

# Staying In

RECIPES AND STORIES FROM ISOLATION







“These are recipes for any mood.  
Feeling sad and a little despairing?  
Cook yourself a ragu.”



## The last six weeks have been a rollercoaster.

Like most freelancers, my work was put on hold indefinitely the moment lockdown was announced. The first few weeks were strangely peaceful, if confusing and anxiety-filled. I put down my camera, and ticked a lot of predictable lockdown boxes – oil painting, decluttering the whole house, teaching friends how to make sourdough via Whatsapp. I avoided the news for a while and spent more time on Instagram than I’d like to admit. It was obvious the kitchen had become a place of solace for many of us stuck inside – cooks or not. People were sharing knowledge more openly, there were recipe swaps and live cookalongs and the general feeling that even if you might be alone in your home, you weren’t alone in your kitchen. It turns out that when the outside world is upside-down and feeling unfamiliar, cooking can distract and soothe us – even if that’s only for as long as it takes to boil an egg.

As the weeks rolled on, it felt important to document this time in the only way I knew how: through food. *Staying In* is a testament to the power of good food to lift us, comfort us and sustain us – particularly at a time when we need it most. You’ll find over 35 recipes in this book, generously shared by some of the most inspiring chefs and food writers I know. These are recipes for any mood. Feeling sad and a little despairing? Cook yourself a ragu. Need something on the table in less than 30 minutes because you’ve suddenly become a maths teacher, PE coach, parent and entertainer all rolled into one? Try Anna Jones’ asparagus salad with buttermilk dressing. Have no flour on account of the national shortage? Make Milli Taylor’s three ingredient peanut butter cookies, or a ridiculously good flourless chocolate meringue cake. And because trips to the shops are infrequent, and ingredients at times limited, we’ve included simple swaps throughout the book too.

The charity we’ve chosen to support is Chefs in Schools. It felt only right that a book dedicated to the act of cooking, eating and sharing food should support a charity working to help those without it. Following the school closures, this frontline charity has been working to help replace the free school meals lost by so many vulnerable children. They are providing lunch boxes with a week’s worth of hot meals, plus cereal and fruit, for the whole family and they urgently need funds to continue this vital work. Currently London-based, they are hoping to expand across the country, and their longer term plan is to transform food in schools for good.

To help fund their important work, they have launched an emergency appeal with a target of £20,000. My hope is this book (and your cooking) can make a real difference in getting them to this figure.

ISSY CROKER



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We've tried to make this e-book as useful as possible. Use the contents page as a clickable navigation to access recipes easily or simply flick through and enjoy. You can tap the top left of every page to get back to the contents.

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# morning

*music to have coffee to  
song for you, rhye  
má gbàgbé, lanre  
someday, julia jacklin  
so good at being in trouble, umo  
follow, tom misch  
you don't have to call, amason  
shady grove, yola  
give you my lovin, mazy star  
right down the line, sam erian*







# Banana & tahini porridge

BY ALEX HELY-HUTCHINSON

*Alex Hely-Hutchinson is the founder of restaurants 26 Grains and Stoney Street. Her first book, 26 Grains, was published by Square Peg.*



“Since adding it to our menu, banana tahini porridge has been a clear favourite for both our customers and our team at 26 Grains. I love the halva mix of tahini and honey alongside the bitterness of the raw cacao nibs. I sometimes like a little extra flaked sea salt on top too.”

## SERVES 2

- 100g rolled oats, soaked in 250ml water for at least 30 mins
- 250ml milk (whole, almond, oat)
- ½ tsp sea salt
- ½ banana, sliced
- 1 tbsp tahini
- 1 tsp honey
- 1 tsp cacao nibs
- 1 tsp sesame seeds, toasted
- 1 tbsp milk for topping
- ¼ tsp cinnamon

Place the oats, water, milk and salt into a saucepan on a medium heat and cook until the oats have come together to a porridge consistency. Pour into a bowl.

Top with the sliced banana and drizzle over the tahini and then the honey. Sprinkle a few sesame seeds and cacao nibs on each portion then add some milk around the edges and top with a little cinnamon.





# Citrus & spiced granola

BY EMILY EZEKIEL

*Emily Ezekiel is an author, art director, food stylist and prop stylist based out of her creative space Narroway Studio in Hackney, London.*

“Making your own granola is a must try and this can last up to four weeks, so it’s a brilliant get-ahead recipe. You can sprinkle it on yoghurt or eat it with milk and fruit. The rye and cardamom flavours give an earthy spice to the whole affair.”

## MAKES 8 SERVINGS

- 50g blanchéd almonds
- 100g unsalted pistachios
- 150g mixed dried fruit (sour cherries, cranberries, dried apricots and dried pears)
- 50g mixed seeds
- 150g rye flakes
- 100g rolled oats
- 1 tsp ground cardamom
- 1 tbsp desiccated coconut
- 6 tbsp maple syrup
- 1 lemon, zest
- 1 orange, zest

Preheat the oven to 170°C/325°F/Gas Mark 3. Roughly chop the nuts and dried fruit and place into a large bowl. Add all the remaining dry ingredients and mix well together.

Spread the mixture out over two large baking trays in an even layer and place into the hot oven for 10 minutes. Remove from the oven and give it a good mix up with a wooden spoon and then continue to bake for a further 10 minutes, or until golden.

Leave to cool and then tip into airtight jars to eat with milk, yoghurt or simply in fistfuls when you fancy.



**#StayingIn Swaps** – you can tweak the mixed fruit and mixed seeds according to whatever ingredients are available. Figs, prunes, bananas, goji berries and blueberries would also work well here.







# Rainbow marmalade

BY KYLEE NEWTON

*Kylee Newton is a self-taught preserver, cookbook author and owner of Newton & Pott, with stalls at London's Broadway, Maltby Street and Peckham markets. Her book, The Modern Preserver: Chutneys, Pickles, Jams and More, was published by Square Peg.*

“In honour of the hard work the NHS are putting in over these uncertain times, I dedicate this rainbow marmalade to those on its frontline and beyond. To create the multicolour effect, I use a variety of citrus fruit – much of which you might find in your fruit bowl or can hopefully easily get your hands on at this time.”

MAKES: 4–6 X 250ML JARS  
TIME: APPROX. 2–2½ HOURS

1.5 kg unwaxed citrus – a mixture to get a rainbow effect including limes, lemons, oranges, blood oranges, tangerines, clementines, ruby grapefruit

900ml filtered water

1.5 kg granulated white sugar



Sterilize your jars and lids by washing in hot soapy water, rinse and dip dry upside down then put into a low temperature oven of 100°C for at least 20 minutes. Place a few small saucers in the freezer for jam set testing later.

Wash and prep your citrus. Take half of each different coloured citrus and cut off the rind. To do this take a sharp serrated knife and cut off the top and bottom and carefully slice down lengthways until all is removed, removing as much of the white pith as possible.

Create zest with the cut off rind by lying flat, white side up and using a teaspoon to scrape off any pith – this will be easier on harder skins rather than the soft peel citrus. Slice the peel into super fine stripes, about 1-2mm.

Remove the peel from the remaining of the citrus and discard, then chop the flesh of all into small cubes about ½-1cm in size, removing the pips and as much of the fruits membranes as you can.

Place the flesh and prepped peel into a large jam pan, or low sided wide rimmed pan, with as much of the juice that was collected on your chopping board as possible. Add the water and boil on a high heat, stirring intermittently, for about 30 minutes, until it has reduced some and the peel has softened.

Stir through the sugar, mixing until it has dissolved completely and bring back to a rapid boil (104-105°C) for about 20–40 minutes (this time will be dependent on equipment and heat source).

It might be tempted to boil over, in which case put a steel utensil in to lower the temperature, or lower the heat to get control on the overflow, but you want it boiling rapidly, so don't be tempted to lower the heat for too long.

When it starts to rich in colour, is almost-syrupy in appearance, and the bubbles are larger and 'ploppier', then it's time to test the set. To set test remove from the heat and on a frozen saucer from the freezer, place a ¼ teaspoon of jam on the plate, put into the fridge for 1 minute then gently push with your forefinger to see if a slight wrinkle appears on the surface.

If not, put back on the heat and test every few minutes with a new frozen plate each time. If it is ready ladle into hot sterilized jars, 1–2ml from the top. Wipe down the rim with a damp cloth and seal immediately with a hot lid.

Keeps unopened in your larder/cupboard for 12–18 months, refrigerate when open and eat within 3–4 months, if not longer.



# Strawberry & white balsamic jam

BY LILLIE O'BRIEN

*Lillie O'Brien is a chef, author and owner of London Borough of Jam, a small-batch preserve company with a flagship shop and cafe in Clapton, East London. This recipe is from LBJ's book 'Five Seasons of Jam', published by Kyle Books.*

“This recipe is a nod to my mum, who would serve her fresh unripe strawberries with balsamic vinegar and icing sugar back in the early nineties. I use white balsamic vinegar here to retain the colour of the strawberries.”

MAKES 6 X 220ML JARS

- 1.2kg Gariguette strawberries
- 800g caster sugar
- 100ml white balsamic vinegar
- Pinch pink sea salt

**Top tip:** *This jam is delicious served with goats' milk yoghurt for breakfast or try making a set cream with goat's milk and cream.*

Hull the strawberries and cut them in half. I like to keep them in halves so that you still have largish pieces when the jam is cooked.

Put the strawberries in a preserving pan and set over a low heat so that they start cooking and release some juice.

Slowly add the sugar, vinegar and salt and bring to the boil. Cook for 10 minutes or until the jam reaches setting point, 105°C on a sugar thermometer.

Remove from the heat and leave to rest for five minutes, stirring every few minutes so that the natural pectin is distributed evenly. Pour into warm sterilised jars and seal immediately. Store in a cool dark place.



**#StayingIn Swaps:** *Gariguette strawberries, originally from the South of France, are becoming more common in the UK and they're definitely worth looking out for. If you can't get your hands on them, you can use other varieties of strawberries instead – although try holding out until local strawberries are in season if you can.*



# MAKE YOUR OWN Sourdough starter



DAY 1.

## DAY 1

Add **50g bread** (or all-purpose) flour and **50ml water** to a clean jar and mix well. Put the lid on and leave at room temperature (20–22 °C)



DAY 2.

## DAY 2

Repeat the process, mixing in a further **50g of bread flour** and **50ml water** into the same jar.



DAY 3.

## DAY 3

Repeat



DAY 4.

1. TABLESPOON LEFT

## DAY 4

Begin discarding all but 1 tablespoon of your starter mixture into a 'TrashPot'. Put this in the fridge and continue adding to it daily (this is what you'll use to make your 'TrashCrump' sourdough crumpets, page xx). Feed your original jar another **50g flour** and **50ml water**.

## DAY 5

Your starter is ready to use but will become stronger with age. You could make bread now, but if you're a beginner it's a good idea to keep feeding your starter for at least a week to build up its strength.





# ‘TrashCrumps’— sourdough crumpets

BY MARTHA DE LACEY

*Martha de Lacey is a baker, chef and dog mother living in East London. She is also creator of the TRASHCRUMP™ and the #MUFFDINING supperclub series.*



“These little treats are a great way of using up sourdough discard so you don’t throw any away, and can be made using any flours – though they are best and least doughy made with strong white bread flour. They are terrific for breakfast, particularly if you then fry an egg inside the same crumpet ring and make yourself an Egg McCrumpet.”

