

ZOOM COOKERY

Vietnamese Caramel Pork Salad

Serves 2

For the pork

250g belly slices
110g caster sugar
2 tbsp water
2 tbsp fish sauce
1 tbsp light soy sauce
1 tbsp dark soy sauce
2 star anise

For the lime and chilli dressing

2 garlic cloves
Few sprigs coriander
1 green chilli
½ tsp sea salt
15g palm sugar (or light brown sugar)
2 tbsp fish sauce
Juice of 1 lime
1 banana shallot, finely sliced

For the salad

¼ unripe mango
1 banana shallot
2 spring onions
½ red chilli
Bunch of mint
Bunch of coriander
50g bean sprouts
1 tbsp roasted unsalted peanuts, roughly
chopped
1 tbsp crispy fried shallots

ZOOM COOKERY

Chicken Machboos

Serves 2

For baharat spice blend (makes enough for 3 curries) Optional - can be bought ready made

10g black peppercorns
5g coriander seeds
5g cassia bark
5g cloves
7g cumin seeds
Pinch cardamom seeds from pod
10g paprika
¼ freshly grated nutmeg

For the Pomegranate Raita

natural yoghurt
pomegranate seeds
cumin seeds
mint

For the Machboos

2 skinless chicken pieces, thighs/drumsticks
½ onion
1 cinnamon stick
2 cardamom pods
1 garlic clove
½ tbsp baharat
pinch turmeric
100ml tinned tomatoes
25g flaked almonds
4 tsp sultanas
150g basmati rice
250 ml water
1 tbsp chopped coriander
¼ tsp salt
¼ tsp sugar
2 tbsp olive oil
1 dried lime