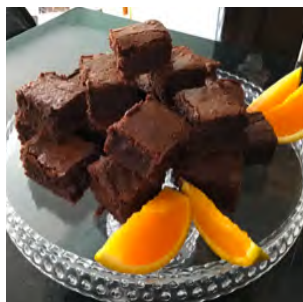




# LOCKED-IN TASTES



Culinary Adventures  
Under Lockdown





# LOCKED-IN TASTES

Culinary Adventures  
Under Lockdown

**This book is dedicated  
to all  
who find themselves in lockdown.**

**Meticulous Graphics**

Bern, Switzerland  
[www.meticulous.graphics](http://www.meticulous.graphics)

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and the Locked-in Taste Team



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# LOCKED-IN TASTES: CULINARY ADVENTURES UNDER LOCKDOWN

In aid of the World Health Organization Covid-19  
Solidarity Response Fund

The recipes in this e-cookbook Locked-in Tastes come from ordinary people across more than a dozen countries in the world who are currently in lockdown. The e-book contains over 55 recipes.

**Locked-in Tastes** is designed to share these suggestions with the wide world of people in lockdown.

## The world in lockdown

Over three billion people – more than a third of the world's population – are in some kind of lockdown, self-isolation or quarantine, as we all try to fight the coronavirus. (A quarantine originally meant a lockdown of 40 days, but who knows how long this will last, and whether it will need to be repeated?)

We are advised or forced by our governments to stay at home except for essential shopping and a little exercise. Restaurants and bars are closed. Food supplies, thankfully, continue, but people cannot expect to find all the items on their shopping lists.





# STARTERS AND SNACKS





# Warm Spinach Dip with Toasted Pita Wedges

Donna, Canberra, Australia



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**25 MINUTES**

## INGREDIENTS

**10 oz frozen chopped spinach,  
thawed and excess liquid  
squeezed out**

**1/2 cup light sour cream**

**5 tbsp light mayonnaise**

**1/3 cup Parmigiano Reggiano**

**1/4 cup scallion, chopped**

**1 clove garlic, crushed**

**1 cup 4 oz shredded part-skim  
mozzarella cheese**

**fresh pepper to taste**

*Great snack to enjoy while streaming a film  
during lockdown*

Preheat the oven to 375°F.

Combine all the ingredients in a medium bowl.

Place in an oven-proof dish and bake at 375° for 20-25 minutes, until hot  
and cheese is melted.

Serve right away with toasted pita wedges.



*Focaccia is yeasted flat bread that has its origin in classical antiquity, historically cooked on the hearth of a hot fire. The Genovese claim it as their speciality. Here is my Tuscan version for you to practise while in self-isolation!*

# Focaccia

Cinzia, Torrita di Siena ,Tuscany, Italy



**SERVES**  
**8**



**METHOD**  
**BAKED**



**TIME**  
**3 H 10 mins**

## INGREDIENTS

**1 kg plain flour**

**400ml water**

**1 packet of brewer's yeast**

**1 teaspoon of sugar**

**2 teaspoons of salt**

**1/2 cup of olive oil**

Mix the above ingredients together with a wooden spoon.

Knead the dough by hand in the bowl for about 10 minutes gently adding the water as you mix. Form the dough into a ball and place into a clean well-oiled bowl to rise

Cover with cling film and then a tea towel and leave for 2 hours

Make the sign of the cross over it. Saint Martin will make it rise!

After the dough has rise (about 2 hours) tip the dough on to an oiled work surface (you may have to sprinkle a bit of flour so it doesn't stick) and continue kneading for five more minutes.

Line a large baking tray with baking paper. Tip the dough out of the bowl and flatten the dough on to the prepared tray, pushing to the corners, cover with cling film making sure it does not touch the top of the dough, then leave to rise about another one hour.

Make finger dents into the dough, sprinkle with fresh rosemary and salt flakes if desired

Preheat the oven to 220C/200C Fan/Gas 7 and bake for 20 minutes.

When cooked, drizzle with a little more olive oil and serve hot or warm.

# SOUPS, SALADS AND SIDE DISHES





# Homemade Bread - without yeast!

Karin, Hagenbach, Germany



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**15 MINUTES**  
(prep)

*If you can't get hold of yeast and want to make your own bread, use beer to act as a raising agent instead.*

## INGREDIENTS

**500 g flour**

**1 pk baking powder (15 g)**

**1 tsp salt, 1/2 tsp sugar**

**0.5 ltr dark beer (can use Malz beer for alcohol free version – don't add sugar if using Malz)**

**2-3 dessert spoons of grated cheese and/or grated carrot**

Mix all ingredients well together and put into greased loaf tin (24cm x 10.5cm)

Bake in pre-heated oven (top/bottom heat) at 180 degrees C for 60 minutes.

Tip: Put water into a baking dish at the bottom of oven to create humidity.

# Lentil Soup

Dearbhàile, Cavan, Republic of Ireland



**SERVES**

**4**



**METHOD**

**SIMMER**



**TIME**

**45 MINUTES**



## INGREDIENTS

**1 cup of dried red lentils, rinsed**

**1 large or 2 small onions, finely chopped**

**1 clove of garlic, smashed with the side of a knife**

**1 heaping tbs of tomato puree**

**1 can (400g) of chopped tomatoes**

**1 small carton (250g) of tomato pasata**

**1 chicken stock cube**

**1 vegetable stock cube**

**2-3 bay leaves**

**tsp of dried basil**

**tsp of dried oregano**

**1 tsp sugar**

**a generous amount of freshly ground pepper**

**chilli flakes or tabasco sauce/chilli sauce to tolerance**

**splash of rapeseed oil or olive oil**

**fresh or frozen spinach**

*As a dietitian working in a hospital, I know the importance of packing meals full of healthy ingredients and vitamins. And the great thing about lentil soup is that you can serve some and save some. And, if you want to make a larger quantity, it's easy to freeze, in portions.*

Heat a splash of the oil in the pan. Put in the onion, and sauté for about 5 minutes. Make certain to keep stirring so that the onions soften but not brown. They do not have to fully cook but at least 1/2 way cooked.

Add the tomato purée to the onions and cook for 3 to 5 minutes, while continuing to stir the mixture around the pan so that it does not burn.

Add the lentils and the smashed clove of garlic to the onion/tomato purée mixture. Add the tabasco/chilli sauce at this point if you want some heat.

Pour in the carton of passata and the tin of tomatoes. Fill up the empty carton and the tin with water to wash out every drop of tomato and add to the soup. (This should be enough liquid but you can always add a bit more later if you think that the soup is too thick.)

Add the stock cubes, bay leaves, oregano, basil, sugar, black ground pepper and stir.

Bring to a boil and then turn down the heat and simmer for 35 minutes or until the lentils are soft and fully cooked.

Before serving, add the spinach; cook 2 minutes.

Serve immediately.

# Italian Turkey Orzo Soup OR Italian Wedding Soup

Carol, Pennsylvavnia USA



**SERVES**  
**4**



**METHOD**  
**BOILED**



**TIME**  
**20 MINUTES**

## INGREDIENTS

**1** tablespoon olive oil

**12 ounces** 93% lean ground turkey

**1** tablespoon chopped fresh oregano (I use dry)

**4 ounces** sliced cremini mushrooms

**5** garlic cloves, chopped

**3 cups** unsalted chicken stock (such as Swanson)

**2 cups** water

**1/2** teaspoon kosher salt

**1/2** teaspoon crushed red pepper

**1** (15-ounce) can petite diced tomatoes, drained (I use oven roasted with Basil and garlic )

**3/4** cup uncooked whole-wheat orzo pasta

**3 cups** spinach

**1/2** teaspoon grated lemon rind (I don't use this...family likes better without)

*A favorite in our house and I usually double the recipe. It is delicious anytime but especially when one is not feeling 100%.*

*Stay healthy and happy!*

Heat a large Dutch oven over medium-high heat. Add oil; swirl to coat. Add turkey; cook 6 minutes or until lightly browned, stirring to crumble.

Add oregano, mushrooms, and garlic; sauté 5 minutes. Add stock, 2 cups water, salt, red pepper, and tomatoes, scraping pan to loosen browned bits; bring to a boil.

Add orzo; cook 7 minutes. Stir in spinach and rind; cook 2 minutes.



# GINGER, SWEET POTATO AND COCONUT MILK STEW WITH LENTILS & KALE

Lynn, Montreux, Switzerland

from The First Mess // [thefirstmess.com](http://thefirstmess.com)



**SERVES**  
**4-6**



**METHOD**  
**BOILED**



**TIME**  
**30 MINUTES (PREP)**



## INGREDIENTS

**1 tablespoon coconut oil**  
**1 medium yellow onion, small dice**  
**1/2 - 1 teaspoon dried chili flakes (I used Diaspora Co's ground Guntur Sannam Chilli)**  
**1/2 teaspoon ground coriander**  
**1/2 teaspoon ground cumin**  
**1/2 teaspoon ground turmeric**  
**2-inch piece fresh ginger, peeled and minced**  
**3 garlic cloves, peeled and minced**  
**sea salt and ground black pepper, to taste**  
**1 1/2 lbs (690 grams or 2 medium) sweet potatoes, peeled and diced into 1-inch pieces**  
**1/2 cup brown lentils, picked over**  
**4 cups vegetable stock**  
**13.5 oz (400 ml) can full fat coconut milk**  
**1 small bunch of kale, stems removed & leaves chopped (about 4 cups chopped & lightly packed kale)**

## GARNISH:

**chopped cilantro**  
**extra chili flakes**  
**lime wedges**  
**Nigella seeds (optional)**

*Fabulous recipe, easy to source ingredients and is freezer friendly.*

## NOTES:

Coconut milk is naturally sweet and (obviously) so are sweet potatoes. I like to go in with a lot of the dried chili to balance things out, but of course add as much as you feel comfortable with.

-Chard or mustard greens would also be delicious in place of the kale.

-You already know: I always recommend making your own vegetable stock. My recipe here!

-My favourite coconut milk is by Aroy-D

Heat a large, heavy-bottomed soup pot over medium heat. Add the coconut oil to the pot and let it melt. Add the onions to the pot and stir. Saute the onions, stirring occasionally, until translucent and quite soft, about 5 minutes. Add the chili flakes, coriander, cumin, and turmeric. Saute spices until very fragrant, about 1 minute. Add the ginger and garlic to the pot and cook for another minute. Add a pinch of salt and pepper.

Add the sweet potatoes to the pot and stir to coat in the spices. Add the lentils to the pot and stir once more. Season everything liberally with salt and pepper. Add the vegetable stock and stir, scraping up any browned bits on the bottom of the pot. Place the lid on top of the pot and bring to a boil.

Once the stew is boiling, lower the heat to a simmer and set the lid slightly askew on top of the pot so that there's a couple inches available for steam to escape. Simmer until the sweet potatoes are almost falling apart and the lentils are tender, about 30 minutes. The liquid should also be reduced by almost a third.

