

# The **ox.net** Cookbook

edited by: Simon Cozens

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## 0.1 Introduction

I don't know what I enjoy most about `ox.food+drink`: it could be the variety of styles and recipes—from East to West, from grandiose to slobbish, from sublime to ridiculous. It could be the hackish humour. It could be the sense of discovery, both of interesting new recipes and interesting facets to the repertoires of my fellow posters. But what every it is, I have thoroughly enjoyed compiling and editing this collection of its finest recipes.

To give credit where it's due, most of the compilation work was done by Kake Pugh, who creamed off the best of the posts onto the `ox.net` web page—and, of course, created many of the recipes contained in here. I've restricted myself to arranging, typesetting and generally tidying up the format of the recipes. Even so, there will be the inevitable errors and inaccuracies in this book; the cookbook is an Open Source project, and you can mail me corrections. You can also obtain the current sauces, uh, sources to the project for yourself at <http://cvs.simon-cozens.org/viewcvs.cgi/?cvsroot=Cookbook>.

But at any rate, here—finally, after nearly three years in the making—is the first edition of *The ox.net Cookbook*. Of course, it does not stop here; both Kake and myself, and, of course, the `ox.net` community as a whole, are eagerly awaiting more of your favourite recipes to add to the next edition of this cookbook!

As a final note, please note that many of these recipes date from an earlier age of `ox.net`, and hence many of the email addresses for contributors are no longer current; you're probably best directing queries to `ox.food+drink` directly.

And as a really final note—*bon appetit!*

Simon Cozens

December 2002



# Chapter 1

## Starters

### 1.1 Carrot & Onion Spiced Rice

*Contributed by: [pemb0468@sable.ox.ac.uk](mailto:pemb0468@sable.ox.ac.uk) - Simon Cozens*

I can't remember this properly - I'll have to check the recipe, which I didn't have since I wasn't cooking but it went something like this:

#### **Algorithm**

1. Grate a carrot and half an onion.
2. Add 1 tsp. cumin, 2 tsp. coriander, 4 pods of cardamom.
3. Fry on a low heat with a little bit of water.
4. Add rice and some more water.
5. Add cashew nuts to taste and serve. ■

### 1.2 Fried Salad

*Contributed by: [paul.stevenson@balliol.ox.ac.uk](mailto:paul.stevenson@balliol.ox.ac.uk) - Paul Stevenson*

This is called "fried salad," and ought to be renamed to sound more appetizing. It's really nice, honest. Take the following:

- Some cooked brown rice - about as much as you think you would need for a rice-based meal for the number of people you are cooking for.
- Some amount of the following, so that the rest of the ingredients outweighs rice about 2-1:
  - Cooked black beans, or kidney beans, or your favourite bean, Or some tofu
  - A carrot or two
  - Celery
  - Something leafy - spinach or lettuce or some other edible leafy thing.
  - Onions (can be spring onion, if you like)
  - Leek
  - Actually, just about any vegetable, but definitely include the beans, the leaves and the carrot.

Toss the above in a big bowl.

Now, heat some pumpkin seeds in a frying pan, with a teensy-weensy bit of oil. They will go pop, and many of them will fly out of the pan onto the floor, unless you have a lid.

After the seeds have stopped popping, put some more oil in, and start putting in the salad mixture, with a little bit of soy sauce. It's best to put in a wee bit at a time, fry it, and then push it to the edge of the pan and add more to the middle.

When it looks ready, serve it with anything you think will go nicely with it. Roast potatoes (par boiled first, I don't care) and brussel sprouts go with it quite well.

### 1.3 Garlic Soup

*Contributed by: phys0060@ermine.ox.ac.GUBBINS.uk - Colin Blackburn*

Here's a garlic soup for these cold winter nights.

Heat 4 tbs of olive oil over a medium-low heat, sweat 3 heads of garlic (their cloves peeled, but not chopped) for a few minutes, you could add a pinch of saffron with the garlic if you are feeling wealthy.

Add 3 pints of vegetable stock, bring to the boil, season and then simmer for 15 minutes.

Let the broth cool a little and then liquidise to a smooth consistency.

Bring back to the heat, season further if necessary and add some (a lot of!) chopped chives (or parsley) before serving, with garlic bread :-)

You can use more garlic if you wish, this doesn't affect the taste, which isn't as overwhelming as it might sound, but does result in a soup with a richer, more velvety texture.

### 1.4 Hummous and Veg Pasta Sauce

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

You can fiddle with this lots. The first time I made it, I just used broccoli, hummous and sundried tomatoes, and it was lovely.

#### Ingredients

- some green veg, eg 1 courgette
- 1 clove garlic (optional)
- $\frac{1}{2}$  tomato (optional)
- tabasco, Encona or other chilli sauce (optional)
- some veg stock powder, preferably good stuff like Marigold (optional)
- some big spoonfuls of hummous
- other stuff you could include: sundried tomatoes, olives, fresh herbs, lemon juice.

#### Algorithm

Microwave or otherwise cook the courgette until quite soft. Chop the garlic. Whizz it all up in a blender. Mix with cooked pasta. ■

I use a Braun hand blender. It's spiffy and lovely and only about 15 quid. Everyone should have one. You can blend things right in the pan, and then wash the blender under the tap.

# Chapter 2

## Main courses

### 2.1 Cabbage Curry

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

#### Ingredients

- finely-shredded white cabbage
- grated carrot
- finely-sliced onion
- curry powder
- sunflower oil

Fry it all up until cooked. Yum.

### 2.2 Cheesy Chicken

*Contributed by: ce@comlab.ox.ac.uk - Craig Eldershaw*

Bake chicken, when cool, remove skin, fat, bones and skin. Shred the remains. Slice potatoes and lay on bottom of baking dish (deep is good). Dot potatoes with butter and bake until browned. Remove and cover with shredded chicken meat.

Prepare a white sauce with: white wine, mustard, mayonaise, chilli (either powder, or finely chopped dried ones), pepper and cheese. (yes, I know it sounds an odd combination, but who is telling this recipe?) Proportions ? Ummm. . . that much of each. When an even consistency, pour over the chicken and potatoes.

Cover with more cheese and bake until cheese browns nicely.

Tastes even better when reheated the next day. A vastly inferior vegetarian version is available by substituting cauliflower for the chicken.

### 2.3 Chickpea and Vegetable Stew

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

Serves 3 or 4

#### Ingredients

- sunflower oil
- 2 medium potatoes, peeled and chopped

- 1 carrot, peeled and chopped
- 3 or 4 or 10 cloves garlic, chopped
- some okra, broccoli, peppers (red or green), mushrooms, courgette, cauliflower, green beans and other such things, chopped. Use your judgement for amounts.
- 1 tbsp ground curry spices (eg coriander, cumin), mixed with just enough water to make a paste
- a big squirt (4 tbsp?) tomato puree
- 1 can chickpeas
- some veg stock powder

**Algorithm:**

Fry the potatoes and carrot in some oil until they're getting a bit crusty - 10 minutes-ish. Add the other veg and the garlic and fry for a bit longer. Add the curry spices and fry for a bit longer. Add the tomato puree, chickpeas, stock powder and some water (but not too much). Cover and simmer until veg are cooked and sauce is thick (the okra does that bit).

Serve with rice, couscous, bagels, bread or other stuff.

## 2.4 Fish and potato thing

*Contributed by: mert0236@sable.ox.ac.uk - Thomas Womack*

**Ingredients**

Two medium-sized potatoes, one boil-in-a-bag cod in butter sauce sachet.

**Algorithm**

Peel potatoes, chop into fairly small bits, put in saucepan. Add bag of boil-in-a-bag cod. Fill with water. Put on lid. Leave on fairly hot stove for half an hour. Go off and read IRC.

The potatoes will now be nice and soft, and the cod cooked and covered in butter sauce. Drain off the water. Open the bag, pour out the cod and sauce, and mash everything together.

Put the mixture into a cake tin, so it's fairly flat, and cook under a hot grill for a while to get it nice and brown on top. ■

Serve with brightly-coloured vegetables (peas and carrots is easiest). If you haven't greased the cake tin, the easy way of getting it out is to cut it into fork-width strips and take them out one by one with a fork.

## 2.5 Green Beans In Black Bean Sauce

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

From the FATFREE vegetarian archive at <http://www.fatfree.com/> [*Kakenotes in square brackets*]

Date: Fri, 14 May 93 18:27:22 PDT

From: ""Michelle R. Dick""

This is a **fabulous** dish. It is a rich dish for special occasions (fermented black soybeans are high-salt and high-fat). The recipe here is adapted from one in *Sundays at Moosewood Restaurant* (the best of the Moosewood cookbooks, IMHO).

