



## PROVENCAL CASSEROLE

### Ingredients – Serves 6

- 250 dried flageolet beans, picked over
- 1 tbs virgin olive oil
- 1 large onion, sliced
- 1 garlic clove, crushed
- 1 sweet red pepper, seeded, deribbed and sliced
- 500g courgettes, thickly sliced
- 1 aubergine, cut into large dice
- 500g tomatoes, skinned, seeded and roughly chopped, or 300g canned tomatoes, drained and roughly chopped
- 125g button mushrooms, wiped clean, stems trimmed
- 15cl unsalted vegetable stock
- 2 tsp chopped fresh oregano, or ½ tsp dried oregano
- ¼ tsp freshly ground black pepper
- ¼ tsp salt

### Method

1. Rinse the beans under cold running water, then put them into a large saucepan, and pour in enough cold water to cover them by about 7.5 cm.
2. Discard any beans that float to the surface. Bring the water to the boil and cook the beans for 2 minutes. Turn off the heat, partially cover the pan, and soak the beans for at least 1 hour. (Alternatively, soak the beans overnight in cold water)
3. Rinse the beans, place them in a clean pan, and pour in enough water to cover them by about 7.5 cm. Bring the liquid to the boil. Boil the beans for 10 minutes, then drain and rinse them again. Wash out the pan, replace the beans, cover them again by 7.5 cm of water and bring it to the boil. Reduce the heat to maintain a strong simmer, and cook the beans, covered, until they are tender – about 1 hour. If the beans appear to be drying out at any point, pour in more hot water. When they are cooked, drain and rinse the beans in a colander.
4. Heat the oil in a large, fireproof casserole or heavy-bottomed saucepan and cook the onion and garlic over low heat for a few minutes, until softened but not browned. Add the sweet red pepper, courgettes, aubergine and tomatoes, and cook over medium-low heat for 1 to 2 minutes, stirring frequently. Reduce the heat to low and add the mushrooms, beans, stock, oregano, black pepper and salt. Mix well, cover, and simmer over low heat, stirring occasionally, for 25 minutes, or until the vegetables are tender.
5. Serve hot.

# LATE WINTER HOT RECIPES FOR RV'ERS

From Jeni's Kitchen

## BLACKENED SALMON & ORANGE YOGHURT SAUCE

### Ingredients – Serves 4

- 800g salmon fillet, skin and small bones removed
- 2tbsp olive oil, plus extra for sauteing
- Brown basmati rice, to serve

### For the orange yoghurt sauce

- 4tbsp olive oil
- 400ml plain yoghurt, whisked smooth
- Zest and juice of 1 large juicy orange

### For the herb and spice mix

- 3tsp each dried thyme, rosemary and oregano
- 3tsp dry-roasted cumin seeds, roughly ground
- 1½ tsp each Spanish sweet smoked paprika and cayenne pepper
- 3 garlic cloves, peeled and pulped in a mortar with a pinch of salt
- 3tsp salt

### Method

1. Make the sauce by whisking the olive oil into the yoghurt, followed by the zest and juice of the orange. Set aside.
- For the herb and spice mix, put all the ingredients in a bowl and mix together thoroughly
2. Run your fingers over the top of the salmon to check that all the small bones have been removed. Cut the salmon into cubes roughly 3cm in size - they need to be cooked quite quickly so mustn't be too large. Put them in a bowl and add the olive oil. Turn the salmon pieces carefully until well covered. Tip the salmon into the bowl with the herb and spice mix.
3. Again, turn the salmon carefully until all the pieces are well coated in the mix. Pour a couple of tablespoons of olive oil into a large frying pan. When hot, transfer the salmon to the pan and fry for 4-5 minutes, turning to cook evenly. Check they're done and be careful not to overcook; it's better that some pieces are slightly underdone - they continue to cook a bit off the heat. Serve over a steaming dish of brown basmati rice. Don't forget the sauce on the side!

