



# ENGLISH AFLOAT COOK BOOK





# BREAKFAST

# English Afloat

## *bread*



1.5kg strong  
wholemeal  
wheat flour

a level  
dessert  
spoon  
of salt

1.2  
litres of  
warm  
water

20 grams  
of fresh yeast

1. *Mix the yeast with 200 ml warm water and 3 teaspoons of sugar.*

2. *Set oven to "low" temperature.*

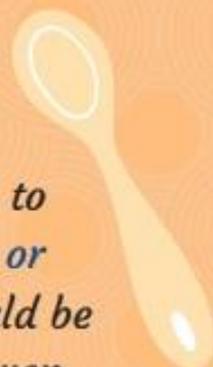
3. *Oil 2 large or 3 medium bread tins and leave sloping to drain the oil to one end.*

4. *Mix the flour and salt in a large bowl. Add the yeast mixture when it has all dissolved in the water and has started bubbling. Add most of the warm water and stir with a strong wooden spoon until all the flour has been absorbed - you may need more water.*



5. *Drain the oil out of the tins and split the dough equally between the tins. Put them in the oven and turn it off.*

6. *Leave to rise about 35 to 50 minutes (until the dough is up to the top of the tins) and then turn the oven on the gas mark 5 or 175C. It should be cooked in about 45 to 50 minutes and should be removed from the tins within 5 minutes of taking out of the oven*



## Porridge

1 little plastic cup of porridge oats for 1 person

Same amount of water

Same amount of milk

A pinch of salt

Mix the ingredients in a saucepan and heat it (on a low flame once it has come to the boil) while stirring.

Serve when it looks right!

Enjoy as it is or with golden syrup, brown sugar...

You can mix the ingredients on the evening before and let them soak overnight.







## Scrambled egg

Gently heat a non-stick frying pan or saucepan and put some butter in and allow to melt.

Break the eggs into a bowl, allowing for 1½ eggs per person.

Add a little milk and beat with a fork.

Add salt and pepper to taste and pour into the pan.

Stir while the mixture cooks over a gentle heat.

Turn off the heat when most of the egg mixture is cooked but still moist.

Serve onto bread or buttered toast.

It's nice to fry some finely cut spring onion tops or chives first, in the butter, before adding the beaten egg.

## Poached eggs

On the boat I use a poacher with 7 poaching cups made of metal. These conduct the heat better than plastic ones.

You can also buy silicone poaching cups which don't sit in a frame but just float in the water.

Whichever you use the idea is the same but the time will vary.

Boil water in a poaching pan or a saucepan.

Put a little butter into each of the poaching cups and let this melt.

Break an egg into each cup and put the lid on the poacher or saucepan.

I like the white of the egg to be cooked and the yolk to be runny so I let the eggs simmer for 5 minutes in metal poaching cups or 6/7 minutes in plastic or silicone.

When they are ready use a knife to get the eggs out of the poaching cups and serve on bread, toast (or even a crumpet!), with or without butter. Don't overdo the ketchup! 😊





## **Fried hole**

For a good fried hole you need boring bread – the kind sold in England as an 800g loaf, sliced, white or brown and preferably thick cut (or extra thick).

Heat some vegetable oil in a frying pan, one which is fairly non-stick.

Cut a hole in a piece of bread – I often use a glass to cut a circle but you can use a knife to make any shape.

Put the slice bread into the hot oil and also put in the piece you cut out, the hole. Crack an egg into the hole trying to ensure that all the egg stays in the hole and doesn't run underneath the bread.

After a minute or two turn over the "hole" and check that it looks nicely brown. If it's fine then turn the main slice with the egg in it and fry on the other side for about a minute.

The time depends on how hot your pan is.

Serve onto a plate.

If doing several fried holes you can be cutting the holes while the earlier slices are frying.



**LUNCH**

## Garlic mushroom pasta

*From Jamie Oliver* – serves 4

4 cloves of garlic	
2 red onions	400ml semi-skimmed milk
olive oil	1 teaspoon truffle oil ( <i>or sesame oil</i> )
1/2 a bunch of fresh thyme (15g)	300g cottage cheese
1/2 teaspoon dried red chilli flakes	1/2 a bunch of fresh flat-leaf parsley (15g)
350g baby chestnut mushrooms	1 lemon
300g dried wholewheat fusilli	20g Parmesan cheese
1 heaped tablespoon plain wholemeal flour	

Peel and finely slice the garlic and onions, then place in a large casserole pan on a medium heat with 1 tablespoon of oil. Put in the thyme leaves, then add the chilli flakes and cook for 10 minutes, or until very lightly golden, stirring occasionally. Meanwhile, slice the mushrooms as finely as you can, chuck three-quarters into the pan and put the rest aside (this will give you a lovely contrast between the earthy depth of flavour from the cooked mushrooms in the sauce and the raw, nutty, clean-tasting mushrooms that you'll add later).

Cook the pasta in a large pan of boiling salted water according to the packet instructions, then drain well, reserving a mugful of cooking water. Stir the flour into the veg pan for 1 minute, then pour in the milk and simmer for 5 minutes. Carefully pour the mixture into a blender with the truffle oil and blitz until smooth (the trick with truffle oil is to use it subtly like this to prop up the other flavours, not overtake them).

Return the sauce to the pan and add the drained pasta and the cottage cheese.

Finely chop and add the top leafy half of the parsley, then stir it all together, loosening with a little reserved water, if needed.

Taste and season to perfection, stir through the reserved sliced raw mushrooms, divide between your plates, and finish with a fine grating of lemon zest and Parmesan.

# Stroganoff mushrooms with tagliatelle

For 4 people

45ml olive oil  
450g mushrooms, chopped  
Salt  
1 onion, minced  
3 cloves of garlic, crushed  
125ml white wine  
35g flour  
300ml vegetable stock  
250ml cream  
45ml maple syrup  
30ml tomato puree  
15ml mustard  
The juice of 1/2 lemon  
1 dessert spoon paprika  
1 tea spoon smoked paprika  
A little cayenne pepper  
1 tea spoon dried thyme  
Pepper



300g tagliatelle  
50g margarine  
4 cloves of garlic, crushed  
Salt  
Pepper  
The juice of 1/2 lemon  
180ml of pasta water  
10g parsley, chopped

In one saucepan, cook the onion and mushrooms in oil, with salt, for 12-15 mins. Add the garlic and the wine and let evaporate. Add the flour, stir well. Gradually add the stock and the cream and stir. Add the other ingredients and let simmer 12 mins.