MAKES APPROX  
8 CRUMPETS

- 250g mature starter/starter discard, ideally a 2-day-old strong white bread flour starter discard *(to make these see page 9)*
- 1 tbsp soft brown sugar
- ¾ tsp fine sea salt
- 1 tsp bicarbonate of soda
- butter

*Other things you’ll need:*

Non-stick crumpet rings / cookie cutters

A frying pan – ideally well-seasoned cast iron

Patience

**Top tip:** Enjoy with Kylee’s Marmalade recipe on page 7.

Mix the starter, sugar, salt and bicarb together very well in a big bowl (it will bubble up, and you want to ensure there are no lumps of bitter bicarb) and leave to rest for at least 10 minutes.

Meanwhile, heat a large, buttered cast-iron pan over a low-medium heat, and lay down as many well-buttered crumpet rings as will comfortably fit. It is crucial these rings are hot and well-buttered before the batter fills them. If you are using cookie cutters or non-stick rings be even more generous with the buttering.

Pour enough batter into each ring to just cover the bottom. For normal sized crumpet rings this is about two tablespoons. No more than ¼ of the way up the ring if you want nice holes.

Patience wait for the batter to cook. Do not move the crumpets in the meantime.

The batter will cook and pull away from the edges and bubbles will form. If you’ve put too much batter in, the bubbles will refill with more batter and you’ll end up with English Muffins

If the bubbles are not popping but you know the crumpet is dry underneath, you can use a fork to help them burst into holes.

When the tops are cooked and dry, remove the ring and carefully flip the crumpets to brown up the top – no more than 10 seconds or so. Remove to a rack and cook the remaining crumpets.

Spread liberally with your favourite spread (butter, marmite, honey, marmalade). If you wish to retoast cold crumpets, they will burn very quickly, so go carefully.

The crumpets freeze very well wrapped up in cling film.





# Sourdough blueberry pancakes

BY JORDAN BOURKE

*Jordan is a chef, food stylist and best-selling author based in London. His books include Our Korean Kitchen, The Guilt Free Gourmet and Healthy Baking.*

## MAKES 4–6 PANCAKES

- 120g sourdough starter
- 100g white or wholegrain spelt flour
- 65ml milk (almond, rice or dairy)
- 1 egg, beaten
- Pinch sea salt
- 1 tsp baking powder
- 2 tbsp extra virgin coconut oil, plus more to serve
- 100g blueberries, plus more to serve

### To serve

- Maple syrup (or honey)
- Yoghurt (Greek, coconut or soy, optional)

In a bowl combine the sourdough starter, flour, milk, egg and salt. Cover loosely and leave to one side for 20 minutes, then stir in the baking powder.

Put two teaspoons of the coconut oil in a frying pan and set it over a medium heat. Once hot add three tablespoons of the batter to the pan and shape into a disc roughly 8cm across. Repeat with more batter, but don't overcrowd the pan. You can use a second pan to speed up the process if you wish.

Add 5–6 blueberries to the top of each pancake and very gently press them into the batter. Fry for around two minutes, depending on the heat of the pan, then flip over and fry for another 2–3 minutes, until golden and caramelised.

Serve the pancakes immediately with a little more coconut oil, blueberries, maple syrup and some yoghurt if you like.

**#StayingIn Swaps:** *If you don't have any coconut oil, you can use another neutral oil such as rapeseed or a raw nut oil, such as hazelnut or walnut. You could swap the berries to strawberry or raspberry – or you could even use frozen, just defrost first (ideally in fridge, covered, overnight).*

“These pancakes are reason enough to make your own sourdough starter – the dense, almost chewy texture and deep flavour simply cannot be achieved without a fermented starter. They are seriously good.”





# Wild garlic potato cakes

BY FLORA SHEDDEN

*Flora Shedden is a food writer, broadcaster and owner of ARAN Bakery, an artisan bakery in her hometown of Dunkeld. She is also the author of two cookbooks, Gatherings and ARAN.*

SERVES 4

*For the potato cakes*

- 500g boiled potatoes (any variety or leftovers will work)
- 1 egg yolk
- 75g wholemeal flour
- 2 spring onions
- Small handful wild garlic
- salt and pepper
- olive oil to fry

*To serve*

- 2 handfuls wild garlic/spring greenery
- 4 eggs
- 1 lemon
- 4 tbsp yoghurt
- parsley, or any other fresh herbs, chopped
- olive oil



Make sure your potatoes are cold before pushing them through a sieve, using the back of a wooden spoon, or alternatively if you have a ricer use that. Once smooth in texture add the egg yolk and flour and mix to form a soft dough. Finely slice the spring onions and wild garlic and add to the mixture with a generous amount of salt and pepper. Mix to combine. Using wet hands, divide the dough into eight equal balls. Place on a plate and if not cooking until later store in the fridge.

When ready to cook, preheat the oven to 180°C/350°F/Gas Mark 4.

Heat a non-stick pan with a little oil. Once hot, place four balls of dough into the pan and again using wet hands carefully press down to flatten. Fry until golden on one side then flip and cook on the other side. Once both sides have a good amount of colour transfer onto a baking tray. Repeat with the remaining dough, then place the potato cakes in the oven for 5–10 minutes whilst you prepare the toppings.

Place a pan of water on the hob and bring to the boil. Once boiling add the eggs and boil for 5–6 minutes depending on your preference. Remove from the heat and run under cold water to stop cooking any further. Whilst the eggs are cooking you can fry the wild garlic or greens in the pan you used for the potato cakes. If using rocket or leaves for the greenery skip this step. Once cooled slightly peel the eggs.

To assemble, place 1–2 hot potato cakes on each plate. Add the greens then slice an egg in half and place on top. Spoon a little yoghurt on the side of each plate and top with some dill leaves. Finish with a crack of black pepper, some lemon zest and a little olive oil.

**#StayingIn Swaps:** You can use any flour here that you can get your hands on, for example plain, spelt or rye. If wild garlic isn't available to you, simply add two crushed and chopped cloves of garlic and some mixed herbs to the potatoes. You could also serve with steamed or roasted asparagus and charred spring onions to garnish.





### Day 7 - Morning

A week in. I gave up on setting my alarm days ago. I seem to be sleeping in for ten minutes longer every morning, so by my calculations I'll be getting up at around 4pm if this lockdown goes on for as long as some say it will. The bed has become my island, my library, my restaurant. I flip the radio switch on and begin plotting the day ahead. I could finally go at that language course I paid for six months ago. Or try the Tartine recipe with 900 ingredients. But then, of course, I could always watch all eight episodes of Tiger King in one go...

As usual, the draw of coffee pulls me out of bed and over to the kitchen. I heap the last of my Ozone coffee into the battered moka pot and wait, watching the trees sway outside the window. The empty weeks ahead are daunting... surely this can't go on for longer than a month? I flip my phone belly-down on the table after another unhelpful text pings through from a friend: 'apparently it's going to go on until Christmas!!!!'. Toast. There's always toast. Two giant pieces heaped with salty butter, eaten on a chair listening to that Amazon song I can't get enough of. It sounds like another world.

Attempted a run and tasted blood. Attempted a HIIT class in the living room and felt a definite tear in my hamstring. Had some tea and rhubarb cookies to calm me down. Lay on the bedroom floor (how did I end up here? There's a perfectly adequate chair in the room) and tried not to think about the news. Lifted out of the malaise by thoroughly planning the week's dinners. Am I the only person who finds writing a shopping list therapeutic these days? Getting all my joy from cookbooks. I'm not just flipping through them, but reading them cover to cover. The recipes seem to smell and multiply in my hands as I read them. So much to cook. Planned a pasta-making evening with friends on Facetime tonight, even though I've been making fun of all the 'isolation crafts' being forced on me on Instagram. I didn't think I'd ever feel genuine guilt at not embroidering a mushroom onto a piece of linen, but there we go.



post-crumplets







# South Indian fried eggs on toast

BY MADDIE RIX

*Maddie Rix is Senior Food Stylist at Jamie Oliver Limited.*

## SERVES 2

- 4 spring onions, trimmed
- 1 chilli, dried or fresh
- 4cm piece of ginger, peeled
- 1 bunch coriander (15g)
- 50g desiccated coconut or coconut flakes
- 1 ripe tomato
- 1 heaped tsp mango chutney
- 1 lime
- 2 tbsp vegetable oil
- 1 tsp brown mustard seeds
- 15 curry leaves, dried, fresh or frozen
- 2 free range eggs
- 2 slices toasted bread

Place the spring onions, chilli, 1cm of your ginger, the coriander and coconut on a large chopping board. Run a sharp knife over everything, chopping and mixing as you go, until everything is very finely chopped. You can also do this step in a food processor. Transfer the mixture to a bowl, chop and add the tomato. Add the mango chutney, finely grate in the lime zest and squeeze in the juice, mix well, season to taste and loosen with a little water if needed.

Finely slice the remaining ginger into thin matchsticks. Place a medium non-stick frying pan on a medium-high heat and add the oil. Once hot, add the mustard seeds, sliced ginger and curry leaves. Let everything sizzle for 2–3 minutes or until they start to colour and crisp up, then push to the side of the pan. Crack the eggs into the pan and cook to your liking, spooning over the fragrant hot oil as they fry.

Divide the fresh coriander and coconut chutney between the slices of toast and top each with a fried egg. Spoon over any remaining crispy curry leaves and ginger from the pan.

**#StayingIn Swaps:** You could also serve this with tortillas or the flatbreads, on page 22. Try fresh parsley or mint if you don't have any coriander.



“I’m finding myself making this dish a lot at the moment. Perhaps it’s the combination of dreaming about tropical holidays in far away places, whilst also craving the comfort of the familiar – that is: eggs on toast.”





# ‘Everything Bagel’ buttermilk biscuits

BY EDD KIMBER

*Edd Kimber is a baker, food writer and TV personality. He was the winner of the first series of The Great British Bake Off in 2010, and since then has gone on to publish three cookbooks, as well as writing regularly for magazines and his award-winning blog The Boy Who Bakes.*

SERVES X

- 65g salted butter, diced and frozen, plus a little extra for glazing
- 65g cream cheese, chilled
- 350g self raising flour
- ½ tsp baking soda
- 3 tbsp chives, finely chopped
- 200ml buttermilk
- 1 large egg yolk, for egg wash
- 2–3 tbsp ‘Everything Bagel’ seasoning (see recipe below)

*For ‘Everything Bagel’ seasoning*

- 2 tbsp poppy seeds
- 2 tbsp white sesame seeds
- 1 tbsp dried minced garlic
- 1 tbsp dried minced onion
- 2 tsp flaked sea salt

For the Everything Bagel seasoning, mix everything and store in a small jar. It can be used in a whole host of recipes and as a finishing spice to sprinkle over dishes like fried eggs, salad, vegetables or even fries. I tend to use it simply for making bagels or other bread-like dishes. If you don’t want to use the bagel seasoning you can simply leave these plain or top them with sesame seeds.

