



edible histories

Favourite family recipes with
a taste of historical food facts

edible historie

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Indian



HISTORY

Indian cuisine is one of the most varied in the world, with thousands of regional dishes and cooking methods, differing greatly over very short distances across the country. This variety of culinary approaches reflects the varied demographics of this ethnically-diverse subcontinent. These differences can usually be attributed to variation in local cultures, geographical location (e.g. Whether a region is close to the sea, mountains or the desert) and the regions economic stability. Dishes are also affected by seasonal availability, depending on what fruits and vegetables are ripe.

Whilst Indian dishes can differ greatly from town to town, they are all characterised by the extensive use of various Indian spices, herbs, vegetables and fruit. Religion has also been an influential factor in the development of Indian food, in particular, the cultures and beliefs of Hindu's. Also, the interactions between Mongols and the British have helped create a unique blend of some various recipes.

In Britain, Indian cuisine is widespread and usually the most popular alternative to traditional British cooking. Dishes such as the korma and tikka massala, whilst widely recognised as Indian in origin, are actually both British dishes. The spices used are similar, however, the addition of cream-based sauces is generally a rarity in India. In 2003, there were as many as 10,000 restaurants serving Indian cuisine in England and Wales alone. According to Britain's Food Standards Agency, the Indian food industry in the UK is worth £3.2billion, accounting for two-thirds of all eating out, and serves about 2.5 million British customer every week.



Onion Bhaji

Ingredients

2 eggs
1 large onion
4 oz plain flour
1 tspn ground coriander
2 tspn curry powder

Method

Beat eggs in a bowl.

Thinly slice onions and add to the beaten egg.

Add the flour and spices and mix into a paste.

Heat oil in a pan and drop a spoonful of mixture into the pan.

Turn over after 30 seconds or golden brown.

Place on a baking tray and finish in the oven for 5 minutes on 180°C.

Traditional Indian food has only ONE main course. Instead of a number of courses, food is based around a single main dish (rice or bread) served with a collection of savory side dishes.



Photo Credit - Aaron Headly, "2009-04-05_20-27-53.t" April 5, 2009 via Flickr, Creative Commons Attribution

Indian



HISTORY

Naan is popular in South and Central Asia, in Iran and in South Asian restaurants. The name derives from Persia and is used as a generic word for any type of bread. The earliest appearance of “naan” in English literature dates back to 1780, in a travelogue of William Tooke, a British clergyman and historian of Russia .

Naan bread is traditionally cooked in a Tandoor or “clay oven”, where the name “tandoori cooking” comes from. However, in South Asia it is a particular type of thick flatbread and usually leavened with yeast, which is similar to “pita breads” - leavened breads contain additives that make the bread rise e.g. yeast, baking powder and baking soda.

It is typically served hot, brushed with “ghee” or butter and can be used to scoop up other food or stuffed with a filling.



Non-yeast Naan Bread

Ingredients

250g plain flour

2 tspn sugar

½ tspn salt

½ tspn baking powder

110-130ml milk

2 tbsps vegetable oil

**Toppings - Nigella seeds, poppy seeds, sesame seeds, chopped garlic or fresh coriander can be put on top before grilling*

Method

For the dough, sift the flour, salt, sugar and baking powder into a bowl.

In another bowl, mix together the milk and oil.

Make a well in the centre of the flour mixture and pour in the liquid mixture.

Slowly mix together the dough by working from the centre and incorporating the flour from the edges of the well, to make a smooth soft dough.

Knead well for 8-19 mins, adding a little flour if the dough is too sticky.

Place the dough into an oiled bowl, cover with a damp tea towel and leave in a warm place for 15-20 minutes.

Form the dough into 5 balls.

Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.

Roll the dough balls out quite thinly, ideally in a teardrop shape, but it's not essential.

Sprinkle over your chosen topping and press into the surface of the dough.

Place the naans onto the hot baking sheet and grill for 1-2 minutes or until lightly browned.

Brush with butter and serve hot.

Traditionally, rice is cooked in water and the excess water with the excess starch is drained away. This is a healthy way of cooking rice. However with Basmati rice, the quantity of rice is balanced with the water used for cooking so that there is no water left to strain away once the rice is cooked. This preserves the rich flavor and taste of Basmati.

Indian



HISTORY

Curry varies from one culture to the next - spicy stew in India, savoury dish in the UK. There are also variations, in terms of taste and spices, in what the Portuguese, Thai or Japanese identify as curry.

Even though curry is generally categorised as an Indian dish these days, the earliest known recipe for meat in spicy sauce with bread was discovered near Babylon in Mesopotamia, back in 1700 BC - the dish may have been used as an offering to the god Marduk.

The word “curry” is an anglicised version of the Tamil word “kari” meaning ‘sauce’, which is usually understood to mean vegetables/meat cooked with spices with or without a gravy.



Easy Chicken Curry

Ingredients

3 tbsp vegetable oil
1 small onion (sliced)
1 clove of garlic (crushed)
2-3 tbsp curry powder
1 400g tin tomatoes
1 pepper
½ chicken stock cube
1 chicken breasts (diced)
1 tspn mango chutney

Method

Slice the onion and put to one side, then crush the garlic and add to the sliced onions.

Dice the chicken breast and dice the pepper.

Put the oil in a pan and heat.

Add the onion and garlic and sweat (cook without colour).

Add the chicken breast and cook for 10 mins until cooked, then add the pepper.

Add the curry powder and cook for 1-2 mins.

Add tinned tomatoes and chicken stock cube and then leave to simmer for 20 mins.

Add salt and pepper as required.

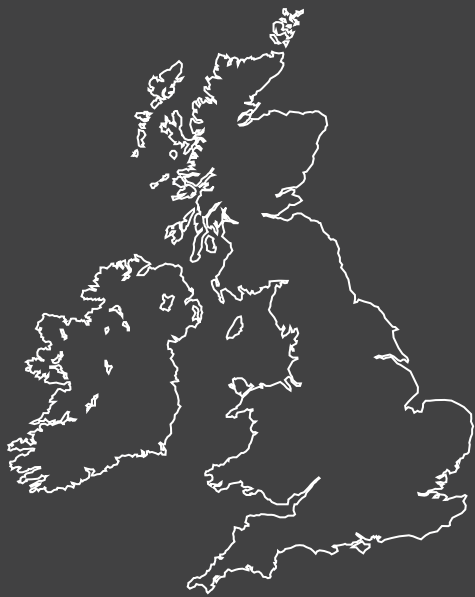
Note:

*Vegetables can be added to make more portions.
Or you could substitute the chicken for chickpeas
and vegetables.*

The reason that Indian curry is spicy is because it is stuffed with ingredients like turmeric, chilly, garlic, ginger and mint. These are good for your health as they generally have antibacterial properties, which help to combat health problems such as sore throats, indigestion, and improve blood circulation of the whole body.