Serve with the pasta:

Cook according to the instructions on the pack and drain, reserving 180ml of water.

In a saucepan, on low heat, cook the garlic in the margarine for 3 mins with salt and pepper. Stir well.

Pour on the pasta and add the parsley.

## Cauliflower cheese

This is a nice lunch recipe and quick to make.

1 large cauliflower  
250g pasta – twists, penne...  
500g milk of any type.  
25g butter or margarine  
teaspoon mustard  
ground black pepper  
30g flour  
200g cheddar cheese or similar  
– cut thinly or grated  
1 tin chopped tomatoes  
(optional)  
Salt according to taste



Turn on the oven to 175C

Put plenty of water into a pan and bring to the boil.

Cut the cauliflower into florets.

Add the pasta and stir to prevent them sticking.

Add the cauliflower on the top and cover – the cauliflower doesn't have to be covered in water as it will cook adequately in the steam.

Meanwhile make the cheese sauce by melting the butter, adding the mustard, adding the flour and black pepper, cooking for a while on low heat to crack the starch and adding the milk very gradually, stirring all the time to avoid lumps.

The cauliflower will be ready by this time and you can drain the pasta water into the cheese sauce to use less milk. Bring the sauce to the boil – the amount of liquid needs to be adjusted to get the right consistency. Add the cheese. Add the tin of tomatoes if you want.

Put the pasta and cauliflower into an ovenproof dish. Pour the sauce all over the pasta and cauliflower, making sure it gets everywhere.

Grate a little cheese over the top and put into the hot oven for 10 minutes or switch to grilling to brown the top.



# Spaghetti carbonara alla barca

This is one of my favourite very quick lunch recipes.  
Can be with bacon, or mushrooms or a mixture of both.

500g wholemeal spaghetti

25g butter

5 cloves garlic crushed

150g bacon bits or normal bacon cut up with scissors

OR 250g mushrooms

3 eggs

150 frozen peas

Put the spaghetti into a good sized saucepan of boiling water to cook.

Meanwhile melt the butter in a saucepan, add the crushed garlic and cook the bacon and/or mushrooms. Mushrooms need more butter than bacon.

Thaw the frozen peas in a bowl of hot water. Beat the eggs in a bowl.

When the spaghetti has been boiling for around 5 minutes add the peas.

Check whether the spaghetti is ready by throwing a piece up to the ceiling – if it sticks it's ready! Drain it thoroughly and add to the bacon/mushrooms. Add black pepper and salt and the egg mixture and stir so that the egg mixture cooks on the hot pasta. You may need to turn on the heat again.

Serve while hot and offer ketchup and some people like to add grated cheese after serving.

500g makes 4 very generous portions, you may want to reduce the quantity if you are not operating lots of locks or engaging in other energetic lifestyles.



# Cashew cream vegetable soup

From Angela Liddon – serves 6

This is quite possibly the ultimate bowl of comfort food, made with a decadent, creamy stock and loaded with an array of health-boosting spices. It's really hard to stop at one bowl!

120g raw cashews, covered by water and **soaked for 4h**, then blended in the water

1.5 litres vegetable stock

2 teaspoons extra-virgin olive oil

4 cloves garlic, minced

1 onion, diced

3 medium carrots, chopped

1 red bell pepper, chopped

225g peeled and chopped sweet potato or butternut squash

2 stalks celery, chopped

2 cans of diced tomatoes, with their juices (793g in total)

1 tablespoon of **10-Spice Blend** (smoked paprika, garlic, oregano, onion, basil, thyme, black & white pepper, cayenne pepper, salt)

Salt & pepper, to taste

2 bay leaves

60g baby spinach leaves

425g can chickpeas or other beans, drained and rinsed

In a large saucepan, heat the oil over a medium heat. Add the garlic and onion and sauté for 3 to 5 minutes, or until the onion is translucent.

Add the carrots, bell pepper, potato, celery, diced tomatoes with their juices, remaining 1.25 litres of stock, the cashew cream, and the 10-Spice Blend. Stir well to combine. Bring the mixture to the boil and then reduce the heat to medium-low. Season with salt and black pepper and add the bay leaves.

Simmer the soup, uncovered, for at least 20 minutes, until the vegetables are tender. Season with salt and black pepper. During the last 5 minutes of cooking, stir in the spinach and beans, if desired. Remove and discard the bay leaves before serving.

## Aquafaba savoury pancakes

When you use tinned chick peas or other beans, don't waste the water when you drain the tin; this precious **aquafaba** can be used in pancakes or chocolate mousse!

Aquafaba from 1 tin or chick peas or other beans

140g self-raising flour

1 tablespoon cornflour

A pinch of salt

Some pepper

1 teaspoon thyme

1 teaspoon turmeric

10cl milk

2 tablespoons sunflower oil

Whisk the aquafaba as you would do with egg whites, until it looks like meringue (it will be a bit softer; don't worry).

Mix the dry ingredients.

Incorporate the whisked aquafaba gently, with a wooden spoon.

Add the milk and a bit of oil.

Fry in a good non-stick frying pan.

Make quite thick pancakes; put the lid on. Turn over half away.

Cut 1 pancake into 6 triangles.

Serve with the soup in which you've put the beans.



# Soul-soothing African peanut stew

*From Angela Liddon* – serves 6

Creamy, satisfying, and lightly spicy, you'll soon see why soul-soothing peanut butter and sweet potato are a match made in vegan heaven.

1 teaspoon extra-virgin olive oil	1l vegetable stock, plus more as needed
1 medium sweet onion, diced	1 teaspoon chilli powder
3 cloves garlic, minced	425g can kidney beans or other beans
1 red bell pepper, diced	2 handfuls destemmed, torn kale leaves
1 medium sweet potato, peeled and chopped into 1cm pieces	Fresh coriander or parsley leaves, for serving
2 cans of diced tomatoes, with their juices (793g)	Roasted peanuts, for serving
Salt & pepper	
85g natural peanut butter	

In a large saucepan, heat the oil over a medium heat. Add the onion and garlic for about 5 minutes, or until the onion is translucent.

