

M A R I O N W H I T E

A B B I N G T O N

Recipes



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Dessert:

Basic sponge cake

Soups

Shredded Veg Miso Soup (2 portions)

2 tsp sesame oil
Thumb size piece of ginger
1 clove garlic, sliced
1 carrot, grated
1 tsp sesame seeds
1 red chilli
1 leek, sliced
2 tablespoons brown miso paste
50g quinoa
Kale – handful

Fry ginger, garlic, leek, carrot, sesame seed in sesame oil. Add chilli. Stir until soft. Add miso and 700ml boiling water. Mix until miso is dissolved. Add quinoa, cook gently for 10-15 minutes. Add kale and cook until soft.

Carrot and coriander soup

1 kg carrots

1 onion

2 stock cubes, 2 litre water

½ bunch coriander

Heat the oil in a large frying pan and add the onions and carrots. Cook for 3–4 minutes until starting to soften. Stir in the ground coriander and season with salt and pepper. Cook for 1 minute.

Add the vegetable stock and bring to the boil. Simmer for 10–15 minutes or until the vegetables are tender.

Whizz with a hand blender or in a blender until smooth.

Reheat in a saucepan, stir in the fresh coriander and serve.



Mushroom, leek and thyme soup

1 onion

1 leek

½ bunch thyme

600g mushrooms

2 stock cubes, 2 litre water

Gently cook the leeks and garlic for 4-5 minutes or until softened but not browned. Add the mushrooms and thyme and cook on high for 3-5 minutes until the mushrooms are softened and have released much of their water.

Pour over the stock and cook for 5 minutes.

Remove from the heat, carefully pour into a food processor and blend until smooth. Alternatively, keep in the pot and use a stick blender to blitz until smooth.

Divide between four bowls and serve.

Cream of Chicken Soup

1 tablespoon oil

50g butter

75g flour

$\frac{1}{2}$ onion

1 carrot

$\frac{1}{2}$ red pepper

2 celery sticks

500ml chicken stock

750ml milk

$\frac{1}{2}$ tsp garlic powder / onion powder / dried thyme / black pepper

$\frac{3}{4}$ cup of peas

1 cup cooked chicken

Heat oil, fry onion and garlic, add carrot, celery, pepper. Melt butter, add flour, add stock until thick sauce. Add milk. Add spices and chicken. Cook for 4-5 minutes.

Main Meals

Cannelloni (4 portions)

- 16 Cannelloni tubes
- 1 bunch of spring onions
- 1 garlic clove
- 3 ricotta tubs
- 250g spinach
- 1 basil
- 1 onion
- 1 Garlic clove crushed
- 2 cans of tinned tomatoes
- 2 tablespoons Passata
- 1 stock cube

Mix chopped spring onion, crushed garlic, fresh spinach & ricotta together.

Chop onion and crush garlic clove, fry. Add basil, tinned tomatoes, passata, stock cube and cook for about 10 minutes

Fill tubes with ricotta mix and put in baking dish. Add sauce and sprinkle with grated cheese. Cover with tin foil for 30 minutes. Remove tin foil and cook for a further 30 minutes.

Chicken Stir Fry (4 portions)

400g chicken (boneless)
2 tablespoons sesame oil
1 red pepper, sliced
1 carrot, shredded
150g broccoli florets
1 teaspoon ginger
3 garlic cloves
4 tablespoons hoisin
1 onion

Fry veg in sesame oil, add chicken (chunks), fry until cooked, add ginger, garlic and broccoli. Stir in hoisin.
Optional, Chinese veg and noodles

Prawn, fennel and rocket risotto (4 portions)

1.2 Litres of stock
1 tablespoon oil
1 onion
1 garlic clove
1 small fennel
300g risotto rice
300g prawns
1 lemon zest and juice
1 bag rocket

Fry onion, garlic and fennel, add rice. Add stock gradually.
Before rice is cooked, add prawns.

