

Healthy
& delicious recipes with

LOV



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Healthy
& delicious recipes with

LOV

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Legends



NUMBER
OF PEOPLE



PREPARATION
TIME



RESTING
TIME



COOKING TIME



COOKING TIME WITHOUT
CASSEROLE DISH



DIFFICULTY

Rice pudding pot with raspberries and elderflower

DESSERT

GOURMET

Ingredients

1.1 L fresh milk
100 g blond cane sugar
1 vanilla pod
200 g short-grain white pudding rice
200 g raspberries
4 tablespoons of elderberry syrup



SPRING



NUMBER OF PEOPLE

6



PREPARATION TIME

10 mn



RESTING TIME

0



COOKING TIME

50 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1

Pour the milk into the pot with the sugar and vanilla pod seeds and bring to the boil.

Add the rice to the hot milk and reduce the heat. Cook for around 50 minutes over a low heat without the lid, stirring occasionally with a wooden spoon to prevent the rice from sticking. Taste and adjust the cooking time which may vary according to the brand of rice.

Leave to cool in the pot and serve the rice pudding straight from the pot! Once cool, add the raspberries and the elderflower syrup and mix carefully. The rice pudding will be even better if you can wait until the following day

before eating it. Leave to chill in the fridge with the lid on. Garnish with small mint or lemon verbena leaves.

Tips

You can find elderflower syrup in health food stores and some supermarkets. If you can't find any, you can replace it with rose or poppy syrup. Other more traditional options are also possible, including vanilla, tonka bean, cinnamon stick, star anise, etc. Use seasonal fruits or raisins instead of raspberries.

You can replace cane sugar with any white sugar.



Whole roasted cauliflower with Cheddar

DISH

VEGETABLES

Ingredients

1 cauliflower, 1.8 kg in weight
A dash of olive oil
50 g butter
2 teaspoons of smoked paprika
1 teaspoon of sea salt
200 ml 30%-fat cream
60 g grated Cheddar
1 spring onion



SPRING



NUMBER OF PEOPLE	PREPARATION TIME	RESTING TIME	COOKING TIME	COOKING TIME WITHOUT CASSEROLE DISH	DIFFICULTY
4	10 mn	0	1 h	20 mn	1

Rinse and dry the cauliflower. Trim slightly to remove the stalk and the leaves. Set aside the leaves and the trimmings.

Preheat the oven to 200°C.

Heat the pot with a little olive oil and place the whole cauliflower inside. Brown the cauliflower on all sides for 10 minutes. Reduce the heat, add the butter and allow to melt. As it melts, gradually baste the cauliflower with the melted butter. Turn off the heat and sprinkle with smoked paprika and sea salt. Put the lid on the pot and place the pot in the oven. Bake for approx. 40 minutes. Prick with a knife to check that it is cooked. It should go in easily. If not, continue cooking for a little while longer.

Remove the lid and sprinkle the cauliflower with grated Cheddar. Cook for 5 minutes until the cheese has melted and has browned a little. Adjust the cooking time according to your oven.

While the cauliflower roasts, make a zero-waste sauce using the trimmings and chopped cauliflower leaves. Cook everything in a large saucepan with the cream and a little salt with the lid on for 30 minutes. Check that it is cooked and then blend. Season with salt and pepper and thin the sauce with a little water or cream if necessary.

Serve the roasted cauliflower with the sauce. Sprinkle with chopped spring onion and garnish with smoked paprika.

Tips

You can use cherry tomatoes and fresh artichokes in this recipe. You could use baby artichokes, for instance.

Use spiral shape cavatappi pasta to make this dish. If you can't find any, you can replace it with any other shape of pasta, adjusting the cook





SPRING



NUMBER OF PEOPLE

6



PREPARATION TIME

10 mn



RESTING TIME

0



COOKING TIME

20 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1

Dutch baby pancake with strawberries and lemon

DESERT

GOURMET

Ingredients

- 60 g butter
- 6 eggs
- 160 ml milk
- 1 tablespoon of sugar
- 80 g flour
- 1 organic lemon
- 1 pinch of salt
- 1 teaspoon of icing sugar
- 125 g strawberries
- 70 g skyr yoghurt
- 3 tablespoons of maple syrup



Melt the butter in a small saucepan until it browns then let it cool. Set aside 2 tablespoons for the pot.

Place the pot inside the oven without the lid and preheat your oven to 230°C for 10 minutes.

Place the browned butter, eggs, milk, sugar, flour, the zest of half a lemon and a pinch of salt in your blender. Blend until the batter is completely smooth.

Pour the remaining browned butter into the pot, spread it around the inside quickly using a brush, taking care not to burn yourself. Pour the batter into the pot and bake without the lid at the bottom of the oven for around 20 minutes. The pancake will rise and should turn golden brown. Feel free to adjust the cooking time according to your oven. Do not open the oven door while the pancake cooks if you want it to hold its shape.