Add the bell pepper, sweet potato, and tomatoes with their juices. Raise the heat to medium-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper.

In a medium bowl, whisk together the peanut butter and 250ml of the vegetable stock until no clumps remain. Stir the mixture into the vegetables along with the remaining 750ml stock and chilli powder.

Cover the pan with a lid and reduce the heat to medium-low. Simmer for 10 to 20 minutes, or until the sweet potato is fork-tender.

Stir in the beans and kale and cook until the kale is wilted. Season with salt and black pepper to taste.

Ladle the stew into bowls and garnish with coriander or parsley and roasted peanuts.

# Winter milky soup

*From Marie Laforêt – serves 4*

Even in the summer (and even with no rain!) you can enjoy this nutritious, original, easy soup.



1 onion  
1 big carrot  
200g mushrooms  
1 leek  
3 dessert spoons oil  
600ml vegetable stock  
400ml milk  
150 white long grain rice  
Thyme  
3 bay leaves  
1 teaspoon of turmeric  
200ml soy cream  
Salt & pepper

Peel and mince the onion and the carrot.

Mince the mushrooms and the leek.

In a big saucepan, heat the oil and fry the veg gently for a few minutes.

Add the stock, the milk and the rice, with the thyme and the bay leaves.

Put a lid on and simmer for 20 mins.

Season with salt and pepper to taste.

Add turmeric for a nice colour and cream for a lovely texture.

# Rustic tomato soup

*From Marie Laforêt*

Serves 3

Very handy when you haven't been able to go shopping because it hardly needs fresh ingredients. Nevertheless delicious!

1 big onion  
4 garlic cloves  
1 organic lemon  
1 big potato  
2 dessert spoons olive oil  
1 tea spoon mixed herbs  
1 tin of tomatoes (400g)  
600ml vegetable stock  
1 small tin of white beans  
Salt & pepper  
Basil

## Croutons

Cut old bread (especially the crust) into pieces.  
Put a good amount of olive oil in a frying pan. Heat it and flavour it with 1 clove of garlic.  
Put the pieces of bread in the frying pan, with some salt, pepper and herbs. Stir.  
Serve with the soup when the crouton look golden, before they get burned!

Peel & mince the onion and the garlic.

Peel the lemon and cut the zest into very small bits.

Peel and cut the potatoes into small chunks

In a big saucepan, heat the oil and cook the onion, the garlic, the lemon zest and the potatoes with the herbs. Stir well.

Add the tomatoes and reduce the heat.

Add the vegetable stock and let simmer for 20 mins.

Add the beans.

Add the juice of the lemon and some basil leaves at the moment of serving.

# Lentil and spinach soup

*From Jamie Oliver* – serves 6-8

2 carrots  
2 sticks of celery  
2 medium onions  
2 cloves of garlic olive oil  
A thumb-sized piece of fresh root ginger  
1 fresh red chilli, to your taste  
10 cherry tomatoes  
2 vegetable stock cubes  
300g red lentils  
200g spinach  
Salt and freshly ground black pepper

Peel and roughly slice the carrots; slice the celery; peel and roughly chop the onions; peel and slice the garlic.

Put a large pan on a medium heat and add 2 tablespoons of olive oil. Add all your chopped and sliced ingredients and mix together with a wooden spoon.

Cook for around 10 to 15 minutes with the lid askew, until the carrots have softened but are still holding their shape, and the onion is lightly golden.

Meanwhile, peel and finely slice the ginger; deseed and slice the chilli; remove the stalks from the cherry tomatoes and slice them in half.

Put the stock cubes into a jug or pan and pour in 1.8 litres of boiling water from the kettle. Stir until the stock cubes are dissolved, then add to the pan with the lentils, ginger, chilli and tomatoes.

Give the soup a good stir and bring to the boil. Reduce the heat and simmer for 10 minutes with the lid on, or until the lentils are cooked. Add the spinach and continue to cook for 30 seconds

This soup also works well if you make it with cabbage or Swiss chard.



## Caramelized onions

Peel big onions and cut them into rings.

Do as many as you can: they will shrink a lot, and people will want more of this delicious recipe!

In a non-stick cast-iron frying pan, heat some sesame oil.

Fry the onion rings on a strong flame, turning them over as soon as you can.

Put a lid on as much as you can but take it off every so often to stir.

Before it gets too dry, sprinkle with a good amount of caster sugar.

Keep the same process of having the lid on when you can but stirring very regularly.

If it needs more liquid, put a bit of mirin in if you have some.

Towards the end, when the onions have reduced a lot and are golden, add some soy sauce.

Sprinkle with white sesame seeds before serving.

It goes very well with **baked potatoes** (along with grated cheddar, baked beans, sweetcorn and mayonnaise) or with a **fry up** (with sausages, mashed potatoes and baked beans).

Make sure everybody has a fair amount!



## Syrian tabbouleh

Measure how much couscous you use (about 100g per person) to let it swell in the same amount of water.

Add lemon juice, salt, pepper and olive oil.

Chop a cucumber, the same amount of nice tomatoes, 1 sweet onion (red is good).

Chop a big bunch of parsley.

Add all this to the bowl and let it rest.

## Humus

1 tin of chick peas

1 little clove of garlic

Lemon juice

Olive oil

1 tablespoon tahini (sesame puree)

½ teaspoon ground cumin

Mix the ingredients in a bowl and blend them.

The texture must be smooth.

Check if it needs salt or pepper.

Put a bit of extra olive oil on top and paprika to decorate.

## Baba Ganoush (aubergine pate)

1 big aubergine  
1 clove of garlic, crushed  
Lemon juice  
Olive oil  
1 tablespoon tahini (sesame puree)  
½ teaspoon ground cumin  
1 teaspoon smoked paprika  
2-3 little spring onions  
Parsley

Do nothing to the aubergine and put it 1h to cook in a hot oven.

Chop the spring onions and parsley. When the aubergine has cooked and shrunk, get the flesh out of it and put it in a bowl with the other ingredients. Blend until you get a smooth texture. Incorporate the onions & parsley.