Meatballs and Spaghetti (4 portions)

Meatballs:

250g mince

1 onion

1 teaspoon ketchup

Salt and pepper

Sauce:

1 tin tomatoes

1 onion

1 garlic clove

1 tablespoon tomato puree

1 stock cube

50ml water

1 teaspoon herbs

400g spaghetti

Cheese

Mix all meatball ingredients, shape, cook in oven for 20 minutes. Make sauce – fry off onion and garlic, add puree, tomatoes, stock and water. Cook for 10 minutes. Add the meatballs and further cook for 20 minutes. Serve with cooked spaghetti.

Bacon and Cheese Nachos (4 portions)

50g grated cheddar
25g grated red Leicester
½ tablespoon cornflour
150ml whipping cream
1 tablespoon maple syrup
3 rashers bacon
100g plain tortilla chips
2 spring onions
1 chilli (optional)
Coriander
Sour cream

Stir the cheeses, cornflour and cream with 1 tbsp maple syrup in a pan over a low heat. Can season with siracha if you like. Stir until thick and creamy. Grill the bacon until crispy, warm the chips in the oven (2 minutes). Chips on plate, pour over sauce, break the bacon into pieces and sprinkle over sauce, add chopped spring onions and coriander.

Chicken Tikka Masala

Marinade together:

800g Chicken thigh

240ml yoghurt

1 ½ tsp garlic

1 tablespoons ginger

2 tsp garam masala

1 tsp turmeric

1 tsp red chilli powder

1 tsp salt

2 tablespoons oil

2 tablespoons butter

2 onions

1 ½ tablespoons garlic

1 tablespoon ginger

1 ½ tsp garam masala

1 ½ tsp cumin

1 ½ tsp coriander

400g tomato puree

1 tsp chilli powder

1 tsp brown sugar

Coriander

300ml cream

Fry chicken, remove from pan. Melt butter, fry onions, garlic and ginger, add spices, tomato puree. Simmer 10-15 minutes.

Stir in cream and sugar. Add chicken. Season if needed. Add water if needed.

Serve with rice or breads.

Thai chicken curry with cauliflower rice

Paste:

1 lemongrass

6 lime leaves

2 bunches spring onions

1 large bunch coriander

1 tablespoon coriander seed

2 tsp soy sauce

1 chilli

4 garlic

2 inches ginger

1 tin coconut milk

1 stock cube

Blitz all ingredients to make a smooth paste.

Saute chicken, add to coconut milk, soy sauce, vegetables + paste and cook for around 10-15 minutes.

For the rice - blitz cauliflower + coriander to the consistency - can be heated, covered in the oven - only 5 minutes.

Chinese Lemon Chicken (4 portions)

4 x chicken breast

1 egg

2 tablespoons white vinegar

2 tablespoons soy

60g cornflour

Sauce:

3 garlic cloves

1 inch ginger

60ml stock

2 tablespoons soy

1 lemon

2 tablespoons sugar

2 tablespoons honey

2 tsp cornflour

2 tsp water

Marinate chicken in whisked egg, soy sauce and vinegar for 20 minutes.

Pour chicken onto cornflour to coat

Fry off

Sauce- Saute garlic + ginger. Add stock, soy, lemon, sugar, honey + pinch salt, Whisk till sugar dissolves.

Chicken Chowder Stuffed Courgette (4 portions)

2 slices bacon
4 courgettes
Salt and pepper
2 onions
4 garlic cloves
 $\frac{3}{4}$ tsp paprika
180ml milk and 180ml cream
1 tsp coriander
1 bag cherry tomatoes
1 tin sweetcorn
2 tsp cornflour
150g cheddar
 $\frac{1}{2}$ pack basil
Add 1 pack of cooked chicken

Scoop flesh from courgette. Season and bake skins for 10 minutes.

Fry onions, garlic, paprika, tomato and corn. Stir in cornflour, add milk and cream. Thicken. Take off heat. Add cheese and chicken and basil. Fill courgettes. Top with bacon.

Honey Siracha chicken (4 portions)

1.5 lbs boneless chicken breast

120 ml soy sauce

120 ml honey

120 ml siracha

1.5 tablespoons corn flour

2 tablespoons crushed garlic

1. Drizzle little oil over the chicken, add salt and pepper and cook

2. In a pan add the rest of the ingredients except the corn flour. Once it's boiling add 2 tablespoons of water to the cornflour, mix into the sauce, and thicken.

