

# BITE SIZE WORLD



*easy to prepare, healthy, delicious dishes from around the world*

# THE AMERICAS

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## Lime and pepper seared tuna

Served on a super-sub with sesame super-slaw  
This great dish for converting people to fresh fish! The tuna has a meaty texture and robust taste which is perfect for cooking fast on a BBQ or griddle. Serving it in a sub, topped with the super slaw makes "real fast food", which is utterly delicious and very healthy. Fresh tuna is a good source of Omega 3 essential fatty acids, selenium, magnesium, niacin, and vitamin B12. Serves 4

### Ingredients

- 4 tuna steaks weighing about 150g each
- 1 tbsp crushed black pepper
- Juice of 2 limes
- ½ tsp salt
- 2 tbsp olive oil
- Sunflower oil
- 1 large wholemeal bloomer,
- 2 large subs or 4 wholemeal baps

### Method

Wash and pat dry the tuna. Mix the lime juice, pepper, salt and 1 tbsp olive oil and marinade the fish in this for up to an hour. Your BBQ should be at a medium hot temperature with white hot coals and no flames. Alternatively, preheat a griddle pan and brush with sunflower oil. Lay the tuna steaks down on the pan or grill. Cook for about a minute and a half on one side before turning and cooking until the flesh goes from dark pink to light, about 1-2 minutes more. Baste continually with the marinade. Stop cooking while the fish still pink in the middle, as it will continue to cook when off the heat. It's important not to overcook fresh tuna it as it dries out easily and goes very tough. To assemble your super subs, split the bread, subs or baps in half lengthways. Rub with the remaining olive oil and grill or griddle until toasted. Place the fish on the bottom and some sesame super-slow on top. If using a whole bloomer, flatten it slightly before you assemble and cut into 4 even pieces.

## Sesame Super-slaw

To make this salad, wash and grate 2 carrots and finely shred half a red cabbage. Dry toast 3 tbsp of sesame seeds in a frying pan over a low heat. Mix the carrots, cabbage and seeds together with 4 tbsp of yoghurt and 4 tbsp orange juice. Season lightly with salt and pepper.

## Fajitas with Mole Negro

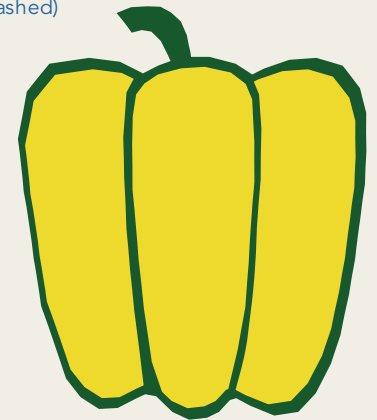
Fajitas are a Central American sandwich using wheat or corn tortillas (wraps). They are a good way of experimenting with new ingredients, re-invigorating leftovers or making a quick meal or packed lunch. Often a mound of tortillas is placed in the centre of the table surrounded by various fillings which include mole, beans, salsa, cheese, eggs, avocado, cooked pork or chicken and salad. There are many variations of the classic Mexican dish mole ('moll-lay') this "black mole" is made with kidney beans and is flavoured with chocolate and spices. The beans are a good source of carbohydrates, vitamins B and fibre, and when eaten with bread or rice provide a source of vegetable protein. This will make 8 fajitas, enough for 4 hungry people.

### Ingredients

- 2 tins of red kidney, pinto or borlotti beans (drained and washed)
- 1 onion (chopped)
- 2 ripe tomatoes (chopped) or ½ tin of plum tomatoes
- 1 red pepper (chopped)
- 1 clove of garlic
- 1 mild red chilli or ½ tsp chilli powder (optional)
- 1 tbsp tomato puree
- 50g dark chocolate or 2 tsp dark coco powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- Salt and sugar
- Olive or sunflower oil
- 1 pack of ready-made tortillas (corn or wheat flour)
- 2 big handfuls of torn up crispy lettuce (Cos, little gem)
- 8 tbsp about 100g grated cheddar cheese
- 4tbsp chopped fresh coriander