To make the biscuits place the flour and baking soda into a large bowl and mix together. Add the cream cheese and use a butter knife to cut the cheese into the flour, until it is in smaller pieces. To rub the cheese fully into the flour you may need to get your hands involved and finish it off manually. Once the cream cheese has all but disappeared into the flour add the diced butter and toss to coat in the flour. Use your fingertips to rub the butter briefly into the flour until the butter is in large flat flakes. Place the bowl into the freezer for 15 minutes or until the butter is solid. Remove the bowl from the freezer and drizzle in the buttermilk a little bit at a time, using the knife to stir to combine. Once all the buttermilk has been added you should have a shaggy dough.



“These American biscuits, think savoury scones, are the perfect breakfast sandwich vessel. Made with cream cheese and chives they’re delicious on their own, but my favourite way to serve them is split open and filled with crisp bacon, egg and cheese. Once baked and cooled these biscuits also freeze brilliantly.”

**#StayingIn Swaps:** *If you don’t have any self-raising flour you can make your own by mixing 150g plain flour to 2 tsp baking powder and ¼ tsp bicarbonate soda. For the sake of this recipe, it’s worth making up 600g-worth, which would require 8 tsp baking powder and 1tsp bicarbonate soda to plain flour, and you could use the extra for the flatbreads on page 22.*

Tip the dough out onto a well-floured work surface and use your hands to bring the dough together, using a folding motion to make sure there are no dry pockets. Roll the dough out into a rectangle that is roughly 20cm x 50cm and fold the dough in thirds, as if you’re folding a letter. Turn the dough 90° (degrees) and repeat the rolling out and folding a second time. Transfer the dough to a parchment lined baking tray and place into the freezer for 10 minutes to chill briefly.

When you’re ready to cook them, preheat the oven to 220°C/425°F/Gas Mark 7. Remove the dough from the freezer and on a well-floured work surface roll the dough out until it is about 1-inch thick. Using a 3-inch round cookie cutter, which has been dipped in flour, cut out as many biscuits as possible. It is best to use a firm downward pressure, avoiding any twisting as you cut the biscuits, which can inhibit the rise of the biscuits. You can also use a sharp chef’s knife to cut them into squares.

Place the biscuits onto a parchment-lined baking tray, nice and close together so they are almost touching. Contrary to what you might think, we want them close together because the steam released hits the biscuits next to them and helps prevent the biscuits from setting before they’ve fully risen (in a very similar way to how a lot of breads are baked).

You can press the scraps together and cut out more, but I don’t like to do this more than once otherwise the biscuits will end up being tough. Brush the tops of the finished biscuits with the egg yolk and sprinkle liberally with the seasoning. Bake in the preheated for about 15 minutes or until golden brown. Allow to cool a little before serving warm.





*music to cook to*  
*hand solo, marika hackman*  
*eugene, arlo parks*  
*power on, james blake*  
*ghortnide, crumb*  
*i'm on fire, bruce springsteen*  
*edge of my seat, lume*  
*you're good for me, solomon burke*  
*like i loved you, caribou*  
*oh baby, led soundsystem*  
*cool cat, queen*

# afternoon





# Focaccia

BY KITTY COLES

*Kitty Coles is a food and prop stylist and food writer based in London.*

MAKES 1 LARGE LOAF // TWO SMALL

*For the polish*

- 150g bread flour
- 150g water
- 1 tsp active dried yeast

*For the focaccia dough*

- 300 g bread flour
- 5g sugar/honey/malt
- 200g water
- 10g salt
- 35g extra virgin olive oil

*For finishing*

- 25g extra virgin olive oil
- 25g water
- Pinch of sea salt
- toppings of your choice (capers, sun dried tomatoes, fresh herbs, artichokes etc)

**Polish** is a spongy wet dough called a pre-ferment, traditionally used in French bakeries. It's made from one part flour, one part water and a small amount of commercial yeast.

**Polish:** The night before you bake, in a small bowl dissolve the yeast in water at room temperature (around 25°C) and mix the flour until you have a porridge mixture without lumps.

Cover with cling film and rest for 10–12 hours until bubbly and doubled in size. (If you don't have this time just add 7g yeast and allow to prove for 2 hours instead.

When ready, pour the pre-dough into the mixer bowl and add the rest of the flour, sugar (or honey), salt extra virgin olive oil and water. The better the extra virgin olive oil, the better the focaccia will taste, so use your best – it's well worth it!

Work with the hook for about 8/10 minutes until the dough is smooth and elastic. (If you don't have a dough hook or mixer, mix together and knead by hand for about 10 minutes)

Place the dough in a clean bowl greased with oil and cover with cling film to rise for about two hours or until doubled in size.

Once doubled, divide in 2 equal parts and place in to the 2 well greased tins (or you can just make one big one if you want).

Gently spread the dough out with your fingers until it covers the tin.

Cover with cling film again and leave again to rise in a warm place for another hour, hour and half. Be patient here, if it's a cooler day, it can take a little longer. You want it to be really puffy light so if you don't think it's risen enough, give it a little more time until you're happy. The bubbles won't really appear until you push your fingers in at the end.

Preheat your oven at 225°C. Mix together the water and olive oil until you get an emulsion and with greased fingers, press into the focaccia to create the classic focaccia holes.

Sprinkle the rest of the water and oil mixture over the focaccia with a generous sprinkle of Flakey sea salt flakes. (Feel free to top with whatever you like here, I love artichokes and capers, or rosemary and garlic. But be creative - anything works!)

Bake in a hot oven at 225°C for about 25 minutes, or until risen and golden.

Drizzle with an extra bit of your best extra virgin olive oil when it's comes out of the oven then leave to cool for 5/10 minutes in the tin. Tip out on to a cooling rack and enjoy while warm.

This freezes really well so it's great to make 2. Simply defrost and warm in the oven.







“Homemade houmous is a staple in our house, and the fact it primarily uses store cupboard ingredients and takes minutes to make, makes it a perfect recipe for right now. It will also keep happily in the fridge for a few days making it a lovely snack, or even better, as part of a main meal with just a couple of accompaniments.”

# Houmous

BY GEORGINA HAYDEN

*Georgina Hayden is a cook, food writer and stylist from North London. She has written two cookbooks, Stirring Slowly and Taverna, published by Penguin Books. She writes a monthly recipe column for Delicious Magazine.*

SERVES 6-8

- 2 x 400g tins of chickpeas
- 1 lemon, juice
- 2 garlic cloves, grated
- 4 tbsp tahini
- 30g pine nuts, toasted in a dry pan
- A few sprigs fresh flat leaf parsley, roughly chopped
- sea salt and black pepper

Drain the chickpeas (reserve the liquid) and put in a food processor or blender. Add the garlic, juice of one lemon, tahini and a good splash of the chickpea liquid, then whizz until creamy. Season to taste, adding more lemon if needed. If it feels thick and/or grainy add a splash more chickpea liquid.

Serve spooned with a drizzle of extra virgin olive oil. Add the pine nuts and chopped parsley to finish.

**Top tip:** For a heartier meal, heat up a generous drizzle of olive oil in a frying pan over a medium heat and gently fry **1 onion**, finely chopped, for 10 minutes until soft and translucent. Add **200g lamb mince**, **1 tsp cumin seeds**, **½ tsp ground coriander** and **½ tsp ground cinnamon**. Turn up the heat. Fry for 10-15 minutes until the lamb is crisp and golden and serve on top of the hummus with **30g of toasted pine nuts**, **30g golden raisins/sultanas** and **hot paprika powder**.







# Asparagus with crispy seeded bread and buttermilk dressing

BY ANNA JONES

*Anna Jones is a cook, stylist and writer. She is the author of three best-selling cookbooks. Her fourth, One: The Only Way to Cook for You, Your Family and the Planet, published by Fourth Estate, is out in October 2020.*

SERVES 4

*Ingredients:*

- 150g seeded bread, torn into rough 3cm pieces
- A small bunch thyme, leaves picked
- 2 tbsp olive oil
- 1 lemon, sliced thinly
- 500g asparagus
- 100g podded peas, defrosted if frozen
- 150g podded broad beans, defrosted if frozen
- 100g baby spinach or lamb's lettuce
- A small bunch basil, leaves picked
- 25g Parmesan (I use a vegetarian one)

*For the dressing*

- 150ml buttermilk
- 2 tbsp extra virgin olive oil
- 1 lemon, zest and juice
- Salt and black pepper

Preheat the oven to 200°C/400°F/Gas Mark 6 and bring a large pan of salted water to the boil. Meanwhile, combine all the dressing ingredients in a clean jam jar, shake really well and season to taste. Keep in the fridge until you're ready to dress the salad.

Put the bread chunks in an ovenproof dish and spread out into a single layer. Sprinkle with thyme, drizzle with olive oil and season with salt and pepper.

Using a small serrated knife, slice the lemon as thinly as you can and arrange the pieces on a separate oven tray. Bake the bread and lemon until the bread is crisp and golden and the lemon is charred and sticky – this will take about 10 minutes.

Meanwhile, snap the tough ends off the asparagus and discard them (you can use them for stock, if you like). Chop the asparagus stems into 1cm rounds, stopping when you get near the top and keeping the tips intact.

Next, blanch the asparagus in the boiling water for two minutes, then add the peas and broad beans for a further couple of minutes. Drain immediately and leave in a colander to steam dry: don't be tempted to run them under cold water – this will take away all of their flavour. If you like, you can double pod the broad beans, removing their tough, sometimes bitter outer skins.

Tip all the blanched vegetables into a serving dish with the toasted bread, spinach and basil leaves. Pour over most of the dressing and mix well with your hands, so that everything is well dressed and the bread begins to soften.

Top with the charred lemon slices and use a vegetable peeler to shred the parmesan over the top of the salad in thin petals. Finish with a final drizzle of dressing.



“I’ve been making this salad a lot the last couple of weeks. It marries together one of my favourites salads panzanella with the spring veg in my veg box. It is all doused in a simple buttermilk dressing and backed up by some sweet and sticky charred lemon slices. Simple, vibrant spring eating which is cheering me through the weeks and keeping up our levels of green. Using seasonal spring produce right now also reminds me that nothing is permanent, that nature in the woods and fields carries on regardless, and that gives me comfort.”





# MAKE YOUR OWN Labneh

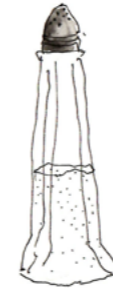


## STEP 1

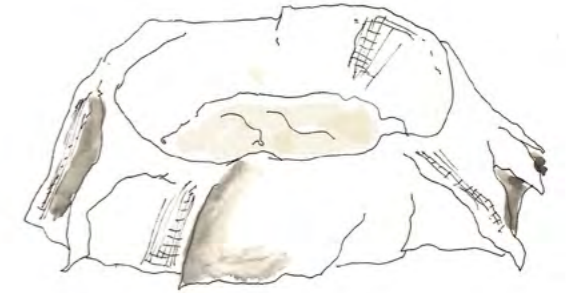
The day before you want your labneh, mix **500g Greek or full fat yoghurt** with **1 tsp salt**.



500 GRAMS



1. TEASPOON  
SALT



## STEP 2

Line a deep bowl with muslin or cheesecloth. Tip the yoghurt into the bowl.

## STEP 3

Fold up the corners of the muslin into a bundle and tie a knot around the yoghurt.



TIE UP CORNERS



## STEP 4

Hang over a bowl, or tie around the kitchen tap (so the liquid drips into the sink) and leave overnight.

## STEP 5

The next day, remove the labneh from the cloth. Spread over a plate, drizzle with olive oil and sea salt and top with anything else you like (za'atar, pine nuts, sumac, lemon zest, herbs etc...)

