

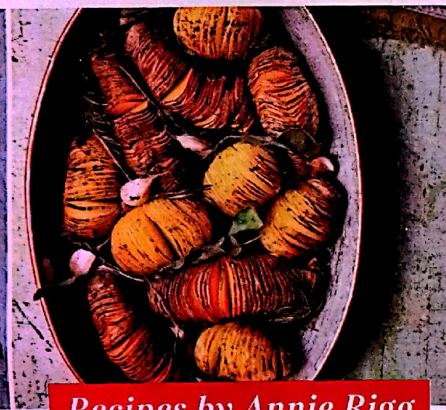
THE  TIMES

Eat!

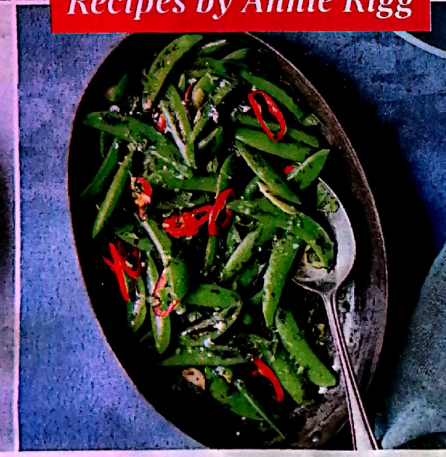
PULL OUT
AND KEEP



10 EASY WAYS TO MAKE YOUR VEGETABLES IRRESISTIBLE



Recipes by Annie Rigg



Plus DONNA HAY'S PIES — ALL WITH SHOP-BOUGHT PASTRY!

HASSELBACK POTATOES

Serves 4-6

- 3 medium sweet potatoes
- 3 medium potatoes, such as Maris Piper
- 1 rosemary sprig
- 4 bay leaves
- 2 fresh sage sprigs
- 4-6 garlic cloves
- 3 tbsp olive oil
- Salt and freshly ground black pepper
- ¼ tsp smoked paprika

1 Preheat the oven to 200C/ Gas 6. Wash all the potatoes. Lay one potato on a work surface and push a wooden skewer along its length and 1cm up from the bottom. Using a sharp knife, cut the potato vertically into very thin slices, cutting down to but not through the skewer – this acts as a marker, but also holds the potato together as you cut. Carefully remove the skewer and repeat with all the potatoes.

2 Arrange the potatoes snugly in an ovenproof dish and tuck the herbs among them. Lightly crush the garlic cloves with the flat side of a knife and scatter into the gaps.

3 Drizzle over the olive oil and season well with salt, pepper and smoked paprika. Cook on the middle shelf of the preheated oven for about 30 minutes and then baste with the herby olive oil. Continue to cook for a further 30-40 minutes until the potatoes are crisp, golden and tender.

AUBERGINE AND PEANUT CURRY

Serves 4-6

- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 3 aubergines
- 4 tbsp sunflower oil
- 3 garlic cloves, peeled
- 5cm thumb of ginger, peeled and roughly chopped
- 1 lemongrass stick, roughly chopped
- 1 large or 2 small red chillies, roughly chopped
- ½ tsp ground turmeric
- 1 tbsp coconut oil
- 400ml tin coconut milk
- 200ml vegetable stock



PHOTOGRAPH BY Susanna Rothacker



- 2 tbsp peanut butter
- 4 lime leaves
- 1 tbsp tamarind paste
- 1 tbsp vegan fish sauce
- 1 tsp soft light brown or coconut sugar
- 3 ripe tomatoes, quartered
- 1 red pepper
- 4 Thai basil stalks, leaves only
- 2 tbsp roasted peanuts, roughly chopped
- 3 spring onions, sliced on the diagonal
- 2 tbsp coriander leaves
- Jasmine rice, to serve

1 Tip the cumin and coriander seeds into a large dry sauté pan and toast over a medium heat for 30-60 seconds until they smell aromatic. Grind the seeds using a pestle and mortar and set aside.