Once cooked, the pancake will deflate a little. Sprinkle with icing sugar and garnish with the strawberries that have been rinsed, halved or quartered and had their stalks removed, the skyr and the maple syrup. Decorate with the remaining lemon zest and serve immediately from the pot.

Tips

The batter can be prepared beforehand, allowing you to spend time with your family or your guests.

Feel free to make this recipe using melted butter instead of browned butter.

The strawberries can be replaced by other seasonal fruits.

The skyr can be replaced by Greek yoghurt or ricotta.

Use flour without any baking powder called plain flour in the UK.



Lamb shanks and Spanish-style chickpea stew



SPRING



NUMBER OF PEOPLE	PREPARATION TIME	RESTING TIME	COOKING TIME	COOKING TIME WITHOUT CASSEROLE DISH	DIFFICULTY
6	15 mn	0	2h38	4 mn	2

DISH

MEAT

Ingredients

FOR THE LAMB SHANKS:

700 g lamb shanks (approx. 2 pieces)
A dash of olive oil
2 tablespoons of honey
2 tablespoons of thyme
Salt, pepper
1/2 litre chicken stock

FOR THE STEW:

40 g blanched almonds
A dash of olive oil
1 onion
3 garlic cloves
160 g red or orange peppers (1 pepper)
1 teaspoon of ground cumin
1 teaspoon of smoked paprika
1 pinch of chilli powder
1 tablespoon of tomato paste
800 g tinned chopped tomatoes
420 g drained cooked chickpeas
100 g baby spinach leaves
Salt, pepper
1 tablespoon of lemon juice
4 tablespoons of chopped fresh parsley

Heat the pot with a little olive oil and place the lamb shanks inside. Add the honey and thyme and season. Allow to brown for 10 minutes, turning regularly. In the meantime, preheat the oven to 180°C.

Pour in the chicken stock and cook in the oven for 2 hours with the lid on.

Dry roast the blanched almonds in a frying pan for 4 to 5 minutes depending on the size of the almonds until they are golden brown. Then set aside.

Peel and chop the onion and garlic. Prepare and finely dice the pepper.

Remove the lamb shanks from the pot, set aside and leave the cooking liquid in the pot. Place the pot over a medium-high heat. Add the onion, garlic and pepper and cook for approx. 5 minutes, stirring regularly. Add the spices, tomato purée and chopped tomatoes. Bring to the boil then

reduce the heat. Leave to simmer for 15 minutes with the lid off to reduce and thicken the mixture. Add the lamb shanks and the chickpeas at the end of the cooking, to bring them back to temperature.

Add the spinach, cover and allow to cook for 2 to 3 minutes. Taste and adjust the seasoning.

Serve drizzled with lemon juice. Sprinkle with chopped parsley and toasted almonds.

Tips

Roasting the almonds makes them less bitter, removes any moisture and increases the flavour. This gives a toasted flavour and makes them even more delicious.

For a surprising twist, use kale instead of spinach leaves.



One-pot pasta with roast veal, artichokes and pecorino



SPRING



NUMBER OF PEOPLE

6



PREPARATION TIME

15 mn



RESTING TIME

0



COOKING TIME

1h25



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1

DISH

MEAT

Ingredients

- 1 joint of veal (950 g)
- A dash of olive oil
- 1 pinch of sugar
- 4 tablespoons of vegetable stock
- Salt, pepper
- 90 g onion (1 onion)
- 5 garlic cloves
- 150 g chopped kale
- 40 g sun-dried tomatoes
- 0.5 teaspoon of dried oregano
- 2 tablespoons of lemon juice
- 225 g cavatappi pasta
- 750 ml water
- 170 g grilled artichoke hearts from a jar, drained
- 265 g cooked large white beans, drained
- 60 g black olives
- 1 pinch of chilli powder
- 60 g grated Pecorino

Heat the pot with a little olive oil and brown the veal on all sides for 10 minutes. Season with salt and pepper and add a pinch of sugar and 2 tablespoons of vegetable stock then leave to cook on a low heat without the lid for 20 minutes.

Turn the veal and baste with 2 tablespoons of stock. Cook for a further 20 minutes and continue until the meat is cooked and almost caramelised. Check that the meat is cooked thoroughly and continue to cook if necessary.

Meanwhile, peel and chop the onion and garlic. Wash the kale and remove the stalks. Chop the leaves. Chop the sun-dried tomatoes. Set aside.

Remove the roast meat from the pot, place on a dish in the oven at 70°C to keep it hot and to retain the cooking juices in the meat. Place the pot on a medium-high heat. Add the chopped onion and garlic and cook for approx. 5 minutes, stirring regularly.

