

# Onboard Recipes Booklet

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# Onboard Recipes Booklet

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# #1 - BIG WARMING SOUP

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## BIG WARMING SOUP.

3 cups of yellow dried split peas  
2 cups of red dried lentils  
2 large onions finely chopped  
2 leeks chopped  
2 large carrots coarsely chopped  
1 handful green beans finely chopped  
1 teaspoon powdered white pepper  
1 teaspoon of salt  
1 handful of dried mix herbs or a pot puree of fresh herbs  
1 pint of strong chicken or vegetable stock  
1 can of beer (optional)

Heat a large pan and dry fry the onions until they begin to brown. Add the carrots and stir in for five minutes. Add the leeks and beans. Stir well together for three minutes. Add the stock and bring to the boil. Allow the soup to simmer for five minutes. Add the herbs and pepper and top up with hot water. Add the dried peas and lentils and cover. Leave to simmer for thirty minutes. Uncover and simmer until the soup begins to reduce and thicken. Add the can of beer (or pint of water) and salt. Simmer for another fifteen minutes. Can be served immediately or left and reheated when needed for a warming snack. Serve with lots of tasty bread and butter.

## #2 - BRAISED CHICKEN RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### Rock n Roll Braised Chicken

2 chicken legs per person  
2 large onions  
4 medium tomatoes  
2lbs new potatoes (depending on number of diners)  
2 cups of fresh or frozen peas.  
2 cloves garlic  
Large sprig fresh rosemary  
2 glasses dry white wine  
salt and black pepper  
olive oil

Chop the onions roughly and fry gently in olive oil in a casserole dish. Chop garlic and add to the onions. Put chicken legs into the casserole dish and stir. Cut the tomatoes into quarters and add to casserole. Grind plenty of black pepper over everything and stir. Add white wine and rosemary and a little salt. Cover and simmer for twenty minutes. Add potatoes and peas. Place in medium oven and remove lid after twenty minutes. Cook for a further 15 minutes. Remove rosemary sprig before serving.

## #3 - CHEESE AND MUSHROOM SOUP RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### HEAVENLY CHEESE, BROCCOLLI AND MUSHROOM SOUP

100g Stilton or creamy mature cheese grated  
100g dark green broccoli florets chopped  
100g closed cup mushrooms quartered  
200g new potatoes boiled, peeled and mashed up  
1 or two large onions chopped  
1 red chilli chopped  
2 pints strong chicken or vegetable stock  
1 cup dried yellow split peas  
1 cup dried red lentils  
Ground black pepper and salt to season.  
A bowl of cherry tomatoes a variety if possible.  
Tablespoon grated Parmesan  
Crackers corn or wheat preferably seedy.  
Olive oil

If God was a soup this would be it! And it is simplicity itself. Just takes a little time. As always the amounts are a guide. Its up to you. Adjust the recipe to suit your taste.

First you need to start boiling a couple of pints of water in a large pan. Add half the onion, chilli, split peas and lentils and simmer for about half an hour (stir regularly) until it starts to become creamy. At this stage you can use a hand blender. Add the chicken stock, the new potatoes, the rest of the onion and the broccoli and simmer for a further half hour, stirring regularly. Add the mushrooms and season with black pepper. Simmer for fifteen minutes. Add the cheese and stir in well. Simmer for ten minutes stirring continuously. Do not let the soup solidify at the base of the pan. Turn off heat and cover.

Chop the tomatoes and season with black pepper and salt. Drizzle will olive oil sprinkle the Parmesan and stir. Stand for ten minutes.

Re heat the soup quickly beating it with spoon until nearing boiling point. Taste regularly. The soup should become thick and creamy. Serve straight way letting your guests add chopped tomatoes as garnish and sprinkling broken crackers on top. Believe me you wont need a main course after this.

# #4 - CHICKEN ENCHALADAS RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## CHICKEN OR BEEF ENCHALADAS

### Sauce

1 large onion finely chopped  
2 garlic cloves crushed and finely chopped  
1 medium red chili pepper finely chopped  
1 desert spoon dried oregano  
1 desert spoon dried coriander  
2 tins chopped tomatoes  
1 small tin tomato puree  
2 tablespoons brown sugar  
Olive oil

### Filling

2lbs Beef Steak or Chicken Breast cut into strips  
2 garlic cloves crushed and chopped  
1 red onion sliced  
1 red pepper cut into strips  
1 green pepper cut into strips  
1 tablespoon paprika  
Black pepper  
1lb grated cheddar cheese  
Oil

8 flour tortillas

First you need to make the sauce. So heat a frying pan and add olive oil to cover the base. Throw in the onion and garlic and fry rapidly avoiding any burning. Add the chili and stir in for a minute. Add the coriander and oregano and stir for another minute. Add the tomatoes and tomato puree and mix well. Simmer for five minutes. Add sugar and simmer for a further fifteen minutes adding water (or Mexican beer) to keep the sauce liquid.

Heat another pan and add oil to cover the base. Throw in onion, peppers and garlic and stir vigorously for three minutes. Add the meat and stir till brown. Sprinkle with paprika and black pepper and stir until everything is coated. Cook for a further 5 minutes and remove from heat.

Lay out a tortilla and place some filling in a thick strip just off centre. Sprinkle some cheese onto the filling and roll up. Place the tortilla into an oven dish. Repeat until all the tortillas are filled. Pour the sauce over the enchiladas and sprinkle the remaining cheese on top. Place in a medium oven for ten minutes.

Serve with guacamole, salad and Mexican beer.

# #5 - CHICKEN LEEK AND APPLE BAKE RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## CHICKEN, LEEK AND APPLE BAKE

3 chicken breasts. Boned and sliced  
3 leeks sliced  
2 granny smiths cored and sliced  
1 onion diced  
2 cloves garlic chopped  
pint dry cider  
Black pepper  
Salt  
Sage  
pint chicken stock  
3 waxy potatoes sliced finely  
1lb strong cheddar grated  
1 carton double cream  
Olive oil

In a large frying pan saut leeks, garlic and onion in a little olive oil for five minutes. Add chicken breast and continue to fry until the meat is sealed. Add 2 teaspoons of sage. Add the cider and simmer gently until it reduces. Season with black pepper and salt. Add chicken stock and simmer until reduced. Add the apples and stir in. Add the cream and simmer for two minutes then remove from heat.

Pour the mixture into a large baking dish and spread evenly. Cover with overlapping sliced potatoes and dust with black pepper. Sprinkle with cheese and place in a medium high oven for 30 minutes.

Serve with crunchy salad or lightly steamed green vegetables.

## #6 - COMMONERS ROYAL BANQUET

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### COMMONERS ROYAL BANQUET

1lb braising steak diced.

1lb pork belly diced.

2lb chicken drumsticks.

1lb lamb shoulder diced.

1 turkey leg boned and diced.

4 large onions 2 slice, 2 chopped into chunkks

6 large unpeeled carrots topped and tailed and cut in half

4 large unpeeled baking potatoes cut lengthways into chips

6 broad beans cut into quarters

2 cups of frozen peas

1 cauliflower cut into florets and the core diced

1 tin or pack of peeled chestnuts

1 pint of ale.

2 tablespoons of English honey.

1 teaspoon of cayenne pepper.

2 cups of barley.

4 twigs of fresh rosemary.

2 tablespoons of dried basil.

Salt and pepper.

Lard

Butter

Put all the meat in a roasting tray with the barley and sprinkle with salt and pepper. Stir together well before placing in a hot oven for ten minutes. Remove from the oven and turn down the heat. Add the dried basil, sliced onions, cayenne pepper, and rosemary and stir together. Warm the honey so you can drizzle it over the meat then add half the ale cover with foil and place back in the oven for an hour.

In the meantime heat a baking tray on the hob with a good chunk of lard and butter. When it begins to sizzle put all the vegetables, including the chunky onions and chestnuts in and stir well until reasonably coated. Cover with salt and pepper and leave to stand.

When the hour is up. Remove the meat, uncover and stir well. Add the rest of the ale and turn the oven up to medium hot. Once warmed up place the tray of meat and the tray of vegetables back into the oven for thirty to forty minutes. Drain the meat juices to use as gravy and serve piping hot with beer and crusty brown bread!



# #7 - CORNED BEEF HASH RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## ALL DAY CORNED BEEF HASH

1 lbs good quality corned beef  
3lbs waxy potatoes diced  
4 carrots peeled and diced  
1 large onion finely chopped  
1 pint chicken, ham or pork stock  
3 eggs  
White pepper  
Salt  
Vegetable oil

Using a large frying pan or wok heat oil and throw in the onions to brown slightly. Add the potatoes and carrots and stir for five minutes until they begin to brown. Fill the pan with water and bring to the boil. Simmer until all the liquid has evaporated.

Add a teaspoon of white pepper and a pinch of salt and stir well. Add the corned beef and mix into the hash. Add the stock and stir well. Simmer gently for twenty minutes until reduced and becoming dry.

Make a well in the middle of the hash and pour in a little oil. Crack the eggs into the well and let them begin to fry. After a minute or two stir the eggs into the hash and mix well.

Cook for a further five minutes stirring often. Serve with red cabbage or beetroot and a decent lager beer.

# #8 - EASTER ROAST LAMB DINNER

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## EASTER ROAST LAMB DINNER

### The Lamb

Leg of lamb

Six garlic cloves, peeled and sliced in half

3 sprigs of fresh rosemary

A handful of fresh mint leaves

Olive oil

Freshly ground black pepper and salt

### The Veg

6 redskin potatoes cut into quarters

2 large sweet potatoes cut into large chunks

4 large carrots scraped and cut into chunks

2 large red onions cut into chunks

6 cloves of garlic

1 cup walnuts

Olive oil

Using a sharp knife score the lamb lengthways and rub with salt, pepper and olive oil. Fill the cuts with the garlic and mint. Leave to stand for an hour. Place the meat on a sheet of tin foil lay the rosemary on top and drizzle with oil before wrapping loosely in the foil sealing it as well as possible. Cook on a low heat for two hours.