### Method

Heat 2 tbsp of oil in a spacious saucepan over a medium heat and fry the chopped onions until browned. Add the chopped garlic, red pepper, spices and chilli and cook for a minute or two before adding the chopped tomatoes, tomato puree, a pinch of sugar, salt and the beans. Cook on a medium heat for 5 minutes until the sauce starts to thicken and then add the chocolate. Cook gently for a further five minutes and the season to taste. Transfer the beans to a serving dish to cool a little while you heat up the tortilla wraps. This can be done in warm pan one at a time or all together in a warm oven. To make a fajita, spread a large spoon of beans onto the bottom third of a tortilla, sprinkle over some cheese, coriander and lettuce. Fold in the end with the beans and roll up the tortilla.



# THE AMERICAS

## Mexican corn stacks

with guacamole and el Diablo salsa

### Guacamole

2 ripe avocados  
Juice of ½ lemon  
Salt and pepper  
Olive oil

### Method

Cut the avocados in half and scoop the flesh into a bowl. Add the lemon and 2 tbsp olive oil and mash with a fork to make a smooth paste. Season with salt and black pepper. Serve fresh or if you need to make in advance, squeeze a little lemon over to stop the avocados from browning.

### El Diablo salsa

4 medium ripe tomatoes (finely chopped)  
1 red pepper (finely chopped)  
1 hot red chilli (finely chopped)  
1 tbsp pickled jalapeño chillies  
1 tbsp tomato paste  
2 tbsp olive oil  
1 tsp sugar  
Salt and pepper to taste

### Method

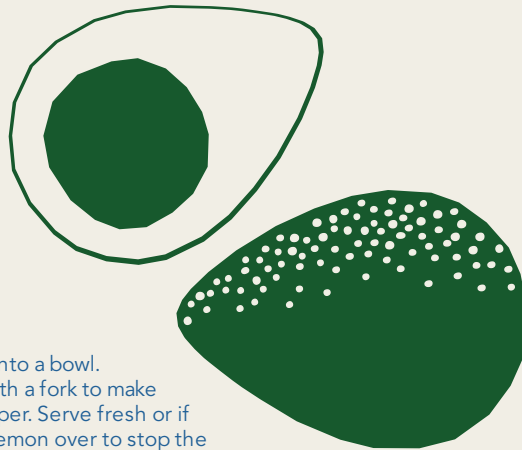
Prepare the tomatoes, chilli and peppers and place in a large bowl. Season this with salt and pepper and allow this to sit for a few minutes. To this add the tomato paste, sugar, oil and mix well. Blend half of the salsa and mix this with the unblended ingredients.

### To assemble

Makes 20 small stacks

1 pack of corn crackers  
2 tbsp chopped fresh coriander

Method - Cut each corn cracker in half and place a dollop of guacamole directly onto the cracker topped with a small amount of salsa. Garnish with chopped coriander. If you need to make these in advance, place the toppings onto a lettuce leaf and then onto the cracker. This way the corn cracker will stay crunchy.



## Platanos Machos

Orange glazed bananas

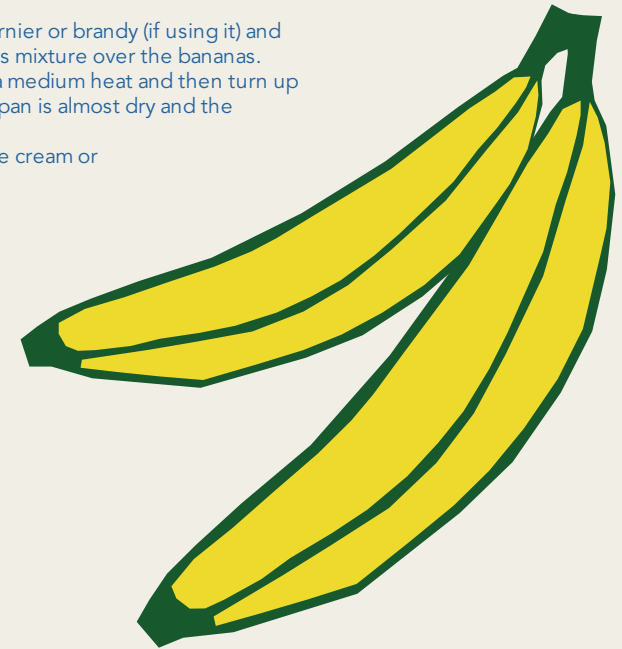
This dish is usually made with plantains and is often found as street food in the Caribbean, Central and South America, dusted with fine sugar or drizzled with condensed milk. This recipe works best with small green bananas if you can't get plantains. Serves 4