Add the chopped sun-dried tomatoes, kale, oregano, lemon juice, pasta and water. Cover and leave to cook for approx. 10 minutes. Season.

5 minutes before the end of cooking, remove the lid, add the artichokes, white beans, olives and a pinch of chilli then stir. Place the roast meat in the middle of the pot. Reduce to a medium-low heat, cover and continue to cook until the pasta is al dente. Keep checking the pasta as it cooks and adjust the cooking time depending on the brand that you are using. Add the grated Pecorino and mix.

Serve sprinkled with oregano. You could also garnish with some Parmesan shavings.

Tips

You can use cherry tomatoes and fresh artichokes in this recipe. You could use baby artichokes, for instance.

Use spiral shape cavatappi pasta to make this dish. If you can't find any, you can replace it with any other shape of pasta, adjusting the cooking time accordingly.





Mediterranean-style roasted fennel and steamed fish

DISH

FISH & VEGETABLES

Ingredients

800 g fennel (approx. 2 bulbs)
1 teaspoon of sugar
2 cloves of garlic, chopped
2 tablespoons of capers
125 g cherry tomatoes
A dash of olive oil
Salt, pepper
500 g cod fillets
80 g green olives



SUMMER



NUMBER OF PEOPLE

4



PREPARATION TIME

15 mn



RESTING TIME

0



COOKING TIME

34 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1



Clean the fennel and cut off the base and the stalks. Set aside the tops. Cut the bulb into small segments.

Heat the pot with a little olive oil. When the oil is hot, add the fennel segments and sprinkle with sugar. Season with salt and pepper. Cook for around 5 minutes on a low heat with the lid on then stir and cook for a further 5 minutes. The fennel should be tender and lightly browned. Set aside the fennel.

In the same pot, brown the garlic cloves. If necessary, add a little oil. Add the capers and stir for 3 minutes over a medium heat.

Wash and halve the cherry tomatoes. Add to the pot, stir and cook for 10 minutes with the lid on. Stir while cooking.

Preheat the oven to 220°C.

Once the tomatoes are cooked, return the

fennel to the pot and stir gently. Place the fish and the olives on top, season, put the lid on and bake in the oven for 10 to 15 minutes depending on the thickness of the fish. Serve.

Garnish with a sprinkling of small fennel fronds.

Tips

For a vegan version, replace the fish with cooked, drained chickpeas.

You can also drizzle with a dash of lemon juice.



Egyptian-style oven-cooked rice

DISH

VEGAN

Ingredients

500 ml water
180 g chopped onions (approx. 2 onions)
80 g sun-dried tomato purée
0.5 teaspoon of ground cumin
0.5 teaspoon of ground coriander
1 pinch of allspice
1 pinch of cinnamon
150 g semi-milled basmati rice
50 g green lentils
265 g drained cooked chickpeas
4 tablespoons of chopped fresh coriander
1 jar of spicy tomato sauce
75 g cherry tomatoes (approx. 5 tomatoes)

FOR THE CRISPY SHALLOTS:

230 g shallots (approx. 6 shallots)
Frying oil



SUMMER



NUMBER OF PEOPLE

4



PREPARATION TIME

20 mn



RESTING TIME

1h03



COOKING TIME

40 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

2

Soak the lentils in warm water for an hour. Drain then rinse.

Preheat the oven to 200°C.

Pour the water into a saucepan and bring to the boil.

Peel and chop the onion.

Heat the pot with a little olive oil. When the oil is hot, add the onions and brown them for 5 minutes, stirring regularly.

Add the sun-dried tomato purée, spices, rice and lentils then stir. Pour in the water. Bring to the boil. When it starts to simmer, place the pot in the oven with the lid on for 20 to 25 minutes. Keep checking the pot as the cooking time may vary depending on your oven.

For the crispy shallots: Heat the frying oil in a saucepan 3 cm high. Peel and chop the shallots. Once the oil is hot (180° C), immerse the shallots in the oil, stirring to ensure they fry evenly and cook for around 4 minutes. Once they have started to brown, remove from the oil and place on absorbent paper, then leave to cool completely.

Remove the rice from the oven and fluff it up a little with a fork. This will ensure that the rice is cooked to perfection! Add the drained cooked chickpeas and stir. Season. Put on the lid and leave to rest for 3 minutes.

Serve with the crispy shallots, some chopped fresh coriander and accompanied with the spicy tomato sauce. Garnish with the halved cherry tomatoes.

Tips

Allspice is very similar to pepper and is served with meat, soup, sauces and pastries. You can replace allspice with 4-spice mix. It can be found in some large supermarkets or bought from spice traders.





