

## MIDDLE EASTERN LENTIL SOUP

### Ingredients - Serves 6

4 tbs extra virgin olive oil, plus extra to serve  
4 medium carrots, peeled and chopped finely  
1 celery heart trimmed and sliced finely  
2 medium onions, peeled and chopped finely  
6 garlic cloves, peeled and chopped finely  
1 tbs coarsely crushed coriander seeds  
¼ tsp crushed chilli flakes  
225g red lentils  
223g yellow split peas  
2 litres vegetable stock, or water  
Sea salt to taste

### Method

1. Heat the olive oil in a large saucepan over a medium-low heat. Add the carrot, celery, onion and garlic and fry for 15 to 20 minutes until soft, stirring occasionally. Stir in the crushed coriander seeds and chilli.
2. Rinse the lentils and split peas in a sieve, add them to the pan and cook for 4 to 5 minutes, stirring occasionally. Pour in the stock, bring to the boil and simmer over a low heat for 1 hour - the split peas should be nice and mushy. Season to taste.
3. Ladle the soup into warmed bowls. To serve, drizzle a little pomegranate syrup (or lemon juice) over each serving, then some olive oil and finally scatter with chopped coriander.

## HOT POTATO AND PANCETTA SALAD

### Ingredients - Serves 8

6 large waxy potatoes, Maris Peer are ideal  
1 tbs shallots or red onion, peeled and finely diced  
115g pancetta or snipped streaky bacon  
2 large pickled gherkins, chopped  
juice of 1 lemon  
1-2 tbs mayonnaise salt and pepper

### Method

1. Cook the potatoes whole in their skins in a pan of salted water. Drain well, and allow to cool slightly. Remove the skins with your fingers and dice, before covering with aluminium foil to keep warm.
2. Next, gently fry the onion and pancetta over a gentle flame until the onion is translucent.
3. In a large bowl, mix all of the ingredients together. Toss in the lemon juice and mayonnaise. Season to taste and serve immediately.

## COMFORTING CASSEROLE

### Ingredients - Serves 6

4 tbs olive oil  
700g boneless leg of pork, cut into 2.5cm chunks  
2 large onions, peeled and sliced  
2 garlic cloves, peeled and chopped  
170g ready-to-eat dried apricots, halved  
2 tbs ground coriander  
1 tbs ground cumin  
1 tbs ground cinnamon  
2 tbs plain flour  
450ml chicken stock or bouillon cube

# WINTER SEASON RECIPES FOR RV'ERS

## From Jeni's Kitchen

grated zest and juice of 1 large orange  
salt and pepper

### Method

1. Preheat the oven to 150°C/Gas 2.
2. Heat the oil in a shallow frying pan and brown the meat in small batches. Drain on kitchen paper.
3. In a flameproof casserole, gently fry the onions and garlic until soft, then add the apricots and spices and saute gently. Stir in the flour and gradually add the stock, orange zest and juice. Season with salt and pepper. Bring to the boil and add the meat.
4. Cover and cook for 2 hours until the meat is tender.

## MUSHROOM AND VEGETABLE COUSCOUS

### Ingredients - Serves 4

250g couscous  
2 large carrots, sliced thinly  
1 tbs olive oil  
1 red onion, cut into wedges  
2 cloves garlic chopped finely  
275g open cup mushrooms  
1 x 227g can bamboo shoots, drained  
1 x 220g can water chestnuts, drained  
125g cashew nuts, toasted  
2 tsp Chinese five-spice seasoning  
2 tbs sherry  
2 tbs soy sauce  
3 tbs chopped fresh coriander  
Serves 4.

### Method

1. Cook couscous according to packet instructions.
2. Cook carrots in boiling water for 2 minutes, and then drain.
3. Heat the oil in a large saucepan and cook onion and garlic for one minute. Add mushrooms, cover and continue to cook for 2 minutes. Stir in remaining ingredients and continue cooking for about 4 minutes. Stir in the cooked couscous for the last minute.

## MUSHROOM AND VIETNAMESE SPRING ROLLS

### Ingredients - Serves 4 (makes 12)

Vietnamese Spring Rolls  
1 tbs rapeseed oil  
150g stir-fry vegetable mix (peppers, bean sprouts, etc)  
100g shredded cooked chicken  
150g wholewheat noodles, cooked  
1 tbs each of freshly chopped mint and coriander leaves  
1 tbs light soy sauce (plus some for dipping)  
1 tsp fish sauce  
1 x 154 g pack of spring roll wrappers (rice pancakes)

### Method

1. Heat the oil in a frying-pan and fry the vegetables for 1 to 2 minutes, then

allow to cool.

2. Mix together the stir-fry vegetables, chicken, noodles and herbs with the soy and fish sauces.
3. Place the wrappers one at a time into hot water until soft and pliable (about 10 to 15 seconds). Remove the wrappers and lightly blot on a dry, clean tea towel.
4. Place equal amounts of the filling in the centre of each wrapper.
5. Fold over the bottom and the sides and roll wrapper upwards to form a neat roll shape.

## JAPANESE-STYLE SALMON WITH TOMATO CHUTNEY

### Ingredients - Serves 4

4x175g fillets of salmon  
200 ml mirin  
150 ml soy sauce  
1 tbs brown miso paste  
1 tbs toasted sesame oil  
2 tbs caster sugar  
2 tbs sherry vinegar  
**For the Chutney**  
60g fresh mint leaves, washed well and chopped finely  
2 large ripe tomatoes, chopped  
2 heaped tsp chopped green chilli  
2 cloves of garlic peeled and chopped finely  
2 tbs olive oil  
Finely grated zest and Juice from 1 large lime  
Salt and freshly ground black pepper, to taste

### Method

1. To make the chutney, place all the ingredients in a bowl, season to taste and combine thoroughly.
2. Place the mirin, soy, miso paste, sesame oil, sugar and vinegar together into a saucepan, mix well, and then bring to the boil. Turn down the heat and reduce the sauce until you have about 150 ml Remove from the heat and cool.
3. Once cooled, pour half over the salmon and leave to marinate - ideally overnight in the fridge, but for at least 1 hour.
4. To cook the salmon, pre-heat the grill to its highest setting, lift out the salmon, leaving a little sauce on the fish, then place on to a grilling tray or dish. Cook for 6 to 8 minutes, depending on the temperature of the grill, or until the salmon is just cooked - ideally slightly underdone.
5. Meanwhile, thoroughly heat the remaining marinade, and serve with the salmon as a dipping sauce along with the chutney.