## CAULIFLOWER FLAN

### Ingredients – Serves 4

- 1cauliflower trimmed and divided into small florets, about 350g
- 1 tsp virgin olive oil
- 1 onion, finely chopped
- 1large cooking apple, peeled, cored and roughly chopped
- 1½ tbsp Dijon mustard
- 2tbsp plain flour
- 30cl skimmed milk
- ¼ tsp salt
- white pepper
- paprika

### Herb Pastry

- 125g wholemeal flour

- 60g polyunsaturated margarine, chilled
- 2 tsp finely chopped fresh coriander
- 2 tsp finely chopped flat-leaf parsley

### Method

1. First make the pastry. Put the flour in a mixing bowl and rub in the margarine with your fingertips until the mixture resembles fine breadcrumbs. Stir in the coriander and parsley.
2. Using a round-bladed knife, blend 3 to 4 tablespoons of water into the dry ingredients to form a dough. Gather the dough into a ball and knead it briefly on a lightly floured surface, until it is smooth.
3. Roll out the dough and use it to line a flan tin 20cm in diameter, and about 4cm deep. Prick the inside of the pastry case with a fork, and chill it in the refrigerator for 30 minutes. Preheat the oven to 200°C or Mark 6).
4. Bake the pastry case for 10 to 15 minutes, until the pastry is crisp. Remove it from the oven and reduce the temperature to 180°C or Mark 4).
5. Meanwhile, parboil the cauliflower florets in a saucepan of boiling water until just tender - about 5 minutes. Drain, rinse under cold running water and drain again thoroughly. Set the florets aside. Heat the oil in a heavy frying pan over medium heat. Add the onion and fry gently until soft and transparent - about 3 minutes. Add the apple and cook for another 4 minutes, until the apple is just tender.
6. Spread the onion and apple mixture inside the flan case and arrange the cauliflower florets on top. In a bowl, blend the mustard and flour to form a smooth paste. Using an electric hand-held whisk, beat in the egg, then the milk, a little at a time. Add the salt and some pepper, and pour the mixture into the flan case.
7. Bake the flan in the oven for 30 to 45 minutes, until the filling is set. Serve the flan either hot or cold, sprinkled with a little paprika.





## CHICKEN CASSEROLE

**Ingredients** - Serves 4

- 3 tbsp clive oil
- 125g bacon or pancetta, diced small
- 3 sticks or a heart of celery, chopped small
- 1 onion, peeled and chopped small
- 1 garlic clove, peeled and chopped
- Salt and pepper
- 1 free-range or organic chicken, about 1.5kg cut into 8-10 pieces
- 250g tinned tomatoes, drained and chopped roughly into a mash
- 125ml stock, you can use organic vegetable stock cubes
- 125ml white wine
- 3-4 sprigs of rosemary
- 1 red pepper, deseeded and cut into thin strips
- A handful of juicy black olives, pitted
- A handful of parsley, chopped
- Baked sweet potatoes or brown basmati rice, to serve

### Method

1. Preheat the oven to 160°C/gas 3.
2. Heat 1tbsp of olive oil in a frying pan and saute the bacon or pancetta, celery, onion and garlic gently for about 20 minutes, allowing them to colour.
3. Spoon into an ovenproof casserole.
4. Season the chicken pieces and heat another spoonful of oil in the frying pan. Saute them on a highish heat, turning them as they brown. Add to the casserole.
5. Add the tomatoes to the frying pan and stir vigorously. Add the wine and stock, scraping the residue into the mix. Carefully pour this into the casserole. Tuck in the chillies and the rosemary sprigs. Mix well.
6. Cover the casserole and bring to a simmer on the hob. Transfer the covered casserole to the oven and cook for 30 minutes.
7. While it's in the oven, heat the rest of the oil in the pan and saute the red pepper (if using). Add the pepper and olives to the casserole after it's been in the oven for 30 minutes and cook, uncovered, for 15 minutes more.
8. Sprinkle with parsley and serve with baked sweet potatoes or brown basmati rice.

