

Chef

S U C C E S S



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poke bowls & stir fries



entertaining
food

poke bowls & stir fries

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Introduction

Want to create easy, tasty recipes in no time? In this edition we have included two of the simplest, most delicious types of recipes available: stir fries and poke bowls!

Stir-frying is one of the quickest ways to cook. All you need is a wok, a knife, a chopping board and a couple of vegetables. The secret to a great stir-fry is knowing when to add each ingredient, and for how long. Controlling the heat and using the right oil are also key. Through the following pages you'll learn how to master this cooking method to create both classic and original stir fries for the whole family to enjoy.

Hailing from Hawaii, a poke bowl is a mix of cubes of fish tossed in a sauce, served in a bowl with rice, vegetables and many toppings. This deliciously simple dish has become a huge trend in restaurants across the entire world - and with good reason: poke is easy-to-prepare, incredibly customizable, sophisticated-looking, pretty affordable, and nutritious. The recipes included will inspire you to assemble your own Hawaiian poke bowls.

When throwing a stir-fry or poke party, you can choose to serve your guests a perfectly assembled dish, or to set up a table with different types of raw and cooked meats and seafood, vegetables, aromatics, seasonings and a few different sauces. This way, your guests will have fun mixing and matching according to their preference.

Whether you are an experienced stir-fry or poke cook or just enjoy eating these at your favorite restaurant, through the following pages you are guaranteed to find the amazing recipes to delight your loved ones.

The Editors



soy sauce quail eggs



Preparation time
5 minutes



Total cooking time
15 minutes



Serves
1

Ingredients

- 6 quail eggs
- ½ cup soy sauce
- ½ cup water
- 1 star anise
- 2 thin slices ginger
- 1 tablespoon black tea-leaves

Preparation:

1. Place eggs in a medium pan and cover with cold water. Bring to a boil and simmer for 5 minutes. Remove and set aside.
2. Place remaining ingredients in the pan and bring to simmering point. Gently add the eggs and simmer for 15 minutes, turning them over halfway through. Drain, peel under cold, running water.
3. Cut into quarters. Use as a cold entree or a garnish for rice dishes. Some other ingredients you can add to include some chili, mirin, or rice vinegar. The same method can be used for chicken eggs and duck eggs. If serving the eggs as an appetizer, chopped scallions, and sesame seeds make great garnishes.

Tip from the chef:

Eggs can be prepared to peeling stage 2 days ahead. Peel just before serving.



crystal shrimp



Preparation time

15 minutes +
30 minutes marinating



Total cooking time

10 minutes



Serves

4

Preparation:

1. Peel the shrimp. Devein. Place the shells, heads and the spring onion in a pan with water to cover; bring to a boil. Simmer, uncovered, for 15 minutes. Strain into a bowl. Reserve 1 cup shrimp liquid. Place the shrimp in a glass bowl. Add 1 teaspoon of the salt and stir briskly for a minute. Rinse under cold, running water. Repeat procedure twice, using 1 teaspoon salt each time. Rinse shrimp thoroughly the final time. Pat dry on absorbent paper.
2. Combine corn flour and egg white in a bowl, add prawns and marinate for 30 minutes in the refrigerator.
3. Wash and strain the green beans; cut the red bell pepper into thin strips. Combine the reserved shrimp liquid, oyster sauce, sherry, extra corn flour and sesame oil in a small bowl. Heat the oil in a wok or deep, heavy based frying pan. Gently lower shrimp into moderately hot oil. Cook over medium-high heat for 1 to 2 minutes or until lightly golden. Carefully remove shrimp from oil with tongs or a slotted spoon. Drain on absorbent paper. Keep warm.
4. Carefully pour all but 2 tablespoons of the oil into a heatproof dish. Add garlic and ginger. Stir-fry 30 seconds, add green beans and red bell pepper, stir-fry over high heat 2 minutes. Add the combined sauce ingredients, cook, stirring, until sauce boils and thickens. Add shrimp, stir to combine. Remove from heat. Serve immediately over steamed rice.

Ingredients

- 1.7 lbs/750 g medium shrimp
- 2 spring onions, roughly chopped
- 2 teaspoons salt
- 1 tablespoon corn flour
- 1 egg white, lightly beaten
- 4½ oz/125 g green beans
- 1 small red bell pepper
- 1 tablespoon oyster sauce
- 2 teaspoons dry sherry
- 1 teaspoon corn flour, extra
- 1 teaspoon sesame oil
- oil for deep-frying
- ½ teaspoon crushed garlic
- ½ teaspoon finely grated ginger



Tip from the chef:

The salting process gives the shrimp a crunchy texture that is much appreciated by lovers of Chinese food.

salmon & avocado



Preparation time
20 minutes



Total cooking time
20 minutes



Serves
3

Ingredients

For the poke bowl:

- 1 cup short-grain white rice
- 1 pound sashimi-grade salmon
- ¼ cup soy sauce
- 1½ tablespoons rice vinegar
- ½ tablespoon sugar
- 1 teaspoon toasted sesame oil
- ¼ teaspoon garlic powder
- ½ cup fresh chopped chives

Toppings:

- Sliced cucumber
- Sliced radish
- 1 large avocado, sliced
- sesame seeds
- chopped fresh cilantro
- grated carrot
- thinly sliced red cabbage

Preparation:

1. Start the rice first and prep the rest of the ingredients while it cooks. Rinse the rice a few times under cool water, rubbing it gently with your hands, until the water isn't quite so cloudy. Then cook the rice according to package instructions or in a rice cooker. Fluff and keep covered until ready to eat.
2. Gently pat the salmon all over to make sure that there are no pin bones still lodged in the fillet; if there are, use needle-nosed pliers to remove them. Cut the salmon into ½-inch cubes. Add the salmon into a medium bowl and set aside.
3. In a small bowl, stir together the soy sauce, rice vinegar, sesame oil, sugar and garlic powder.
4. Add the chopped chives to the bowl with the salmon, saving 1 to 2 tablespoons for garnish. Add the soy sauce mixture to the salmon and chives. Using a large spoon or a rubber spatula, gently mix the salmon with the soy sauce mixture. Sauce can also be served separately.
5. Divide the rice between each bowl and then the salmon. Top with the rest of the chopped chives, sliced cucumber, sliced radishes, sliced avocado, grated carrot, parsley, red cabbage and sesame seeds. The poke bowl is best enjoyed immediately.

Tip from the chef:

If you are looking for a gluten-free poke bowl, use tamari instead of soy sauce. Tamari has a more intense flavor, so I would use only 3 tablespoons of tamari for the sauce.



beef & green beans



Preparation time
10 minutes



Total cooking time
5 minutes



Serves
4

Preparation:

1. Place meat in a dish. Mix soy and ginger and stir through meat to coat.
2. Heat the oil in a wok or a heavy based frying pan, swirling gently to coat base and side. Add the beef, green beans, potato, onion and bell pepper, and stir-fry over a high heat for 2 minutes, or until the meat changes colour.
3. Dissolve the corn flour in a little of the stock. Add to the wok with the remaining stock, extra soy and the sesame oil.
4. Stir until sauce boils and thickens. Serve with steamed rice, sprinkled with sesame seeds.

Ingredients

- 14 oz/400 g sirloin steak, finely sliced
- 2 tablespoons soy sauce
- ½ teaspoon grated ginger
- 2 tablespoons peanut oil
- 7 oz/200 g green beans
- 1 small potato, boiled and cubed
- 1 small red bell pepper, sliced
- 1 small onion, sliced
- 1½ teaspoons corn flour
- ½ cup beef stock
- 1 teaspoon soy sauce, extra
- ¼ teaspoon sesame oil
- sesame seeds, for garnish

Tip from the chef:

If time allows, place meat in the freezer for 30 minutes before slicing. This will firm it and make slicing it finely much easier.



beef in black bean sauce



Preparation time
10 minutes



Total cooking time
10 minutes



Serves
4

Ingredients

- 2 tablespoons salted black beans
- 1 medium onion
- 1 small red bell pepper
- 1 small green bell pepper
- 2 teaspoons corn flour
- ½ cup beef stock
- 2 teaspoons soy sauce
- 1 teaspoon sugar
- 2 tablespoons oil
- 1 teaspoon finely crushed garlic
- ¼ teaspoon ground black pepper
- 14 oz/400 g sirloin steak, finely sliced

Preparation:

1. Rinse black beans in several changes of water.
2. Drain and mash black beans. Cut the onion into wedges. Halve the bell peppers, discard seeds and cut into small pieces. Dissolve corn flour in stock, add soy and sugar.
3. Heat 1 tablespoon of the oil in a wok or heavy-based frying pan, swirling gently to coat base and side. Add garlic, pepper, onion, bell pepper and stir-fry over high heat for 1 minute; remove to a bowl.
4. Add remaining tablespoon of oil, swirling gently to coat base and side of wok. Add beef and stir-fry over a high heat for 2 minutes, until it changes colour. Add black beans, corn flour mixture and vegetables. Stir until sauce boils and thickens. Serve with fried rice.



Tip from the chef:

Cook this dish just before serving. Fried rice is great paired with Riesling wine.

beef

with mandarin



Preparation time
25 minutes



Total cooking time
5 minutes



Serves
4

Preparation:

1. Place meat in a bowl. Mix soy, sherry, ginger and sesame oil together, stir through meat to coat. Let stand 15 minutes. Heat the oil in a wok or heavy-based frying pan, swirling gently to coat base and side. Add beef and stir-fry over high heat for 2 minutes, until meat changes color.
2. Add the pepper, rind, extra soy and sugar. Stir-fry briefly.
3. Dissolve the corn flour in a little of the stock, add remaining stock. Add corn flour mixture to the wok. Stir until the sauce boils and thickens. Serve with rice or steamed breads. Garnish with steamed green beans and sprinkle with sesame seeds.

