

WEEKEND KITCHEN RECIPE SHEET

August 3rd 2014

PLEASE NOTE OUR NEW TIME SLOT!
SUNDAYS 11.00 - 13.00

THEO MICHAELS

Kleftiko

Nothing will send your tastebuds to a Greek Cypriot taverna quite like Kleftiko. Slow cooked lamb that remains totally succulent and literally falls off the bone (you can cut it with a spoon, seriously, you can) and it's almost impossible to get wrong! Kleftiko roughly translates to Stolen Meat; legend has it that the outlaws or bandits in Cyprus would steal a goat and take it up to the Troodos Mountains where their hideaway was to cook. To avoid being caught they would dig a large pit and make a fire during the day when the flames wouldn't be seen, eventually the fire would burn out leaving just the glowing embers. The beast would be placed on top of the ashes and covered until the next day, by which time they would unearth their feast and tuck in! Nowadays this is a meal in a bowl; usually cooked with potatoes to soak up the juices (I prefer to cook mine separately but if you can't be bothered – just follow my recipe below and throw some spuds in before you wrap up the lamb!)

My first experience of Kleftiko was in the Troodos mountains, but minus the bandits. Sitting on long communal tables with a steaming foil wrap being delivered to you in a bowl it's genius is in its simplicity.

Ingredients:

- 1 shoulder of lamb (some people use leg – but it just doesn't come out as succulent)
- 2 large ripe tomatoes cut into thick slices
- 1 onion sliced
- 3 bay leaves
- 5 cloves of garlic cracked open
- 6 sprigs of fresh rosemary
- Few heavy glugs of extra virgin olive oil
- 1 lemon
- Tablespoon of dried oregano (preferably Greek of course!)
- Few pinches of sea salt
- Teaspoon of smoked paprika (OK, not a traditional ingredient but I think it adds a little smokiness that is missed by cooking it in the oven)

Method:

First; season your meat all over.

Then lay out a large piece of foil and prepare the base to sit the meat on.

Drizzle some olive oil, sprinkle half the sliced onion, a bay leaf, some rosemary, some of the oregano, some of the tomato slices and a couple of slices of lemon and half the garlic. Season well and place the meat on top.

Drizzle olive oil over the top of the meat and place the rest of the ingredients all over the top. Squeeze lemon juice all over the meat before slicing the rest into thick chunks and layering on top. Season well and sprinkle the smoked paprika over the meat.

Point to remember – cut the tomatoes quite thick and use the majority on top of the meat; they will almost turn into sundried tomatoes; very concentrated and rich... lovely!

Wrap in foil several times to ensure it is sealed.

Pop on a rack on a roasting tray, stick a pint of water (or two) in the bottom and pop into the oven at 150-170°C for about 5 hours for a whole shoulder (about 4 hours for only half a shoulder) – if in doubt – leave it in longer rather than less.

Once the 5 hours is up; remove the meat from the oven, turn the oven up to 200°C.

Take the the wrapped meat out and let it sit for 20 minutes. Then cut the foil wrap open at the top, peel away as much as possible and pour the juices into a saucepan to make some gravy by reducing it down on a medium heat.

Return the unwrapped meat to the oven for another 10-15 minutes (check it after 10 minutes – you want the meat to start to crisp but not burn).

Remove the meat and pop it on a serving dish and stick it in the middle of a table for people to help themselves – this is all about sharing the pleasure.

Greek Rainbow Salad with Tomatoes, Pomegranate and Grilled Halloumi

This is a beautiful summer salad that looks as delicious as it tastes echoing Greek flavours and ideal for hot summer days.

Ingredients:

The salad part:

- 3 ripe red tomatoes (sliced 1 cm thick)
- 3 ripe yellow tomatoes (sliced 1 cm thick)
- ½ red onion (sliced as thin as possible)
- 1 Tablespoon Dried Oregano
- Lemon juice (half a lemon)
- 2 tablespoons Balsamic vinegar

Few glugs of extra virgin olive oil
Salt and pepper

The Garnish:

1 small pack of haloumi
A drizzle of olive oil

Good handful of pomegranate seeds
Small handful of fresh mint, sliced

Method:

First griddle the haloumi. Lay the cheese flat and cut it horizontally (fairly thickly). Brush with some olive oil and griddle it in a hot griddle pan for 1 minute on either side. You can do the same on a BBQ or under a hot grill. Once the haloumi is grilled, cut it lengthways into slices.

In a bowl gently add all the salad ingredients including the liquids and gently mix with your hands carefully so as not to break up all the tomatoes.

Lift out the salad, letting any excess liquid drain away, then place neatly on a plate.

Layer the grilled halloumi along the top and garnish with a scattering of pomegranate seeds and the fresh mint.

Galombrama (semolina and rosewater dessert)

Galombrama a traditional Cypriot dessert (a semolina cake); wonderfully fragrant with a hint of rose water, sweet, slightly moist – it is the epitome of what a naughty dessert should be. Rose water is cheap and easy to find in all supermarkets.

Galombrama cake mixture:

4 eggs
170g sugar
240ml milk
240ml vegetable oil
1.5 teaspoons of baking powder
Few drops of rose water
500g semolina
Handful of halved, skinned almonds for decoration

Fragrant Sugar Syrup:

Yes, there is a lot of sugar in this but it all dissolves and gets absorbed into the cake, creating a lovely sticky sweetness.

700g caster sugar

500ml boiling water
1 teaspoon of lemon juice
1/2 teaspoon of rose water
3 cinnamon sticks

Method:

In a large mixing bowl, crack open the 4 eggs and whisk. Add the sugar, milk, all the vegetable oil, baking powder and rose water then whisk together.

Finally add the semolina and mix well again.