Main Meals

British



HISTORY

English cuisine has a breadth of recipes unique in its English origins and development, but there is also a much wider British cuisine. This is largely due to the importation of ingredients and recipes from places such as India, China and North America. These influences came during the time of the British Empire and as a result of post-war immigration.

Traditional recipes of British cuisine include roasted and stewed meats, boiled vegetables and broths, meat and game pies and the fried breakfast. Whilst these dishes in all their varieties are associated with British cuisine, the most quintessential of all English recipes is fish and chips. The dish is internationally recognised and is widely available throughout the UK. The advent of take-away foods during the Industrial Revolution played a large part in the dishes establishment, with pie and mash also being equally popular. Both of these dishes were staples of the UK take-away business, and of English diets, however, like many national dishes, quality can vary drastically from the commercial or mass-produced product to an authentic or homemade variety using more carefully chosen ingredients.

British cuisine has many regional varieties within the broader categories of English, Scottish and Welsh cuisine. Each have developed their own regional or local dishes, many of which have geographically indicated foods such as Cornish pasties, the Yorkshire pudding and Welsh cakes.

Basic Vegetable Soup

Ingredients

1/2 large onion
2 large carrots
3 celery sticks
2 florets of broccoli
500g potatoes (diced)
750mls vegetable stock
5 tbsp cream
Knob of butter and splash of oil

Method

Peel and chop the onion, carrots, celery and broccoli.

Add the knob of butter add splash of oil to the sauce pan and add the vegetables.

Sweat the vegetables (cook without browning) for 5 minutes to release the flavours.

Add the potatoes and vegetable stock, simmer for 15 minutes or until potatoes are cooked.

Take the soup off the heat and blend with a stick blender then add the cream.

Taste the soup and add salt and pepper as required.

The origin of fish and chips can be traced to Jewish refugees from Spain and Portugal in the 17th century. Traditionally, they ate cold fried fish on Friday evenings to welcome the Sabbath. In 19th century shops had appeared to sell the food. The combination of fish with chips seemed to have resulted from small shops merging, selling either item.

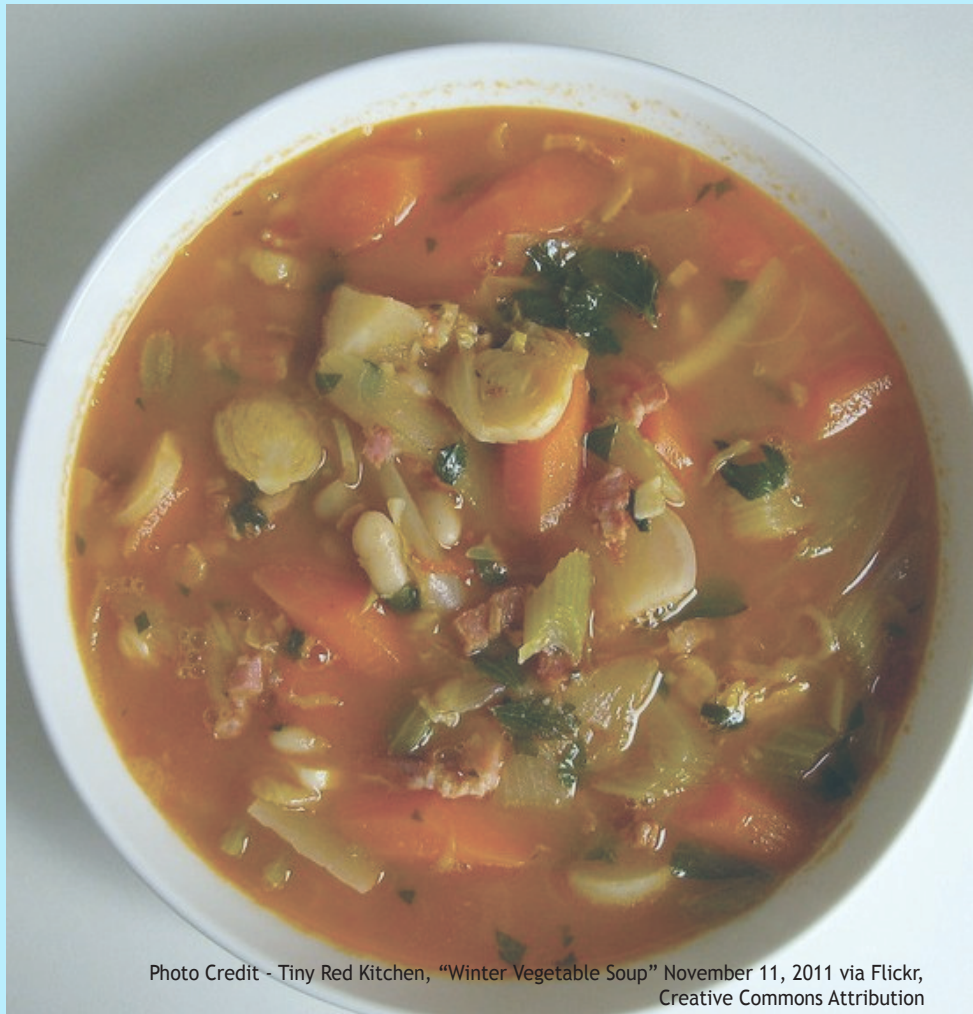
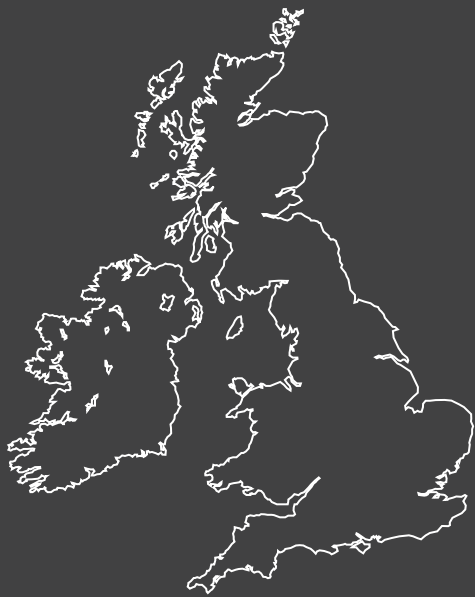


Photo Credit - Tiny Red Kitchen, "Winter Vegetable Soup" November 11, 2011 via Flickr, Creative Commons Attribution



HISTORY

The origins of the pasty are unclear, although most people will associate them with having a long and famous Cornish history. The most known association comes from the 1800s during the spread of Cornish miners around Australia, Australia, America and Devon.