Ingredients

- 12¼ oz/350 g boned rib eye, finely sliced
- 2 teaspoons soy sauce
- 2 teaspoons dry sherry
- 1 teaspoon chopped ginger
- 1 teaspoon sesame oil
- 1 tablespoon peanut oil
- ¼ teaspoon ground white pepper
- 2 teaspoons finely chopped dried mandarin or tangerine rind
- 2 teaspoons soy sauce, extra
- 1½ teaspoons sugar
- 1½ teaspoons corn flour
- ⅓ cup beef stock
- sesame seeds, for garnish
- steamed green beans, for garnish

Tip from the chef:

Fry 1 dried chili in the hot oil before adding the beef; discard the chili before stir-frying. The thickened sauce is optional. You can dry-fry the marinated beef dish; serve with fine noodles instead of rice.



beef & vegetables



Preparation time
15 minutes



Total cooking time
5 minutes



Serves
4

Ingredients

- 1½ teaspoons corn flour
- ½ cup beef stock
- 2 tablespoons oyster sauce
- 1 teaspoon finely crushed garlic
- 1 teaspoon sugar
- 2 tablespoons peanut oil
- 12¼ oz/350 g sirloin steak, finely sliced
- 1 onion, sliced
- ½ red chili pepper, thinly chopped
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced

Preparation:

1. Dissolve the corn flour in a little of the stock. Add remaining stock, oyster sauce, garlic and sugar. Set mixture aside.
2. Heat oil in a wok or heavy-based frying pan, swirling gently to coat base and side. Add beef, stir-fry over high heat for 2 minutes, or until it changes color.
3. Add onion, chili pepper, and bell peppers and stir-fry another 2 minutes.
4. Add the corn flour mixture and cook until the sauce boils and thickens. Serve with boiled rice.

Tip from the chef:

Cook this dish just before serving. Pair this wonderfully simple dish with a glass of malbec wine.



entertaining
food

rice & shrimps



Preparation time
15 minutes



Total cooking time
10 minutes



Serves
4

1. Season the eggs with salt and pepper.
2. Cut the ham into very thin strips. Heat 1 tablespoon oil in a wok or large frying pan and add the eggs, pulling the set egg towards the center and tilting the pan to let the unset egg run to the edges.
3. When almost set, break up into large pieces, to resemble scrambled eggs. Transfer to a plate and set aside.
4. Heat the remaining oil and lard in the wok, swirling to coat base and side. Add the onion, carrot, cayenne pepper, and bell pepper, and stir-fry over high heat until it starts to turn transparent. Add the ham, stir-fry for 1 minute. Add rice, stir-fry for 3 minutes until the rice is heated through. Add eggs, soy, spring onion and shrimp. Heat through; serve, garished with chives and lime wedges.

Ingredients

- 2 eggs, lightly beaten
- 1 medium onion, thinly sliced
- 1 cayenne pepper, diced
- 1 red bell pepper, diced
- 1 carrot, thinly sliced
- 3 oz/90 g ham
- 2 tablespoons peanut oil
- 2 teaspoons lard, optional
- 4 cups cold, cooked rice
- 2 tablespoons soy sauce
- 9 oz/250 g cooked shrimp, peeled
- chopped fresh chives, for garnish
- lime wedges, for garnish

Tip from the chef:

This dish is traditionally served as a snack or course in its own right rather than as an accompaniment to other dishes. The ingredients can be varied to suit your taste; use barbecued pork, lap cheong (Chinese sausage) or bacon instead of ham.



mixed vegetables



Preparation time
5 minutes



Total cooking time
4 minutes



Serves
4

Ingredients

- 1 medium carrot
- 1 medium red bell pepper
- 4½ oz/125 g green beans
- 1 tablespoon oil
- 1 teaspoon finely chopped garlic
- 3 oz/90 g straw mushrooms, thinly chopped
- 12¼ oz/350 g boneless, skinless chicken breasts
- ¾ cup whole kernel corn
- 1½ teaspoons corn flour
- ½ cup chicken stock
- 1 teaspoon sesame oil
- 1 teaspoon sugar
- 2 teaspoons soy sauce
- chopped parsley, for garnish



1. Using a sharp knife, cut chicken breasts into bite-size pieces. Slice carrot finely. Seed bell pepper and cut into 1.5 inch pieces. Rinse and clean the green the green beans and cut them in half.
2. Heat the oil in a wok or heavy based frying pan, swirling gently to coat base and side. Add the carrot and the chicken, and stir-fry over a high heat for 30 seconds. Stir in the garlic; add the remaining vegetables and stir-fry them over high heat for 2 minutes; they must still be very crisp and firm.
3. Dissolve corn flour in a little of the stock. Mix with remaining stock, sesame oil, sugar and soy. Add to wok, stir until sauce thickens. Serve immediately with steamed rice. Garnish with chopped parsley.

