest time will allow it to hydrate and smoothen out. cover in cling film and leave for 20 mins.

after 20 mins (or more), roll out in a pasta roller. at the widest setting, roll it through, fold in half and pass through again, repeat about 10 times. drop a setting on the roller and pass through, only once this time, flour the sheet each time. you may need to cut the sheet in half several times during the process. after flattened very thinly, cut it to shape and allow to dry for a few mins while you heat up the pasta water.

in a pot add water and heat to a boil. add a lot of salt, it needs to be as salty as the sea. drop in your pasta, and it should be cooked within a min.

Pasta Carbonara

serves 2



ingredients:

sauce:

30g parmesan
60g cheddar
black pepper
4 egg yolks (or 2 whole eggs)

pancetta:

olive oil, for frying
225g pancetta / guanciale
4 **tbsp** of pancetta fat (from cooking)

pasta:

225g spaghetti

directions:

good quality dried pasta is needed for this recipe. it should have a slightly rough surface due to the dried flaky bits of starch on the outside. this is needed to emulsify the sauce.

cook the pancetta in a small amount of oil. leave to cool but with the pan tilted so the fat pools in one side.

grate the cheese into a glass bowl. heat up the pasta water, generously salt, and add in the pasta. as the pasta cooks, add the egg yolks and black pepper to the cheese and whisk together vigorously. 2 whole eggs instead of the 4 yolks gives a lighter, looser sauce.

place the bowl over the pasta water. whisk continuously until the sauce thickens (about 65°C). when the pasta is al dente, add it to the cheese mix along with the pancetta and a few **tbsp** of the pancetta fat. add some pasta water and mix back over the heat. the pasta water will thicken the sauce. serve with grated parmesan.

notes:

above 70°C the egg will scramble.

Pizza (Kitchen Oven)

makes 4 pizzas



ingredients:

dough:

600g 00 flour
322g cold water
50g lukewarm water (30°C)
12g salt
18g olive oil
6g sugar
1.2g dried yeast
semolina, for dusting

sauce:

2 **tbsp** olive oil
1 **tbsp** fish sauce
1 garlic clove
1 tin tomatoes
170g tomato puree (1 tube)
1 **tsp** sugar
1 **tsp** salt
1 **tsp** basil
½ **tsp** oregano
1 **tsp** chilli flakes

directions:

this is a same-day dough. see the notes below if you want a 1 day ferment. start this at 8.15am to be cooking at 5pm.

dissolve the yeast in the lukewarm water and leave aside for 5 mins.

in a bowl, add the cold water, salt, oil, sugar and a handful of flour. mix together, then add the yeast.

add the remainder of the flour and knead for 5 mins.

place the dough in a bowl and cover with cling film. leave out at room temperature for 6½ hrs.

knock it back and shape into 250g balls. spray a tray with oil and place the balls down, spray or brush the balls with oil and cover the tray with a lid or cling film. leave for 2 hrs at room temperature while they rise.

30 mins before cooking, put a pizza stone in the oven and heat it as hot as it will go.

for the sauce, put everything in a blender and blitz.

when the dough has risen, shape into pizzas, add your sauce/toppings, and cook on the stone for 6-8 mins.

notes:

timings and yeast amount assume a 21°C kitchen. for a 1 day ferment use 0.7g yeast, leave out 1 hr, then 24 hrs in a 4°C fridge, and 2 hrs in balls the next day. for 2 days in the fridge use 0.3g and for 3 days 0.2g. a colder kitchen (18°C) needs more yeast and longer in balls; a warmer one (24°C) needs less and shorter. strong or plain flour will do if you have no 00.

Pizza (Pizza Oven)

makes 6 pizzas



ingredients:

dough:

900g 00 flour
535g cold water
50g lukewarm water (30°C)
22.5g salt
1.2g dried yeast
semolina, for dusting

sauce:

2 **tbsp** olive oil
1 **tbsp** fish sauce
1 garlic clove
400g tin tomatoes
170g tomato puree (1 tube)
1 **tsp** sugar
1 **tsp** salt
1 **tsp** basil
½ **tsp** oregano
1 **tsp** chilli flakes

directions:

this recipe requires a 1 day ferment. see the notes below if you need it ready on the same day. start this at 2.30pm to be cooking at 5pm the next day.

dissolve the yeast in the lukewarm water and leave aside for 5 mins.

in a bowl, add the cold water, salt, and a handful of flour. mix together, then add the yeast.

add the remainder of the flour and knead for 5 mins.

place the dough in a bowl and cover with cling film. leave out at room temperature for 1 hr.

after the first rise, transfer to the fridge. leave the dough to ferment for 24 hrs in the fridge.

the next day, take it out and shape into 250g balls. spray a tray with oil and place the balls down, spray or brush the balls with oil and cover the tray with a lid or cling film. leave for 2 hrs at room temperature while they rise.

for the sauce, put everything in a blender and blitz.

when the dough has risen, shape into pizzas, add your sauce/toppings, and cook for 1-2 mins at 400-450°C in a pizza oven.

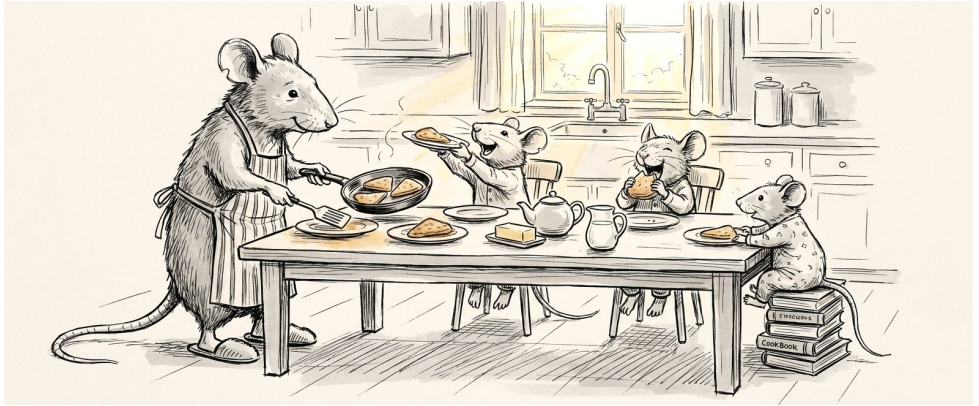
notes:

timings and yeast amount assume a 21°C kitchen. for same day pizzas use 1.8g yeast, leave out 6½ hrs before balling and 2 hrs in balls.

for 2 days in the fridge use 0.5g yeast and for 3 days use 0.3g. a colder kitchen (18°C) needs more yeast (1.8g for 1 day) and 3 hrs in balls; a warmer one (24°C) needs less (0.6g) and 1 hr in balls.