The pasty will usually contain the main ingredients of meat, potato, onion and swede, encased in pastry. Mines often built large ovens on the surface to keep the pasties warm until it was time to eat. The shout 'Oggie, Oggie, Oggie' is said to originate from Cornish miners calling for their pasties (also known as oggies or tiddy oggies). The crimped edges were created for miners to hold the pasty to avoid being poisoned, due to having arsenic on their hands. This crimping was then left for the 'Knockers' (ghosts) which were said to exist down the mines.

Although there are many variations of the pasty in various countries all over the world, any Cornish man or woman will tell you a true Cornish pasty can only be made and baked the traditional way in Cornwall. The pasty holds a special place in Cornish hearts and in Cornish culture. For many the pasty is the greatest symbol of Cornwall.



Cornish Pasties

Ingredients for filling:

350g minced beef
1 medium onion
2 medium potatoes
175g swede
1 tspn black pepper

Pastry:

250 g butter chilled
500g plain flour
Pinch of salt

Method

Slice onion and sweat off in a pan with the beef then add a drop of water.

Peel and slice the potatoes and swede and add to the beef; cook for 2 minutes then leave to cool.

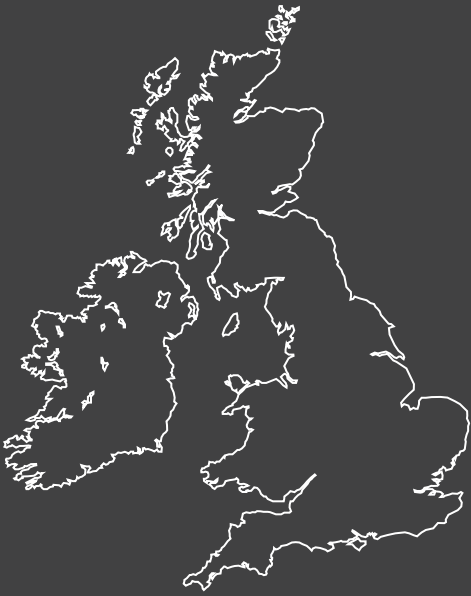
Make the pastry. Rub the butter and flour together until it resembles bread crumbs. Then mix in 6 tbsps of cold water and bring together into a dough - chill for ten minutes.

Roll out the pastry and cut into plate-sized circles and fill the centre with the beef mix.

Brush beaten egg around the edge and crimp together.

Place on a baking tray and bake for around 20 mins at 180°C.





HISTORY

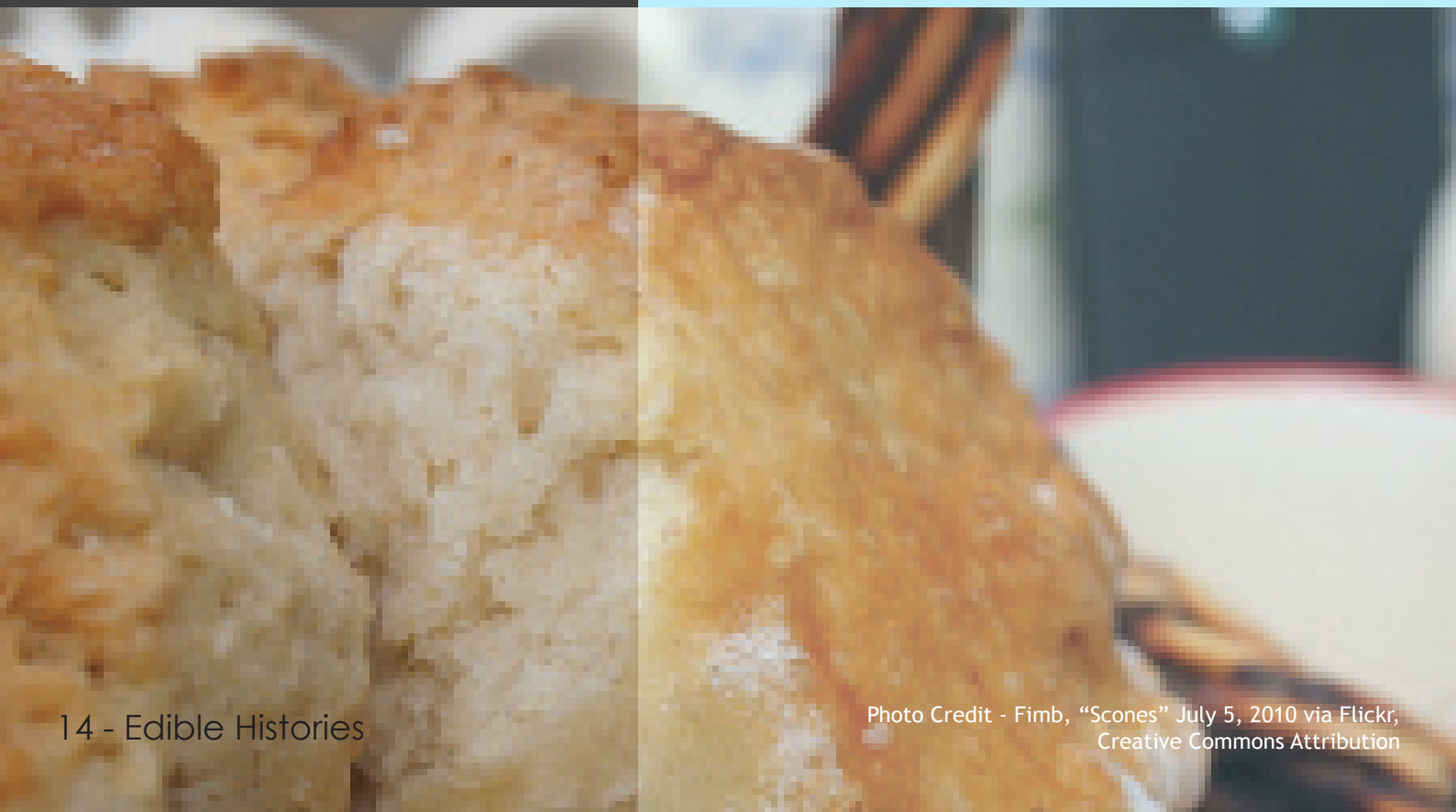
Scones originated in Scotland in the early 1500s as a Scottish quick bread.

