COMMUNITY COOK-A-LONG "RECIPES"

Carrot and Spiced Orange Festive Chutney

Suggested spices:	Black and White Mustard Seeds Cumin Seeds Coriander Seeds	Coriander Seeds Nigella Seeds Ground Turmeric
Fresh ingredients:	Carrot, Onion, Celery, Orange/Clemantine/Citrus – 3:2:1:1 ratio (approx.)	
<i>Chutney must-haves:</i> (Preserving Ingredients)	 Sugar – (the darker the sugar, the darker the chutney) We'll use white sugar to keep the orange colour of the carrot chutney. Vinegar – (the darker the vinegar, the darker the chutney) We'll use cider vinegar to keep with the fruity theme. Salt – add to taste. 	

Chop the fresh produce into small but roughly equal sizes. Add these to a stainless steel or enamel pan (not aluminium as the vinegar can react to it). Add the vinegar to cover them and bring to boil, then reduce to a simmer. Once tender, add the rest of the ingredients to the pan. Continue to simmer gently, stirring regularly, until you have a thick, well reduced consistency (at least an hour). It is done when you draw a wooden spoon through the mixture and liquid does not rush to fill the gap!

Parsnip, Apple and Ginger Soup

Fresh Ingredients: Brown Onion, Celery, Apple, Parsnips – 1:1:1:4 ratio (approx.)

Flavour Ingredients: Light Olive Oil or Rapeseed Oil, Salt, Pepper, Stock cube, Frozen crushed ginger (or freshly grated)

Peel and chunky chop the onion and cook in a deep pan with a little oil, salt and pepper for at least 10 minutes without browning too much. Meanwhile, chop the celery and peel and chop the parsnips. When the onions are well cooked, add the celery and parsnips to the pan and stir well so it doesn't stick or burn. When the edges of the parsnips start to soften and take on a little colour, add a crumbled stock cube and a little water. Stir. Then add more water, proportional to the amount of veg in the pot. Bring to a gentle boil and then turn down to simmer. Meanwhile, peel, de-core and chop the apples. These can then be added to the pot along with 1. Put the lid on while simmering. Check every few minutes to see if the parsnips have softened. When all are tender, taste check for seasoning. You will probably have to add more salt and pepper than you might expect. Optional: Serve hot with a swirl of cream or yoghurt and chopped chives.

Homemade Flatbreads

Just roughly equal quantities of any flour and natural yoghurt, plus a pinch of salt!

Mix together until combined (adding more wet or dry depending how it's behaving!) Knead, press out flat, cook in a dry frying pan (no oil) on high. Turn to cook on both sides till it looks like a naan or pitta bread!