Potato Cakes

makes 6-8 potato cakes



ingredients:

400g mashed potatoes, cold
50g flour
25g butter
1 egg
1 tsp salt

to cook:

butter and oil, for frying
flaky salt, to finish

directions:

mix together the ingredients until fluffy, use a stand mixer, a brief mix on low. don't worry too much about the total weights, it is basically a little over 10% flour, with just enough that the mix isn't too sticky, and about half that much as butter. you can eyeball the salt. add an extra egg if you have 800g or more potato.

tip out on a floured surface and press down into a 1cm thick slab. if it is too sticky, mix in a little more flour until it doesn't stick to your hand

anymore.

cut into 6-8 farls. cook on a pan on medium heat with a little butter and oil until browned on both sides and warm through. it will take about 3 mins a side.

sprinkle with a little flaky salt to finish.

Potato Salad

serves 4



ingredients:

600g potatoes
3 shallots, very finely diced
1 spring onion, finely sliced

dressing:

3 **tbsp** mayonnaise
3 **tbsp** extra-virgin olive oil
1 **tbsp** white wine vinegar
1 **tbsp** dijon mustard
1 **tsp** salt (or to taste)
1/4 **tsp** sugar (tiny pinch)

directions:

chop the potatoes into smallish chunks, don't cut them to the size you expect to see them in a potato salad, you will cut them again later. boil the potatoes in salted water to just barely done, enough that they would have a bit of bite if you bit into it. let them cool while you make the dressing.

mix the dressing ingredients together and whisk hard. start with the mayonnaise, mustard, salt and sugar, then add the oil and vinegar a little at a time. when fully mixed, the dressing should be quite vinegary, almost the flavour of salt and

vinegar crisps.

when the potatoes are cooled, cut them into small cubes, you'll probably get 6-9 cubes out of each potato.

add to the dressing and then add the shallot and spring onion, and toss them by hand. season to taste once more, you'll probably need another 1/2 **tsp** or so more salt.

Ravioli - Spinach & Ricotta

— serves 4 —



ingredients:

pasta:

2 batches fresh pasta
(recipe no. 17)

spinach:

4 **tbsp** olive oil
1 clove garlic, minced
100g washed baby spinach

filling:

1 whole egg
salt and pepper
1/4 **tsp** nutmeg
zest of 1/2 lemon
250g ricotta (drained)
50g grated mozzarella
60g grated parmesan

to serve:

1 batch marinara sauce
(recipe no. 40)
fresh basil leaves for
garnish

directions:

make a batch of fresh pasta (recipe no. 17) and leave the dough to rest while you make the filling.

add olive oil and minced garlic to a frying pan on medium heat. sweat the garlic and add the spinach until wilted. turn off heat and leave to cool. then chop finely.

in a mixing bowl, add the egg with salt and pepper, nutmeg, lemon zest and mix well. to the egg mixture, add the ricotta, grated parmesan, mozzarella, and the cooled wilted spinach.

mix very well. if the ricotta cheese is very dry, use a fork to break up any clumps. taste for seasoning and adjust. the filling should be slightly over salty.

roll the pasta out to the second thinnest setting and lay the sheets on a floured surface. brush one long edge with water. place grape-sized spoonfuls of filling along the sheet, about 2.5cm apart, closer to the wet edge. fold the sheet over, press the edges together, pressing out any air, and cut between each one.

bring a large pot of well-salted water to the boil and cook the ravioli for 2-3 mins, until they float. toss in

the warm marinara sauce for 30 seconds and garnish with fresh basil leaves.

Sausage Rolls

makes 16 small rolls



ingredients:

filling:

400g pork mince (ideally pork belly)

2 **tbsp** finely minced onion

1 clove garlic, crushed

1¼ **tsp** salt

½ **tsp** black pepper

1 **tbsp** breadcrumbs

¼ **tsp** ground coriander

⅛ **tsp** grated nutmeg

¼ **tsp** dried thyme

1 **tbsp** minced fresh sage (or 1 **tsp** dried)

pastry:

1 sheet ready-rolled puff pastry (320g)

1 egg beaten (egg wash)

sesame seeds to garnish

directions:

grind the pork into a large bowl (or just buy pork mince). add onion, garlic, breadcrumbs, spices and seasoning. mix with a fork. divide in 2 and place each on a sheet of cling film the same length as your sheet of puff pastry. roll into a log and tighten by rolling up in the cling film. put the sausage logs in fridge for at least 10 mins.

divide the sheet of pastry into 2 and add a sausage log into each. measure how much pastry is needed by rolling one side onto the other, and trim the width as needed.

flatten each edge where the dough will overlap so the pastry isn't too thick there. brush one side with a bit of water so it can easily seal. roll the pastry over and seal.

put the rolls into the freezer for at least 10 mins and preheat the oven to 190°C. take out of the freezer, score the top of each roll, brush with egg wash, and cut each log into 8.

place on a tray lined with baking paper, sprinkle sesame seeds on top of each roll and bake at 190°C for 30 mins (until an internal temp of 70°C).

Spaghetti Bolognese

serves 6



ingredients:

base:

500g beef mince
2 medium onions, diced
2 cloves garlic, minced
2 celery sticks, diced
2 carrots, diced
2-3 sprigs rosemary, leaves picked and chopped

sauce:

2 **tbsp** tomato puree
1 **tbsp** white wine vinegar
2 x 400g tins plum tomatoes
1 **tsp** dried basil
1 **tsp** dried oregano
2 fresh bay leaves
1 beef stock cube
1 red chilli, deseeded and finely chopped (optional)
125ml red wine
6 cherry tomatoes
300ml water

pasta:

600g spaghetti (100g per person)

directions:

in a large saucepan, fry the mince until the fat renders off, and it sizzles and browns. remove from the pot into another bowl.

add the diced onion and sauté for 5 mins until it softens.

add in the garlic, celery, carrots and rosemary and cook for 10 mins. stir the veg often until it softens.