## Panzanella

For 8 people

10 big tasty tomatoes  
1 red onion  
2 green peppers  
1 cucumber  
4 slices of stale bread  
500g water melon  
1 tin borlotti beans  
Olive oil, vinegar  
Basil  
Salt, pepper

Dice the bread and put it in a bowl with olive oil, salt and pepper.

Cut the tomatoes and the water melon into chunks.

Peel and mince the onion.

Dice the cucumber and the pepper.

Add them to the bowl along with the beans.

Season with vinegar and pepper.

Add some basil.

**DINNER**



## **Red lentil lasagne** – *From Sarah Brown & Christine Smith*

30ml vegetable oil  
1 large onion, chopped  
1 clove garlic, crushed  
1 red or green pepper, chopped  
125g mushrooms, chopped thickly  
2 teaspoons basil, fresh or dried  
2 teaspoons oregano, fresh or dried  
250g red split lentils  
1 tin of chopped plum tomatoes  
1 teaspoon soya sauce  
1 bay leaf

### **For the cheese sauce:**

50g butter or margarine  
50g flour  
1 teaspoon mustard  
600ml milk  
250g full flavour cheese like cheddar grated or cut into thin slices

Fry the vegetables starting with the onion/garlic then the peppers and mushrooms. When they are soft add the herbs and the lentils and cook gently for a further 2 or 3 minutes. Add the tinned tomatoes and around 400ml water and the bay leaf. Boil then simmer for 25 minutes until the lentils are soft. Check the water during this time and add more if necessary.

The mixture should be quite liquid as I recommend using lasagne that does not require pre-cooking, so you need the liquid for the pasta to absorb.

When it is done remove the bay leaf, add the soya sauce and stir to mix.

While this mixture is simmering, make the cheese sauce:

Melt the butter/margarine in a saucepan, add the mustard and some salt and pepper. When the butter has melted add the flour and stir in making a *roux*. Add more butter if necessary. Let this cook for a minute or so on low heat to crack the starch molecules. Add a little milk and stir in carefully. Gradually add more milk. Stir all the time to ensure no lumps and bring to the boil. When the sauce has thickened add the cheese and simmer while stirring until it has all melted.

Assemble the lasagne in a suitable ovenproof dish or tin. Try to find something that is rectangular and a good size for arranging the lasagne sheets. I like plenty of pasta and generally put a layer of lentil mixture, then a layer of pasta, then cheese sauce, then pasta, then lentil mixture, then pasta finishing with cheese sauce. I usually have 6 layers of pasta with alternating lentil and cheese sauce.

Bake in a pre-heated oven at 180C (gas 5) for 30-35 minutes.

Sprinkle some grated cheese on top before cooking if you want.

Make sure the dish isn't too full as the sauce may boil over and make a mess of your oven!



# **Black-eyed bean loaf**

*From Sarah Brown and Christine Smith*

175g black-eyed beans, **soaked for 8 hours beforehand**  
1 dessert spoon of sunflower oil  
1 onion, finely chopped  
2 cloves garlic, crushed  
125g unsalted peanuts, chopped or minced  
125g breadcrumbs  
2 tablespoons (30ml) tomato puree or ketchup  
2 tablespoons (30ml) soya sauce or shoyu  
1 dessert spoon chopped fresh basil  
1 dessert spoon chopped fresh marjoram  
2 large tomatoes, chopped or half a tin of tomatoes  
1 egg, beaten. If making larger quantities then increase egg by more rather than less (i.e. 2 eggs for 6 people, 3 eggs if doubling quantities).

Drain the beans and boil for about 30 minutes – they should be soft when done.

Drain them and mash with a potato masher.

Meanwhile fry the onion and garlic in the oil for about 5 minutes. Add in the mashed beans, peanuts, breadcrumbs, basil, marjoram, shoyu, ketchup or puree. Gently stir in the tomatoes and beaten egg.

Oil a 1lb / 500g loaf tin and put a butter paper or greaseproof paper or foil on the bottom of the tin and oil this, too.

Put in the mixture and press down well.

Bake in a pre-heated oven at 175 C for 40 minutes. Leave to cool in the tin for a few minutes then carefully turn out onto a board.

Delicious hot or cold.

Perfect for a Sunday roast!

# Vegetable and lentil cottage pie

*From Sarah Brown and Christine Smith*

Serves 5

250 g brown lentils

2 bay leaves

Sunflower oil for frying

1 onion

120 g carrots

3 sticks celery

15ml soya sauce

5ml marmite

Paprika, marjoram, sage

1 tablespoon tomato puree

½ tin chopped tomatoes

700g potatoes

15g butter for mashed potato

35ml milk for mashed potato

Peel potatoes, chop small and boil.

Boil lentils with bay leaves in enough water to keep covered for about 30 mins.

Fry chopped onions, carrots, celery till soft

Drain cooked lentils retaining the liquid. Add lentils to fried veg.

Add soya, marmite, herbs, tomatoes and puree and mix thoroughly.

Add lentil water if necessary or use it to make a separate gravy.

Put mixture into ovenproof dish with space on top for mashed potato.

Mash potatoes with butter and milk, salt and pepper to taste.

Arrange mashed potato as topping to dish, smooth out with prongs of fork to leave grooves and sprinkle with sesame seeds.

Cook in oven for further 20 to 30 mins at 175C although everything is cooked so not really necessary except to crisp the top and cook the sesame seeds a bit.

Serve with dark green veg : cabbage, cauliflower, peas – or broccoli with a nice sauce!

## Broccoli with Asian dressing

From Jamie Oliver – serves 5

Steam 600g of broccoli (broke up into florets) for around 6 minutes, until the stalks are tender

Meanwhile, make your dressing: Peel a thumb-sized piece of fresh ginger and a clove of garlic and grate into a bowl • Halve, deseed and finely chop a fresh red chilli and add to the bowl • Stir in 1 tablespoon of sesame oil, 3 tablespoons of extra virgin olive oil, 1 tablespoon of soy sauce and the juice from 1 lime • Drizzle in a teaspoon of balsamic vinegar • Whisk the dressing together.

The flavour balance between saltiness from the soy sauce, sweetness from the balsamic vinegar, acid from the lime and heat from the chilli is absolute heaven!