As for the origin of the word “Skone”, some say it comes from the Dutch word *schoonbrot*, which means beautiful bread, while others argue it comes from Stone of Destiny, where the Kings of Scotland were crowned.

Originally, scones were made with oats, shaped into a large round, scored into four or six wedges (triangles) and griddle-baked over an open fire (later, a stovetop). With the advent of oven baking, the round of dough was cut into wedges and the scones were baked individually.

Scones became popular and an essential part of the fashionable ritual of taking tea in England when Anna, the Duchess of Bedford (1788 - 1861), one late afternoon, ordered the servants to bring tea and some sweet breads, which included scones. She was so delighted by this, that she ordered it every afternoon and what now has become an English tradition is the “Afternoon Tea Time” (precisely at 4:00 p.m.). They are still served daily with the traditional clotted cream topping in Britain.

Today’s scones are quick breads, similar to American biscuits. They are often made with flour and baked in the oven, —both in the traditional wedge form and in round, square and diamond shapes.



Oat Scones

Ingredients:

200g plain flour
170g porridge oats
4 tablespoons caster sugar
2 dessertspoons baking powder
1/2 teaspoon salt
75g dried currants
1 egg, beaten
110g butter, melted
75ml milk

Method (makes 16)

Prep: 15 mins | Cook: 15 mins

Turn on the oven to 220°C / Gas mark 7.

Lightly grease a baking tray.

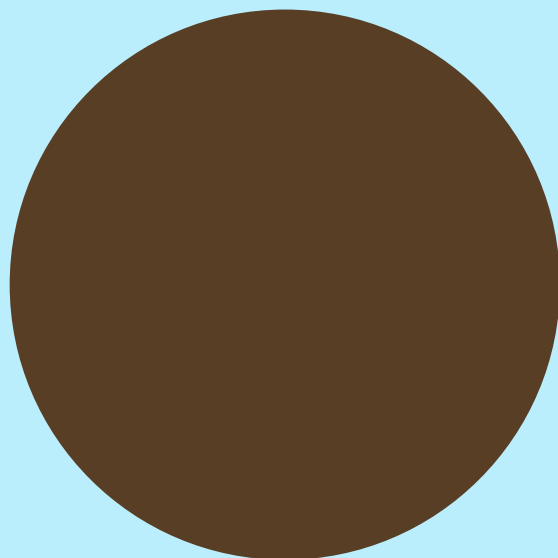
In a large bowl, mix the flour, oats, sugar, baking powder, salt and currants.

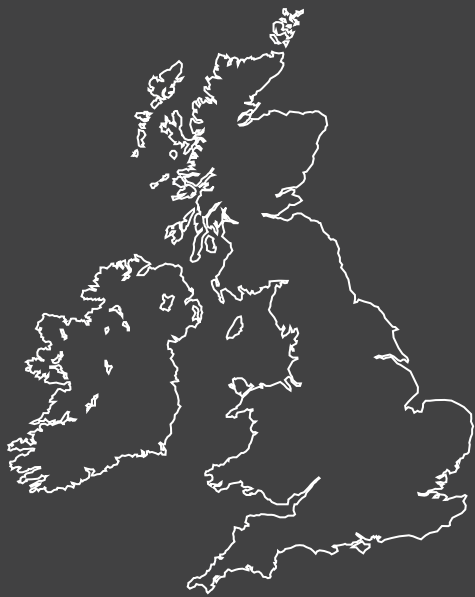
In a small bowl, beat egg until frothy, and stir in melted butter and milk.

Make a well in the centre of the flour mixture. Pour the egg liquid into the well, and mix to create a soft dough.

Pat dough into two thick circles, just nearly 2cm thick. Place on the prepared baking tray. Score (cut but do not slice through) 8 wedges into each circle of dough.

Bake for 15 minutes in the oven, until risen and browned. Split wedges, and serve warm.





HISTORY

“Cottage Pie” is a classic WW2 dish. During the war various food dishes were adapted to ensure food stretched out for families for one whole week. Food rationing began in 1940. This meant each person could buy only a fixed amount of certain foods each week.

Potatoes are a new world food that were first introduced in Europe by the Spanish in 1520. It was not until the 18th Century that British people enjoyed the potato. From then onwards the “Shepherd’s Pie” dish was created, which consisted of minced meat (usually lamb, when made with beef it is called “Cottage Pie”) then topped with mashed potatoes. These dishes were creative ways of producing leftover meat to give to families.



Cottage Pie

Ingredients:

6oz mince beef
½ onion
2 large potatoes
1 beef stock cube
1 tbsp plain flour
1 clove of garlic
Small knob of butter
Splash of milk

Method

Cook the mince sealing in a saucepan with a little oil, with finely diced onion and garlic.

When mince is browned gradually add flour to mince, and when a paste is formed pour in enough warm water to produce a sauce around the mince.

Continue cooking and gradually adding more water if it becomes too thick.

Add beef stock and cook until mixture reaches a thick gravy-like consistency then set aside.

Peel and roughly chop potatoes and add to boiling salted water.

Cook potatoes until tender, and once done drain the excess water.

Next add the butter to the potatoes, mash together, add milk and a pinch of salt and pepper.

Add your pie filling to an oven-proof dish, top with the mash and bake in a moderate oven until mash is golden and filling is bubbling.

Note:

Cheese can be put on top of mash prior to baking as an optional extra.

“Cottage Pie” is a classic WW2 dish. During the war various food dishes were adapted to ensure food stretched out for families for one whole week. Food rationing began in 1940. This meant each person could buy only a fixed amount of certain foods each week.