## FISH PIE

**Ingredients** - Serves 4

- 250g cod or haddock fillet, skinned
- 150g smoked haddock fillet skinned
- 200 ml milk
- 1x 295g can condensed mushroom soup

- 1 x 198g can sweetcorn, drained
- 1 x 300g can peas, drained
- 4 tbs freshly chopped parsley
- Freshly ground nutmeg, optional
- Juice of 1/2 lemon
- Freshly ground black pepper, to taste
- 1 x 820g can potatoes, drained and cut into quarters
- 125g Cheddar, grated

### Method

1. Pre-heat oven to 190 deg C, Gas Mark 5.
2. Lay the fish in a large frying-pan and pour over the milk. Cover and bring slowly to the boil. Simmer gently for 5 to 7 minutes or until the fish flakes apart. Remove the fish and place into one large ovenproof dish or four individual dishes.
3. Add the soup to the milk and heat gently until thoroughly combined.
4. Add the sweetcorn, peas, parsley, nutmeg (if using), the lemon juice and pepper, and pour over the fish.
5. Place the potatoes on top of the fish and scatter with cheese.
6. Bake for 25 minutes or until the potatoes are beginning to turn golden and the fish filling is hot and bubbling.



## ROASTED COD TOPPED WITH CELERY, WALNUT AND BLACK OLIVE STUFFING

**Ingredients** - Serves 4

- 40g Panko breadcrumbs
  - 2 sticks Fenland celery, finely sliced
  - Zest and juice of 1 lemon
  - 2 tbs parsley, chopped finely
  - 40g walnuts, chopped finely
  - 40g black olives, stoned and sliced
  - 2 tbs olive oil
  - Salt and freshly ground Mack pepper, to taste
  - 4 x approx 150g cod loin fillets
  - 4 tbs creme fraiche
  - 250g cherry tomatoes on the vine, separated into bunches
- To Serve:** new potatoes.

### Method

1. Pre-heat oven to 200 deg C, Gas Mark 7. Grease a shallow roasting tray or heatproof baking dish large enough to hold the fish fillets and tomatoes on the vine.
2. Mix together the breadcrumbs, Fenland celery, zest of the lemon, parsley, chopped walnuts and olives. Stir in 1 tablespoon of the olive oil and



a good squeeze of lemon juice. Season to taste.

3. Pat the cod fillets dry with kitchen paper, place on the baking tray and spread evenly with the creme fraiche, then top generously with the breadcrumb mixture, pressing down lightly to ensure a good coating. Add the cherry tomatoes to the tray and sprinkle with the remaining olive oil.
4. Bake in the oven for about 15 minutes until the fish is cooked through and the topping golden.
5. Serve with a squeeze of lemon juice and some new potatoes.

## LENTILS WITH CUMIN AND ONION

**Ingredients** - Serves 4

- 350g lentils, picked over and rinsed
- 1 tsp ground cumin
- 1/2 tsp salt
- 60g brown rice
- 1 tbsp virgin olive oil
- 500g onions, thinly sliced
- 90g radishes, thinly, sliced
- 2 tbs chopped parsley

### Method

1. In a heavy-bottomed saucepan, bring 1.5 litres of water to the boil. Add the lentils, cumin and salt, and boil, uncovered, for 20 minutes.
2. Add the rice and cook for a further 30 to 40 minutes, until the liquid has been absorbed but the rice is still moist.
3. Meanwhile, heat the oil in a frying pan, and fry the onions over low heat, partially covered, until they are soft and golden-brown, stirring them frequently while they are cooking - about 15 minutes.
4. Stir half of the fried onions into the lentils. Transfer the mixture to the centre of a shallow serving dish.
5. Distribute the remaining fried onions round the lentil mixture, then arrange the radishes round the onions at the edge of the dish.
6. Sprinkle the chopped parsley over the lentils. Serve hot.

*SUGGESTED accompaniment: salad of lettuce and cucumber.*