**Ingredients**

- 1 lb. fresh green beans, trimmed
- 4 garlic cloves
- 2 jalapenos or other hot chiles

- 2 tbsp. fermented black soybeans
- 3 tbsp. rice vinegar
- 2 tbsp. tamari (or soy sauce) [*Kikkoman soy*]
- $\frac{3}{2}$  tsp. potato starch (or cornstarch) [*I used potato starch*]
- 1 tbsp. brown sugar
- 2 tbsp. sake or other rice wine [*I didn't have any; left this out*]

#### Algorithm

1. Cut the green beans into equal lengths of about 1.5 inches. Blanch the green beans for 3 minutes. Set aside.
2. Mince the garlic. De-seed the jalapenos and finely dice. Mix together the garlic, jalapeno, and black beans. Set aside.
3. Mix together the rice vinegar, tamari, starch, sugar, and sake. Set aside.
4. Fill a glass with water [*I used the hot water I'd just blanched the beans in*] and set handy next to the stove. Put a skillet [*I used my lovely nonstick frying pan*] over high heat. When the pan is hot, dump the garlic mixture into the pan. Stir fry for one minute, adding water as the mixture begins to stick—add just a little at time.
5. Add the green beans and stir fry for 5 minutes, again adding water just as needed. Add the vinegar mixture [*I added a big splash of stock as well, because potato starch thickens lots*], mixing until evenly coated and sauce thickens. Serve immediately. ■

Serves 2 [*more like 4 or 5 as a side dish*]

## 2.6 Grilled Wombat

*Contributed by: pemb0468@sable.ox.ac.uk - Simon Cozens*

Kate Pugh (ox.food+drink):

> Subject: Grilled Wombat

>

> Nobody else reads this one any more, do they?

Yes, but you forgot your recipe.

#### Ingredients

- 1 Wombat, dead
- 4 tbsp. wholegrain mustard
- 1 tbsp. balsamic vinegar
- 1 tsp. lemon juice
- 2 tbsp. mayonnaise

#### Algorithm

1. Mix together the mustard, vinegar, lemon juice and mayonnaise, add salt and pepper to taste.
2. Skin the wombat and coat with the pepper mixture.
3. Grill for 10 minutes on each side. (Adjust for size of wombat.)
4. Serve on a bed of thinly chopped lettuce. ■

## 2.7 Hainanese chicken rice

*Contributed by: nospam@feeble.keble.ox.ac.uk - Iamb*

I don't know if it's really made in Hainan, or if it's only an invention of Hainanese immigrants to SE Asia, but it's yummy.

### Ingredients

- One whole chicken (to fit pot)
- Rice (white)
- Soya sauce
- Sesame oil
- Less than one ginger
- Say 5-6 cloves of garlic
- Optional chicken stock cube (evil, but sometimes lifesaving)

### Algorithm

1. Wash rice and drain completely dry (leave in sieve for a while to completely drain off water).
2. Boil enough water in pot to completely submerge chicken. When water is boiling, put chicken in. Bring water to boil again. Once water is boiling, turn off fire. Cover pot. Leave for 20 to 25 mins. Repeat process - ie bring water to boil, turn off fire, cover and leave for 20-25 minutes - once or twice. Purists insist that after every 20-25 minute interval, the chicken should be taken out of the pot and cooled by cold water before re-immersion... don't know why.
3. Remove chicken and run under cold water. When cool, chop across grain and arrange on plate. Then sprinkle a mixture of soya sauce and sesame oil on chicken.
4. Use chicken stock to boil rice. Add pieces of ginger and cloves of garlic. Also salt. If you want more flavour in rice, dissolve a cube of chicken stock and add to rice.
5. Enjoy!!! ■

## 2.8 Laksa

*Contributed by: nospam@feeble.keble.ox.ac.uk - Iamb*

Laksa is a hot and spicy noodles dish that is traditional in the part of Southeast Asia I come from... Most of the ingredients are available at Lung Wah Chung.

### Ingredients

- Mee and beehoon (various Chinese noodles - as much as you want but roughly 2:1 by weight proportions - thick ones are best)
- Beansprouts
- Fried bean curd (a.k.a. tauhu pok)
- Coconut cream
- 5 cups water
- 4 tbsp. oil

- salt to taste (lots)
- and for non-vegans, shredded chicken (you could boil it first and then shred, which is easier) and fishcake... if you're a vegan, just use more beancurd

Blending ingredients

- 4 stalks serai (lemongrass)
- 1 thumbsize piece lengkuas (looks like ginger)
- 6 buah keras (I don't know what it is and neither does LWC...)
- Chillis (I used five small fresh ones and it was bleeding hot)
- 2 tbsp. tumeric powder
- 1 thumbsize piece ginger
- 10 shallots
- 6 cloves garlic
- $\frac{1}{2}$  piece blachan (I don't know if LWC has it, I used my own blachan chilli instead, which probably contributed to the hotness - Jon, this might be the fishiness you detect in your dad's recipe)
- Limes for garnishing

### Algorithm

1. Blend the blending ingredients. Properly you're supposed to pound them with a mortar and trestle, but in the absence of that a blender will do. Make sure it is properly blended though, as hardened lemongrass or knobs of ginger sticking in the soup aren't very pleasant propositions; to this end, I'd suggest cutting both really small before starting blending.
2. Heat the oil in a deep saucepan. Fry blended ingredients until fragrant. Add a third of the coconut cream and one cup water and bring to boil.
3. Add the next third of the coconut cream, 2 cups water, beancurd, fishcakes and chicken and continue until these are cooked.
4. Lower heat and add the last of the coconut. Add salt and taste. Simmer over very low heat and do not boil.
5. Put the two noodles and beansprouts in another large saucepan to parboil. Do not overcook, as the noodle then become gooey. Divide into individual bowls, and then pour in the gravy.
6. Squeeze half a lime into each bowl if desired. Serve hot. ■

I got the recipe from my mum but for some reason it doesn't taste quite the same as the laksa we get back at home. To my mind it tastes more like another traditional SEA dish called 'lontong' (which I would usually prefer anyway). So, in my usual fiddle-with-the-recipe way, I'm offering a theoretical variation on the recipe which ought to get you lontong.

### 2.8.1 Lontong

As before but:

- No noodles, no beansprouts and no chicken. Some lontong I've had has fishcake but this is rare; lontong tends to be a vegetarian dish.
- Instead, use lots of cabbage and whole long beans. A variety of beancurds; usually the fried spongy ones are best, as they soak up the gravy, though whole whites could be added also - cut to mouthsize. Some thinly-sliced carrot-sticks are optional. Boil the veg, usually in the gravy (or you could do it separately), until soft - this is the key, for lontong requires hardly any effort to eat.
- Ricecakes; about four per serving. This is **essential**. Without it, your concoction wouldn't be lontong. Do not use regular boiled rice - it will crumble into the gravy, whereas ricecakes don't.
- One egg, boiled hard and sliced into two, inserted at point of serving. This is traditional, though vegans leave it out.
- Add half as much coconut again during the cooking of the gravy, and more water. The gravy is usually thin in body.
- Add assam (which is a kind of shrimp juice) into the gravy, and to the blending ingredients add some dried shrimps.
- No limes.

## 2.9 Leek & Potato Soup

*Contributed by: nsweeney@jesus.ox.ac.uk - Nick Sweeney*

This is really really simple, and it makes an ideal tum-warmer for the spring. It tastes even better the day after you make it, and it freezes well, too. Cobbled from a Nigel Slater recipe, but made optionally vegan/vegetarian. And I'm never very good with exact quantities: this made four big servings.

### Ingredients

- 1 medium onion
- 2 cloves garlic
- 2 small leeks
- 1 lb. floury potatoes
- olive oil
- 1 pint vegetable stock
- salt & pepper
- creme fraiche (optional)

### Algorithm

1. Finely chop the onion and garlic (add more cloves if you're garlically-enclined) and sweat them off in a saucepan with a little oil.
2. Finely chop a couple of small leeks, add them to the onions and garlic, and keep covered on a low heat until they're translucent and soft.

3. In the meantime, dice about a pound of floury potatoes and parboil them for about 10 minutes to get rid of some of the starch. add to the onion/garlic/leek mixture with the vegetable stock, bring to the boil and simmer until the potatoes are tender. Add salt and pepper to taste: celery salt is also quite a nice addition.
4. Finally, if it's not against your religion, stir in a generous dollop of creme fraiche for a bit of silky luxury. ■

Serve piping hot with melted cheese on thick toast, etc.

## 2.10 Pasta with Green Things

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

### Ingredients

- Soya marge (I do not claim that this won't work with butter)
- Green veg, cut into thin sticks (courgette, green beans and broccoli are nice)
- Garlic and spring onions, finely chopped
- Pasta shells, cooked (I think this shape works best)
- Tomato sauce like Ragu from a jar if you want

Melt the marge in a frying pan, then add the green veg a handful at a time, putting in the things that take longest to cook first. Put the garlic and spring onions in about 10 minutes before you're going to stop cooking it (veg for one person takes about 12-15 minutes).

When the veg is as soft as you like it, stir in some black pepper and a bit of decent stock powder (like Marigold brand; or you could just use salt, or just leave it out). Add a bit more marge and melt it, if you like.

When it's done, either mix the veg in with hot cooked pasta and serve like that, or mix the pasta with some tomato sauce and serve the veg on top.

## 2.11 Pheasant

*Contributed by: xelah@ferret.lmh.ox.ac.uk - Alex Hayward*

Since pheasant is dirt cheap in Oxford in the winter I've found that I can eat this for \$1-1.25-ish a time... (well, a little more if you count things other than the pheasant):

Cut the meat off one side of a pheasant and remove the bones from the leg. This can take a little while, but gets easier with practice. I can now do it in less than about 15 minutes, though I'm sure other people could do better... They sometimes contain pieces of shot, too, so check it for those. There are a lot of fine pieces of bone/whatever in the ends of the legs which aren't nice to get in your mouth...