Add the coconut milk and kale to the pot and stir. Place the lid on top and continue to simmer the stew until the kale is wilted and bright green, about 3-4 minutes. Season the sweet potato and coconut milk stew again with salt and pepper. Bring the stew back up to a strong simmer and check for seasoning. Adjust with more salt, pepper, chili etc. if necessary.

Serve the stew hot with chopped cilantro, extra chili flakes, lime wedges, and Nigella seeds (if using).

# Babyleaf Spinach Salad with Goat's Cheese and Beetroot

Raphaëlle, Paris, France



**SERVES**  
**2**



**METHOD**  
**TOSS**



**TIME**  
**5 MINUTES**



## INGREDIENTS

**One large beetroot - cooked**

**One package of baby spinach leaves - washed**

**100 grams of fresh goat's cheese (Petit Billy)**

**A few grilled walnuts**

**Salad dressing: Balsamic vinegar, a spoonful of mustard, a spoonful of extra virgin olive oil and a large spoonful of hone**

Translated into English from French

*This is a perfect healthy salad for me in lockdown in a small flat. It's versatile, too: I can make a small portion as an entrée or a larger portion as a main-course salad for my lunch.*

Mix the salad dressing (without the honey) in a large bowl

Cube the beetroot into small chunks

Add the baby spinach leaves

Toss

Slice the goat cheese and add

Sprinkle the toasted walnuts

Drizzle the honey on top of the prepared salad

Add salt and pepper to taste



# Quick Coronation Chicken Salad

Luisa, London, UK



**SERVES**  
**4**



**METHOD**  
**NO COOKING/  
TOSS**



**TIME**  
**5 MINUTES (prep)**  
**No cooking required**

## INGREDIENTS

**4-6 tbsp mayonnaise**

**2 tablespoons of non-fat greek style yogurt**

**2-3 tsp mild curry powder, to taste**

**1 tsp of ground cinnamon**

**2 tbsp mango chutney**

**1-3 tbsp sultanas, or to taste**

**500g shredded cooked chicken**

**4 ounces toasted almonds - optional**

*A fantastic way to use the leftover bits of a roasted chicken from a Sunday lunch to create another quick and satisfying meal.*

Mix the mayo, yogurt, curry powder, cinnamon, chutney and sultanas together and season with salt and black pepper.

Add the shredded chicken and stir to coat in the sauce.

Stir in 2 tbsp water to thin (if needed).

Season with salt and pepper to taste and serve with fresh lettuce leaves, endive or as a sandwich.



# Basil Oil

Maria, Montepulciano, Italy



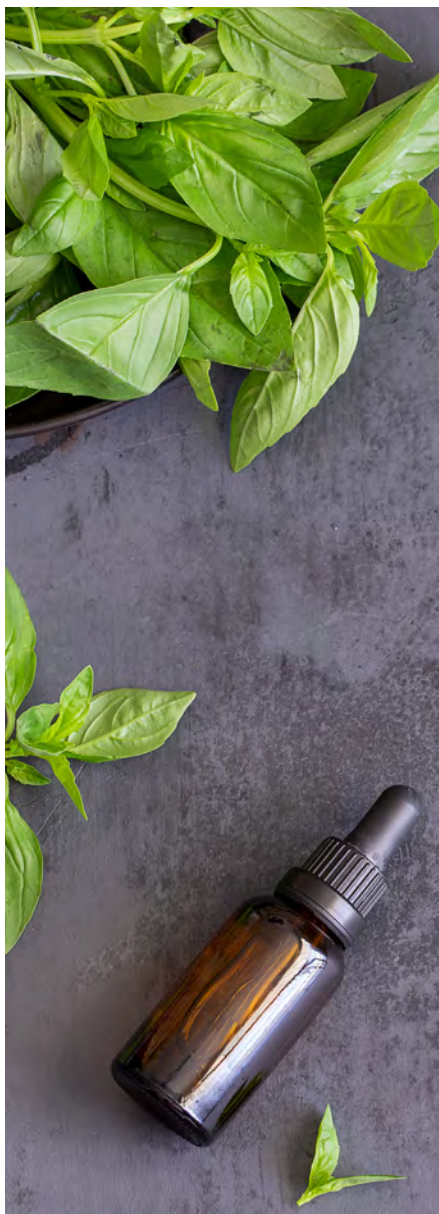
**SERVES**  
**6**



**CUISINE**  
**ITALIAN**



**TIME**  
**10 MINUTES**



## INGREDIENTS

**2 cups packed fresh basil leaves (stemmed and washed)**

**1 cup extra virgin olive oil**

**1 teaspoon salt**

**A pinch of crushed red pepper flakes**

*We adore fresh basil and although it is plentiful in the shops, I have a friend doing our shopping (we are in isolation) and there is a limit on how much I can impose on her kindness. So, instead, I whipped up this oil so that we can enjoy the fresh basil taste while keeping everyone safe. It is delicious on grilled chicken or fish, and over fresh mozzarella. Or try dipping chunks of crusty bread into it.*

*Buon appetito!*

Blanch the basil in boiling water for 10 seconds and then chill it in ice water to stop the cooking process,

Place the basil in a mini-food processor and pulse a few times.

Add the olive oil and blend until you have smooth sauce.

Add the salt and crushed red pepper flakes.

Use immediately or refrigerate and use for up to 7 days. Flavours intensify over the days.



# Shopska (Macedonian) Salad

Lorraine, formerly from Skopje



**SERVES**  
**4**



**METHOD**  
**TOSS**



**TIME**  
**10 MINUTES**

## INGREDIENTS

**4 ripe tomatoes, chopped**

**1 long cucumber, chopped**

**Up to a cup of feta or feta-style cheese, grated**

*When I lived in Skopje, Macedonia, I used to make this 10-minute-to-prepare salad all the time. I practically lived off it. It needs only three ingredients, and couldn't be simpler. The word I use to describe it is 'refreshing'.*

Mix the chopped tomatoes and cucumber in a serving bowl.

Sprinkle the feta cheese on top, almost covering the salad.

Preferably leave in the fridge for at least 20 minutes before eating, to allow ingredients to "infuse".

That's all! The cheese will provide the saltiness.

Variations:

Some Macedonians like to add onion, and some add peppers. If so, a little olive oil should be also added.

# Mango Chutney

Florence, Les Diablerets, Switzerland



**SERVES**  
**4 POTS**



**METHOD**  
**BOILED**



**TIME**  
**30 MINUTES**

## INGREDIENTS

**2 teaspoons fresh ginger,  
finely minced**

**1 red chili, sliced**

**2 teaspoons whole nigella  
seeds**

**1 teaspoon ground coriander**

**1/2 teaspoon ground cumin**

**1/4 teaspoon turmeric powder**

**1/4 teaspoon ground  
cardamom powder**

**1/4 teaspoon ground cloves**

**1/4 teaspoon ground cinnamon  
and 2 whole cinnamon sticks**

**1/4 teaspoon salt**

**4-5 mangos (about 250-300  
grams each), peeled and diced**

**2 cups white granulated sugar**

**1 cup white vinegar**

*Here in the shops in the mountains it's often difficult to find exotic and spicy condiments. So, out of necessity, I cook up a batch of chutney to keep in the pantry and serve with our favourite Indian curries and tandoori. It's also delicious with raclette. I know it takes time, but in lockdown here I have quite a lot at the moment!*



In a medium stock pot, sauté the ginger, garlic and red chilies in a little water for a minute. Add the spices and sauté for another minute. Add the diced mangos, sugar, salt, and vinegar and stir to combine. Bring it to a rapid boil and reduce to medium-low. Steady simmer for 45 minutes. Remove from heat and allow it to cool.

## Storage:

The chutney will keep in the fridge for approx 6 weeks, but for a longer shelf-life you may prefer to pour the hot mixture directly into sterilized jars and boil the jars in a water bath, submerging the glass jar completely for 10 minutes.

Makes about 2 pints or 4 small glass jars.



# Mango and Black Bean Stuffed Sweet Potato

Lynn, Montreux, Switzerland



**SERVES**  
**2**



**METHOD**  
**BAKED/  
MICROWAVE**



**TIME**  
**15 MINUTES**

Source: <https://www.foodnetwork.com/recipes/articles/50-stuffed-potatoes>

## INGREDIENTS

**15-ounce can black or kidney beans (drained and rinsed)**

**1 diced mango**

**1/2 cup diced tomato,**

**1 minced jalapeno**

**2 tablespoons each chopped cilantro**

**2 tablespoons red onion**

**1 tablespoon olive oil**

**the juice of 2 limes**

*Are you isolated, working from home, cooking for one like me? Fear not, I found some delicious solutions! that I would like to share.*

Mix all of the above cold ingredients together and spoon on to hot baked sweet potatoes.

Note:

1. A sweet potatoes can be quickly cooked in the microwave:

- stab it many times with a fork
- wrap in a paper kitchen towel
- = cook on high for 5 minutes

2. Any left-overs of the black bean and mango topping make a great salad: simply spoon on to lettuce and enjoy!



# Courgette and Cheddar Soda Bread



Jane, Mansfield, Nottinghamshire, UK



**SERVES**  
**1 LOAF**



**METHOD**  
**BAKED**



**TIME**  
**60 MINUTES**

Source: <https://www.bbcgoodfood.com/recipes/courgette-cheddar-soda-bread>

## INGREDIENTS

**400g self-raising flour, plus extra for dusting**

**2 medium courgettes**

**50g rolled oat**

**1 1/2 tsp bicarbonate of soda**

**75g mature cheddar, grated**

**small bunch thyme, leaves only**

**284ml pot buttermilk**

**1 tbsp clear honey**

**1 egg, beaten**

*It's a pleasure to fill the kitchen with satisfying smells especially during this unsettled time.*

Heat oven to 200C/180C fan/gas 6 and dust a baking sheet with a little flour.

Place a box grater on top of a clean tea towel and coarsely grate the courgettes. Lift the corners of the tea towel and, holding it over the sink, twist to compact the courgettes and squeeze out as much liquid as you can.

Put the flour, oats, bicarb and 1 tsp fine salt in a large bowl. Add most of the cheddar (save a little for the top), the thyme and the courgette.

Mix the buttermilk and honey, then pour into the flour mixture. Stir with a wooden spoon until the dough starts to clump together, then tip onto a work surface and knead briefly to bring all the loose bits together – try not to overwork the dough or the bread will be heavy.

Shape into a round loaf and place on the baking sheet.

Brush with egg and sprinkle with the remaining cheese. Use a sharp knife to score a deep cross on top of the loaf, then bake for 40 mins until deep golden brown.

Best served warm, but leftovers will keep for 1-2 days.

