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Apple & Red Lentil Soup

This is tasty soup using store cupboard ingredients.
An additional of this apple crisp garnish adds the final finesse and another dimension - well worth the extra effort!

Preparation Time: 20 minutes Cooking Time: 35 minutes Serves: 6 people

Ingredients

1 tablespoons vegetable oil
Pinch cayenne pepper
1/2 teaspoon ground cumin
2 teaspoons ground turmeric
2 large onions – peeled finely chopped
2 garlic cloves – peeled and finely chopped
3cm piece ginger, peeled, finely chopped
1 large apple (unpeeled) -cored and roughly chopped
300g red lentils
400ml tin coconut milk
Juice of 1 lime
Salt & freshly ground pepper – to taste

Garnish:

Toasted coconut flakes, sprigs of coriander leaves
Apple crisps – just slice an apple, skin on into slivers – bake 150C, 40 minutes or until golden and crispy!
Lime zest

Method

1. Heat oil in a large saucepan over medium-high and stir in the cayenne, cumin, and turmeric, stirring, until fragrant, about 1 minute.
2. Add onion, garlic, and ginger and cook, stirring, until softened, about 8-10 minutes.
3. Add apple and lentils and stir to coat.
4. Stir in coconut milk and 1.2litres water and bring to a boil.
5. Reduce heat and simmer, stirring occasionally, until lentils are completely soft 20–25 minutes.
6. Add lime juice and season with salt and pepper.
7. To garnish: Sprinkle with coconut flakes, sprigs of coriander, apple crisps and lime zest.

Denise's KITCHEN

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Spanish Chicken

The combination of the smoked paprika and the spicy chorizo sausage gives this Spanish chicken recipe its distinctive flavour and rich colour.

In Spain, paprika is known as pimentón, and is quite different in taste; pimentón has a distinct, smokey flavour and aroma, as it is dried by smoking, typically using oak wood. Pimentón is a key ingredient in several Spanish sausage products, such as chorizo, as well as this one!

I like to serve this dish with plain rice garnished with sprigs of parsley and lemon wedges.

Preparation Time: 25 minutes Cooking Time: 40 minutes Serves: 6 people

Ingredients

6 chicken breasts – skinned	450g salad tomatoes – skinned, quartered and de seeded
2 tablespoons smoked paprika	Pinch saffron
2 tablespoons olive oil	100ml white wine
3 cloves garlic- peeled and roughly chopped	200ml chicken stock
1 red onion – peeled and sliced	6 small Kabanos (smoked sausage) – sliced
2 red peppers – deseeded and roughly chopped	Salt and freshly ground black pepper – to taste
1 red chilli – deseeded and finely chopped	
1 lemon – sliced	

Garnish: Sprigs of parsley
Lemon wedges

Method

- 1) Dust the chicken breasts in the smoked paprika so that they are evenly coated.
- 2) Heat a large frying pan with olive oil. Sauté the chicken breasts about 4 minutes on each side until they are golden. Remove and set aside.
- 3) Add the onion, garlic, peppers and chilli and cook for 2 minutes until just softened.
- 4) Return the chicken to the frying pan. Add the tomatoes, saffron, lemon, wine, stock, and sausage.
- 5) Bring to the boil, reduce the heat, cover and simmer for 25 minutes or until the chicken is cooked.

To serve the stylish way: Dust the plate with smoked paprika, spoon on the cooked rice and ladle the Spanish chicken on top. Garnish with sprigs of parsley and lemon wedges.



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Spiky Vanilla Apple Loaf

In my household, Rosh Hashonah is a big celebration with lots of sweet treats. This is a firm family favourite and quick to make. Enjoy as a dessert or for tea. Using store cupboard ingredients, it is an excellent recipe to use when time is running out!

Preparation Time: 15 minutes Cooking Time: 1 ½ hours

Makes: 1 loaf (serves 6 - 8)

Ingredients

3 apples, peeled, cored and cut into 2 cm slices

1 tablespoon sugar

1 teaspoon ground cinnamon

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100g caster sugar

185g margarine

4 large eggs

1 teaspoon vanilla extract

200g plain flour

1 teaspoon baking powder

Pinch salt

Method

1. In a large bowl, combine the apples, 1 tablespoon sugar and cinnamon.
2. In the food processor, cream the margarine and sugar until light and fluffy.
3. Add eggs, one at a time, beating well after each addition. Add vanilla. Combine flour, baking powder and salt; gradually add to creamed mixture and beat until smooth.
4. Transfer to a greased and lined 2 kg loaf tin.
5. Push apple slices vertically into batter, placing them close together.
6. Bake at 150 C for about 1-1/2 hours or until a toothpick inserted near the centre comes out clean.
7. Cool for 10 minutes before removing from tin to a wire rack.