### Ingredients

4 semi-ripe bananas  
2 tbsp dark sugar  
1 tbsp butter  
Juice of 2 oranges or one cup orange juice  
1 tablespoon grated orange rind  
½ tablespoon Grand Marnier or brandy (optional)

### Method

1. Peel the bananas and cut them once lengthwise then half once.
2. Heat the butter in a frying pan and gently fry the bananas on all sides until golden.
3. Mix the rind, juice, Gran Marnier or brandy (if using it) and sugar together and pour this mixture over the bananas.
4. Simmer for 5 minutes over a medium heat and then turn up the heat and cook until the pan is almost dry and the bananas are glazed.
5. Serve with vanilla custard, ice cream or thick yoghurt.



# SOUTH ASIA & CHINA

## Thai curried tofu in rice pancakes

With lime and basil dipping sauce

Many Thai curries have a coconut milk base which while very delicious, is high in saturated fats. This simple tofu dish is low in fat, very easy to make and absolutely delicious. Serving it in rice pancakes is not only elegant, but adds carbohydrates to the meal which makes it nutritionally balanced. Try not to over cook the vegetables, think of this dish as a hot green curry salad. Add shrimps or pre cooked chicken, pork or beef for a omnivorous version. Serves 4

### Ingredients:

6 spring onions, finely sliced  
1 cup French or runner beans, sliced into 2cm pieces  
1 cup finely sliced carrots  
2 handfuls spinach, washed and shredded  
200g firm smoked tofu, drained and cut into small cubes  
1 tbsp green curry paste  
1 tbsp sunflower oil  
2 limes  
1 tbsp low salt soy sauce  
25g sweet basil (normal basil can be used)  
16 rice pancakes, refreshed in cold water



### Method

Heat a large wok or pan. Add the oil followed by the onions and tofu. Allow the tofu to brown before adding the curry paste, carrots and green beans. Stir fry everything for about two minutes and then add the spinach, half of the basil, the juice of one lime and 4 tbsp water. Cook for a minute more to wilt the spinach. To assemble, allow the dish to cool slightly, place a big bowl of water next to a stack of dried pancakes, plate or chopping board and a clean tea towel. Soak two pancakes at a time for 30 seconds. Remove pancakes from water, pat dry on the tea towel and place on your board. Place a table spoon of curry onto the bottom 1/3rd of each pancake, spread the mixture out a little, fold in the sides and rollup into small cigar shapes. To make a dipping sauce, chop the remaining basil up and mix with the juice of the second lime and one tablespoon low salt soy sauce.

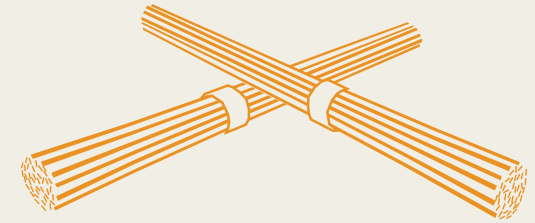
## Vegetable chow mein

with coriander egg ribbons

Chow mein is one of the world's most popular dishes. The key to the success of this dish is having all of your ingredients ready before you start to cook and make sure your wok is really hot. You can use most veggies for this dish, but as a guide, go for a range of colours and textures and remember that the harder the vegetable, the longer it will take to cook, so the smaller you need to cut it. Serves 4