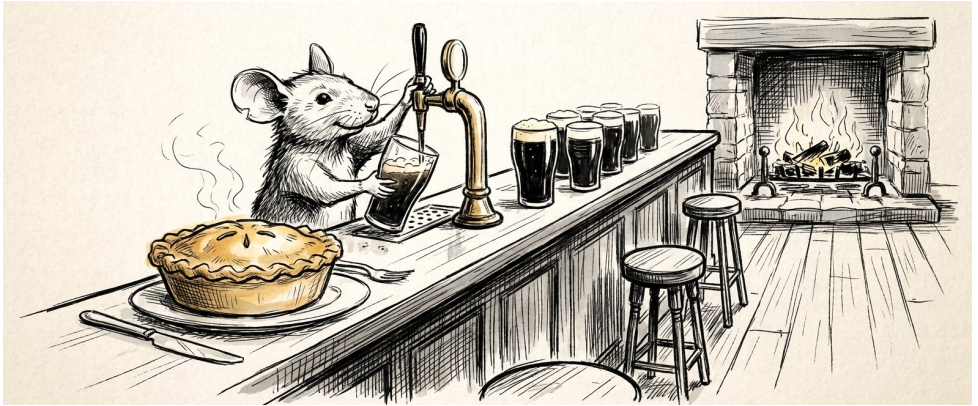
add the tomato puree and vinegar and cook until the liquid evaporates.

increase the heat to medium-high, add the mince, plum tomatoes, basil, oregano, bay leaves, beef stock cube, the red chilli (if using), red wine and halved cherry tomatoes. stir with a wooden spoon, breaking up the plum tomatoes. add in about 300ml water or as needed. bring to the boil, reduce to a gentle simmer and cover with a lid. cook for at least 90 mins stirring occasionally.

cook pasta in another pot and when the pasta is nearly cooked, add in a few cups of pasta water to the bolognese. the sauce will thicken as you add it. season to taste with salt.

Steak & Guinness Pie

— serves 4 —



ingredients:

stew:

vegetable oil, for frying
1kg stewing beef
1 onion, chopped
4-5 mushrooms
3 cloves garlic
1 **tb**sp tomato puree
1 **tb**sp plain flour
1 **tb**sp fish sauce
1 **tb**sp white wine vinegar
1 **tb**sp butter
2 carrots, roughly chopped
2 celery sticks, roughly chopped
1 sprig rosemary
1 bay leaf
1 can of guinness
1 beef stock cube

pastry:

1 sheet puff pastry
butter for the dish
egg wash (1 egg, 1 **tb**sp milk)

directions:

heat oil in a large pot, brown the meat in batches. season and remove and set aside.

add another drop of oil and fry the onion for a few mins until it begins to go translucent.

in another pot, begin cooking the mushrooms until crispy, seasoning to taste.

back in the pot with the onion, add in the garlic and tomato puree and cook for a few mins. add the flour and again, cook for 2-3 mins.

add the fish sauce and white wine vinegar and turn up the heat to medium-high until most of the liquid has evaporated.

add the butter, carrots, celery, mushrooms, rosemary, bay leaf, the steak pieces and the can of guinness, and stock cube. season again to taste. bring to a simmer, then drop the heat to low so that it simmers gently for about 2 hrs, adding in water occasionally if it gets too thick.

heat your oven to 200°C. fill with the stew, and top with puff pastry. brush with egg wash and cut a cross in the top to let steam out. bake for 25-30 mins, until the pastry is a golden colour.

Sweet and Sour Chicken

serves 4



ingredients:

chicken:

4 chicken breasts
salt and msg, to season
cornflour, for coating

batter:

180g plain flour
90g cornflour
1 **tb**sp baking powder
2 **tb**sp olive oil
300g water

sauce:

5 **tb**sp tomato puree
3 **tb**sp brown sugar
3 **tb**sp raspberry jam
100ml water
180ml white vinegar
1 **tb**sp fish sauce
½ **tb**sp salt
100ml pineapple juice
¼ **tb**sp msg (optional)
2 **tb**sp cornflour

veg:

½ a pineapple, chopped
2 peppers, chopped
1 onion, chopped

frying:

vegetable oil, for frying

directions:

cut chicken into chunks and season with enough salt to coat and small sprinkle of msg.

mix batter ingredients. only add water as needed to ensure it is lighter than pancake batter consistency.

in a large pot, add the tomato puree and cook for 2 mins on medium heat. add the sugar and jam and cook for another min.

mix in the remainder of the sauce ingredients (everything except for the cornflour). heat and bring to a gentle simmer.

in a separate pan, cook the onion, peppers and pineapple until they lose a bit of their water. you can knock off the heat once they are just beginning to soften, and set aside.

heat up a pot of oil to 180°C. while that is heating, toss the chicken pieces in cornflour to coat them, then drop them into the batter.

deep fry chicken in batches at 180°C (about 6 mins per batch) until golden brown and 70°C inside. for extra crunch, doubly fry at 170°C for 5 mins, drain and leave to cool for 5 mins, then 200°C for 1-2 mins.

add the peppers, onion and pineapple to the sauce for the last 5 mins. if you prefer the sauce to be slightly thicker, mix together 2 **tb**sp cornflour with a small amount of water and gradually pour into the sauce to thicken. serve with rice.

Taco Fries

serves 4



ingredients:

mince:

400g mince
vegetable oil, for frying
1 onion, diced
2 cloves garlic, minced
1 **tb**sp tomato puree
400g tin chopped tomatoes
2 red/green peppers, diced
1 tin kidney beans
250ml beef stock
1 **tsp** chilli powder
1 **tsp** cumin
1 **tsp** paprika
salt and pepper

taco sauce:

3 **tb**sp mayo
2 **tb**sp tomato puree
2 **tsp** hot chilli powder
1 **tb**sp garlic paste

to serve:

cheddar, grated
1kg chips (recipe no. 11)

directions:

in a pan, cook mince until all fat has rendered off and it starts to sizzle and brown.

add more oil and sauté onions until they become translucent.

add garlic and cook for a few mins.

add in the tomato puree and cook for another min.

stir in tinned tomatoes, peppers, kidney beans (drained and rinsed), beef stock and spices. simmer for 15-20 mins until a deep flavoured sauce. season to taste.

mix together taco sauce ingredients.

cover the chips with the mince mixture and top with taco sauce and grated cheese.

