



Recipes supplied by Michele Pouch

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Sweet Potato, Basil & Coconut Soup



Ingredients

Serves 4

1 Onion chopped
500g Sweet potato
200g Diced carrot
2 Potatoes peeled & diced
½ Vegetable stock cubes
50g Chopped basil
400g Can of light coconut milk
1 tsp Olive oil or Rapeseed oil
1 Litre Water
Cracked Black Pepper & Salt

Method

1. Sauté off onion and carrot in a little olive oil until soft but not too coloured.
2. Add in the sweet potato and potatoes cover with water and vegetable stock cube.
3. Cook for 25 minutes approx.
4. Add in the coconut milk and basil.
5. Season with black pepper and salt.
6. Liquidise until smooth and serve.

Tip

Serve with homemade brown bread.

Cous Cous Salad



Ingredients

2 cups Cous Cous
2 ½ cups water or boiling water
1 Diced red Onion
1 Diced red pepper
½ tsp Garlic
1 tbsp Fresh chopped coriander
1 lemon zest and juice
¼ tsp Turmeric
¼ tsp paprika
1 tsp Olive oil
Salt & Pepper

Method

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2. Put cous cous, turmeric, paprika, lemon juice, zest and garlic into a dish.
3. Add 1 tsp of olive oil and mix well cover with boiling water until the cous cous is just covered leave for 5 mins then cover with cling film.
4. Remove cling film and whisk well until fluffy.
5. Add in onions, peppers, chopped coriander, cracked black pepper and salt mix well.
6. Allow to cool.

Sweet Chilli Salmon Salad



Ingredients

Serves 4

4 x 180g Skinned & Pinned
Salmon Dorne
4 tsp Sweet chilli sauce
200 g Salad leaves
Cherry tomatoes halved
Sliced cucumber
Sliced red onion

Tip

Salmon and salad can be
made day before you need
them.

Method

1. Rub sweet chilli sauce on top of salmon pieces and bake in the oven at 180°C until cooked approx. 20-25 minutes. Allow to cool.
2. Make the carrot salad and cous cous salad when salmon is cooking.
3. Wash salad leaves, wash and cut up cherry tomatoes, red onion and cucumber.
4. When salmon is cooled arrange all ingredients on plates.

Spinach & Mushroom Cream Cheese Lasagne



Ingredients

Serves 4 - 6

150g Spinach (ready to eat)
250g Mushrooms sliced
1 Large onion finely chopped
1 tbsp. Chopped fresh basil
1 tsp. of Garlic paste
125g Philadelphia cream cheese
500g Tomato passata
2 tbsp. Tomato puree
1 tsp. Sugar
375g Lasagne sheets
25g Parmesan cheese
Salt and cracked black pepper to season
1 tsp. Olive oil

White Sauce

30g Butter
30g Plain flour
275ml of Milk

Tip

Freezes very well.

Method

1. Heat the oil in saucepan, add the onion, mushroom and garlic. Cook for 10 minutes until soft. Add cream cheese.
2. Add tomato passata, tomato puree, basil, sugar and season with salt and pepper. Simmer for 10 minutes. Add spinach to mix continue cooking for 10 minutes.
3. Make white sauce – melt the butter in a small saucepan. Sprinkle in the flour and mix together. Cook for 1 minute to make a roux. Put milk in a small sauce pan and heat up. Add milk to the roux stirring until mixture thickens. Simmer for 3 minutes. Season with salt and pepper.
4. Putting lasagne together - Spread 4 tablespoons of mushroom mixture on the bottom of oven proof dish. Put a layer of lasagne sheets on top of mixture. Spread $\frac{1}{2}$ of mixture on top of lasagne. Repeat layers. Finish with a layer of lasagne sheet. Spread white sauce on top of the lasagne sheet, then sprinkle parmesan cheese on top.
5. Bake in a preheated oven at 170°C for 35 minutes.

Smoked Salmon & Spinach Roulade



Ingredients

Serves 4 - 6

15g butter
1 Garlic clove, crushed
150g Spinach, cooked, squeezed dry and chopped
4 Eggs, separated
1 tsp. chopped fresh rosemary
Pinch of grated nutmeg
Salt & Black pepper
Salad leaves and lemon slices to garnish

Filling

200g Full-fat soft cheese
3 tbsp. Greek yogurt
200g Smoked salmon

Tip

Can be used for finger food. Cut the roulade in two by the long side and follow method above. You will have two roulades but the roll will be smaller.



