

Flavour full

Summery vegetarian main courses to share that both meat eaters and veggies will love

Recipes VICKY BHOGAL Photographs GUS FILGATE



Foil-baked feta

30 minutes ■ Serves 4 ■ EASY

You could use basil, coriander or fresh mint leaves if you prefer.

- feta cheese** 2 x 200g blocks
- extra virgin olive oil**, a generous slug for each pouch
- garlic** 2 cloves, very thinly sliced
- dried red chilli flakes** 1 tsp
- oregano leaves** a handful, finely chopped
- plum tomatoes** 4, chopped
- tomato purée** 2 tsp
- capers** 1 tbsp
- red onion** 1, thinly sliced



- Heat the oven to 200C/fan 180C/gas 6.
- Create 4 individual foil pouches by tearing off 4 large strips of foil and placing 1/2 block of feta on each with enough foil to wrap over. Divide the rest of the ingredients between the parcels, wrap and bake for 10 minutes.
- Serve with fresh bread.
- PER SERVING 379 kcals, protein 16.9g, carbs 7.1g, fat 31.6g, sat fat 14.3g, fibre 1.4g, salt 2.93g

Tomato and cumin seed tart

1 hour ■ Serves 4 ■ EASY

You need good, flavoursome tomatoes for this simple tart to come alive. Use a mix of cherry, plum, heirloom, green or yellow cherry tomatoes.

- olive oil** 1 tbsp, plus extra for greasing
- butter** 1 tbsp
- white wine vinegar** 1/2 tsp
- golden caster sugar** 1 tsp
- English mustard powder** 3 pinches
- double cream** 2 tbsp
- cumin seeds** 2 tsp
- ready-rolled puff pastry** 375g
- tomatoes** 700g whichever variety you like, small ones halved, large ones sliced
- egg** 1, beaten with a splash of water
- parmesan** 50g, grated

- Heat the oven to 220C/fan 200C/gas 7. Put a baking sheet in there to heat up.
- Meanwhile, heat the olive oil and butter in a frying pan. When the butter has melted, add the vinegar, sugar and mustard powder and cook for 1 minute, then add the cream. Stir well, remove from the heat and set aside.
- Toast the cumin seeds in a dry frying pan.
- Lightly oil a second baking sheet and unroll the puff pastry onto it. Prick all over with a fork. Scatter the cumin seeds over the pastry, including the sides and lightly press in. Using a knife, score a line all round, about 1 1/2 cm from the edge. Arrange the tomatoes within the line. Brush the pastry border with egg, then fold the edges in to meet the line and to create a folded border. Brush the border with egg again.
- Drizzle the butter mixture over the tomatoes, scatter parmesan on top and put the baking sheet on the hot baking sheet already in the oven (this is to cook the base). Bake for 25-30 minutes or until crisp and cooked through.
- PER SERVING 586 kcals, protein 13.2g, carbs 35g, fat 44.7g, sat fat 18.3g, fibre 3g, salt 1.36g



Tomato and cumin seed tart

Paneer rosemary spears with bitter orange and almond

40 minutes ■ Makes 10 ■ EASY

ground almonds 50g
oranges 2, zested
orange-blossom water 2 tsp
orange juice 2 tsp
mild olive oil 2 tsp
paneer 227g block, cut into 20 cubes (buy in large supermarkets and Indian grocers)
redskin potatoes 2, scrubbed
bitter orange or **Seville orange marmalade** 2 tbsp
olive oil 2 tsp
rosemary 10 spears, plus a few extra leaves for the yoghurt
orange pepper 1 large, cut into 20 pieces
natural yoghurt or **crème fraîche** to serve

■ Mix the almonds together with the orange zest, blossom water and juice, mild olive oil and black pepper in a bowl. Add the paneer and, using your hands, gently toss with the almond mixture.

■ Keeping the skin on, cut the potatoes into pieces roughly the same size as the paneer. Put in a pan, cover with cold water, bring to the boil and cook for 4-5 minutes until cooked but not too soft. Drain and cool.

■ Mix the marmalade with the olive oil until spreadable. Sieve out any big bits.

■ Take a spear of rosemary and remove all the leaves from the part of the stalk that is firm and woody, leaving those on the tip. Slowly and very carefully thread on the paneer, potato and peppers alternately – gently so as not to cause a split in the paneer or vegetables. Depending upon the length of the rosemary, you should get two of each on each spear.

■ Put the threaded spears on a plate and gently but liberally brush with the marmalade mixture, rotating to make sure



they are coated all over. Then take a little of the almond mixture and gently press on to each side of the cubes of paneer to coat.

■ Put the spears on an oiled baking sheet, using a strip of foil to protect the exposed rosemary tails so they don't burn, then put under a hot grill and cook for about 2 minutes each side or until golden, gently and carefully rotating. The almond coating gets golden very quickly and needs watching carefully to make sure it doesn't catch.

■ Serve with natural yoghurt or crème fraîche infused with torn rosemary leaves.

■ PER SERVING 149 kcal, protein 6.8g, carbs 8.4g, fat 10g, sat fat 3.9g, fibre 1g, salt 0.85g



Extracted from
Flavour: A World of Beautiful Food
 by Vicky Bhogal
 (£20, Hodder & Stoughton. olive book offer, £18*)

Chickpea fritters with beetroot, buffalo mozzarella and pink pepper

1 hour 10 minutes ■ Serves 6

■ A LITTLE EFFORT

Try using golden or candy stripe beetroot if you find it. The beetroot will bleed quickly so make sure to plate it up only when you are ready to eat, or it may begin to look slightly gruesome.

raw beetroots 2, around the same size as a ball of mozzarella
chickpeas 410g tin, drained
plain flour 100g, sifted
baking powder 1 tsp, sifted
eggs 2 large, separated
milk 150ml
coriander finely chopped to make 1 tbsp, plus extra to garnish
lemon juice a good squeeze
garlic 1 clove, crushed
cayenne pepper ¼ tsp
tahini 1 tsp
salted butter 4 tbsp
pink peppercorns 2 tsp, crushed with a pestle and mortar
buffalo mozzarella 2 balls

■ Heat the oven to 180C/fan 160C/gas 4. Trim the stalks off the beetroot, wrap in foil and bake for 1 hour until tender. Allow to cool.

■ Pulse the chickpeas in a processor until crushed. Mix the flour and baking powder in a bowl. Whisk the egg yolks and milk in a separate bowl and then beat into the flour.

■ Add the crushed chickpeas, coriander, lemon, garlic, cayenne and tahini, stirring, and season well. Whisk the egg whites into soft peaks and then fold into the mixture.

■ Heat a 1cm of oil in a large frying pan over a medium heat. For each fritter, drop in a tablespoon of mixture, then top immediately with a second. Fry in batches of about 3 at a time for about 3-4 minutes on each side until golden and crisp. Drain and keep warm while making the rest, 12 in all.

■ Melt the butter with the pink peppercorns and let it sizzle slightly then switch off the heat. Slice each mozzarella into 6 slices. Peel the skin off the beetroot – using rubber gloves if you like so as not to stain your fingers – and slice it. You'll need 12 slices. Put a fritter on a plate, top with a slice of beetroot, then a slice of mozzarella, then repeat. Drizzle over the butter and sprinkle with coriander. Serve immediately.

■ PER SERVING 384 kcal, protein 17.8g, carbs 24.4g, fat 24.6g, sat fat 13.1g, fibre 3.1g, salt 1.37g

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