# Irish Soda Bread

Renata, Kent, England



**SERVES**  
**1 LOAF**



**METHOD**  
**BAKED**



**TIME**  
**25 MINUTES**

Source: [https://www.bbc.co.uk/food/recipes/soda\\_bread\\_33805](https://www.bbc.co.uk/food/recipes/soda_bread_33805)

## INGREDIENTS

**75g/3oz plain flour**

**100g/3½oz wholemeal flour**

**25g/1oz oats**

**1 1/2 tsp caster sugar**

**1/2 tsp salt**

**1/2 tsp bicarbonate of soda**

**2 tbsp linseeds (you can use sesame or sunflower seeds, or just leave them out)**

**175ml/6fl oz natural yoghurt**



*Why did I feel such an urge to bake bread, while in lockdown at home with my hubby? It's something I hardly ever do. And normally we avoid carbs in our house. But bread is "cosy", and when you're forced into lockdown you want some cosiness: a good book, good weather, a good movie and, above all, LOVE! For a Latin person like me (I am from Brazil), bread is pure love and comfort. But where is the yeast? Nowhere in the shops! Suddenly, after the toilet roll crisis, now we have a yeast crisis! Luckily I had flour and soda, so I thought I'd try soda bread. My first attempt was hopeless. Even the birds wouldn't eat it! But finally I got it right... well maybe...*

Preheat the oven to 220C/425F/Gas 7. Line a baking tray with greaseproof paper.

Stir all of the ingredients, except the yoghurt, together in a bowl. Add most of the yoghurt and mix together to a soft dough. Add a little extra yoghurt if the dough is dry.

Tip the dough out onto a floured work surface and knead for a few minutes until smooth.

Shape into round loaf and put on the baking tray. Flatten slightly with your hand then mark a deep X on the top using a knife. Make sure to cut almost all the way to the bottom of the dough, so that the middle of the bread cooks all the way through.

Bake in the oven for 20-25 minutes.

# Parmesan Biscuits

John, Angelsey, Wales



**SERVES**  
**6**



**METHOD**  
**BAKED**



**TIME**  
**70 MINUTES**

By Simon Hopkinson: [https://www.bbc.co.uk/food/recipes/parmesan\\_biscuits\\_54963](https://www.bbc.co.uk/food/recipes/parmesan_biscuits_54963)

## INGREDIENTS

**100g Cold unsalted butter**

**100g plain flour**

**Pinch salt**

**Pinch Cayenne pepper**

**1 heaped teaspoon mustard powder**

**50g finely grated mature cheddar**

**50g fine grated Parmesan plus a little extra**

**1 egg beaten**

*Having some fun during lockdown baking these biscuits and delivering them to many of our neighbours.*

1. Pre-heat the oven to 180°C/350 Fahrenheit/gas 4
2. Place butter and flour into the bowl of a food processor with the salt, cayenne, mustard powder and cheeses. Process together to begin with, and then finally pulse the mixture in short spurts as you notice the mixture coming together – it will eventually bind without the need for egg or water. Wrap in clingfilm and leave to chill in the fridge for at least 30 minutes
3. Lightly flour work surface and gently roll out the pastry to about the thickness of £2 coins. Cut out the biscuits to the size and shape you wish – anything between 3cm and 5cm depending on the occasion. Leave them out on a greased baking tray about 2cm apart – it may take two lots of baking to use up the entire mixture.
4. Carefully brush the surface of each biscuit with the egg and sprinkle over a little finely grated Parmesan. Bake for 10 minutes, or until they're a gorgeous golden brown colour; the superb smell will also inform you that they are ready.
5. Carefully lift the biscuits off the tray using a palette knife and place on the rack to cool. Although the biscuits will keep well in the sealed container for a few days, I have never known this to happen!



# Paté de Volaille

Edith, Rhodter Adler Restaurant, Rhodt, Germany  
[www.rhodter-adler.de](http://www.rhodter-adler.de)



**SERVES**  
**6 - 8**



**METHOD**  
**MIXER / BAKED**



**TIME**  
**1 HOUR / PREP**

Translated into English from French

## INGREDIENTS

**600g corn chicken breast**

**100 g duck breast fillets**

**400 ml cream**

**100 pistachios**

**Some cognac or calvados**

**Salt, pepper, thyme, parsley,  
cardamom, lemon peel**

*A satisfying and tasty first course.*

Place the cream briefly in the freezer as well as the mixer attachment and the knife of the mixer. Dice the corn chicken breast, mix with cognac or calvados, season with salt, pepper and cardamom and freeze briefly. In the meantime, rub in the lemon zest and finely chop the thyme and parsley. Cut the duck breast fillets into small cubes and chill.

Grease a terrine bowl with butter and line it with baking paper. Preheat the oven to 100 °C.

Puree the chicken breast with the cream in 2 loads in a cold blender. Mix in the duck breast, pistachios, lemon zest and herbs. To taste, put a cam in lightly boiling water. Season again if necessary.

Put the mass in the terrine mold and cook with the lid closed for about 1 hour at 100 °C.

Let cool and serve with salad and fruit chutney.



# LUNCHES AND SUPPERS



# Risotto Milanese

Donna, Canberra, Australia



**SERVES**  
**4**



**METHOD**  
**SAUTÉE**



**TIME**  
**30 - 35 MINUTES**

## INGREDIENTS

**5 1/2 cups chicken stock, preferably homemade**

**2 tablespoons extra-virgin olive oil**

**1 small onion, finely chopped**

**Salt and freshly ground pepper**

**1 1/2 cups arborio rice (10 ounces)**

**Pinch of saffron threads 1/2 cup dry white wine**

**1/2 cup freshly grated Parmigiano-Reggiano cheese**

**1 tablespoon unsalted butter**

*Colourful, sunny and bright— just what we need in times like these.*

In a medium saucepan, bring the chicken stock to a simmer; keep warm. In a large saucepan, heat the olive oil.

Add the onion, season with salt and pepper and cook over moderate heat, stirring, until softened, about 5 minutes.

Add the rice and cook for 1 minute, stirring to thoroughly coat.

Crumble the saffron into the wine and add it to the rice. Cook, stirring, until the wine is absorbed.

Add 1 cup of the warm stock and cook over moderate heat, stirring constantly, until nearly absorbed.

Continue adding the stock 1/2 cup at a time, stirring constantly, until it is nearly absorbed between additions.

The risotto is done when the rice is al dente and suspended in a thick, creamy sauce, about 30 minutes total. Season the risotto with salt and pepper.

Stir in the cheese and butter.

Serve with dried red pepper flakes and heaps of freshly grated parmesan cheese

Hint: I find it is better if you grind the saffron into a fine powder and then add it to the wine.

buon appetito!

# Improvised Omelette

Renata, Kent, England



**SERVES**  
**2**



**METHOD**  
**SAUTÉE**



**TIME**  
**10 MINUTES**

## INGREDIENTS

Left-overs of cooked pumpkin  
(already salted)

6 Eggs

Capers

Frozen peas

*I made this omelette on our 10th day of lockdown. I had avoided shopping as much as possible and had to rely on whatever I had in the fridge. Luckily, I had eggs, some leftover vegetables, and some frozen peas. I was quite pleased with the result. Let's improvise!*



Season the beaten eggs well with salt and pepper. Heat the oil and butter in a non stick frying pan over a medium-low heat until the butter has melted and is foaming.

Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.

Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.

At this point you can fill the omelette with whatever you like –or whatever you happen to have! ☺  
fold gently in half with

Slide onto a plate to se



# Bernie's Christmas Breakfast Brunch

Bernie, Swindon, England



**SERVES**  
**4**



**METHOD**  
**SAUTÉE**



**TIME**  
**30 MINUTES / PREP**

## INGREDIENTS

**½ Onion, finely chopped**

**Butter, as required**

**200g Basmati Rice**

**1 Tsp madras Curry powder**

**Grated Nutmeg  
(or 1/2 tsp  
dried)**



**Double Cream, as required**

**150g naturally Smoked  
Salmon, cut into chunks or  
slices**

**150g North Atlantic Prawns**

**Handful of cooked/frozen  
garden peas**

**Sea Salt and cracked Black  
Pepper.**

**Handful of Parsley, chopped**

**3 hard-boiled eggs, shelled  
and halved**

**Cayenne pepper (optional)**

**Lemon wedges**

**A few large North Atlantic  
Prawns, to decorate**

*My recipe offering is somewhat seasonal, although I guess it can be prepared any time. Over a great many years I have tried to do Xmas Breakfast which is simple, a bit different, tasty but not over flavoured/heavy, can be mostly prepped on Xmas Eve and pretty much liked by even picky ones. Some might call it an inspired Kedgeree.*



1. Cook the onion gently in the butter for a few mins then add the rice.
2. Continue cooking gently and stirring, add the curry powder and nutmeg.
3. Stir for 2 mins then add sufficient water to cook the rice and cover.
4. When the rice is cooked (and drained if necessary) melt a little butter in to a large saute/frying pan and add the cooked rice.
5. Add the peas, salmon, prawns, season well and heat sufficiently to warm through, do not cook/boil.
6. Mix in sufficient cream to give a "not too liquid" consistency then add the chopped eggs and parsley.
7. Stir well but gently and heat through thoroughly without over cooking.
8. Serve immediately in a large dish garnished with a pinch of cayenne pepper (optional) and a few "head and tailed" large prawns and topped with a knob of butter and lemon wedges

# Dinner for One: Smoked Salmon on Toast with Lemon

Patrick, Vaud, Switzerland



**SERVES**  
**2**



**METHOD**  
**NO COOKING**



**TIME**  
**5 MINUTES**

## INGREDIENTS

**Crusty French baguette -  
sliced and toasted**

**Pack of smoked salmon**

**One lemon - cut into wedges**

*Isolating from friends and family, I find that I must prepare my own meals, find dishes that are suitable for only one person and also satisfy my dog's refined palate.*

Toast the baguette (either in the oven or in a toaster)

Layer the salmon

Squeeze generous amounts of lemon and freshly ground pepper

Enjoy!!!

Variations:

Spread a thick layer of cream cheese or mashed avocados on to the bread, or sprinkle with capers, before layering the salmon on top.



# Jackfruit Chilli

Lucie, Oxshott, Surrey, UK



*It's been challenging during this lockdown, with only a limited amount of fresh produce available, and having to invent meals that all of the family will eat. This store-cupboard recipe seems to work though, a few fresh ingredients and can be easily adapted/swapped with whatever you have hanging about or needs to be used up. I serve it with tortilla chips and grated cheese for our two daughters and my husband: they seem to like it, and no complaints!*



**SERVES**

**4**



**METHOD**

**SAUTÉE /  
SIMMER**



**TIME**

**60 MINUTES**

## INGREDIENTS

(if you don't have anything just go with what you do have in your cupboard and mix it up a little!)

1 x tbsp of oil, whatever you have, nothing fancy

1 x chopped onion

1 x chopped carrot

1 x chopped pepper, any colour I didn't have any fresh peppers unfortunately but added some frozen peppers along with the tinned beans in step 4)

1 x chopped celery (if liked)

(If you have any spare odd vegetables like a courgette or an extra pepper add it, the more the merrier, I added some fresh cherry tomatoes that needed using up)

1 x tbsp of tomato purée

1 x tsp of smoked paprika (add more if you like it hot)

1 x tsp chilli powder or cayenne pepper (add more if you like it hot) if you have any fresh chillies then chop small and use that instead

1 x medium glass of red or white wine: if not, add a vegetable stock cube

1x tsp of salt

1 x tsp of dried herbs, oregano, basil, etc whatever you have

2 x garlic clove crushed or 1 x dried garlic granules/powder

Tin of jackfruit, drained and broken up into smaller pieces with your hands

2 x tins of chopped tomatoes

Slug/drop of balsamic vinegar or red wine vinegar or lemon juice again, whichever you have

1 x tsp of sugar or a drizzle of maple syrup

1 x tin of kidney beans, drained and rinsed

1 x tin of either black beans, black eyed beans, butter beans, whatever you have (or just stick to the kidney beans)

Serve with fresh coriander (if you are lucky enough to find any) and cooked rice or tortilla chips/warm tacos/lettuce/grated cheese

1. In a large pan heat up the oil and add the chopped onion, carrot, pepper and celery and cook over a medium heat for five minutes, stirring and making sure nothing sticks or browns.