Desserts



Blueberry Muffins

— makes 12 muffins —



ingredients:

dry:

260g plain flour
2 **tsp** baking powder
3/4 **tsp** salt

wet:

110g soft unsalted butter
225g sugar
2 large eggs
1 1/2 **tsp** vanilla extract
1/4 **tsp** almond extract
125g milk

to finish:

250g blueberries
2 **tbsp** demerara sugar (or
brown sugar)

directions:

preheat your oven to 190°C. whisk flour, baking powder and salt.

cream the butter and sugar in a separate bowl until light and fluffy.

beat in 2 large eggs one at a time into sugar and butter mix.

add vanilla and almond extract to the wet mix.

gradually add milk and flour mix into the wet mix alternating between each. don't fully mix at the end as you'll need to add the blueberries next.

fold in blueberries. make sure not to overmix.

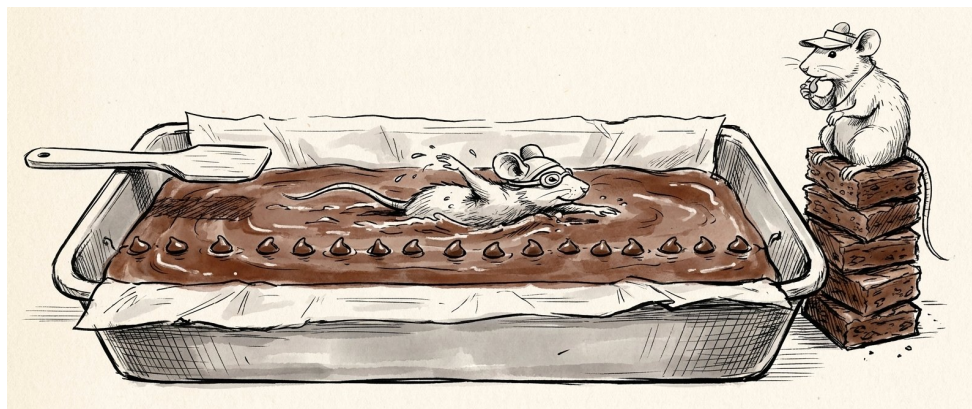
spoon into a muffin tray lined with muffin cases and sprinkle on top with demerara sugar. bake for 25 mins at 190°C, until 93°C inside.

notes:

frozen blueberries also work in this recipe without being thawed. toss them in a spoon of the flour first so they don't sink.

Brownies

makes 24 brownies



ingredients:

chocolate:

225g butter
90g cocoa powder
110g dark chocolate
(60%), finely chopped
1 **tsp** instant espresso
(or 1 **tbsp** instant coffee)

batter:

300g sugar
100g brown sugar
1 **tbsp** vanilla extract
4 eggs
120g flour
1 **tsp** coarse salt
170g chocolate chips

directions:

preheat the oven to 160°C. line a 23x33cm tin with baking paper, leaving an overhang on the long sides to lift the brownies out.

melt the butter in a pan on medium-low. once it is foaming and spitting, stir and scrape the bottom with a spatula every 10-15 secs. keep going for 5-10 mins. when the foam clears and the spitting goes quiet, watch for the milk solids to toast; once they turn brown and smell nutty, take the pan off the heat.

put the cocoa powder, chopped chocolate and instant espresso in a heatproof bowl. pour the hot brown butter straight in and stir until smooth and leave to cool.

whisk the sugars, vanilla and eggs with a stand or hand mixer on medium-high until fluffy and pale. for very moist, rich brownies, stop after 4-5 mins. for a bit more height, whisk for 8-10 mins until very thick and pale.

turn the mixer to low and slowly pour in the chocolate butter until it is mixed in.

fold in the flour and salt with a spatula until just combined, then add the chocolate chips. the batter will be very thick. spread the batter evenly in the tin.

bake for 25 mins until the top is glossy and just set, not wobbly in the centre. don't overbake, they finish cooking as they cool.

leave to cool for at least 30 mins before lifting out and slicing.

Churros

makes 10-12 churros



ingredients:

churro dough:

120g plain flour
1 **tsp** baking powder
pinch of salt
220g boiling water
1 **tbsp** vegetable oil

chocolate sauce:

120g double cream
120g cooking chocolate
(dark works best)
pinch of salt

sugar coating:

85g caster sugar
2 **tsp** ground cinnamon

frying:

500ml vegetable oil, for
frying

directions:

combine sugar and cinnamon in a shallow bowl, set aside.

combine double cream and chocolate and melt slowly, in a bowl over a pot of simmering water or in the microwave, until melted and combined. add a pinch of salt.

mix flour, baking powder and salt in a bowl. add oil and water and mix. it should be thick and gummy. transfer dough into a piping bag with an 8mm star tip nozzle. alternatively, just cut the corner off a plastic sandwich bag and improvise. set aside while oil heats to 180°C in a small pot.

pipe short lengths of dough into the oil, snipping with scissors. fry in batches of 3 or 4. cook for 2-3 mins or until golden and crisp, rolling occasionally.

allow to drain on a sheet of kitchen roll and then roll in sugar coating. serve hot with chocolate sauce.

Cookies

makes 25-30 cookies



ingredients:

dry:

200g plain flour
45g cornflour
240g strong flour
1¼ **tsp** bread soda
1½ **tsp** baking powder
1½ **tsp** coarse salt

wet:

285g unsalted butter, softened
285g light brown sugar
225g sugar
2 large eggs
2 **tsp** vanilla extract

chocolate:

500g cooking chocolate, broken
into pieces

directions:

sift the dry mix: flours, bread soda, baking powder and salt into a bowl.

in another bowl, cream butter and sugars together until very light, about 5 mins in a mixer (the wet mix). add eggs, one at a time, mixing well after each. mix in the vanilla.

reduce speed to low if using a mixer and add dry ingredients and mix for a few seconds until just combined. add chocolate pieces and mix in.

it's best to refrigerate for 24 hrs before baking. roll into logs wrapped in cling film for easy cutting into portions. you can keep in the fridge for 3 days, or freeze the dough in portions and bake from frozen (2-3 mins longer).

when ready to bake, preheat the oven to 170°C. scoop 60g dough balls (golf ball size) onto a baking sheet lined with baking paper.

bake until golden brown but still soft, 16 to 18 mins. the cookies will be very soft when they come out and will gradually firm up as they cool down.

notes:

salted butter works just fine if you don't have unsalted, and dark sugar works as a substitute for light.

