

# WEEKEND KITCHEN RECIPE SHEET

## 28th June 2015

Theo Michaels

### Quick Greek Style Cassoulet

Cassoulet is normally a slow cooked dish, but my Greek inspired variation is uber tasty and makes use of some delicious (and under-used) Greek sausages . This makes it a lot quicker and doesn't compromise on the taste! The secret is using two tins of cannellini beans added at different stages – the first tin will thicken your sauce, the second will leave you with plump whole beans throughout.

This is modest village food, but if you want to make it sexy, I sometimes serve mine with a lovely piece of roasted cod on top.

½ cup extra virgin olive oil  
2 ripe tomatoes – diced  
1 onion – finely diced  
1 large carrot – finely diced  
1 stick celery – finely diced  
3 cloves garlic – finely sliced  
3 bay leaves  
2 Greek sausages – thickly sliced – Lukanika (you can use normal good quality sausages)  
1 small (4 inches) Garlic sausages – thickly sliced – available from all supermarkets  
1 tbsp smoked paprika  
2 pints of water (or chicken stock)  
Juice – ½ lemon  
2 tins cannellini beans  
1 cup fresh parsley or ½ cup fresh basil

Serves 4

Gently fry in ¼ cup olive oil the onions, celery, carrot for 10 minutes until

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translucent and just turning golden.

Then add your garlic and gently fry for another 2 minutes. Now in go your sausages, smoked paprika and tomatoes and fry for another 2 minutes.

Add 1 tin of the cannellini beans and the water, Bring to the boil and gently simmer with the lid off for 15 minutes – stir frequently to break up the beans (this will also thicken your sauce).

If too thick add more water, then season well and add the second tin of cannellini beans, stir once, bring back to the boil and turn off the heat. Do not stir again (this is to avoid breaking up the beans).

Let rest for 5 minutes.

Serve in bowls, drizzle of olive oil over the top, squeeze of lemon and a sprinkle of fresh parsley or basil for garnish

## **Greek Salad**

Famous the world over – this is the ultimate summer salad. But please, please, please – don't be putting iceberg lettuce in this salad!

The secret to this 'assembly' dish is using the best ingredients you can afford. Ideally buy nice ripe on-the-vine tomatoes, use good quality extra virgin olive oil and get real Feta cheese!

3 ripe tomatoes – thickly diced  
½ Cucumber – thickly diced  
½ red onion – thinly sliced  
½ green bell pepper – thinly sliced  
1 tablespoon dried oregano  
½ cup fresh coriander – roughly chopped  
Seasoning  
200g feta cheese  
50g black kalamata olives (optional)

Dressing:

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¼ cup extra virgin olive oil  
1 tbsp red wine vinegar

Serves 4

Chop up all your vegetables and place into a bowl and mix together.

Drizzle over the olive oil and red wine vinegar and mix again.

Cut the feta in half diagonally and place on top

Sprinkle over the oregano

## Theo's Greek Walnut Cake

Based on a traditional Greek dish - Karidopita (Greek Walnut Cake). Like most Greek desserts it is sticky, gooey, rich and packed with flavour!

Cake:

3 eggs  
150 ml vegetable oil  
100 ml milk  
250g sugar  
4g ground cinnamon  
0.5g ground nutmeg (or half a teaspoon)  
1 ground clove  
150g brown breadcrumbs  
7g baking powder  
100g course ground walnuts  
Zest of half lemon

Syrup:

200g sugar  
200 ml water  
2 cinnamon sticks  
3 drops vanilla essence  
50ml brandy or cognac

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Serves 4

Preheat oven to 180C/ Gas Mark 4

Whisk eggs together, then add vegetable oil, milk, sugar and whisk together thoroughly.

Then mix into the batter the spices (cinnamon, nutmeg, clove).

In a separate bowl combine the breadcrumbs, walnuts and baking powder and lemon zest together.

Combine the dry ingredients into the batter and mix thoroughly.

Pour into a baking dish and put into the oven for 40 minutes or until an inserted knife comes out clean.

While the cake is baking make the syrup. Combine all the ingredients for the syrup together in a saucepan and gently bring to the boil and then turn off the heat.

Remove the cake from the oven and let cool to room temperature. Once cool, reheat the syrup and ladle over the top until fully soaked in.

Leave to rest for an hour before cutting up and eating!

**Danielle Durant**

## **Saucy Spare Ribs**

Another family favourite but, for that reason, I try to include some extra vegetables in order to make the sauce - this varies in true cobbling style, depending on what you've got in!

1 red onion, finely sliced

2-4 cloves of garlic, lightly bashed

1 tsp of ground ginger or 1" stick of fresh ginger, finely sliced

1 or 2 red/yellow/orange peppers, sliced lengthways

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1 large rack of spare ribs (cut into individual ribs)  
4 tbsp soy sauce  
1 tbsp honey  
1 tin chopped tomatoes  
1 tbsp tomato puree  
freshly ground black pepper

Serves 4

Pre-heat oven to 180C/ Gas Mark 4

Layer all the ingredients in a roasting tin in the order listed above.

Cover tightly with tin foil and put in the oven.

After 2 hours, remove the foil and check. There should be plenty of liquid, the onions and peppers very soft, and the meat loosely attached to the bones.

Return the tray to the oven without the foil and turn up the heat to 200C/ Gas Mark 5. The liquid should evaporate to create a thick, dark and sticky sauce after another 45 minutes or so.

Remove from the oven, leave to rest for a few minutes and serve with rice or mashed potatoes.

## **Cardamom and orange rice pudding**

Two variants here of the same pudding. A chuck-it-all-in version, cooked in the oven, or another version part cooked on the hob and finished off in the oven. You choose! You could serve this with some honey roasted pistachios on top! And it's great either warm or cold.