2. Add the tomato purée and chilli powders / paprika / fresh chilli, garlic, dried herbs and salt, stir and cook for one minute, then add the wine. Let everything bubble and reduce slightly for 3-4 minutes.



3. Add the cans of tomatoes (wash each can out with water and add also) jackfruit, balsamic vinegar and sugar/ maple syrup and cook for another 5 minutes.



4. Finally add all the drained beans, stir and turn the heat low and continue to cook for 30/40 mins uncovered, stirring occasionally, taste and add more salt and pepper if needed. The final result should be a dark red delicious chilli!



Serve with rice /tortilla chips/ grated cheese/tacos or everything!



# Basic British Baked Beans on Toast

Alastair, Banbury, Oxfordshire, England



**SERVES**  
**1-2**



**METHOD**  
**BOILED**



**TIME**  
**10 MINUTES**

## INGREDIENTS

**Two slices of sliced bread, of no more than 12mm thickness.**

**Butter (not margarine or olive oil)**

**250g of baked beans from a can**

*“This truly is an easy and quick dish to prepare, and it’s inexpensive and quite healthy. Did you know almost a quarter of British people each baked beans at least twice a week? And even more frequently in Birmingham, apparently!”*

Toast the bread (white bread is fine, but wholemeal if you prefer) in a toaster or in front of an open fire on a toasting fork.

Heat up the baked beans in a pan.

Butter the bread

Pour the beans on to the buttered bread

Not-so-basic baked beans on toast

Why not try...

Smearing the buttered toast with Marmite before pouring on the baked beans?

Adding a few drops of Worcestershire sauce to the beans while heating them in the pan? Or even Tabasco.

Or adding two rashers of crisp, smoky bacon on the side of the plate?



# Chakalaka

Thozama, Township of Stellenbosch, South Africa



**SERVES**  
**4**



**METHOD**  
**SAUTÉE**



**TIME**  
**30 MINUTES**

## INGREDIENTS

**2 large carrots, grated**  
**3 courgettes, sliced**  
**1 can cooked baked beans**  
**1 can of tomatoes**  
**1 green pepper, chopped**  
**1 yellow pepper, chopped**  
**1 red pepper, chopped**  
**1 onion, chopped**  
**45ml cooking oil**  
**1 teaspoon of garlic**  
**1 tablespoon of turmeric powder**  
**1 tablespoon of peri peri powder**  
**1 tablespoon of paprika**  
**Half cup of red chopped cabbage**  
**1 spoon of wholegrain mustard**  
**Pinch of salt**

*A national favorite that has many variations. I often serve ours as a main course over rice but others prefer Chakalaka as an accompaniment to a BBQ. Versatility is what you need in lockdown!*

Fry the onions, peppers, carrots and courgettes in olive oil

Add garlic, turmeric, periperi powder, paprika and fry them for 10 minutes

Remove the pan from the heat and pour into a large bowl

Add baked beans and the red cabbage

Stir until all flavours are mixed.

Serve over rice



# Hangover Chicken

Dayn, Sherwood, Nottingham, UK  
and David, my next door neighbour



**SERVES**  
**2**



**METHOD**  
**SAUTÉE**



**TIME**  
**15 MINUTES**

## INGREDIENTS

(as found in the fridge)

**2 Chicken fillets**

**Broccoli**

**Half a lemon (the other half  
had been used in the Gin &  
Tonic)**

**Black pepper**

**Sun Dried Tomato Paste**

**Olive Oil**

**Double Cream**

**Tagliatelle**

*Life is much better after the shops are now re-stocked following the panic buying by the plebs. The following is an invention by two bachelors in desperate need of a satisfying meal, perhaps after a heavy Saturday night at the pub in the pre=lockdown days.*

Fry the chicken in olive oil to seal the meat.

Add black pepper from a pepper grinder so all pieces of the chicken are well speckled.

Squeeze half lemon over chicken.

Add sun dried tomato paste (two good teaspoons is enough for chicken for two people). Stir in until chicken turns a glowing orange/red colour.

Add part-boiled broccoli to the chicken.

The tagliatelle is cooked as normal in separate pan and 3 mins before the tagliatelle is ready add the double cream to the chicken to heat through.

Place tagliatelle to bowl and serve chicken over it.



## Author's Note

This dish can be made in 15 minutes and only requires a frying pan and a sauce pan. The broccoli can be part-boiled in a pan added to the chicken in the frying pan and the broccoli pan used again for the tagliatelle. So not much washing up, fast to prepare and it tastes spectacular.... our kids now love it and they ask for it by name.....

# Pesto Penne with Chicken and Spinach

Jenny, Canberra, Australia



**SERVES**  
**4**



**METHOD**  
**BOIL / TOSS**



**TIME**  
**20 MINUTES**

## INGREDIENTS

**350g Penne pasta**

**190g Jar Pesto Genovese**

**400g chicken breast, cooked and torn into large pieces**

**100 g baby spinach**

**40 g parmesan, finely grated, and there's lots extra to serve**

*I am finding it a challenge to cook in isolation but wanted to share a super easy favourite. Just double the recipe to satisfy a crowd.*

1. Cook the pasta in a large saucepan of salted boiling water until al dente. Drain and reserve 60 ml (1/4 cup) of the cooking water.
2. Return the pasta to the pan, Add the pesto and the reserved water and toss to combine. Add the chicken, spinach and cheese, gently toss.

Serve!!



# Peanut Chicken Curry

Graham, Glasgow, Scotland



**SERVES**  
**4**



**METHOD**  
**SLOW COOKER**



**TIME**  
**5 HOURS**

## INGREDIENTS

**1 kg Chicken breast**

**1 onion, chopped**

**120 g peanut butter**

**1 tbs cornflour**

**400g tinned tomatoes**

**1 red chill, chopped**

**2 tbs soy sauce**

**2 tbs lime juice**

**2 tbs curry powder**

**2 tbs garam masala powder**

**50 mls coconut milk**

*As we hadn't had any curry for two weeks and spotted some ingredients in the cupboard, we invented our own: delicious!*

Put all ingredients into a slow cooker and cook for 5 hours on low

After 3 hours, add the coconut milk to the slow cooker

Add salt and pepper to taste

Serve with rice or quinoa

## Tip:

Use natural peanut butter as it contains less oil and salt

Add fresh matchstick slices of ginger, coriander and wedges of fresh lime to each bowl before serving



# Sticky Lemon Chicken

Ginny, Dunoon, Scotland



**SERVES**

**4**



**METHOD**

**BAKED**



**TIME**

**45 HOURS**

## INGREDIENTS

**4 part-boned chicken breast, skin-on (or can be boneless)**

**Grated zest and juice of one large lemon**

**1 tablespoon clear honey**

**1 tablespoon olive oil**

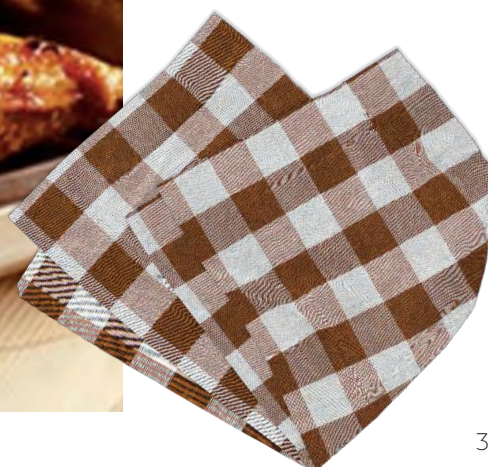
**1 teaspoon dried oregano**

*"In troubled times like these, I find myself falling back on dishes that I've cooked over and over again for many years, such as this Sticky Lemon Chicken. It's easy to prepare, tasty and difficult to mess up! In fact I'm cooking it for tea tonight."*

Preheat the oven to fan 170C/conventional 190C/gas 5. Put the chicken breasts, skin-side up, in one layer in a shallow ovenproof dish or tin. Put all the remaining ingredients in a bowl and warm through in the microwave or a small pan for 1 minute, then stir to mix everything together and pour over the chicken.

Slide the dish into the oven and roast the chicken for 30-40 minutes, basting every 10 minutes or so. The juices will gradually thicken and give the chicken a shiny coating at the end. Leave the chicken to stand for 5 minutes before serving.

Serve with new potatoes and a green salad.



Another treasure from Edith:

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# Canard à l'orange

## Duck ragout with orange sauce served with roast duck breast

RHODTER ADLER restaurant, Rhodt, Germany  
[www.rhodter-adler.de](http://www.rhodter-adler.de)

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**SERVES**  
**8**



**METHOD**  
**SAUTÉE**



**TIME**  
**35 MINUTES /**  
**PREP**

Translated from German

### INGREDIENTS

**7 duck legs**

**5 duck breasts**

**4 large onions**

**1 bunch of rosemary**

**1 bulb of garlic**

**1 bunch of thyme**

**Salt, pepper, star anise, sugar**

**2 bottles of red wine**

**Grand Marnier or Cointreau**

**Some orange marmalade**

**A little flour butter (to make,  
melt equal parts of butter and  
flour, simmer in a saucepan,  
stirring occasionally for  
30 minutes)**

Roughly cut onions, sauté dark and always deglaze with red wine. Fry the garlic and vegetables vigorously as well. Put everything together in a roasting pan.

Salt, pepper, fry the duck legs all around, put them on the roasted vegetables, add thyme, orange marmalade, orange liqueur, peppercorns and star anise and cover everything with red wine and water so that the duck legs are covered. Bring to the boil briefly and then place in an oven-proof dish and slow roast cook in the oven at 100 ° C until the meat can be easily removed from the bone. (approx. 1 1/2 hours)

Then let the meat cool in its juices and then cut into small cubes. Remove the roasted vegetables, strain the broth and chill again. When the broth has cooled completely, remove the crust of fat that has hardened on the top.

Bring the sauce to the boil again with salt to complete the sauce. Season with pepper, Grand Marnier or sugar (if you prefer) and add the flour butter.

Prepare the duck breast and the side dishes while the legs are cooking.

Remove the silver membrane from the duck breast, cut the skin into a diamond shape.

Salt and pepper the duck breast. First sear from the skin side, then from the bottom and cook in the oven at 120 ° C to the desired cooking point.

Arrange on the ragout with the mashed potatoes, salsify and a little sauce.

Reserve the remaining sauce for later use.