Put it in a tub/bowl just wide enough to hold it. Put in a clove of garlic, a tablespoon of lemon juice (though I *do* tend to use the stuff habitually when it comes to meat...), two largeish teaspoons of thyme, a bay leaf, 2-3 tablespoons of balsamic vinegar and 2 tablespoons of sesame oil. Mix it up and leave it for about ten minutes. I've no idea if this makes any difference... I just find that coating meats in lemon often makes them more tender.

Add enough wine to cover the meat (though make sure it's not *too* little, it'll later form a sauce). Leave for at least half an hour.

Preheat a convenient oven to its highest temperature. Take the pheasant out of the marinade and put it in a dish in the oven for about ten or so minutes. Then take it out and pour the marinade over it. Put it back in for about five minutes. Then take it out and put it on a plate. Put the dish with the marinade in on the hob and boil it for about a minute. Then pour it over the pheasant.

## 2.12 Tesco's Frozen Pizza

Contributed by: *ganesh.sittampalam@magd.ox.ac.uk* - Ganesh Sittampalam

Preheat oven to 190C, place on baking tray for 25-30 minutes.

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Contributed by: *idaniel@jesus.ox.ac.uk* - Illtud Daniel

Remember to remove from packaging.

OTOH, if it's a Tesco's "value" pizza, you may be better off leaving it in the shrinkwrap.

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Contributed by: *stephen.gower@stcatz.ox.ac.uk* - Stephen Gower

It might also be useful for the baking tray and the pizza to be in the preheated oven for those 25-30 minutes, but YMMV.

---

Contributed by: *dave@earth.li* - David Sheldon

Are you sure it needs the baking tray? I think you get a crispier bottom if you put it directly onto the shelf. If you don't like burnt cheese on the bottom of your oven then trap a sheet of aluminium foil between two shelves in the oven, or on the bottom. If you put it on the bottom and you have a fan oven, you will need to weight it down with something eg. a fork.

## 2.13 Prawn Sizzler

Contributed by: *adrian@merlin.keble.ox.ac.uk* - Adrian Baugh

Here's another recipe for you. It's very healthy, extremely easy to make and one of the finest tasting dishes I've ever had. The recipe is not precise because it's really easy to do variations on the theme depending on what you like. Note: weights aren't really my strong point. I cook free-style. I think the original name is "Gambas al aguillo" or something. It means prawns with garlic, anyway.

### Ingredients

- Prawns (I prefer the really tiny ones, but you could use king prawns or similar instead. Heck, you could use a *lobster* if you had one handy!) You'll need as many as you think you can eat.
- Garlic. As fresh as possible; between 1 and 2 cloves per person.
- Olive oil. Use the best olive oil you can get your hands on - this makes or breaks the dish.

### Algorithm

1. Allow the prawns to thaw out.
2. Chop the garlic finely.
3. Put the olive oil in a large frying pan and heat it until it is almost boiling.
4. Now add the chopped garlic and simmer for a while (until the garlic flavour has transferred to the oil - you can test this by tasting the oil on a bit of bread). If the garlic starts to go black, get it out of there fast! Once the oil is sufficiently garlic-flavoured, get the bits of garlic out (this can usually be done with a spatula).
5. Keeping the oil simmering, add the prawns and cook for a few minutes until the prawns look ready. (Probably about 5 minutes, but it'll depend slightly on the prawns you were using.) ■

### Serving

Serve the prawns in a brulée dish (or similar) still covered with plenty of garlic oil, with freshly baked french bread to dip in the oil.

## 2.14 Roast Vegetable Lasagne

Contributed by: *corp0141@sable.ox.ac.uk* - *Kake Pugh*

### Ingredients

- Enough cut-up vegetables to fill your lasagna pan (they will shrink) - eg mushrooms, peppers, aubergine, cauliflower, broccoli, courgettes
- Flavourings: olive oil, dried herbs, soy sauce, ground spices
- Some sheets of lasagne
- A big jar of pasta sauce (the Meridian (?) organic one from Sainbury's is **stunning** )
- Simon's vegan cheese sauce (remind him to post this, please)

Put the veg and flavourings in a deep dish and mix well. Cook at Gas 4 / 180C / 350F for about an hour until nice and soft and cooked, stirring well 2 or 3 times.

Layer them in a lasagna pan; [veg, sauce, lasagne] repeated as necessary. Get Simon to make cheese sauce and pour it over the top.

Bake, covered with foil or something, for 20 minutes. Uncover and bake until top is brown and pasta is soft.

You can use the roast veg for other stuff, eg put in tomato pasta sauce; or in sandwiches with avocado or hummous; or just eat them on their own, or with couscous or something.

## 2.15 Leftover salsa and being hungry at 3am

Contributed by: *corp0141@sable.ox.ac.uk* - *Kake Pugh*

Yes, this recipe really is called *Leftover salsa and being hungry at 3am*

### Ingredients

- enough pasta for 2 people
- $\frac{1}{2}$  a medium courgette, grated
- a couple of Kake-handfuls of destalked spinach, rinsed
- most of a jar of Phileas Fogg barbecue salsa, free from Vicky Wines on George Street with 2 packets of PF snacks (eat the snacks separately)

### Algorithm

1. Cook the pasta; about 2 minutes before it's done, put the courgette and spinach in too. Mix well, cook till done. Drain well and mix in the salsa.
2. Feed half of it to Ganesh<sup>1</sup> and eat the rest yourself. ■

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<sup>1</sup>Optional.



Take a potato - one of the large ones sold as 'baking potatoes' in Sainsbury's is about the right size, or use multiple smaller ones.

Peel it, cut it into about a dozen pieces, put on to boil.

Boil for about half an hour, or until you can stick a fork through randomly-chosen pieces fairly easily.

Remove from the heat, drain.

Add a bit of butter, mash up.

Add an egg, mix until well-mixed - this is important to stick the things together.

Here the path forks, depending whether you want cheesy potato cakes or tuna potato cakes (add grated cheese, mix until well-mixed) (add about a quarter of one of those large tins of tuna, having drained off the noxious soya oil). Or you can do both, but in that case you should make the cheesy ones by putting some of the grated cheese on a plate and rolling lumps of the potato in it first, then add tuna to the remaining potato mix and stir - it's not really practical to make the tuna ones one at a time unless you cut up the tuna very fine first, which is too much effort.

Take a fairly large plate and put some flour on it, also a smaller plate with some flour on it. Take reasonable-sized handfuls of the mix, and roll them into roughly ball-shaped things covered with flour on the smaller plate, then store them on the larger plate. This is messy, but fun; you will have to wash your hands frequently.

One large potato made six reasonable-sized balls.

Take a frying pan, melt too much butter in it or add a fair quantity of cooking oil, and fry the balls in it until the outsides are turning brown. This may be difficult for the cheesy ones since the cheese sticks to the bottom of the pan, so you probably don't fry those so much.

Eat - they probably need a vegetable, but frozen peas are fine.

I had these for supper today, and they're really nice.

## 2.19 Vegetable Vindaloo

*Contributed by: teaman@feeble.keble.ox.ac.uk - Adrian Baugh*

Here's my second ox.net recipe, by request from Kake. It's Vegan, and it's good for you. (Well... Watch out for storm force wind, but apart from that!)

(Serves about 8)

I don't know whether this is anything like a real Vindaloo (I forgot the onion and vinegar, but it had garlic in and was quite hot...) Sorry for the large quantities, but I'll probably get the proportions wrong if I try converting them at this hour.

### Ingredients

- 4 green chillis (mild)
- 6 cayenne chillis (hot)
- 4 bird eye chillis (v. hot) (Adjust the chilli to taste...)
- 2 bulbs garlic
- 6 or 7 plum tomatoes
- Pepper
- Stem ginger
- Powdered turmeric
- 2 tablespoons of coriander (a bit more if you're using fresh stuff)
- A few cardamom seeds
- 3 carrots

- 2 large courgettes
- About 5 potatoes
- Cauliflower, broccoli (very approx. 500 g. total)

### Algorithm

1. Slice all the chillis.
2. Break the garlic into cloves, peel and chop finely.
3. Fry the garlic in a bit of olive oil until it just starts to crisp.
4. Coarsely chop the carrots and potatoes, slice the courgettes and chop the cauliflower and broccoli into bite-sized bits.
5. Lightly boil the carrots, potatoes, cauliflower and broccoli until they start to get soft (remember to add a pinch of salt!).
6. Stick the tomatoes in a blender and add a little of the garlic to this, along with a bit of pepper and half the coriander.
7. Put the potatoes, carrots, cauliflower, broccoli and the courgettes into a large pot, add the garlic, the chillis (remember the seeds . . .), the tomatoey mush, a chunk of ginger chopped up a bit, the rest of the coriander, and sprinkle lightly with a few crushed cardamom seeds.
8. Add a little water and cook with the lid on the pot for a while. ■

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This produced the original dish. It may not be quite authentic vindaloo; here are a few improvements - select "Experimental" to view :)

- Try adding a bit of vinegar with the water when you give the curry its final cook.
- Try adding a chopped onion (I meant to do this, but I'd used all the onion in another dish).
- Add more chilli! You know you want to... (I was cooking for other people than just myself.)
- Try adding mushrooms.
- Try different spices (cloves, cinnamon etc.)

