

A potful of love

Wholesome and delicious comfort food created using just one pot – perfect for when you want a quick and easy dish for a night in with friends and family

RECIPES AND PHOTOGRAPHS ©KYLE BOOKS EDITED BY EMMA COXON

On cold, dark winter evenings, all we want is to throw a load of ingredients in a casserole dish, *et voila!*; a wholesome, hassle-free dish to nourish and satisfy. *One Pot Feeds All* by Darina Allen contains recipes ideal for solo cooks, families and anyone wanting to whip up a feast for friends. Try delicious and fragrant 'Keralan fish curry' or hearty and wholesome 'Black-eyed bean, pumpkin and chickpea stew'. For a comforting sweet treat, there's an 'Apple and blackberry tray with sweet geranium sugar' or 'Chocolate fudge pudding with toasted hazelnuts and frangelico cream'. All easy to prepare, eat and wash up!

CHILLI CON CARNE

This one-pot chilli is a classic sharing option for a relaxed evening with friends. Served with homemade guacamole and salsa, it's a crowd-pleaser!

SERVES 6

- 500-725g stewing meat (beef, veal, mutton or pork), cut into 1-2cm cubes
- 2 tbsp extra virgin olive oil
- 225g onions, chopped
- 2-3 garlic cloves, crushed
- 1 green pepper, deseeded and sliced
- 300ml homemade beef stock or water
- 1 tbsp tomato paste
- 1 tsp ground cumin
- 250g red kidney beans, cooked
- Flaky sea salt and brown sugar

FOR THE COLORADO SAUCE

- 6-7 small dried chillies, or 4-5 large fresh ones
- 1 large red pepper, deseeded
- 1 large onion, chopped
- 1 large garlic clove, peeled
- Salt

FOR THE GUACAMOLE

- 1 ripe avocado (Hass if available)
- 1-2 tbsp freshly squeezed lime juice

- 1 tbsp extra virgin olive oil
 - 1 tbsp freshly chopped coriander or flat-leaf parsley
 - Flaky sea salt and freshly ground black pepper
- ### FOR THE SALSA
- 4 very ripe tomatoes, chopped
 - 1 tbsp chopped red or white onion
 - 1 garlic clove, crushed
 - ½ -1 red or green chilli, such as jalapeno or serrano, deseeded and finely chopped
 - 1-2 tbsp chopped fresh coriander
 - A squeeze of fresh lime juice
 - Flaky sea salt, freshly ground black pepper and sugar

1 Start with the Colorado sauce. If the chillies are dried, soak them in a little water for an hour, then slit them and wash out the seeds. Discard the stalks and do the same with the red pepper. Puree all the sauce ingredients in a food

processor, adding some of the chilli soaking water if necessary. If you're using fresh chillies, you may need to add a tablespoon or two of cold water. Season to taste with salt.

2 Heat a splash of extra virgin olive oil in a large casserole over a high heat and brown the meat in batches. Remove to a plate.

3 Add the onion, reduce the heat to medium and fry for 4-5 minutes until soft and beginning to colour. Add the crushed garlic and cook for a minute or two. Return the meat to the pan and add the green pepper and Colorado sauce. Pour in just enough stock or water to cover the ingredients.

Cover with a lid and simmer over a low heat for about 30 minutes, or until the meat is cooked and the sauce has reduced to a thick brownish-red colour. Check the liquid occasionally and if it is reducing too quickly, lower the heat further and top up with water.

4 Add the tomato paste, cumin and kidney beans and season with salt and brown sugar. Simmer for 15 minutes more.

5 Make the guacamole. Scoop out the flesh from the avocado and mash with a fork. Add the lime juice, olive oil and coriander or parsley and season to taste. If you're not serving immediately, cover the surface with clingfilm and chill until needed.

6 To make the salsa, mix all the ingredients together and season with salt, pepper and sugar.

7 Serve the chilli with a blob of soured cream on top and a sprinkle of grated Cheddar cheese and garnish with fresh coriander. Accompany with tortilla chips, the guacamole and tomato salsa. >>>





SAKUMA WIKI – TOMATO AND KALE STEW

There are various interpretations of this Kenyan dish, including 'stretch the week' and 'feed the week' – either way, it's so tasty and simple to prepare.