Eat with lots of flatbread.



SOLID LABNEH





# Quick and easy yoghurt flatbreads

BY ROSIE BIRKETT

*Rosie Birkett is a food writer, stylist, broadcaster and author of A Lot On Her Plate and The Joyful Home Cook, and co-author of East London Food, published by Hoxton Mini Press.*



“Fluffy and warm, these four-ingredient flatbreads are quick, easy, and flexible too – you can find a way of including them in pretty much every meal. I love them drizzled with olive oil and topped with freshly sliced tomatoes and a fried egg for breakfast/brunch; slathered with garlic butter as a side for a chickpea curry, or to mop up a sloppy stew or braise.”

MAKES 2 LARGE OR  
4 SMALL FLATBREADS

- 200g self raising flour
- 200g full fat Greek or natural yoghurt
- ½ tsp sea salt
- 1 tbsp olive oil

*Optional extras*

- Softened butter (add in minced garlic, black garlic, finely chopped herbs etc)
- Sea salt
- Olive oil
- Lime, for squeezing over

**#StayingIn Swaps:** *If you don't have self raising flour, see page 16 for how to make your own. If you're missing yoghurt, you can use water mixed with a tsp or two of lemon juice or vinegar – just pour in enough to bring the flour together into a smooth dough.*

Put the flour and salt in a bowl and combine, then spoon in the yoghurt and olive oil. Stir it all together to combine everything, then, using oiled hands, bring the mix together into a soft, smooth dough. Briefly knead and around the sides of the bowl to pick up any flour, crumbs or scraggy bits, then allow the dough to sit for a few minutes. You can leave it for up to an hour if you want to get ahead and make it in advance.

Lightly dust the surface with flour and tip your dough out onto it. Split the dough into two or four, depending on which size you want and roll each piece of dough into a ball with your hands. Flour your hands then flatten each ball into a disc, then use your hands (or a rolling pin if you prefer) to flatten the dough out into a flatbread, you want them no thicker than ½-1cm, and roughly circular, but don't worry if the shape is rough, this is all about speed and flavour over perfection. When you're ready to cook the flatbreads, heat a heavy-bottomed frying pan, griddle pan, ceramic or cast iron skillet over a high heat. You can add a lick of oil at this point but it's not essential. You want the pan stinking hot.

Now, depending on how many will fit in the pan, add one or two into the frying pan and don't move them. You need them to cook and create a crust – leave for a minute or so, then, when the bread naturally comes unstuck when you push it – flip it over and cook for a couple more minutes. You want to cook them for 2–4 minutes on each side, but it will depend on how thick they are. You'll know when they're done when they're puffed and golden. Remove from the pan and slather in butter, or olive oil. Eat while warm.

**Top tip:** *Try adding toasted spices into the dough – crushed coriander seeds, cumin and sesame work particularly well. Adding flavoured butters like garlic, wild garlic or browned butter also takes this to the next level.*





# Slow, slow, slowly cooked courgettes, butter beans and feta

BY ED SMITH

*Ed Smith is a cook, food writer, and the author of On the Side; a sourcebook of inspiring side dishes and The Borough Market Cookbook*



“This is a low effort store-cupboard dish, but it’s also light, bright and cheering: a gentle dish for spring and summer (in particular).”

The courgettes are cooked extremely slowly – steaming in their own moisture, never fried – as they swim lazily in your best extra virgin olive oil. That basic yet luxurious gloop is enlivened with dill and lemon, and later dragged through and dropped on top of butter beans and their broth, with sharp feta crumbled on top. Easy. Cheap. Also: delicious.

By all means soak and later simmer the butter beans yourself. They do taste better. But from a jar or tin is fine too – indeed this recipe assumes you’ve found one of the latter gathering dust.”

## SERVES 2

- 500g courgettes
- 6–7 tbsp extra virgin olive oil
- 3 cloves garlic, finely sliced
- 5 fronds dill\*, finely chopped
- 1 lemon, zest finely grated and juiced
- 240g cooked butter beans plus 160–200ml liquid from the jar or can for cooking process
- 150g feta
- flaky sea salt and black pepper

*\*you could use mint or parsley here too.*

Cut the courgette into thin discs – about ½cm wide.

Put a heavy bottomed casserole or sauté pan on a hob at the lowest heat you can. Measure in three tablespoons of olive oil, add the courgettes and a generous pinch of salt, toss so all the courgettes glisten then place a lid on top and cook very very gently for 45 minutes. The courgettes shouldn’t fry, rather they should mostly be steaming in the moisture that’s drawn from them up to the closed lid and back down again.

Check the pan from time to time, shuffling the courgettes around so to ensure any that sit on top are swapped with those at the bottom. After 45 minutes gently fold the garlic slices into the courgettes, then cook for 15–30 minutes more until around three quarters of the courgettes have fully collapsed. Remove from the heat, season with a little more salt, lots of black pepper and half of the lemon zest, then leave to cool down for 15 minutes.

When the courgettes have cooled to a ‘just above room temperature’ kind of vibe, add half the lemon juice, three more tablespoons of extra virgin olive oil and three quarters of the dill.

Only at this point do you begin to gently heat the butter beans in their cooking or jar liquid. Five minutes later, stir a third of the courgettes through the beans and share the beans and the broth between two bowls.

Spoon the rest of the courgettes onto the beans, crumble over the feta, then sprinkle the remaining dill and lemon zest on top. Finishing by scraping any oil from the courgette pan over the bowls, perhaps adding a final glug of olive oil and squeeze of lemon to taste while you eat.







**#StayingIn Swaps:** you can improvise with your greens here, depending on what's available. Try substituting the asparagus, peas and broad beans with spring greens, broccoli or green beans – just make sure to steam them before adding to the sauce.

# Springtime carbonara

BY JEMIMA JONES & LUCY CARR-ELLISON

*Lucy Carr-Ellison and Jemima Jones are founders of Tart London, a bespoke catering company specialising in fashion industry events and shoots. They also own Wild by Tart, a neighbourhood restaurant, bar, deli, events space and photography studio in Belgravia London.*

SERVES 4

- 300g spaghetti
- Glug olive oil
- 5 rashers pancetta, chopped
- 1 shallot, chopped
- 2 garlic cloves, finely chopped
- 8 asparagus stems, woody ends chopped off
- 200g peas (fresh peas if possible)
- 100g broad beans (optional)
- 4 egg yolks
- 1 handful Parmesan, finely grated
- 1 large handful of basil leaves, roughly chopped
- 2 sprigs of mint, leaves finely chopped
- ½ lemon, zest and juice
- sea salt and black pepper

Boil water in a big pot and add in your spaghetti with a little salt. Cook to your instructions, keeping the spaghetti al dente. Drain when ready and save a glass of the cooking water for later.

Slice the asparagus on the diagonal into 1cm pieces. Steam with the peas and broad beans (if using) for no longer than 2–3 mins. Put into a bowl of cold water to stop them from over cooking.

Heat a little olive oil in a pan over a medium heat, add in the pancetta, stirring until it goes golden. Then add in your chopped shallots and garlic. Cook until beginning to caramelise.

In a bowl mix your four egg yolks, grated Parmesan, chopped basil and mint with the lemon zest and a good squeeze of lemon.

Mix the cooked spaghetti and two tablespoons of the hot cooking water in with the bacon and shallots, adding in steamed greens. Turn off the heat and stir in the egg mixture. Keep stirring to create your creamy sauce. Season and serve.

**Top tip:** Save your egg whites to make Rosie Ramsden's brown sugar meringues, on page 45.







“This salad is full of zingy flavour from the fresh herbs and citrus and then a rich earthiness from the cumin dressing. I adore raw cauliflower in salads, especially paired with orange – it’s a brilliant combination and here, with the buckwheat, provides wonderful texture and crunch. The riot of colour attracts my children, and the addition of the sautéed raisins and carrots makes it one they will always eat. A great all-rounder for adult and child alike, I could eat this salad anytime of the year, but especially now.”



# Cauliflower salad with carrot, orange, za’atar & toasted buckwheat

BY THOMASINA MIERS

*Thomasina Miers is a chef, writer and television presenter. She is the co-founder of the Wahaca chain of Mexican street food restaurants. She is also a Guardian columnist and author of seven cookbooks, including Home Cook, published by Guardian Faber*

SERVES 4 AS STARTER,  
2 AS LIGHT LUNCH

- 40g buckwheat
- 60g raisins
- ½ tbsp olive oil
- 1 medium cauliflower, including Tender inner leaves
- 80g black olives, preferably Kalamata, pitted and chopped
- 1 large orange, peeled and segmented
- 2 carrots, coarsely grated
- Large handful each of dill, parsley and mint leaves, finely chopped
- 3 tsp za’atar

*For the dressing*

- 1½ tsp cumin seeds
- 1½ tsp soft brown light sugar
- 3 tbsp red wine vinegar
- 120ml olive oil

Toast the buckwheat in a dry frying pan until crunchy but not burnt, then set aside in the same pan, toast the cumin seeds for the dressing and then grind in a spice grinder or by hand with a pestle and mortar. Set aside.

Fry the raisins in the olive oil over medium-high heat for 2–3 minutes until plumped up and round.

Thinly slice across the cauliflower and then chop the slices into small pieces. Put the cauliflower into a salad bowl with the remaining salad ingredients, including the toasted buckwheat in fried raisins.

Mix the dressing ingredients together, season generously with salt and pepper and pour into the salad. Toss together and serve.

**#StayingIn Swaps:** *If you don’t have buckwheat, you can sub in any seeds in the cupboard for crunch.*



# Sweet potato gnocchi with homemade basil pesto

BY LILY SIMPSON

*Lily Simpson is founder of Detox Kitchen, a nutritional home delivery service with two delis in Central London (Soho and Fitzrovia). She is also the author of two cookbooks Detox Kitchen Bible and Detox Kitchen Vegetables, published by Bloomsbury.*

MAKES 4

## For the gnocchi

300g sweet potato  
200g plain flour  
1 tbsp olive oil  
2 sprigs rosemary

## For the pesto

1 tbsp olive oil  
1 handful basil leaves  
1 handful spinach leaves  
30g sunflower seeds  
30g cashew nuts  
Pinch salt  
Pinch pepper  
½ lemon, juice

First make your pesto by placing all the ingredients in a small food processor and blitz to a coarse consistency. Set to one side.

Preheat the oven to 200°C/400°F/gas mark 6 and bake the sweet potato in its skin until it is completely soft throughout, this can take up to 50 minutes (alternatively you can cook in microwave on high for 6-8 minutes first, then bake for 10-15 minutes). Leave the potato to cool completely. Remove and discard the skin and place the flesh in a large mixing bowl.

Add the flour and olive oil into the bowl and bring together as a dough. You may need to add a little more flour if the mixture is too wet. It should be firm enough so that when you touch it it bounces back.

On a floured surface form the dough into a ball and cut into four pieces. Roll each piece into a long sausage shape, about 2cm thick. Then cut those into 3cm long pieces. Leave them to chill in the fridge for 20 minutes or so.

Bring a pan of salted water to the boil and drop in the gnocchi, when they rise to the top they are cooked, scoop them out and set them aside on some kitchen towel to dry.

Bring a pan onto a medium heat and saute the rosemary in a little olive oil. Remove the rosemary, add a little more oil and add in the gnocchi. Fry them on each side until golden.