I served this with Ekuri (an egg thing I'll describe later), rice, naan bread and poppadoms. Oh, and lime chutney. And beer. :)

## 2.20 Winter Vegetable Crumble

*Contributed by: ray@bench.oucs.ox.ac.uk - Ray Miller*

### Ingredients:

For the topping:

- 4 oz. wholemeal flour
- 3 oz. butter
- pinch salt
- 4 oz. grated cheddar cheese
- 2 oz. rolled oats

- 1 oz. sunflower seeds

For the filling:

- 1 medium onion
- knob of butter
- 2 carrots
- 2 parsnips
- small swede
- $\frac{1}{2}$  pt. water
- $\frac{1}{2}$  pt. sweet cider
- $\frac{1}{4}$  cauliflower
- small head broccoli
- 8 oz. cooked black-eye beans (or butter beans, or kidney beans, or...)
- 1 tin plum tomatoes (400 g.)
- 1 tbsp. flour
- 2 tbsp. chopped parsley
- salt and pepper to taste

**Algorithm:**

1. Peel and finely dice onion. Melt butter and fry onion until soft and golden. Set aside.
2. Peel and slice carrots and parsnips. Peel swede and chop into  $\frac{1}{2}$ " cubes. Place vegetables in pan with water and cider, bring to boil, simmer for 10 minutes. Drain and set aside vegetables, reserving liquid.
3. Cut cauliflower and broccoli into florets. Steam for 10 minutes.
4. Drain and chop tomatoes, adding juice to reserved liquid.
5. Mix flour with a little water and add to reserved liquid. Place over low heat and stir continuously until it comes to boil and thickens. Stir in chopped parsley.
6. Combine onion, vegetables, tomatoes and beans; place in greased casserole and season well. Pour over sauce.
7. Rub butter into flour until it resembles fine breadcrumbs. Stir in salt, oats, cheese and sunflower seeds. Sprinkle over vegetables and press down a little.
8. Bake in pre-heated oven (Gas 6, 200C, 400F) for 35-40 minutes. ■

Ideal served with roast potatoes & steamed leafy greens.



# Chapter 3

## Sides

### 3.1 Aubergine Salad

*Contributed by: spet0528@sable.ox.ac.uk - Adam Bernard*

Hummus alternative:

**Ingredients:**

- 1 Aubergine
- Olive Oil
- Lemon Juice
- Mayonnaise (optional)
- 1 clove garlic
- Chili
- Seasoning

**Algorithm:**

1. Slice an aubergine (salt, drain, and rinse if you like).
2. Fry it in olive oil<sup>1</sup>.
3. Put in food processor with mayonnaise, garlic and fresh chilli to taste. Process (chop/puree/blend/mash). Mayonnaise is optional.
4. Fridge. ■

This is very popular in Israel, where it goes under the unimaginative name of ‘salat chatzilim’ (Aubergine salad) I have not tried it with chips. If it works with chips let me know.

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*Contributed by: spet0528@sable.ox.ac.uk - Adam Bernard*

I forgot adding lemon juice and oil until it's thin enough, whilst pureeing it.

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*Contributed by: idaniel@jesus.ox.ac.uk - Illtud Daniel*

If you're cookin' with natural gas, then simply smear the aub with butter (use your hands, get tactile) and place in the gas flame on the hob (highish flame) till the skin blackens and cracks. Two minutes, tops, and it's less greasy than frying.

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<sup>1</sup>You can just cut aubergine in half, grill/bake for ages, and then scrape off skin instead of frying but this takes too long for me to be bothered. And my oven's not working.

## 3.2 Baba Ganoush

*Contributed by: [cgb@physiol.ox.ac.uk](mailto:cgb@physiol.ox.ac.uk) - Colin Blackburn*

**Ingredients:**

- Aubergines
- Garlic cloves, crushed
- Lemon juice
- Olive oil
- Tahini
- Seasoning to taste

**Algorithm:**

Roast some whole aubergines until the skin is black and crispy all over. This is easiest done under a hot, controllable grill, but it can be done over an open flame if you are brave. Then rub/break off the skins and cut off the stalky bit. Now just imagine this is your chickpea mash, add crushed garlic, lemon juice, tahini and olive oil (all to taste) and season if you wish. Then just blend or mash the whole lot to whatever consistency you prefer. Add a little more oil for a runny dip or a little less for sandwich filling.

Eat with freshly baked pitta and lots of other near-eastern food. Enjoy.

## 3.3 Ginger Broccoli

*Contributed by: [corp0141@sable.ox.ac.uk](mailto:corp0141@sable.ox.ac.uk) - Kake Pugh*

*From my website at <http://www.ox.compsoc.net/~kake/Cooking/>*

Paul M taught me this recipe; I expect it's been invented about a zillion times over, but he's the one who told me how to do it. I adapted it slightly to use no added oil. The ginger must be cooked longer than you might expect, since we are cooking it in water rather than oil.

Serves 2-4

**Ingredients:**

- $\frac{1}{2}$  tsp sesame seed
- 300 g. (10-11 oz.) broccoli florets - the amount you get from a medium head
- $\frac{1}{4}$  tsp. stock powder [I forgot this tonight, but it was still nice]
- 1  $\frac{1}{2}$  tsp. finely-grated fresh ginger root

**Algorithm:**

1. Heat a small nonstick saucepan, then add the seeds and toast over a low heat, shaking occasionally, until browned but not burnt. Set aside.
2. Cut the broccoli into small bitesize pieces, keeping a 2cm. ( $\frac{3}{4}$ " ) long stem on each piece (you don't want to waste too much stem, but you don't want separate pieces of just stem).
3. Heat water in the pan then boil the broccoli until softened to liking. Drain, reserving the water.
4. Heat 1 cm. ( $\frac{1}{2}$ " ) reserved broccoli water in the pan and add the stock powder. Add the ginger and simmer briskly for 5 minutes, stirring occasionally and adding a little more broccoli water as needed. Aim to end up with very little water.
5. Return the broccoli and the toasted seeds to the pan and heat through over a low heat for 5 minutes, stirring occasionally to coat the broccoli with the flavours.
6. Serve hot, cold or at room temperature, with noodles or rice and another vegetable or a tofu dish. ■

## 3.4 Sake Pickles

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

From doop's flatemate's Japanese cookery book. Really really nice. They have kept very well for 24 hours, with no discernable difference from fresh (20 minutes after putting them in sake, which is when the book recommends you eat them). The veg can be varied, but you want about the amount of sake that will cover the veg when they're pressed down (and preferably also after you've put them in the jar). Other veg you could use are red or white cabbage, or other things I can't remember.

### Ingredients

- 1 medium carrot, peeled and cut into sticks
- 1 small turnip, peeled, halved and cut into ~2mm half-moons
- $\frac{1}{3}$  courgette, cut into small chunks
- a bit of fennel, or  $\frac{1}{3}$  stick celery, cut into small chunks.
- salt
- 100 ml. sake

### Algorithm

1. Dry the prepared veg with paper towels. Put into a bowl and sprinkle with salt. Mix well so all the veg are coated lightly with salt. Leave 10 minutes; water will come out.
2. Drain well, squeezing the veg with your fingers to remove as much liquid as possible.
3. Put into a clean bowl, sprinkle with sake, and press down with a plate and heavy weight. You want the veg below the level of the sake. Leave 20 minutes. ■

Eat now (drained), or store in a jar, in the sake, in the fridge.

You can use the sake to stirfry mushrooms or something. The pickles are nice with rice and miso soup as breakfast or supper.



# Chapter 4

## Desserts

### 4.1 Brownies

Contributed by: [lyndsey-pickup@hotmail.com](mailto:lyndsey-pickup@hotmail.com) - Lyndsey Pickup

(Originally from a little purple book called *Death by Chocolate*; borrowed, experimented upon, and modified by yours truly)

**Ingredients:**

- 60 g. (2 oz.) dark chocolate
- 125 g. (4 oz. /  $\frac{1}{4}$  cup) butter
- 2 eggs, beaten
- 250 g. (8 oz. /  $\frac{4}{3}$  cups) soft dark brown sugar
- 1 tsp. vanilla flavouring
- 90 g. (3 oz. /  $\frac{3}{4}$  cup) self-raising flour
- 90 g. (3 oz. /  $\frac{3}{4}$  cup) pecan nuts, broken

**Algorithm:**

1. Grease and line the base of an 18 cm. (7"), shallow square tin (pan) with greaseproof paper (baking parchment).
2. Melt the chocolate and butter in a heatproof bowl placed over a saucepan of simmering water until smooth. make sure the bowl does not touch the bottom of the pan and that the water does not splash into the bowl.
3. Whisk the eggs and the sugar together until thick and pale. Fold in the chocolate mixture and vanilla flavouring.
4. Sift in the flour and add the nuts. Fold together gently and pour into the tin (pan).
5. Place on the middle shelf of a preheated oven at 180C (350F, Gas mark 4) and bake for 40 minutes. Leave to cool in the tin (pan). The top should look cracked when cool.
6. Turn out and cut into squares or fingers. ■

My notes: I always double the above quantities, and use a bigger pan. I get about 20 decent-sized brownies, although the recipe says that those quantities should make 16. It tends to take more like 50 mins or an hour to cook. I can rarely be bothered lining the baking tin, and the paper tends to stick to the finished article anyway, however much I grease it!