Tip from the chef:

This recipe can be easily varied to include many different vegetables. Try using, a combination of Chinese greens cutting them into short lengths. They will need the briefest cooking time to prevent them turning limp.



sweet garlic eggplant



Preparation time
5 minutes



Total cooking time
15 minutes



Serves
4

1. Cut the eggplant in half lengthways, then into 1.5 inches wide wedges.
2. Cut wedges into pieces about 1.5 inches long.
3. Heat a wok or heavy-based frying pan, add 3 tablespoons of the oil, swirling gently to coat base and side. Add half the eggplant pieces and stir-fry over high heat for 5 minutes, or until browned and oil is all absorbed. Transfer to a plate; repeat cooking procedure with another 3 tablespoons oil and the remaining eggplant. Garnish with chopped chives.
4. Heat the remaining oil in the wok, swirling gently to coat base and side. Add garlic and cook slowly until just golden. Add sugar, soy, vinegar and sherry. Bring to the boil, stirring. Add eggplant and simmer 3 minutes to allow it to absorb the sauce. Turn onto a serving platter. Serve with white rice.

Ingredients

- 3 medium eggplant
- 7 tablespoons oil
- 1½ teaspoons finely chopped garlic
- 6 teaspoons sugar
- 6 teaspoons soy sauce, preferably dark
- 6 teaspoons cider vinegar
- 1 tablespoon dry sherry
- chopped fresh chives, for garnish

Tip from the chef:

Vary the amount of sugar to suit your taste. For a touch of crunch, top each serving with chopped toasted walnuts.



braised

vegetables with tofu



Preparation time
30 minutes



Total cooking time
15 minutes



Serves
6

Ingredients

- 8 dried shiitake mushrooms
- 20 dried lily buds (optional)
- 2 tablespoons peanut oil
- 3 thin slices ginger
- 9 oz/250 g white sweet potato, halved and sliced
- 2 tablespoon soy sauce
- 1 tablespoon honey
- 2 teaspoons sesame oil
- 1½ oz/45 g fried tofu, cut into ½ inch cubes
- 2 teaspoon corn flour
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 zucchini, sliced

1. Soak mushrooms in hot water to cover for 30 minutes.
2. Drain, reserving ¾ cup liquid. Squeeze mushroom to remove excess liquid. Remove stems. Slice the mushroom thinly. Slice ginger thinly. Soak the lily buds separately, if using, in warm water for 30 minutes; drain.
3. Heat the oil in a wok or heavy-based frying pan, swirling gently to coat base. Add ginger and stir-fry over medium heat for 1 minute. Add the mushrooms and lily buds and stir-fry for 30 seconds. Add sweet potato with the soy, honey, sesame oil, and mushroom liquid. Simmer, uncovered, 15 minutes.
4. Dissolve corn flour in a little water, add to pan. Stir until liquid thickens. Add the tofu, bell peppers and zucchini; simmer 1 minutes.

Tip from the chef:

Bean curd sticks can be used in place of fried tofu. Beer lovers can pair this savory dish with an IPA or a pilsener.



spicy chicken

malaysian style



Preparation time
15 minutes



Total cooking time
15 minutes



Serves
4

1. Place onion and garlic in a food processor bowl or blender; process until smooth.
2. Heat the oil in a wok and add the shrimp paste. Cook for 30 seconds. Add onion mixture. Cook 5 minutes over medium heat, stirring, until the mixture has reduced and the oil has separated out. Add the lemon rind, sambal oelek, tomato paste, sugar, juice and coconut cream. Cook stirring occasionally, for about 5 minutes.
3. Add chicken and mix thoroughly. Cover pan and cook on a lowheat for 4 minutes, until the chicken is just done. Serve with steamed or boiled rice and sauteed bok choy.