2 Cut the aubergines in half from end to end. Cut again across the middle and then into wedges. Heat 2 tbsp sunflower oil in the sauté pan and fry half the aubergines over a medium heat until golden brown all over. You may need to do this in smaller batches depending on the size of your pan. Remove from the pan and cook the rest of the aubergine in the remaining 2 tbsp oil. Remove from the pan and set aside.

3 Tip the garlic, ginger, lemongrass, chilli and turmeric into a food processor with the cumin and coriander seeds and blend until combined into a paste.

4 Heat the coconut oil in the sauté pan, add the paste mixture and cook for 1 minute. Add the coconut milk, stock, peanut butter, lime leaves, tamarind paste, fish sauce and sugar and simmer gently for 10 minutes to reduce and thicken slightly. Add the tomatoes to the pan and cook for 5 minutes until tender but still holding their shape.

5 Deseed the pepper, cut into 1cm strips and add to the pan with the aubergines and half the Thai basil leaves. Mix gently and cook for about 15 minutes until the vegetables are tender.

6 Top the curry with chopped peanuts, spring onions, coriander and the remaining Thai basil and serve with jasmine rice. ▶



PUTTANESCA CHERRY TOMATOES

Serves 4-6

- 500g vine cherry tomatoes
- 3 fat garlic cloves
- 5 tbsp extra-virgin olive oil
- A good pinch of crushed dried chilli flakes
- Salt and freshly ground black pepper
- 2 large basil sprigs
- 1-2 tbsp wine vinegar (muscatel or sherry ideally)
- 150g mixed pitted olives, halved
- 2 tbsp capers

1 Preheat the oven to 170C/Gas 3. Line a medium-sized roasting tin or baking tray with baking parchment, making sure that it comes up the sides of the dish.
2 Place the tomatoes on the tray and tumble the unpeeled garlic cloves around. Drizzle over the olive oil, season with chilli flakes, salt and pepper and tuck the basil sprigs among the tomatoes. Cook on the middle shelf of the oven for about 20-25 minutes until the tomatoes are tender but not bursting their skins.

3 Add the remaining ingredients, reduce the oven temperature to 150C/Gas 2 and return to the oven for another 20-30 minutes.
4 Leave to cool and then serve stirred through pasta, on top of grilled sourdough or soft polenta.

CHARRED HISPI CABBAGE WITH BUTTERMILK DRESSING

Serves 4-6

- 200ml buttermilk
- 2 tbsp roughly chopped dill
- 2 tbsp extra-virgin olive oil
- 1 tbsp tahini
- 1 garlic clove, crushed
- Juice and finely grated zest of 1 lime
- Salt and freshly ground black pepper
- 1 hispi or sweetheart cabbage
- 2 tbsp olive oil
- 1 green chilli, deseeded and finely sliced
- 1 tbsp chopped whole almonds
- 1 tbsp chopped toasted pumpkin seeds
- 1-2 tsp poppy seeds
- A good pinch of sumac

1 Prepare the dressing before cooking the cabbage to allow time for the flavours to mingle. In a bowl, combine the buttermilk, half the dill, the extra-virgin olive oil, tahini, crushed garlic and a squeeze of lime juice. Season the dressing well with salt and pepper and mix to combine. Cover and chill until ready to serve.
2 Heat a ridged griddle pan over a medium heat. Remove any tough outer leaves from the cabbage and cut into 4-5cm thick wedges. Brush the cut sides of the wedges with olive oil and cook on the hot griddle pan for 3-4 minutes on each side until nicely charred and starting to soften.
3 Remove from the pan, arrange on a serving platter and leave to cool slightly.
4 Spoon the dressing over the cabbage and top with the green chilli, almonds, seeds and reserved dill. Sprinkle with a little sumac and lime zest and serve.

Continues on page