Happy baking :-)

## 4.2 Carrot Cake

*Contributed by: jmpf@comlab.ox.ac.uk - Joe Pitt-Francis*

- 20 minutes preparation
- 35 minutes cooking
- 10 minutes finishing
- Preheat oven to 150C (325F), gas mark 3
- Calories per average slice: 437

### Ingredients

- Cake
  - 225 g. (8 oz.) self-raising flour
  - $1\frac{1}{2}$  tsp. baking-powder
  - $1\frac{1}{4}$  tsp. baking-soda
  - $1\frac{1}{2}$  tsp. cinnamon
  - $1\frac{1}{2}$  tsp. salt
  - 3 eggs, beaten
  - 175 g. (6 oz.) granulated sugar
  - 157 ml. (6 fl. oz.) vegetable oil
  - 200 g. (7 oz.) carrots, grated
  - 50 g. (2 oz.) walnuts, roughly chopped
  - 50 g. (2 oz.) sultanas (optional)
- Cream cheese icing
  - 100 g. (4 oz.) cream cheese
  - 50 g. (2 oz.) butter, melted
  - 225 g. (8 oz.) icing sugar, sifted
  - 2 tsp. vanilla flavouring
  - 1 tsp. lemon juice

### Algorithm:

#### Cake

Grease and flour two deep 8-inch sandwich tins Sieve together the flour, baking-power, baking-soda, cinnamon and salt. Set aside.

In another bowl, make sure that the beaten eggs are thick then gradually add all the sugar, beating continually. Then gradually add all the oil. Fold in the dry ingredients and carrots alternately, but be careful not to overwork the mixture. Stir in the nuts and sultanas, if using.

Pour the mixture into the prepared tins. Bake for 35 minutes or until a wooden cocktail stick inserted into the cake comes out clean. Cool. ■

#### Icing

Heat the cream cheese until soft and creamy<sup>1</sup>.

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<sup>1</sup>After **much** experimenting I have found that the best thing is not to heat the cheese and to heat the butter (not margarine) only a little. Then the mixture is quite tacky when you put the cake together. If you refrigerate the cake immediately for a couple of hours then the icing will set to a good consistency.

Slowly mix together the melted butter and the cream cheese, then fold in the icing sugar until the mixture is smooth enough for spreading. Beat in the vanilla flavouring and lemon juice. If the mixture seems runny, refrigerate for an hour before use. ■

Use a little of the icing to sandwich the layers together, and the remainder to cover and decorate the cake.

Approximately 12 portions.

(Working Woman Pack 4/ 3456789 copyright Odhams Leisure Group Ltd MCMLXXXVI Printed in England)

## 4.3 Carrot Cake (2)

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

### Ingredients:

- Cake
- Carrots

## 4.4 Cheesecake

*Contributed by: iwi@ph.ox.ac.uk - Alan Iwi*

This improvisation was a salvage attempt from available ingredients, after not having enough curd cheese to make a proper cheesecake, but it actually came out surprisingly nice (and rather rich).

### Base:

12 (large) digestive biscuits, crushed and mixed with enough molten margarine to moisten all the biscuits (I don't recall how much margarine, just add it until it's enough), push down into 25cm. tin.

Then beat together:

- two eggs
- 250 g. curd cheese
- 80 g. sugar
- 3 heaped tsp. cocoa (not drinking choc)
- 200 g. Oxfam fairtrade tropical muesli (this is really lovely stuff with lots of exotic fruit, really not like your standard "Swiss" muesli at all)

Pour onto base and cook for 20 mins on gas mark 5.

While that's doing, make topping by liquidising together:

- a tin of sliced peaches (I used the Sainsbury's Economy, discarding the syrup they came in)
- a small (~150 g.?) carton of soured cream
- a measure of fruity liqueur (I used apple and pear liqueur)

After the base has had its 20 mins, immediately pour on the topping and put back in the oven for just five minutes longer. Remove from oven and allow to cool fully before eating.

## 4.5 Dime Bar Crunch Icecream

Contributed by: *jstacey@plato.wadham.ox.ac.uk* - J-P

This is a nice, quick, **cheap** way to replicate G&D's Dime bar crunch icecream. It's all pretty obvious:

- 2x 3 Dime bars
- 2 litres of icecream, the less flavour the better, really, so even cheap "vanilla flavoured" stuff is fine: it all tastes of Dime bar in the end. Probably the cheaper the better, then, if you normally buy that strong-tasting "Cornish ice cream" or whatever it calls itself.

Immediately after coming back from the supermarket, crush the Dime bars to teeny tiny pieces and mix up in the icecream, which should have partly thawed from its journey and will be a perfect consistency to mix up with the bits of Dime.

Then chill back to normal icecream consistency and serve.

## 4.6 Extreme Chocolate Puddings

Contributed by: *stuartj@earth.ox.ac.uk* - Stuart Jenkins

### Software

- 450 g. of good quality plain chocolate (Lindt 70% works well)
- 5 tbsp. liquid glucose
- 5 tbsp. dark rum
- 1 pint double cream (at room temperature)
- 75 g. crushed ameretti biscuits (optional)

### Hardware

- 8-9" springform cake tin.
- two bowls (approximately equal size, largish, at least one heatproof).
- whisks, spoons, other bits and bobs.
- landmines

### Algorithm

Start by distributing the landmines at the entrance to your cooking area, you may wish to add a sign warning people about them. This will hopefully dissuade people from stealing bits of the chocolate you are about to try and cook with.

Grease the cake tin, and evenly distribute the biscuit crumbs over the base.

Put the chocolate, glucose and rum in a bowl and melt, either in a microwave (2-3 minutes on high) or over a saucepan of hot water. When Melted, Mix thoroughly and put to one side. Whip the double cream until it is firm but not solid (peaks form, but visibly collapse upon removal of whisk). When chocolate mixture has reached approx room temperature (but has not completely solidified) fold half the whipped cream into the chocolate. When thoroughly mixed fold the mixture back into the remaining whipped cream and again mix/fold thoroughly.

Carefully pour the mixture into the tin (slowly to avoid disturbing the biscuit base), smooth it off with a spatula and tap the sides of the tin a couple of times to get rid of any air bubbles. Cover, and place in the fridge for 4-8 hours, preferably overnight.

Lick spoons/kitchen utensils, wash up, eat 50 g. of chocolate you may well find left over (Lindt comes in 100 g. bars), remove landmines. ■

**Variants:** Substituting Cointreau or Grand Marnier for the rum can give a nice orange hint. I've tried using Maya Gold (like high quality chocolate orange) but it doesn't contain enough cocoa to make the end result solid enough, perhaps a mix of Maya Gold and Lindt.

## 4.7 Honey Flapjacks

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

Here it is, the moment you've all been waiting for. :)

### Ingredients

- 5 oz. margarine
- 3 oz. soft brown sugar
- 1 tbsp. clear honey
- 8 oz. porridge oats

(makes 12 flapjacks, allegedly)

### Algorithm

Come on, you know how to make flapjacks. Melt margarine, stir in oats and other stuff, press into a baking-tray-type-effort, and bake for 25 mins. at 190/375/gas mark 5.

J-P and I found that the amounts above weren't really enough for the baking tray I had, so we doubled the quantities. And added a bit of extra margarine. And when I've made the recipe single-quantified, I've often found it goes a bit crumbly, so I guess a bit of extra marg and/or honey wouldn't go amiss anyway. Oh, and if you double the quantities, you'll need to cook it a bit longer, because it'll be thicker.

## 4.8 Fruitcaaaaaake!

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

Bev's All-Bran Cake

### Ingredients:

- 8 oz. All-Bran<sup>2</sup>
- 8 oz. self-raising flour
- 10 oz. brown sugar<sup>3</sup>
- 500 g. mixed fruit<sup>4</sup>
- 1 pt. liquid<sup>5</sup>

### Algorithm

Put everything except the flour in a bowl and leave to soak for an hour. Add flour, put in cake tin, and bake at about 350 degrees Fahrenheit for about an hour<sup>6</sup>. Bring to ox.meets. ■

## 4.9 Lime Chocolate Sandwich

*Contributed by: imc@comlab.ox.ac.uk - Ian Collier*

Take a piece of bread. Spread Sainsbury's Belgian dark chocolate spread on it. Take another piece of bread. Spread Rose's lime marmalade on it. Join the two slices together in the obvious manner (this will usually involve inverting one of them).

<sup>2</sup>I'm thinking of trying it with Weetabix some time, because my dad has a Weetabix fixation. Not sure it'll work quite the same though

<sup>3</sup>I tend to use golden brown (No, not like that. "Never a frown..." etc.) sugar, but last time I used some of the **really** dark brown stuff, muscovado or whatever it's called, as well, and the cake came out a bit softer.

