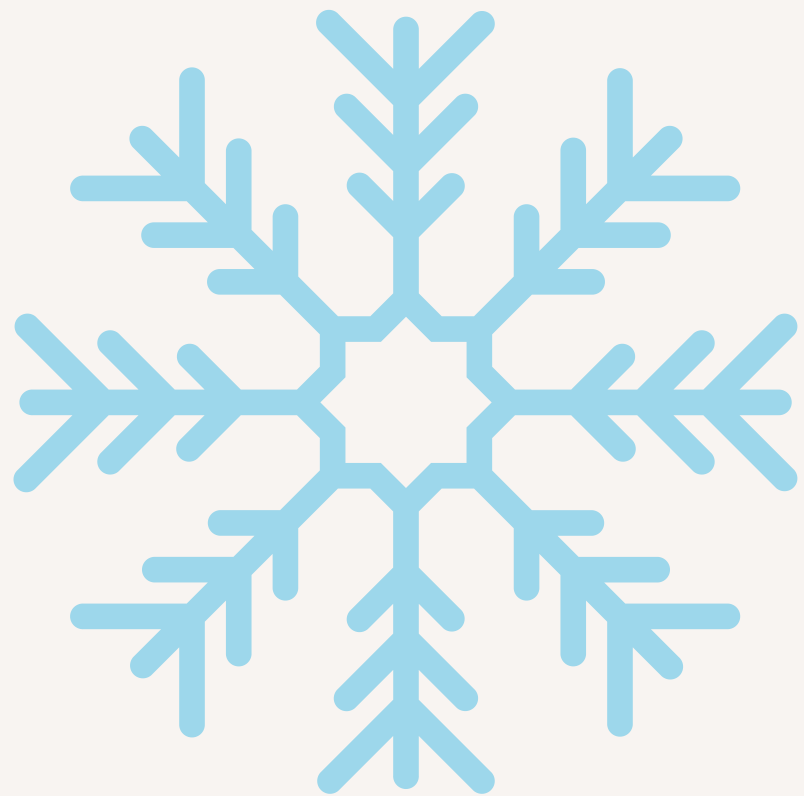




MY FAVOURITE WINTER RECIPES



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RED KIDNEY BEAN AND CELERY SOUP WITH A CASHEW NUT AND LIME CREAM



INGREDIENTS (SERVES 6)

- 2 tins of red kidney beans, drained and rinsed
- 1 large red onion, finely chopped
- 2 cloves of garlic
- 2 red chillies, finely chopped
- 4 sticks of celery, trimmed and finely sliced
- 1 tbsp tomato paste
- 1 tsp brown sugar
- 1 tin of chopped tomatoes
- 1 Ltr of stock made with 1 heaped tbsp of vegan bouillon
- 2 tbsp extra virgin olive oil and extra for drizzling
- 2 bay leaves
- A small bunch of coriander, finely chopped.
- 100g raw cashew nuts
- 1 lime, juice and zest

METHOD

Cover the cashew nuts in a bowl with cold water.

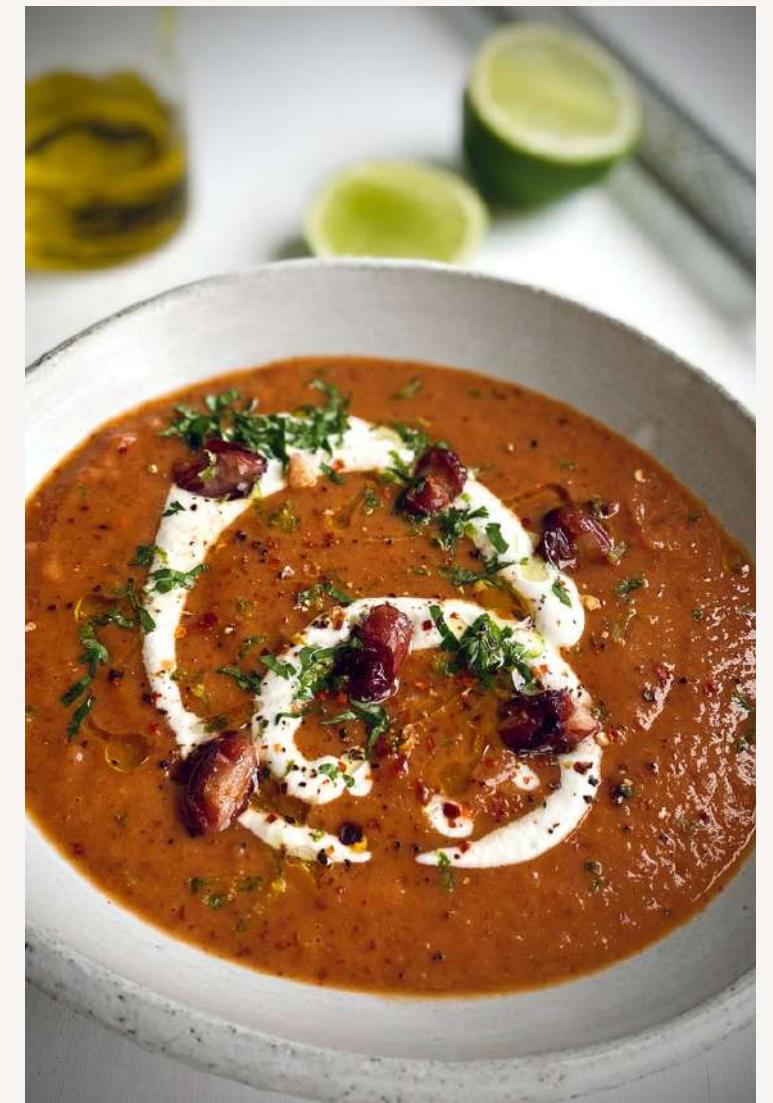
Sweat the onion in a pan with the oil on a low heat for about 10 minutes. Next, add the garlic and the chopped chillies and cook those for an extra couple of minutes. Add the celery and cook that for 3-4 minutes before adding the tomato paste and sugar. Give everything a good stir and add the rinsed and drained beans, chopped tomatoes, bay leaves and stock.