Serve straight away with a big dollop of homemade basil pesto and some Parmesan (or a vegan alternative).



**#StayingIn Swaps:** you could also serve this with the green pepper and pistachio pesto from page 40.





# Summer pilau with tomato, coconut and cashews

BY MEERA SODHA

Meera Sodha is a chef, food writer and author. She is the Guardian's 'New Vegan' columnist and author of *Fresh India*, which won the Observer Food Monthly Best New Cookbook Award 2017, *Made in India and East* (Penguin).

SERVES 4,  
AS A MAIN COURSE

- 350g basmati rice
- 2 tbsp rapeseed oil
- 12 fresh curry leaves (available in Asian or larger supermarkets)
- 4cm cinnamon stick
- 1 large onion, finely sliced
- 4 cloves of garlic, crushed
- 1 green finger chilli, finely sliced
- 50g unsalted cashews
- 400g baby plum tomatoes, halved
- 1 x 400ml tin of coconut milk
- 1¾ tsp salt

*You'll need a wide frying pan with a tight-fitting lid*

“Tomatoes work in different ways in this recipe: they create a wonderful sauce with the coconut milk, which is used to flavour and cook the rice, and then they float to the top to decorate the dish. The end result is a dish delicious enough to stand on its own feet without the need for anything else and (as a side benefit) it uses just a single pan”



Wash the rice in a few changes of cold water, then leave to soak in plenty of cold water.

Meanwhile, heat the oil in a wide frying pan and add the curry leaves and cinnamon stick. Stir-fry for 1 minute, then add the onion and cook for 10 to 12 minutes, until it starts to turn golden brown and is soft.

Add the garlic, chilli and cashews, and cook for a couple of minutes, then add the tomatoes and pop the lid on. Cook for about eight minutes, until the tomatoes are soft.

Drain the rice, add it to the pan and stir to combine. Add the coconut milk, 200ml of water and the salt. Stir again and bring the mixture to the boil, then put the lid on, turn the heat down to a whisper and cook for a further 15 minutes. Don't be tempted to lift the lid, as the steam is key to cooking the rice. After 15 minutes, take off the heat and keep the lid on for a further 10 minutes to let the rice rest before eating. Serve with a fresh green salad.

**#StayingIn Swaps:** *Curry leaves add a lovely citrus and smoke flavour to the rice but can be tricky to find unless you live near an Asian supermarket, although larger supermarkets do have them sometimes. If you can't find them, leave them out.*



Day 15 - Afternoon

The days have fused together in one gelatinous bundle. I barely check the time anymore, which has its benefits, actually. Everything's tinged with anxiety and confusion, but somewhere amongst it all there's calm in the air. There's nothing but empty space to think, eat, cook, worry and miss people. Feel calmer than last week, Found some semblance of routine, even if it just consists of eating, drinking, looping the park and eating again. Daily walks are now exclusively 'foraging excursions'. Finally found wild garlic, after lots of searching and mistaken leaves. Also collected a pocket of perfect-looking elderflower, only to be told by the park ranger that it was in fact highly poisonous consbane. Thankful that I didn't get round to making that cordial I'd planned...

The highpoint of my week is now the trip to the deli and butcher. It's become almost sacred. I go armed with a cardboard box and my meal plan scribbled on a scrap of paper, a childish excitement swirling in my chest. Arthur is the butcher's name. At first he'd just hack up my chicken thighs, knot up the bag and wish me a good afternoon, but after a few trips and plenty of forced chat, he now seems almost as pleased to see me as I am to see him. His sausage offerings are spectacular. Last week I made a slow-cooked pork and fennel ragu, which he's asked the recipe for. The deli owner didn't want to chat about gnanciale today, and I get it. He has his ups and downs just like the rest of us. Feel bad crossing the road when I pass a very friendly looking lady on the walk home. Make a mental note to track her down and give her a hug when this is all over.

Reading more. Listening to albums all the way through. Still not checking the clock.







# 26 Grains Banana Bread

BY ALEX HELY-HUTCHINSON

Alex Hely-Hutchinson is the founder of restaurants 26 Grains & Stoney Street. Her first book, 26 Grains, was published by Square Peg.

MAKES 1 LOAF

- 115g butter
- 115g brown sugar
- 2 eggs
- 3 ripe bananas, torn into chunks
- 1 tsp vanilla
- 250g plain flour
- 1 tsp baking soda
- Pinch of sea salt

For the topping

- 2 tbsp brown sugar
- 1½ tbsp toasted walnuts, roughly crushed
- 2 tsp cinnamon

Preheat your oven to 180°C/350°F/Gas Mark 4. In a mixer, cream together the butter and the sugar for about four minutes until well combined and slightly lighter in colour.

Add your eggs one by one, blend to smooth and then add the bananas and vanilla and pulse a few times, keeping it quite rough rather than blending to smooth.

In a separate bowl, mix your dry ingredients, flour, baking soda and salt. Put the mixer on the slowest setting and add the dry mixture, tablespoon by tablespoon, until everything is evenly combined. Line a loaf tin with butter. Pour in your mix and top with the cinnamon, walnuts and sugar mixed together.

Bake in the middle of your oven for 55 minutes, or until a skewer comes out clean. Enjoy with a good helping of butter.

**Top tip:** for an extra delicious crust, chef Milli Taylor's trick is to line your loaf tin with butter and demerara sugar (or sugar and cinnamon) before adding the cake mix to the tin.



**#StayingIn Swaps:** You can use a mix of flours, depending what you have in your larder. Plain and spelt work well together, or for something a little different (and more rustic) try einkorn flour.





# Chocolate-dipped sea salt and rye digestives

BY CLAIRE PTAK

*Claire Ptak is a baker, cookbook author, prop and food stylist, and consultant. She owns and runs bakery-café Violet Cakes, in East London. She also has her own podcast Violet Sessions.*



## MAKES ABOUT 24 BISCUITS

- 240g rye flour (dark or white), plus extra for rolling
- 1 tsp baking powder
- 1 tsp fine salt
- 200g golden icing sugar
- 100g unsalted butter, at room temperature
- 75–90ml double cream
- 250g chocolate (milk or dark)
- flaky sea salt, to sprinkle

“Traditionally, malt extract gives digestives their distinctive flavour. For this recipe I’ve used rye flour – it’s nutty, savoury and gives the biscuits a satisfying snap.”

Preheat the oven to 180°C/350°F/Gas Mark 4. Line 2-3 large baking trays with baking parchment.

Put the flour, baking powder, salt, icing sugar and butter in a large bowl, mixing with a fork (or a food processor) to create a sandy texture. Mix in 75ml cream until it starts to come together; you may need an extra 15ml if it’s dry. Knead briefly to a rough dough; don’t overmix.

Liberally flour the worktop and roll the dough out to a thickness of 0.4cm. Using a 7cm cutter (or you could use the bottom of a clean glass), stamp out rounds and place on the prepared trays, about 4cm apart; re-roll any trimmings to create about 24 biscuits. Use a bamboo skewer or fork to make deep indentations in the biscuits. Chill for 20 minutes.

Bake from chilled, in batches, for 20 minutes, until golden. Leave on the tray for a few minutes, then transfer to a wire rack and leave to cool completely.

Melt the chocolate in a heatproof bowl set over a pan of barely simmering water. Half-dip the biscuits in the chocolate. Let the excess drip off, then lay on fresh parchment. Sprinkle with the salt; leave to set for 30-40 minutes. They can be stored in an airtight container for up to 1 week.



# 3-ingredient peanut butter cookies

BY MILLI TAYLOR

*Milli Taylor is a London-based chef and caterer known for her creative canapés and bespoke cakes, which she creates for private and corporate events. She is also the author of Party-perfect Bites published by Ryland Peters & Small.*

“With these cookies, I wanted to recreate the flavour I remembered as a kid, but with that chewy texture I’ve come to love as an adult. The crunchy edge and chewy middle comes from not overcooking, so bake just a couple of cookies first to get them perfect. They’ll keep for a week in an airtight container – perfect for midday munchies and afternoon tea breaks.”



MAKES 8–10

- 1 medium egg
- 200g peanut butter
- 100g caster sugar
- 30g chopped chocolate (optional)

In a large bowl, beat the egg and sugar and then add peanut butter, beating until it thickens. Add the chocolate at this stage.

Shape into balls, about 30g each and press down with a fork dipped in sugar so it doesn’t stick.

Bake at 180°C/350°F/Gas Mark 4 oven for 14 minutes on non-stick paper.

Cool for a few minutes before moving onto a cooling rack and then straight into your mouth.

**Note from Milli**

*I’ve used many peanut butters for this experiment, crunchy and smooth both work, but my personal preference is smooth. If you don’t have chocolate handy, these are still delicious.*





“This cake was one of the clear favourites at our PUFF pop-up bakery earlier this year, and it’s one we’ve both found ourselves making whilst in isolation. The lovely afternoon treat, serve it with natural yoghurt or crème fraîche”



# Blood orange olive oil cake

BY RAVNEET GILL AND NICOLA LAMB

*Ravneet Gill and Nicola Lamb are co-founders of PUFF, which runs pop-up bakeries and a school of pastry, offering eight-weeks worth of video tutorials, podcasts and recipes, as well as a weekly Q&A.*

SERVES 8–10

- 2 large eggs
- 115ml olive oil
- 80g yoghurt
- 15ml lemon juice
- 50ml blood orange juice
- 140g caster sugar
- 95g plain flour
- 1 tsp baking powder
- ¼ tsp bicarbonate of soda
- 2 blood orange, zest

*For the syrup and topping*

- 75ml blood orange juice
- 75g caster sugar
- 1 blood red orange, cut into ½ cm slices

*You’ll need around 3 large blood oranges for this recipe to make sure you have enough for the juice and slices on top.*

Preheat the oven to 170°C/325°F/Gas Mark 3.

For the cake, mix all of the wet ingredients (eggs, olive oil, yoghurt and orange juice) together with a wooden spoon. In another bowl, mix all of the dry ingredients together (sugar, flour, baking powder, bicarb and orange zest). Then add the wet ingredients into the dry and mix together to form a batter. Bake in a round tin or loaf tin for 45 minutes to an hour until a skewer comes out clean when inserted.

Make a syrup by heating the blood orange juice and caster sugar in a pan over a low heat until it forms a syrup (around seven or so minutes). Spoon half the syrup out and brush over the cake. Add your orange slices into the remaining syrup in the pan and cook for a further five or so minutes, until sticky.

**#StayingIn Swaps:** *If you can’t get your hands on blood red oranges then you can use normal oranges instead.*





# evening

*music to eat to*

*midnight, khruangbin  
in my groove, mikaela davis  
good time, donnie + joe emerson  
lying has to stop, soft hair  
hey baby, jj cale  
bike dream, rostam  
we're got a good thing going, michael jackson  
only for you, heartless bastards  
such a night, dr john  
how sweet it is, karen dalton*







# Jewish chicken soup

BY GIZZI ERSKINE

Gizzi Erskine is an award-winning food writer, chef, broadcaster and activist. She is co-founder of The Nitery, and most recently, the instagram account @GizandGreens (with Professor Green).