Eggnog

— makes 1 jug —



ingredients:

custard:

4 egg yolks
70g sugar
245g whole milk
230g double cream
 $\frac{3}{4}$ **tsp** freshly grated nutmeg
2 shots whiskey (60ml) or more
to taste

meringue:

4 egg whites
1 **tbsp** sugar
1 pinch freshly grated nutmeg

directions:

grate nutmeg and have ready.

separate the 4 eggs (white and yolk into separate bowls). add 70g sugar to the yolks and whisk until creamy.

add the milk and the cream to the mix and stir.

pour into a saucepan and heat on medium while constantly whisking. keep heating until $76-82^{\circ}\text{C}$. add in nutmeg while hot. add 2 shots of whiskey.

cool quickly in an ice bath until room temp and then add to a pouring jug and put in the fridge.

whisk the egg whites until soft peaks form.

add 1 **tbsp** sugar and whip again until shaving

foam consistency. once whipped, add to the cooled egg mix and whisk again.

put back into fridge to serve very cold. when serving, grate some nutmeg to finish.

whisk the mix every time you pour.

Ice Cream Sandwiches

makes 6 sandwiches



ingredients:

dry:

70g plain flour

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ tsp bread soda

40g sifted cocoa powder

wet:

45g unsalted butter, softened

50g sugar

25g light brown sugar

$\frac{1}{2}$ tsp vanilla extract

80g whole milk, at room temperature

to finish:

1 block of vanilla ice cream

directions:

preheat the oven to 175°C. whisk flour, salt, bread soda, cocoa powder.

separately beat butter, sugars and vanilla extract into a smooth paste.

combine both mixes with the milk. scoop out 12 balls, slightly smaller than a table tennis ball onto a sheet of baking paper (on a tray) which has been sprayed with oil. you can use a wetted finger to press down any spikes sticking out to make them more spherical.

bake in the centre of the oven for 9-10 mins. remove from the oven and tap the baking tray on the counter a few times to knock the cookies flat.

let them cool to room temp (15 mins). when cool, transfer the baking sheet into the freezer for 15 mins.

remove from the freezer and poke 10 or 12 holes in the surface of each cookie with a toothpick to give them the traditional look.

cut out a block of ice cream to the same shape as the cookie and create a sandwich.

they can be eaten straight away but are better if wrapped in cling film and put back in the freezer for a few hrs.

Sticky Toffee Pudding

— makes 6 puddings —



ingredients:

pudding:

85g muscovado sugar
45g softened unsalted butter
1 large egg
85g self-raising flour
½ **tsp** ground ginger
1 **tbsp** protein powder (or malt)
110g pitted dates
1 **tbsp** yogurt

toffee sauce:

120g butter
120g muscovado sugar
150g double cream
1 **tbsp** marmite
pinch of salt

directions:

preheat the oven to 180°C. in a bowl add dates and some boiling water to soften. set aside while you make the batter.

beat butter and sugar. add egg and mix again. add flour, ginger, protein powder and mix with a metal spoon.

drain dates and blitz in a blender. add yogurt to dates and mix. then add that to the other mix. spray a muffin tray with oil and add in the pudding mix. bake at 180°C for 20 mins, until 93°C inside.

add the butter, sugar and cream to a pot and melt together. add marmite and salt to sauce when cooled. pour sauce over the puddings to serve.

Sauces



Burger Sauce

— makes 1 small jar —



ingredients:

3 **tbsp** american mustard
2 **tbsp** ketchup
2 **tbsp** mayo
1 gherkin, diced (about 3 **tbsp**)
1 **tsp** brine of the gherkins (or vinegar)
½ **tsp** salt
⅛ **tsp** celery salt (sprinkle)
⅛ **tsp** paprika (sprinkle)
1 **tbsp** finely diced onion
1 clove garlic, grated

directions:

mix all together and taste for seasoning.

leave in the fridge for 30 mins to let the onion and garlic mellow.

notes:

quantities are rough estimates, generally you should just eyeball it: 3:2:2 mustard:ketchup:mayo, and add enough gherkin so that it makes a chunky sauce. everything else is to taste.

Garlic Dip

serves 6



ingredients:

roasted garlic:

6 garlic cloves

1 **tbsp** olive oil

dip:

the garlic oil from roasting

150g creme fraiche

45g mayo

2½ **tsp** dried oregano

2½ **tsp** dried parsley

1 **tsp** salt

¼ **tsp** msg (optional)

50g white wine vinegar

directions:

peel the garlic cloves, add to a ramekin, and pour over enough olive oil to partially cover the cloves (1 **tbsp** should do). cover with tinfoil and roast the garlic in the air fryer for 20 mins at 200°C.

when done, remove the garlic from the ramekin and press with a fork. the garlic should be like a paste.

mix together the remainder of the ingredients. add more salt/vinegar if required.

Hollandaise

serves 4



ingredients:

1 egg yolk
1 **tblsp** lemon juice
1 **tblsp** water
110g butter
pinch of salt

directions:

add egg yolk, lemon juice, water and salt to a small jar (just slightly wider than a hand blender). melt the butter in the microwave until hot and bubbling.

start blending the egg mix with a hand blender and gradually pour in the melted butter until fully combined. this should take 30 seconds.

notes:

if it splits, blend in a spoon of cold water to bring it back.

apple cider vinegar can stand in for the lemon juice, or better, use half and half.

to make more or less, weigh the butter and divide by 5: that is the weight of liquid (half lemon juice or vinegar, half water). 1 yolk is enough to emulsify a large portion.

Hot Sauce

makes 1 bottle



ingredients:

to prep:

1 sweet pepper
4-5 smallish chillies or 1 **tblsp**
chilli flakes (medium – hot)
6 garlic cloves
1cm piece of ginger root (about
1 **tsp** grated)

sauce:

1 lemon, juiced
1 **tblsp** apple cider vinegar
2 **tblsp** paprika
1 **tblsp** cayenne
1 **tblsp** salt
1 **tsp** onion salt
190g (16 **tblsp**) olive oil

directions:

roughly chop the pepper and chop the top off the chillies (if using whole). peel the garlic and grate the ginger.

put all ingredients into a blender and blitz until smooth.