SUMMER



NUMBER OF PEOPLE

8



PREPARATION TIME

30 mn



RESTING TIME

0



COOKING TIME

1h40



COOKING TIME WITHOUT CASSEROLE DISH

4 mn



DIFFICULTY

1

Oven-cooked ratatouille confit and grilled halloumi

DISH

VEGAN

Ingredients

1.1 kg aubergines (approx. 4 aubergines)
95 g courgettes (approx. 5 courgettes)
600 g yellow peppers (approx. 2 peppers)
500 g cherry tomatoes
360 g onions (approx. 4 onions)
4 garlic cloves
A dash of olive oil
Salt, pepper
800 g tinned chopped tomatoes
4 tablespoons of tomato purée
3 bay leaves
1 sprig of rosemary
1 sprig of thyme
50 ml olive oil
450 g halloumi cheese (approx. 2 blocks)

Wash all the vegetables

Peel the aubergines and the courgettes, leaving a strip of skin between each peeled section. Cut the aubergine into pieces. Slice the courgettes.

Prepare and dice the peppers. Halve the cherry tomatoes. Peel and finely chop the onion. Peel and chop the garlic.

Preheat the oven to 170°C.

In the pot, brown the garlic and onion for 5 minutes in a little olive oil with a pinch of salt, stirring regularly.

Add the peppers, courgettes, aubergines, cherry tomatoes, chopped tomatoes, tomato paste, bay leaves, rosemary and thyme. Season with salt and pepper. Mix well and bring to the boil. Add 50 ml of olive oil, cover and place in the oven for an hour. At the end of this time, remove the lid and return to the oven for a further 30 minutes.

Slice and lightly oil the halloumi. Place the slices on a cast iron griddle pan for 2 minutes per side to give them bar marks. Alternatively, cook them over a hot barbecue for 3 to 4 minutes per side.

Garnish your ratatouille with a sprig of thyme and slices of halloumi-style cheese.

Tips

This recipe is a must for summer meals. It is batch-cooked in a large pot for several meals and can be enjoyed either hot or cold. It is the base for countless zero-waste recipes, such as pasta with ratatouille or pizza, etc.





True Italian-style pasta and meatballs

DISH

ITALIAN

Ingredients

FOR THE SAUCE:

A dash of olive oil
 90 g chopped onions (approx. 1 onion)
 5 cloves of chopped garlic
 2.16 L tomato passata
 250 g cherry tomatoes
 4 tablespoons of tomato purée
 1 teaspoon of dried basil
 1 teaspoon of dried parsley
 0.5 teaspoon of dried oregano
 1 teaspoon of salt
 0.5 teaspoon of ground pepper
 0.5 teaspoon of sugar
 800 g spaghetti

FOR THE MEATBALLS:

260 g minced beef
 250 g minced pork
 240 g of minced veal
 1 egg
 0.5 teaspoon of salt
 2 pinches of ground pepper
 1 teaspoon of dried basil
 1 teaspoon of dried parsley
 50 g grated Parmesan
 75 g breadcrumbs
 50 ml milk



SUMMER



NUMBER OF PEOPLE

8



PREPARATION TIME

40 mn



RESTING TIME

0



COOKING TIME

2h25



COOKING TIME WITHOUT CASSEROLE DISH

20 mn



DIFFICULTY

3

FOR THE SAUCE:

Reduce to a medium-low heat and add the tomato purée, cherry tomatoes, tomato paste, basil, parsley, oregano, salt, pepper and sugar. As soon as it begins to simmer, reduce to a very low heat and allow to simmer for 2 hours with the lid on. Ensure that you stir regularly so that the sauce does not stick to the pan or burn.

Prepare the meatballs (approx. 42): preheat the oven to 200°C.

Place the 3 types of mince, the egg, salt, pepper, basil, parsley, Parmesan and breadcrumbs in a large bowl. Combine and gradually add the milk until the mixture sufficiently moist to make into meatballs. Shape into golfball-sized meatballs and place on an oven tray covered with baking paper. Cook in the oven for around 20 minutes, turning halfway through cooking.

At the end, add the meatballs to the tomato sauce to reheat.

Cook the spaghetti in plenty of salted water following the packet instructions, drain and add to the tomato sauce. Serve immediately.

Tips

For a vegan version, the meatballs can be replaced with homemade veggie meatballs made from lentils, mushrooms and nuts, or ready-made vegan meatballs.



Lime, timut pepper and red berry cobbler

DESSERT

QUICK & EASY

Ingredients

750 g red berries
 1 pinch of Timut pepper
 30 g cane sugar
 75 g blanched almonds
 200 g flour
 1 teaspoon of baking powder
 50 g cane sugar
 100 g cold butter
 1 egg
 100 ml milk
 1 organic lime



SUMMER

NUMBER OF PEOPLE	PREPARATION TIME	RESTING TIME	COOKING TIME	COOKING TIME WITHOUT CASSEROLE DISH	DIFFICULTY
6	15 mn	0	30 mn	0	1

Preheat the oven to 210°C.

