



7 selected recipes from "Jack Monroe: Good Food for Bad Days" to celebrate Refugee Week.

Join us on our event "World Book Night Cook In" Friday 18<sup>th</sup> June 2021 from 5pm. You can select a recipe, cook, eat, enjoy with people around and don't forget to share photos and send them to us: [hello@calderdale.cityofsanctuary.org](mailto:hello@calderdale.cityofsanctuary.org)

## Chocolate Cherry Oaty Bites (VE)

<p><b>MAKES 12</b></p> <p>2 ripe bananas 25g creamed coconut or butter 1-2 tbsp cocoa powder, to taste 120g porridge oats 75g semi-dried cherries</p>	<p>These take minutes to assemble and a few more minutes to cook. They also keep well, making them ideal nibbly snacks for when you know you should eat something, but what exactly that is evades you. Creamed Coconut is the solid block found in the world food aisles, somewhere between coconut cream and coconut oil, but if you can't find it, butter or coconut oil will do just fine. These bites are pleasantly sweet without being overbearingly saccharine; what would be described as 'a guilt-free snack' in everyday parlance, but I gave up feeling guilty about eating along while ago, so let's just dispense with the shame around certain foodstuffs and call them 'snack'. You can find semi-dried or dried cherries in the baking aisle of most supermarkets, but glacé cherries or any dried fruit will do. Four of these constitutes two of your 5 a day, too, if you needed any further encouragement.</p> <p>First, lightly grease a 12-cup fairy cake tin and set the oven to 160C/ 140C fan/gas 3 with a shelf just below the Centre.</p> <p>Peel your bananas, break them in half and pop them into the large cup of a bullet blender or food processor. Add the creamed coconut, or butter, the cocoa powder and 2 tablespoons of the oats. Blend to a thick paste and scrape every last drop into a mixing bowl.</p> <p>Roughly chop the cherries and add to the bowl, along with the remaining oats. Mix well to coat all of the oats in chocolate sauce mixture.</p> <p>Divide the mixture between the cups of the cake tin and press down firmly with the back of a spoon. Bake for 12-15 minutes, then cool for a further 10 minutes in the tin before removing.</p> <p>Will keep for 3 days in an airtight container if allowed to cool completely before transferring. Not recommended for freezing.</p>
---	---



**Cacio e Pepe V**

<p>SERVES 1          ½ tsp salt          100g spaghetti          Butter, to taste          Plenty of hard          strong cheese, to          taste          Cracked black          pepper, to taster</p>	<p>I first had cacio e pepe in Venice- on a 48-hour bolt away on a whim with my friend Russel, to blast away a creeping depression that was starting to overwhelm me.</p> <p>The trip was impulsive; he was there already and I needed to run away from my four walls for a moment or two, to wander, to east with abandon, to explore and enjoy. We wandered through cobbled streets, drank Negronis with chilli-Stuffed fat olives in bars, stayed out until the small hours and ete pasta several times a day. It was in these short 48 hours that I had my first risi e bisi and cacio e pepe, and I associate both with the conform of being listened to, the wonder of new adventures and the gentle shoulders-down, opulent contentment of the company of an old friend. Cacio e pepe is simple, but no austere. Easy, but the rewards for such little effort are abundant in their dividends. It is simply pasta, butter, cheese and pepper; once you master this recipe, you’re only ever eight minutes from gratifying satiation. Which is quicker, and far cheaper, than a flight to Venice.</p> <p>Bring a medium saucepan of water to the boil and salt it generously. Dro your pasta into it and stir once or twice to shift any pieces that might be thinking about settling on the bottom of the pan. Cover the pan and reduce to a simmer for 8-10 minutes, depending on your pasta.</p> <p>Meanwhile, dice your butter into cubes if it is firm, or scoop up a large spoonful if it is soft. Set to one side. Grate your chesse very finely – plenty of it.</p> <p>When the pasta of soft- and I like this particular dish nursery-soft-drain and quickly return to the pan. Add the butter, most of the cheese and a few generous grinds of black pepper. Serve topped with yet more cheese and paper.</p> <p>This does not keep brilliantly- although saying that cold and slightly stiff cacio e pepe is still preferable to having none at all. If you’re willing to accept a below-par version, you can chill it in the fridge for up to 24 hours. Reheat thoroughly in a pan to serve and loosen with more butter. Absolutely not recommended for freezing.</p>
---	---

**Mashed Potatoes V**



In the inimitable but oft-imitated (as you see here) style of the greatly missed and dearly beloved Anthony Bourdain