<sup>4</sup>Sorry about the ridiculous mix of metric/imperial here, but I'm doing this from memory and I know that a 500 g. bag of mixed fruit is about right.

<sup>5</sup>Milk, soya milk (for Kake-friendly cake!), coconut milk, water... After finals I may be trying it with Baileys...

<sup>6</sup>It actually takes more like 2 hours in our little rubbish oven, but the recipe said 1 hour. YMMV. Basically do it till it's done, ie not too sticky in the middle.

## 4.10 Orange sorbet

Contributed by: *nospam@feeble.keble.ox.ac.uk - Iamb*

### Ingredients

- 400 g. caster sugar
- Zest of 2 oranges
- 500 ml. fresh orange juice
- Juice of two lemons

### Algorithm

1. Dissolve the sugar in 1  $\frac{1}{2}$  pints water, bring the water to the boil, add the zest to blanch, and keep boiling the water for a while, then set aside to cool.
2. Pour the orange and lemon juices into the cooled syrup and mix well.
3. Pour this into a suitable container and place it in the freezer.
4. Ignore for one hour (or so depending on the strength of your freezer), then after that remove the sorbet from the freezer every half hour and beat with a fork until completely crystallised. Inevitably you will leave it in there too long, and the juice will start hardening in an unpleasant manner, so after doing your best to keep it from becoming rock ice, when all seems lost, break it up as best you can and take Kake's handheld blender to it.
5. Scoop out the blended bits as they emerge and toss into used ice-cream container to pack.
6. Scoop out of container at dinner party for eight and enjoy the oohs and aahs. ■

Serves eight easily.

The basic recipe was from Rosemary Moon's 'Classic French Cuisine' but I've changed it quite a bit.

## 4.11 Mango sorbet

Contributed by: *nospam@feeble.keble.ox.ac.uk - Iamb*

After the success of the last one I decided to improvise... no funny gases though...

### Ingredients

- 300g caster sugar
- One fresh mango
- 400ml mango juice<sup>7</sup>
- Juice of one lemon

### Algorithm

1. Dissolve the sugar in 1 pint water, bring to the boil then set aside to cool. Pour the mango juice into the cooled syrup and mix well.
2. Pour this into a suitable container and place it in the freezer.

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<sup>7</sup>Theoretically you could use only fresh mangoes, but this is a cheaper and still yummy way.

3. Ignore for one hour then remove the sorbet from the freezer periodically and beat with a fork until completely crystallised.
4. When you reach that “ok, nothing more I can do about it” stage, take the sorbet out, cut the fresh mango and blend it (preferably separate so as to assure a good blending) and then pour it into the sorbet and blend it all.
5. Scoop out the blended bits as they emerge and pack. ■

Serves maybe six.

## 4.12 Potato Cakes

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

Use roughly two medium potatoes per person. (More for hungry students!) Boil until well cooked, drain and mash. Add pepper, salt and a little butter. When cool enough to handle add flour until it makes a thick dry dough (1-2 tablespoons to start with). Roll out on a floured board and cut into cakes (about 1” thick). Place on a greased baking tray and bake in a hot oven until golden brown.

## 4.13 Vegan Chocolate Cake

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

### Ingredients

- 7 oz. self-raising flour
- 1 heaped tsp. baking powder
- 1 oz. cocoa/drinking chocolate<sup>8</sup>/carob etc.
- 2 oz. soft brown sugar
- 3 fl. oz. oil
- 8 fl. oz. water

### Algorithm

Easy!

1. Mix dry ingredients, stir in oil & water, beat until smooth. Pour mixture into sandwich tins. Bake at 350F for 15 minutes. ■

Suggested filling: mix together some margarine, demerara sugar, and grated apple (add a little lemon juice to stop the apple going brown), and cinnamon if you like.

## 4.14 Weetabix Cake

*Contributed by: ehanks@ermine.ox.ac.uk - Emma Hanks*

Melt some butter/margarine/soya stuff in a pan, with some brown sugar and some golden syrup in about the same quantities as you would for flapjack.

In a bowl, smash up some weetabix (I use about 6. Is that half a sleeve? I think so) and add some dried fruit and chopped glace cherries. I have only tried it with the usual type of dried fruit, but I am sure that

<sup>8</sup>drinking chocolate probably isn’t vegan, actually, thinking about it, is it?

stuff like apricots and prunes or something would be nice. I add a few handfuls of fruit and as many cherries that make it to the bowl before i eat them. . .

Mix in the melted fat, sugar and syrup, and stir thoroughly. It should all be nicely coated, but not too wet. If it is just mix in another crushed weetabix.

Pour into a baking tray that has been well greased, and cook for about 20 mins on a medium heat.

After it is cooked, take it out and slice it still in the pan. Leave it to firm up a bit, and then take the slices out to cool properly on a wire tray.

# Chapter 5

## Snacks

### 5.1 Anzac Biscuits

*Contributed by: kebl0781@sable.ox.ac.uk - Craig Eldershaw*

ANZAC actually stands for “Australian and New Zealand Army Corps” which is the name given to our combined forces which fought during the war.

**Ingredients:**

- 1 cup sugar
- 1 cup coconut
- 1 cup rolled oats
- $\frac{3}{4}$  cup plain flour
- $\frac{1}{4}$  lb. butter
- 1-2 tbsp. golden syrup
- 1 tsp. bicarb of soda

**Algorithm:**

The biscuits are very very nice; and easy to make:

1. Mix dry ingredients (cup sugar, cup coconut, cup rolled oats,  $\frac{3}{4}$  cup plain flour).
2. Melt  $\frac{1}{4}$  pound of butter with a tablespoon or two of golden syrup.
3. Mix a teaspoon of bicarb to a few tablespoons of boiling water and then dump in the butter. As it foams up quickly mix in all the dry ingredients.
4. Stir until a thick homogenous mess.
5. Keep warm while spooning lumps onto a baking tray (no need to grease) - space out well (the mixture will “melt” and spread).
6. Bake for about 12min at 180C.
7. Take out and (**this is important**) immediately scrape them loose from the tray (but leave on there to cool).
8. Loosen again a couple of times over the next 10 minutes.
9. Store in sealed container. ■

## 5.2 Candied Ginger

*Contributed by: jon-ox.cookbook@earth.li - Jonathan Chin*

**Ingredients:** Very much subject to personal taste. Try it this way and then vary it.

- 1 gingery root thing
- 1 cup sugar
- 1 cup water
- Juice of  $\frac{1}{2}$  lemon

**Algorithm:**

Peel some ginger (one normal-sized root thingy should do), and cut into slices around 3mm thick (you can try other geometries, but I think it turns out better like this). For every cupful of sliced ginger you have, acquire three cupfuls of sugar, and three of water: mix the sugar and water in a saucepan, and heat until the sugar all dissolves. At this point, you can add lemon juice to make a sort of lemonadey candied ginger. Add the ginger, and bring to the boil; turn the heat down slightly, and let it simmer vigorously for at least 45 minutes to an hour. Keep stirring while it simmers, and the ginger will start to become soft; the longer you cook it, the sweeter it will become. ■

Once finished, the pan will contain candied ginger swimming around in a gingery syrup; you can drain off the syrup and do all sorts of things with it: put it on ice cream, spread it on toast, whatever. Or be wasteful and throw it away. The syrup is much nicer if you use lemon juice, but YMMV.

You can eat the ginger as is, or you can chocolate coat it: The Lindt 70% stuff works wonderfully - melt some in a bowl, dip bits of ginger in it, and then leave them out/put them in a fridge to set. You probably need to do this twice in order to get them coated properly.

I apologise for the pathologically vague measurements - although it's worth trying the recipe a few times to see which way things go; if you add lots of sugar, the syrup sort of sets/crystallizes to give something not unlike honey; if you add lots of lemon juice, the syrup comes out much nicer, and the ginger has a nice lemony tang to it. A good way of experimenting is to make two batches of (lemonned and lemonless) ginger, and then chocolate coat half of each batch.

## 5.3 Guesswork Flapjacks

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

**Ingredients:**

- oats (about 250 g. will probably be about right, if you're interested)
- margarine (about a third, maybe half, as much weight as oats)
- two tablespoons or thereabouts of golden syrup or honey

Melt margarine (or butter, if you **insist**) in a pan, add golden syrup or honey, mix it all together. Add oats, and mix until all the oats are well covered with the runny stuff. The mixture shouldn't have any excess liquid, it should be stickyish. Put it in a baking-tray-type-thing, and bake for about 20 minutes or so - till it looks and feels like flapjacks, basically. Oh yes, oven temperature... Erm, about 180 C (350 F?), same as everything else, I guess.

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*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

**Sugar-free (and vegan) Guesswork Flapjacks**

As above, but instead of tooth-rotting golden syrup or nasty non-vegan honey, use Pear and Apple spread (available from all good health food shops and probably supermarkets too - it's made from fruit, fruit, and more fruit, concentrated down to a brown gooey sticky treacly stuff). Also add one pear (grated) to the

mixture. Or an apple, but I haven't tried it with an apple. The recipe I was sort of glancing at and ignoring most of the time said you could use a banana (mashed) instead, but I wasn't keen on that idea. When I tried this recipe, it seemed to need baking a lot longer than flapjacks normally do, but that could just have been our oven. The flapjacks come out not over-sweet but nice all the same, and quite wodgy. Enjoy.