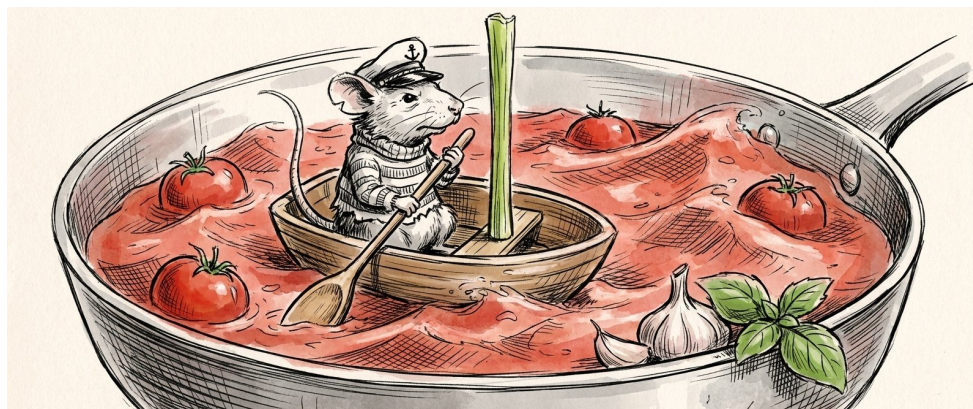
simmer on the stove for 15 mins to increase the shelf life.

notes:

lasts 2-3 weeks in the fridge if simmered.

Marinara Sauce

serves 4



ingredients:

8 **tbsp** olive oil
1 onion, finely diced
1 stick celery, finely diced
4 cloves garlic, minced
2 **tsp** sugar
1 **tsp** salt
1 **tbsp** fish sauce
1 **tsp** white wine vinegar
½ **tsp** dried italian herbs
pinch of chilli flakes
1 **tbsp** tomato puree
2 x 400g tins whole tomatoes
rooml water, or as needed

directions:

place olive oil, onion, celery, and a pinch of salt into a large heavy saucepan over medium-low heat. cook until onions are very soft, about 15 mins, stirring occasionally.

mix in garlic and cook just until fragrant, about 1 more min.

mix sugar, salt, fish sauce, white wine vinegar, italian herbs, and chilli flakes into the mixture. raise heat to medium and cook just until liquid has evaporated. stir in tomato puree and bring to a simmer.

pour in the tins of tomatoes and their juice and break up the tomatoes with a wooden spoon. alternatively you can pre-crush the tomatoes by

hand in another bowl to be really authentic.

bring sauce to a simmer, turn heat to low, and simmer for about 90 mins, adding a little water as the sauce cooks down. stir occasionally.

Mayonnaise

makes 1 small jar



ingredients:

1 large egg at room temperature
1 **tbsp** white wine vinegar
1 **tsp** fresh lemon juice
1 **tsp** salt
1 **tbsp** dijon mustard
240ml sunflower oil

directions:

add egg, vinegar, lemon juice, mustard and salt into a narrow jug, just wider than the hand blender. blend with a hand blender.
slowly add the oil and blend.

notes:

store in the fridge for a week.

Sweet and Sour Dip

— serves 4 —



ingredients:

400g tin of apricots (275ml
pureed apricots)
4 **tbsp** honey
50ml white vinegar
4 **tsp** cornflour
1 **tsp** soy sauce
1 **tsp** american mustard
1/2 **tsp** salt
1/2 **tsp** garlic granules
1/4 **tsp** celery salt
4 **tbsp** water (optional)

directions:

from a full tin of apricots (400g tin), puree the whole tin, juice and all, in a blender. sieve the puree into a bowl. you should be left with roughly 275ml of puree.

add the pureed apricot and the remainder of the ingredients back into the blender and pulse until combined.

simmer on the stove for 8 mins. cool to room temp.

add water to mellow out the flavour as needed.

notes:

keeps for a week in the fridge.

Sweet Chilli Sauce

— makes 1 jar —



ingredients:

sauce:

130g rice vinegar
175g water
115g sugar
5 cloves garlic, minced
1½ **tsp** fish sauce (or soy)
½ **tsp** cayenne powder

chilli:

60g sambal oelek (or 2 **tsp** chilli flakes)

to thicken:

4 **tsp** cornflour (10g)
2 **tbsp** water

directions:

add the vinegar, water, sugar, garlic cloves, fish/soy sauce, and cayenne into a pot. if using dried chilli instead of sambal oelek, add it also.

heat over medium heat while stirring to dissolve the sugar. increase the heat to medium-high and bring it to a boil. let it simmer for about 2 mins. add the sambal oelek and mix through.

let it cook for a few mins until it's slightly thickened (4-5 mins). mix cornflour with a small amount of water to dissolve and then add to the sauce and simmer for a min until glossy.

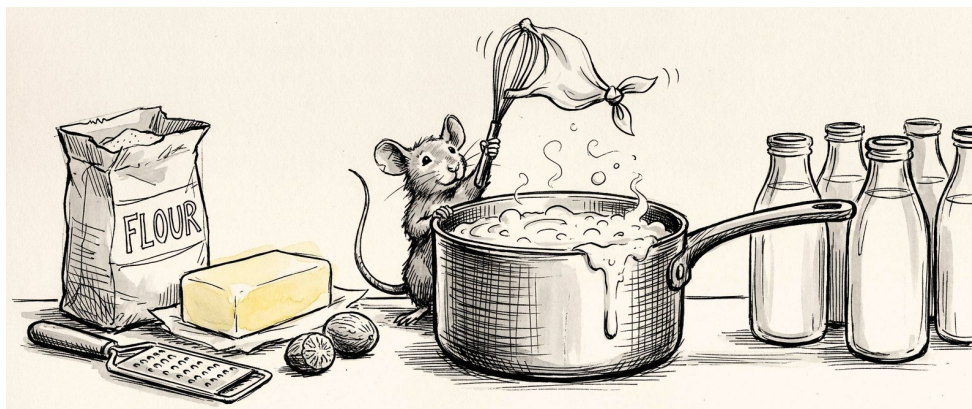
allow to cool to room temp and store in the fridge.

notes:

keeps for a month in the fridge.

White Sauce

— serves 4 —



ingredients:

25g butter (1½ **tb**sp)
25g plain flour (3 **tb**sp)
300g cold milk
salt and pepper to taste
pinch of nutmeg
20g cheddar cheese, grated

directions:

into a pot over medium heat, add the 25g butter. when the butter starts to melt, add the 25g flour. cook the flour out for a few mins.

add the milk 100g at a time, stirring with a spatula for the first two. take on and off the stove if you feel it is cooking too fast.

use a whisk for the final 100g of milk. simmer for a couple of mins until it coats the back of a spoon. season with salt and pepper and a pinch of nutmeg.

add cheddar at the end and stir in to melt.