Ingredients

- 2 medium red onions, roughly chopped
- 4 cloves garlic
- 17½ oz/500 g chicken wings
- 4 tablespoons oil
- ½ teaspoon shrimp paste
- rind of half a lemon, sliced, or 1 stick lemon grass
- 2 teaspoons sambal oelek
- 2 teaspoons tomato paste
- 1 tablespoon brown or coconut sugar
- 2 teaspoons lemon juice, malt vinegar or tamarind liquid
- ½ cup coconut cream



Tip from the chef:

This is very spicy; serve as a side dish with other, milder dishes.

indonesian

dry beef curry



Preparation time
15 minutes



Total cooking time
2 hours 30 minutes



Serves
6

Ingredients

- 3.3 lbs/1.5 kg chuck steak
- 2 medium onions, roughly chopped
- 4 teaspoons crushed garlic
- 13½/400 ml can coconut milk
- 2 teaspoons ground coriander
- ½ teaspoon ground fennel
- ½ teaspoon grated ginger
- 2 teaspoons ground cumin
- ¼ teaspoon ground cloves
- 4 red chillies, chopped
- 1 stick lemon grass or 4 strips lemon rind
- 1 tablespoon lemon juice
- 2 teaspoons brown or coconut sugar

1. Trim meat of any fat and sinew, cut evenly into small cubes. Place the onion and garlic in a food processor bowl or blender, process until smooth, adding water if necessary.
2. Heat coconut milk in a large pan, bring to the boil, reduce heat to moderate and cook, uncovered, stirring occasionally until reduced by half and oil has separated out; do not allow to brown. Add coriander, fennel, cumin, ginger, and cloves, stir and cook 1 minute. Add meat, cook 2 minutes until it changes color.
3. Add onion mixture, chili, lemon grass, lemon juice and the sugar. Cook, uncovered over a moderate heat until liquid is reduced and the mixture is quite thick. Stir frequently to prevent scorching.
4. Continue cooking until the oils from the coconut milk begin to emerge again, letting the curry develop color and flavor. The dish needs constant attention at this stage to prevent it burning. The curry is cooked when it is brown and dry.



Tip from the chef:

To get a milder result, remove seeds from chillies.



spiced lamb rice



Preparation time
30 minutes



Total cooking time
2 hours



Serves
6

1. Place lamb in a large pan with the water, onion, cloves, cinnamon stick, cardamom pods and salt. Bring to a boil.
2. Skim off any fat and simmer for 1 to 1½ hours depending on the size of the lamb shanks; the meat should be tender. Remove shanks from the cooking liquid, cool slightly. Strain the remaining liquid and measure, adding water, if necessary, to make 5 cups.
3. Heat ghee in a small pan, cook the onion and garlic gently until well reduced and just golden. Add the ground spices.
4. Remove meat from shanks and cut into small cubes. Place in a bowl with the onion and spice mixture.
5. Wash and drain the rice. Place half of it in a large pan with a well-fitting lid and cover with the onion and lamb mixture. Place remaining rice on top. Cook the saffron strands in a dry pan over a low heat until dry and crisp, stirring constantly. Cool. Place strands in a bowl and crush with the back of a spoon. Add the water and dissolve. Gently pour reserved cooking liquid and dissolved saffron into the pan and bring to the boil. Cover, reduce heat to very low, cook for 20 minutes. Remove lid, lightly fluff up the rice. Serve garnished with currants and cashews.

Ingredients

- 3 lamb shanks (about 2.2 lbs/1 kg)
- 8½ cups water
- 1 large onion, sliced
- 10 whole cloves
- 1 cinnamon stick
- 5 cardamom pods
- 1½ teaspoons salt
- 3 tablespoons ghee or oil
- 1 medium onion, finely sliced
- 2 red chilies, chopped
- ½ cup green peas
- 1 teaspoon crushed garlic
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 3 cup long-grain rice
- ¼ teaspoon saffron strands
- ¼ cup hot water
- currants and toasted cashews, for garnish

Tip from the chef:

Cook this dish just before serving.



savory rice



Preparation time
10 minutes



Total cooking time
20 minutes



Serves
4

Ingredients

- 1 tablespoon ghee or oil
- 1 medium onion, finely sliced
- 1½ cups long-grain rice
- 1 teaspoon salt
- 3 cups boiling water

1. Heat ghee in a medium pan with a well-fitting lid.
2. Add onion, cook until golden brown; set aside on a plate. In the ghee remaining in the pan, lightly cook the rice stirring for 2 minutes.
3. Add salt and boiling water and cook, uncovered, until the water has evaporated sufficiently for the surface of the rice to show. Cover tightly, reduce heat to very low and cook for 15 minutes.
4. Remove lid; fluff the rice with a fork and let the steam escape. Spoon onto a serving plate and garnish with reserved onions. Serve immediately.



Tip from the chef:

Rice is an endlessly amenable ingredient that teams well with most spices. This dish can be served as an accompaniment to many in this book.



red hot kidney beans



Preparation time
20 minutes



Total cooking time
15 minutes



Serves
6

1. Place beans in a large saucepan, cover with water and bring to a boil. Reduce heat and simmer for 2 minutes. Remove pan from heat and let beans stand uncovered, for 1 hour.

2. Return beans to a boil, boil for 10 minutes. Reduce heat, cover and simmer for 1 hour. Place half the beans and liquid in a food processor or blender. Process until smooth and return to the pan.