Put the red berries into the pot. Sprinkle with sugar and Timut pepper. Mix together.

Crush the almonds in a mixer bowl. Set aside a third of the crushed almonds for decoration. Add the flour, baking powder, remaining sugar and diced butter to the mixer. Blend for a few moments to obtain a crumbly texture then add the egg and milk and blend again to thicken the batter.

Pour spoonfuls of batter over the fruit and sprinkle with the remaining crushed almonds. Place the pot in the oven to cook for 25 minutes. Serve warm with lime zest. You could also serve with ice cream or whipped cream.



Tips

Use seasonal fruit - greengages are divine! Timut pepper is also called Sichuan pepper. You can replace the Timut pepper with vanilla powder.

Cane sugar can be replaced with any white sugar.

Use flour without any baking agent called plain flour in the UK.



Goat cheese, fig and mixed seed focaccia

STARTER

VEGETARIAN

Ingredients

580 g bread flour
1 pinch of salt
2 tablespoons of mixed seeds
325 ml warm water
8 g dried baker's yeast
2 tablespoons of extra virgin olive oil
A drizzle of honey
A dash of olive oil
1 red onion
1 tsp of sugar
1 tbsp of balsamic vinegar
75 g fresh goat's cheese
5 dried figs
A few sprigs of rosemary



AUTUMN



NUMBER OF PEOPLE

6



PREPARATION TIME

20 mn



RESTING TIME

1h35



COOKING TIME

35 mn



COOKING TIME WITHOUT CASSEROLE DISH

20



DIFFICULTY

1

In a large bowl, mix together the flour, salt and seeds.

In a small bowl, mix together the water, yeast, olive oil and drizzle of honey and leave to rest for 5 minutes.

Add this mixture to the flour, knead the dough for 5 to 10 minutes then allow to rest for around an hour.

Chop the red onion and brown in a little olive oil. After 5 minutes, add the sugar. Cook for 5 minutes. Then add the vinegar and continue to cook for 10 minutes then set aside.

Brush the pot with oil. Knock back the dough then gently reshape it so that it fits neatly into the pot.

Preheat the oven to 180°C. Place the red onion, pieces of goat's cheese, quartered figs

and a few sprigs of rosemary onto the focaccia, drizzle with a dash of olive oil and a pinch of salt, and leave to rise for half an hour. Then cook without the lid for around 40 minutes, adjusting the cooking time according to your oven until the focaccia is golden brown. Serve as an aperitif or as a starter with a salad.

Tips

The flour used should be suitable for bread making with a high gluten

Use a mixture of bread seeds, such as brown linseed, sunflower, hemp, quinoa, poppy, etc.

The dough can be made using a stand mixer if you have one. Alternatively, ensure that you knead your dough well so that it is soft and smooth.





Sweet potato gratin with chimichurri sauce

DISH

VEGAN

Ingredients

FOR THE CHIMICHURRI SAUCE:

- 10 fresh parsley leaves (approx. half a bunch)
- 10 fresh coriander leaves (approx. half a bunch)
- 1 teaspoon of oregano
- 4 garlic cloves
- 50 g shallots (2 shallots)
- 1 small red chilli pepper
- 2 tablespoons of red wine vinegar
- 1 tablespoon of lemon juice
- 120 ml olive oil
- Salt, pepper

FOR THE GRATIN:

- 1.5 kg sweet potatoes
- 4 tablespoons of chimichurri sauce
- 120 ml olive oil
- 3 tablespoons of lemon juice
- 60 ml maple syrup
- 1 tablespoon of tomato paste
- 0.5 teaspoon of salt

FOR THE TOPPING:

- 40 g butter
- 6 tablespoons of fresh parsley
- 2 tablespoons of pine nuts



AUTUMN



NUMBER OF PEOPLE

6



PREPARATION TIME

15 mn



RESTING TIME

0



COOKING TIME

1h40



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1

Put the parsley and coriander leaves, oregano and peeled garlic and shallots, deseeded red pepper, vinegar, lemon juice and olive oil into a blender. Reduce to a smooth purée. Set aside.

Wash and peel the sweet potatoes. Slice finely. Mix with the chimichurri sauce, olive oil, lemon juice, maple syrup, tomato purée, salt and pepper. Arrange the sweet potato slices in the pot in a rosette.

Preheat the oven to 220°C.

Place the cubes of butter all over the gratin. Bake in the oven with the lid on for 1 hour 40 minutes.

