

ZOOM COOKERY

Macanese Minchi

Serves 2

150g beef mince
150g pork mince
1 small onion, diced
1 medium potato (200g)
1 bay leaf
2 spring onions, finely sliced
¼ tsp curry powder
1 tbsp dark soy sauce
1 tbsp light soy sauce
½ tbsp worcestershire sauce
½ tsp dark brown sugar
2 eggs
Veg or sunflower oil for frying

Vegetable Stir-fry

1 pak choi
Handful sugar snap peas
½ clove garlic
1 tbsp veg or sunflower oil
1 tsp shaoxing rice wine
2 tsp light soy sauce
Pinch sugar

To serve

125g Jasmine rice
Sriracha Sauce

You can use different proportions of pork to beef mince if you have other quantities available.
Leftovers are delicious warmed up the next day!
Other green veg can be used for stir-frying - cabbage, mangetout, tender stem broccoli for example

ZOOM COOKERY

Spatchcock Poussin with Migas, Roasted Red Pepper, Oyster Mushrooms, & Chorizo

Serves 2

For the poussin

1 or 2 whole poussin depending on size or appetite, or
4 skin on, bone-in chicken pieces (e.g 2x thighs + 2 x drumsticks or 4 x thighs)

Rub (optional)

¼ tsp freshly ground pepper
½ tsp salt
½ tsp sugar
½ tsp ground ginger
½ tsp smoked paprika
½ tsp dijon mustard
¼ tsp coriander
1 tablespoons olive oil

For the migas

100g sourdough bread (2-3 days old)
1 romano pepper
75g oyster mushrooms
60g cooking chorizo

1 small red onion
3 garlic cloves
A few sprigs of thyme
Handful of basil (optional)

Alioli

3 tbsp mayonnaise
½ tsp black garlic paste (optional) or tiny amount of crushed garlic
¼ tsp gojuchang (optional)

Courgette, Rocket, Parmesan Salad (optional)

1 courgette or a mix of green and yellow if you have them!
1 small bag of rocket
Handful of basil
15g parmesan
Extra virgin olive oil
Salt and Pepper

ZOOM COOKERY

Catch of The Day, Chicory, Radish, Fennel

Serves 2

For the red mullet

2 large red mullet fillets or 4 small or
2 sea bass or bream fillet
2 tsp vegetable oil

For the salad

1 small head chicory
½ small bulb of fennel
8-10 small radish, red or a mix of colours

For the dressing

1 tbsp white wine vinegar
2tbsp extra virgin olive oil
1 tsp chopped tarragon
¼ tsp sugar
Pinch salt

For the potatoes

8 new potatoes
2 tsp finely chopped black olives
½ tsp finely chopped capers
1 tsp extra virgin olive oil
¼ tsp lemon juice
Salt and pepper

Optional - For the roast nectarines

3 nectarines
3 tsp marsala dolce
2 tsp butter, softened
1 tbsp soft brown sugar
100g rolled oats
30g roughly chopped nuts (almonds, pecans,
pistachios, coconut)
1 tsp cinnamon
3 tbsp honey
2 tbsp sunflower, coconut, or vegetable oil
4 tbsp creme fraiche, mascarpone, or vanilla
icecream