

Cooking Orchids

Quick Winter Recipes

Bean chowder

2 portions

1 tbsp oil

2 cups chopped greens e.g. pak choi, celery, spring/salad onions/
green beans

2 tbsp plain flour

2 1/2 cups hot water

1/3 cup beans e.g. butterbeans

1/4 cup frozen sweetcorn

2 chunks roasted pumpkin/butternut squash

1 tbsp single cream

1. Fry greens and celery in oil in a medium saucepan on medium heat then stir through flour
2. Add water, bring to a simmer, then add sweetcorn, beans and pumpkin/squash

3. Take off heat and pour in cream
4. Make cheese sandwiches
5. Fry sandwich in a saucepan on low heat in a small amount of butter for 3 minutes on each side

No-knead wholemeal mini-loaf

1 cup wholemeal bread flour + 1 tbsp dusting

1/4 tsp fast-action dried yeast

1/2 cup warm water

At 9pm:

1. Measure flour and yeast into a small mixing bowl then stir
2. Pour in water and combine to make a dough
3. Let dough prove overnight with an air-tight lid e.g. cling film

At 9am:

1. Line a mini baking dish (6x4) with baking parchment and also dust with flour
2. Shape into an oval in bowl then place in baking dish

At midday:

1. Dough should have doubled in size
2. Bake at 180°C for 30 minutes

No-knead pizza

Makes 1

1 cup plain flour + 1 tsp dusting

2 tbsp wholemeal bread flour

1/4 tsp fast-action dried yeast

1/2 cup hot water

Toppings of choice e.g. 2 tbsp passata, 1/2 cup grated cheddar,
1/4 cup frozen sweetcorn

1. Measure flour and yeast into a small mixing bowl then stir
2. Pour water into mixing bowl and combine with a fork to make a dough
3. Cover and prove for 3-6 hours at room temperature
4. Preheat oven to 180°C
5. Meanwhile, line a 10x12 baking tray with non-stick baking parchment and dust with flour
6. Press dough until you have a large thin pizza base
7. Cook in the oven for 10 minutes

8. Remove from the oven, flip base over and remove baking paper
9. Add toppings
10. Bake for another 15 minutes

Leek and potato soup

2 portions

Inspiration: my mum's leek and potato soup

1 tbsp olive oil

2 cups finely chopped leek

1 potato

2 1/2 cups hot water

1 vegetable stock cube

1 tbsp single cream

1. Fry leeks in a medium saucepan on medium heat for about 5 minutes until soft and brown
2. Add potato to pan
3. Cover with water and crumble in stock cube
4. Simmer for 20 minutes, until potato is just cooked
5. Mash lightly in pan

6. Take soup off heat then stir in cream

Pressure cooker mixed vegetable soup

2 portions

Inspiration: my grandma's vegetable soup

1 tbsp oil

3 cups chopped vegetables e.g. parsnips, onions, carrots, potatoes, tomato, leek, celery, tomato, butternut squash, pumpkin

1 tbsp plain flour

2 cups hot water

1 tsp tomato purée

1 tsp mixed herbs

1 vegetable stock cube

1. Fry onion, if using, until clear then lightly fry other vegetables alongside
2. Stir in flour then cover with 3 cups hot water and bring to a simmer
3. Add herbs, stock cube and tomato purée
4. Put lid of pressure cooker on then cook on highest pressure setting for 5 minutes

5. Lightly mash soup in pan

Pressure cooker pumpkin and lentil soup

2 portions

1 tbsp oil

1/3 cup chopped onion

5 medium chunks of roasted pumpkin

1 potato, diced

1/4 cup red split lentils

1/2 tsp garam massala

2 cups hot water

2 tsp tomato purée

2 tbsp coconut cream

1. Fry onion until soft and lightly browned
2. Add potato, pumpkin, lentils, tomato puree, spice and water
3. Cook on highest pressure setting for 10 minutes
4. Mash in pan
5. Stir in coconut cream

French Onion Soup

2 portions

1 tbsp caster sugar

Half an onion, thinly sliced

1/4 cup red wine

Half a beef stock cube

2 cups water

1. Caramelize sugar on low heat in a medium saucepan then stir in onion slices
2. Pour in water then add stock cube and wine
3. Simmer for 5 minutes

Top with croutons and grated cheese

Sweet potato and kale stew

2 portions

1 tbsp sunflower oil

1 red onion

1 sweet potato, diced

3 cups water

1/2 tsp chilli flakes

1 cup chickpeas or pinto beans

1/4 cup red wine

50g kale, chopped

1. Fry onion for 5 minutes on medium heat
2. Add chicken and sweet potato and fry for a few more minutes
3. Add water, chilli flakes and chickpeas and kale and simmer for 10 minutes
4. Add chickpeas and keep simmering until sweet potato and potato is cooked but still firm
5. Add wine and mash a few chickpeas against the side of the pan

Protein pancakes

Makes 6

1 cup plain flour

1/2 tsp baking powder

2 tbsp protein powder

2 eggs

2/3 cup milk

2 tsp sugar

1 tbsp oil

1. Measure dry ingredients into one side of mixing bowl and wet ingredients into other side of bowl
2. Combine slowly with a whisk to make the batter
3. Spoon 1/4 cup batter into a medium frying pan and spread the batter out with the back of the spoon
4. Fry on each side for 30 seconds

Toffee Bramley Apples

2 portions

Inspiration: Wishbone Kitchen's honey peaches

1 Bramley Apple

2 tsp golden syrup

30g butter

5. Preheat oven to 180°C
6. If apple coated with wax, place in oven for 2 minutes, then remove and wipe with kitchen roll, before Bake 1

7. Chop apple roughly then place on baking tray
8. Bake for the first time, for 30 minutes
9. Leave covered in fridge for 1- 3 days
10. For Bake 2 add butter and honey to apple in a small baking dish, about 6x4, then bake at 180°C for 30 minutes

Serve with ice cream

Vegan chocolate cake

Makes 5 slices

1/2 cup plain flour

1 tsp baking powder

1/3 cup sugar

1/4 cup cocoa powder

1/2 cup milk

3 tbsp sunflower oil

1/4 cup nuts or white chocolate, chopped

1. Stir together dry ingredients with a whisk
2. Make a well then pour in wet ingredients
3. Combine to make a batter

4. Line a small loaf tin with baking paper
5. Pour in mix and sprinkle with chocolate or chopped nuts
6. Bake at 180°C for 20 minutes
7. Turn off oven but leave cake in for another 10 minutes

Rum fruit cake

5 slices

1 1/2 cups mixed dried fruit

1/2 cup rum

1 egg

2 tbsp sunflower oil

1/4 cup sugar

1/4 cup plain flour

1tbsp butter

1/2 tsp baking powder

1. Measure dried fruit into a baking dish then stir through 1/4 cup rum and let soak up overnight
2. Stir another 1/4 cup rum through fruit then let it soak up again overnight

3. In a small mixing bowl, beat together egg, sugar and oil then stir in flour and baking soda
4. Toss the fruit in 1 tbsp flour then fold into cake mix
5. Line a small baking dish (6x4) then pour in cake mix
6. Make a bain-marie by placing the small baking dish in a larger baking dish, filling up to half-way with water and covering with a lid if possible
7. Bake for 1 hour 20 minutes at 150°C