Mix the parsley and pine nuts and sprinkle this mixture over the gratin just before serving. Serve with chimichurri sauce.



Tips

Chimichurri is a South-American seasoning made from chilli and originating in Argentina. It is used as a marinade and is served alongside a wide range of dishes.



Molten chocolate and chestnut cake

DESERT

GOURMET

Ingredients

160 g lightly salted butter
 400 g dark cooking chocolate
 200 g brown sugar
 4 eggs
 200 g flour
 200 g peeled cooked chestnuts
 2 teaspoons of yeast



AUTUMN



NUMBER OF PEOPLE	PREPARATION TIME	RESTING TIME	COOKING TIME	COOKING TIME WITHOUT CASSEROLE DISH	DIFFICULTY
8	10 mn	0	30 mn	0	1

Preheat the oven to 170°C.

In the medium pot, melt the butter over a very low heat. Add the chocolate chopped into small pieces and melt very slowly. Stir until smooth.

Take off the heat and add the brown sugar. Mix together. Add the eggs and mix together.

Add the flour and the yeast. Mix together. Fold in the chestnuts and stir.

Spread the dough out evenly in the pot. Close the lid and place in the oven for around 45 minutes. Check it is cooked using the tip of a knife and adjust if necessary according to your oven.



Tips

Use flour without any baking agent called plain flour in the UK.

Not many people know that the pot gives your cakes a velvety texture.

For this recipe, use a cooking chocolate containing at least 60 % cocoa for the best results and flavour.



Healthy minestrone

DISH

VEGAN

Ingredients

150 g dried kidney beans
150 g of dried white beans
A dash of olive oil
90 g onion (1 onion)
2 garlic cloves
100 g of celery (approx. 2 sticks)
300 g onions (approx. 3 onions)
200 g sweet potato (1 small)
0.5 teaspoon of dried oregano
800 g tinned chopped tomatoes
2 L vegetable stock
2 bay leaves
2 tablespoons of thyme
75 g margheritine pasta
100 g chopped kale
2 tablespoons of lemon juice
0.5 teaspoon of salt
0.5 teaspoon of pepper



AUTUMN



NUMBER OF PEOPLE

8



PREPARATION TIME

15 mn



RESTING TIME

8h05



COOKING TIME

1h10



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1

Soak the kidney and white beans in water overnight or as instructed on the packet. The following day, drain, rinse and drain again and prepare as instructed on the packet.

Peel and chop the onion and garlic. Finely dice the celery. Peel and dice the carrots. Peel and dice the sweet potato.

Heat a little olive oil in the pot over a medium heat. Add the chopped onion and cook for 4 minutes until translucent. Add the chopped garlic. Stir and cook for 1 minute.

Reduce to a medium-low heat and add the oregano, chopped tomatoes, stock, bay leaves, thyme, kidney beans and white beans. Cover and bring to the boil. Once it starts boiling, remove the lid and reduce to a low heat. Continue to cook following the instructions on the packet of beans. If bought in bulk, allow a total cooking time of between 45 minutes and 2 hours.

Add the diced celery, carrots and sweet potato and continue to cook for 10 minutes with the lid on. Season with salt and pepper and stir well. Add the pasta and adjust the cooking time by 5 to 10 minutes according to the brand that you are using.

After cooking, add the chopped kale and lemon juice. Stir, leave to rest for 5 minutes with the lid on and then serve!

Tips

If you don't have much time, use tinned kidney and white beans. Add them to the dish at the end of cooking just to reheat them.

Margheritine pasta is short-cut, shell-shaped pasta. It can be replaced with any pasta shape of your choice.



Portuguese-style mussels

DISH

QUICK & EASY

Ingredients

3 kg mussels
90 g onion (1 onion)
175 g leek (1 leek)
60 g chorizo
250 ml white wine
800 g tinned chopped tomatoes
1 teaspoon of smoked paprika
Salt, pepper
6 tablespoons of chopped fresh parsley



AUTUMN



NUMBER OF PEOPLE

6



PREPARATION TIME

10 mn



RESTING TIME

0



COOKING TIME

8 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1

Using a sieve, rinse the mussels in cold water, scraping them if necessary. Throw away any broken or open shells.

Peel and chop the onion. Prepare and wash the leek then slice very finely. Cut the chorizo into small cubes.

Place the pot over a medium-high heat without adding any fat and cook the chorizo, onion and leek for 5 minutes, stirring all the time, or until the onion is translucent.

Pour in the white wine and bring to the boil.

Add the diced tomatoes and smoked paprika. Season generously with pepper. Place the mussels in the pot and cover. Reduce to a medium heat and simmer for 5 minutes or until the mussels have opened.

Serve sprinkled with parsley.

Tips

For an original twist on this recipe, add some chopped ginger!