## 5.4 Special pasta

*Contributed by: jstacey@plato.wadham.ox.ac.uk - J-P Stacey*

Cook enough spaghetti for one, and mix with heated chopped tomatoes, a clove of garlic and some oregano.

Then, on the way to your seat, throw it all over the carpet.

I'm off to the chip shop.

## 5.5 Pickled Garlic

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

### Ingredients

- 2 large heads garlic
- 125 ml. (4 fl. oz.,  $\frac{1}{2}$  cup) white wine vinegar
- 125 ml. (4 fl. oz.,  $\frac{1}{2}$  cup) water
- 1 tbsp. (3 tsp.) sugar
- 1 tsp salt
- $\frac{1}{4}$  tsp. dried dill weed

### Algorithm

1. Peel all the garlic, throwing away any bad bits.
2. Dissolve the sugar and salt in the water and vinegar, in a nonmetallic<sup>1</sup> pan. Bring to simmering point, and simmer 20 minutes.
3. Prepare a jar - wash the jar and the lid in hot soapy water and rinse with boiling water (be careful of your hands). Put the jar and lid into a preheated low oven (Gas mark  $\frac{1}{4}$ , or the lowest your oven will go) to dry off, for at least 10 minutes, or until the vinegar mixture is ready.
4. After 20 minutes, add the garlic to the pan and remove from the heat. Remove the jar from the oven and put in the garlic. Sprinkle over the dill, then pour over the hot vinegar mixture. Seal the jar. Cool and store in fridge. Best after 3 weeks. ■

## 5.6 Best Sandwich

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

My current favourite home-made sarnie is avocado mashed with lemon, black pepper and salt, with sliced tomato, in brown bread.

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*Contributed by: tony.brett@corpus-christi.ox.ac.uk - Tony Brett*

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<sup>1</sup>A metallic pan will take on the taste of the vinegar. This isn't an urban myth - it's happened to me when making a chutney and my vinegar/sugar mixture actually went grey.

Even nicer with hot bacon in it :-)

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*Contributed by: paul.stevenson@balliol.ox.ac.uk - Paul Stevenson*

Today I had tahini, spinach, carrot and smoked tofu with a teensy bit of Coleman's mustard mixed with olive oil, on a brown bread made from about 7 different grains (wheat, oats, rice etc...). It was very nice.

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*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

You can't beat a brown bread banana sandwich. Really you can't. Don't forget that little squeeze of lemon juice to stop the banana going brown.

Failing that, tomato ketchup and onion. Sandwiches should be quick and easy, you know.

My sister has peanut butter, Marmite and onion sandwiches. Yes, that's all three in the same sandwich. She is odd.

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*Contributed by: nospam@feeble.keble.ox.ac.uk - Iamb*

Bell peppers, mushrooms, olives and garlic, all diced and sauteed, then topped off with a spray of white wine and a generous splash of orange juice which is then reduced to at least half preferably a third at a low simmer. Thyme, salt, pepper and chicken to taste.

## 5.7 Slobbish Tuna Salad

*Contributed by: pemb0468@sable.ox.ac.uk - Simon Cozens*

This is a bizarre thing I concocted this evening on coming home tired.

One never uses **all** of a tin of tuna at once, when cooking for one. So, I took the other half, still in the tin, added lots of mayonnaise, lemon juice, balsamic vinegar, salt, pepper and grated cheese, and mixed it all up. Lovely.

[I've just tried it again, and had no balsamic vinegar so I used ordinary malt vinegar, olive oil, a little soy sauce, mixed herbs and freshly crushed peppercorns. Yum. - *Ed.*]

## 5.8 Tofu Supper

*Contributed by: pemb0468@sable.ox.ac.uk - Simon Cozens*

This recipe is entirely due to Kake.

Take one packet of Sainsbury's tofu. Rinse and squeeze-dry. Add half a jar of Sandwich Spread and (optionally) salt, pepper, lemon juice and stolen balsamic vinegar. Mash up with a fork and eat.

Possibly another end-of-the-day-can't-be-arsed recipes. I really hope I'm not eating like this when I grow up.

# Chapter 6

## Drinks

### 6.1 Home-Made Baileys'

*Contributed by: pemb0468@sable.ox.ac.uk - Simon Cozens*

**Ingredients:**

- 2 cups strong coffee
- 330ml. fresh cream
- 330ml. condensed milk.
- Whisky to taste

**Algorithm:**

1. Brew up two cups of strong black coffee. Really, really strong.
2. Add to this 330 ml. of fresh cream and 330 ml. of condensed milk<sup>1</sup> and stir until you have a smooth, Baileys'-coloured liquid.
3. Add whisky to taste. ■

Should make  $2\frac{1}{2}$  pints if you've got the coffee and whisky right. That amount would require about half of a hip-flask sized bottle.

You must drink it quickly, of course, because it doesn't have all the preservatives of Baileys'. Don't worry if the cream floats to the top. It just means you didn't stir it enough.

### 6.2 Blackcurrant Drink

*Contributed by: sjoh0050@sable.ox.ac.uk - Gordon Woords*

Why not mix creme-de-cassis (or failing that, blackcurrant squash) and wine for a more pleasant blackcurrant drink?

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*Contributed by: mert0236@sable.ox.ac.uk - Thomas Womack*

I do that frequently - it's delicious, and substantially more subtle than Ribena.

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<sup>1</sup>Which the Co-op sell, but Sainsbury's have discontinued. If either you can't find any, or you're vegan<sup>2</sup>, then make up powdered baby formula with half the recommended amount of water so that it gets the same consistency.

## 6.3 Ginade

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

Still on the quest for a paperless life, I typed this recipe in just now so I could get rid of the piece of paper. Now that it's typed in, I thought I might as well share it with oxnet. I haven't tried this, but it sounds yummy.

Recipe from Cosmo or Marie Claire or something like that - ripped the page out but it hasn't got the name on

**Ingredients:**

- Rind and juice of 5 lemons
- 600ml (1 pint) water
- 75-125g (3-4 oz.) sugar
- half a bottle of gin

**Algorithm:**

Put lemon rind, juice, water and sugar into a pan, and heat gently until sugar is dissolved. Simmer gently for 10 minutes; strain and leave to cool. Mix with gin and plenty of ice before serving.

Alternatively, make a sorbet by freezing the mixture in a shallow container, mixing round to break up the ice crystals every so often (every hour or two?)

## 6.4 Mild

*Contributed by: uzdh0025@ermine.ox.ac.uk - Mark Dickerson*

Colin Batchelor wrote:

>Prefer Graduate myself.

I suppose I'm going to have to love it myself if the Mild (and now the Peculier) stops.  
Or start squirting brown sauce into my bitter.

# Chapter 7

## Miscellany

### 7.1 Creamy Leek Sauce

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

Taken from Ali Vipond's Autumn Vegetable Crumble recipe - see <http://www.ivu.org/oxveg/Events/HLSC/Recipes/vegetablecrumble.html>

**Ingredients:**

- 1 cup leek - finely chopped
- $\frac{1}{2}$  onion - finely chopped
- 1 garlic clove - chopped
- 1 stick celery - finely chopped
- 1 tbsp. oil
- 1  $\frac{1}{2}$  cups soya milk
- 1  $\frac{1}{2}$  cups water
- $\frac{3}{4}$  cup rice or soya flour [I've used the Terence Stamp gluten-free flour and also plain white wheat-flour]
- $\frac{1}{2}$  cup nutritional yeast flakes (optional) [I use these; they're yummy]
- 1 tbsp. seasoning salt [I use a light vegetable stock powder - Marigold brand. The vegan Marigold is available in Uhuru]
- 1 tbsp. soy sauce
- 2 tsp. mustard [I use a smooth English one]

**Algorithm:**

Saute leeks, celery and garlic in oil for 5 minutes. Add 2 cups of liquid to leek mixture and bring to boil. In a bowl stir the rice flour, seasoning salt (and yeast flakes if using) into the remaining cup of liquid. Add rice liquid to boiling mixture. Add soy sauce and mustard. Turn down heat. Stir and simmer for 5 minutes until thickened.

## 7.2 Trivial Food

*Contributed by: dave@earth.li - David Sheldon*

During term time I have no real kitchen and only one pan so I cook using that one pan. I also can't really be bothered with fancy cooking so I make simple, tasty food based on spaghetti and noodles. Here are the main recipes I use.

Please note, I am not a small skinny person, so it is possible that you might want to reduce the portion sizes a little.

**Ingredients:**

- $\frac{1}{2}$  pack, Sainsbury's noodles
- $\frac{1}{2}$  jar, Sainsbury's sweet and sour sauce

**Algorithm:**

Cook noodles, drain, pour on sauce, leave to stand for one minute to warm the sauce.

See, easy.

**Ingredients:**

- Enough spaghetti (I prefer Sainsbury's quick cook) - you need to work out how much you want.
- $\frac{1}{2}$  Jar Sainsbury's Classic Italian Pasta sauce
- Some cheese (optional)

**Algorithm:** Similar to above, cook and drain spaghetti, grate cheese over it, add a small knob of butter and pour over sauce, stir.