“Most of you will have tried a classic Jewish noodle soup, otherwise known as Jewish penicillin, thanks to its fabled power to cure every ailment. The soup is often served with matzo balls: dumplings made from fine crumbs of matzo crackers, which are a bit like water biscuits. They are sturdy little balls and make the soup much more filling. I am a greedy guts, so I like to serve my soup with kreplach dumplings too.”

SERVES 4,  
WITH LEFT-OVERS

*For the soup*

- 1 large chicken  
(use the best quality and ethical standing you can afford)
- 1 medium onions, halved
- 2 large carrots, left whole
- 1 leek, trimmed but left whole
- 3 bay leaves
- A few sprigs thyme
- 2–3 sprigs rosemary
- 500g fresh chicken stock
- 1 tsp black peppercorns
- ½ tsp salt
- pea salt and freshly ground black pepper

*To serve (per person)*

- 30g Jewish noodles or vermicelli
- 2 Matzo balls
- 3 Kreplach (optional)
- Dill sprigs

*For both the matzo ball and kreplach recipe, see Gizzi’s book Slow: recipes worth taking time over (Harper Collins Publishers).*

Place the chicken in the largest pot you have. You need about 3cm of space around the edges of the chicken and about 3cm of depth above it so it can be totally immersed in liquid. Lay the vegetables and herbs around the chicken, then pour over the stock. Top up with water if necessary so the chicken is totally covered. Add the peppercorns and salt. Cover and allow to poach gently on a low simmer for 1 hour 30 minutes.

When cooked, very carefully remove the chicken and set it aside. Remove the carrots and onion halves, set them aside to cool with the chicken for 15 minutes, then chop them up. I like the chicken meat torn into small bite-size pieces, the onions finely chopped and the carrots more roughly chopped. You can use the rest of the veg, though classically the soup is only served with carrots. There will be a fair bit of chicken meat and I sometimes keep a breast for making sandwiches. Put the meat to one side while you make the broth.

Strain the vegetables, herbs and peppercorns from the stock. Clean, rinse and dry the pot and pour the stock back into it. Bring to the boil. Reduce it for about 15 minutes, or until the broth has a really intense chicken flavour. You should end up with about 3 litres of really flavoursome broth. Keep reducing it until the flavour is right. Season with salt and pepper, return the chicken meat, carrots and onions to the pan and bring back to the boil.

Meanwhile poach the noodles and/or the matzo balls and kreplach. Add these to your soup bowls, garnish with some hand picked dill and ladle the hot chicken broth, carrots and onions over the top.

**Top tip from Gizzi:** “I make mine with both a whole chicken and a really good chicken stock. Some might argue that you don’t need the chicken stock as the chicken will make its own soup, but for me there is never enough stock by the time it’s reduced. Always use fresh stock.”







# Chard leaves stuffed with barley

BY OLIA HERCULES

*Olia Hercules is a London-based Ukrainian chef, food writer and food stylist. She is the author of Mamushka and Kaukasis The Cookbook, and has a new cookbook Summer Kitchens, published by Bloomsbury, out in June.*



SERVES 4–6

- 100g barley
- 2 tbsp vegetable oil
- 2 onions, 1 diced and 1 sliced
- 2 celery sticks, diced
- 2 carrot, scrubbed and coarsely grated
- 100g cooked chestnuts, crumbled
- 1 lemon, zest only
- 16 medium chard leaves separately & stalks, finely diced
- 1 x 400g tin of chopped tomatoes
- 2 tbsp crème fraîche or full-fat yogurt
- sea salt and black pepper
- crusty bread, to serve

Cook the barley in a saucepan of boiling salted water for about 20 minutes, or until cooked through. Drain well and set aside in a bowl.

Heat one tablespoon of the oil in a frying pan over a medium heat, add the onion, celery and carrots and fry over medium-low heat until soft and golden. Add the diced chard stalks and cook for another three minutes or so to soften those. Scoop all this out into the bowl of barley and add the crumbled chestnuts in. Season with salt and pepper, add the lemon zest, mix thoroughly and then leave the filling to cool slightly.

Lay a chard leaf on your benchtop and put one heaped teaspoon of the filling close to the stalk end, then flip the bottom of the leaf up and over the filling. Fold in the sides and roll up as tightly as possible, leaving the finished roll on the benchtop, seam-side down. Repeat with the rest of the chard leaves and filling.

Choose a saucepan or cast-iron casserole with a lid that will hold the chard leaf rolls snugly in a single layer. Pour in the rest of the oil and place over a medium heat. Add the sliced onion and cook until soft, then add the garlic and cook for two minutes until it smells sweet and mellow.

Add the tomatoes to the pan and cook for about five minutes, if your tinned tomatoes are whole – crush them with a back of a fork or a potato masher. Then whisk in the crème fraîche or yogurt and season with salt and pepper. Turn the heat down to low and carefully add the rolls, seam side down, then cover and cook for 15 minutes.

Serve with a hunk of good bread to mop up the juices.

**#StayingIn Swaps:** You can use any grain you fancy here – rice, buckwheat or spelt work well. If you can't get hold of chestnuts, just up the amount of grain used by 50g.



“Ukrainians love things wrapped in leaves. A lot of the time it’s cabbage leaves, which would also work in this recipe. But we also traditionally use beetroot leaves which chard leaves are very similar to.”



# Garlic, ricotta & spinach gnudi

BY EMILY EZEKIEL

*Emily Ezekiel is an author, art director and food and prop stylist based out of her creative space Narroway Studio in Hackney, London.*

## SERVES 4

50ml extra virgin olive oil  
4 garlic cloves, chopped  
200g spinach  
1 red chilli, finely chopped  
500g strained ricotta  
2 lemons, zest only  
140g spelt flour  
100g butter  
bunch of sage, leaves picked

## To serve

Parmesan, grated

Heat the oil in a large frying pan, add the garlic and fry gently for two minutes until crisp. Add the spinach and chilli and fry for another two minutes until the spinach wilts. Place the mixture in a tea towel and squeeze out any excess liquid, then finely chop and place in a large bowl. Add the ricotta, lemon zest, flour and a large pinch of salt and pepper and mix until a dough forms.

Half-fill a large pan with water and place over high heat. Roll the ricotta mixture into 20 conker-sized ball and place on a lightly floured baking tray. Once the water in the pan has reached a rolling boil gently drop the dumplings in and cook for 4–5 minutes until they rise to the top. Drain in a colander and set aside.

Heat the butter in a frying pan over medium heat until bubbling, add the sage and fry for two minutes until the butter has turned golden and the sage is crisp. Toss the gnudi into the pan, remove from the heat and season well. Serve with grated Parmesan if you like.

**#StayingIn Swaps:** *If you don't have spelt flour, you could use '00' instead (the same one you'd use to make the pasta on page 38). Swap the spinach for wild garlic if you've been out foraging.*



“These speckled green dumplings, also known as malfatti, are so quick and simple to make. They also managed to be both light and comforting – just what’s needed for a quiet spring evening at home”







# Roast chicken with salsa verde, Jersey Royals and purple sprouting broccoli

BY NICHOLAS BALFE

Nicholas Balfe is founder and head chef of London restaurants Salon, Levan and Larry's.



**#StayingIn Swaps:** You can swap out different herbs throughout in this recipe depending what's available to you. For example rosemary would work as well as thyme for stuffing the chicken. If you can't get your hands on wild garlic for the salsa verde, perhaps add an extra garlic clove.



“For me, roast chicken is the definitive family meal. We often eat it on Sundays at our house when we're all together. During lockdown, however, the days are blending together somewhat, and we've found that punctuating the week with delicious meals is one of the best forms of distractions.

Chicken is a really underrated meat, especially if you can put the effort into finding a good quality, organic chicken that's slow reared and been well looked after.”

## SERVES 4

### For the chicken

- 1 organic chicken, approx 1.5kg
- ½ lemon
- ½ head garlic
- A few sprigs thyme
- 50g butter, softened
- A couple shallots, halved lengthways (optional)
- sea salt and black pepper

### For the salsa verde

- Half a bunch parsley, leaves picked
- Half a bunch of mixed herbs, such as mint, tarragon, chervil, chives, wild garlic
- 6–8 anchovy fillets and oil
- A handful cornichons
- 2 tsp capers
- A small clove garlic
- 1 tbsp dijon mustard
- 3 tbsp good quality olive oil
- 1 tbsp sherry vinegar
- A pinch sea salt

### To serve

- Jersey Royals, steamed
- Purple sprouting broccoli, steamed

Get the chicken out of the fridge at least 2½ hours before you want to eat it. Preheat the oven up to 220°C/425°F/gas mark 7. Season the cavity of the chicken with sea salt and black pepper, then squeeze the lemon juice inside the cavity before stuffing the lemon half inside along with the garlic and the thyme.

Rub the butter all over the breasts and legs, then season with salt. Place in the oven in a snug baking tray and roast for 30 minutes until the skin is looking nice and golden. Add the shallots, if using, then turn the oven down to 180°C/350°F/Gas Mark 4 and continue roasting for another 30–40 minutes until the juices run clear. Remove from the oven and set aside to rest for at least 15 minutes – the total cooking and resting time should be no more than 1½ hours.

Meanwhile, make the salsa verde. Using your sharpest knife, chop the herbs finely. You don't need to turn them into mush, just run your knife through them a few times so they are shredded. Chop the anchovies, capers and cornichons, and mince the garlic as finely as you can. Add everything to a mixing bowl and add the mustard and mix well. Cover with just enough oil to bring everything together, then add the vinegar. Check the seasoning and add a pinch of salt if you like.

When you are ready to serve, tip the chicken cavity over the roasting dish to catch all the juices and give everything a quick whisk. Carve the meat off the bone, and serve with steamed greens such as purple sprouting broccoli and some buttered Jersey Royal potatoes. Spoon some of the roasting juices over the top and dress everything liberally with the salsa verde.



# MAKE YOUR OWN Pasta

“This is a traditionally Sicilian way to make fresh pasta, using only flour and water, with no eggs. I learnt how to make it at Ristorante Nettuno da Siciliano in Taormina, which feels like a bright, warm memory from another lifetime. I’ve made this recipe a few times now whilst in lockdown, and it’s never failed to transport me back to that day spent cooking, eating and drinking wine under the shadow of Mount Etna.”

EMMA WINTERSCHLADEN



## STEP 1

Dissolve 1 tsp of salt in a jug of 125ml of tepid water (around 35°C/85°F). In a large bowl add in 250g ‘00’ durum wheat flour and pour in the water. Mix with a fork until it starts to just come together. Start kneading it with your hands within the bowl so it forms a dough.



250g ‘00’ DURUM WHEAT FLOUR.

MAKES ENOUGH FOR 4 SERVINGS



## STEP 3

Shape the dough into a block and place back into the bowl. Cover with a damp cloth and let it rest for at least two hours. Check it’s ready by pressing your thumb firmly into the dough. If the imprint does not spring

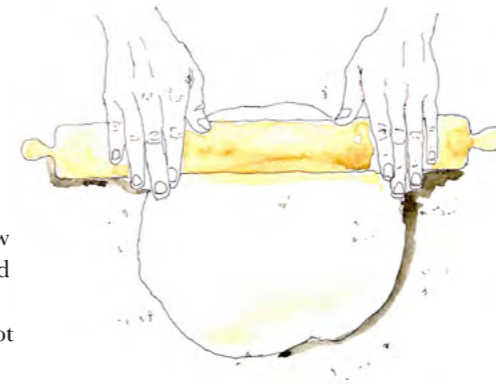


## STEP 2

Tip the dough out onto a floured surface and knead the mixture by hand for 10–15 minutes until you have a smooth dough. (You can also use a dough hook which will take less time, but it won’t be as therapeutic!)