# Camarão à Bahiana

## A Brazilian prawn stew

Michael, Rio de Janeiro, Brazil



**SERVES**  
**3-4**



**METHOD**  
**SAUTÉE**



**TIME**  
**20 MINUTES**

### INGREDIENTS

**1 kg. medium to large prawns, shelled and cleaned**

**1 kg. diced tomatoes (seedless)**

**1 large onion (chopped)**

**2 garlic cloves (chopped)**

**1 cup coconut milk**

**2 tablespoons cooking oil**

**2 tablespoons dendê oil**

**Salt, black pepper (ground), lemon juice, coriander or parsley (chopped)**

*Prawns prepared in this fashion originate from the state of Bahia and are a Brazilian favourite. A new taste for Europeans to experiment with during lockdown?*

Season prawns with salt, pepper, lemon juice and coriander/parsley;

Heat oil in a pan, add garlic and prawns, cook lightly until golden-brown;

Add tomatoes and onions, sauté and let simmer, forming a consistent sauce;

Add coconut milk, let simmer for 10 more minutes in cooking pan with lid;

Add dendê oil and mix, serve with white rice.

PS: If you wish, you may add sliced tomatoes and green peppers at the end, which, when half-cooked, will serve to decorate the dish together with parsley and/or coriander.

### Note:

The dendê oil is optional, as it may be difficult to find (try West African or Latin American grocers) and may not please many European palates). Coconut milk may be easier to find.





# Slow Cooker Chicken Thighs & Sweet Potatoes

Anne, Rotunda West, Florida, USA



**SERVES**  
**4**



**METHOD**  
**SLOW COOKER**



**TIME**  
**15 MINUTES**  
**(prep)**

## INGREDIENTS

**8 boneless, skinless chicken thighs**  
**1 teaspoon salt**  
**1/8 teaspoon cayenne pepper**  
**1 teaspoon paprika**  
**1 teaspoon dried thyme**  
**1/2 teaspoon ground ginger**  
**3 sweet potatoes, peeled and cubed**  
**1 onion, chopped**  
**1 cup peach preserves OR apricot preserves**  
**3 tablespoons apple cider vinegar**  
**1 tablespoon low-sodium soy sauce**  
**1/2 cup chicken broth or water**  
**2 tablespoons cornstarch**

*This wonderful and easy recipe is so good for you! One serving supplies 100% of the Vitamin A you need every day. And it's delicious too.*

Place sweet potatoes and onions in slow cooker. Sprinkle chicken with salt, cayenne pepper, paprika, thyme, and ginger and put on top. Add peach preserves, vinegar, and soy sauce. Cover and cook on low for 6-8 hours until chicken is thoroughly cooked and sweet potatoes are tender when pierced with fork.

Combine chicken broth and cornstarch and mix well. Add to slow cooker. Cover and cook on high 10-15 minutes until sauce is thickened.

# Pot au feu of fish and seafood

Edith, Rhodter Adler Restaurant, Rhodt, Germany  
www.rhodter-adler.de



**SERVES**  
**4 -6**



**METHOD**  
**BOILED**



**TIME**  
**60 MINUTES**

## INGREDIENTS

### For the fish stock:

**750g onions, 10 cloves of garlic**

**Some oil**

**500g fennel vegetables**

**Celery, carrots, tomatoes**

**2 kilos of fish sections / carcasses**

**Dried tarragon, fennel seeds, bay leaves, white pepper, basil**

### For the pot au feu:

**1 liter of strong fish stock**

**500 ml of tomato passata**

**Pieces of 500 g canned tomatoes**

**300ml Noilly Prat (or another vermouth)**

**1 vegetable onion**

**5 cloves of garlic**

**1 zucchini**

**Dried tarragon**

**Salt, sugar, white pepper**

Roughly cut onions and vegetables, sauté onions until translucent and then put in a large saucepan. Roast vegetables and add to the onions. Add the fish sections, herbs and spices. Pour in 4 liters of cold water, bring to the boil, then reduce the heat and let the stock simmer for about half an hour.

Remove from Heat. Makes about 3.5 liters. Retain what is not needed for later use.



Boil the fish stock with the tomatoes and the Noilly Prat. In the meantime, cut the onion, the cloves of garlic and the zucchini into small cubes, sauté until translucent and add to the soup.

Season the soup with salt, sugar, tarragon and pepper.

### Complete:

Cut the fish fillets into bite-size pieces and cut the basil leaves into thin strips. Briefly cook everything in the boiling soup.

Serve with a baguette and aioli or rouille





# Spaghetti Squash Bolognese Sauce

Anne, Rotunda West, Florida, USA



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**45 MINUTES /**  
**PREP**

Adapted from "Practical Paleo" Cookbook by Diane Sanfilippo

## INGREDIENTS

**1 spaghetti squash**  
**Salt & pepper**  
**2 TBS bacon fat or butter**  
**1 chopped onion**  
**1 chopped carrot**  
**1 stalk chopped celery**  
**1 or more chopped garlic clove**  
**1 pound ground beef (or veal or pork)**  
**4 slices of bacon, chopped into ½ in pieces**  
**½ cup full-fat coconut milk**  
**3 oz tomato paste (or more)**  
**½ cup dry white wine (optional)**

*Our culinary adventures are based upon what we actually can get our hands on. I hit the jackpot with a farmer's just pick crop of spaghetti squash!*

Preheat oven to 375F

1. Slice squash in half lengthwise and scoop out seeds. Sprinkle with salt & pepper. Place both halves face down on baking sheet. Roast in oven for 35-45 min until the flesh of the squash becomes translucent in color and the skin begins to soften and easily separate into spaghetti strips. Allow squash to cool.
2. While squash bakes, in a large skillet over medium heat, melt the bacon fat or butter. Add the onions, carrots, and celery until they become soft. Add the garlic and cook for additional minute.
3. Add the ground meat and bacon bits and cooked until the meat is browned through.
4. Add the coconut milk, tomato paste, and wine and simmer over medium low heat for 20 to 30 minutes. Sauce should be well combined. Salt & pepper to taste.
5. Serve over the roasted spaghetti squash.

# Quick Aubergine Jalfrezi

Amanda, London, UK



**SERVES**

**4**



**METHOD**

**SAUTÉED**



**TIME**

**30 MINUTES**

*While working from home and looking after my young family, meals need to be healthy and quick! We are limiting the number of deliveries to our home but crave our favourite take aways so have cooked up two curries for you to try. I often serve them together.*

## INGREDIENTS

**One medium sized aubergine**

**One yellow onion**

**2 tbs of finely grated fresh ginger**

**One tin of tomoates (or 3 fresh tomatoes chopped)**

**One jar of Patak's Jalfrezi sauce**

**200 ml water**



Sauté one onion in olive oil, grate in fresh ginger.

Add the aubergine, stir and cook for about 10 minute.

Add the Patak's Jalfrezi sauce, 200 ml water and the tin of chopped tomatoes (fresh is nicer — if you have them).

Simmer for about 30 minutes to lock in the tastes.

Serve with white basmati rice and poppadoms.



# Lentil Shepherd's Pie

Ruth, Radcliffe-On-Trent, Nottingham, UK



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**2 HOURS**

## INGREDIENTS

**2 tbsp olive oil**

**2 onions, chopped**

**3 garlic cloves, crushed**

**2 x 400 tins of chopped tomatoes**

**600ml vegetable stock**

**250g dried Puy lentils, rinsed**

**2 tbsp tomato purée**

**1 - 2 tbsp Worcester sauce**

**250g spinach, torn into small pieces**

**300g large chestnut mushrooms, thickly sliced**

**salt and pepper to taste**

## Topping:

**1,2 kg large floury potatoes, peeled and cubed**

**a knob of butter**

**3-4tbsp milk**

**100g mature Cheddar cheese, grated**

*A vegetarian version of a classic English comfort food, adapted from numerous recipes.*

1. 2 litre ovenproof dish
2. Heat the oil in a large deep frying pan, add the onion and garlic and fry over high heat for 3-4 minutes. Add the chopped tomatoes with the stock, lentils, tomato purée and bring to the boil. Cover with a lid and simmer over a low heat for 1-1 1/2 hours until the lentils are tender. Only once the lentils are tender, season with salt and pepper.
3. Add the spinach and mushrooms and stir over the heat until the spinach has wilted and the mushrooms are cooked. Tip into the ovenproof dish and set aside to cool.
4. Cook the potatoes in a pan of boiling, salted water for 15-20 minutes until tender. Drain and return to the pan, add the butter and milk and mash until smooth, seasoning with salt and pepper.
5. Meanwhile, preheat the oven to 200 C/ 180 degree C Fan/Gas 6.
6. Spoon the mashed potatoes on top of the lentil mixture and sprinkle with the grated cheese, then bake in the oven - placed on a baking tray in case the mixture bubbles over during cooking - for 30-35 minutes or until golden and bubbling.





# Quick Vegetable Korma

AMANDA, LONDON, UK



**SERVES**  
**4**



**METHOD**  
**SAUTÉED**



**TIME**  
**20 MINUTES**

## INGREDIENTS

**one yellow onion, diced**  
**2 tbs of finely grated fresh ginger**  
**one red pepper, chopped**  
**two carrots, chopped**  
**one can of chic peas**  
**handful of mushrooms, sliced**  
**one jar of Patak's Korma sauce**  
**one tin of coconut milk**  
**one small cauliflower, chopped**

*I usually make this curry with chicken but unfortunately, today cannot find any in the shops so have created a vegetarian version by adding chic peas instead. The children loved it!*

Fry the onion and grated ginger in 1 tbs of olive oil.

Add the red pepper, carrots, mushrooms and chic peas and cook until softened.

Add the Korma paste and simmer for about 5 minutes.

Add the tin of coconut milk and cauliflower.

Simmer until the cauliflower is nice (but not mushy) about 15 minutes.

Serve with basmati rice and poppadums.

Suggested accompaniments: mango chutney and plain greek style yogurt



# Bread Machine Pizza Dough

Sandra, Brunnen, Switzerland



**SERVES**

**?**



**METHOD**

**BAKED**



**TIME**

**2 HOURS**

*When we visit our friends in Baden-Baden , Germany, we often have a pizza together. As this is no longer possible, Helen and I have agreed to make the pizza dough and topping one day soon and we will all eat pizza together that evening via Skype.*

## INGREDIENTS

**1 pkt of Dried Yeast (approx.  
2 tsp)**

**3 cups of Bread Flour (approx.  
380 g)**

**1 Tsp Salt**

**1 Tbs Caster Sugar**

**4 Tbs Olive Oil**

**250 mls lukewarm water**

**2 Tbs of Lukewarm water**

**Oven 225 degrees C**

1. Place all of the above ingredients into the bread maker in the order listed above.
2. Select the Dough cycle
3. When cycle complete take dough out of machine and place in a well-greased bowl and roll the dough around in the bowl so it gets coated in oil.
4. Cover and leave to rise in a warm place for about 30mins
5. Divide into 2.
6. Knead each piece of dough lightly
7. Gently pull into shape
8. Place each piece on a piece of grease proof paper on a baking sheet
9. Add the toppings you want
10. Bake in oven for 15 to 20 mins or until ready.
11. Enjoy.