I might have some more but I can't remember them ATM.

## 7.3 Garlic Fried Bread

*Contributed by: pemb0468@sable.ox.ac.uk - Simon Cozens*

It's only an idea, but I think it Might Just Work.

Create garlic oil, by mixing vegetable oil, crushed (or, of preference, finely chopped) garlic, and some unspecified herbs. Fry some bread in it.

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*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

We've tested this now. The garlic tends to burn before the bread's done; so next time I think adding the garlic a little later would be better.

## 7.4 Lunch

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

Olives, sundried tomatoes, peppers, artichoke hearts, couscous, pasta salad, cherry tomatoes. Real bread rolls. Coffee.

## 7.5 Mashed Potato

*Contributed by: paul.stevenson@balliol.ox.ac.uk - Paul Stevenson*

Last night, when making mashed potatoes, I realised I had run out of butter, so tried olive oil (and a couple of cloves of fresh garlic) as a means to moisten the product somewhat.

It was lovely - probably nicer than with butter, I would say.

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*Contributed by: oneiros@ferret.lmh.ox.ac.uk - Ian Snell*

Cheese and worcester sauce.

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*Contributed by: nsweeney@jesus.ox.ac.uk - Nick Sweeney*

There's champ, which is oh-so-fashionable now: cream and finely-chopped spring onions. Lovely. I think you can get packet mixes at Sainbury's, but that seems just a little silly to me.

---

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

Cook some chopped onion in with the potato and mash it in when you've finished. Use lots. Mmmmmmm. If you're scared of raw garlic, you can cook the garlic like this, too.

---

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

For mashed potato: I don't use butter, I use soya margarine, which I find makes it smoother without being too fatty. The most important thing to add to mashed potato is NUTMEG, which is fab and brill and should be added to everything.

Mashed potato 'mashed' with a blender is very creamy and suprisingly nice considering that I normally like my potato slightly lumpy.

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*Contributed by: lawry@maths.ox.ac.uk - James Lawry*

I discovered a good way of mashing potatoes if you haven't got a masher, but have got a pot with a lid: after draining the potatoes, stick the lid on and shake the pot VERY HARD INDEED. It comes out wonderfully evenly mashed, better than with a masher even.

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*Contributed by: nospam@feeble.keble.ox.ac.uk - Iamb*

M&Ms?

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*Contributed by: Geraint.Jones@wolfson.oxford.ac.uk - Geraint Jones*

How could anyone ever have conceived of that modern abomination which is mashed potato without buttermilk?

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*Contributed by: sjg@k2.stcatz.ox.ac.uk - Stephen Gower*

Chocolate mashed potato. (you can work out the "how?" yourself,  
if anyone can tell me the "why?" I'd  
be grateful)

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*Contributed by: colin@msc.thchem.ox.ac.uk - Colin Batchelor*

Mashed potatoes: slice the potatoes very fine, and boil for about ten minutes until the slices come to bits when you prod them with a fork, then mash with double cream. Yes.

Turnips you do the same for but use butter instead.

## 7.6 Perfect Rice

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

I never got round to posting this either. I don't even know if it works, to be honest, but it was in a kids' cookery book so it would be **really** mean of them to put it in the book and then make it not work. All those disappointed kids. Anyway, yes, I said I'd post this when we had the big discussion about how to do rice, so here it is.

*"How to make perfect rice every time!"*

**Ingredients** (!)

- 8 oz. (250 g.) rice

- $\frac{3}{4}$  pint (425 ml.) boiling water
- 1 tbsp. oil
- salt

### Algorithm

Heat oil in a saucepan. Add rice, stir well and cook gently for a few minutes until transparent. Add water and salt. Put lid on pan and let rice simmer. DO NOT STIR. After 15 minutes (or 40 for brown rice) the rice should have absorbed all the water. Test it to see if it's cooked... if not, add more water and cook longer. When done, place in a warm serving dish and "fluff it up with a fork" (the rice, not the dish).

## 7.7 Roast Potatoes

*Contributed by: paul.stevenson@balliol.ox.ac.uk - Paul Stevenson*

Pre-boiling roast potatoes is evil, even though Delia recommends it.

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*Contributed by: paul.stevenson@balliol.ox.ac.uk - Paul Stevenson*

I also had roast potatoes with it which I par-boiled first. I stand corrected on the efficacy of this method. I suspect my view was marred by having roast potatoes cooked for me in this fashion before, but roasted too little so that they weren't crunchy. Boo.

---

*Contributed by: sjg@k2.stcatz.ox.ac.uk - Stephen Gower*

The best roast potatoes are par-boiled for just long enough for the surface to be moist. they are then roughened with a fork, sprinkled with plain flour, and then roast in pre-melted lard.

Oh, and the choice of potato is important too.

---

*Contributed by: corp0141@sable.ox.ac.uk - Kake Pugh*

Peel them and scratch the surface with a fork. Pre-boil them in good veg stock. Don't use any flour. Bake them. Yum.

## 7.8 Semi-skimmed Milk

*Contributed by: stephen.gower@stcatz.ox.ac.uk - Stephen Gower*

Semi-skimmed milk is not actually made in the way that its name implies. Instead, completely skimmed milk is mixed with full-fat milk and homogenised.

This process can be recreated at home by mixing equal measures of those two types of milk and shaking the resultant mixture before pouring.

I don't think this counts as a recipe.

[archiver's note: yes; it does, Hay.]

## 7.9 Soda Bread

*Contributed by: pemb0471@sable.ox.ac.uk - Janet McKnight*

I've made this a couple of times now and it's nice, and very easy (recipe taken from a book called something like "Look, Play and Learn"... bits about asking an adult to take the bread out of the oven have been omitted)

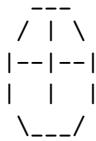
### Ingredients

- 8 oz. strong wholemeal flour

- $\frac{1}{4}$  pt. milk<sup>1</sup>
- 1 tsp. salt
- $\frac{1}{2}$  tsp. bicarbonate of soda

### Algorithm

1. Preheat oven to 450 degrees F.
2. Grease a baking tray.
3. Mix dry ingredients together.
4. Add milk to make dough. If dough is too dry, add a little warm water.
5. Form the dough into a ball and place it on the baking tray. Flatten it slightly, then make a deep cross in it with a knife. so it looks roughly like this, only better...



6. Place a small deep cake tin over the dough and bake for 30 mins.
7. Then remove cake tin “lid” and bake for a further 10 minutes or so to get a nice golden crust on it. ■  
Eat it while it’s still WARM and it’s lovely. Let it go cold and it’s like a rock. :-)

## 7.10 Thai curry paste

Contributed by: [corp0141@sable.ox.ac.uk](mailto:corp0141@sable.ox.ac.uk) - *Kake Pugh*

This recipe is adapted from one in the BBC Vegetarian Good Food magazine. The original recipe used 8 large dried red chillies - I use fresh ones instead. 2 medium chillies gives a medium-hot paste; sometimes I even use more, and I’m not a big fan of over-hot food.

Makes 125 ml. ( $\frac{1}{2}$  cup, 8 tbs.p)

### Ingredients

- 2 or more fresh red chillies, deseeded
- 5 garlic cloves
- 2 stalks fresh lemongrass
- bottom stems from a large bunch of fresh coriander (cilantro)
- (original recipe used 3 coriander (cilantro) roots)
- 1 x 1” ( $2\frac{1}{2}$  cm.) cube fresh ginger or galangal
- 1 large shallot or equivalent onion
- peel of 1 lime (original used 1 tbsp. chopped Kaffir lime peel)
- 1 tsp. salt

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<sup>1</sup>Soda bread is traditionally made with slightly sour milk... what better way to use up that slightly off milk in your studenty fridge before it revolts and takes over your kitchen? (I should point out that I’ve never actually **tried** making it with off milk...)

- 2 tsp. coriander seeds
- 1 tsp. white or black peppercorns

### Algorithm

1. Chop the chillies, garlic, lemongrass, coriander stems, ginger and shallot or onion.
2. Prepare the lime peel by removing as much of the white pith as possible (lay it outside down and slice the pith off with a sharp knife held horizontally) and then chopping. You could also grate it if you prefer.
3. Place all ingredients in the blender and whizz to a fairly smooth paste. The raw ingredients come to about 1 cup (225 ml., 8 fl. oz.), so it's enough to put in most small blenders. ■

Store in a screw-topped jar in the fridge. I've kept it for a week or more.

## 7.11 Vegan Cheese Sauce

*Contributed by: [pemb0468@sable.ox.ac.uk](mailto:pemb0468@sable.ox.ac.uk) - Simon Cozens*

If you want to make it yourself, melt **lots** of soya spread in a pan, and slowly add cornflour, mixed with soya milk, until it starts to thicken. The important thing here is not to panic, which is what I generally do at this stage. If you've got the milk+flour right, it can't go lumpy, so don't worry about that. Panic just a little bit, and add some more soya spread. Works for me. It should be happy after about three minutes.

Then, grate some vegan cheese up really really really finely, and add it to the roux. If you've got it fine enough, it should melt. Once it starts to get a bit of a skin on it, (after about five minutes total) pour it over the lasagne.