Method

1. To Make the roulade; line a swiss roll tin with a sheet of baking parchment.
2. Put the butter into a saucepan, add the garlic, and cook gently until the butter melts. Remove from the heat. Stir in the spinach.
3. Add the egg yolks, rosemary and nutmeg, season to taste, and beat into the spinach mixture.
4. In another bowl, whisk the egg whites until firm. Fold the egg whites into the spinach mixture.
5. Spread the mixture in the swiss roll tin, and bake in a preheated oven at 190°C for 10-12 minutes until the mixture feels firm. Remove from the oven, cover with damp tea towel, and leave to cool.
6. Meanwhile, make the filling: beat the cheese and yogurt together until smooth.
7. Turn out the cooled roulade on a sheet of parchment paper and peel off the paper. Spread the cream cheese mix evenly over roulade, and then spread out smoked salmon on top of cream cheese mix. Roll up the roulade from long side, using the parchment to help lift and roll.
8. Wrap the roulade using the parchment, and chill overnight.
9. To serve, trim off the outer edges of the roulade, cut into thick slices, and arrange on a serving platter. Garnish with salad leaves and lemon slices.

Moroccan Lamb Tagine with Lemon & Herb Cous Cous



Ingredients

Lemon & Herb Cous Cous

2½ Cups of water
2 Cups Cous Cous
1 tbsp. Fresh chopped coriander
Zest and juice from 1 lemon
¼ tsp Cracked black pepper
½ tsp Turmeric
½ tsp Paprika
1 tsp Olive oil
½ tsp Garlic
¼ tsp Salt

Tip

Lamb dish is the best made day before to enhance flavours

Serves 6

1kg Diced leg lamb
2 Tins 400g Chopped Tomatoes
2 tbsp. Tomato Puree
1 tbsp. Chopped fresh coriander
50ml Cream
½ tsp Garlic puree
1 tsp Sugar
1 tbsp. Mixed spices
(ginger, cumin, chilli, turmeric, cinnamon)
Salt & Pepper to season
1 Large onion diced
2 Red peppers
1 tsp Olive oil



Method

1. Heat the oil in a flameproof casserole dish, add in diced lamb. Cook on a high temperature until brown.
2. Reduce heat, add the onions, peppers, garlic, spices and gently cook for 5 minutes.
3. Add tinned tomatoes, tomato puree, fresh chopped coriander and sugar. Simmer for 5 minutes and season with salt and pepper.
4. Cover casserole dish and cook in a preheated oven at 150°C for 2 hours. Stir after 1 hour.
5. Prepare Cous Cous 10 minutes before the end of cooking time of the Lamb Tagine.
6. To cook Cous Cous - Put cous cous, turmeric, paprika, lemon juice, zest and garlic into a dish.
7. Add 1 tsp of olive oil and mix well cover with boiling water until the cous cous is just covered leave for 5 mins then cover with cling film.
8. Remove cling film and whisk well until fluffy. Stir in coriander, salt and pepper. Ready to serve.
9. Add cream to lamb just before service.

Brown Bread



Ingredients

Makes 3 Loaves

825g Wholemeal Flour
525g Plain White Flour
3 tsp Bread soda
75g Margarine
75g Brown sugar
1275ml Buttermilk
50g Mixed Seeds (pumpkin seeds, sesame seeds, linseeds & sunflower seeds)
3 Loaf tins

Tip

Bread freezes very well.

Method

1. Weigh all ingredients.
2. Add all dry ingredients together in a bowl, add margarine and rub in to resemble like breadcrumbs and then add buttermilk and mix.
3. Grease loaf tins with margarine.
4. Divide mixture into the 3 loaf tins evenly. Sprinkle seeds over the top of each tin.
5. Bake in over for 40 minutes at 170°C.

Pear & Almond Scones



Ingredients

Makes 8 Scones

454g Self-raising Flour
170g stork margarine
115g caster sugar
3 eggs
100ml milk
50g ground almonds
50g flaked almonds
Drop almond essence
125g tinned pears

Method

1. Put flour, sugar, ground almonds and margarine into a mixing bowl and mix together until like fine breadcrumbs.
2. Mix in eggs, almond essence and enough milk to wet mixture.
3. Strain the juice from pears and cut into small diced. Add to mix.
4. Pour mixture out onto a floured surface. Knead mixture lightly. Roll out mixture with a rolling pin to 1.5 inches thick. Cut with a round scone cutter. Line the baking tray with parchment paper and place the cut-out scones on tray leaving space between each scone. Sprinkle flaked almonds on top of each scone.
5. Bake in a preheated oven at 170 degrees for 25 minutes.

Tip

Best served a few minutes out of oven.