SERVES 6

- 1 tsp extra virgin olive oil
- 110g onions, sliced
- 1 garlic clove, crushed
- 1 sliced chilli (optional)
- 900g very ripe tomatoes (or 450g fresh tomatoes and 1 x 450g tin of whole plum tomatoes)
- Flaky sea salt, freshly ground black pepper and sugar, to taste
- 1 tbsp chopped fresh herbs, such as thyme, parsley, mint, basil, lemon balm or marjoram (or a mixture)
- 250ml chicken or vegetable stock (or water)
- 250g kale, weighed after the stalks have been removed
- 110g cooked chickpeas (optional)
- Chopped oregano or marjoram, to serve

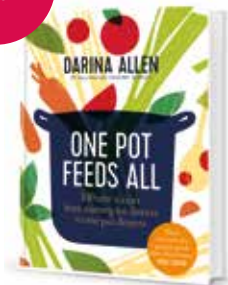
1 Heat the olive oil in a 22cm casserole dish over a gentle heat and sweat the sliced onions, garlic and chilli, if using, for 5-6 minutes until soft. Cover the pan. It is vital for the success of this dish that the onions are completely soft before you add the tomatoes.

2 Remove the hard core from the fresh tomatoes. Put them into a deep bowl and cover with boiling water. Count to 10, then pour off the water and peel off the skins. Cut into slices, reserving the juice.

3 Add the chopped fresh tomatoes (or tinned tomatoes) to the pan and season with salt, freshly ground pepper and sugar. Add a generous sprinkling of chopped basil and cook for 10-20 minutes, or until the tomato softens.

4 Pour in 115ml of chicken or veg stock (or water) and bring to the boil. Add the roughly chopped kale and chickpeas, if using. Bring back to the boil, then cook for 8-10 minutes until the kale is tender. Season to taste. Serve as is, or as an accompaniment to either grilled fish or meat dishes.

Reader offer



One Pot Feeds All by Darina Allen (Kyle Books, RRP £20) is available to *Psychologies* readers for £15, plus free UK p&p. To order, call 01235 759555 quoting the code '9952100038'. Offer subject to availability. Please allow seven days for delivery.

SLOW-COOKED LAMB WITH CANELLINI BEANS

A hearty, rustic stew to warm and sustain you on wintry evenings.

SERVES 6

- 500g boned leg or shoulder of lamb, trimmed of fat and cut into 3cm cubes
 - Flour, for dusting
 - Flaky sea salt and freshly ground black pepper
 - 2 tbsp extra virgin olive oil
 - 50g onions, finely chopped
 - 2 garlic cloves, finely chopped
 - 225g carrot, finely diced
 - 1 stick of celery, finely diced
 - 2 bay leaves
 - A few generous sprigs of rosemary
 - 2 x 400g tins of Italian chopped tomatoes
 - 350ml white wine
 - 350ml lamb stock or water
 - 2 x 400g tins of cannellini beans, rinsed in cold water and drained
- FOR THE GREMOLATA**
- 4 tbsp chopped flat-leaf parsley
 - 1 tsp grated lemon zest
 - Garlic cloves, finely chopped

1 Dust the cubes of lamb with flour and season with salt and pepper. Heat the olive oil in a casserole and fry the lamb in batches until brown. Remove the lamb to a plate and set aside.

2 Add the onions, garlic, carrots and celery to the casserole and cook over a medium heat for 3-4 minutes until the onions are beginning to soften and are slightly golden. Add the lamb.

3 Reduce the heat to low and put in the bay leaves, rosemary, tomatoes, wine and lamb stock or water. Bring to the boil, cover with a lid and simmer gently for about an hour, or until the lamb is tender. Add the beans 15 minutes before the end.

4 To make the gremolata, mix all of the ingredients in a small bowl. Remove the rosemary sprigs from the lamb and serve with the gremolata.