### Ingredients:

250g pack of Chinese egg noodles  
1 sweet pepper (finely sliced)  
4 spring onions (finely sliced)  
¼ cabbage (shredded)  
2 carrots (finely sliced or ribbons)  
1 tbsp sunflower oil  
3 tbsp low salt soy sauce  
1 clove garlic (finely chopped)  
½ tbsp grated ginger  
1 tsp flaked chilli or ½ tsp mild chilli powder



### Method

Cook the noodles as per instructions on the pack. Drain and keep back ½ cup of the water. Heat the oil in a wok and stir-fry all of the vegetables for about 3 minutes, add a drop of water if the vegetables start to burn. The vegetables should still be crisp and colourful. Add the chilli, garlic and ginger and stir fry for a few seconds more before adding the cooked noodles. Pour in the soy sauce and some of the noodle water, mix well and stir fry for a further minute, making sure the noodles don't stick to the pan. Serve while still hot with the egg ribbons.

### For the egg ribbons

Beat together 2 eggs, 1 tbsp chopped coriander and 1 tsp low salt soy sauce together. Heat a large non-stick pan. Add oil and when hot, add the eggs to the pan and move them around the pan with a circular movement to ensure an even thickness. Allow the eggs to set and turn over with a spatula and cook for a further minute. Remove from the heat, roll up the omelette and cut thin slices across the roll to make ribbons.

### Variations

Prawn curry - add 2 tsp of Thai curry paste to the stir fry followed by a cup of peeled pre cooked prawns and a 400ml tin of low fat coconut milk for a quick prawn curry. Serve with the noodles in deep bowls. 5 Spice chicken chow mein - take 2 skinned chicken breasts and cut them into thin strips and rub with 1 tbsp Chinese 5 spice mixture. Add to the hot oil and stir fry until cooked. Remove from the wok, add more oil and stir fry the vegetables and then assemble in layers.



# SOUTH ASIA & CHINA

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## Tomato, onion and coriander salad

### Ingredients

4 ripe tomatoes  
4 spring onions  
4 tbsp fresh coriander  
1 tbsp white wine or cider vinegar  
Black pepper and a pinch of chilli

### Method

Chop the tomatoes into chunks. Finely chop the spring onions and add to the tomatoes. Add the vinegar and pepper and chilli to taste. Allow this salad to sit for 10 minutes to allow the flavours to merge.

## Raita - cucumber salad with yoghurt

### Ingredients

1 cucumber  
1 cup yoghurt  
½ tsp freshly ground black pepper  
½ tsp garam masala  
1 tbsp chopped fresh mint

### Method

Peel and dice the cucumber. Mix this together with the yoghurt, mint, garam masala and pepper. Serve cold.

## Chapatis - Flatbreads

1 cup whole-wheat flour  
1 cup white flour, plus more for dusting and rolling  
1 cup water, room temperature

Mix flour and water to form loose workable dough. Add more water if the dough feels too stiff and knead for 5 minutes, divide into 8 equal balls and set aside for a short while. Heat a heavy bottomed pan or skillet. Dust a dry surface with extra flour and use a floured rolling pin to roll out the dough to form thin disks of around 20 cm. Slap the breads onto the pan and cook for 30 seconds. Turn the bread over and keep it moving to avoid burning. The bread will begin to inflate with pockets of air. Press these pockets down and keep moving the bread. After a short time, (1 min), turn the bread again and finish cooking for 30 seconds more

## Chickpea Curry - Channa Masala

This is a classic North Indian curry, often served as street food with nan bread, chapatti or batura (fried Indian bread). Chickpeas are inexpensive, very versatile and take on strong flavours well. Chickpeas are a great source of carbohydrates, have high protein content, and are a good source of fibre, calcium and zinc. You can also add low fat yoghurt to this dish for a richer, milder variation. This dish takes 10 minutes to prepare and 20 minutes to cook although the longer and slower you cook this the better it tastes. Serves 4-6