TOURTECH

# Pizza

I make pizza with the same wholemeal flour that I use for bread. I like a decent amount of dough in a pizza but you may prefer a thin base.

500g strong flour

5g instant yeast

1 teaspoon mixed herbs (marjoram, sage, rosemary, basil)

Olive oil

Warm water

Salt

1 onion

1 clove of garlic

1 tin of chopped plum tomatoes

1 tablespoon cornflour

200g cheddar cheese or similar

Other **toppings** according to preference: olives, mushroom, pepper (sliced), sundried tomatoes, artichoke, sweetcorn, anchovies, salami, bacon...

Turn your oven on low.

Mix the flour, salt, mixed herbs and a little olive oil in a mixing bowl.

Add around 300ml warm water and stir thoroughly until you have a dough you can knead without the dough sticking to your hands. Place on a floured wooden board and knead it well.

Choose a baking tray large enough for the number of portions you want to make – these quantities are based on **4 portions**. Pour some olive oil into the middle. Place the dough on the tray and spread the oil around. You can roll out the dough to fill the rectangular space – either use a rolling pin or a jar. Also use your hands to spread the dough all over making sure that you build up an even crust all round but without making the main area too thin anywhere. – Leave in the warm oven for around 45 minutes.

Make the tomato sauce by frying the chopped onion and crushed garlic in a saucepan. Add the chopped tomatoes. Mix the cornflour with some of the tomato juice and stir very well, maybe add a little water. Add this mixture to the tomato/onion/garlic mix and bring to the boil. Simmer for 15 mins.

Prepare the toppings and grate the cheese.

When the pizza base has risen, take it out of the oven and turn the oven up to maximum heat.

Spread tomato mixture evenly over the pizza base. Add the other toppings. Sprinkle the grated cheese all over.

Cook in the hot oven for around 15-20 minutes – check the base is cooked properly, not just at the edge but further in.

# Vegetarian chilli

From Jamie Oliver – serves 12

2 sweet potatoes, peeled and diced  
1 small butternut squash, peeled and diced  
1 level teaspoon chilli flakes  
1 level teaspoon ground cinnamon  
1 heaped teaspoon ground cumin  
Olive oil  
Salt & pepper

Mix in a baking tray.  
Roast for about 40 mins in a preheated oven gas mark 6 (200°)

2 medium onions, roughly chopped  
3 peppers of different colours, roughly chopped  
2 sticks of celery, roughly chopped  
3 cloves of garlic, minced  
3 fresh chillies (green and red), minced  
A whole bunch of coriander, chopped (including the stalks)  
2 tablespoons of olive oil

Fry in a large saucepan on high heat for 5 mins.

Add a bit more chilli, cinnamon, cumin.

Drain and add 1kg of cooked kidney beans.

Add 1kg of tinned tomatoes. Stir well and bring to the boil.

Add the roast veg from the oven tray.

Serve with tacos, basmati rice (about 50g per person) and guacamole.

## Guacamole

Mash the flesh of 2 ripe avocados and put it in a bowl.

Add the juice of 1 lemon, a crushed clove of garlic, a small shallot (or some spring onion) minced. Stir well.

Season with salt and pepper.

Decorate with a pinch of paprika on top.



## Cider risotto

For 6 people

2 onions	750ml vegetable stock	2 red apples
1 clove of garlic	750ml cider	Salt, pepper
2 little courgettes	Rosemary	Curry powder
50g butter	1 lemon	150g grated parmesan

Peel and mince the onion and garlic. Fry them in butter in a big non-stick saucepan for 5 mins. Add the rice for 1 min and keep stirring. Add the stock, cider, rosemary, thin lemon zest and a bit of salt and pepper. Cover and let it cook on low heat.

Wash the apples and cut them in very thin slices, quartered. Put them in a bowl with the juice of the lemon.

Cut the courgette in thin half-slices and fry them in olive oil with some curry for about 5 mins.

When most of the liquid is absorbed in the saucepan and the rice cooked, add the apples and courgettes. Serve with grated parmesan on the side for those who like it.

# Vegan Bourguignon

For 4 people

This delicious vegan version of the traditional French Bourguignon (with beef) was published in *Madame Figaro*. It upset its conservative readers, which makes it even more enjoyable! It's now one of our favourite recipes.

400g mushrooms, quartered  
6 carrots, sliced finely  
2 onions cut into petal shapes  
1 teaspoon cumin  
1/4 teaspoon cayenne pepper  
1 teaspoon salt  
Whole peppercorns, to taste  
30ml vegetable oil  
375ml red wine (Bourgogne if possible)  
30ml soy sauce  
15ml maple syrup  
30ml tomato puree  
400 ml vegetable stock  
3 bay leaves  
2 teaspoons of cornflour  
A few parsley leaves, for garnish



In a large ovenproof pan, combine the mushrooms, carrots, onion, cumin, cayenne, salt, vegetable oil and peppercorns. Roast in the oven for 30 minutes (you could start these off on the hob to save time).

Remove from the oven, place on the stove and deglaze with the wine. Simmer for about 5 minutes over medium-high heat.

Add soy sauce, maple syrup, tomato puree, vegetable stock and bay leaves. Bring to a boil and simmer for 15 minutes.

In a small bowl, combine the cornflour and 2 tbsp of the liquid (cooled). Add the starch mixture to the Bourguignon, stirring constantly. Bring to a boil and remove from the heat as soon as the sauce has thickened (after about 1 minute).

Garnish with parsley and serve with brown rice (60g per person).



# Stuffed peppers

This recipe is from North Cyprus.

Most recipes for stuffed peppers use meat in the stuffing, but this vegetarian version is a good alternative.

Heat the oven to 190 C or gas 7

Choose large peppers of any colour which are able to stand upright when placed on a flat surface. Some people find the green ones too bitter but its up to you. Red, orange and yellow are fine. Make sure there is no hole at the bottom of the pepper.

Carefully cut round the stalk and remove the internal parts of the pepper and the seeds.

Arrange the peppers on a baking tray or in an ovenproof glass or metal bowl which can help keep them upright.

Put the peppers into the oven while it is warming up and while you are preparing the filling.

Take one egg per pepper and mix in a jug adding some salt and pepper to taste. Add a little hot water, about quarter as much as the egg mixture. It is a good idea to warm this mixture gently on the stove or in a microwave as it reduces the cooking time but the egg must not solidify at this stage.