<p>SHOULD SERVE 4. FREQUENTLY DOES NOT</p> <p>500g potatoes 150g butter 40ml double cream Salt and pepper, to taste</p>	<p>If you've ever wondered why restaurant mashed potatoes are so irresistibly delicious, it's because they are generally one-part butter to three-part potato. I remember making them for the first time in a restaurant kitchen in Exmouth Market, transfixed by just how much butter a pile of potatoes could take. These potatoes, a tweak on an Anthony Bourdain recipe, are my favorites, and the only ones that will do for me in a time of emotional crisis. I'd like to pretend I halve the recipe or share it, but reader, I would be being dishonest with you.</p> <p>I rarely advocate peeling potatoes for mash, typically preferring them rough and ready, but just this once, I defer to the French way of doing things.</p> <p>So, peel your potatoes, and dice them into around 2cm chunks for a faster cooking time. Place in a large saucepan and cover with cold water, generously salted. Bring to the boil, then reduce to a simmer until cooked-around 15 minutes, depending on the variety of potatoes used.</p> <p>Drain the potatoes, and return to the pan. Mash vigorously, then add a quarter of the butter and mash again. Repeat until your mash is very smooth and all the butter has been incorporated, then stir in the cream. Season to taste and serve immediately.</p>
---	--



## Meatball and White Beans Stew

<p>SERVES 4 GENEROUSLY</p> <p>1 large onion 6 fat cloves of garlic, or 2 tbsp garlic aste</p> <p>1 tbsp oil 1x400 tin of chopped tomatoes 400 ml chicken, veg or ham stock, or use a stock cube and water 500g tinned potatoes 200g tinned sliced carrots 1x400g tin of meatballs in tomato sauce 1x400g tin of white beans 1 tsp dried mixed herbs 1tbsp light-colored vinegar Salt and pepper, to serve</p>	<p>This is a hearty, simple supper, so much more than the sum of its parts. Meatballs in a tin may be considered childish, but they make for a quick and easy standby, and because they are already cooked through in the canning process, this dish can be thrown together in mere minutes. As with all tomato-based stews, it benefits from a resting period to develop the flavour, so if you have time, allow it to cool completely, then bring back to the heat to serve. I sued black-eyed beans in mine when I first made this, as it's what I had to hand at the time, but butter beans would be more substantial, and cannellini will break down to give a creamy base note. So really, any bean will do.</p> <p>First, peel and roughly dice your onion and toss into a large pan. Peel and slice your garlic, or measure in the paste. Add the oil, stir, bring to a gentle heat and cook for a few minutes to start to soften.</p> <p>Pour in the tomatoes and add the stock- or water and a stock cube. Drain and halve the potatoes and add to the pan with the drained carrots, then add the meatballs, including the tomato sauce from the tin. Drain the white beans and add those too.</p> <p>Stir in the herbs and vinegar and season with salt and pepper. Bring to the boil very briefly, then reduce to a simmer and cook for 10-15 minutes to warm through. And that's it! You can cook it for longer if you want to, to thicken the sauce and develop the flavour, but it's ready to eat from now if you like.</p> <p>Keep for 2 days in the fridge in an airtight container. Not recommended for freezing.</p>
---	---



### Peri Peri Black Bean Soup

MAKES 4  
 GENEROUS  
 PORTIONS

120g onion (about  
 1 large onion)  
 1 whole small  
 head of garlic  
 1 tbsp oil  
 1x400g tin of  
 black beans  
 1x400g tin of  
 black-eyed beans  
 or pinto beans  
 1x400g tin of  
 chopped tomatoes  
 600ml chicken  
 stock  
 6 tbsp medium  
 peri peri sauce

It is 2014, I am living in London, working as part of a consultancy job for a high-street chain of popular restaurants. The night is frenzied; sixteen or seventeen dishes strewn across the table, on high chairs, the coffee table cooling on the front doorstep. I scrawl notes on yellow index cards in slopey italics, spattering them with oil and paprika and three kinds of chilli, burning one at the edges in my reckless enthusiasm. It's my first big job of this nature, and I'm a nameless entity, a silent partner, but my ideas are manifested before my eyes, and if I do well, they'll end up on dinner plates across the nation. Unusually for me, I'm not nervous. I'm in my element, creating food to share, and for appraisal. I'm desperately lonely in London, forty miles from friends and family, invisible on the pavements, unknown at the local pubs. I just want someone to tell me I did well, and so, I work through the night, testing and tasting and tweaking and writing, until I can do no more.

The original had shredded chicken folded through at the end; you can do this if you like, but I don't feel it's necessary. You can eat this as a hearty soup, reduce it down for a casserole, have it cold in tortilla wraps, on toast, in toasted sandwiches with lashings of cheese, on top of a jacket potato, or any other way you see fit.

First peel and finely slice your onions and pop into a large saucepan, preferably one with a heavy bottom. Peel the garlic and halve the cloves lengthways, then add them to the pan. Pour over the oil and place on a low heat. Cook gently for 10 minutes, stirring occasionally until the onion and garlic start to soften.