### Ingredients

2 tins chickpeas or 800g pre cooked chickpeas  
1 onion, finely chopped  
3 tomatoes, chopped or 1 tin of tomatoes  
1 fresh chilli, finely chopped or 1 heaped tsp chilli powder  
1 tbsp grated ginger  
2 cloves garlic, finely chopped  
1 tbsp sunflower oil  
1 tbsp tomato paste  
1 tsp cumin seeds  
2 tsp mild curry powder  
1 lemon  
fresh chopped coriander, as garnish

### Method

Heat the oil in a large sauce pan or pot over a medium heat. Sauté cumin seeds in the oil till they start to sizzle and pop. Add onions and fry till tender. Add the chilli, ginger and garlic and cook for a minute or two before adding curry powder. Mix and cook for a moment more. Add in tomato paste and cook until the mixture starts to give out oil from the sides. Stir in about two cups of water or low salt vegetable stock and then add chickpeas. Turn the heat up and cook until the dish boils. Turn the heat down and simmer for 15 minutes or longer if you have the time. Add the chopped tomatoes and cook for a few minutes more. Garnish with fresh coriander and a squeeze of lemon juice. Serve hot or cold.



# CENTRAL AND EASTERN EUROPE

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## Buckwheat blinis

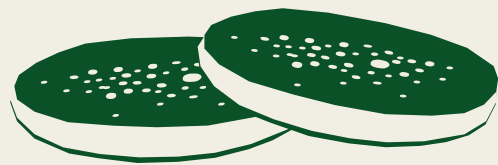
Blinis are an Eastern European crumpet or drop scone. They are traditionally made from the locally available flour, which may be milled from wheat, rye, buckwheat or barley. You can use yeast, live yoghurt or baking powder to leaven blinis. To make 16 - 18 blinis

### Ingredients

2 cups buckwheat flour (gluten free)  
2 tsp bicarbonate of soda  
1 cup milk  
2 eggs, lightly beaten  
sunflower oil

### Method

Beat the milk and eggs together in a large pouring jug and then gradually stir in the flour, salt and bicarbonate of soda to make a smooth batter with the consistency of double cream. If the batter feels too thick add some more milk, likewise if it seems too wet add more flour. Allow mixture to stand for approximately 5 minutes before using. Heat a non-stick pan over a medium heat. Brush with sunflower oil and pour about 2 tbsp of mixture per blini into the heated pan. When bubbles appear, turn the blini and cook until golden. Remove from pan and keep warm. Repeat with remaining mixture



## Braised red cabbage and apple

1 small red cabbage  
25g butter or 1 tbsp olive oil  
1 large red onion, finely sliced  
¼ tsp freshly grated nutmeg  
½ tsp ground cinnamon  
2 dessert apples, peeled, cored and grated  
2tbsp red wine vinegar

### Method

Finely slice the cabbage, discarding the core and any tough pieces. Melt the butter in a pan with a tight-fitting lid over a medium heat. Cook the onion for 5 minutes until soft but not browned. Stir in the spices then add the cabbage, apple and red wine vinegar plus 100ml cold water. Stir until well mixed and season with salt and pepper. Bring to the boil, then cover tightly and simmer for about 40 minutes, stirring occasionally, until the cabbage is very tender and the liquid has evaporated.

## Smoked mackerel pate

Smoked mackerel is a versatile and healthy oily fish, rich in omega 3 essential fatty acids; it is also a good source of protein and minerals. This pate takes a few minutes to make and will keep for two days if refrigerated. Makes 400g of pate

### Ingredients

2-3 smoked mackerel fillets (about 250g), de-skinned and flaked into a bowl  
3 spring onions, finely chopped  
100g low fat cream cheese (2%) Or 100g quark (fat free curd cheese)  
2 tbsp parsley (optional)  
1 tbsp lemon juice  
Black pepper

### Method

Mix the flaked fish, onions and cream cheese or quark together very well or blitz with a hand blender. Season with black pepper, lemon juice and chopped parsley and serve at room temperature.