# Pizza Sauce



## INGREDIENTS

**3 to 4 tbs Olive Oil**

**2 Sticks Celery diced small**

**1 Medium Carrot diced small**

**3 Medium Onions diced small**

**2 Chilies (Optional) sliced**

**3 Cloves of Garlic – leave whole**

**2 tbs Tomato Purée**

**1 16oz Tin of Chopped Tomatoes**

**300 to 400mls white wine**

**1 Pack of Basil torn roughly**

**Salt and pepper to taste**

1. Heat oil in a large deep -frying pan with a lid
2. Fry the celery in the oil for 2 to 3 mins
3. Add the carrot and fry for 3 to 4 mins
4. Add the garlic cloves
5. Add the onion and fry until everything is soft
6. Add the tomato purée and fry for a few minutes.
7. Add the tin of tomatoes and fry again until mix simmers.
8. Add the wine and bring to the boil.
9. Lower the heat and put the lid on the frying pan and simmer for about 40mins. The oil should come to the surface.
10. Add the basil and stir it in.
11. Add salt & pepper to taste.
12. Allow to cool.
13. Blend it with an immersion blender to the consistency you want (we like it a bit chunky)
14. Put on pizza base or freeze it or jar it.



# Lazy Chicken & Rice

Christopher, Melbourne, Australia



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**2 HOURS**

*A perfect dish to prepare during confinement*

## INGREDIENTS

**1 cut up chicken**

**60 ml salt and pepper**

**250 mg mushrooms, sliced**

**1 small yellow onion, chopped**

**250 gm Basmati rice, rinsed and drained**

**850 ml boiling chicken stock**

**80ml lime juice ( or can substitute lemon juice)**

**3 cloves garlic, crushed**

**3 sprigs Thyme ( or 5 ml dried)**

**1 heaping teaspoon chili powder (optional)**

Preheat oven to 200 c

Season the chicken pieces with salt and pepper

Heat the oil in a large frying pan

and fry over a low/medium heat until lightly browned

Meanwhile,  
Grease a shallow ovenproof dish and scatter the chopped onion, the sliced mushrooms and rice over the bottom of the dish.

Place on top of this mixture the browned chicken pieces in a single layer with the skin side up.

In a bowl, combine the stock, lime juice, garlic, thyme and chili powder.

Pour over the chicken and vegetables.

Place in the oven uncovered and leave to cook, undisturbed for about 1 hour or until the chicken is cooked and all of the stock has been absorbed by the rice.

Serve with green vegetables or a salad.



# Turkey Tetrazzini with a Crunchy Parmesan Panko Topping

Toni, Kent, Washington State, USA



**SERVES**

**4**



**METHOD**

**BAKED**



**TIME**

**2 HOURS**



## INGREDIENTS

**1 pound spaghetti or linguine,  
cooked according to package  
directions**

**1/2 cup unsalted butter,  
divided**

**1/2 sweet onion, chopped**

**2 garlic cloves, minced**

**1/4 cup all-purpose flour**

**3 cups low-sodium chicken  
stock or broth**

**2 cups heavy cream**

**2-4 cups shredded leftover  
turkey**

**1 cup frozen peas**

**kosher salt & freshly ground  
black pepper**

**1 cup panko breadcrumbs**

**1/2 cup freshly grated  
parmesan**

*What a great idea to put together a cookbook to help charities and community resources at this time. Going through this virus together makes the world feel like a smaller place. We can only hope that we come together and practice more acts of kindness than ever before. Here's a few recipes that we've had the past few weeks.*

1. Preheat oven to 400F.
2. Heat skillet over medium heat. Add 1/4 cup butter and, once melted, add onions. Cook until soft and translucent, about 5 minutes. Add garlic and cook for one minute more. Sprinkle flour over onions, cooking for one to two minutes, stirring occasionally. Whisk in chicken broth and heavy cream. Bring just to a strong simmer, reduce heat and cook until slightly thickened, stirring occasionally, about five minutes. Season to taste with salt and freshly ground black pepper. Stir in turkey, cooked noodles and frozen peas (you may want to use a large mixing bowl for this). Pour mixture into a greased 2-quart casserole dish or 13x9 pan.
3. Melt butter in a microwave-safe bowl. Add breadcrumbs and parmesan, mix thoroughly. Sprinkle breadcrumb mixture over the top of casserole.
4. Bake for 30 minutes or until hot and bubbling and topping is lightly browned.

[https://www.thewickednoodle.com/turkey-tetrazzini/#\\_a5y\\_p=2835011](https://www.thewickednoodle.com/turkey-tetrazzini/#_a5y_p=2835011)

# Best Chili Recipe

Toni, Kent, Washington State, USA



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**2 HOURS**

## INGREDIENTS

**2 pounds ground beef/turkey**  
**2 small green peppers about 2 cups diced**  
**1 small yellow onion about 1.5 cups diced**  
**2-15 ounce cans Hunts Diced Tomatoes**  
**1-15 ounce can Hunts Tomato Sauce**  
**1-6 ounce can Hunts Tomato Paste**  
**1-15 ounce cans water**  
**2-15 ounce cans kidney beans drained and rinsed**  
**3 tablespoons chili powder**  
**2 tablespoons garlic powder**  
**2 tablespoons onion powder**  
**3 tablespoons cumin**  
**1 tablespoon paprika**  
**1 teaspoon chipotle powder**  
**1/2 teaspoon cayenne**  
**1/2 tablespoon salt**  
**1 teaspoon white pepper**  
**1 teaspoon baking soda**

In a large dutch oven, saute diced peppers and onions until translucent and they start to caramelize.

Add seasonings (minus the baking soda) and cook for 1-2 minutes, stirring continuously. (Make sure they don't burn.)

Add ground meat and brown until just done. It's okay if it still has some pink in it before you add the rest of the ingredients.

Pour in the tomato sauce, diced tomatoes, water and tomato paste.

Bring to a simmer over medium low heat and cook for about 15 minutes. Then add the drained beans.

Stir in the baking soda. The sauce will start to bubble up. Stir over medium heat until the bubbles have gone away.

Remove from heat and serve with cornbread

[https://spaceshipsandlaserbeams.com/old-fashioned-chili-recipe/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_smartloop&utm\\_content=smartloop&utm\\_term=42415490INGREDIENTS](https://spaceshipsandlaserbeams.com/old-fashioned-chili-recipe/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=42415490INGREDIENTS)





# PAELLA BASE RECIPE

John, Sydney, Australia

## INGREDIENTS

### Step 1

1 Clove of garlic  
1 Browned onion  
1 Bay leaf  
50 ml olive oil  
Squid rings



### Step 2

1 tbs smoked paprika  
1 tbs tomato paste  
200g Bomba rice  
500ml Fish stock

### Step 3

Salt/pepper  
Mussels  
Prawns  
White fish pieces  
Optional: clams and prawns

### Step 4

Lemon  
Parsley  
Roasted red capsicum  
Green peas



**SERVES**  
**4**



**METHOD**  
**SAUTÉED**



**TIME**  
**20 MINUTES**

*A great base and guide to making Paella.  
Omit, add, and create the taste you wish.  
Just follow the formula listed below.*

STEP 1: Dice garlic, onion and capsium. Fry all of the Step 1 ingredients together until soft and golden

STEP 2: Add 1 Tbs of smoked paprika and fry for 1 min. in low heat followed by 1 Tbs of tomato paste. Add 200g Bomba rice. Stir to combine then add 500ml fish stock.

STEP 3: Bring to a boil for 2 to 3 minutes and add salt/pepper. Shake the pan while it is boiling hard to spread the rice around evenly. Turn down the heat and simmer. Whilst it is simmering allocate your choice of seafood around the paella pan evenly. Let the paella cook for at least 10 minutes. Season to taste.

STEP 4: Turn heat off. Now let the paella have a good siesta (5 to 10 mins.) Begin to decorate using lemon wedges, parsley, roasted capsicum and green peas.

STEP 5: If needed you can add more stock. Add an extra 2 mins of heat to create a crust on the bottom of your paella.

# Crusted Lamb Racks

Elke, New South Wales, Australia



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**60 MINUTES**

*This is one of my tried and tested recipes. It never fails and is loved by my family. A true favourite!*

Inspired by Maggi cooking recipes

## INGREDIENTS

**1/2 cup of finely grated parmesan cheese**

**1/4 cup coarsely chopped fresh basil**

**2 tsp beef boullion powder**

**1 slice day old white bread**

**2 tbs seeded mustard**

**2 racks of lamb with 8 cutlets each (approx 700 gr)**

Preheat oven to moderately hot.

Blend or process the cheese, basil, beef boullion powder and bread to a crumb consistency. Spread the mustard over the flesh side of the lamb. Press half the crust mixture onto each lambrack.

Place lamb racks, crust side up in a baking dish, bake uncovered for about 45 - 50 minutes or until medium rare. Allow to stand 5 minutes before carving.

Serve with creamy potato bake and steamed green beans - if desired.



# Perfect roast beef

Jean, London, UK



**SERVES**  
**4 - 6**



**METHOD**  
**ROASTING /**  
**BAKED**



**TIME**  
**60 MINUTES**

*I was lucky to have a joint of beef in the freezer which I defrosted. So even in lockdown we were able to keep up our Sunday tradition of a roast dinner.*

## INGREDIENTS

**1.5 kg topside of beef**

**2 medium onions**

**2 carrots**

**2 sticks celery**

**1 bunch of mixed fresh herbs ,  
such as thyme, rosemary, bay,  
sage ( but dried is OK too -  
just use more)**

**Olive oil**

Remove the beef from the fridge 30 minutes before you want to cook it, to let it come up to room temperature.

Preheat the oven to 240°C/475°F/ gas 9.

Wash and roughly chop the vegetables – there's no need to peel them.

Pile all the vegetable and herbs into the middle of a large roasting tray and drizzle with oil.

Drizzle the beef with oil and season well with sea salt and black pepper, then rub all over the meat. Place the beef on top of the vegetables.

Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for 1 hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well-done, leave it in for another 10 to 15 minutes.

Baste the beef halfway through cooking and if the veg look dry, add a splash of water or beef buillon to the baking dish to stop them from burning.

When the beef is cooked to your liking, take the baking dish out of the oven and transfer the beef to a board to rest for 15 minutes or so. Cover it with a layer of tin foil and a tea towel and leave aside while you make your gravy, horseradish sauce or mustard sauce.



Serve with  
roasted potatoes.



# SWEETS, MUFFINS AND DESERTS





# Easy fluffy Vegan Pancakes

Carol, Southwell, Nottingham, UK



**SERVES**  
**4**



**METHOD**  
**SKILLET**



**TIME**  
**15 MINUTES**  
**(prep)**

*Cooking is great therapy, as is pottering in the garden (when the sun shines), or up-cycling a few pieces of retro furniture I've been meaning to get round to, video chats with friends and family, and daily Yoga. I might even root out my watercolour paints and give them a go!*

## INGREDIENTS

**140g (5oz) SR flour**  
**2 tbsp caster sugar**  
**10g (1/2 oz) baking powder**  
**1 tsp salt**  
**240ml (8fl oz) plant milk**  
**1tbsp cider vinegar (lemon juice is fine)**  
**1 tsp vegan spread**  
**1 tsp Vanilla extract (optional)**

Add all dry ingredients into a large bowl and gently whisk to combine and aerate.