Bring the soup to the boil, reduce the heat, cover the pan and cook for 1 hour, stirring 2-3 times in that time to ensure the beans don't catch on the bottom of the pan.

Put the cashew nuts in the jug of a stick blender and add 125ml cold water. Blitz to a smooth thick cream consistency. Season with salt, pepper and some of the lime zest.

When the soup has cooled a little, discard the bay leaves and blitz in a blender. Return to the pan and season with salt and freshly ground black pepper. Last, add the remaining lime zest and lime juice to your taste.

Serve the soup with a drizzle of cashew cream, some extra virgin olive oil, the fried beans and some finely chopped coriander.



**RED KIDNEY BEAN
AND CELERY SOUP
WITH A CASHEW
NUT AND LIME
CREAM**

SPICED HALIBUT
ON CANNELLINI BEANS,
LEEK AND SPINACH



INGREDIENTS (SERVES 2)

- 2 halibut fillets with their skin on, 200g each
- 1 medium sized onion, roughly chopped
- 2 garlic cloves, sliced
- 100ml vegetable stock or 1 tbsp vegetable stock powder
- 2 leeks, trimmed, washed and thinly sliced
- 1 tin cannellini beans, 400g
- 200g young spinach leaves
- 25g fresh sour dough crumbs
- 1 tbsp Irini's spice paste
- Extra virgin olive oil for drizzling and frying
- 1 bay leaf
- ½ lemon, zest only
- A squeeze of lemon
- Goats cheese to grate
- Salt and pepper to taste
- A pinch of sweet paprika

METHOD

Start by cooking the leeks, beans and spinach.

Bring a large pan to a medium heat and add 2-3 tbsp extra virgin olive oil. Sweat the chopped onion and add the garlic slices and leeks. Cook for 5 minutes stirring continuously. Add the contents of the cannellini bean tin, vegetable stock and bay leaf. If using stock powder, add 100ml water, stir, bring to the boil, reduce the heat, cover and cook until the leeks are soft. Add the spinach leaves, stir and season.

In a bowl, mix the spice paste with the lemon juice, lemon zest and 2 tbsp of extra virgin olive oil, add the crumbs and stir to mix thoroughly.

To cook the fish, preheat the oven to 180C fan.

Pat dry the fillets and season with salt and pepper. Bring an oven proof pan to a medium heat, add 2 tbsp extra virgin olive oil and when the oil is hot, add the fillets skin side down. Reduce the heat to medium and cook for 3 minutes. Spoon the spiced crumbs over the fish filets, sprinkle with some grated goats cheese and transfer the pan to the oven. Cook for 12-15 minutes depending on thickness of fillets.

To serve, spoon some of the cannellini beans onto a plate and top with a fish fillet. Sprinkle with more grated goats cheese and serve.



**SPICED HALIBUT
ON CANNELILINI BEANS,
LEEKs AND SPINACH**

SMOKED HADDOCK, SPINACH, SCRAMBLED EGGS AND FETA TART



INGREDIENTS (SERVES 6)

- 1 packet of ready rolled puff pastry, 320g
- 2 fillets of smoked haddock, 220-250g
- 5 eggs
- 100g baby spinach leaves, washed and chopped
- 150g Dodoni feta
- 150ml double cream
- a handful of baby tomatoes, cut in half
- 1 shallot, finely chopped
- 2 garlic cloves, finely chopped
- A few chives, finely chopped
- A pinch of chilli flakes
- 1 tbsp sesame seeds
- 2 tbsp extra virgin olive oil
- Milk for poaching, approx. 300ml
- 2 bay leaves
- A few pepper corns

METHOD

Preheat the oven to 190C.

Place the pastry on a baking tin lined with baking paper.

1.5cm from the border, score gently an inner rectangle and use a fork to prick all over the inner rectangle. Beat the yolk of one of the eggs (reserving its white in another bowl) with a tbsp of cold water and use it to brush the border of the tart. Sprinkle the border with the sesame seeds and bake the pastry for 20 minutes.