## Summer borsht

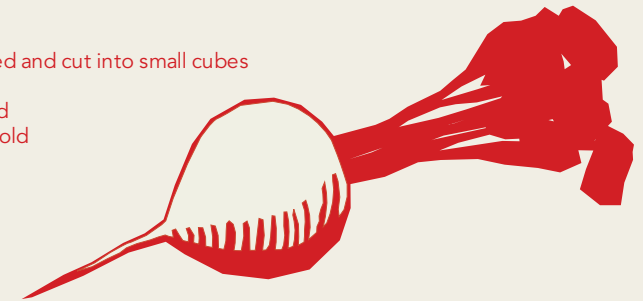
Borsht is Central and Eastern European vegetable soup which has countless national, regional and family variations. It generally has beetroot in which gives borsht its characteristic red colour. This version is more like a gazpacho as it requires no cooking. Make 1.5 litres of soup

### Ingredients

250g pre cooked beetroot, washed and cut into small cubes  
4 spring onions, finely chopped  
1 large red pepper, finely chopped  
1l tomato or vegetable juice, ice cold  
1 tbsp brown sugar  
1 tbsp cider vinegar  
Salt and pepper to taste  
1 tbsp caraway seeds  
250 ml yoghurt

### Method

Prepare the vegetables as described and place into a blender with the vegetable juice, sugar and vinegar, and blend until silky smooth. Season to taste with salt and pepper and re-blend. Heat a pan and dry toast the caraway seeds until they start to pop. Mix the seeds with the yoghurt and serve the soup with a dollop of yoghurt.



# CENTRAL AND EASTERN EUROPE

## Potato latkes

A latke is a Jewish potato pancake. It can be made with most root vegetable, but potatoes are generally included. They are traditionally shallow fried, but I prefer them roasted as they are less oily. Like bubble and squeak, you can use latkes as a vehicle for using up leftovers. Makes 8 latkes

### Ingredients

1kg waxy potatoes, washed and halved  
3 spring onions, very finely chopped  
2 tbsp white flour  
1 free-range egg, beaten  
Salt and freshly ground pepper  
Olive or sunflower oil

### Method

If roasting, preheat the oven to 180c or 350f.

1. Place the potatoes in a pot of cold water and bring to the boil. When the water boils put a lid on the pot and switch off the heat. Allow this to stand for 10 minutes.
2. Drain and allow the potatoes to cool. Grate the cooled potatoes and mix together with the onion, egg and 1tbsp flour, and season with salt and pepper. The mixture should feel sticky and bind together if you scrunch some up in your hand.
3. Divide the mixture into 8 portions and form each into a patty. Dust each patty with the remaining flour and put onto an oiled baking tray.
4. Brush the tops lightly with oil and roast for 25 minutes or until golden. If frying, heat 2tbsp of oil in a large frying pan until moderately hot and then place each patty carefully into the pan. Fry for about five minutes on each side, turning over when the edges turn golden-brown. If your pan is small, do this in two batches rather than overcrowd the pan. Remove the latkes from the pan and drain on brown paper or kitchen paper and serve hot.

## Drunk cherry puree

with vanilla yoghurt & cinnamon biscuits

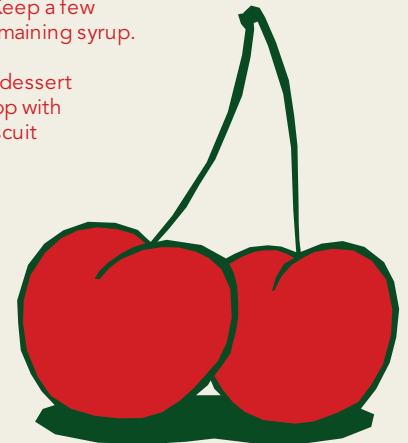
Blinis are an Eastern European crumpet or drop scone. They are traditionally made from the locally available flour, which may be milled from wheat, rye, buckwheat or barley. You can use yeast, live yoghurt or baking powder to leaven blinis. The same mixture can be used for crepes or gallettes simply add more liquid until the mixture pours like single cream. To make 16 - 18 blinis