Put all the prepared veg and nuts into a baking tray and arrange as evenly as possible. Season with salt and pepper and drizzle olive oil over everything. Take the lamb out of the oven and unwrap the foil remove the rosemary, put the meat on a roasting tray and pour any juices over it. Add a cup of water to the stock. Turn the heat up to medium/hot. After ten minutes put everything in the oven and cook for 45 minutes. Baste the regularly.

Remove from the oven leave the meat to stand and thicken the stock with a little cornflour and milk to make gravy. Stir the veg and season again before serving.

# #9 - EGG FRIED RICE RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## SUPER EGG FRIED RICE

3 cups long grain rice  
2 chicken breasts cut into strips  
2 large eggs  
1 red pepper cut into strips  
1 green pepper cut into strips  
1 chilli pepper finely chopped  
1 large onion chunky chopped  
2oz button mushrooms quartered  
Vegetable oil  
Sesame oil  
Soy sauce

Using a wok or frying pan heat some oil and add the dry rice. Fry it until it turns golden then remove from heat and empty into a saucepan. Add water and bring gently to the boil then simmer until the rice softens. Drain, rinse and allow it to stand in a large sieve or colander for two hours, stirring occasionally in order to dry the rice out.

After two hours heat some oil in a wok or frying pan and crack one of the eggs into it. Stir until scrambled but still soft. Add the rice and stir in thoroughly. Add a teaspoon of sesame oil and mix well. Crack other egg into the mixture and stir in well. Turn off the heat and leave to one side.

In a wok or large frying pan heat some oil until very hot. Place chicken in and brown. Add onion, peppers and stir well. After two minutes add the mushrooms and stir in. Toss and stir for a further three minutes. Add the egg fried rice to the mixture and stir it all together. Splash liberally with soy sauce and stir one last time before serving straight away.

# #10 - EGG SOUFFLE LOAF

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## EGG SOUFFLE LOAF

1 large red onion - finely chopped  
8 cherry tomatoes - quartered  
6 eggs  
2oz grated Parmesan cheese  
2oz mature cheddar sliced thinly.  
ground black pepper  
salt  
olive oil

Fry the red onion in plenty of olive oil until soft. Add the tomatoes and fry for a further 3 minutes stir together. Turn off heat. Beat the eggs in a jug. Add the Parmesan and season with salt and pepper.

Transfer the onions and tomatoes into a bread pan and spread evenly across the base. Top with the sliced cheddar. Pour the eggs over the top and place into a hot preheated oven for 15 to 20 minutes.

The tomatoes, onion and cheese will rise through the egg and top will form a soft crust. The 'loaf' can be tipped out and sliced. Can be served hot or cold.

Serve with salad, crusty bread and a fruity dry white wine.

# #11 - FAST AND EASY SWEET AND SOUR RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## FAST AND EASY SWEET AND SOUR RECIPE

3 chicken breasts cleaned and diced (or pork)

1 large onion coarsely chopped

1 red pepper cut into strips

1 small carrot peeled and cut into strips

2 tablespoons of brown sauce

2 tablespoons of tomato ketchup

2 tablespoons of honey

1 desert spoon of light soy sauce

teaspoon of chilli powder

Oil

Water

Heat some oil in a wok or large frying pan and add the onion, carrot and pepper. Stir fry rapidly for two minutes. Add the chicken and stir again to ensure that the chicken is cooking through. Add the brown sauce, ketchup, honey, soy sauce and chilli powder and stir together. Add a mug of warm water and continue to stir until the sauce gets sticky. Take it off the heat and serve with rice or noodles.

# #12 - FIERY MULLED WINE RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## FIERY MULLED WINE RECIPE

- litre of orange juice
- The peel of one lemon
- 1 cup of soft brown sugar
- 5 cloves
- 1 cinnamon stick
- 5 cracked cardamom pods
- teaspoon of powdered nutmeg
- teaspoon cayenne powder
- 1 tablespoon spoon of powdered ginger
- 2 bottles of fruity red wine
- 1 glass of brandy
- 1 glass of whisky
- 1 glass of ginger wine

Pour the orange juice into a large saucepan. Add a large glass of wine, the sugar, lemon peel and spices. Heat gently until the sugar has dissolved, and then boil for several minutes until the mixture turns to syrup. Turn the heat right down and add the rest of the wine. Stir well and allow it to warm slowly. When the liquid begins to steam add the brandy, whisky and ginger wine. If you are not serving the mulled wine immediately turn off the heat and cover. It can be reheated when your guests arrive.

# #13 - FIVE A DAY PASTA SAUCE (PLUS) RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## FIVE A DAY PASTA SAUCE (PLUS) RECIPE

2 courgettes - grated  
2 large carrots peeled and grated  
1 large onion chopped finely  
1 red pepper - grated  
3 sticks of celery - grated  
3 cloves of garlic crushed and chopped finely  
2 tins of chopped tomatoes  
tube tomato puree  
1 handful of chopped fresh oregano  
Black pepper  
Salt  
Olive oil

Use a large frying pan. Fry the onions in olive oil until soft. Add the garlic. Fry for two minutes. Add the grated vegetables and mix together. Add the tinned tomatoes. Stir well. Use the tins to add the same amount of water (two tins). Leave to simmer for twenty minutes. Add the oregano and stir in. Add another tin of water and the tomato puree. Stir again. Season to taste with salt and pepper. Simmer until the sauce thickens.

Serve on a bed of your favourite pasta and top with black pepper and grated cheese. This will give you all you protein, vitamins, carbohydrates, fat and essential acids etc. And it tastes good.

# #14 - FRIED BEAN HASH RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## FRIED BEAN HASH RECIPE

4 chicken breasts diced  
6 rashers of bacon grilled and cut into strips  
4 pork (or a pepperoni) sausages cut into pieces.  
1 can of kidney beans  
1 can of chick peas  
1 can of borlotti beans  
1 bulb of garlic peeled crushed and chopped  
3 red chillies chopped  
1 large red onion chopped  
1 large white onion chopped  
1 red pepper chopped  
1 green pepper chopped  
10 oz of polenta  
1 handful of fresh coriander chopped  
3 teaspoons of ground cumin  
bottle of dry white wine.  
1 pint of chicken stock  
8oz grated mature cheese.  
Olive oil  
Salt and pepper

I know there are lots of ingredients but it's really easy. First cook off all the meat in a big pan and leave any fat in the pan. Fry the onions, garlic, peppers and chillies in the same pan with a bit of olive oil. Towards the end add the cumin. When the onions begin to brown add a glass of wine and stir. Then add the chicken, bacon and sausage (pepperoni works well but any sausage will do). Add a glass of water and the chopped coriander. Stir for ten minutes adding water to prevent the burning.

Drain the beans and add them. Add water until the mixture is covered and simmer for ten to fifteen minutes until it begins to reduce. Add the chicken stock to keep everything covered. Gradually add the polenta making sure you stir it in. As the sauce thickens pour more wine in and then add more polenta. Stir whilst doing this. Taste and season with salt and pepper accordingly. When the hash thickens turn off the heat and leave to stand for half an hour.

Transfer the hash into an oven dish and cover with the grated cheese. Place it in the oven for twenty minutes on hot.

Allow it to cool for a few minutes before serving as it will burn tongues it also gives the cheese time to go crispy. Serve with salsa, salad and chutneys... basically whatever sauce or condiment you like. And wash it down with white wine or tequila.



# #15 - FRIED CHICKEN WITH PINE NUTS RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## FRIED CHICKEN WITH PINE NUTS

3 large chicken breasts (boned skinned and diced)

4oz pine nuts

8oz frozen soya beans

8oz mushrooms sliced

1 large Spanish onion coarsely chopped

1 pint chicken stock

1 chilli finely chopped

Olive oil

Butter

Salt and Black Pepper

Brown rice.

Heat some olive oil in a large frying pan and add the onions. When they begin to brown add the chicken breast and stir continually until the meat is sealed. Add the pine nuts and stir well. Add a little more olive oil and the mushrooms and chilli. Stir well for five minutes. Add the chicken stock and simmer for ten minutes adding the soya beans half way through when the liquid is almost gone turn up the heat and add a very large knob of butter. Season with a little salt and black pepper. Stir well until the beans begin to brown very slightly. Add half a cup of water and stir in until it is steaming and all the residue has been dissolved from bottom of the pan. Serve on a bed of brown rice, salsa or chutney and a good quality European beer

# #16 - GAMMON AND POLENTA MASH RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## SOUTHERN BAKED GAMMON AND POLENTA MASH WITH BEANS AND CHICK PEAS

3lbs Gammon joint  
2 cups dried polenta (cornmeal)  
8 cups boiling water  
1lbs strong cheese grated  
1 tin chick peas drained and rinsed  
2 cups frozen soya beans  
1 onion chopped  
1 pint chicken stock  
3 shots bourbon  
2 tablespoon sweet chilli sauce  
Soft brown sugar  
Butter  
Olive oil

Peirce the gammon right through with a sharp knife creating crosses. Gently coat with chilli sauce spreading it with a spoon until it is absorbed into the crosscuts. Slowly dribble the bourbon over the meat allowing it to be absorbed. Coat with soft brown sugar and leave to stand for 1 hour. Spread the onions even around the meat. Place the joint in a medium hot oven with a little water in the baking dish. Cook for 2 hrs basting regularly and turn over occasionally (add water when necessary).