Grate a strong flavoured cheese, like cheddar, into a bowl.

Take the peppers out of the oven and pour the egg mixture into each pepper to an equal height. Put plenty of grated cheese into each pepper. For anyone who doesn't like cheese (Isabelle!) you can flavour with oregano, nutmeg, chopped olives or whatever they fancy.

Return the peppers to the oven and bake for as long as it takes to solidify the egg mixture, around 20-30 mins. If the peppers start to burn at the top reduce the heat slightly.

Serve with rice or couscous and I usually make red cabbage and beetroot to serve alongside this.

## Red cabbage with beetroot

*From Sarah Brown and Christine Smith*

350g red cabbage, very finely shredded

175g beetroot, grated

1 large onion, finely chopped

1 clove garlic, crushed

30ml soya sauce

30ml apple juice

45ml cider vinegar

Fry the vegetables in a saucepan in some vegetable oil for about 15 minutes, stirring to start with then cover and reduce the heat. Add the liquid ingredients and simmer for a further 15 minutes.

Serve hot or cold. Freezes well for later use.



# The jerk thing

From Jamie Oliver – serves 4

1 large aubergine  
2 large mixed-colour peppers  
6 fresh bay leaves  
½ bunch of fresh thyme (15g)  
6 cloves of garlic  
6cm piece of ginger  
1 small fresh Scotch bonnet chilli  
2 level teaspoons ground allspice

Olive oil  
2 tablespoons white wine vinegar  
60g coconut cream  
300g white rice  
400g tin of kidney beans  
4 tablespoons natural yoghurt  
½ bunch of fresh coriander (15g)  
1 lime

Preheat the oven to 200°C/gas 6.

Trim the aubergine, quarter lengthways and place in a large roasting tray. Halve the peppers, deseed and add to the tray.

Remove the stalks from the bay leaves, placing the leaves in a pestle and mortar with a good pinch of sea salt. Pound really well into a paste, then add in the thyme leaves. Peel, roughly chop and add the garlic and ginger, then deseed and add the chilli, along with the allspice. Bash well, then mix in 1 tablespoon of oil and the vinegar. Spoon over the veg, mix well and roast for 30 minutes.

In a saucepan on the cooker, whisk the coconut cream, rice, a pinch of salt and 700ml of boiling water together. Bring to the boil.

Remove the tray from the oven and carefully lift the veggies out of the tray for a moment.

Drain and add the beans, then pour in the rice mixture and stir around with a wooden spoon to pick up any sticky bits from the bottom of the tray. Sit the veg back in the tray, pushing them down and curling the aubergine whichever way you like. Return to the oven for another 30 minutes, or until the rice is cooked through.

Divide and spoon the yoghurt, mixed with lime juice and coriander leaves, into the peppers and serve.



## Fried cabbage

Cabbage can be very boring if boiled to death in the British tradition!

500g white cabbage or spring greens or pointed cabbage - shredded

Vegetable oil

Fresh ginger about the size of your thumb – grated

Soya sauce

Shred the cabbage very finely and fry in a wok or large frying pan which you have got to a high temperature. Stir continuously for 2 or 3 minutes until it is all soft.

Add the ginger and continue to fry for another minute, maybe turn down the heat.

If you like caraway you could add a sprinkling of the seeds when you add the ginger.

Add soya sauce, stir and serve as an accompaniment to another meal.

I usually service it with haggis but also other meals.



## Curry

Mince 1 onion and 2 cloves of garlic.

Fry them in vegetable oil for 5 mins with 1 teaspoon of mustard seeds

Add a teaspoon of: garam masala, ground cumin, turmeric and either chilli powder or a fresh or dried chilli.

Add some chopped vegetables. It can be bhindi (okra - ladies fingers), cauliflower, spinach (add at the end).

Add 1 tin of either kidney beans, chickpeas or some other bean.

Stir in 1 tin of tomatoes.

Simmer.

## & Dhal

*From Sarah Brown and Christine Smith*

250g red split lentils

1 onion, finely chopped

1 clove garlic, chopped or crushed

2 sticks celery, finely chopped

1 teaspoon ground cumin

1 teaspoon garam masala

1 teaspoon turmeric

¼ teaspoon chilli powder OR 1

small chilli pepper finely chopped

1 bay leaf

600ml water

2 teaspoons (10ml) lemon juice

3 teaspoons (15ml) soya sauce

15g creamed coconut (or  
dessicated coconut)

Put all the ingredients into a saucepan, apart from the lemon juice, soya sauce and creamed coconut.

Bring to the boil and simmer with the lid on for 20 minutes until the water has been absorbed. Stir with a wooden spoon to check that it is not sticking to the bottom of the saucepan and add more water if necessary.

Remove the bay leaf and use a wooden spoon or a potato masher to make the dhal fairly smooth (if you want).

Add the lemon juice, soya sauce and coconut and stir in to ensure the coconut melts.

Serve with poppadoms and naan bread, or chapattis and/or rice.

Mango or lime chutney as an accompaniment.



**PUDDING**

## Rice pudding

Rice pudding is simple to make as long as you have the correct short-grain rice. In Britain it is sold as “pudding rice” but you can use risotto rice such as arborio or carnaroli.

Take 40g pudding rice and add 25g sugar for 600ml milk. This will be a small pudding so you probably want to double or triple these quantities.

The slow version is to mix these ingredients, add some nutmeg and cinnamon, add raisins if you like and bake in an ovenproof dish which you have greased with butter or margarine. Bake for 3 hours at 130 degrees or gas mark 2.

The quicker way is to put all the ingredients into a saucepan and bring to the boil, simmer for 15 minutes and then transfer to the ovenproof dish and bake for around 40 mins at 130 degrees.

A brown skin should form on the top – the tastiest part!





## **Bread and butter pudding**

This is a traditional pudding that's simple to make.