### Ingredients

500g fresh or frozen cherries  
1 cup of red wine  
1 cup water  
1 vanilla pod, split lengthways  
1 pack of Dutch Speculaas biscuits or any other cinnamon biscuit  
250ml strained yoghurt

### Method

1. Place the cherries and vanilla pod in a deep pan and pour over 1 cup of red wine and half a cup of warm water. You can also add a cinnamon stick if you have one. Bring this slowly to the boil and then reduce the heat to a simmer. Cook the fruit gently for 20 minutes or until the cherries are soft.
2. With a slotted spoon, remove the cherries from the liquid and put to one side. Continue to cook the liquid until it is reduced by 2/3rds and has syrup like consistency.
3. Take out the vanilla pod and mix half of the syrup with the yoghurt.
4. Place a colander over a large bowl and push most of the cherries through the colander to easily remove the stones. Keep a few cherries intact to decorate. Mix the pulp with the remaining syrup.
5. To serve, crunch up four biscuits per serving into dessert bowls and spoon over 4tbsp of the cherry puree. Top with two tbsp of vanilla cherry yoghurt, one unbroken biscuit and a few intact cherries.



# MEDITERRANEAN

## Gazpacho

Gazpacho is a traditional cold summer soup from Andalusia. Often described as a liquid salad, gazpacho descends from ancient Roman concoction based on a combination of stale bread, garlic, olive oil, salt, and vinegar. As with most simple dishes, there are no definitive recipes. This is one I have designed to make best use of the local seasonal produce. Serves 6

## Ingredients

500 ml tomato juice (chilled or even slightly frozen)  
3 ripe tomatoes, finely chopped (if you have the time and inclination you can de-skin these)  
1 red onion, finely chopped  
1 small cucumber, peeled and chopped  
1 sweet red or green pepper, seeded and chopped  
2 clove garlic, finely chopped  
6 slices of bread (white or wholemeal)  
4 tbsp red wine or sherry vinegar  
4 tbsp olive oil  
1 tsp sugar  
Fresh basil for garnishing  
Salt and fresh ground pepper to taste

## Method

Place all of the ingredients except the bread and basil into a blender. Blend to the consistency you like. Add salt and pepper to taste and chill for a minimum of 15 minutes before serving. If you find the soup is very acidic, add a teaspoon of caster sugar to take the edge off the acidity. To serve, tear up the bread into small pieces and place in the bottom of individual bowls. Spoon the gazpacho into the bowls and garnish with basil leaves and dry toast the caraway seeds until they start to pop. Mix the seeds with the yoghurt and serve the soup with a dollop of yoghurt.



## Babaganoush

Babaganoush is a dip made with grilled or barbecued aubergines. It is very rich, and has a delicious smoky flavour with a silky texture. Serve with pita bread or vegetable crudités.

## Ingredients

1 large aubergine  
1 clove garlic, chopped, more if you dare ...  
1 large lemon, juiced  
3 tbsp light tahini (sesame paste)  
½ tsp sea salt  
3 tbsp olive oil  
2 tbsp fresh chopped parsley or coriander (optional)



## Method

Heat a grill or BBQ. Prick the aubergine in a few places and cook for about 12 - 15 minutes, turning several times. The skin should be charred and the flesh very soft. Allow the aubergine to cool slightly, then scoop out the flesh. In a blender or food processor, combine the tahini, lemon juice, garlic and salt and mix to a smooth paste. Add the cooled aubergine flesh and 2 tbsp of the oil and blend until the mixture emulsifies to make a light and smooth paste. Garnish with parsley or coriander, the remaining oil and a dusting of paprika or cayenne pepper.