20 minutes before the joint is ready boil the water. Turn off the heat and add the dried polenta a little at a time stirring continually eventually it will reach the consistency of mashed potato. Add the cheese gradually and stir it well in. Place in oven proof dish and swap places with the meat turning up the heat slightly. Empty the meat juices and onion into a saucepan, add the chicken stock and bring to the boil, then simmer. Cover the meat with foil to trap the heat.

Put a little olive oil and a large knob of butter in a frying pan fry beans and chick peas quickly adding a little salt and black pepper. When the beans begin to brown slightly turn off the heat. Thicken the gravy with corn flour.

Carve the meat and remove mash from the oven reheat the beans and peas and serve with dry white wine.

# #17 - HAGGIS RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## BURNS NIGHT HOMEMADE HAGGIS

2lbs minced lamb (or pork)  
8oz suet finely chopped  
8oz pinhead oatmeal  
2 large onions finely chopped  
ground black pepper  
ground white pepper  
2 teaspoons cayenne pepper  
salt  
2 pints lamb and chicken stock  
A bag of spuds  
A swede or turnip  
Butter

Boil the lamb in the water until browned and drain. Save the stock and allow the meat to cool in a large mixing bowl. Put half the onions on the meat stock and bring to the boil adding good quality stock cubes to enrich. When the onions soften leave to cool.

Add the suet, desert spoon of black pepper, desert spoon of salt, cayenne pepper and onion to the mince and stir until completely combined. Add a cup full of stock. Put the mixture into a bread tray or something similar... a roasting bag will do. Or you can use a cleaned sheeps stomach and boil it for an hour. Make sure there is enough room in the vessel for the oats to expand. If you are baking, it will take about an hour and a half on medium heat. Make sure that it doesnt dry out by using the stock.

Make a huge mound of mashed potatoes with lots of butter. Boil and mash a whole swede or turnip with plenty of salt, butter and white pepper. Bring the stock to the boil and thicken using mash to make a rich gravy. Serve with a decent whisky and much laughter.

# #18 - LAMB CURRY RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## SWEAT AND HOT LAMB CURRY

1 lbs lamb diced  
2 large onions finely chopped  
3 cloves garlic crushed and chopped  
1 red pepper cut into strips  
1 green pepper cut into strips  
3 red or green chillies chopped  
2 cans chopped plum tomatoes  
3 tablespoons garam massala  
2 tablespoons powdered coriander  
2 tablespoons powdered cumin  
Cup of chopped fresh coriander  
Juice of 1 lemon  
2 tablespoons sugar  
Salt  
Vegetable oil, ghee or margarine  
Water  
Basmati

In a large frying pan quickly brown the lamb and then set to one side. In the same pan pour in 3 tablespoons of oil, ghee or margarine and add onions, chillies and garlic. Sprinkle with a little salt to prevent them browning. Stir for two or three minutes and add the powdered spices. Stir well until the spices begin to give off aroma. Add the peppers and stir in well. Fill the pan with water and bring to the boil slowly then simmer until the sauce reduces. Add the tomatoes and the lamb and top up with water again. Allow to simmer gently for twenty minutes, topping up with water to keep it liquid. Add the lemon juice and sugar and stir. Simmer for ten minutes. Turn off the heat and leave to stand until cold. If possible leave for 24hrs\*.

Reheat slowly adding water if necessary. Cook gently for ten to fifteen minutes whilst you boil the rice (add a little saffron or tumeric to the rice for flavour). Add fresh coriander to the curry five minutes before serving. Serve with chutneys, pickles, yoghurt with cucumber and flat breads. Cold beer goes down a treat too.

\*allowing the curry to stand brings out the full flavour of the spice combination and also helps mellow the chilli kick slightly.

# #19 - LANCASHIRE HOT POT RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## LANCASHIRE HOT POT

3lbs diced lamb  
2 large onions sliced  
3 carrots sliced  
1lb floury potatoes sliced  
1 pint of rich beef or chicken stock  
2 bay leaves  
1 tablespoon mixed dried herbs  
1 teaspoon ground white pepper  
1 teaspoon salt  
3 tablespoons plain flour  
Vegetable oil

Sift the flour and mix in the salt and pepper with a fork. Toss the lamb in the flour until coated thoroughly. Heat a couple of tablespoons of oil on the hob in large sealable saucepan and add the meat. Stir until it begins to brown. Add the onions and stir vigorously for three minutes. Add the carrots and potatoes and stir in well for three minutes. Cover with water and allow it to simmer for twenty minutes. Add the stock, the bay leaves and the mixed herbs and stir well. Put the pan lid on and turn the heat down. Leave to simmer gently for a further hour and a half, stirring occasionally, topping up with water when necessary. Serve with pastry and pickled red cabbage.

# #20 - LONG ROAST PORK RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## LONG ROAST PORK WITH LEMON AND GINGER

Rolled pork joint  
4 large or 6 fine spring onions  
4 cloves of garlic  
1 long green lettuce

### The Marinade:

Juice of 2 lemons  
2 tablespoons grated ginger  
2 tablespoons honey  
teaspoon sesame oil  
Freshly ground black pepper and salt

Easy peasy this one. Takes a while but its worth it. If you want crackling I suggest you remove the skin and cook it separately.

Prick the pork joint with a sharp knife or fork. Mix all the marinade ingredients together and cover the pork joint and rubbing it into the meat. Leave it for at least an hour, occasionally reapplying and rubbing the marinade and turning the joint (the longer you can do this the better).

Roast the joint in a shallow bowl with a little water on a low heat for an hour and a half, basting and turning regularly,

Meanwhile dress the spring onions cut them in to strips lengthways and half them. Cut into the garlic cloves without splitting them. Strip the leaves of the lettuce and rinse if necessary.

Remove the joint from the oven and allow it to stand for twenty minutes. When its cool enough to touch, stuff with half the spring onions and use the tie strings to hold the rest of them and the garlic on the outside. Baste well with the cool stock and press the lettuce leaves all over the top until covered then cover with foil, seal as well as possible and put back into a the oven for ten minutes before turning off the heat. Leave the joint to stand in the oven for 24hrs.

Reheat the wrapped joint quickly on a very high heat for fifteen minutes and turn the temperature down to medium. Cook for twenty minutes. Remove the foil, lettuce leaves, garlic and onions and set aside. Drain the stock, turn over the joint, baste it and put it back in the oven on a higher heat for ten to fifteen minutes or until it begins to brown and form a sticky or crispy skin. Remove from the oven cover with the foil and leave to stand for five minutes.

Blend the leaves, garlic and onions with the stock and heat gently in a pan. Thicken with cornflour mixed with cold water if you want gravy.

## #20 - LONG ROAST PORK RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

The meat can be shredded or sliced and served with noodles, fried rice, stir fry, potatoes, roast veg etc.

# #21 - MAU MAU SHREDDED LEG OF LAMB RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## MAU MAU SHREDDED LEG OF LAMB

1 leg of lamb  
1 bulb of garlic peeled and sliced  
3 red chillies sliced  
1 tablespoon of coriander  
1 tablespoon of cumin  
1oz of brown sugar (you can use honey)  
Sesame oil  
Black pepper  
Salt  
Olive oil

With a sharp knife cut deeply into the lamb on all sides. Insert the garlic and chilli pieces and rub with olive oil and sesame oil. Leave it to stand for half an hour.

In the meantime mix the coriander, cumin and sugar with plenty of salt and black pepper.

Massage the mixture into the lamb making sure it is covered and that it gets into the cuts.

Leave for an hour.

Rub the leg with olive oil and salt and wrap in foil.

Cook on a low heat for two hours before removing the foil then turn up to medium and finish off for an hour and a half (you can also do this in a roasting tray with water on a low heat for four hours). Just keep an eye on it and turn it over now and again.

The skin will blacken with the sugar but the meat will shred easily with a fork and can be served in wraps or pita. Best with salad and olives and fruity white wine.

Ideal for a barbeque... Just cook it in the foil for an extra hour and put it on the pit to brown.



## #22 - MEATBALLS IN TOMATO SAUCE RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### SPICY MEATBALLS IN ITALIAN TOMATO SAUCE

2lbs minced beef  
3 large onions finely chopped  
1 red chili finely chopped  
Six fresh basil leaves finely chopped  
4 cloves of garlic, crushed and finely chopped  
3 cans plum tomatoes  
1 cup tomato puree  
4 cups of brown rice  
Flour for dusting  
Freshly ground black pepper  
1 glass decent red wine  
Parmesan cheese  
Olive oil

Mix the beef thoroughly by hand with one of the chopped onions, 1 garlic clove and the chili. Roll into one inch balls and dust with flour. Place in the fridge for an hour to firm. Meanwhile fry the onions and garlic gently in olive oil for ten minutes. Add the tomatoes and basil and simmer for twenty minutes. Add the red wine, tomato puree and plenty of black pepper and continue to simmer for another twenty minutes (add water if the sauce appears to be drying out).

After an hour remove the meatballs from the fridge. Heat olive oil in a baking dish or tin on the hob. Fry the meatballs until browned. Pour over the sauce and place in a medium oven to bake for one hour. Boil the rice for twenty minutes in salted water and drain well. Cover the plates of rice with meatballs and sauce and sprinkle liberally with cheese. Serve with hot crusty bread and a good quality Chianti.

# #23 - NOTHING WASTED NEW YEARS PIE - RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## NOTHING WASTED NEW YEARS PIE - RECIPE

This can be as big as you like or depend on what you have left over. The ingredients are somewhat optional but the method will give great results.