3. Heat ghee in a large frypan, cook onion for 2-3 minutes or until golden. Stir in cumin, garlic, chilies and ginger and cook for 1 minute. Add beans to pan, cook gently for 1-2 minutes.

4. Combine lime juice, garam masala and sour cream. Stir into bean mixture, and heat through gently. Serve immediately, topped with steamed rice, red onion and cilantro.

Ingredients

- 6 oz/185 g red kidney beans, washed and drained
- 2 pts/1.2 l water
- 3 tablespoons ghee
- 1 onion, chopped
- ¼ teaspoon ground cumin
- 1 clove garlic, crushed
- 2 red chilies, finely chopped
- 1 teaspoon grated fresh ginger
- 1 tablespoon lime juice
- ¼ teaspoon garam masala
- 4 fl. oz/125 g light sour cream
- thinly sliced red onion, for garnish
- fresh chopped cilantro, for garnish

Tip from the chef:

Additional toppings include cubed avocado, lime wedges, and grated cheddar cheese.



rose scented saffron rice



Preparation time
20 minutes



Total cooking time
15 minutes



Serves
6

Ingredients

- 1 lb/500 g basmati rice, well washed
- 50 g/2 oz ghee
- 1 onion, chopped
- 3 oz/90 g minced lamb
- ½ teaspoon mixed spice
- 2 oz/60 g currants
- ½ teaspoon powdered saffron
- 2 tablespoons rosewater
- 16 fl. oz/470 ml chicken stock
- 2 oz/60 g blanched almonds, toasted
- ½ cup raisins

1. Place rice in a large bowl, cover with cold water and set aside for 30 minutes.
2. Heat ghee in a heavy-based frypan, add onion and cook for 5 minutes or until onion softens. Increase heat, add lamb and cook until lamb is browned. Stir in mixed spice and currants, cook for a further minute, remove pan from heat. Set aside and keep warm.
3. Combine saffron and rosewater. Place chicken stock and 2 teaspoons of rosewater mixture in a large saucepan, bring to a boil. Drain rice and add to the stock. Bring back to a boil, stirring occasionally. Reduce heat, cover and simmer gently for 30 minutes.
4. Fold meat mixture and raisins through rice remove from heat and stand for 5 minutes before serving. To serve, sprinkle with remaining rosewater mixture and top with almonds.

Tip from the chef:

Golden raisins, chopped dried apricots, pistachios and toasted cashews may be added to this recipe.



pork hock risotto



Preparation time
30 minutes



Total cooking time
15 minutes



Serves
8

1. Heat butter in large saucepan. Add hocks and cook over high heat until browned all over. Stir in water, oregano and bay leaves and peppercorns. Bring to a boil, reduce heat and simmer, covered, for 1 hour.
2. Remove meat from the hocks and transfer with liquid to a deep casserole dish. Stir in rice, stock, onion and turmeric cover and cook at 350°F/180°C for 50 minutes. Remove oregano and bay leaves and discard.
3. Add carrot, bell peppers and tomato to casserole and cook, uncovered, for 10 minutes or until almost all liquid is absorbed and rice is tender. Stand for 5 minutes and sprinkle with fresh herbs before serving.

Ingredients

- 3 tablespoons butter
- 4 medium pork hocks, cut into bite-size pieces
- 16 fl. oz/470 ml water
- 2 sprigs oregano
- 2 bay leaves
- 1 teaspoon whole black peppercorns
- 1 carrot, chopped
- salt
- 12 oz/375 g long grain rice
- 12 fl. oz/375 g chicken stock
- 1 onion, chopped
- 1 teaspoon ground turmeric
- 1 yellow bell pepper
- 1 green bell pepper
- 2 tomatoes, peeled, seeded and chopped
- chopped fresh herbs, such as parsley, chives and coriander

Tip from the chef:

Earthy and comforting, this substantial risotto makes an ideal midwinter meal.



spicy rice & vegetables



Preparation time
30 minutes



Total cooking time
10 minutes



Serves
4

1. Heat oil in a large saucepan, add onion, bell pepper, green beans, pepper and chili and cook, stirring, for 5 minutes or until onion is soft. Add rice, mix well and cook for 3-4 minutes longer.
2. Add tomatoes and stock or water to pan and bring to a boil. Reduce heat and simmer for 30 minutes or until liquid is absorbed and rice is tender. Season to taste with black pepper. Garnish with spring onions.