2 tbsp light olive oil  
150g pudding rice  
1 litre milk  
100ml single cream  
zest of an orange (or dash of cointreau/grand marnier)  
5 whole cardamom pods or 1 tsp ground cardamom

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A little grated nutmeg  
50-70g caster sugar

Serves 5

Pre-heat the oven to 160C/ Gas Mark 3

Heat the olive oil in a pan and add the rice. Stir it around in the oil until well coated and warmed up.

Add the milk, cream, orange, cardamom and nutmeg. Bring to the boil, then reduce the heat and stir frequently to prevent sticking - for about 10 minutes.

When the rice becomes more tender and creamy, add the sugar and stir for another 10 minutes.

Pour into individual ramekins or a pudding bowl and place in the oven. Leave to cook slowly (around an hour) until quite set.

**Alternatively:** Simply put all the ingredients in a baking dish and cook at 150C/ Gas Mark 2-3 for 2 hours. The rice will be perfectly soft and a gentle crust will have formed on top.

## **Pork and Apricot Meatballs**

These can be served as warm party finger-nibbles or as a main dish with a stir fry of colourful sliced vegetables. Also a great filling for pitta bread and salad or slaw.

500g minced pork  
150g breadcrumbs  
60g dried apricots, finely chopped  
3 tsp ras el hanout spice mix  
Big handful of chopped, fresh parsley  
1 tbsp apricot or other fruit chutney, or honey  
zest of a lemon  
salt and pepper

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Serves 4-6

Pre-heat oven to 180°C or the grill to medium/high

Put all the ingredients in a bowl and mix really well together with your hands. Roll into evenly sized balls, place on a lightly greased baking tray.

Grill or bake these in a hot oven, checking every few minutes and moving them around to get evenly browned. They will take little more than 10 minutes to bake and less if you grill them.

When cooked through, serve and pour any remaining juices from the tray over the meatballs. This will thicken to a sweet, sticky glaze when cooled.

## **Franca Brunetti**

### **Chicken with onions and peppers (pollo con pepperoni)**

Barely a handful of ingredients, combined to create a lovely, simple, sweet one-pot chicken dish. Simple “peasants” food at its most tasty.

1-2 tbsp oil

12 peppers (medium to large – try to have a variety of colours, red, yellow, green, orange. It makes the dish look more colourful and appealing).

4 large onions

6-8 Chicken thighs (you can also use thighs and legs, but not de-boned chicken breast, as this will cook too quickly and fall apart without the bone to hold it in place).

Salt and pepper to taste

Serves 4

Heat up a large skillet or large deep frying pan, and when hot place the chicken pieces skin side down and then turn over and allow to brown on the other side. The chicken skin will release quite a bit of oil at this stage, hence the reason for browning it off without oil. But if you find that the chicken is sticking then a little oil.

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When the chicken is nice and golden, remove from the skillet/pan and put to one side on a plate.

Lower the heat under the skillet/pan to a moderate heat and add the remaining oil.

Peel and slice all four onions (thin slices) and add them to the skillet/pan. Cook until soft and just turning golden.

Cut the tops off the peppers and remove the seeds you find inside. Pull or cut away the pepper flesh you find around the stalk. Discard the stalk and any seeds.

Cut the peppers into quarters, and put to one side.

Return the chicken to the skillet/pan, placing the chicken pieces on top of the cooking onions.

Add the peppers on top of the chicken and cover. You can lower the heat at this point if you think it's too high.

Allow the mixture to cook for about 1 hour, stirring every now and then to mix everything together. By this time the peppers will have cooked down, releasing quite a bit of liquid. This is fine. As the water reduces, it will continue to cook the chicken and the rest of the ingredients.

Once the chicken is thoroughly cooked, the dish is ready to serve. You can serve this as is, with a good chunk of fresh crusty bread to mop up all that sauce or with roast potatoes.

## **Biscotti (Cantuccini)**

Follow Franca's recipe to make the classic "cantucci" biscuits you find in coffee shops and Italian delis. Cooking them fresh makes them lighter than the mass produced ones, and less likely to crack your teeth with!

325g plain flour  
300g caster sugar

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1 ½ tsp baking powder  
½ tsp ground cinnamon  
½ tsp salt  
325g whole almonds (crushed)  
3 large eggs  
1 tsp vanilla extract  
¼ tsp ground coriander

Pre-heat oven to 180C/ Gas Mark 4

Cover 2 large baking trays with baking parchment

In a large mixing bowl, sieve all your dry ingredients flour, baking powder, cinnamon, sugar, coriander and salt.

Add the crushed almonds (optional: you can use pistachio instead of almonds, or even a combination of both nuts)

In a separate bowl whisk the 3 eggs and the vanilla, and then add to the dry mix. Stir everything together and as the mixture starts to thicken into a dough, start using your hands to gently bring the dough together, until all the ingredients are well mixed.

Turn out the dough from the bowl onto a well-floured board or work-top and roll the dough into a log. The dough will be quite sticky, so do not work it much or else you will end up with more dough on your hands than the log. Sprinkle with flour if necessary.

Divide the log into 4 equal parts and gently roll each quarter into a long sausage, about 1 inch thick.

Transfer the long sausages on to the parchment covered baking trays. Place in the oven until a light golden brown. Remove from the oven and allow to cool down completely before cutting in to one centimetre slices.

Return the slices to the baking tray, laying each slice on its side and bake until the slices are golden brown on one side. Then turn the slices over on to the other side and bake again until golden brown.

Remove from the oven and allow to cool completely before eating.

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