Take a suitable ovenproof glass dish large enough for the number of people you are making the pudding for. Grease with butter or margarine. Cut slices of bread from whatever type you like – some recipes recommend cutting off the crusts but I leave them on if they are not too crunchy. I tend to use sliced shop bread rather than my home-made bread as it absorbs the egg-milk mixture better. Butter the bread and then cut into irregular triangles so that you can arrange the first layer bread a bit like a jig-saw to cover the bottom of the dish. Sprinkle a bit of brown sugar and a few raisins or sultanas and then make another layer. Repeat the layers, sugar, raisins/sultanas until you've filled the dish nearly to the top.

Beat some eggs, a bit less than 1 per person, together with some milk. Add cinnamon and maybe a few cloves or ground cloves. Pour this mixture over the bread and butter in the bowl. It should be enough mixture to completely cover the bread.

Bake in the oven for about 30 minutes at 175 degrees.



## Summer pudding

A loaf of sliced white bread, the type I use for fried holes.

150g strawberries and 400g raspberries, redcurrants, blackberries, bilberries/blueberries.

Set the strawberries aside and heat the rest of the fruit in a saucepan for 3 minutes with sugar, around 100g sugar for every 400g fruit and 20ml water. Leave to cool and then strain the liquid into a jug.

Line a glass bowl with clingfilm (it's easier to use two pieces because of the shape) and make sure the clingfilm will be enough to fold over the top to cover everything.

Take 3 or 4 slices of white bread and remove the crusts. Cut the slices into two pieces with a slightly off centre cut to make two trapezium shapes. These will be for the sides of the bowl. Dip them into the juice in the jug and arrange them around the sides of the bowl, cutting off anything which reaches the top.



Cut a piece of bread to fit the shape of the bottom of the bowl and put it in.

Spoon in the fruit and add the strawberries randomly amongst the other fruit. Cut some more bread into triangles and dip into the juice and lay these on top, covering the fruit. Pour on any juice that is left.

Bring the clingfilm over the top and put a suitable plate on top and press down. Put it in the fridge for 6 hours, with a weight on top (butter, tin of tomatoes, etc).

To serve open the clingfilm at the top, turn onto a plate and remove the clingfilm. It should stay together and be firm enough to cut slices or use a spoon.



## Lemon meringue pie

This is my favourite pudding and has been ever since childhood.

To make the shortcrust pastry I use the same flour as I make bread with, but most people use ordinary plain flour.



Choose a good shaped pie dish to bake the base in. Grease it with butter or margarine and turn the oven on to 175C or gas mark 5. Put a glass of tap water into the fridge or freezer.

In a bowl mix 200g flour with a little salt and 100g butter or margarine. You can use two knives for the initial mix, cutting the butter into very small pieces. I use a special pastry blender with 10 wires in a horseshoe shape, this makes the job very easy. If you don't have one of these just rub the flour into the butter with your fingers and thumb. For good pastry it is important to keep it cool. When the mixture resembles fine breadcrumbs you should add a little cold water and use a palette knife to help the mixture clump together. Try to keep the water to the minimum. Bring the whole into one large ball and put it in a plastic bag and leave in the fridge for half an hour, if you have time.

When you are ready to roll out the pastry put some flour onto a board – cool marble or slate is good but a wooden board is fine. Roll the pastry out carefully and keep it even in thickness. When you have got it to the size you need, allowing for the vertical sides, roll the pastry onto the rolling pin and then unroll this onto the pie dish, gently helping the pastry find the right shape. Trim the excess pastry off the edge of the dish with a knife and if you have no pastry in some places you can fill in the gaps with what you have cut off.

Prick the base with a fork and bake in the oven for about 15 minutes.

While this is cooking make the lemon filling. Most people buy a powder mix for this, but I do it from scratch. You will need 2 eggs and you must separate the yolk from the white by carefully breaking the shell and keeping the yolk in half the eggshell while the white drips into a large glass or plastic bowl. Transfer to the other half to allow more white to drip in the bowl. When you've got all the white put the yolk into a saucepan. Do the same with the second egg and set the egg-white aside for later. Into the saucepan you need to add two heaped tablespoons of cornflour and nearly as much sugar.



Squeeze three lemons and add the juice to the mixture stirring in the cornflour. Add about 400ml warm water and bring the whole lot to the boil, stirring all the time.

If you want it to look yellow you can add some colouring at this stage or earlier. It is traditional for it to be yellow!

Boil for a minute and by this time the base will be cooked. Remove it from the oven and pour the mix into the pastry base. Put it in a cool place and let it set.

When you are close to serving the main course you should make the meringue topping. Take the bowl with the egg-whites and whisk with a balloon whisk or a fork or an attachment to a food mixer. This will take a few minutes and you should see a white "snow" appear after a while. Add a tablespoon of caster sugar and keep whisking until the meringue forms peaks which remain upright.

The oven should be at 160 C or gas mark 4.

Spread the meringue all over the pie and put it into the oven.

It will cook while you are having the main course – about 15 to 20 minutes is adequate.

In a perfect lemon meringue pie the yellow lemony part is fairly stiff and stays on the pastry when slices are cut. I hope yours turns out well. If it's rather liquid you need more cornflour next time.

## **Abricots à la Provençale**

Serves 4

A delicious hot and cold pudding from Southern France!  
Collect the lavender as you're having walks; there's plenty in England in the summer.

8 apricots, in halves  
Butter  
3 dessert spoons of good honey  
Lavender flowers (just the flower light parts)  
2 dessert spoons of sherry  
Pistachio, crushed into crumbs

Melt butter in a wok.  
Add the honey and let it melt too.  
Put the apricots for just the time they need to start softening.  
Put the lavender flowers in too.  
Add sherry and cook for 2 more mins.

Serve with vanilla ice-cream, top with pistachio.  
Pour a little ladle of sauce on each portion.  
Eat immediately!

## **Vegan chocolate mousse**

For the aquafaba from 1 tin of chick peas:  
100g of high quality dark chocolate

Put the chocolate to melt in a bain-Marie.  
In a bowl, whisk the aquafaba as you would do with egg whites, until it looks like meringue.  
Incorporate the melted chocolate gently with a wooden spoon. Take the time it needs, again!  
Put the bowl in the fridge overnight.  
It should look like mousse on the day after!



**FROM THE WILD**

## Stinging nettle soup

A super nutritious starter!

A good place to find the nettles is usually on the way up to Braunston village. The nettles need to be young and fresh. I collect them with scissors and washing up gloves! I fill a good bowl.