Mexican/ Texan



HISTORY

Mexican cuisine is a style of cooking recognised for its varied flavours, colourful decoration and variety of spices and ingredients, most of which are native to the country. The traditional base ingredients of Mexican foods are typically corn and beans. Corn is also used to make dough for tortilla chips, tortilla wraps and tamales. Corn is also eaten fresh, either as corn on the cob or as an accompaniment or component of a number of dishes.

Frequently used herbs and spices include oregano, cilantro, epazote, cinnamon and cocoa. Chillies are also added to most dishes, the most common of which is the chipotle chilli, a smoke-dried jalapeno chilli. Many Mexican dishes also include garlic and onions.

Tex Mex cuisine is a term used to describe regional American cuisine that blends food available in the United States and the culinary creations of Mexican-Americans influenced by the cuisines of Mexico. Some Tex Mex ingredients are common in Mexican cuisine, but other ingredients not typically used in Mexico are often added. The cuisine is characterised by its heavy use of melted cheese, meat, beans and spices, in addition to Mexican-style tortillas. Dishes most would describe as Mexican, such as chilli con carne, nachos and fajitas, are all actually of Mexican-American origin.



Photo Credit - archer10 (Dennis), "Mexico-2669 - Palenque" February 26, 2007 via Flickr, Creative Commons Attribution

Chicken Fajitas

Ingredients

1 ½ chicken breast (into strips)
Splash of oil
½ red pepper (sliced)
½ green pepper (sliced)
½ onion (sliced)
Fajita spice to taste

Method (Makes 2)

Cut the chicken breast into strips and slice the peppers and onion.

Heat a frying pan and add a splash of oil, when hot add the chicken and fry until nearly cooked.

Add the onions and peppers and fry for another minute.

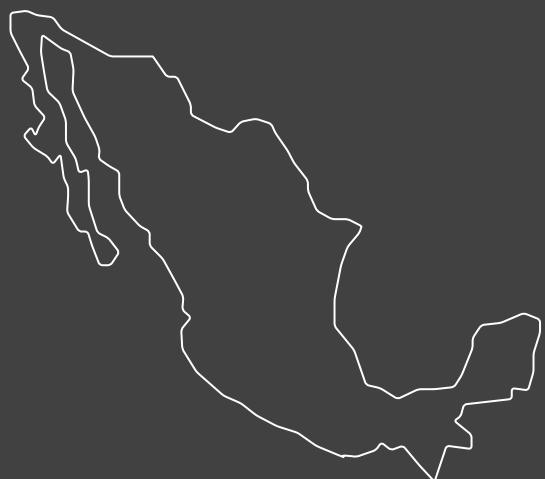
Spoon some of the mix into a floured tortilla and add salsa or other dressing to taste.

The history of “fajitas” started in Texas. The first serious study of the history of fajitas was done in 1984 by Homero Recio as part of his graduate work in animal science at Texas A&M.



Photo Credit - Vanessa Myers, “Chicken Fajitas” December 31, 2009 via Flickr, Creative Commons Attribution

Mexican



HISTORY

Historians say “chilli” can be traced back as far as the 17th century, originating from Spanish cooking and not Mexican cuisine. The first of these dishes to appear in the United States were in the southwest, most likely in the state of Texas.

Chillis, can come in all shapes, sizes and colours ranging from the tiny, pointed and extremely hot, bird’s eye chilli to the large mild peppers, for example, like the “anaheim”.

The indigenous people of the central Americas were known to be the earliest chilli growers and had emigrated from northern Europe around the time of 8000-10,000 BC.

Today there are probably 400 different chillis grown, and are one of the most widely cultivated crops today, grown from the Far East, China, Japan, Thailand and Indonesia to India to Mexico. Some of the more commonly available fresh chillis include jalapeño, serrano, poblano, yellow wax, birds eye, habanero and cayenne are now being stocked by many stores and markets.



Chilli Beef

Ingredients

250g ground beef
¼ white onion
½ red chilli (finely chopped)
1 tspn paprika
1 400g tins of chopped tomatoes
1 beef stock cube
1 clove of garlic (crushed)
1 tbsp chopped fresh coriander

Method

Fry off beef until cooked then drain off excess liquid.

Sweat off onion until soft then add the beef.

Add paprika, garlic and red chilli and stir for 2 minutes.

Add the chopped tomatoes and beef stock cube.

Simmer for 45 minutes then add chopped coriander then simmer for a further 5 minutes.

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Mexican



HISTORY

“Guacamole” is an avocado-based dip originating in Mexico and was made during the Aztecs in the 16th century. It is naturally high in fats, protein and vitamins and help maintain good cardiovascular health benefits.

Avocados were popular with the Spaniards and they liked them in three ways; with salt, with sugar or both.

The popularity of avocados with the Aztecs were the fact that it was an aphrodisiac and also has the highest fat content of any fruit. The Aztecs fat diet were very low compared to the standards of people today.

There are many varieties of the avocado, in which the most commonly grown are the “Hass”, “Gwen”, “Pinkerton”, “Bacon”, “Fuerte”, “Reed” and “Zutano”.



Guacamole

Ingredients

1/2 ripe avocado

1/2 ripe tomato

½ red chilli

Juice of ½ lime

Sprinkle of chopped coriander

Salt and pepper to taste

Method

Cut the avocado in half and remove the stone.

Scoop flesh out of the skin and place into a bowl.

Deseed and chop the tomato and place in the bowl.

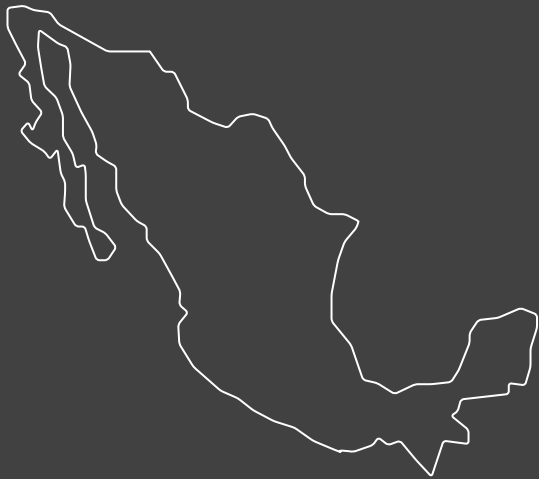
Deseed and finely chop the red chilli and add to the bowl.