Vegan tart



Winter



NUMBER OF PEOPLE

6



PREPARATION TIME

30 mn



RESTING TIME

20 mn



COOKING TIME

35 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

3

DISH

VEGAN

Ingredients

180 g dry brown lentils (450 g cooked weight)
2 bay leaves
A dash of olive oil
1 tablespoon of flour
2 sheets of vegan puff pastry (no butter)
140 g carrot (approx. 1 carrot)
100 g onions (approx. 1 onion)
1 garlic clove
200 g smoked tofu
10 g powdered porcini mushroom
1 teaspoon of tomato purée
2 tablespoons of chopped fresh parsley
50 ml white wine
40 g shelled hazelnuts
Salt, pepper
1 tablespoon of maple syrup
3 tablespoons of plant-based milk

Cook the lentils with the bay leaves in a pan of unsalted water. Cook for the time specified on the packet. Check that the lentils are well cooked. Drain and leave to cool.

Preheat the oven to 190°C.

Prepare the pot by brushing it with oil and sprinkling with flour. Use your hands to roll out the puff pastry inside the pot, pressing it against the edges so that it fits the shape of the pot. Place in the fridge.

Peel and chop the carrots, onion and garlic.

Pour the cooked lentils, cubed tofu, powdered porcini, carrot, onion, garlic, tomato paste, parsley, wine, hazelnuts, salt and pepper into your mixer bowl. Blend on the pulse setting so that the filling still contains some pieces and is not a purée.

Spread the filling carefully and evenly over the puff pastry in the pot.

Fold the edges of the pastry towards the centre to encase the filling. Brush the edges of the pie with water to help to seal it.

Use a sharp knife to cut the second sheet of pastry into a circle the same size as the pie. Place the circle of pastry on the top. Carefully seal the edges

by pressing them all down and use a knife to score a pattern on the top if you wish to decorate the pie.

Brush the top of the pie with a mixture of maple syrup and plant-based milk.

Bake in the oven for 30 to 35 minutes, checking regularly. The pie should be golden brown so adjust the cooking time if necessary. Remove from the oven and leave to cool for around 20 minutes before serving.

Tips

If you don't have much time, you can use precooked lentils in this recipe.

Smoked tofu can be bought in organic stores or in some large supermarkets. If you can't find any, replace it with firm plain tofu and use 1 teaspoon of smoked paprika to flavour it.



Crushed, crispy potatoes

DISH

VEGETABLES

Ingredients

500 g baby potatoes
2 garlic cloves
0.5 tablespoon of salt
4 tablespoons of olive oil
1 pinch of pepper
2 tablespoons of chopped fresh parsley



Winter



NUMBER OF PEOPLE	PREPARATION TIME	RESTING TIME	COOKING TIME	COOKING TIME WITHOUT CASSEROLE DISH	DIFFICULTY
4	10 mn	0	30 mn	0	1

Preheat the oven to 230°C.

Place the potatoes with their skins on in the pot filled with cold salted water and bring to the boil. Once boiling, cook for a further 15 minutes until just soft. Drain.

Peel and chop the garlic.

Pour a dash of olive oil into the bottom of the pot. Add half the potatoes and press them with the bottom of a large glass, flattening them but not breaking them apart. Sprinkle with garlic, salt and pepper. Drizzle each potato with a dash of olive oil. Place in the top of the oven for around 25 minutes without the lid until the potatoes are golden brown and crispy. Repeat the process with the remaining potatoes.

Sprinkle with chopped fresh parsley before serving.

Tips

These little crushed baked potatoes are ideal served with grilled or barbecued foods but also make an excellent accompaniment to more sophisticated dishes.



Poached pears with amaretto cream

DESSERT

LIGHT

Ingredients

750 ml water
70 ml amaretto
200 g cane sugar
1 vanilla pod
1050 g of pears (approx. 9 pears)
1 lemon

FOR THE CREAM:

160 g mascarpone
8 ml amaretto
1 tablespoon of icing sugar
60 g crushed amaretti biscuits



Winter



NUMBER OF PEOPLE

6



PREPARATION TIME

15 mn



RESTING TIME

1 h



COOKING TIME

25 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1

Preheat the oven to 150°C.

Pour the water and the amaretto into the pot and add the sugar and vanilla pod seeds then close the lid. Bring to the boil, stirring occasionally, until the sugar has melted.

Meanwhile, wash and peel the pears, retaining the stalk. Halve and remove the core. Drizzle with lemon juice. Put them in the pot. Cover and cook in the oven for 20-25 minutes. After 15 minutes, remove the lid, drizzle with syrup and continue to cook the pears for a further 10 minutes without the lid to reduce the syrup a little.