Bread



Banana Bread

— makes 1 loaf —



ingredients:

to cream:

110g butter, softened
190g caster sugar
2 large eggs

dry:

240g self-raising flour
1 **tsp** bread soda

to finish:

3 large very ripe bananas
½ **tsp** vanilla extract

directions:

preheat the oven to 180°C.

cream the sugar and the butter in a bowl until light and pale. add in one egg and a little flour and mix through, repeat with the other egg and the rest of flour and bread soda until everything is just barely mixed.

peel the bananas and mash them with the back of a fork. add them to the bowl with the vanilla extract and mix in gently, being careful not to overwork the mix.

pour the mix into a well-greased loaf tin and place in the oven at 180°C for approximately 50

mins. you can cover it with tinfoil after 25 mins to stop it browning too much on top if you need to.

insert a metal skewer into the centre of the loaf and if it comes out clean (or reads 93°C inside) the banana bread is ready. remove from the loaf tin and place on a wire rack to cool.

Brown Soda Bread

— makes 1 loaf —



ingredients:

dry:

250g wholemeal flour
100g rye flour
100g plain flour
1 tsp bread soda
1 tsp salt

wet:

1 egg
360g buttermilk
1 tbsp honey

directions:

preheat your oven to 200°C. mix flours, bread soda and salt in a bowl and whisk until incorporated.

mix egg, buttermilk and honey in a bowl. add to the flour mix and combine gently, just until there's no dry flour.

put ingredients into an oiled loaf tin and bake for 45 to 50 mins at 200°C, until it sounds hollow when tapped underneath, or 93°C inside.

remove from the oven and wrap in a clean tea towel while cooling to keep crust soft.

Burger Buns

makes 6 buns



ingredients:

tangzhong:

60g (4 **tbsp**) milk
27g (2 **tbsp**) water
20g (2 **tbsp**) strong flour

yeast:

125g milk
9g (1 **tbsp**) dried yeast

dough:

320g strong flour
35g sugar
1 **tsp** salt
1 egg
1 egg yolk
42g unsalted butter, softened (3 **tbsp**)

to finish:

egg wash (1 egg, 1 **tbsp** milk)
melted butter, for brushing

directions:

add tangzhong ingredients in a small pot and heat on medium-high constantly whisking until it turns into a thick paste. put in a bowl and allow to cool.

add yeast to the 125g milk (at 35°C) and leave for 8 mins.

to a stand mixer bowl add the flour, sugar and salt. knead on low, add milk/yeast and then shortly after add the room temp tangzhong.

add one egg and another egg yolk. mix at medium low until incorporated. add butter in 1 **tbsp** at a time. allow to knead for 5 to 8 mins.

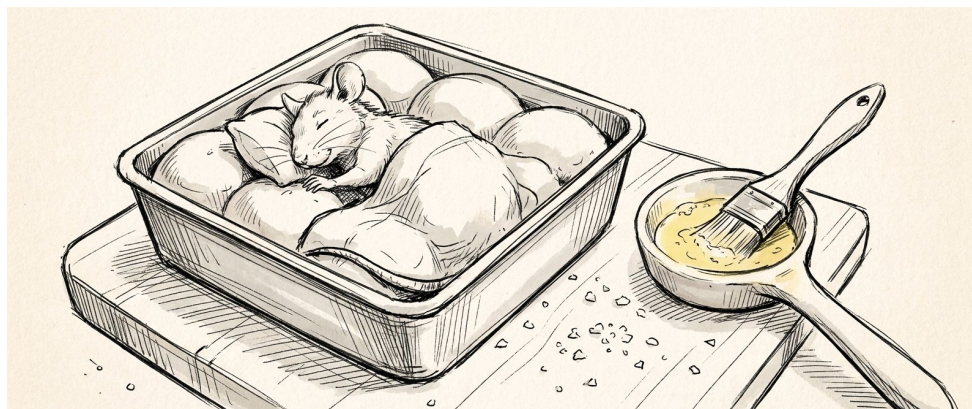
tip out on a work surface and shape into a tight boule.

allow to rise at 25°C (in an oven with the light on). after 1-2 hrs tip it out, knock the air out and shape into 6 pieces (115g each). shape each into a boule again and place on a greased baking sheet for another 1-2 hrs (covered).

brush with an egg wash and place in an oven at 190°C for 16-18 mins, until golden and 90°C inside. when done brush with melted butter and allow to cool to room temp.

Dinner Rolls

— makes 9 rolls —



ingredients:

tangzhong:

60g (4 **tblsp**) milk
27g (2 **tblsp**) water
20g (2 **tblsp**) strong flour

yeast:

125g milk
9g (1 **tblsp**) dried yeast

dough:

320g strong flour
56g sugar
¾ **tsp** salt
1 egg
42g unsalted butter, softened (3 **tblsp**)

to finish:

egg wash (1 egg, 1 **tblsp** milk)
melted butter (or garlic butter),
for brushing
salt, for sprinkling

directions:

add tangzhong ingredients in a small pot and heat on medium-high constantly whisking until it turns into a thick paste. put in a bowl and allow to cool.

add yeast to the 125g milk (at 35°C) and leave for 8 mins.

to a stand mixer bowl add the flour, sugar and salt. knead on low, add milk/yeast and then shortly after add the room temp tangzhong.

add the egg. mix at medium low until incorporated. add butter in 1 **tblsp** at a time. allow to knead for 5 to 8 mins.

tip out on a work surface and shape into a tight boule.

allow to rise at 25°C (in an oven with the light on). after 1-2 hrs tip it out, knock the air out and shape into 9 pieces (75g each). shape each into a boule again and place in a greased square tin, touching, for another 1-2 hrs (covered).

brush with an egg wash and place in an oven at 175°C for 28-30 mins, until golden and 90°C inside. when done brush with melted butter (or better would be melted garlic butter), sprinkle with salt and allow to cool to room temp.

Scones

— makes 14-16 scones —



ingredients:

dry:

1kg self-raising flour

250g butter

1/2 **tsp** salt

15g baking powder

wet:

385g milk

1 egg

175g caster sugar

a capful of vanilla extract

directions:

mix the flour, butter, salt and baking powder until it has a breadcrumb texture. you can do it by hand or in a food processor.

in another bowl, mix the milk with the egg, caster sugar and vanilla extract. set aside 3 **tbsp** of that mix for glazing.

add the wet mix to the dry ingredients. mix until just cohesive, don't overmix. give it a light knead until the dough doesn't stick to your hands.

roll out 1 inch thick. cut out scones with a 70mm cutter (yields 14-16). let rest for a few mins.

glaze the tops with the reserved egg mixture. bake in a preheated 180°C oven for 17 mins total, until 93°C inside.