While the pastry is baking, add the haddock fillets, bay leaves, pepper corns and milk to a pan and bring to the boil. Immediately, turn the heat off and leave the haddock in the milk for 10 minutes to continue cooking. Take the haddock out of the milk, leave to cool a little, remove its skin and flake. Keep to the side.

Break the four eggs in the bowl containing the egg white.

In a frying pan, cook the shallot in some oil for 2-3 minutes until translucent and add the garlic. Cook for a further minute and add the chopped spinach. When the spinach is wilted, add the eggs and stir gently to scramble the eggs around the spinach. Next, add the cream, haddock, some chopped chives and crumble two thirds of the feta. Season and cook for a further minute or so, until the mix is creamy and not runny but don't overcook as this mix will cook further in the oven.

When the tart base comes out of the oven, spread the haddock/egg/feta mix over it within the border. Sprinkle with the remaining feta and bake for 10 more minutes. Before serving, sprinkle with the remaining chives.



**SMOKED HADDOCK,
SPINACH,
SCRAMBLED EGGS
AND FETA TART**

RABBIT STIFADO



INGREDIENTS (SERVES 4-6)

- 1 rabbit, butchered
- 800g -1Kg small onions
- 1 medium onion, finely chopped
- 2 cloves of garlic, finely chopped
- 150ml dry red wine
- 3-4 tbsp red wine vinegar
- 2-3 tbsp grape molasses
- 1 tbsp tomato paste
- 1 tin chopped tomatoes
- 2 bay leaves
- 5 peppercorns
- 1 tsp ground cumin
- 50ml extra virgin olive oil
- 1 cinnamon stick
- 1 star anise
- 2 sprigs of rosemary
- 2 sprigs of thyme
- 1 tbsp chicken or vegetable bouillon

METHOD

Wash the rabbit pieces and pat dry. Season with sea salt and freshly ground black pepper.

Bring a large pan to a medium to high heat. Add half the oil and when the oil starts to smoke, add the pieces of rabbit and brown all over. There must be space around the rabbit so that it caramelises quickly instead of releasing its valuable juices. Transferred the browned rabbit onto a dish.

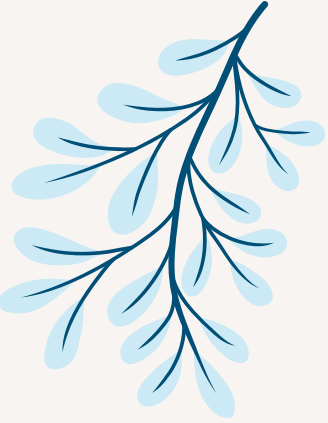
Next, brown the little onions, adding a little more oil if necessary. Transfer these to a dish too.

Add any remaining oil to the saucepan and add the finely chopped onion and garlic. Lower the heat and sweat until translucent. Add the tomato paste, star anise, pepper corns, cinnamon stick and ground cumin and stir to cook the past and release the spice aromas. Return the meat and onions to the pan, increase the heat back up again and add the wine and vinegar. Let most of that evaporate. Add the chopped tomatoes, bouillon, thyme, rosemary, grape molasses and 1 litre of water.

Bring the pan to the boil, lower the heat to low, cover with a lid and cook for 1 hour. Taste and adjust the seasoning as well as acidity and sweetness to your liking. Cook for a further 20-30 minutes by which time the sauce should have naturally thickened and the rabbit fall off the bone.

If the sauce needs a little more thickening, although you will need some to dip your crusty bread in, uncover the pot and increase the heat for some of the liquid to evaporate and the sauce to thicken.

My mum always served stifado with chips but you can serve it with roast potatoes, crushed young potatoes or just warm crusty sourdough. Discard the bay leaves, cinnamon and star anise and enjoy!



RABBIT STIFADO

GLUTEN FREE STICKY
CHOCOLATE AND ALMOND
CAKE



INGREDIENTS (SERVES 8)

- 125 unsalted butter, melted plus extra for greasing
- 50g cocoa powder
- 250g caster sugar
- 150g almond meal
- 3 eggs, beaten
- A few drops of almond extract
- Icing sugar for dusting

METHOD

Preheat oven at 180°C.

Put the melted but cool butter in a bowl and mix in the cocoa powder, sugar, beaten eggs and almond extract. Add the almond meal and mix in well with a spatula.

Line the bottom of a 15cm spring form cake tin with baking paper and grease with some butter as well as the sides.

Pour the cake mix into the cake tin and bake in the oven for approx. 25 minutes. The cake should be firm on the outside but still gooey inside.

Leave the cake in the tin to cool a little and release. You can either transfer to a serving dish as is on its base or you may use a plate to turn it upside in order to remove the baking paper and invert again onto the serving platter so that you see the top of the cake. It may still be sticky on the underside. Just dust with icing sugar and serve warm.



**GLUTEN FREE
STICKY CHOCOLATE
AND ALMOND CAKE**