Then, back on the boat, I wash them thoroughly, rinsing them several times. I also separate the leaves from the stalks, that I don't keep. I don't want flowers nor seeds either but you shouldn't have any with young nettles.

The other ingredients vary. The idea is to give the soup a bit of texture and sweeten the taste.

I usually fry an onion in butter, then add a leek, 2 parsnips, 1 or 2 potatoes and the nettles.

Stir well.

Cover with vegetable stock. Season with a good dose of pepper.

When it's all cooked, blend and serve.





## Comfrey oat cakes

This time, our favourite place to find comfrey is Weedon Pocket Park, near one of the 3 aqueducts of this beloved village. But comfrey is growing in many other places along the waterways; you'll recognize it at its slightly rough touch, and blue or white bell-shape flowers if it is in blossom.

Apart from a good bunch of comfrey, well rinsed and chopped (without the central twiggy part), you'll need:

A whole bunch of basil, chopped

5 cloves of garlic, crushed

Oats

Olive oil

Soy sauce



Boil the comfrey a bit more than just covered in water. Add the basil and the garlic. Add oats, so that you'll get like a thick porridge mixture. When you come to that, add some olive oil and soy sauce, cook 2 more mins while stirring.

Then with a couple of spoons, make dollops on an oven tray. Cook in the oven at 180° for 20 about mins. It goes very well with ratatouille!

# Baked apples and meadowsweet custard

The best apples for this are **Bramley**. This is a very large, sour apple which is widely available in Britain – all descended from one tree in Southwell near Nottingham.

We usually find some in Weedon, near the museum at Stoke Bruerne, on the canal between Leamington Spa and Warwick...

You can also buy them in a shop (less satisfactory!)

If you use other apples you won't need so much sugar.

Depending on the size of the apples and the hungriness of the people you may use a whole apple for each person or cut the apples in half such that half the core is in each part.

Either way you want to remove the core without damaging the rest of the apple. 22mm copper pipe works well!

Arrange the apples on a baking tray and make sure they stay upright if you are using whole apples. If using halves put them cut side down. Fill the holes with mincemeat (this is not meat but a mixture of dried fruits, suet and spices available in jars in England) along with 1 whole clove and a teaspoon of brown sugar.

If you don't have mincemeat just chop up a few dates, raisins, currants and segments of orange or tangerine.

Add lemon juice if you are using sweet apples.

Bake in the oven at around 150 degrees until the apple is soft, about 20 mins but this depends on the size and type of apple.

Be careful not to overcook as the apples can fall apart – they still taste fine.

Serve with **meadowsweet custard**.

The word "**custard**" originally meant a sweet sauce to accompany desserts made with egg yolks and milk. It is quite complicated to make and nowadays is called "egg custard". Alfred Bird invented what we now call "custard" in 1837 in Birmingham because his wife was allergic to eggs.

Custard can be bought ready-made in Britain in a carton. It is usually too sweet for our taste.

The usual way to make fresh custard is to buy custard powder (either *Bird's Custard Powder* or another brand) and mix it with sugar and milk. We make it with the basic ingredients as custard powder is just cornflour with colouring, salt and vanilla flavouring.

So for 1 pint (600ml) of vanilla custard, you need that amount of milk. Put 2 dessert spoons of cornflour (very finely ground maize used for thickening sauces), add 1½ spoons of sugar, a few drops of vanilla essence, a few drops of whatever colour you fancy (yellow is traditional) and a pinch of salt into a jug which can withstand boiling milk. Mix in 2 spoons of the milk. Meanwhile heat the rest of the milk in a saucepan. When it is nearly boiling pour the milk into the jug and stir well. Pour everything back into the saucepan and bring to the boil, stirring all the time to avoid lumps! Simmer for one minute, return to the jug and serve.

On the boat we now usually make **meadowsweet** custard – it's a plant which grows along the canals and rivers and the flowers have a beautiful, delicate, scent.

You can use it fresh but also dry it (just the flower small light bits) thoroughly on a tray for several days, then keep it in a jar and use it like tea.

So, for meadowsweet custard, just heat the milk with the meadowsweet infusing in a tea ball; don't add vanilla!

And I'd say don't put any colouring either as it's nicely natural!



## Apple and blackberry crumble

You can make crumble with anything but apples and blackberries are the main things we find on the waterways in the summer. I don't precook the fruit and I don't add much sugar.



So I just butter an oven dish and put a good amount of fruit in it, just sprinkling a bit of caster sugar in the middle. Sometimes, with apples or rhubarb, I add some ginger (even better crystallized).



For the topping:

250g flour

120g soft butter (I prefer salted)

50g sugar

Mix all this in a bowl. I use John's special pastry tool; otherwise a fork and then my (clean!) fingers.

In any case, put this mix as crumbs with your hands all over the fruit.

Cook for about 40 mins in the oven at 200°.

Serve with meadowsweet custard or ice-cream.

## Plum clafoutis

You can also make clafoutis with any fruit you like but it is especially nice with plums, that we also find regularly. If there are no worms in the plums, you can just wash them, dry them, and put them whole in a buttered oven dish. Warn your guests that the stones are in!

For the batter:

200g flour

100g sugar

A pinch of salt

3 eggs

50cl milk

A drop of sherry

Mix all the ingredients in a bowl in this order.

Add the milk gradually and stir very well to avoid lumps.

Once everything is in, stir well with a whisk.

Pour this batter on the fruit in the oven dish and cook for 40 mins at 200°.

## Apple chutney

Sometimes we really find lots of apples and it seems a shame to waste them. That's when it's time for apple chutney!

It's perfectly fine with sour or non very ripe apples.

Weigh your ingredients once you've peeled and diced the apples small!

900g apples

225g onion chopped

2 or 3 thumbs of fresh ginger, grated

110g sultanas or currents (or chopped dates)

15g ground coriander

15g cinnamon

7g paprika

3 star anis

9 cloves

Salt

340g granulated sugar

$\frac{3}{4}$  pint vinegar (malt and/or cider)

Put all the ingredients in a saucepan and simmer for about 2h.

Very nice accompanying cheese and biscuits!









DRY : DERBY

# ENGLISH AFLOAT

englafloat@aol.com www.englishafloat.co.uk +44 7986 998 172