Ingredients

- 1 tablespoon olive oil
- 1 onion, sliced
- 1 red bell pepper, cut into small cubes
- ¾ green beans, chopped
- 1 red chili, seeded and finely chopped
- 11 oz/340 g white rice
- 14 oz/440 g canned tomatoes, undrained and mashed
- 12 fl. oz/375 ml vegetable stock or water
- freshly ground black pepper
- chopped spring onions, for garnish

Tip from the chef:

A delicious vegetarian meal or side dish, and a great way to use leftover rice. Vegetables can be customized as per your liking. If desired, add tofu, or paneer.



spanish paella



Preparation time
10 minutes



Total cooking time
15 minutes



Serves
4

Ingredients

- ¼ cup olive oil
- 2 cloves garlic, crushed
- 1 onion, chopped
- 3 tomatoes, chopped
- 1 yellow bell pepper, seeded and chopped
- 1 teaspoon paprika
- 4 langoustines or spot prawns
- 5 mussels, washed and cleaned
- 5 clams, washed and cleaned
- ¼ teaspoon powdered saffron
- ¾ cup long grain rice
- 3 cups chicken stock
- 1 cup cooked shrimp, peeled

1. Heat oil in a large frying pan, add the garlic, onion, tomatoes, bell pepper and shrimp. Cook, stirring frequently, over medium heat for 5 minutes, add paprika and saffron.
2. Spread the rice evenly over the tomato and bell pepper mixture and cook for 3 minutes. Pour stock into mixture and stir thoroughly. Add clams and mussels.
3. Bring mixture to a boil and cook for 10 minutes. Add the peas and langoustines and continue to cook until liquid is almost absorbed. Serve hot.



Tip from the chef:

Paella is perfect to make on the barbecue. Stick the pan on the grill, then adjust heat strength to get a good simmer.



chicken

COUSCOUS



Preparation time
15 minutes



Total cooking time
1 hour



Serves
6

1. Heat the butter in a large frying pan, add the chicken breasts and cook until golden and just cooked through.
2. Mix parsley, and dill into the couscous and spread mixture on a large serving dish and arrange chicken breasts on top. Sprinkle almonds over chicken and serve with the soup.
3. If desired, serve this Chicken Couscous alongside Vegetable Soup. To make the soup: Place the stock in a large saucepan and bring to a boil. Add the turnip, carrot, zucchini, red bell pepper and onion to the stock with the cumin and coriander. Bring back to a boil and simmer gently for 20 minutes.

Ingredients

- 3 teaspoons butter
- 6 chicken breasts, skin removed
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill
- ¾ cup couscous, soaked overnight, drained
- 1 tablespoon flaked almonds, toasted

Vegetable Soup:

- 5 cups chicken stock
- 1 turnip, peeled and cut into thin strips
- 2 carrots, peeled and sliced
- 2 zucchini, sliced
- ½ red bell pepper, chopped
- 1 onion, peeled and chopped
- 1 teaspoon cumin seeds
- 1 teaspoon ground coriander

Tip from the chef:

This easy dish is delicious paired with a glass of rosé wine.



risotto

primavera



Preparation time
30 minutes



Total cooking time
20 minutes



Serves
4

Ingredients

- ¼ cup olive oil
- 1 onion peeled, thinly diced
- 2 celery sticks, thinly diced
- ½ carrot, peeled and thinly diced
- 1¼ cups arborio rice
- 4 cups chicken stock
- 1 eggplant, thinly diced
- 2 zucchini, thinly diced
- 1 red bell pepper, diced
- ½ cup yellow baby squash, sliced
- ½ teaspoon black cracked pepper

1. Heat the oil in a large frying pan, add the onion and celery, cook for 5 minutes. Add the carrot and cook a further 5 minutes, stirring constantly.
2. Sprinkle the rice over the vegetables and cook for 10 minutes, stirring occasionally. Pour stock into frying pan, toss rice and vegetables and bring mixture to a boil over moderate heat.
3. Stir in the eggplant, zucchini, bell pepper, squash, and pepper and simmer mixture for 20 minutes or until the liquid is absorbed, stirring constantly. Serve immediately.

Tip from the chef:

If desired, add whole kernel corn, sliced mushrooms and chopped asparagus. Top with grated parmesan cheese.



tuna & rice salad



Preparation time
30 minutes



Total cooking time
20 minutes



Serves
4

1. Add rice to large pan of boiling water, boil rapidly, uncovered, for about 30 minutes or until rice is tender. Drain rice, rinse under cold water; drain well.
2. Combine rice, tuna, bell pepper, carrot, green peas, corn, broccoli, tomatoes shallots, celery and pepper with Dressing in bowl; mix well.
3. **Sweet Curry Dressing:** Place all ingredients in jar; shake well.