Add wet ingredients to the dry mixture and whisk together – don't over mix or pancakes will be tough! (Mixture will look curdled, but it's supposed to look lumpy)

Let the batter settle for a couple of minutes while your pan heats to medium-low.

When your pan is heated, 'lightly' grease it using a kitchen towel to coat a thin layer of spread over pan.

Pour approx 1/8 of batter into pan using a ladle or mug.

When the top is covered in bubbles – approx 2 minutes, flip the pancake and cook on other side until golden and fluffy.

Serve warm with fresh fruit, and drizzle with maple syrup, or Greek yoghurt.



# Banana Bread

Christopher, Melbourne, Australia



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**15 MINUTES**  
(prep)

*No need for a mixer for this recipe! Clean-up is easy too, if you want, you can mix everything in one mixing bowl.*

*The best bananas to use for banana bread are those that are over-ripe. The yellow peels should be at least half browned, and the bananas inside squishy and browning.*

## INGREDIENTS

**2 to 3 very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)**  
**1/3 cup melted butter, or olive oil**  
**1 teaspoon baking soda**  
**Pinch of salt**  
**3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)**  
**1 large egg, beaten**  
**1 teaspoon vanilla extract**  
**1 1/2 cups of all-purpose flour or Almond Meal**

1. Preheat the oven to 350°F (175°C), and butter a 4x8-inch loaf pan.
2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the center comes out clean.
5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)



# Strawberry Cream Cheese Bread

Toni, Kent, Washington State, USA



**SERVES**  
**4**



**METHOD**  
**BAKED**



**TIME**  
**2 HOURS**

## INGREDIENTS

**1/2 cup butter, softened**

**1 cup sugar**

**4 ounces cream cheese, softened**

**2 eggs**

**1 teaspoon vanilla extract**

**2 cups flour**

**2 teaspoons baking powder**

**1/2 teaspoon baking soda**

**1/2 teaspoon Kosher salt**

**1/2 cup buttermilk**

**1 1/2 cups strawberries, rinse, dried and chopped**

1. Grease and flour a 9x5 inch loaf pan.
2. With electric mixer cream butter, sugar and cream cheese until fluffy. Add eggs one at a time. Mix in vanilla.
3. In separate bowl, mix flour, baking powder, baking soda and salt. Blend flour mixture with butter mixture just until blended. Add buttermilk and only stir until just combined; do not over mix.
4. Carefully fold in strawberries. Dough mixture will be thick.
5. Bake in a 350°F oven for 50-60 minutes.
6. Let it cool for at least 15 minutes before removing from pan.



[https://spaceshipsandlaserbeams.com/old-fashioned-chili-recipe/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_smartloop&utm\\_content=smartloop&utm\\_term=42415490](https://spaceshipsandlaserbeams.com/old-fashioned-chili-recipe/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=42415490)INGREDIENTS



# Blueberry Muffins

Anne, Rotunda West, Florida, USA



**SERVES**  
**24 MUFFINS**



**METHOD**  
**BAKED**



**TIME**  
**25 MINUTES**

*The shops have had lots of blueberries on the shelves lately. The hard part is that to make muffins a huge amount of precious butter is required, and it's not always available!*

## INGREDIENTS

**2 1/2 cup flour**  
**1 1/2 cup sugar**  
**2 tsp baking powder**  
**1 cup butter**  
**3/4 cup milk**  
**1 tsp vanilla**  
**3 eggs beaten**  
**Fresh blueberries: quantity desired**

Mix together all ingredients except blueberries and blend well

Fold in blueberries

Fill muffin moulds 3/4 full.

Heat oven to 185 °C

Bake for 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer to a cooling rack.

To store, place them in a plastic bag, seal, and store at room temperature for 2 to 3 days.

Variation: substitute 3 or 4 cut and peeled apples and add cinnamon to the batter



# Chocolate Cherry Muffins

Detlef Adler, master pastry chef,  
Wittenberg, Germany



**SERVES**  
**12 MUFFINS**



**METHOD**  
**BAKED**



**TIME**  
**25-30 MINUTES**

*Here is my recipe designed to raise funds to fight COVID-19*

## INGREDIENTS

**125 g Butter**  
**100g Sugar**  
**1 Pack Vanilla Sugar**  
**2 Eggs**  
**110 g Flour**  
**20 g Cocoa**  
**1/2 Package Chocolate Pudding Powder**  
**1/2 Package Baking Powder**  
**50g Dark Chocolate Coating**  
**About 40 Sour Cherries**  
**About 50 ml Milk or Sour Cherry Juice**

Cream butter, sugar, vanilla sugar, and eggs.

Mix the flour, cocoa, pudding powder and baking powder and sift

Add to the butter mixture and stir until smooth.

Add the liquid.

Finally, fold into the dry ingredients.

Line the muffin tin with paper liner.

Fill them half full with chocolate mixture.

Add about 4 sour cherries in each mould, then cover with the rest of the chocolate mixture.

Bake in a preheated oven, mid-height, at 180 °C for approx. 25 - 30 minutes.

Sift some icing sugar on top, if you wish!



# Best Banana Bread!

Tim Dal Cortivo, Canberra, Australia



**SERVES**  
**6**



**METHOD**  
**BAKED**



**TIME**  
**1 HOUR + PREP**

Banana bread reminds me of my childhood home; the smell of banana bread baking in the oven brings back so many memories. I recently moved back home (Canberra, Australia) around Christmas time 2019, after many years abroad. Needless to say, since then I have spent a lot of time at home indoors, originally due to the toxic bushfires that invaded Canberra and now being isolated from the dreaded COVID19. This particular banana bread recipe is the easiest and best I've made. I highly recommend heating it up, adding some butter and you're good to go! I hope that this brings you some comfort during this unprecedented time. It's the small things we can do for comfort.



## INGREDIENTS

**120g unsalted butter softened**  
**200g brown sugar**  
**4 very ripe bananas, mashed**  
**2 eggs**  
**225 g plain flour**  
**1 tsp bicarbonate of soda**  
**1 tsp salt**  
**1 tsp vanilla extract**

Preheat oven to 160 degrees C fan-forced or 170 degrees non fan-forced.

Grease a non-stick loaf tin (approx: 21cm x 11 cm)

Place the softened butter and brown sugar into a bowl. Beat with a mixer for 2 minutes or until pale and fluffy.

Add the mashed bananas and the eggs to the creamed butter mixture and beat for 30 seconds or until mixed well.

Sift the plain flour and bicarbonate of soda into the bowl.

Add the salt and vanilla extract and fold together with a spoon.

Pour the mixture into the prepared tin.

Cook for 1 hour or until a skewer inserted into the middle comes out clean or with a few crumbs. ENJOY!!

# Orange Chocolate Brownies

Karen, Esher, Surrey, UK



**SERVES**  
**16 BROWNIES**



**METHOD**  
**BAKED**



**TIME**  
**25 MINUTES /**  
**PREP**

*Did anyone say chocolate? YES - Please!*

## INGREDIENTS

**250g butter**

**300g dark chocolate -  
chopped**

**320g caster sugar**

**4 large eggs**

**175g plain flour**

**Zest of 2 oranges**

**Half tsp sea salt**

- preheat oven 190c, gas 5
  - grease & line a 20cm square tin with baking paper
  - melt butter & chocolate over a low heat, leave to cool slightly
  - add beaten eggs & sugar, stir with a wooden spoon
  - stir in the flour & orange zest
- pour into tin & bake for 25 minutes, until just set with a slight wobble
- leave in tin to cool
- cut into squares
- Keep in fridge for up to 4 days



# Super Moist Chocolate Cake

Winni and John, Anglesey, Wales



**SERVES**  
**8**



**METHOD**  
**BAKED**



**TIME**  
**60 MINUTES**

*This is an unbelievably moist chocolate cake, thanks to the sneaky addition of apple sauce. Using apple sauce means there is less butter in the recipe (which during lockdown means less butter to needs to be found and bought), but the cake is still rich and moist and you don't taste any apple.*

## INGREDIENTS

**250g of plain flour**  
**2 tablespoons unsweetened cocoa powder**  
**1 1/2 teaspoons bicarbonate of soda**  
**1/2 teaspoon salt**  
**110g butter**  
**300g caster sugar**  
**Two eggs**  
**2 teaspoons vanilla extract**  
**500 g unsweetened apple juice**  
**170 g plain chocolate chips**

1. Pre-heat oven to 180 °C. Grease and flour a 20 x 30 cm tin. Sift together the flour, cocoa, bicarbonate of soda and salt. Set aside.
2. In a large bowl, cream the butter and sugar together until light and fluffy using an electric mixer set on medium speed. Beat in the eggs one at a time. Blend in the vanilla extract. Beat in the flour mixture alternately with the apple sauce.
3. Pour the mixture into the prepared tin. Sprinkle with the chocolate chips. Bake at 180°C for 35 minutes or until a skewer inserted into the centre of the cake comes out clean. Cool in the tin on a wire rack.

Top with walnuts and or chocolate butter icing as shown in photo.

Enjoy!



# Raspberry Pavlova

Nola, Canberra, Australia



**SERVES**  
**6**



**METHOD**  
**MIX / BAKED**



**TIME**  
**60 MINUTES**

Adapted from: <https://www.bbcgoodfood.com/recipes/strawberry-pavlova>



*I wanted to share our national desert with the greater global community. It is a happy dessert and a favourite in our home and hopefully it will also be in yours. As a neonatal nurse at our city hospital, I get to see life enter the world which is joyful, in contrast to the destruction caused by*

*the coronavirus, and how desperately it is hurting families.*

## INGREDIENTS

### For the meringue:

**4 large egg whites**

**250g caster sugar**

**1 tsp white wine vinegar or lemon juice**

**1 tsp cornflour**

**1 tsp vanilla extract**

### Topping:

**500 g fresh raspberries**

**350 ml whipping cream**

Heat oven to 150C/130C fan/gas 2.

Using a pencil, mark out the circumference of a dinner plate on baking parchment.

Whisk 4 egg whites with an electric mixer until they form stiff peaks, then whisk in 250g caster sugar, 1 tbsp at a time, until the meringue looks glossy.

Whisk in 1 tsp white wine vinegar, 1 tsp cornflour and 1 tsp vanilla extract.

Spread the meringue inside the circle, creating a crater by making the sides a little higher than the middle.

Bake for 1 hr, then turn off the heat and let the Pavlova cool completely inside the oven.

When the meringue is cool, place the raspberries on top and serve with freshly whipped cream

Enjoy!!!

Variations:

Spread a thick layer of cream cheese or mashed avocados on to the bread, or sprinkle with capers, before layering the salmon on top.