1 leftover bag of potatoes  
1 leftover bag of carrots  
Any other left over root vegetables  
Whatever is left of the turkey meat chopped or minced  
Whatever is left of any cold meats chopped or minced  
Whatever is left of the pate  
3 medium onions  
2 cups of frozen peas or tinned  
Remains of cheeseboard grated or crumbled  
1 can of ale  
1 or 2 glasses of wine  
3 chicken stock cubes (or you can boil up the turkey carcass and skin to make stock you may still new a cube)  
1 heaped desert spoon of basil  
1 heaped desert spoon of oregano  
1 teaspoon of cayenne pepper  
Or  
2 desert spoons of mixed herbs  
Black pepper  
Salt  
tub of cream  
block of butter  
Olive oil

Mix all the meat and pate together with the herbs, salt and pepper in a large bowl and cover with red wine. Seal the bowl with cling film and put somewhere cold. Leave for 24 hours  
Revisit the mixture occasionally and shake it.

The following day: Peel and dice all the root vegetables then place in a large pan of water bring to the boil and simmer until soft. Drain (keeping at least a pint of stock) and stir in half the grated cheese and cayenne pepper. Cover and leave.

Chop the onions and fry gently in olive oil until they begin to brown. Sieve the meat mixture saving the wine marinade then add the meat to the onions. Stir in well. Add the ale and allow it to simmer. When the liquid begins to reduce (thicken) add the vegetable stock and leave to simmer until it begins to reduce again. Add the red wine marinade and the peas and allow to simmer for ten minutes or until it begins to thicken. If the mixture does not thicken add a desert spoon of corn flour dissolved in a little milk and stir in well.

## #23 - NOTHING WASTED NEW YEARS PIE - RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

Pour the mixture into a large baking dish or tin and leave to cool.

Add the butter and cream to the root vegetables and mash vigorously then carefully coat the meat mixture with the mash before sprinkling the remaining cheese on top. It can then be left until time to cook for your guests. Then simply place the pie in a medium oven for 30 to 45 minutes and serve.

## #24 - OCEAN PIE RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### OCEAN PIE

1 pound skinned, boned cod or white fish  
10oz salmon steak skinned and boned  
2 cups milk  
1 bay leaf  
2 pounds waxy potatoes  
4oz peeled shrimps  
4oz butter  
4 tablespoons plain flour  
1 glass white wine  
1 teaspoon chopped fresh dill or parsley  
salt and pepper to season.

Peel potatoes, chop into chunks and boil them until soft enough to mash. Meantime put the fish in a saucepan with 1 cups of milk, bay leaf and season. Bring it to the boil, cover and simmer gently for 15mins. Drain fish but keep the liquid. Flake the fish into a shallow ovenproof dish and add the shrimps.

Melt half the butter in a saucepan and add the flour stirring constantly for a minute. Gradually stir in the fish stock and wine. Add dill or parsley and reduce until thick. Pour the sauce over the fish. Drain the potatoes and mash with the remaining butter and milk seasoning to taste. Cover the fish and sauce with the mashed potato and place in a preheated oven at 200 degrees gas mark 6 and bake for 5mins until the potato browns. Serve piping hot.

## #25 - OLD SCHOOL SPONGE CAKE - RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### OLD SCHOOL SPONGE CAKE!

This is for all of you who remember school sponge cake and actually liked it.

4oz butter or margarine  
4oz sugar (I use soft brown)  
3 large eggs  
4 oz self raising flour  
1 mug of oats

Using a mixing bowl and fork blend the butter and sugar into a paste. Add the eggs and mix well. Add the oats and stir in. Gradually fold in the flour until the mixture becomes thick.

Transfer to a baking tin and place in the centre of the oven, preheated to 170c for 25 to 30 mins. Try not to check it as this might cause the sponge to drop. When it is ready the cake should spring back instantly when pressed gently in the centre.

Can be served hot with custard or allowed to cool and eaten on its own. You can also add ginger, cocoa powder, nuts or dried fruit to the recipe. Its always hearty!

## #26 - PAN FRIED LIVER AND MUSHROOMS

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

PAN FRIED LIVER AND MUSHROOMS (quick tasty and nutritional)

1lb fresh chicken livers  
40z small button mushrooms  
1 small onion  
Black pepper  
Salt  
Olive oil  
Whole meal bread and butter (for toasting)

Finely slice half the mushrooms. Pour a little oil into a frying pan and heat quickly. Add the chicken livers to the hot oil and stir until browned. Remove from pan. Add a little more oil and the sliced mushrooms and fry until they begin to turn autumn brown. Add the whole-mushrooms and stir well until they begin to cook. Add the chicken livers and lots of black pepper and a sprinkle of salt. Cook on high heat for three minutes stirring continuously. Serve with buttered whole meal toast and Colombian coffee or European beer.

# #27 - PAN FRIED, SPICEY CHICKEN BURGERS RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## PAN FRIED, SPICEY CHICKEN BURGERS

1lb minced chicken  
3 rashers minced bacon  
2 cups good quality breadcrumbs  
1 finely chopped chilli  
1 medium onion grated  
Ground black pepper  
1 desert spoon finely chopped sage and rosemary

In a large bowl thoroughly mix the bacon and chicken using your hands. Add the onion, mixed herbs and chilli and mix in well. Season with black pepper. Add the bread crumbs and again using your hands mix well together. Leave to stand for at least an hour. Form into patties and shallow or dry fry on a skiddle or in a frying pan, ensuring the burgers are browned before turning over. Press down on the burgers as you cook them to ensure they stay whole. Make sure they are cooked all the way through before serving.

Serve either in a bun with salad or with fries and mayonnaise... Dutch Beer or Dry White Wine

## #28 - PEASE PUDDING - RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### PEASE PUDDING

Soak 8oz of yellow split peas in salty water overnight. Drain and rinse. Put a ham shank or four rashers of bacon or two ham/pork stock cubes into a pan with four pints of water and bring to the boil. Add the peas once it is boiling. Add some white pepper. Simmer for an hour and allow it to thicken. Remove the bone or bacon rashers and pour the peas into an oven dish. Place in the oven at a medium temperature (if you have used bacon cover with the cooked rashers) until the peas pudding sets. Remove from the oven and allow it to cool. Serve as a side dish or in sandwiches with ham. You can also eat it hot with fresh bread and dripping.



## #29 - PEPPERED BEEF STIR FRY - RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### PEPPERED BEEF STIR FRY - RECIPE

2lbs lean beef steak cut into strips and left to dry out for 1 hour  
1 red pepper cut into strips  
1 green pepper cut into strips  
1 large onion chunky chopped  
8oz chestnut mushrooms sliced & quartered  
Large handful bean sprouts  
1 teacup frozen peas  
1 red chilli chopped  
3 cloves garlic chopped  
Juice of 1 orange  
Juice of 1 lemon  
1 glass dry sherry  
1 tsp sesame oil  
3 tbsp peanut or vegetable oil  
1 tbsp ground black pepper  
Soy sauce for seasoning

Mix the sherry, orange juice, black pepper and a splash or two of soy sauce in a bowl. Add the beef strips and stir in until well covered. Leave for one or two hours stirring occasionally.

Drain off excess marinade and add sesame oil, lemon juice and some more soy sauce. Heat oil in a wok or large pan, add the beef and seal quickly. Add the onion, peppers, chilli, garlic and stir or toss vigorously for about a minute. Add the frozen peas, quartered mushrooms and bean sprouts and again stir or toss vigorously for another minute. Add the sliced mushrooms and marinade and stir for a final minute turning up the heat.

Remove from heat and serve immediately with boiled rice or noodles and a medium white wine.

## #30 - POLENTA BAKE RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### POLENTA BAKE

2 cups of polenta (corn meal)  
2lbs strong mature cheddar grated  
1lb lean bacon or gammon diced or cut into strips  
4oz of button mushrooms quartered  
1 medium red pepper diced  
1 large onion chopped  
2 cloves of garlic crushed and chopped  
1 chilli pepper finely chopped (more to make it hotter) and stir for two minutes  
Small bunch of fresh coriander chopped  
2 tablespoons paprika  
2 cups white wine  
2 cups chicken stock  
4 cups water  
Olive oil

In a large frying pan fry the onion, pepper, garlic, chilli and bacon in olive oil for ten minutes stirring continuously. Add the mushrooms and fry for a further five minutes. Add the coriander and paprika and stir for two minutes. Turn off the heat and add 1 cup of white wine.

In a large saucepan bring the remaining wine, chicken stock and water gently to the boil and simmer. Slowly sprinkle in the polenta whisking vigorously. After one cup has been added empty the contents of the frying pan into the mixture and whisk. Continue to sprinkle in the polenta. Once it is all added stir for 1 to 2 minutes until it begins to thicken. Add all but half a pound of the cheese and stir in thoroughly. Stir for a further minute until the mixture begins to thicken. Remove from heat and pour into an oven dish. Sprinkle the remaining cheese on top and bake in a medium/hot oven for 30mins.

Serve with fresh green beans and peas and a crisp dry white wine.

# #31 - PORK LEEK AND SPINACH STEW RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## PORK, LEEK AND SPINACH STEW

2lbs diced pork  
2 large leeks chopped into rings  
Large bunch spinach roughly chopped  
1 large Spanish onion  
2 large quality potatoes diced/or penne pasta if preferred  
4 large cloves garlic, crushed and finely chopped  
1 tin of plum tomatoes chopped  
2 tablespoons dry oregano  
1 large glass dry white wine  
1 pint rich chicken stock  
Olive oil  
Butter  
Ground black pepper  
salt

Pour a generous amount of olive oil into a large saucepan and place on heat. Add a very large knob of butter and allow to melt and combine. Add the leeks onions and garlic and sprinkle lightly with salt to avoid browning. Sweat the ingredients for five minutes. Add the pork and stir well. Keep stirring until the meat is sealed. Add chicken stock and oregano and simmer for 20 minutes (occasionally topping up with water). Add spinach and simmer for ten minutes. The stew should become muddy grey but will taste very creamy. Add tomatoes and potatoes and simmer for a further twenty minutes, again topping up with water. Add white wine and plenty of black pepper. Stir well and continue to simmer for fifteen minutes or until the sauce reduces to desired consistency.

