

# Cooking Orchids

## Simple Summer Recipes

### **Pressure cooker shakshouka**

2 portions

Inspiration: Nasim Lahbichi on Instagram

1 tbsp olive oil

1/4 cup chopped onion

3 celery sticks, finely sliced

1/2 cup potato, finely chopped

1 tin plum tomatoes

1 cup hot water

1/2 cup cannellini beans

4 eggs

2 tsp chilli flakes

1/2 tsp paprika

1. Fry onion in oil in base of pressure cooker then add butterbeans, water, celery, potato and plum tomatoes

2. Cook on highest pressure for 10 minutes
3. Lightly mash tomatoes and potato against side of pan
4. Add eggs quickly. They should be almost submerged
5. Sprinkle spices on top
6. Simmer for 10 mins on medium heat

## **Cornish pasties**

Inspiration: Plymouth Barbican Pasty Shop

Makes 2

1 cup plain flour + 2 tbsp rolling out

30g butter/margarine

2 tbsp oil

1/4 cup cold water

2 cups mix of vegetables including tomato, potato, carrots, swede, tomato, sweetcorn, peas

1/2 tsp mixed herbs

1. Measure flour into a medium mixing bowl
2. Add margarine/butter, slice through it with a butter knife and rub into flour with tips of fingers

3. Pour in oil and water then combine pastry working it as little as possible
4. Split dough in two
5. Roll each ball into a circle on a surface dusted with plenty of flour
6. Wet the edges of the dough, place half of filling in centre and press edges together
7. Bake for 50 minutes at 180°C

## **Coconut dal with chickpeas**

2 portions

Inspiration: Jessica Hylton's blog [Jessica in the Kitchen](#)

1/2 cup red split peas or daal mix

1 chicken stock cube

1 tbsp tomato purée

2 tsp medium curry powder

30g spinach

2 tbsp coconut cream

3 cups hot water

1/2 cup chickpeas

1/2 pepper or 1 tomato

Juice of 1/2 lime

1. Into a medium saucepan, add split peas, stock cube, curry powder, tomato purée, pepper, spinach, coconut cream and water then simmer on a medium heat for 15 minutes
2. Add chickpeas and simmer for another 10 minutes
3. Stir in lime juice before serving

Optional: serve with naan bread instead of rice

## **Tomato and aubergine soup**

2 portions

1 tbsp extra-virgin olive oil

1/2 tsp caster sugar

4 salad tomatoes, quartered

1/2 aubergine

2 cups cold water

1. Fry tomatoes in oil and sugar in a saucepan for about 10 minutes on med-high heat until brown
2. Drop tomatoes in bowl of icy water (total 2 cups volume)
3. Fry baked aubergines in saucepan in tomato juices until golden

4. When ice melts, blend contents of bowl
5. Heat in a medium saucepan on low heat
6. Can be served in a mug

## **Mozzarella & peas pasta**

2 portions

4 cups pasta

1 jar tomato sauce

1 ball of mozzarella, finely shredded

1 cup frozen peas

1. Bring a medium saucepan of water to the boil and add pasta to it
2. Simmer pasta for 15 minutes
3. Drain pasta water over peas to defrost them
4. Stir mozzarella through pasta in the saucepan then cover or heat for a few minutes to let melt
5. Stir in peas

## **Lemon Cookies**

Makes 8

Zest and juice of 1 lemon

1/4 cup caster sugar

1/4 cup sunflower oil

1 egg

2 1/2 cups plain flour

1/4 tsp baking powder

1. In a medium mixing bowl rub lemon zest into sugar
2. Add sunflower oil and egg then beat with a whisk
3. Mix in flour and baking powder
4. Stir in lemon juice
5. Rest dough in fridge for 30 minutes
6. Form 8 balls and bake at 180°C for 15 minutes
7. Sprinkle with caster sugar

## **Scones**

Makes 2

Inspiration: Cornish Bakery Plymouth

1 cup plain flour

1 tsp baking powder

1 tbsp granulated sugar

60g vegetable shortening, margarine or butter

1/4 cup milk

1. Measure flour, baking powder and sugar into medium mixing bowl
2. Slice fat into cubes in bowl then rub into dry ingredients
3. Pour in milk then combine gently with a butter knife
4. Split dough in two then shape into rounds

Optional: sprinkle remaining crumbs on top and wrap baking parchment around

5. Bake at 180°C for 30 minutes

## **Flapjacks**

Makes 5

100g butter

2 tbsp golden syrup

2 cups porridge oats

1. Melt butter in a saucepan or double boiler then add golden syrup and stir in oats until evenly coated
2. Press mix into a lined 6x4 glass baking dish
3. Bake at 180°C for 25 minutes