

The Global Larder

— COOKERY SCHOOL —

Halibut with Roast Pepper, Chorizo, & Samphire

Serves 2

2 thick fillets of halibut or hake (or other white fish)
Roast red pepper, finely sliced
40g shallots or onion, sliced
1 garlic clove, finely chopped
1 tomato, chopped into small pieces
2 tbsp fino sherry
75ml chicken stock
50g cooking chorizo, cut into dice
2 tbsp olive oil

To serve

90g samphire
8 cooked new potatoes, halved (optional)
2 tbsp black garlic mayonnaise (optional)

Notes

- Samphire is available from Sainsburys, Waitrose, M&S, Tesco and Ocado. If you are unable to source, try julienned baby stem broccoli.
- You can freeze any leftover cooking chorizo for another time.
- I use Waitrose frozen [hake](#) or [halibut](#) for a treat. Also available from Ocado.

Crunchy Parmesan Chicken with Asparagus and Roasted Tomato

Serves 2

For the chicken

2 skinless chicken breasts
40g panko breadcrumbs (or homemade breadcrumbs)
20g grated parmesan
½ tsp finely chopped thyme
½ tsp finely chopped rosemary
2 tsp finely chopped parsley
1 egg
3 tbsp plain flour
Salt + pepper

For the salad

2 handfuls of mixed leaves
1 avocado
3 plum tomatoes, halved
8 asparagus spears
1 tbsp mayonnaise
½ tsp black garlic puree (or a little fresh garlic)

For the dressing

2 tsp white wine vinegar
2 tbsp olive oil

Butter Chicken with Chickpea Dosas

Serves 2

For the curry

300g boneless, skinless chicken thigh, cut into pieces

2 tbsp natural yoghurt

2 tbsp sunflower oil

2 cloves garlic, pureed

5g grated ginger

1 tsp cumin

200g tinned chopped tomatoes

2 green cardamom pods

1 black cardamom pod (optional)

Small piece of cassia bark

¼ tsp salt

½ tsp chilli powder

¼ tsp turmeric

½ tsp garam masala

1 tsp dried fenugreek leaves

10g sugar

15g butter

50ml double cream

For the dosa

60g gram (chickpea) flour

60g plain flour

¼ tsp bicarbonate of soda

¼ tsp salt

250ml water

1 tsp oil

Notes

- You can serve this with rice if you don't want to make the dosas.

Risotto Nero, Scallops, Gremolata

Serves 2

For the risotto

200g risotto rice
25g butter
1 tbsp olive oil
860ml fish stock, light chicken stock or water
1 small onion, peeled and finely chopped
½ head of fennel, finely diced
1 stick celery, finely diced
1 clove garlic, minced
70ml white wine
85ml passata

Notes

- You can get [cuttlefish ink](#) from fishmongers or buy online from Amazon or other sellers.

1 star anise
2 sachets cuttlefish ink

For the gremolata

Zest of ½ lemon
1 small clove of garlic
1 small bunch parsley, leaves picked and finely chopped

For the scallops/Squid

6 scallops or baby squid

Sautéed Pork Fillet with Prunes and Brandy

Serves 2

1 small pork fillet or ½ medium, about 320g
6 prunes, soaked in hot water (or brandy) overnight
25g butter
30ml brandy
50g chicken stock
100ml double cream
½ tsp dijon or wholegrain mustard
Squeeze of lemon juice
1 small bunch sage, leaves picked
2 slices parma ham/prosciutto

For the rosti

2 medium sized, ideally waxy potatoes, e.g
Charlotte, Nicola, Any, if not maris piper
2-3 tbsp butter

To serve

4 stems of tenderstem broccoli, steamed or boiled