## STEP 4

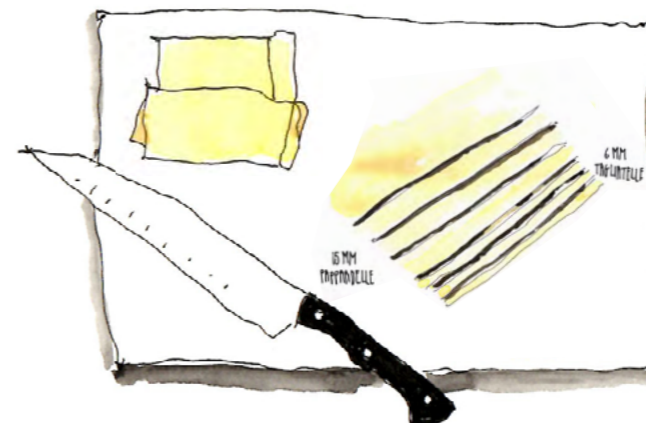
To make pappardelle (for the slow and low ragù page 39), roll out your pasta thin and long, to just over 1mm thick, on a cool, floured surface. Keep the dough you’re not using covered with the damp cloth to prevent it drying out.



## STEP 5

Use a sharp knife to cut strips out of your dough, making them just under 1½cm wide for pappardelle and 6mm for tagliatelle. Keep the cut strips apart on a tray or baking parchment.

To cook the pasta, bring a pan of salted water to the boil and tumble in your pasta. It’ll only need a few minutes to cook through, depending on its thickness and how al dente you like it.



**#StayingIn Swaps:** If you can’t get your hands on ‘00’ durum wheat flour, all-purpose plain white flour will work perfectly well here. Aside from the slow and low ragu page 39, the green pepper and pistachio pesto from page 24 would also be the perfect simple accompaniment to your fresh pasta, as well as spring carbonara, page 40.





# Slow and low ragù

BY EMMA WINTERSCHLADEN

*Emma Winterschladen is a freelance editor, writer and illustrator based between Wiltshire and East London. She currently hosts daily #LockdownLunches over on her instagram @hungryromantic.*

SERVES 4, WITH LEFTOVERS

- 2 onions
- 3 carrots
- 2 stalks celery
- 7 tbsp olive oil
- 5 garlic cloves, crushed and finely chopped
- 2 tsp dried fennel seeds
- 500g good-quality sausage meat
- 300g good-quality beef mince
- 600ml full-bodied red wine
- 5 large, ripe vine tomatoes
- 2 x 400g tin of chopped tomatoes
- 2 tsp tomato paste
- honey to taste
- sea salt and black pepper

To serve

- Parmesan or Cheddar, grated
- Fresh basil leaves, or parsley, finely chopped



**#StayingIn Swaps:** you could use only beef or pork meat here, depending on what is available, but the higher quality the meat the better. For a heartier ragu, try venison or, if you'd like to make it vegetarian, swap the meat for 2 x 400g tins of mixed beans (drained), and 250g of mushrooms, chopped and sautéed in butter/oil until brown.

“This recipe has seen me through many chapters of my life, and this one in lockdown is no different. There’s something so comforting, so safe and reassuring, about dedicating yourself (and evening!) to the process of making a ragu well. Opening a bottle of red wine, putting on your favourite playlist, and letting yourself just exist in the moment – the chopping, the sautéing, the stirring, the bubbling, the tasting, then eating. It’s a labour of love for sure – it requires time and patience – but then don’t the best things in life?”

Finely dice the onion, carrot and celery. Add to a deep casserole-style pot with the cold olive oil. Make sure the vegetables are totally coated in oil before slowly bringing up to the heat. Sauté uncovered for at least 20 minutes, stirring occasionally. Add in a good few pinches of salt and after the first 10 minutes, stir in the garlic cloves and fennel seeds.

When the soffritto is cooked and starting to caramelize, add the meat, breaking it up with your fingers as you go (best way to do this is a rubbing motion). Once it’s in, stir together and brown for a few minutes, breaking up any remaining chunks with your spoon. Turn the heat up to medium, pour in the red wine so that it totally covers the mixture, then cook off for ten minutes.

Roughly chop up the tomatoes and add into the pot, along with the tinned chopped tomatoes (with juice) and tomato paste. Cook, lid on, over a low-medium heat for a further 30 minutes. At this stage preheat your oven to 180°C/350°F/Gas Mark 4 and once it’s cooked on the hob, pop it in the oven and cook, lid on, for a further 40 minutes, stirring halfway through. Finish with a final 10–15 minutes in the oven uncovered. Let it cool slightly, taste and season accordingly, and add a little honey if needed.

Serve with your homemade pappardelle from page 38, finely grated Parmesan and a scattering of basil leaves.



# Pistachio & green pepper risotto

BY ANNA BARNETT

*Anna Barnett is a Hackney-based food writer and cook. She has previously written for Vogue, Grazia and currently a regular contributor to the Evening Standard. Her most recent cookbook is How to be Gluten-Free and Keep Your Friends, published by Quadrille.*



“At a time when travelling seems but a distant memory, this recipe takes me right back to the Amalfi coast. It’s here we first discovered this regional delicacy, and it’s a dish I’ve gone back to over the years. It’s vibrant, fresh green and richly indulgent. What’s not to love?!”

SERVES 4–6

- 500g alborio rice
- Good glug olive oil
- 1 large knob butter
- 1 white onion, finely diced
- 2 cloves of garlic, crushed and finely chopped
- Generous sprinkle sea salt
- 300ml white wine
- 700–800ml good quality vegetable stock or homemade

*For the pesto*

- 1 large or 2 medium green pepper, charred, peeled, centre removed and roughly chopped
- 2 cloves of garlic
- 150g pistachios, shelled and toasted
- Around 70g basil leaves
- 100g pecorino (or opt for the vegetarian version)
- 3–4 glugs extra virgin olive oil
- Sprinkle salt

*To garnish*

- 1 bunch sage, picked from the stalks
- Several glugs olive oil or vegetable oil for shallow frying
- 40g pecorino, finely grated
- Extra fresh ground black pepper
- Drizzle extra virgin olive oil

For the risotto, begin by adding the butter, garlic and onion to a pan and cook over a low heat for around 10 minutes so the onions and garlic soften and begin to turn sweet. Next add in the rice and increase the heat slightly ensuring all sides of the rice are coated in the butter and oil and allow to cook for a minute or two. Keep stirring to ensure the rice doesn’t stick to the pan.

Next add in the wine and stir, cooking over a medium to low heat – again don’t allow the rice to stick. Once the rice has absorbed the wine you can begin to add in the vegetable stock. Do this in small batches, a ladle at a time. This will take around 12–15 minutes – don’t add the next batch of stock until the rice has absorbed the last. You don’t want to overcook the rice, so make sure you keep checking that the rice still has a bit of a bite to it.

For the green pepper and pistachio pesto, place the green pepper, garlic and pistachio into the food processor with several generous glugs of olive oil. Next add in the pecorino and once you have a smooth paste add in the basil at the very last minute and blitz again until smooth. You can also muddle into a paste by hand using a pestle and mortar, starting with the harder ingredients first. Have a taste and adjust seasoning or add more oil to loosen the paste if necessary.

Once your risotto rice has absorbed all the stock and has a good consistency to it (you’re aiming for your rice to be slightly al dente and definitely not too sloppy), then you’re ready to serve. If you need to add in some extra liquid once you’ve used all your stock to loosen it slightly, hot water will do, adding a small dash at a time. Only add in your pesto mix at the very last minute so you retain the vibrant green colour.

For the garnish, take a small frying pan and add several glugs of oil. Heat and then add in the sage leaves, frying for thirty seconds or so. The oil is hot enough when the leaves fizz immediately on adding them. When crispy, remove the sage from the oil and drain on a kitchen towel.

Serve the risotto immediately with an extra handful of grated pecorino, a drizzle of extra virgin olive oil, some freshly ground black pepper and a scattering of crispy fried sage leaves.

**#StayingIn Swaps:** *If you don’t have any pistachios, you could use walnut, almond, brazil or pine nuts instead in your pesto. Parmesan or manchego will also work well if pecorino is unavailable. For the garnish, you could use mint leaves instead of sage.*





# Tomato, squash & lentil coconut curry

BY MELISSA HEMSLEY

*Melissa Hemsley is a chef, bestselling cookbook author, Fairtrade and sustainability champion and one half of Hemsley and Hemsley. Her recent book Eat Green, published by Ebury, is out now.*

SERVES 6-8

- 1 tsp mustard seeds (optional) or a few curry leaves if you have them
- 2 tbsp curry powder
- 2 tbsp ghee or coconut oil
- 1 large onion, halved & thinly sliced
- About 900g butternut squash, peeled & chopped
- 1 thumb fresh ginger, finely chopped
- 3 fat cloves garlic, finely chopped
- 500g red lentils
- 400ml tin chopped tomatoes
- 400ml tin full fat coconut milk
- 1.2-1.5 litres quality broth/stock/ hot water
- ½ lemon or 1 lime, juice
- To taste chilli flakes/chilli powder/cayenne powder
- Sea salt & pepper

To serve

- Fresh coriander
- Lemon or lime wedges
- Toasted cashews / mustard seeds / fried ginger

Toast the spices in a large pan on a high heat for one minute then add the oil and onions, lower to a medium heat and fry for five minutes stirring occasionally. Use this time to prepare the squash by carefully slicing in half, peeling the skin, scooping out the seeds and dicing into roughly 1 inch (2.5 cm) chunks.

Back to the pan, add the garlic and ginger for one minute along with a good pinch of sea salt and pepper.

Add the squash and lentils to the pan, then add the tomatoes, coconut milk and liquid (use the empty tins as an easy guide to measuring out the liquid) give it a good stir then pop a lid on and let simmer on a medium heat for about 18 minutes until the squash is tender. Stir from time to time, watch out for the lentils catching on the bottom of the pan, and keep an eye on liquid level, add more liquid if you like.

Just before serving, add lime or lemon juice then taste for seasoning. Serve with lots of fresh coriander, toasted cashews, mustard seeds and fried ginger strips.

**Note from Melissa**

*I used 'medium' curry powder, if you have 'hot' you might not fancy the extra chilli!*



“This makes a huge batch in under 30 mins, perfect for freezing half for a rainy day. I’ve kept this really simple by using a quality curry powder and mustard seeds for crunch. If you can’t get mustard seeds, leave them out. If you have a few curry leaves add them in! Enjoy a big bowl as is, top with yoghurt or some crunchy toasted nuts or seeds or serve with your choice of sides like some simple greens, a quick slaw or serve with a big handful of fresh baby spinach, watercress or salad.”