## Hummus

Hummus is a delicious and nutritious dip made from chickpeas and sesame paste. It is traditionally found throughout the Eastern Mediterranean. This basic recipe can be used as a base for countless variations. Serve with pita bread or vegetable crudités.

## Ingredients

400g tin of chickpeas, drained and rinsed  
3 tbsp Tahini (sesame paste)  
2 tbsp olive oil  
2 tbsp water  
1 clove of chopped garlic, more if you like  
Juice of 1 lemon  
½ tsp salt and ½ tsp cumin powder, optional

## Method

Blend the tahini, oil, water and lemon juice into a smooth paste. Add the garlic, cumin, salt and chickpeas and blend until smooth. Serve with a splash of olive oil and a dusting of paprika or sesame seeds.



# MEDITERRANEAN

## Genoese Pesto

This is a traditional fresh basil sauce from Genoa, but one finds variations throughout Italy and southern France. It is easy to make and is a great pasta sauce, addition to a vegetable and bean soup or as a topping for grilled fish or chicken. Basil is an easy summer herb to grow on a windowsill or in a sheltered sunny outdoor spot. Makes about 200g of pesto and any extra can be stored for two weeks if covered in a layer of oil and refrigerated.

### Ingredients:

- 1 big bunch of basil or rocket
- 2 tbsp pine nuts or 3 tbsp cashew nuts
- 2 tbsp olive oil
- 3 tbsp water
- 2 cloves garlic
- 50g grated strong cheese like Parmesan or mature cheddar

### Method

Place all the ingredients except the oil in a food processor and start to blend pouring the oil in very slowly allowing the pesto to emulsify. For convenience, I usually use a hand blender and measuring jug. Add salt and pepper to taste.

## Pan fried courgettes with lemon and chilli

Courgettes are versatile and beautifully tender vegetables with a fresh, delicate flavour. They are easy to grow and therefore very cheap in season. They are low in calories and a good source of folates, potassium, and vitamins A and C. This dish works best if cooked in two batches in a non stick or griddle pan. Serves 4

### Ingredients:

- 3 medium size courgettes
- 1 tbsp sunflower oil
- Juice of 1 lemon
- 1 tsp chilli flakes

### Method:

Slice the courgettes diagonally into long strips. Heat a non stick frying or griddle pan over a medium-high heat and brush with the oil. Fry the courgettes until they brown at the edges, turn and cook on the other side. Add the half the lemon juice, chilli and a pinch of salt and cook for a moment more. Serve hot or cold with a squeeze of the remaining lemon.

## Rose infused apricots with honeyed almonds

This simple North African inspired dessert uses dried apricots and can be served hot or cold. The darker unsulphured apricots are best for this dish. Rosewater has a unique and powerful flavour which intensifies as the dish cools down. Serves 4

### Ingredients

- 250g dried apricots
- 1 unwaxed lemon, juiced and zested
- 1 cinnamon stick
- ½ tsp rose water
- 1½ cups water
- 50g blanched whole almonds
- 2 tbsp runny honey
- 300g natural yoghurt

### Method

Preheat the oven to 180c. Wash the apricots and place in a pan with the cinnamon, lemon juice and 1½ cups water. Bring this gently to the boil. Reduce the heat and simmer for 15 minutes until the apricots are very soft. Add the rose water, mix well and cook for a minute or two more. Place the almonds on a baking tray and roast for 8 minutes. They should be a shade or two darker. Drizzle over 1 tbsp of honey, toss to cover and return to the oven for 2 – 4 minutes until the honey has set around the nuts. Keep an eye on this as once it starts to dry out, it quickly begins to burn. Mix the lemon rind with 1 tbsp honey and the lemon rind. Serve the apricots together with the yoghurt and with a few almonds on top.

Top Tip: If you have the time, remove the apricots after 15 minutes and continue cooking the liquid for 5-10 minutes, or until the liquid has reduced by half. This thick fruity syrup can then be poured over the desert as a sauce.