Serve sprinkled with Parmesan, with crusty bread, beer or dry white wine.

## #32 - RECIPE CAULIFLOWER CHEESE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### FULL-ON CAULIFLOWER CHEESE

1 Cauliflower cut into florets  
4oz mature cheddar cheese (grated)  
2oz Parmesan cheese (grated)  
4 oz Strong Lancashire cheese (grated)  
1small onion (finely chopped)  
1lb smoked bacon  
1 cup walnuts  
1 pint of milk  
2oz butter  
2 tablespoons plain flour

Place the cauliflower florets in a pan of slightly salted cold water and gradually bring to the boil. Leave it to simmer for ten minutes. Drain and allow it to stand.

Dry fry the bacon in a frying pan adding the walnuts and onion when it starts to become crispy. Remove from heat and allow them to colon a paper towel.

Put the butter in a heavy pan and melt it slowly on the hob. Gradually stir the plain flour into the melted butter. When the mixture becomes a thick paste add cold milk a little at a time stirring and smoothing it constantly\*. When all the milk has been added add the Parmesan 3oz of the cheddar and 3oz of the Lancashire and stir in. Allow the cheese to melt and season with black pepper. When the sauce begins to boil turn of the heat\*\*.

Cut the bacon into small pieces and break the walnuts. Add these and the onions to the sauce and stir well in.

Arrange the cauliflower florets in a fairly deep oven dish and pour the sauce over the top. Leave for a few minutes to let the sauce cover the cauliflower. Sprinkle the remaining cheese over the top. Place in a medium/high oven for twenty minutes or until the cheese begins to brown slightly. Serve with fresh brown bread and butter and fruity white wine.

\* If lumps appear and refuse to leave use a hand blender or whisk.

\*\* If the sauce doesnt thicken mix a desert spoon of flour and butter together, drop it into the sauce and stir in. It may need more but the thicker the sauce is the better.

## #33 - RECIPE OF THE WEEK

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### TANGY BAKED POTATOES AND DREAMBOAT SALAD

1 large baking potato per person  
Olive oil  
Large red pepper  
Large green pepper  
Whole lettuce  
Half a cucumber  
Large red onion  
Large avocado  
10 seedless, white grapes  
10 cherry tomatoes  
2oz strong cheese  
4oz mixed nuts (broken) or 2oz mixed seeds  
Salt and ground black pepper.  
Grated cheese and butter

Prick the potato skins with a fork. Mix an egg cup of olive oil with half a teaspoon of salt and half a teaspoon of ground black pepper (per four potatoes). Brush the potatoes with the seasoned oil and place in a fairly hot oven for an hour (or until skins are crispy and the inside is soft).

Meanwhile chop all the salad vegetables coarsely, halving the grapes and tomatoes. Mix them all together in a large salad bowl (obviously if theres ten of you make more salad). Dice the cheese and mix that in.

Put the nuts or seeds on a tray and place them in the oven for about three minutes or until they begin to brown then allow to cool down. Once cooled sprinkle them onto the salad and pour liberal amounts of olive oil on top before mixing it all thoroughly and allow it to stand somewhere cool until the potatoes are ready.

Serve the potatoes cut in half and loaded with butter, grated cheese and black pepper. The salad should be piled up next to each potato and you can always indulge in a bit of mayonnaise.

## #34 - RECIPE OF THE WEEK CHICKEN KORMA

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

THE TWO PAN CHICKEN KORMA (its easier than it looks)

For the sauce (2 persons approx)

1 large onion

2 cloves of garlic

2 tablespoons coriander powder

1 teaspoon tumeric

2 tablespoons mild curry powder or garam masala

Juice of 1 lime (or enough lime cordial for a drink)

2 tablespoons sugar

1 can coconut milk

1 pint water

can evaporated milk or thick plain yoghurt

1 handful of chopped fresh coriander

2 tablespoons oil, ghee, margarine or butter (for frying) do not use olive oil!

also needed

Basmati rice (or any rice you can buy) rule of thumb a cup per person. But it depends on appetite and it can always be used as ground bait.

1lb off the bone chicken breast. (substitute other meat fish or vegetables as preferred)

Again this isnt a science. The ingredients above are a guide. Any kind of coconut is good. Creamed blocks just need to dissolve in the sauce. Desiccated coconut can be used if thats all you can get it will need cooking for longer.

Fill a pan with cold water and put chicken into it. This should be put on a low heat whilst you prepare the sauce.

Whilst the chicken is beginning to heat up, finely chop the onion and garlic. Heat a pan with the oil or ghee and fry the onions and garlic together stirring constantly to avoid burning (if you are using desiccated coconut that should be added at this stage and use plenty). Add the powdered coriander and stir in until you can smell the spice and the curry powder or garam masala. Add the lime and the sugar. It will become a paste very quickly. Add the pint of water (and creamed coconut if you are using it). Stir well then leave to simmer gently until reduced.

At this stage check the chicken. Prick with a knife and see if meat is cooked through (it should be white inside). When cooked remove from hot water cover and leave to stand.

Clean the pan and fill it with cold water. Put rice into the water and rub it thoroughly between your fingers until the water is milky. Drain, rinse and leave to one side. Refill pan and bring to the boil. Add the rice (at this stage you can also add tumeric powder and coriander to add flavour to the rice). During cooking the rice should be watched carefully and not allowed to over cook. If you are using basmati rice it will cook very quickly. Keep trying a grain or two. If you can bite through it easily but there is a hard centre remove the rice from the heat and drain the water. Leave it to stand and cover it as it will continue to cook.

## #34 - RECIPE OF THE WEEK CHICKEN KORMA

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

Fill the pan with water and put it back on the heat (the warm water is to rinse the rice before serving)

Back to the sauce. Once the sauce becomes a thick paste again add the coconut milk and allow to reduce quickly. Add evaporated milk or yoghurt and finely chopped fresh coriander (or a tablespoon of powdered) and simmer very slowly stirring occasionally until the sauce starts to turn creamy.

Meantime cut the chicken into healthy chunks and throw them in the sauce. When the sauce reaches a rich creamy texture turn off the heat. Rinse the rice in warm water and you're ready to serve.

Chefs notes: OK this looks far more complicated than it actually is. It's basically a throw everything in dish. But when you're limited to hobs and space in general it's better to be organised. It'll take an hour max to make. If you get practice it can be done half the time. But as I always say the longer the sauce takes the better. So you can actually cook the sauce for longer by keep adding a little water before creaming it up. If you make the sauce the day before hold back the evaporated milk yoghurt and fresh coriander until you are reheating it. It will taste amazing.

And again you can add salt and pepper or cream or more coconut or lime or curry powder or whatever. Just keep on tasting it. You can even add some chilli, powdered ginger and chopped tomatoes and turn it into a tikka masala sauce.

# #35 - RECIPE OF THE WEEK CHILLI CON CARNE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## CHILLI CON CARNE

1lb minced beef  
1 can red kidney beans  
2 medium onions - chopped  
3 large cloves garlic crushed and chopped  
1 medium red pepper deseeded and chopped  
1 medium green pepper deseeded and chopped  
4oz mushrooms mixture of thinly sliced and quartered  
3 red chilli peppers deseeded and finely chopped  
2 cans chopped plum tomatoes  
2 tbsps paprika  
1 tblsp coriander  
1tblsp oregano  
olive oil  
1 glass red wine  
salt and black pepper to season

also 4 cups rice, 2 large avocados, fresh crusty bread and grated white cheese

Dry fry the mince until brown (you can prepare your vegetables whilst you do this). Drain off excess fat and place mince on a plate. Reheat the pan with plenty of olive oil. Add onions and garlic and stir for one minute. Add peppers and chillies and stir in well. Add the herbs and spices and stir until the vegetables are coated and you can smell the spices cooking. Add mushrooms and stir in for one minute. Add both cans of tomatoes and top up the sauce with a little water. Leave to simmer gently for half an hour. Remove from the heat and pour into casserole dish\*. Rinse the kidney beans and add them. Add the minced beef. Pour in the wine and season to taste. Add water or more wine if the sauce looks dry. Stir together thoroughly. Place in a medium/hot oven for 45 minutes stirring occasionally. Serve on bed of boiled rice sprinkle with grated cheese. Serve with side dish of mashed avocado and freshly buttered crusty bread.

\* If you dont have a casserole dish large enough of your oven is too small just add all the other ingredients and continue to simmer for 45 minutes It just means you need to keep more of an eye on it.



# #36 - RECIPE OF THE WEEK GREEK STYLE KEBABS

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## GREEK STYLE KEBABS WITH SALAD

### Kebabs

2lbs lean diced lamb  
4 large cloves garlic crushed and chopped finely  
1 small pot plain yoghurt  
teaspoon fresh ground black pepper  
tablespoon lemon juice  
wooden skewers

### Salad

Assorted salad leaves  
2 large tomatoes, sliced  
4oz feta cheese  
three bacon rashers  
cup of walnuts  
olive oil

also pita bread

First you have to make your marinade. That's easy just mix together the yoghurt, garlic, pepper and lemon juice (you can also add fresh mint). Then place lamb in the marinade and mix together making sure the meat is coated. Cover with cling-film and leave to infuse for at least three hours (24 is better) somewhere cool. Make sure that you shake the mixture every hour or so to keep meat coated as the marinade will be absorbed.