**#StayingIn Swaps:** *sweet potato works just as well if you don't have sweet potato.*







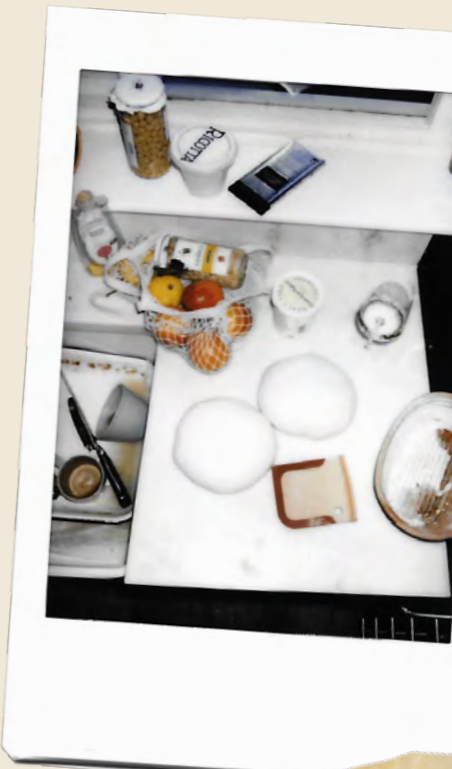
### Day 28 - Evening

Is 4.50pm too early to have my first drink? Surely not... (it's Wednesday, after all. Isn't it?) Ordered wine from a shop I love and have never enjoyed the sound of a popping cork so much. The evenings are definitely the easiest. The slowness suits it. It feels ok to have nothing planned aside from frying onions or sipping cold wine. Or vodka tonics. Or vermouth. I've officially turned into my mother.

Never before has pasta felt so important. It's become my housewre. My comfort blanket. All recipes seem to call for a bed of fresh, sunshine-yellow pasta. Found a sturdy old pasta machine in the cupboard (given to me as a gift years ago; never used) a few days ago and got off to a messy start attempting spaghetti. Everyone tells me pasta making is simple, but I'm not so sure. After three nights on the trot, though, I finally nail it; bouncy linguine with homemade pesto, oven-roasted tomatoes and enough parmesan to sink a dinghy. The pasta is always followed by something sweet.

I miss dancing. I miss walking aimlessly through the London streets. I miss crunchy bank mis at Dragonfly Cafe, flaky croissants at ES and boozy dinners at The Eagle. I miss bumping into friends and holding them for a second before we part again. Turn up Good Time by Donnie and Joe Emerson and flail-dance for a bit, which makes me feel better. I like the tinny sound of that song - almost like they recorded it in their own isolation. I'm sure a lot of beautiful songs will come out of this time. And books, and plays, and recipes...

Couldn't get to sleep. Started thinking about life after lockdown. What will I do first? Meet everyone I love, one by one, for pizza. Sit in beer-soaked pubs, go and buy dates from the guy on the corner, lie in the grass with a book (even if it's cold), go to a gallery and stand too close to strangers. Linger on bridges, drive to see my sister. Swim. Have everyone over to sit on mismatched chairs and upturned boxes for big platters of fried chicken and pickles and wine. Never take boring old normal life for granted again. How could we?







# Frozen yoghurt with roasted strawberry ripple

BY ALICE HART

Alice Hart is a chef, food writer and stylist, and author of several cookbooks, including *The New Vegetarian*, published by Square Peg. She is currently studying for her master's degree in Applied Sports Nutrition.

“This is the simplest of frozen yoghurts with intensely flavoured ribbons of strawberry swirled throughout. Ideally, you’d freeze the base in an ice cream machine, but it isn’t critical, so I’ve shared the elbow-grease-only method below too.”

SERVES 4

*Freezing time: 1–3 hours, plus 2 hours or overnight to freeze solid*

- 150g golden caster sugar
- 300g Greek-style yoghurt
- 450g natural yoghurt\*
- ½ vanilla pod, scraped seeds only
- Or 1 tsp vanilla extract (both optional)
- 450g strawberries, hulled and sliced
- 1 lemon, finely grated zest and juice

*#StayingIn Swaps: Lots of additional flavours will enhance the strawberry ripple if you don't have a lemon handy. Orange will work, or try a drizzle of balsamic vinegar, or a dusting of fennel seeds, or the crushed seeds of green cardamom pods. Crumbled gingernut biscuits or shortbread can be folded through the frozen yoghurt too, adding extra crunch.*

Preheat the oven to 220°C/425°F/Gas Mark 7.

Combine 100g of caster sugar with both the yoghurts in a mixing bowl. Add the vanilla seeds or extract, if using. Set aside for five minutes to dissolve the sugar. Stir well and chill until needed.

Combine the sliced strawberries with the lemon zest and juice and the remaining 50g sugar in a large roasting tin. Slide into the top of the oven for 15-18 minutes, carefully stirring halfway, until the juices are syrupy and have just begun to caramelize around the edges of the tin. Transfer the strawberries and their syrup to a bowl to cool (otherwise they will weld to the tin) then chill.

While the strawberries cook, get the base freezing. If you have one, transfer the yoghurt mixture to an ice cream machine and churn according to instructions until thick and smooth. When the paddle slows right down, transfer the frozen yoghurt to a pre-chilled metal or plastic container, preferably with a lid. To make without an ice cream machine, pile the chilled yoghurt mix directly into the metal or plastic container and freeze for an hour. Every half hour after that, whip the mixture with a fork to break down any ice crystals forming and incorporate a bit of air. Repeat this process four times until very thick and semi-frozen.

Spoon the chilled strawberry mixture over the yoghurt base, gently swirling it through, but being careful not to overmix – ideally you want ribbons of red visible throughout. Cover with a lid and return to the freezer to firm up for a couple of hours or overnight. Leave to soften in the fridge for 10 minutes before scooping.





# Flourless chocolate meringue cake

BY KITTY COLES

*Kitty Coles is a food and prop stylist and food writer based in London.*

SERVES 8–10

- 200g dark chocolate (70%)
- 6 eggs, at room temperature
- 200g butter
- 200g light brown sugar
- 75g caster sugar
- 35g almond flour
- flaky salt
- raspberries (optional)

*To serve*

Crème fraîche or cream

*You'll need a 26cm cake tin.*

Preheat your oven at 170°C/325°F/Gas Mark 3. Grease and line your cake tin with parchment paper. Separate the eggs into two bowls – yolks in one, whites in the other.

Chop the chocolate and butter and place in a heatproof bowl. Melt in a microwave or using bain-marie (place the bowl over a pot of just-simmering water). Be careful not to overheat.

In a big mixing bowl pour the melted chocolate and whisk in light brown sugar and egg yolks one at a time, ground almonds and salt.

Using a stand mixer, whisk the egg whites until they form stiff peaks then gradually add the caster sugar, whipping until the egg whites form stiff peaks, but not too firm. Fold the meringue in the chocolate base, working delicately with a spatula.

Pour the mix in the tin, finish with flaky salt then bake for 35 minutes. You want the middle to be a little gooey and the surface to crack a little.

Let it cool completely, for a couple of hours at least, then dust with cocoa powder and serve with berries and a dollop of whipped crème fraîche or cream.



# Brown sugar meringues with boozed honey and cinnamon grapes

BY ROSIE RAMSDEN

*Rosie Ramsden is a food stylist, recipe writer, artist and author. She is the author of The Recipe Wheel, published by Ebury, and her recipes and food styling are regularly published for Guardian Feast, Waitrose Food and Partners, National Geographic Traveller, as well as other cookbooks.*

MAKES 8–10 LARGE MERINGUES

*For the meringues*

- 4 large egg whites (about 160g)
- 250g light brown soft sugar, (any large clumps crumbled back to a grain)

*For the grapes*

- 200g black grapes, halved
- 2 tbsp runny honey
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 4 tbsp oloroso sherry (or brandy)
- ½ lemon, zest
- 300ml double cream (more if you like lots)

Heat the oven to 150°C/300°F/Gas Mark 2. Line two baking sheets with greaseproof paper.

Whip the egg whites to stiff peaks in a stand mixer with a whisk attachment. Slowly add the sugar with the whisk still running. Add a little bit at a time so that the sugar has a chance to dissolve into the whites. When all the sugar has been incorporated, rub a little of the meringue mix between your fingers; you want it to feel smooth, not grainy, so keep whisking if it's the latter.

Using a large metal spoon, dollop 8–10 generous spoonfuls onto the baking sheet, leaving a little space between each one. Bake for 1 hour 15 minutes. Turn the oven off and leave the door ajar for at least another hour.

When it's time to serve up the meringues, mix all the grape ingredients in a large non-stick pan and caramelise for 7–10 minutes over a medium-high heat until the grapes start to colour and release their juices into the honey.

Whip the cream to soft peaks. Place a meringue on each plate, dollop with cream and spoon on the sticky grapes.

“These meringues always bake a little soft and a bit chewy on the inside – just over an hour in the oven is how I like them, then the same again with the oven off and the door ajar. That look of lightly tanned silk that the brown sugar gives is so much more exciting to me than a plain white powdery cloud. Pile on the grapes and cream with abandon. Any meringues you don't eat immediately can be stored in a sealed container for a week.”





# Margaritas

BY LAURA JACKSON

*Laura Jackson is a TV presenter, author, podcast host and founder of HOSTE, a new supperclub brand creating bespoke dining experiences.*

“Margaritas are one of my all time favourite drinks. It’s an essential cocktail that, for me, pretty much comes out at every dinner party, every birthday, every holiday and, at a time when none of these events are possible in the same way, it’s being wheeled out every weekend too. I think the best margarita we ever had was in Mexico City at a place called Le Capital – we had been told by a friend to go just for the tamarind margarita. It was so unbelievably delicious, a real assault on the senses, with so much flavour in one little drink – sharp, sweet and a little bit spicy.”

*For rim*

Salt

Tajin (optional)

Agave, fruit syrup or honey (if you like yours sweet)

*For cocktail*

2 parts tequila

1 part Cointreau

1 part lime juice

Put some salt and Tajin on a plate.

Rub the rim of your glass with either lime or honey (we like to use honey or fruit syrup). Turn the glass upside down and lightly cover the rim of the glass in the salt. Then fill the glass with ice.

Combine the tequila, Cointreau and the lime juice in a cocktail shaker and fill the shaker with ice. Put the lid on the shaker and shake for a couple of seconds.

Strain into the glass and serve with a garnish of lime.



AGAVE

We prefer not to sweeten our margarita, we love the tart zesty taste of the limes – if this isn’t for you then add in a little bit of agave to give some balance.

TEQUILA

Only use 100% agave tequila – white or silver aka blanco. Gold tequila has been aged longer and isn’t ideal for margaritas.

SALT

With the amazing power to bring out the flavour in everything, a salt is a must for us. But if you would prefer not to have a salt-only rim, mix a bit of citrus zest with your salt. We like to use a flaky salt like Maldon for our margarita but in Mexico it’s more authentic to use a much finer salt.

TAJIN

Tajin is a chilli lime Mexican seasoning that is highly addictive because it’s so delicious. It’s readily available online and is something you need in your store cupboard if you don’t have it already. We add Tajin to the salt of our margarita, but it’s also great on everything from fish, avocado on toast or Mexican(ish) cheese on toast. It’s a great inexpensive gift for any foodie friend too!

TASTE

This is about making your favourite margarita recipe, so adapt it to make it your own. Use this as a base and taste as you go along. Limes can vary in acidity and sweetness depending on the size of the fruit, how old the fruit is, where it’s been stored etc, so you might need more lime depending on the taste of the fruit. Some days you might want a touch more tequila or a touch more Cointreau – there is no right or wrong!



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