Juice the lime into the bowl, add the coriander then mash all the ingredients together.

Add salt and pepper to taste.

“Guacamole” is an avocado-based dip originating in Mexico and was made during the Aztecs in the 16th century. It is naturally high in fats, protein and vitamins and help maintain good cardiovascular health benefits.

Mexican



HISTORY

In northern Mexico and much of the United States, “**tortilla**” means the “flour version” or “little cake” and named by the Spanish conquistadors. Flour tortillas are the foundation of Mexican border cooking and even the diet is still the same today.

Tortillas are traditionally grilled on earthenware utensils and used as bread, which is often filled and stuffed.

Main dishes include “tacos”, “enchiladas”, “chilaquiles” (thin friend strips of tortilla coated with sauce and cooked in an oven) and “Mexican breakfast”.



Flour Tortilla

Ingredients

120g plain flour

30g butter

Pinch of baking powder

Pinch of salt

60mls hot water

Method

Sift flour, baking powder and salt in to a bowl.

Rub in the lard into the flour until its like a sandy texture.

Stir in the water to the flour mix and knead into a ball.

Knead the mix for 3-4 minutes and leave to rest for 10 minutes.

Divide into 2-3 balls and roll out with a rolling pin.

In northern Mexico and much of the United States, “**tortilla**” means the flour version. Flour tortillas are the foundation of Mexican border cooking and even the diet is still the same today.

Mexican/ Spanish



HISTORY

“Salsa” can be traced back to the Aztec, Mayan and Inca periods. Aztec lords combined tomatoes with chili peppers, ground squash seeds and consumed them mainly as a condiment served on turkey, venison, lobster, and fish. Salsa has been popularised and commercialised in the USA as a Mexican and Central American creation, however in Latin America there are many types of salsa that can be found.

The Spanish were first exposed to tomatoes and this dish after they conquered the Aztecs (1519-1521). It was served with venison, wild turkey, lobster and fish. Some say it was the conquistadors who first called it salsa. Others say it was a Spanish priest and missionary named Alonso de Molina who named it in 1571.



Tangy Tomato Salsa

Ingredients

4oz deseeded ripe tomatoes
½ red onion
1oz pineapple
¼ bunch coriander
Zest and juice of ½ lime
Splash of oil
Salt and pepper to taste

Method

Deseed tomatoes and dice into small chunks and place in a bowl.

Deseed jalapeno pepper and finely dice and add to tomatoes.

Finely dice the onion and pineapple and add to bowl.

Finely chop the coriander and add to bowl.

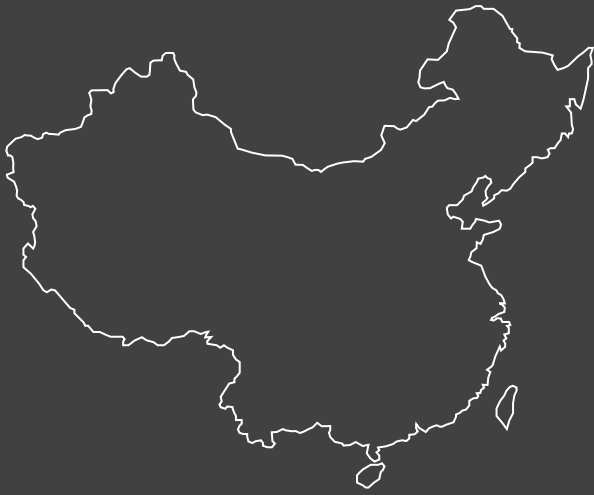
Zest and juice the lime straight into the bowl.

Add a splash of oil and stir all ingredients together.

Add salt and pepper to taste.

“Salsa” can be traced back to the Aztec, Mayan and Inca periods. Aztec lords combined tomatoes with chili peppers, ground squash seeds and consumed them mainly as a condiment served on turkey, venison, lobster, and fish.

Chinese



HISTORY

Like the majority of Asian cuisines, Chinese dishes have several styles originating from different regions of the country. These are based on the raw materials and ingredients used, the method of preparation and cultural differences, a variety of foods with different flavours and textures are prepared in different regions of the country. Many traditional regional cuisines rely on basic methods of preservation such as drying, salting, pickling and fermentation.

Major traditions of Chinese cuisine include Anhui, Cantonese, Fujian, Hunan, Jiangsu, Shandong, Szechuan and Zhejiang. Of these cuisines the most commonly used in other parts of the world are Cantonese, Shandong, Jiangsu and Szechuan. These styles are distinctive from one another due to factors such as available resources, climate, geography, history, cooking techniques and lifestyle. One style may favour the use of lots of garlic and shallots over lots of chilli and spices, while another may favour preparing seafood over other meats and fowl. The cuisine is incredibly popular throughout the world, especially the Cantonese, Shandong, Jiangsu and Szechuan varieties, particularly in the Americas, Australia, Western Europe, Southern Africa and throughout other parts of Asia. However, most countries have their own interpretations and versions of these cuisines based on produce availability, eating habits and part of the world.



Sweet & Sour Chicken

Ingredients

2 chicken breast (or leg meat as a cheaper option)

½ green pepper

Handful of pineapple

Handful of bean sprouts

For the sauce:

4 tbsp chicken stock

2 tbsp tomato ketchup

1 tbsp soy sauce

2 tbsp white wine vinegar

2 tbsp caster sugar

Method

Cut chicken and peppers into diced pieces.

Measure out the ingredients for the sauce and mix together in a bowl and put to one side.

Stir fry the chicken without colouring it — when nearly cooked add the pepper and bean sprouts and cook for a further 1 minute.

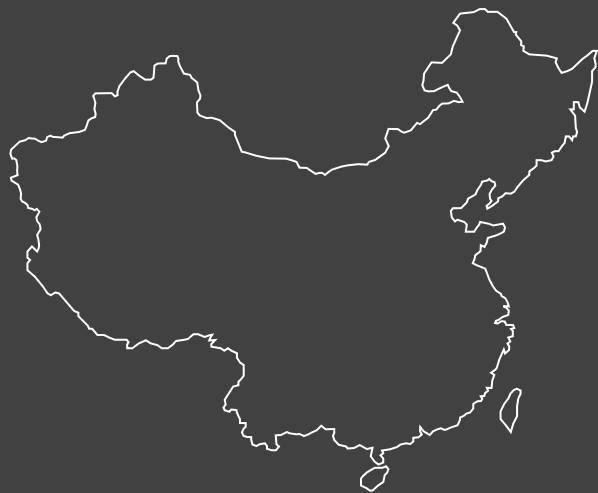
Add the sauce ingredients to the pan and cook for a further 2 minutes.

