

▶ TOMATO AND BASIL BREAD



▶ INGREDIENTS

225g strong white plain flour
1 x 7g easy-blend microfine yeast
2 tablespoons tomato oil (from the sun-dried tomatoes: see ingredient below)
150ml warm (NOT HOT) water
extra flour (for rolling out)
2 - 3 tablespoons sun-dried tomatoes in oil - drained and chopped
10 - 12 fresh basil leaves

▶ EQUIPMENT

sharp knife
chopping board
mixing bowl
tablespoon
measuring jug
wooden spoon
rolling pin
flour dredger
baking tray (or 23cm round cake tin) - greased

▶ METHOD



1. Put the flour and yeast in the mixing bowl. Make a 'well' in the centre and add the oil and warm water.
2. Stir with a wooden spoon to form a slack dough. Sprinkle flour on to the work surface and knead the dough until it becomes smooth, springy and feels 'silky' to the touch.
3. Flour the work surface and shape the dough into a rectangle. With the rolling pin, roll the dough into a rectangle approximately 30cm x 20cm.
4. With the long side of the dough nearest to you, dot the surface of the dough with the chopped sun-dried tomatoes. Tear the basil leaves and strew them evenly over the dough.
5. With both hands, carefully roll the dough up, encasing the chopped tomato and basil.
6. With a knife, cut the dough into halves, quarters and eighths to create 8 even-sized pieces. Heat the oven to 220°C/Gas 7.
7. Place the bread pieces slightly apart (cut-sides downwards) on the baking tray (or arrange them in the cake tin).
8. Leave the bread to rise for approximately 30 minutes or until it is twice its size.
9. Bake for approximately 20 - 25 minutes until golden-brown. Serve warm.

▶ SPICY CHICKPEA POT



▶ INGREDIENTS

2 onions - finely chopped
2 tablespoons vegetable oil
2 cloves garlic - peeled and crushed
1 teaspoon crushed chillies
1 x 1 inch piece fresh ginger - peeled and grated
1 teaspoon ground cumin
1 teaspoon garam masala
1 teaspoon turmeric
1 teaspoon of vegetable bouillon powder made up to 125ml with boiling water
1 can chickpeas - drained
juice of - lemon
3 tablespoons coriander - roughly chopped
freshly ground black pepper

▶ EQUIPMENT

chopping board
sharp knife
large saucepan with lid
wooden spoon
garlic crusher
grater
teaspoon
can opener
lemon squeezer
pepper mill

▶ METHOD



1. Heat the oil in the pan. Add the onion and fry for 5 minutes until soft.
2. Add the garlic, chilli, ginger, cumin, garam masala and turmeric and cook for 1 minute.
3. Add the vegetable stock and chickpeas. Cover with the lid and simmer gently for 20 - 30 minutes.
4. Stir in the lemon juice and then season with the black pepper. Sprinkle with the chopped coriander.
5. Served hot with boiled rice and pitta bread.