

## **Zouzou Lucas' Recipes**

### **Vegetable crumble**

"Not only is this dish healthy, but it's also filling. It's vegetarian, but meat can always be added if desired. What I really like about this recipe is that it can be adapted according to what vegetables are available in the fridge".

- 150g of flour
- 100g of butter
- Onion
- Sweet potato
- Courgette
- Tomatoes
- Mushrooms
- Oil
- Thyme
- Garlic
- Breadcrumbs
- Parmesan cheese
- Nuts
- Seeds

#### **Method**

1. Preheat the oven to 190°C/gas 5. Put an ovenproof dish, preferably metal and measuring about 30 x 20 x 4cm, in the oven and allow it to heat for 10 minutes.
2. Combine the onions and sweet potatoes in a bowl, drizzle over 1 tbsp of the oil and gently toss to coat. Tip into the heated dish and roast for 30 minutes, turning the vegetables after 15 minutes.
3. Blend the remaining oil with the garlic and 1 tsp of the thyme in the bowl. Add the courgettes, mushrooms and tomatoes, and gently toss to coat. Tip into the dish and roast for a further 20 minutes.
4. Meanwhile, put the flour in a bowl and rub in the butter using your fingertips. Sprinkle over 1 tbsp cold water and mix together with a fork to make large crumbs. Stir in the breadcrumbs, Parmesan cheese, nuts, seeds and remaining thyme.

## **Izabela Pawlic's Recipes**

### **Mexican style eggs (4 servings)**

- Half a can on mixed beans
- Half a can of chopped tomatoes
- 1 medium onion
- 2 garlic cloves
- Coconut oil
- Spices: paprika, thyme, black pepper, salt
- Spring onion
- 4 eggs

#### **Method:**

1. Drain and wash beans and set them aside,
2. Chop the onion and garlic, and then add to a frying pan along with the coconut oil, stirring occasionally until both onion and garlic are golden brown.
3. Add chopped tomatoes and cook for a few minutes.
4. Add the beans and chopped spring onions and cook for a further three minutes.

5. Add spices and eggs and then cook until the eggs become yellow in colour and well mixed with all the other ingredients.

### **Spinach parcels and carrot and parsley salad**

- Readymade puff pastry
- A handful of spinach
- 2 large tomatoes
- A pack of feta cheese
- Salt and pepper
- 1 egg
- Thyme

Method:

1. Roll out the puff pastry and cut into 6 equal parts (squares).
2. Fill each puff pastry square with spinach, a slice of tomato, and a few cubes of feta cheese and salt and pepper.
3. Fold each square so that all ingredients are covered, then glaze each parcel with an egg wash – egg thyme and pepper, and mix all together.
4. Bake on 180C for 12 minutes or until the parcels turn golden brown.

### **Vegan Banana Bread (8 slices)**

- 3 ripe bananas
- 1 teaspoon of vanilla extract
- 75g of coconut oil
- 50g of coconut sugar (but any other sugar will also work)
- 220g of plain flour
- 1 tablespoon of bicarbonate soda
- 1 teaspoon of cinnamon

Method:

1. Mash the bananas, add coconut oil, vanilla essence and sugar and mix well.
2. Add the flour, bicarb, cinnamon and mix until all ingredients are blended together
3. Pour into a loaf tin and bake on 180C for 40 minutes to an hour.
4. Banana bread will be golden brown and crispy on the top

## **Bianca Scrimali's Recipes**

### **Bianca's creamy pasta sauce**

- 4 large tomatoes
- Cream cheese
- French cream
- 1 scallion
- 3 gloves of garlic
- Pinch of salt and black pepper to taste
- Oregano
- 3.5 tablespoons of olive oil
- Butter
- Optional: 1 bag of spinach

Method:

1. In a medium pot boil water with 1 tablespoon of olive oil and a pinch of salt
2. While the water is boiling in a non-stick pan start caramelizing the scallion, and 3 finely chopped garlic cloves with 2 tablespoons of olive oil.
3. Chop up the tomatoes and add them to the scallions and garlic and add the tablespoon of butter.
4. Stir until the tomatoes look cooked and are soft.
5. Add a container of cream cheese and few spoons of French cream. Stir well until it is all mixed in and place on a low heat. (If you would like to add spinach, add it in in this step.
6. Once the water is boiling add whatever pasta you prefer, then once the pasta is cooked al dente (approx. 10-12 minutes) drain in a colander and then add to the pan of tomato base sauce.
7. Stir until the pasta is coated evenly and serve with some toasted pitta or garlic bread.