Tortillas

makes 10 tortillas



ingredients:

dry:

360g plain flour

1½ tsp salt

1 tsp baking powder

wet:

70g unsalted butter

240g hot water

directions:

mix all dry ingredients well in a mixing bowl.

soften the butter in a microwave for about 10 seconds or so. add the butter into the flour mix, and mix with your hands until it makes a fine crumb mix. alternatively blitz together in a food processor.

add the hot water gradually and mix with your hands. add water as needed until it becomes a sticky ball that pulls away from the sides of the bowl.

knead for 5 mins just until it becomes a soft dough. break off 10 golf-ball-sized dough balls. lightly oil a baking sheet and place your dough balls onto it. lightly oil the balls and cover with a sheet of cling film. leave to rest for 30 mins.

preheat a cast iron pan or other nonstick pan on medium high. roll out the tortilla into a very thin disc. the process is: roll the dough ball with a rolling pin, rotate it 90 degrees and roll again, continue until it is almost transparent. cook on a very hot pan (no oil) for 20-30 seconds until bubbles form, then flip and cook for another 20 seconds.

stack tortillas under a tea towel to keep them from drying out.

Cocktails



cocktails · no. 51

Aperol Spritz

— serves 2 —



ingredients:

120ml aperol
180ml prosecco

to serve:

ice
soda water
2 wine glasses

directions:

fill the glasses with ice, add the aperol and prosecco and stir gently.

top with soda water.

cocktails · no. 52

Canary Flip

— serves 2 —



ingredients:

120ml egg liqueur (advocaat)
120ml white wine
40ml lemon juice

to serve:

ice
2 chilled wine glasses

directions:

shake everything hard with ice.
strain into the chilled glasses.

cocktails · no. 53

Dirty Martini

— serves 2 —



ingredients:

150ml london dry gin
25ml dry vermouth
25ml olive brine

to serve:

ice
2 chilled martini glasses

directions:

stir everything over ice until very cold.
strain into the chilled martini glasses.

Espresso Martini

— serves 2 —



ingredients:

120ml vanilla vodka (or vodka
and $\frac{1}{4}$ tsp vanilla extract)
80ml espresso
80ml coffee liqueur (kahlúa)

to serve:

ice
6 coffee beans
2 chilled martini glasses

directions:

shake everything hard with ice.

double strain into the chilled glasses and float 3
coffee beans on each.

Mojito

— serves 2 —



ingredients:

1 lime, cut into wedges
2 **tsp** sugar
18 mint leaves
120ml white rum (bacardi)

to serve:

ice
soda water
mint sprigs
2 highball glasses

directions:

split the lime, sugar and mint between the glasses and muddle to release the juice and the mint oils.

fill with ice, add the rum and top with soda water. garnish with mint.

Pornstar Martini

— serves 2 —



ingredients:

100ml vanilla vodka
50ml passion fruit liqueur
(passoa)
90ml passion fruit puree
40ml lime juice
30ml vanilla syrup (monin)

to serve:

ice
2 shots of prosecco
2 chilled coupes

directions:

shake everything hard with ice.

double strain into the chilled coupes and serve
each with a shot of prosecco on the side.

Simple Syrup

— makes 1 small jar —



ingredients:

200g sugar
200g water

directions:

warm the sugar and water in a small pan, stirring, until the sugar dissolves. it doesn't need to boil.

let it cool, then keep it in a clean jar in the fridge

for up to a month.

notes:

1:1 by weight. i usually make it double sugar instead: 400g sugar to 200g water. at 2:1 it is shelf stable, so it keeps in a sealed jar in the cupboard, not the fridge. it is sweeter, so use about three-quarters as much in a drink (30ml where a recipe says 40ml).

Superjuice

— makes about 1l —



ingredients:

limes, lemons or oranges
(about 10)
citric acid (see the calculator)
malic acid (see the calculator)
water ($16.66 \times$ the peel weight)

directions:

peel the fruit and weigh the peels.

toss the peels with the citric and malic acid in a container and leave for 1-2 hrs.

add the water, using it to rinse out the container first.

squeeze the juice of the peeled fruit in too.

blend the whole thing, then strain through a cloth, squeezing the cloth. for big batches, use a potato ricer.

calculator:

for 60g peels (lime or lemon): 39.6g citric acid, 19.8g malic acid, 1000g water.

for 60g peels (orange): 54g citric acid, 6g malic acid, 1000g water.

Tom Collins

— serves 2 —



ingredients:

120ml gin
80ml lemon juice
40ml simple syrup

to serve:

ice
soda water
2 highball glasses

directions:

shake the gin, lemon juice and syrup with ice.
strain over fresh ice and top with soda water.

Whiskey Sour

— serves 2 —



ingredients:

120ml irish whiskey (jameson)
80ml lime juice
80ml simple syrup
1 egg white

to serve:

ice
angostura bitters
2 rocks glasses

directions:

dry shake the whiskey, lime juice, syrup and egg white without ice to froth the egg white.

add ice and shake hard until the shaker is frosty.

strain over fresh ice and dot the foam with a few drops of bitters.

cocktails · no. 61

White Russian

— serves 2 —



ingredients:

120ml vodka
60ml coffee liqueur (kahlúa)
30ml cream

to serve:

ice
2 rocks glasses

directions:

stir everything over ice in the glasses.

Misc



Pickling

makes 1 jar



ingredients:

brine:

240g white vinegar
240g water
65g sugar
30g table salt (about 1 3/4 **tbsp**)

to pickle:

choice of vegetables
choice of spices

directions:

wash and slice your vegetables and add to a mason jar. add in other spices if using.

add the vinegar, water, sugar, and salt to a saucepan and bring to a boil, simmer for 1 min. ensure the sugar and salt have dissolved, then let cool slightly and pour over the vegetables. do not pour boiling brine straight into the jar.

the length of time required to pickle will vary based on how thick you sliced your vegetables. for very thinly sliced red onions, they would be

ready in 1 hr, but up to 24 hrs for thicker slices.

notes:

keeps a month in the fridge, under the brine.

pickling inspiration:

vegetables	add
200g red onions, thinly sliced	2 garlic cloves, 1 tsp peppercorns
300g carrots, thinly sliced	1 tsp grated ginger
400g cucumber, sliced into rounds	2 tbsp fresh dill, chopped
300g beetroot, thinly sliced	zest of 1 orange, 4 cloves
250g radishes, thinly sliced	1 tsp chilli flakes, 1 tbsp fresh coriander, chopped