1 hour before you intend to eat grill the bacon until crispy but not burnt. Also toast the walnuts for two minutes making sure they don't burn. Set aside both to cool. Rip up your leaves, dice the feta and place in a bowl with the tomatoes mixing thoroughly. Chop the bacon into small pieces and break up the walnuts. Add both to the salad and stir in. Drizzle over plenty of olive oil and set to one side for half an hour, tossing occasionally.

Drain off as much excess marinade from the lamb as possible (you may even want to rinse it but it's better a bit rough). Put meat onto skewers near to the blunt end, being careful not to overfill each one. Place kebabs under a warm grill and cook slowly, turning constantly until they begin to brown. Remove from grill. And allow to stand for two or three minutes. Meantime warm the pita bread under the grill so it softens and becomes easy to split wrap it all in a clean dry dishcloth to keep warm and soft. Turn grill right down and reheat the kebabs for a minute or two (or until they begin to blacken slightly). Remove from grill. Serve everything together with chilled white wine.

## #36 - RECIPE OF THE WEEK GREEK STYLE KEBABS

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

Top tip always soak wooden skewers in water before using them. That way they wont burn.

# #37 - RECIPE SAUSAGE CASSEROLE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## HEARTY SAUSAGE CASSEROLE

1lb good quality pork or beef sausages  
2 medium onions  
1lb carrots  
1lb waxy potatoes  
1lb broad beans or soya beans (fresh or frozen)  
1 red pepper  
1 tin of sweet corn or cup of frozen sweet corn  
1 red chilli  
1 desert spoon paprika  
1 tablespoon basil  
1 pint of strong chicken stock  
1 can of decent beer  
cornflour  
Ground black pepper and salt

Place a large casserole dish on the hob and heat it slowly. Meantime cut the sausages into small pieces. Add sausages to pan and dry fry stirring occasionally. Roughly chop the onions and peel and dice the carrots. When the sausages begin to brown add the carrots and onions and stir in well. Dice the potatoes in their skins. When the onions are cooking (you'll smell them) add the potatoes and stir in. Cover the pan and leave for ten minutes stirring occasionally.

Remove the seeds from the red pepper and chop roughly. Remove seeds from chilli and finely chop. Add both to the pan and stir in well. Add paprika and basil and stir in. Cover and allow it to cook for five minutes. Stir occasionally. Set oven to medium/high.

Add the beans and sweetcorn and the chicken stock and simmer for ten minutes. Add the beer and season. Place in the oven uncovered for fifteen minutes or until the top of the casserole forms a dark skin. Stir and cover and cook for 45 minutes. Remove from oven and uncover. Mix two heaped teaspoons of cornflour with a little cold water and add to the casserole stir well until it begins to thicken. If it doesn't thicken add another teaspoon of cornflour mixed with water. Serve with fresh tasty bread and beer.

## #38 - RECIPE SHEPHERDS OR COTTAGE PIE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### COMFORTING SHEPHERDS/COTTAGE PIE

1-2lbs minced beef or lamb (depending whether its shepherds or cottage pie)  
4 large baking potatoes  
1 large onion  
3 carrots  
2 cups of peas  
1/2 lbs strong cheddar  
1oz butter  
1 cup of milk  
1 cup beef stock  
1 cup ale  
corn flour  
salt & pepper

Peel the potatoes, chop them into roasting size and set them to boil in a pan of slightly salted water. Dry fry the mince. Meanwhile chop the onion and add it to the meat when browned. Fry until the onion begins to brown slightly and cover with water. Peel and chop the carrots and add to the pan. Leave to simmer for fifteen minutes or until carrots soften. Add peas, stock and ale and simmer for another ten minutes.

Mix a desert spoon of cornflour with a little cold water until dissolved and add to the meat and veg. Season to taste. Stir well in until the gravy begins to thicken. Take off the heat, transfer to an oven dish and allow it to stand for ten minutes. Using large spoon gradually spread the mashed potato onto the mince working from the edge of the dish inwards in a circular motion. Run a fork through the mash and sprinkle the cheese on top. Place in a medium hot oven for fifteen minutes or until the cheese begins to turn brown. Serve piping hot.

# #39 - RECIPE WHITE FISH AND SALTY POTATOES

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## BAKED WHITE FISH AND SALTY POTATOES

1 fillet or whole white fish (cod if possible) per person  
3/4 new potatoes per person  
1 pan of seawater  
butter  
lemon juice  
mixture of green beans to serve with  
black pepper  
tin foil

This is simplicity itself. Put the potatoes in the pan of seawater and bring to the boil. Meanwhile wrap each piece of fish separately in foil, sprinkle with lemon juice and add a large knob of butter to each. Place them on tray in a medium oven for twenty minutes to half an hour (depending on how many portions). Make sure the potato water stays topped up as this concentrates the salt. Boil your mixed bean for the final five minutes. Drain then grind plenty of black pepper onto them and toss. Remove fish from the oven and take off foil. Serve on hot plates with a refreshing white wine to balance out the salt.

# #40 - RECIPES FOR BARBECUE MARINADES

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## RECIPES FOR BARBECUE MARINADES

Marinades (these are roughly enough for 2 to 3 lbs of meat)

### For Pork

- 1 glass of apple juice
- 1 glass of dry white wine
- 1 glass of medium sherry
- 2 red chillies finely chopped
- 1/2 cup fresh coriander chopped
- 4 spring onions finely chopped
- 1 teaspoon of salt

### For Lamb

- 1 glass dry white wine
- 4 tablespoons of plain yoghurt
- 6 fresh mint leaves chopped
- 4 cloves of garlic chopped
- 1 teaspoon of crushed fennel seeds.
- 1 teaspoon of ground black pepper
- 1 teaspoon of salt

### For Beef

- 1 glass red wine
- 1 glass of sweet grape juice
- 1 glass of ale
- 2 red chillies finely chopped
- 1 medium onion finely chopped
- 2 cloves of garlic finely chopped
- 6 leaves of basil chopped
- 1 teaspoon of salt

### For Chicken

- 1/2 pint dry cider
- 1 green chilli finely chopped
- 1 tablespoon of fresh rosemary chopped
- 6 leaves of sage finely chopped
- tablespoon of chopped fresh oregano
- 2 cloves of garlic crushed or chopped

## #40 - RECIPES FOR BARBECUE MARINADES

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

The juice of a lemon

1 teaspoon of salt

With all the above recipes the ingredients should be well mixed or blended (in which case you dispense with the chopping and crushing). Place the meat pieces in a sealable plastic tub or a dish (in which case you will need cling film to cover the whole dish). Pour the prepared marinade over the meat and stir well in until it is covered. Seal the container thoroughly and store in a fridge for 12 to 24 hours (the longer the better). At regular intervals remove the container and shake well whilst turning thus ensuring the meat stays well covered. When you are ready to cook drain the marinade for ten to fifteen minutes in a colander or sieve, stirring regularly.

If you are using joints of meat or whole chickens the meat should be pierced all over with a sharp knife and the marinade massaged in.

The marinades can also be used in mince to prepare homemade burgers but you can probably double up on the weight of the meat (it's also best if you can liquidize the marinade). The marinade will need stirring well in and will give flavour within a couple of hours but again overnight will let the flavours mature. Squeeze out the excess before making into burgers.

# #41 - RISOTTO RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## KING RICHARDS RISOTTO

To serve four

400g risotto rice

6 top quality sausages sliced

3 rashers thick smoked bacon chopped

8 medium sized mushrooms sliced

1 very large Spanish onion finely chopped

100g frozen peas

1 red chilli finely chopped

100g strong cheese grated

3 tablespoons Parmesan cheese grated

2 litres of chicken stock

Olive oil

White wine (optional)

Butter

Ground black pepper

In a large pan heat a couple of tablespoons of olive oil and a large knob of butter, add the bacon and sausages and fry until they begin to brown. Add the onion and fry gently for five minutes. Add the chilli and stir in. Turn up the heat and add the rice. Stir until everything is mixed and the rice is coated with oil and butter. At this point add the white wine and continue cooking and stirring until it has evaporated. Add the half the stock allowing the rice to absorb most of the liquid before adding the rest. This should take about twenty minutes. In the meantime add the frozen peas and some black pepper (after about fifteen minutes). Turn the heat up and cook until rice is soft. You may need to add a little water along the way. When the rice is cooked turn off the heat and let it stand for a couple of minutes before stirring in a large knob of butter and the cheese. Eat with tomato and leaf salad and very cold fruity but dry white wine.



# #42 - ROAST CHICKEN RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## ULTIMATE ROAST CHICKEN

1 medium sized chicken  
1 large sweet potato  
3 medium onions  
1 red onion  
2 sprigs fresh rosemary  
Butter  
Olive oil  
Ground black pepper  
Salt  
1 pint chicken stock  
8oz formed polenta  
Potatoes for mashing  
Beans and peas

Im not going tell you how to mash potatoes as everyone has their own favourite way, so Ill cut to the chase.

Cut the sweet potato in half and finely chop one half, place in a mixing bowl. Finely chop the red onion and the ears of half a sprig of rosemary and mix in with the sweet potato. Add plenty of black pepper and a little salt. Stuff the mixture into the chicken breast cavity.

Peel an onion whole and push that into the other cavity. With a sharp knife loosen the skin on the chicken breast and pack with butter before pushing in a sprig of rosemary. Chop the remaining onions and spread onto the base of a roasting tray adding half a pint of water. Put a grill on top, place the chicken in the centre and cover in foil. Place in a medium hot oven to cook slowly for an hour.