Ingredients

- 15 oz/425 g can tuna, drained
- 1 cup white rice
- 1 carrot, peeled and chopped
- 3 green shallots, chopped
- 1 stick celery, chopped
- 1 red bell pepper, sauteed and thinly diced
- 1 carrot, boiled and thinly diced
- ½ cup green peas, steamed
- ½ cup whole kernel corn
- 1 cup broccoli florets, steamed
- ¾ cup cherry tomatoes, halved

Sweet Curry Dressing:

- 2/3 cup oil
- 1/3 cup white vinegar
- 1 tablespoon curry powder
- ¼ cup sugar

Tip from the chef:

Top with toasted sunflower seeds. This dish pairs well with Sauvignon Blanc wine.



trout & rice salad



Preparation time
30 minutes



Total cooking time
10 minutes



Serves
4

Ingredients

- 4 fillets (4¼ oz/125 g) trout, grilled
- 2 tablespoons oil
- 2 oz/60 g butter
- 2 cloves garlic, crushed
- 1 onion, finely chopped
- 14 oz/400 g basmati rice
- 4 cups chicken stock
- 1 cup dry white wine
- 1 cup chicken stock, extra
- 15 oz/425 g whole kernel corn, drained
- 1 green pepper
- 4 green shallots
- chopped fresh parsley, to taste
- 4 eggs, hard boiled

Dressing:

- ¼ cup lemon juice
- ¼ cup oil

1. Cut trout into bite-size pieces. Heat oil and butter in pan, add garlic and onion, cook, stirring 2 minutes; add rice, stir until all the grains are coated with butter mixture. Add stock and wine, bring to a boil, reduce heat, cover, simmer 45 minutes, stirring occasionally until rice is tender and liquid absorbed. Cut pepper and shallots diagonally, add trout and Dressing, mix well; stir into hot rice mixture. Serve hot or cold, topped with halved hard boiled eggs and sprinkled with parsley.

2. Dressing: Combine all ingredients in jar, shake well.

Tip from the chef:

If desired, use smoked trout. Smoked trout can be bought whole, sliced or in fillets from delicatessens.



fried brown rice salad



Preparation time
40 minutes



Total cooking time
15 minutes



Serves
6

1. Add rice gradually to large pan of boiling water, boil rapidly, uncovered, for about 30 minutes or until tender. Rinse under cold water; drain.
2. Fry bacon in large pan until crisp. Add mushrooms, carrot and green beans, stir-fry until green beans are just tender. Add shallots, rice and Dressing, stir-fry until rice is heated through. Serve hot or cold.
3. **Dressing:** Combine all ingredients in jar; shake well.

Ingredients

- 2 cups brown rice
- 4 bacon rashers, thinly sliced
- 3 oz/90 g brown mushrooms, thinly sliced
- 1 large carrot, grated
- 4½ oz/125 g green beans, chopped
- 4 shallots, chopped

Dressing:

- ½ cup oil
- ¼ cup brown vinegar
- 2 teaspoons light soy sauce
- ½ teaspoon sesame oil

Tip from the chef:

If desired, top with soft-boiled eggs, shelled and cut in half, and toasted pine nuts.



rice salad

with tomato dressing



Preparation time
20 minutes



Total cooking time
10 minutes



Serves
Serves 4

Ingredients

- 1 cup brown rice
- 1 cup white rice
- 4 bacon rashers, thinly sliced
- 2 onions, chopped
- 7 oz/200 g green peas
- 6 oz/170 g carrots, thinly diced
- 3 eggs, well-beaten and scrambled
- chopped spring onions, for garnish

Creamy Tomato Dressing:

- ½ cup oil
- ¼ cup white vinegar
- 2 tablespoons mayonnaise
- 2 tablespoons tomato sauce
- 2 cloves garlic, crushed

1. Add brown rice to large pan of rapidly boiling water, boil rapidly uncovered for 15 minutes, add white rice, boil further 15 minutes or until rice is tender; drain. Let cool.
2. Add bacon and onions to pan, cook, stirring, until onions are soft and bacon crisp. Boil, steam or microwave carrot and peas until tender. Combine all ingredients in bowl with Dressing.
3. **Creamy Tomato Dressing:** Combine all ingredients in jar: shake well.

Tip from the chef:

For added flavor, boil rice in chicken stock and season dish with chili powder, cumin, garlic salt, and dried oregano.



rice & green vegetables



Preparation time
15 minutes



Total cooking time
15 minutes



Serves
4

1. Heat the oil in a large frying pan, add the onion and cook for 3 minutes.
2. Stir in the rice and wine, cook until wine is absorbed.
3. Add water, bring to a boil, cover and cook rice until tender and liquid is absorbed, approximately 20 minutes.
4. Stir vegetables into rice and serve immediately.

Ingredients

- 1 tablespoon safflower oil
- 1 small onion, peeled and chopped
- 2/3 cup white rice
- 1/4 cup dry white wine
- 1 1/2 cups water
- 2 tablespoons chopped fresh parsley
- 1/2 cup blanched broccoli florets
- 1/2 cup blanched asparagus, diced
- 1/2 cup blanched green peas
- 1/2 cup blanched carrot, diced
- 1/2 cup blanched baby spinach, chopped

Tip from the chef:

If desired, add a tablespoon of tahini. Top with chopped toasted peanuts. Wild rice may be substituted for white rice.



entertaining
food

