

# Food Revolution

May 2010

## Menu:

Quick Salmon Tikka with Cucumber Yogurt  
Macaroni & Cauliflower Cheese Bake  
Chicken & White Wine Stew with Dumplings  
Baked Carrots in a Bag

## Quick Salmon Tikka with Cucumber Yogurt

Recipe by Jamie Oliver

Serves 2

2 naan breads or flatbread  
1 fresh red chili  
½ cucumber  
1 lemon  
¼ cup natural yogurt  
sea salt & freshly ground black pepper  
a few sprigs fresh cilantro  
2 7-ounce salmon fillets, skin on, scaled and bones removed  
1 heaping tablespoon Tandoori or mild curry paste  
olive oil

### — preparation —

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Preheat your oven to 225 degrees. Pop your naan breads into the oven to warm through. Halve, seed and finely chop your chili. Peel and halve your cucumber lengthways, then use a spoon to scoop out and discard the seeds. Roughly chop the cucumber and put most of it into a bowl. Halve your lemon and squeeze the juice from one half into the bowl. Add the yogurt, a pinch of salt and pepper and half the chopped chili. Pick the cilantro leaves and put to one side.

Slice each salmon fillet across lengthways into three ½-inch wide slices. Spoon the heaped tablespoon of Tandoori paste into a small dish and use a pastry brush or the back of a spoon to smear the paste all over each piece (don't dip your pastry brush into the jar!). Heat a large frying pan over high heat. Once hot, add a glug of olive oil, put the salmon in the pan, and cook for about 1 ½ minutes on each side, until cooked through.

Place the warmed naan bread on each plate. Top each one with a good dollop of cucumber yogurt and 3 pieces of salmon. Scatter over a little of the reserved cucumber, chili and cilantro leaves and finish with a squeeze of lemon.

## Macaroni and Cauliflower Cheese Bake

Recipe by Jamie Oliver

Serves 4-6

½ head of cauliflower  
8 ounces Cheddar cheese  
4 ounces Parmesan cheese  
a small bunch of fresh Italian parsley  
sea salt and freshly ground black pepper  
1 pound dried macaroni (elbows)  
1 cup crème fraîche or sour cream

### — preparation —

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#### **To prepare your pasta:**

Remove the outer green leaves from the cauliflower and discard. Slice the end off the cauliflower stalk. Cut the head into small florets. Halve the thick stalk lengthways, then slice thinly. Grate the Cheddar and Parmesan into a large heatproof bowl. Finely chop the parsley stalks and leaves.

#### **To cook your pasta:**

Bring a large pan of salted water to a boil. Add the macaroni and all your cauliflower and cook according to the macaroni package instructions.

Place the bowl of cheese over the saucepan and add the crème fraîche. Carefully stir every so often until the cheese is smooth and melted. If the water boils up beneath the bowl, just turn the heat down slightly. Add all of the chopped parsley to the melted cheese and season with a pinch of salt and pepper. Carefully remove the bowl of cheese using a towel or oven gloves and put aside.

Drain the macaroni in a colander over a bowl, reserving the cooking water. Return the pasta to the pan, pour in the melted cheese and stir. It should have a lovely, silky consistency, but if it's too thick for you, add a splash of your cooking water to thin it out a bit.

At this point you can either serve the macaroni as is, or finish it under the broiler to make it crispy and golden on top. To do this, preheat your broiler to a medium to high heat. Add 2/3 cup of reserved cooking water to the macaroni, stir in, and then transfer to a baking dish. Place under the broiler until golden and bubbling.

#### **To serve your pasta:**

Divide the pasta between plates or bowls, or place the baking dish in the middle of the table next to a nice green salad and let everyone help themselves.

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## Chicken and White Wine Stew with Dumplings

Recipe by Jamie Oliver

Serves 4-6

### For the stew:

2 stalks celery  
2 medium onions  
2 carrots  
olive oil  
1 heaping tablespoon all-purpose flour  
1 14-ounce can of diced tomatoes  
sea salt and fresh cracked pepper  
3 sprigs fresh thyme  
1 pound diced, boneless, skinless chicken thighs  
2 cups white wine

### For the dumplings:

2 cups self-rising flour  
9 tablespoons really cold butter  
sea salt and freshly ground black pepper

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### — preparation —

#### For the stew:

If using the oven to cook your stew, preheat to 350 degrees. Trim the ends off your celery and roughly chop the stalks. Peel and roughly chop the onions. Peel the carrots, slice lengthwise, and roughly chop. Put a Dutch oven over medium heat. Put all the vegetables and the thyme into the pan with some olive oil and cook for 10 minutes. Add the chicken and flour. Pour in the wine and canned tomatoes. Give it a good stir, then season with a teaspoon of sea salt (use less if using table salt) and a few grinds of pepper. Bring to a boil, put the lid on, and either simmer slowly on your cooktop or cook in the oven for 1 ½ hours. Remove the lid for the final hour of simmering or cooking and add a splash of water if it looks dry. When done, your meat should be tender and delicious. Remove the thyme stalks before serving, and taste to see if it needs a bit more salt and pepper.

#### For the dumplings:

Preheat the oven to 375 degrees. Put your flour into a mixing bowl. Using a coarse grater, grate your cold butter into the flour. Add a pinch of salt and pepper. Using your fingers, gently rub the butter into the flour until it begins to resemble thick breadcrumbs. Add a splash of cold water to help bind it into a dough. Divide the dough into 12 pieces and roll each into a round dumpling. The dumplings will suck up quite a bit of moisture, so if your stew looks dry, add a cup of boiling water and give it a good stir. Place the dumplings on top of your fully cooked stew and press down lightly so that they're half submerged. Cook in the oven or on the stovetop over a medium heat with the lid on for 30 minutes.

## Baked Carrots in a Bag

Recipe by Jamie Oliver

Serves 4-6

1 ¼ lb carrots  
1 strip smoked bacon, preferably free-range or organic  
2 sprigs rosemary  
1 clove garlic, finely sliced  
1 orange  
1 tsp marmalade  
2 pats butter  
salt and pepper

### — preparation —

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Preheat your oven to 400 degrees. Peel the carrots. Leave them whole if small, chopping any large ones up. Get yourself a sheet of foil about 2 feet long, fold it in half to make a crease, and then open it out again. Pile your carrots in the middle of the aluminum foil on one side of the crease. Finely slice 1 strip of bacon. Pick the leaves off the rosemary and finely chop. Scatter the bacon, rosemary and garlic over the carrots. Grate over the zest of half an orange and add the marmalade, butter and a pinch of salt and pepper.

Fold the other half of the foil over the carrots and scrunch and seal the two sides of the foil bag together, leaving one end open. Halve the orange and squeeze all the juice into the bag. Seal up the final side. Place your foil bag on a baking tray into a preheated oven for around 50 minutes.

To serve, carefully pour the carrots and all their juices into a nice big serving dish.