Chop the remaining sweet potato in large chunks and do the same with the polenta. Place in a bowl with the remaining rosemary and drizzle over olive oil and a little salt. Stir together regularly over the following hour. After one hour turn the heat up in the oven for half an hour.

Remove the chicken from the oven, take it of the tray and put to one side, removing and discarding the foil. Drain onions any juices into a saucepan. Put the chicken back in the tray on the bottom and surround with sweet potato and polenta place it all back in the oven for another 30 minutes.

In the meantime add the stock to the liquid from the tray and bring to the boil then simmer rapidly so it reduces quickly. Boil and mash the potatoes using the water to top up the gravy mixture. Take chicken out of the oven after half an hour, turn it over and replace it for ten minutes. Then turn it back over a bake for ten minutes on high.

Turn everything off remove the chicken and let it stand for a few minutes keeping everything warm in the oven. If the gravy isnt thickened add some mashed potato. Beans and peas can be boiled during this period.

Serve with white wine and traditional stuffing of choice.

## #43 - SEAFOOD PAELLA RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### SEAFOOD PAELLA

1 lbs mixture of clams and mussels

75ml dry sherry

2 cloves chopped garlic

1 chopped onion

1 chopped red pepper

2 medium tomatoes, chopped

8oz paella rice

1pt hot fish stock

4oz frozen petit pois

Pinch of saffron

1 tbsp olive oil

1 tbsp sherry vinegar

Salt and freshly ground pepper

Clean shellfish and place in saucepan with sherry and half the garlic cover and bring to the boil gently then simmer for 4 minutes until the shellfish are open. Discard those that dont open. Sieve the stock into a jug or bowl. Heat the olive oil gently in a frying pan and add the onion and pepper cooking for about 10 minutes until soft. Add the rest of the garlic and after 1 minute stir in the tomatoes and cook for 3minutes. Add the rice and stir well. Add the stock and shellfish liquid. Stir. Add saffron and salt and simmer gently for 30 minutes stirring occasionally. After 25 minutes add the petit pois. Serve on a warm plate topped with the shellfish and season with pepper and vinegar.

# #44 - SPAG BOL RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## ON BOARD RECIPE OF THE WEEK

Cooking on board a yacht or cruiser can be tricky. There aint much room and with only two rings on the hob youre pretty limited. So weve decided to feature recipes that can be cooked under such duress. Its all easy stuff with little preparation needed. First up is a personal favourite and is described by my own children as the best spaghetti Bolognese in the world. By the way this is a rough guide. Im not a weights and measures cook and most of the recipes Ill be giving you are pretty much adaptable to suit your own taste. I like to encourage experimentation.

## TWO PAN BOLOGNESE

### The Sauce

1lb minced beef  
1 very large onion  
4 cloves of garlic  
2 tins plum tomatoes  
1 tube concentrated tomato puree  
4oz mushrooms  
2 tablespoons dried or finely chopped fresh oregano (or basil)  
1 glass of red wine (optional)  
black pepper and salt to season

also needed

half a pack of dried spaghetti  
1/2lbs grated mature cheese or Parmesan as required.

Fry the minced beef until brown and drain the fat. (Dont use beef thats too lean it will dissolve in the sauce). Meanwhile chop the onion and crush and chop the garlic. Add this to drained mince and stir well in. Chop mushrooms and add to the pan. Add oregano (you can use basil to be more traditional but I prefer oregano). Grind black pepper liberally over the top and mix well. Allow the herbs to become aromatic then add the tinned tomatoes and stir well. Fill both tins with hot water and add to the sauce. Allow the sauce to simmer for half an hour.

Add the tomato puree and stir well. Add salt and pepper to taste. Allow the sauce to reduce until thick. Add half a can of water and the glass of wine (or a full can of water) and leave again to reduce. At this stage most of the work is done. You can even turn off the pan and warm it up later. Or leave it until the next day, which will improve the flavour incredibly. The sauce should be deep red when its at its best.

Cook the pasta fifteen minutes before serving in plenty of boiling water. Grate the cheese and

## #44 - SPAG BOL RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

use as a topping. Best served with decent Chianti and crusty bread and butter.

# #45 - SPICY BAKED BEAN RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## SPICY BAKED BEAN SPECIAL

3 cans baked beans  
1lb smoked bacon diced  
1 large red pepper diced  
1 green pepper died  
1 chilli pepper chopped (more if you want it really hot)  
1 onion chopped  
2 glasses dry white wine  
Soy sauce  
Olive oil

Spread the bacon on a baking tray and place in a medium hot oven for twenty minutes or until the bacon is cooked but not crispy. Meanwhile in a large frying pan fry the onion and peppers in a little olive oil until the start to brown. Add the chilli and stir in. Add one glass of white wine and reduce. Add a tablespoon of soy sauce and stir in. Add the beans and stir well for two minutes. Turn off the heat. When the bacon is ready remove from the oven and spread the beans over the top. Add a glass of white wine and stir everything in ensuring everything is evenly spread out. Put the tray back into the oven and turn the heat up. Cook for thirty minutes, checking and stirring occasionally.

Serve with crusty bread or jacket potatoes and cold beer.

## #46 - SPICY MOROCCAN TUNA RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### SPICY MOROCCAN TUNA RECIPE

4 x 8oz fresh thick tuna steaks  
1oz fresh coriander  
3 garlic cloves  
1 tsp paprika  
tsp ground cumin  
1 large red chilli finely chopped  
Juice and zest of one lime  
5 fluid oz olive oil  
Salt and pepper

Blend the coriander, spices, lime juice and zest to form a pure. Slowly add the olive oil to create a smooth, thick sauce. Using a non metallic dish cover the tuna with 2/3 of the paste, cover with cling film and leave for between 1 hr and 4hrs.

Remove the steaks from the dish, shake off excess marinade and season. Place on a hot griddle or frying pan for 2 to 4mins depending on thickness turning once. Drizzle the remaining marinade over the steaks and serve with new potatoes.

# #47 - SPICY PORK SAUSAGE PASTA RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## SPICY PORK SAUSAGE PASTA

4 thick pork sausages cut into small pieces  
1 medium onion roughly chopped  
2 garlic cloves crushed  
2 red chillies chopped  
Glass medium white wine  
Glass dry white wine  
2 tbsp tomato pure  
Can chopped tomatoes  
Six chopped basil leaves  
Penne  
Olive oil  
Ground black pepper

Fry the sausages in olive oil in a heavy pan until golden brown and cooked through. Add onions and fry for further two minutes. Add garlic and fry for 1 minute. Add chillies and white wine and reduce by half. Add tomatoes and basil and simmer for five minutes stirring occasionally. Add white wine, tomato puree and black pepper and simmer until reduced to a creamy texture.

Meantime cook four cups of penne until almost soft and drain. Stir penne into the sauce. Cook for another minute or two then serve with grated parmesan or strong cheddar, crusty bread and white wine.

# #48 - SPICY SWEET POTATO AND BACON - RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## SPICY SWEET POTATO AND BACON BAKE

### Ingredients

3 large sweet potatoes  
6 rashers of smoked bacon  
4oz creamy Lancashire cheese  
2 red chilli peppers  
1 green pepper  
Tin foil

Cook the smoked bacon until almost crispy. In the meantime slice the green pepper into strips and put that under the grill. Remove and leave to cool.

Halve the sweet potatoes lengthways and cut grooves into the flesh. Grate the cheese. Finely chop the chillis and mix with the cheese.

Using scissors cut up the bacon into small pieces. Push the bacon and green pepper into the grooves you have cut into the sweet potatoes. Top with the cheese and chilli mix and put the sweet potato halves back together. Wrap them in tin foil and bake in a medium/hot oven for an hour.

Serve with salad and dry white wine.



## #49 - SPICY TURKEY SOUP RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### SPICY TURKEY SOUP

1lb cooked turkey  
2 carrots peeled and diced  
2 potatoes peeled and diced  
1 large green pepper chopped  
2 cups yellow split peas rinsed and soaked overnight  
2 large onions chopped  
2 chopped chillies  
Bunch of fresh coriander chopped  
2 pints chicken stock  
1 tube tomato puree  
1 heaped tablespoon paprika  
Black pepper  
Salt

This is a great way of using up left over turkey and making something different. Dry fry the onion, pepper and chillies for a few minutes until the onion starts to colour. Add a pint of water and bring to the boil. Simmer gently adding the split peas, potatoes and carrots and cover for ten minutes. Add the turkey and tomato puree and simmer until the soup reduces considerably. Add the chicken stock, paprika and seasoning. Simmer for thirty minutes. Add the coriander and simmer for ten minutes. Serve with warm pita bread and a wine of your choice.

# #50 - SPRING CHICKEN SALAD RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## SPRING CHICKEN SALAD

3 chicken breasts boned  
Juice of 3 limes  
Tablespoon of chopped fresh ginger  
Tablespoon chopped fresh coriander  
Baby spinach  
Rocket  
1 medium red onion sliced  
2 large firm tomatoes finely sliced  
Half cup pine nuts lightly toasted  
Small ball mozzarella cheese cut into strips.  
Olive oil  
Lemon juice  
Salt and black pepper

### The Chicken

Mix the ginger, lime juice and coriander together to form a marinade. Place the chicken breasts skin side down in a shallow dish and prick several times with a fork. Coat the chicken breasts with the marinade and cover. Leave in the fridge for 6 hours. Remove chicken from fridge turn over, dry the skin with a paper towel and brush with a mixture of salt, black pepper and olive oil. Cover loosely with foil and place in a medium oven and cook for half an hour, possibly finishing off without the foil to ensure the skin becomes crispy. Allow to stand for two minutes.