## **Ann-Marie Spence's Recipes**

### **Spiced lentil soup**

- 2 onions chopped
- 2 cloves of garlic
- 4 tomatoes chopped
- 1 teaspoon of curry powder
- 8oz red lentils
- 4ozs coconut milk
- 1 tablespoon of lime juice
- Salt and pepper to taste.

Method:

1. Put onions, tomatoes, curry powder and lentils in a saucepan with 1½ pints of water.
2. Bring to the boil, cover and simmer gently for 20 minutes until lentils are soft. Puree the soup in a blender.
3. Then press soup through a sieve and return the soup mixture to the pan.
4. Reserve a little coconut milk for garish and add the remainder to the pan with the lime juice, salt and pepper. Reheat gently without boiling.
5. Swirl in the reserved coconut milk and serve with crusty bread or Jamaican hard dough bread.

### **Jamaican Lamb Curry**

- 2lb of trimmed shoulder of lamb cut into 1 inch squares
- Juice of a lime
- 3 cloves of garlic crushed
- 1 large onion chopped
- 3 tablespoons of Sunflower oil
- 1 teaspoon of cumin
- 2 teaspoons of curry powder
- 1 tea spoon of Caribbean hot pepper sauce
- 2 tablespoon of tomato puree
- 2 oz cream coconut
- Salt

Method:

1. Wash meat. Place it in a bowl with the garlic, lime juice, curry powder and cumin.
2. Mix well and leave in a cool place for a minimum of 4 hours (overnight is best).

3. In cassoulet dish, fry the onion until soft. Remove onion and set aside. In the same oil, fry the meat only over high heat until brown.
4. Stir in the garlic, lime juice, curry powder and cumin, hot pepper sauce, tomato puree and creamed coconut and cook for a further 5 minutes on a medium heat. Add salt and about ¼ pint of hot water to cover the meat.
5. Bring to boil, cover and simmer gently (stirring occasionally) for about 1½ hours until meat is tender. Add additional water if the curry sauce gets too dry. Serve with white rice and coleslaw salad.

### **Baked Macaroni Pie**

- Bag of macaroni
- 60 grams butter
- 60 grams plain flour
- 500mls of milk
- 2lbs strong cheddar cheese (grated)
- Salt & pepper

Method:

1. Cook macaroni in salted water for about 10 minutes. It should be still firm.
2. Melt butter in saucepan over a medium heat and stir in flour. Cook for 1 minute, stirring all the time.
3. Remove from heat and stir in milk gradually until you have a smooth consistency.
4. Return to heat and continue to stir while the sauce becomes thick. Reduce the heat and simmer for about 3 minutes adding cheese to the sauce. The sauce will now thicken and will become smooth and silky and VERY thick. Add black pepper to season.
5. Add macaroni to the sauce and mix through. Add more cheese at this point until the mixture is very thick and heavy. It should not be soft or runny.
6. Pour mixture into a large baking Pyrex dish. Cover the mixture with more cheese.
7. Place in oven for about 20/30 minutes or until very brown on top. Let it rest for an hour, then cut into slices and serve. It should be dense in consistency when serving a slice not runny.

## **Versha Prakash's Recipe**

Baked tomato and feta prawns (serves two)

- 200g cherry tomatoes, halved
- Half a red onion or a few green onions, chopped
- 1 tablespoon of olive oil
- 2 garlic cloves thinly sliced
- 1 teaspoon of dried oregano
- Salt and pepper to taste
- 200-250g of prawns
- 1 tablespoon of freshly chopped parsley
- 100g of feta cheese, crumbled into chunks
- Bread to scoop up the sauce

Method:

1. First, defrost your prawns and heat the oven to 250 C – the hottest setting.
2. Chop the tomatoes and garlic and keep the herbs/spices handy.
3. Heat the oil in an oven proof pan, and then add the onion, garlic and oregano. Stir until oregano releases scent, usually for about a minute. Don't let the garlic brown.

4. Add tomatoes, salt and pepper and cook for about three minutes or until the tomatoes appear to blister.
5. Add the de-frosted prawns to the pan and top with feta chunks. (if you add frozen prawns, then the temperature in the pan will rapidly go down and prawns will boil)
6. Bake for 10-15 minutes. Liquid will be bubbling, prawns will be pink and cheese just starting to brown at edges.
7. Remove from the heat and let cool a few minutes. Sprinkle with fresh parsley, plate and enjoy. Serve with plenty of bread.