I added a chicken stock cube and more siracha. Make it as hot or sweet as you like.

3. Add cooked chicken to the sauce. Serve with rice.

Vegetarian

Quiche (4 portions)

Base -1 garlic clove, 1 tsp mixed herbs, 4 tbsp flaxseed, 4 tbsp coconut oil, 250g cooked quinoa

Filling - 4 eggs, 1.5 pints milk

Mix all base ingredients together and press into a dish (easier if your hands are wet)

Bake empty for about 10 minutes

Add any filling with the milk and egg. Bake for about 40 minutes until set

Beetroot Wraps

Beetroot bunch x 1 – boil, blitz to puree, need 100g

2 tsp baking powder

2 tablespoons oil

2 tablespoons yoghurt

350g bread flour

1 tsp salt

Mix all together until it forms dough. Roll very thin and dry fry until bubbles appear, then turn over.

Spinach Pancakes (4 portions)

250g spinach – wilted

125g self-raising flour

1 tsp baking powder

1 egg, or 1 flax egg (1 tablespoon flaxseed and 2 tablespoons water)

½ bunch spring onion

½ chilli

Lime butter – ½ lime juiced, 75g butter, ½ garlic clove, small handful chopped coriander and sprinkle chilli flakes

Salads

New York Chicken and Apple Salad (2 portions)

2 red apples
½ lemon (juice)
1 tsp honey
150g grapes
2 celery sticks
4 spring onions
1 little gem

2 cooked chicken breasts

1-2 tablespoons walnut and 1 tsp dill for garnish

Dressing:

200ml yoghurt
1 garlic clove
1 tablespoon vinegar
1 tablespoon mustard
2-3 tablespoons oil
Salt and pepper

Pear and Rocket Salad

1 bag rocket
1 pear
 $\frac{1}{2}$ pack feta
Seeds or nuts

Dressing: 1 inch ginger grated / 1 lemon juiced / 1
tablespoon honey / oil

Whipped feta

1 feta
 $\frac{3}{4}$ cup Greek yoghurt
1 lemon zest
Garnish:
2 tablespoons oil
2 tablespoons mint
2 tablespoons parsley
1 tsp chilli flakes

Chicken Satay Salad (4 portions)

1 tablespoons soy sauce
1 tsp medium curry powder
½ tsp cumin
1 tsp honey
4 chicken breasts
1 garlic clove

Marinate all together. Add peanut butter, chilli sauce, lime, 1 tsp water

1 tablespoon crunchy peanut butter
1 tsp sweet chilli sauce
1 tsp lime juice
Gem lettuce wedge
½ cucumber sliced
1 onion sliced

1. Marinate chicken in the soy sauce, curry powder, cumin, garlic, for about 1 hour

2. Mix the rest of the ingredients in a pan. Taste and season

3. Add chopped lettuce, cucumber, tomato and rice to a bowl. Top with the chicken and pour over the sauce.

Garnish with spring onions and coriander.

Taco salad (4 portions)

250g minced beef
2 tablespoons tomato puree
1 tablespoon chilli powder
1teapsoon ground cumin
1 teaspoon paprika
 $\frac{1}{2}$ teaspoon salt and pepper
1 teaspoon garlic powder
1 teaspoon onion powder
 $\frac{1}{2}$ teaspoon oregano
1 tortilla wrap
Romaine lettuce
Cherry tomatoes
Black beans
Cheese
Coriander
Sour cream

1.Cut the tortilla wrap into small strips. Fry til crispy.
Sprinkle salt over them.

2.Fry minced beef (drain off an excess oil). Add all the spices and tomato puree. Cook til beef is cooked, add 2 tablespoons of water if dry.

3.Assemble – chopped romaine and tomatoes, sprinkle over black beans. Add mince. Top with cheese, coriander, and sour cream.

Desserts

Basic Sponge

200g sugar

200g butter

200g self-raising flour

4 eggs

Mix all the ingredients together. Makes 12 cupcakes.
Add any extras for exciting creations!

Happy
Baking