# Tiramisù — Easy

## Bianca, Cortona, Italy



**SERVES**  
4 - 6



**METHOD**  
MIX / CHILL



**TIME**  
30 MINUTES /  
4 HOURS CHILL

*This is my very simple version, but of course in Italy there are many many variations! This one is great for me because my husband and I are busy with our property management and garden service company while entertaining and home schooling our 2 young children, because the schools have been closed in Italy for quite some time now. I often ask the children to 'help'. 😊*



*Buon Appetito!*

### INGREDIENTS

**500g of mascarpone**

**80g sugar**

**4 egg yolks**

**3 egg whites**

**Savoiardi/pavesini (lady finger biscuits)**

**Coffee (3 to 4 cups of espresso roast coffee)**

**Dark cocoa powder**

Whisk egg whites until they get white and firm.

In another bowl whisk well eggs and sugar then add delicately the egg whites from the bottom to the top in circle.

Build the tiramisù by starting with:

- a layer of savoiardi/pavesini ( lady finger biscuits) soaked in the cold espresso coffee,
- then a layer of the cream mixture, and dust the top of the cream with cocoa powder
- and repeat

Chill 4 hours in the refrigerator before serving



# Fresh Pineapple Salad with Ginger and Star Anise

Iris, Les Diablerets, Switzerland



**SERVES**  
**4**



**METHOD**  
**TOSS**



**TIME**  
**10 MINUTES / 1**  
**HOUR CHILL**

*Why not take time to try some exotic fresh tastes during lockdown?*

## INGREDIENTS

**1 ripe pineapple**

**8 cm long ginger stem**

**300ml water**

**100gm sugar**

**1 vanilla pod**

**1 Star Anise**

**Zest of 1 lime**

Make a syrup by bringing the water and sugar to the boil.

Remove from the heat and add 1 star anise.

Cut the pineapple into serving size chunks and slice the ginger stem.

Pour on top the sugar syrup and chill for 1 hour.

Remove the ginger slices before serving, stir the pineapple salad and grate and sprinkle the lime zest over the top.

Et voilà!



# Granny's Hot Cross Buns

Angie, Nottingham, UK



**SERVES**  
**8 - 12**



**METHOD**  
**BAKED**



**TIME**  
**2 HOURS**  
**45 MINUTES**



*As I was growing up, Granny's hot cross buns signified home as they continue to do so today. Wishing safe and healthy times to all.*

## INGREDIENTS

**454 g Plain Flour**

**30 g Yeast**

**1 tsp sugar**

**120mls milk**

**4 tbs water**

**1 tsp salt**

**1/2 tsp ground mixed spice**

**1/2 tsp ground cinnamon**

**1/2 tsp ground nutmeg**

**55 g sugar**

**55 g butter**

**1 beaten egg**

**125 g currants**

**55 g chopped mixed peel.**

Put 115 g of plain flour in a large mixing bowl

Add the yeast and 1 teaspoon of sugar.

Heat the milk and water to just below boiling point and add it to the flour and yeast.

Mix to a batter consistency and set aside for about 20 mins until it is frothy.

In another large bowl, sift the rest of the flour, salt, spices and sugar.

Add the butter and the beaten egg followed by the currants and the mixed peel.

Stir in the yeast+flour+sugar mixture to make a fairly soft dough (adding more milk or water if required)

Turn the dough on to a floured board and knead until no longer sticky, but smooth.

Put the dough back in the bowl and leave in a warm place for about 2 hours until it has doubled in size.

Turn dough on to a floured board and knead again lightly.

Divide the dough into 12, shape each into a bun shape and place, well-spaced, on to a greased baking sheet and leave to rise for 30 mins.

Cut a cross into the top of each bun and bake at Gas mark 5 375F/190C or Gas Mark 5 for 15 – 20 mins.

Make a glaze using 2 tbs milk and 1 1/2 tbs caster sugar mixed and warmed.

Form a cross with the glaze on the buns when they come out of the oven.

# Pear and Polenta Cake

JANET & JOHN - Perth, Western Australia



**SERVES**  
**8**



**METHOD**  
**BAKED**



**TIME**  
**90 MINUTES**



*We've been together for over 40 years. During most of this time John (as he loves cooking) has done the heavy lifting in the kitchen, continuing during this time of coronavirus to produce all main food offerings. Janet, however, does enjoy baking from time to time. And we are surely living in the time for baking! This favourite recipe provides a sweet ending to our isolated days - great with coffee, wine or whisky in front of an absorbing show on a streaming channel. Most ingredients - including white wine - are pantry staples with perhaps the exception of polenta and pears.*

Origin: <https://www.abc.net.au/radio/recipes/pear-and-polenta-cake/8920616>

## INGREDIENTS

**3 pears**

**4 eggs**

**380 grams dark brown sugar**

**2 teaspoons vanilla essence**

**250 millilitres white wine**

**250 millilitres sunflower oil**

**310 grams plain flour**

**2 1/2 teaspoons baking powder**

**120 grams fine polenta**

## Syrup:

**3/4 cup sugar**

**1/3 cup water**

**120 millilitres lemon juice**

Prepare the tin - I use a 20 cm springform tin, but larger tins would also work well. Butter it heavily and then sprinkle two extra teaspoons of dark brown sugar over the base.

Peel and core the pears and slice into four pieces or perhaps five if they are very large. Place them in a circle on the base of the tin in an attractive pattern.

Beat the eggs, sugar and vanilla until the mixture is very light and creamy. Add the wine and oil and mix in gently. Then add the plain flour and the baking powder which have been sifted together. Fold the flour mix in gently. Then add the polenta and mix gently again.

Pour the cake mix carefully over the pears so as not to disturb them and bake in a 160C convection oven for about 80 minutes or until the cake is firm in the middle. (A non-convection oven will take somewhat longer).

While the cake is baking make a syrup by combining the syrup ingredients and bringing them to the boil.

When the cake comes out of the oven tip it upside down onto a serving plate, lightly prick the cake and pour over the warm syrup.

Optional: Finish by glazing with apricot glaze (sieved and warmed apricot jam) and garnish with blanched lemon julienne.

# Lavender-Crème brûlée with cassis ice-cream

Edith, RHODTER ADLER restaurant, Rhodt, Germany  
www.rhodter-adler.de



**SERVES**  
**4**



**METHOD**  
**BOILED**



**TIME**  
**50 MINUTES /**  
**3 HOURS CHILLED**

*Due to the necessary self distancing regulations, my restaurant has been closed. I have been using this time to experiment and perfect recipes with the hope to teach them to my cooking students and serve in my restaurant.*

Translated from German

## INGREDIENTS

### For the crème brûlée

**800 ml of cream**  
**dried lavender**  
**10 egg yolks**  
**sugar**

### For the cassis ice cream:

**500 ml crème de cassis**  
**150 g of sugar**  
**12 egg yolks**  
**250 g butter**

Bring the cream to the boil with sugar and lavender and let it steep a little. Pour something cool through a sieve. Mix in the egg yolks. Pour the mixture into small bowls and let it bake in the oven at 80 ° C for about 50 minutes.

Leave to cool.

Sprinkle evenly with sugar and caramelize with a kitchen torch before serving.



Heat all ingredients except the butter in a bain-marie with constant stirring with a whisk, to 85 °. Then mix in the butter. Let the mixture cool down.

When it has completely cooled down, freeze it in the ice machine and put it in the freezer for at least 2 hours.

# Make your own jam in 3 easy steps

Deborah, Hagenbach, Germany



**SERVES**  
**4 POTS**



**METHOD**  
**BOILED**



**TIME**  
**60 MINUTES**

*My kids' favourite is raspberry – and the lovely thing is that you can get frozen bags of fruit so you have virtually no food prep time. My children love to decorate the jam labels. It is a fun way to keep them busy.”*

## INGREDIENTS

**1 kg prepared fruit of your choice**

**500 g 2 in 1 jam sugar**

**4 screw top jars**

To sterilise the jars:

Pop the empty, clean jars (not the lids) into the oven at 100 degrees C for 10 minutes

For the Jam

1. Clean, chop, and/or defrost and boil your fruit in a large pot. The fruit should have a soft consistency and be in small bite-size pieces. If some pieces are too big for the jam, just briefly use hand-held blender.
2. Once fruit is soft and boiling, add the jam sugar. Stir and cook for 3-4 minutes .
3. Hold jar in oven glove (extremely hot !!!) and using a ladle pour in jam. Wipe jar clean and screw top on.

Leave to cool and add label with name and date .

If you wish to make strawberry jam, just add a good squeeze of lemon just to ensure the jam sets properly.





# Donauwellen (Danube Wave Cake)

Detlef, Wittenberg, Germany

*It has always been a dream of mine to open my own pastry shop and café. Although I became a master pastry chef, my dream could not be fulfilled as living in Eastern Germany meant permanent lockdown.*

*It is my pleasure to share this recipe with you in the hope that lockdown will soon be over.*



**SERVES**  
**12 - 16**



**METHOD**  
**BAKED**



**TIME**  
**1 HOUR AND**  
**35 MINUTES**

## INGREDIENTS

### Marbled base:

250 g butter  
250 g sugar  
350 g flour  
6 eggs  
1 package baking powder  
1 pinch salt  
1 package vanilla sugar  
2 jars pinched sour cherries

### Butter cream:

500 g milk  
100 g sugar  
1 package vanilla pudding powder  
1 package vanilla sugar  
250 g soft butter

### Ganache:

125 g cream  
250 g chocolate couverture

Cream butter, sugar, additives, add eggs little by little, then stir in the sifted flour and baking powder and divide the mixture into two halves.

Mix 20 g of cocoa with a little milk under one half and smooth it down. spread both halves of the dough marbled on a baking tray and smooth it down. spread the well drained sour cherries on it and press it down a little.

Bake in the preheated oven at 180 degrees for about 30 to 35 minutes.

In the meantime cook a pudding and cover with cling film and put it in a cool place.

Beat the soft butter until foamy and add the cooled pudding little by little.

Spread the finished butter cream evenly on the cooled base and put in a cool place.

For the ganache, briefly bring the cream to the boil, pour over the chopped chocolate coating and stir until smooth.

Spread the cold coating over the buttercream, smooth it down and decorate with a garnish comb if necessary.



# *Gratitude*

My team and I feel so fortunate to have made a small contribution towards solidarity across borders and around the globe through food.

Thank you to our recipe contributors for your delicious secrets, photos and tales of challenge, adaptability, ingenuity and humour. You have locked in the taste of your cooking during lockdown and shared your creations with us, thank you.

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And....

How can WE ever thank the medical teams and researchers for looking after our health and especially The WHO and other international, national and local charities for providing support yesterday, today and in the months ahead as we battle the coronavirus. And to the governments for keeping us locked in, safe and for providing much needed financial support to so many. Also to the news agencies, journalists and broadcasters for keeping us informed, and to the essential businesses and their staff who worked long hours and often under difficult and dangerous conditions to keep us supplied.

And....

to YOU for downloading our e-cook book and making a charitable donation which will go to the WHO Covid-19 Solidarity Response Fund.

Thank you!

*Luisa*





Locked-in Tastes

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