Turn down the heat if sauce is boiling too much.

Serve with rice or noodles.

“Sweet and Sour” is a generic term that involves many styles of sauce, cuisine and cooking methods. It originated from China and is used in standard Chinese cuisine as well as some American and European cuisines.

Thai



HISTORY

Among the cuisines of Southeast Asia, Thai food is unique. Thai cuisine is distinct from Chinese and Indian cuisines, both of which influenced Thai cooking. The style is completely identifiable in its own right, incorporating all 5 tastes: sweet, sour, bitter, salty, and spicy. Thai people have taken foreign influences and transformed them into a unique cuisine of their own.

Thailand was a cross roads of East to West sea routes causing its culture and cuisine to be infused with Persian and Arabian elements. Foreign recipes have been integrated with traditional Thai dishes, resulting in unique flavours that is unmistakably Thai.

The influence of the foreign trade was important. The Portuguese brought their sweets to King Narai's court in the 17th century. Some say Buddhist monks from India brought curry to Thailand. Indian curry and Muslim cuisine were introduced at a palace feast in honour of King Rama I at the turn of the 18th century. Some of these dishes are still popular today including Masaman curry and yellow curry. Masaman curry contains many dried spices including cinnamon and nutmeg. Yellow curry can be spiced with turmeric, cumin, ground coriander seed and red chillies powder.



Thai Green Chicken Curry

Ingredients

*½ tin coconut milk
50ml chicken stock
½ tablespoon Thai green curry paste
1 skinless chicken breast fillets, cut into thin strips
90g new potatoes, scrubbed and cut into chunks
2 spring onions, sliced diagonally
½ tablespoon lime juice
30g frozen peas
2 baby plum or cherry tomatoes, halved
1 tablespoon chopped fresh coriander*

Method (Serves 1)

Prep: 10 mins | Cook: 25 mins

Place the coconut milk, stock and Thai curry paste in a wok or large frying pan and heat until boiling.

Stir in the chicken and potatoes, then bring back to the boil.

Reduce the heat and simmer, uncovered, for about 15 minutes until the chicken and potatoes are just tender.

Stir in the spring onions, lime juice, peas and tomatoes and simmer for a further 3-4 minutes.

Stir in the coriander and season to taste.

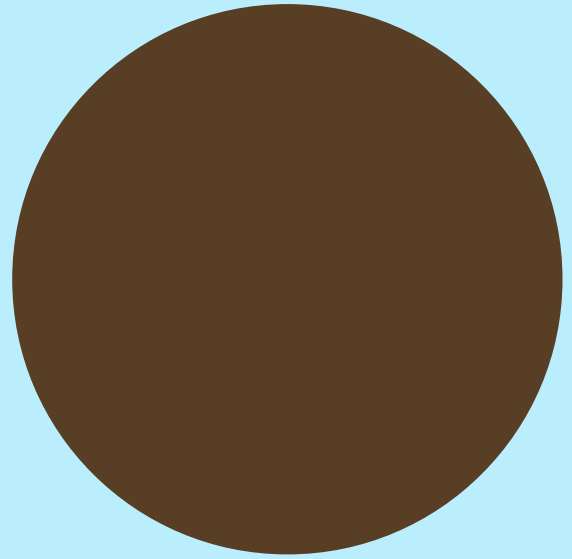


Photo Credit - Matias Dutto, "Green Curry with Chicken" March 4, 2007 via Flickr, Creative Commons Attribution

Thai



HISTORY

Around 4,000 years ago, the Thai people migrated from southern China to Siam (modern-day Thailand). Because of this Thai food is influenced by Chinese cuisine; for example, the form of stir-frying (Phad). Thai uses its own spices, herbs, vegetables, sauces and cooking techniques to incorporate its own unique taste. Indian cuisine has also influenced Thai food in the form of curry (Gang). In some dishes, such as fried noodle (Phad Thai), spiciness is optional. However, the majority of Thais love spicy dishes, such as curry, (Gang), Thai style soup (Tom Yum), and Thai style salad (Yum).

Most Thai dishes are a combination of sweet and salty, and sour and spicy. Each dish has its balance; for example, Phad Thai noodle has a sour and sweet taste; a trace of salty and spicy is optional. Curry is spicy, but you will find sweetness and a trace of salty as well. Thai food is healthy because it contains fresh vegetables, herbs, and relatively small portions of bite-sized meat.

A typical Thai meal is rice (Kaow). There are several varieties of rice grown in Thailand. The most famous is Jasmine, or fragrant rice. To add flavor and more nutrition to a Thai meal, a stir-fry dish, soup and/or curry are added, which is then known as “Gup Kaow”.



Thai Noodles

Ingredients:

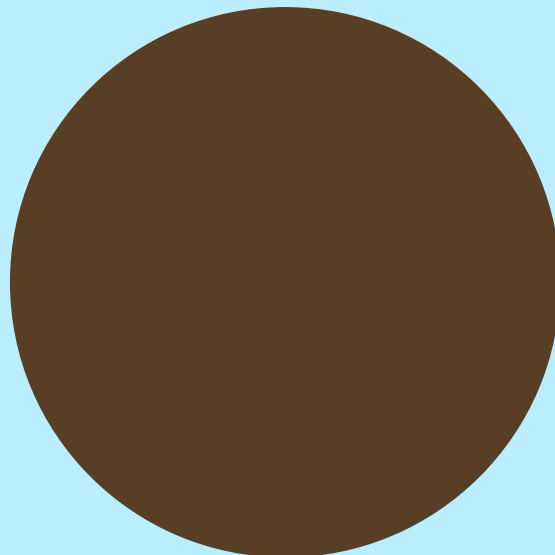
100g dried noodles
3-4 tbsp oil for stir-frying
75g dry roasted peanuts, ground or roughly chopped with a knife
Prawns (to taste)
1 egg
2-3 tbsp chicken stock

PASTE:

½ red or green chilli (de-seeded if you prefer less spice)
½ teaspoon chopped garlic
½ ginger
½ Tablespoon. fish sauce
½ Tablespoon lime juice

FRESH HERBS:

A few fresh chives, chopped into small pieces
1 spring onion, sliced
75g bean sprouts



Method:

1. Boil the noodles until cooked or nearly cooked (they will be fried later), then rinse briefly with cold water to keep from sticking. Set aside.
2. If you have a food processor or mini chopper - add the paste ingredients and process well, or simply mince the paste ingredients well and stir together in a cup. Set aside.
3. Wash, rinse, and chop/slice fresh herbs. Set aside.
4. Heat up wok or large frying pan for 1 minute (medium-high heat). Add oil and swirl around.
5. Add 1/2 the paste plus the prawns. Also add 2 tablespoon chicken stock.
6. Stir-fry for 1-2 minutes until shrimp are warmed through (if wok or pan becomes dry, add more stock). Now clear a space in the centre of the wok or pan.
7. Break egg into wok or pan and quickly stir with a spatula until egg is cooked (like scrambled eggs).
8. Push eggs and other ingredients aside and add 1 more tablespoon of oil to the bottom of the wok or pan. Now add the noodles plus all the remaining paste and stir fry one minute, or until noodles are cooked.
9. Do a taste test. If not salty enough, add more fish sauce or if not spicy enough, add more fresh chilli, and toss well to incorporate.
10. Remove wok from heat. Toss with fresh herbs and bean sprouts. Sprinkle noodles with peanuts.

Italian



HISTORY

Italian cuisine has developed through centuries of social and political changes, with roots as far back as the 4th Century BCE. Italian cuisine is noted for its regional diversity, abundance of difference in taste and widely recognised as one of the most popular cuisines in the world.

Italian cuisine is noted and characterised by its extreme simplicity, with many dishes having as little as four ingredients. The quality of Italian dishes relies heavily on the standard of the ingredients as opposed to its elaborate preparation.

Italian dishes that are widely recognised throughout the world are often the creation of grandmothers as opposed to chefs, making the majority of recipes ideally suited for home cooking. This has helped to make Italian dishes so popular due to their accessibility and ease of preparation.

The two most recognised Italian dishes are pasta and pizza. Pasta comes in hundreds of varieties and is distinguished by their shape and in some cases, fillings. Varieties of pasta include penne, macaroni, fusilli and filled pastas such as ravioli and tortellini.

Pizza originated from Neapolitan cuisine, a region of Italy and was first seen by the Ancient Greeks who covered their bread with oils, herbs and cheese. Similar recipes were also created by the Romans such as a sheet of dough topped with cheese and honey and flavoured with bay leaves. The pizza that everyone knows today was originally known as the Neapolitan pie and was served with cheese and tomato.



Pasta Dough

Ingredients

200g 00 pasta flour

2 large eggs

Splash of olive oil

Method

Place the flour into a bowl, then in a separate bowl whisk the 2 eggs with a splash of olive oil.

Make a well in the centre of the flour and pour the egg in.

Mix the flour and egg together to form a dough.

Knead the dough for 5 minutes then place in the fridge to rest.

Flatten the dough on a floured surface then set the pasta machine to the widest setting and run the dough through 5 or 6 times.

Drop the setting down 1 click at a time and run the pasta through it.

When the pasta is rolled out run through the spaghetti cutter.

Place the pasta into boiling water and cook for 1-2 minutes

Drain and serve.

“Pasta” is a staple food of traditional Italian cuisine and is very well-known worldwide. It is believed by food historians that Arabs (from Libya) first created pasta and this was then introduced during the Arab conquest of Sicily.

Italian



HISTORY

“Bolognese” sauce is a meat-based sauce for pasta originating from Bologna, Italy - “ragù alla bolognese” in Italian, “sauce bolognaise” in French. The sauce dates back at least to the 5th century. The people of Bologna traditionally serve their famous ragù with freshly made egg-pasta tagliatelle. Outside of Italy, spaghetti bolognese is typically made and is also very popular.

Bolognese sauce will usually contain a small amount of tomatoes or tomato paste in a rich sauce with meat and other ingredients. Also, usually served on thick pasta, as larger pasta shapes hold meat better than finer pastas.

The base of Bolognese sauce is a soffritto, an assortment of aromatic and flavorful vegetables such as celery, onions, and carrots fried in olive oil and butter. Next, chunks of meat such as beef and pancetta are added to the soffritto to brown. A dash of milk or cream is added and the mixture is briefly stirred before white wine is poured in and the sauce is allowed to reduce, concentrating the flavor and creating a rich broth. Next, tomato paste and stock are added, along with a dash of butter and salt. The Bolognese sauce is stirred and then simmered gently until the meat breaks down.



Beef Bolognese

Ingredients

250g lean minced beef
½ white onion
1 clove of garlic (crushed)
Sprinkle of dried oregano
1 400g tins chopped tomatoes
1 beef stock cube
100mls water

Method (Serves 3-4)

Brown off beef until cooked through, drain off any excess liquid.

Sweat off onions until soft then add cooked beef.

Add the crushed garlic, dried oregano, stock cube and chopped tomatoes and simmer for approx 1 hour.

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HISTORY

Pancake day (also known as Shrove Tuesday or Mardi Gras) refer to events of the Carnival celebrations - originating from ancient Rome. It is the practice of eating richer, fatty foods before Lent begins - the fasting period and the first day being Ash Wednesday.

The history of pancake shows that it was created in different countries and therefore there are many versions of it. These include America, France, England, Australia, Germany, Africa, Malaysia and many others.

In America they call it “hotcakes” or “flapjacks” and created using ingredients consisting of baking powder, flour, buttermilk and eggs. These are usually flavoured with syrup, cinnamon, butter, peanut butter or jelly etc.

In France and England they are known as “crepe” and usually topped with lemon juice or syrup.

The pancake is a versatile dish and is eaten for breakfast, lunch or dinner in different countries.



Pancake Recipe

Ingredients:

100g plain flour

1 egg

250 mls milk

Method:

Place the flour into a bowl and add the egg and a little milk.

Beat the mixture into a paste trying to get all the lumps out.

Slowly add the milk a little at a time mixing it in thoroughly.

Make sure there are no lumps in the mix.

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