

## **Roast chicken, tomato & fennel**

1 chicken  
salt and freshly ground black pepper  
80 g butter, softened  
3 tsp fennel seeds,  
1 bunch of fresh thyme  
500 g cherry tomatoes  
2 heads of garlic, cut in half horizontally  
2 tablespoons red wine vinegar

Heat the oven to 150 C. Season the chicken with salt and pepper. Mix the fennel seeds and butter together, season with more salt, and spread over the chicken and a little in the cavity of the chicken. Stuff some thyme into the cavity, place the cherry tomatoes around the chicken, and cover loosely with tin foil. Roast for about three hours. You can add the red wine vinegar for the last half hour. Add a splash of water or white wine if the tomatoes look like they're cooking too fast. But the foil should protect them but allow the chicken to colour. Allow to rest under more foil and then carve up onto a large platter and spoon some of the sticky tomatoes over the chicken and serve. This is great at room temperature also.

## Coronation chicken salad

Most recipes call for mayonnaise, but I like the luxuriousness of the crem fraiche; if you want even more richness or feel it's a bit dry when you fold in the chicken, feel free to add a few spoonful's of mayo.

Serves 4-6

- 1 whole chicken
- Salt & pepper
- A good splash of white wine vinegar
- 1 white onion, peeled and diced
- 50 g butter
- 2 tbsp curry powder
- 1 tbsp ketchup
- 2 tbsp mango chutney
- 200 g crème Fraiche
- Zest and juice of 1 lemon
- 20 g sliced almonds, lightly toasted in the oven
- 2 baby gem
- 1 bunch of spring onions, chopped

You can roast the chicken, buy a cooked rotisserie chicken, or else poach the chicken, which is what I did here: place the chicken in a large saucepan, fill it with cold water, and add a good pinch of salt and a splash of white wine vinegar. Bring up to boil, then turn off the heat and simmer for about 20 minutes. Then turn off the heat and leave it on the stove to continue cooking in the water for another hour. (I used a small chicken, but if it's one of these giant ones, I would poach for about 30 minutes and then turn off the heat and leave for an hour). This will result in a beautifully velvety chicken. Drain, and when cool enough to handle, discard the skin, shred and tear the meat, and place in a bowl. It should be beautifully cooked through and incredibly moist.

To make the base: sweat the onion in the butter, season well with salt and pepper, and when the onion is soft, add the curry powder and “cookout to bring out the flavours. Feel free to adopt this up a bit more – I like to use mild curry powder (so kids don't moan), but you can spice this up a few notches with chili flakes and Tabasco, especially if you're not crazy about the in-laws.

When your onion mixture is all buttery, curry deliciousness, add in the ketchup and mango chutney, take off the heat and let it cool down a little before adding in the crème fraîche—season with lemon juice and zest. Fold in the cooked chicken (that has cooled) and then, when ready to serve, layer up with the baby gem leaves, top with toasted almonds, and garnish with chopped spring onions.

### **Vegan Caesar Dressing**

½ head celery, roughly chopped

80 g white miso

Juice of 2 lemons

4 cloves garlic, crushes

1 tbsp Dijon

1 tsp maple syrup

Salt & pepper

Splash water

Make the dressing by blitzing until smooth and set aside.

## Summer soup

Serves 4-6

1 onion, peeled and diced  
2 cloves garlic, peeled and crushed  
3 celery sticks, sliced  
3 carrots, peeled and sliced  
2 leeks, thinly sliced  
Big knob of butter  
Salt & pepper  
1 courgette, finely diced  
4 tomatoes, roughly chopped  
1 litre boiling water  
Chopped flat leaf parsley

Sweat the onion, garlic, celery, carrots and leeks in the butter. Do this very slowly, preferably with a lid on and season well. Sweat for at least five minutes until the vegetables are soft and are not coloured. You're looking for bright colours and sweetness rather than rich, brown caramelisation. Add the courgette, tomatoes and boiling water. Simmer for another 5 minutes, check the seasoning and serve with bread and lots of cheese for a perfect summer supper.

## Falafel

Feel free to add in some spices such as cumin or ground coriander or even some chilli flakes.

500 g dried chickpeas  
100 g flat leaf parsley  
100 g coriander  
6 cloves garlic, peeled and crushed  
Few glugs olive oil  
Salt & pepper  
Few tablespoons plain flour  
Sunflower oil

Soak the chickpeas overnight in salted water. Drain, rinse and then blend in a food processor until they resemble fine ground saw-dust. Put the chickpeas in

a bowl and then process the herbs with the olive oil and garlic (which you need to crush first). When it resembles green sludge, mix with the chickpeas. The chickpeas should take on a nice green colour. Season well and add enough flour so that when you make a ball between your fingers, it will just stay together. They won't stay together as well as small meatballs will, but they should be strong enough to be shaped and then put on a plate, albeit carefully. Heat up the sunflower oil and cook off a batch of balls at a time, carefully turning them over when they are crisp and turning golden brown on one side. They don't need too long to cook. Basically, once they are golden brown on both sides, they are done. Drain on kitchen paper, season with more salt and you can keep them warm in a low oven while you finish the others off. They are lovely cold, and can be re-heated the next day, but do taste best when they are fried and eaten soon after.