Drain and thoroughly rinse both cans of beans, and tip. Into the pan. Pour over the chopped tomatoes, then the stock. Bring to the boil, then reduce to a simmer, stirring well. Add the peri peri sauce, stir again, and. Cook for 40 minutes, until the beans are very soft and falling apart and the liquid has reduced by a third. Eat immediately or allow to cool completely and chill until needed.

This keeps in the fridge for to 3 days and just improves the longer it's let there – although not for longer than 3 days, as it starts to deteriorate after that. To keep it longer, cool completely, then pop it in the freezer. To microwave from frozen in and 800W oven, microwave on High for 4 minutes, stir and leave to stand for a minute, then microwave on high for 4 minutes more. You may need to adjust the timings to suit your microwave, so these are approximate.



### Fish Crumble

SERVES 2 AS A  
MAIN, 4 AS A  
LIGHT LUNCH

2 tbsp cooking oil  
2tbs plain flour  
350ml milk  
4 tbsp cheese  
1tsp mustard, any  
1x125g tin of  
mackerel,  
preferably in brine  
1x145g tin of tuna,  
preferably in brine  
1x290g tin of peas  
1x300g tin of  
sliced carrots  
2 slices of bread  
1 tbsp lemon juice  
Salt and pepper, to  
taste

This recipe is a different take on a fish pie- a simpler one, as fish pie can be quite an undertaking, and although the end result is homely and comforting, the manner by which it is achieved seems to dirty every pan in my kitchen and exhaust every one of my nerves. And so, I wanted to make a less challenging version, one that was just as satisfying but easier to assemble. Fish and breadcrumbs are a natural pairing – from fish fingers to fishcakes – and the contrast here between the creamy soft filling and the crunchy topping is simply lovely. You can use any tinned fish you fancy and replace the veg or bolster it with sweetcorn or jarred artichokes.

Firs, make your cheese sauce, so it's done and out of the way.

Heat a little oil in a medium saucepan over low heat and quickly stir in the flour to form a thick paste. To prevent this from burning, I use the smallest hob ring and work quickly. Add a splash of the milk to loosen it, beating quickly. Repeat until all the milk has been worked into the sauce and it is smooth and lump-free. Add the cheese and mustard, and turn the heat up slightly to melt it, still stirring. Season with salt and pepper and set to one side to cool and thicken.

Open your mackerel, tuna peas and carrots and drain each well.

If either of the fish are in oil, instead of brine, strain it into a small jar and pop it in the fridge to use for cooking – it adds an umami (savoury) base to onions for puttanesca, for example, or for frying fish in. I keep all of mine in neat little jar like sentries in the fridge doo, labelled with the date of decanting, and instructions to use within 2 weeks. Add the fish and vegetables to the cheese sauce in the pan and fold through gently.

Grate the bread into crumbs, or pulse in a small blender if you have one.

Spoon the fish, veg and sauce into a small ovenproof tin – a 450g loaf tin or 20cm cake tin is perfect. Top with the breadcrumbs and sprinkle lemon juice on top. Finish with a very generous scattering of black pepper. Bake in the oven at 180C/160C fan/gas 4for 15 minutes to warm through and toast the top, and serve hot.

Will keep in the fridge for 2 days, covered, or freeze in portions in freezerproof containers for up to 3 months. Defrost completely in the fridge overnight, then microwave to piping hot throughout to serve.



### Quick and spicy Salmon Noodles

<p>SERVES 1 HUNGRY PERSON WITH LEFTOVERS</p> <p>100g onion or frozen sliced onions 1tbsp fresh root ginger, grated 1 clove of garlic, grated 400ml full-fat coconut milk 1 stock cube 1 tbsp curry powder A pinch of chilli, to taste, Black pepper, to taste 1x170g tin of salmon or jar of salmon paste 100g dried noodles 70g frozen edamame beans or peas A dash of lime or lemon juice</p>	<p>These noodles take mere minutes to throw together, and you can pad them out with veg to make them go further and ramp up their nutritional value – I sometimes like to add a cupful of those small, diced, mixed frozen vegetables and some extra peas, too. Don't be put off by the jar of salmon paste suggestions; I've found it to be a surprisingly versatile ingredient in speedy budget cookery, and it works well here.</p> <p>Measure your onion into a large, heavy – bottomed saucepan. Add the ginger and garlic, and pour over the coconut milk. Crumble in the stock cube and add the curry powder, chilli and pepper.</p> <p>Bring to the boil, then reduce to a simmer. Drain the salmon and tip into the saucepan, or stir in the salmon paste. Stir well to combine, then cover and cook on a vigorous simmer for 4 minutes.</p> <p>Add the noodles and the edamame or peas and replace the lid. Continue to cook for 6 minutes at a slightly less vigorous simmer, then turn off the heat. Allow to stand for a few minutes for the sauce to thicken as it cools and the noodles continue to cook in residual steam.</p> <p>Serve with a dash of lemon or lime juice and extra black pepper, to taste.</p>
---	--