### The Salad

Whilst the chicken bakes place the spinach and rocket leaves into a large salad bowl and cover with the onion and tomatoes. Lay the strips of mozzarella on top and sprinkle with pine nuts. Mix a 2 tablespoons of olive oil and 2 tablespoons of lemon juice together and drizzle over the salad, ensuring the nuts and cheese are coated.

### To Serve

Slice the chicken breasts into medallions. Toss the salad thoroughly so all the ingredients are well mixed, arrange on a plate and top up with slices of chicken.

Serve with crusty bread and a dry sparkling wine.

# #51 - STICKY DUCK AND EGG RICE - RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## STICKY DUCK, CHESTNUTS AND EGG RICE

3 or 4 duck breasts sliced horizontally  
12 chestnut kernels halved  
1 very large onion diced (or two medium)  
6 cloves of garlic chopped  
2 roughly chopped chillies  
1 glass of dry sherry  
1 sprig fresh rosemary stripped and finely chopped  
2 tablespoons dark soy sauce  
3 tablespoons soft brown sugar  
1 desert spoon white wine or cider vinegar  
4 cups of brown rice  
1 cup of barley  
2 pints of lamb or chicken stock  
4 spring onions chopped  
2 large eggs  
Vegetable oil  
Salt and pepper

Put the soy sauce, sugar, rosemary, half the garlic and vinegar in a bowl and either blend or mix well. Add the duck and coat thoroughly then leave to marinate for at least two hours. In the meantime soak the rice and barley in the warm stock for an hour.

Simmer the rice and barley for twenty minutes adding water but allowing it to become sticky. Drain off the excess stock into a jug and leave to stand.

After the allotted time heat some oil in a pan with the remaining garlic and three quarters of the onion and the chillies. Drain the duck but keep the marinade. Add the duck to the pan along with the chestnuts and turn the heat up. Fry quickly then reduce the heat and add the marinade and glass of water (or white wine) and the sherry and leave to simmer gently.

Heat another pan with oil and put the rest of the onions in to brown slightly. Crack the eggs into the pan and fry for thirty seconds before stirring briskly for a minute. Add the rice and mix well. Season with salt and pepper (or light soy and mild chilli powder). Continue to stir for three to five minutes. Add the spring onion and mix in. Turn of the heat.

Turn the heat up on the duck and add the excess stock. When the sauce goes thick and sticky turn of the heat and cover and leave to stand for two minutes.

Serve the duck on the rice with a pepper and tomato salad and wash down with ice cold dry white wine

## #52 - STICKY LAMB WITH CORRIANDER RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### STICKY LAMB WITH CORRIANDER

2lbs lean diced lamb  
3 chilies chopped  
1 large onion grated  
Powdered coriander  
3 finely chopped cloves of garlic  
Small bunch of fresh coriander  
Juice of two limes  
Three tablespoons of soft brown sugar  
Ground black pepper  
Salt  
Olive oil  
1 glass dry white wine at least

Add three heaped teaspoons of powdered coriander, 1 teaspoon of black pepper and the garlic to the lime juice and mix well. Place lamb in a bowl and using your hands massage the lime marinade into the meat vigorously. Cover and leave for 24 hours stirring or shaking occasionally.

Drain the marinade into a bowl and put to one side. Brown the lamb in a large pan using olive oil and add the onions stir until the onions begin to brown. When the lamb is coated with onion remove from the pan. Pour marinade into the pan and heat gently. Add the chilies, white wine. Meantime chop the fresh coriander and place in the bowl with the sugar and add the lamb. Mix well with your hands. Place the lamb mixture into an oven dish and spread evenly.

Pour hot marinade and wine into the bowl and stir in remainder of the fresh coriander and sugar. Add more wine if necessary. Pour over the meat carefully. Place the dish in medium oven and cook for an hour and a quarter stirring occasionally and ensuring it doesn't get too dry.

Serve with rice, minted yoghurt and green salad

## #53 - STIR FRIED VEGETABLES RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### STIR FRIED VEGETABLES

1 green pepper sliced  
1 red pepper sliced  
1 onion chopped chunky  
3 cloves garlic sliced  
2oz button mushrooms quartered  
1 tin water chestnuts sliced  
1 tin bamboo shoots  
2 red chillies chopped  
Vegetable oil  
Sesame oil  
Dark soy sauce  
Five spice  
Rice wine or dry sherry

Heat enough oil in a wok to cover the base when it is rotated. Add a desert spoon of sesame oil and the onions, garlic and peppers. Stir rapidly for two minutes. Add a teaspoon of five spice and stir in well. Add the water chestnuts, bamboo shoots and chillies. Continue stirring for three minutes. Add two tablespoons of dark soy and a glass of rice wine or Dry sherry. Stir for another two minutes until the liquid begins to congeal.

Serve on a bed of your preferred rice or noodles with fruity but dry white wine.

# #54 - THAI FISH CURRY RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## EASY THAI FISH CURRY

3-4 fillets of fish diced  
1 red pepper de-seeded and chopped roughly  
1 tomato peeled de-seeded and cut into wedges  
boiled rice

### The Sauce

Juice of 1 fresh lime or lemon  
1 teaspoons ground coriander  
1 teaspoons ground cumin  
2 stems lemon grass  
3 tablespoons chopped coriander leaves  
1 large onion chopped  
2 cloves of garlic crushed  
1 thumb sized piece of fresh ginger  
1 green or red chilli pepper  
1 tin coconut milk  
2 tablespoons fish sauce  
sugar (for possible seasoning whilst cooking only)

First put all the sauce ingredients in a food processor or bowl and blend into a smooth paste. If you have no processor or hand blender you can grate the onion garlic and ginger and finely chop anything else, although this will increase the initial cooking time slightly. Pour the sauce into a wok or large frying pan and slowly bring to the boil. Add the fish and pepper and mix well. Cover and simmer gently for 6-8 minutes. Check the sauce for taste and sweeten with sugar if it is too sour or add a little more fish sauce if it's too sweet. Add tomato, cover again and simmer for another 2-3 minutes. Serve straight from wok with hot boiled rice.

## #55 - TOAD IN THE HOLE RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

### TOAD IN THE HOLE

100g plain flour  
1 egg  
150ml milk  
150ml water  
12 good quality pork sausages  
1 onion sliced thinly  
Black pepper

Preheat the oven to around 200C or Gas mark 7. Evenly space sausages in a baking tray and scatter the onions over them before drizzling oil over everything. Place in the oven for 20 minutes. To make the batter, first sift the flour into a mixing bowl and make a well in the centre. Crack an egg into the hole. Beat the mixture gently whilst adding equal measures of water and milk gradually. After half the liquid is added beat the batter for 2 minutes before adding the rest. Season well with black pepper. At the 20 minute mark remove the tray from the oven stir the batter and quickly pour it over the sausages and onions. Place the tray back in the oven and bake for 35-40 minutes or until the batter is risen and golden brown.

Serve with gravy, peas and mashed potato.

# #56 - TURKISH LAMB SALAD RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## TURKISH LAMB SALAD RECIPE

### The Lamb

4 lamb steaks cut into 1cm strips  
2 tbsps soy sauce  
1tsp ground cumin  
1 large garlic clove crushed  
40g of runny honey (or syrup)  
3 sprigs of rosemary finely chopped  
Vegetable oil

### The Salad

Bowl of wild rocket, baby leaf spinach, and various lettuce leaves  
A large tub of Greek style yoghurt  
Small bunch of mint finely chopped  
2 tbsps white wine vinegar  
cucumber peeled and shredded  
Salt & pepper  
A selection of fresh flatbreads or pita bread.

First of all mix the soy sauce, cumin, garlic, honey and rosemary in a bowl. Place the lamb in a large none metallic bowl and coat thoroughly with the marinade. Cover and refrigerate for between two and six hours. Twenty minutes before serving mix the yoghurt, cucumber, mint, vinegar and seasoning to make the salad dressing. Toss all the leaves together in a large salad bowl. Fry the lamb strips in a hot pan with little olive oil, remove from pan and leave to stand for two minutes. Serve with warm flat breads or pita.



# #57 - VEGETABLE LASAGNE RECIPE

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*Provided by Harbour Guides - [www.harbourguides.com](http://www.harbourguides.com)*

## VEGETABLE LASAGNE

6 sheets spinach lasagna  
2 cans tinned tomatoes chopped  
2 medium courgettes sliced  
8 button mushrooms sliced  
1 aubergine sliced  
1 handful fresh spinach roughly chopped  
1lbs strong cheese grated  
2 tablespoons plain white flour sifted  
1 tablespoons butter  
pint full milk  
4 cloves garlic crushed and chopped  
2 onions finely chopped  
Dried oregano  
Dried basil  
Ground black pepper  
1 glass red wine  
Olive oil

In a large pan fry the onion and garlic in olive oil until they begin to soften. Add the courgettes, mushrooms and aubergine and stir together. Add a tablespoon of basil and the same of oregano stir well. Add the tomatoes and stir in the spinach. Finally add the wine and leave to simmer for 30minutes, stirring occasionally.

In a saucepan slowly melt the butter and then stir in the flour to make a paste. Keep stirring to prevent burning but allow the flour to soften and lose its flavour. This should take about five minutes. Gradually add the milk stirring constantly until a sauce is created. Add three quarters of the cheese and stir in until it thickens.

In an oven dish spread a little of the vegetable sauce on the bottom and lay two sheets of lasagna on top. Then pour a layer of the vegetable sauce on top of that. Add another two sheets of the pasta and top that with cheese sauce, then two more sheets and the rest of the vegetable sauce topped with the rest of the cheese sauce. Sprinkle with the remaining grated cheese and place in a fairly hot oven for 40 minutes.

Serve with salad, crusty bread and a decent Italian red wine

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