Check they are cooked with a knife. They should be soft but should not fall apart. Continue to cook if necessary. This will depend on the size and variety of the pears and on your oven. Leave the pears to cool in the syrup and place

in the fridge for an hour.

Blend the mascarpone, amaretto and icing sugar until the cream is smooth.

Drizzle the syrup over the pears, serve with the cream and sprinkle with crushed amaretti biscuits.

Tips

Use seasonal fruit. You can make a cinnamon version, which should be served with crushed Speculoos biscuits.

If you're feeling greedy, double-up on the quantities to make the cream.

Cane sugar can be replaced with any white sugar.



Winter veggie curry

DISH

VEGETARIAN

Ingredients

250 g dry chickpeas
100 g of celery (approx. 2 sticks)
200 g onions (approx. 2 onions)
200 g butternut squash (approx. 1 quarter)
200 g potatoes (approx. 2 potatoes)
90 g onion (1 onion)
2 garlic cloves
10 g fresh ginger
300 g Romanesco cabbage (approx. 1 cabbage)
50 g red lentils
A dash of olive oil
2 teaspoons of bombay curry powder
1 clove
1 cinnamon stick
750 ml vegetable stock
400 ml coconut milk
400 g chopped tomatoes



Winter



NUMBER OF PEOPLE

6



PREPARATION TIME

10 mn



RESTING TIME

8 h



COOKING TIME

60 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

2

Soak the chickpeas in water overnight or as instructed on the packet. The following day, drain, rinse and drain again and prepare as instructed on the packet.

Finely dice the celery. Peel and dice the carrots, butternut squash and potatoes. Peel and chop the onion, garlic and ginger.

Rinse and dry the Romanesco cabbage and remove the stalk and the leaves. Blanch the florets for 2 minutes in a pan of boiling salted water. Rinse in cold water. Set aside.

Rinse the red lentils in water. Leave to drain.

Heat a little olive oil in the pot over a medium heat. Add the onion and cook for 4 minutes until translucent. Add the garlic, chopped ginger, curry powder, clove and cinnamon stick. Stir and cook for 1 minute.

Reduce to a medium-low heat and add the stock, coconut milk, chopped tomatoes and chickpeas. Cover and bring to the boil. Once it starts boiling, remove the lid and reduce to a low heat. Continue to cook following the instructions on the packet of

chickpeas. If bought in bulk, allow a total cooking time of between 45 minutes and 2 hours.

Add the red lentils, diced celery, carrots, potatoes and butternut squash and continue to cook for 10 minutes with the lid on. Season with salt and pepper and stir well. At the end of cooking, add the remaining Romanesco cabbage.

Remove the clove and the cinnamon stick. Serve hot. You could garnish with small bird's eye chilli peppers.

Tips

If you can't find Romanesco cabbage, it can be replaced with broccoli.

You can use cans or jars of chickpeas for this recipe if you don't have much time. If you do, adjust the cooking time. To serve 6 people, use 600 g of cooked drained chickpeas.



Thai-style monkfish pot

DISH

FISH

Ingredients

350 g leeks (approx. 2 leeks)
180 g onions (approx. 2 onions)
2 lemongrass stalks
30 g fresh ginger
1 garlic clove
A dash of olive oil
1 teaspoon of curry powder
Salt
500 ml double cream
50 ml coconut milk
500 ml water
800 g monkfish fillets
6 tablespoons of chopped fresh coriander



Winter



NUMBER OF PEOPLE

6



PREPARATION TIME

15 mn



RESTING TIME

0



COOKING TIME

52 mn



COOKING TIME WITHOUT CASSEROLE DISH

0



DIFFICULTY

1

Prepare and wash the leek then slice very finely. Peel and chop the onions, chop the lemongrass, ginger and garlic.

Heat a little olive oil in the pot over a medium heat. Add the onions and leeks, then the ginger, lemongrass and garlic. Mix together and cook for 10 minutes.

Add the curry powder and salt. Stir for 2 minutes over a medium heat then pour in the coconut milk, cream and water. Bring to the boil then continue to simmer for 20 to 25 minutes until the leek is soft. Blend the sauce then strain through a sieve.

Cut the monkfish fillets into pieces and season with salt. Lay them flat next to each other in a hot frying pan with a dash of olive oil. Brown slightly without cooking them. Remove and drain.

Pour the Thai sauce into the pot. Add the fish. Put on the lid and cook for 10 minutes over a low heat.

Sprinkle with chopped fresh coriander just before serving. You could serve this dish with rice and finely sliced leeks.

Tips

To add a twist, garnish with Thai basil leaves that can be found in the supermarket or Asian stores.

Feel free to make this dish with other types of fish, such as conger eel, cod, sea bass or salmon, etc. adjusting the cooking time accordingly.