Pour the mixture into a large deep baking tray (you want the mixture to be about 3 inches deep give or take).

Place the half almonds in rows across the mixture; place in pre-heated oven at 170°C/ Gas Mark 4 for 30-40 minutes or until golden (test with a knife – insert it into the centre of the dish, it should remove clean). Leave to cool slightly.

While the cake is cooking make the sugar syrup.

In a saucepan bring all the ingredients to a simmer for around 10 minutes – you don't want this to be very thick.

Cut the cake into diamonds or squares (about 2×2 inches) in the tray and, while still warm, pour over the syrup and leave it to soak in. It will look quite drenched initially but just leave it to absorb and it will all disappear.

This tastes great when still slightly warm or at room temperature for days later.

SHERRY ALMEIDA

Prawn Caldine (creamy Goan pork curry)

250g raw peeled Prawns
1 onion, chopped
1 clove garlic, chopped
¼ tsp black pepper powder
½ tsp turmeric powder
2 tsp coriander powder
¼ tsp cumin powder
1 tin coconut milk
2 tsp cider vinegar
1 green chilli, slit

Spoon the thick coconut milk out of the tin and set aside – about 3 – 4 spoons. Mix the powder spices with the thin coconut milk.

Heat a little oil in a pan. Add the onions and garlic. Cook, stirring for a few minutes to soften but not brown.

Add the spice mixture to the pan and boil uncovered for approximately 10 – 15 minutes. This process thickens the curry. Do NOT cover the pan as this will split the coconut.

Then add the prawns, thick coconut milk and the chilli. Cook until the prawns turn pink and are cooked. This will take about 6 – 8 mins.

Serve with boiled rice.

Pork Vindaloo

1 kg pork shoulder (belly is better)

1 tsp salt

1 tbsp chilli powder

1 large bulb garlic, peeled and crushed

5 green chillis – less if you prefer less heat, chopped finely

2 tsp cumin

¼ tsp turmeric

100ml cider vinegar

¼ tsp sugar

Cut the pork into cubes and add the salt.

Combine the rest of the ingredients with the vinegar. Add to the meat and mix.

Marinate for 2 hours or overnight if possible.

Put all the ingredients in a pan on a very low heat, cover and cook for somewhere between an hour and a half and two hours, until the pork is soft and tender. Keep a little eye on it and add some water if it is getting too dry.

Serve with boiled rice.

JAMES RIX

Lamb rumps (or chops), white beans, tomato, vegetable and basil

4 lamb rumps or lamb loin chops

1 can cooked white beans, borlotti beans or chickpeas

½ onion diced

½ courgette diced

½ aubergine diced
1 leek diced
1 clove garlic crushed
12 cherry tomatoes cut in half
1 spoon tomato paste
6 basil leaves shredded

Preheat oven to 220°C/ Gas Mark 8

In a large pan, cook the diced onion in a little oil on a medium heat. When soft, add the garlic and cook for a minute or so.

Now add the other vegetables, beans and their juice from the can, as well as the tomato puree and cherry tomatoes.

Bring to the boil, cover and allow to simmer on a very low heat.

Meanwhile, cook the lamb. Heat a large oven proof pan, drizzle in a little oil and brown the lamb on both sides (a minute each side). Season with salt and pepper. Pop the pan straight into the oven and cook for 12 minutes for the rumps, 8-10 minutes for the chops.

Take the lamb out of the oven, leave it to rest for five minutes.

Mix the fresh basil into the bean mixture right at the end and serve the bean mixture in bowls with the lamb on top.

Apricot Tarte Tatin

80g caster sugar
40g unsalted butter
300g fresh apricots, cut in half & stones removed
350g ready rolled all butter puff pastry
Crème fraiche or ice cream to serve

Use a heavy bottomed pan, preferably cast iron.

Put it onto a medium heat. Add the sugar and allow it to slowly caramelise. When it becomes golden brown, remove it from the heat and add the butter. Keep stirring until it thickens. It will look oily at first but will soon thicken. It is **very** hot, do not try and put your finger in it.

Allow to cool slightly, then add your apricots, cut side down. They need to be pushed right up together. You can cut them in half to fill in any gaps.

Heat up your oven to 200°C/ Gas Mark 6. Cut the puff pastry so it is about 2 cms wider than your pan and put the pastry over the top, tucking the pastry in with the end of a knife.

At this stage you could keep it in the fridge for a few hours until you need to bake it if you want.

Bake in the oven for 15/20 mins until the pastry is golden brown.

Remove from the oven and allow to sit for 2 minutes. Then place a plate on top of it and turn it over. Use a cloth as it will be VERY hot and be careful not to get the syrup on yourself.

Crab tacos, tomato salsa and guacamole

300g fresh or canned crab meat

1 tbsp mayonnaise

½ lemon, juiced

Pinch cayenne pepper

8 small corn tacos

2 avocados

2 large spring onions finely sliced

¼ bunch coriander chopped

Juice & zest of 1 lime

1 lime cut in quarters

2 tablespoons crème fraîche to serve

Coriander leaves for garnish

For the guacamole, peel and crush the avocados. Add the lime juice and zest, the spring onions and coriander and mix together.

Mix the crab with the mayonnaise, lemon juice and cayenne pepper.

Lightly toast the tacos and arrange some crab and guacamole on each. Serve topped with the tomato salsa and crème fraîche,

For the tomato salsa:

5/6 assorted large & small different coloured tomatoes, diced (this gives extra flavour and colour)

1 red onion finely diced

1 large red chilli finely diced

2 limes, zest & juiced

1 bunch of coriander chopped

100 ml best olive oil

It's best to assemble this as close to serving as possible. Also, don't keep your tomatoes in the fridge as this will dull their flavour.

Simply mix all the ingredients in a bowl and serve.