



Cooking with OFS

Recipe

Summer pork, fennel & beans



For # people

4 servings



Cooking time

1 hour

Ingredients:

- 2 tbsp extra virgin olive oil
- 4 large on-the-bone pork chops.
- 2 shallots, 1 sliced, 1 finely chopped
- 2 large fennel bulbs, each cut into 8 wedges
- ½ cup water or vegetable stock.
- 1 lemon, ½ cut into wedges, ½ juiced
- 1 cup cherry tomatoes
- 2 cans(540ml) cannellini beans, rinsed and drained
- 1 tsp fennel seeds, lightly crushed
- ½ cup basil leaves chopped.

Directions:

- Heat oven to 400 F.
- Heat 1 tbsp oil in a large ovenproof frying pan or wide flameproof casserole dish. Season the chops generously and fry over a medium-high heat for 3 mins each side until lightly golden. Remove to a plate. Add the sliced shallot and fennel to the pan and cook for 2 mins, stirring now and then. Add in the water or stock and simmer for a few secs to reduce a little. Add the lemon wedges, drizzle with the remaining oil and put in the oven to roast for 10 mins. Toss the veg gently, add the pork chops on top and roast for another 20 mins.
- Add the tomatoes to the pan and cook for 5 mins more or until the chops are cooked through, the fennel is tender and turning golden, and the tomatoes are soft.
- Meanwhile, mix the chopped shallot, the lemon juice, beans and fennel seeds. Remove the meat to a plate to rest for a few minutes, while you fold the dressed beans and basil leaves into the pan. Add the resting juices, season to taste, then serve with the pork.



Cooking with OFS

Recipe

Sautéed fish with summer veg



For # people

6 servings



Cooking time

1 hour

Ingredients:

For the summer vegetables

- 1 ½ lb new potatoes
- 1 large onion, peeled
- 5 tbsp olive oil
- 2 ½ tbsp lemon juice
- 24 asparagus spears
- ¾ cup half-fat crème
- 1-2 tbsp capers(optional), finely chopped
- 1 lb cherry tomatoes, halved.

For the fish

- 6 x 175g fillets of fresh fish of your choice.
- 1 cup flour seasoned with salt and pepper to taste, for dusting the fish.
- 2-3 tbsp olive oil

Directions:

- Boil the whole potatoes in water for 20-25 mins, or 30 minutes if large. Drain. Halve the potatoes into a bowl and season, cut the onion, ready to sauté before serving. Whisk together the olive oil and lemon juice, then stir into the potatoes/onion.
- Keep warm. Trim and peel the asparagus. Place in a pan of boiling salted water for 2-3 minutes until tender. Put immediately into iced water to prevent overcooking. Mix the crème and enough of the capers to suit your taste. Lightly flour the skinned side of the fish, then season the other side. Heat the olive oil in a large frying pan, then place the fish, floured side down, in the pan and cook over a medium-hot heat for 5-6 mins until golden brown. Turn the fish, then cook for a further 2 mins. Remove the pan from the heat and leave the fish to continue cooking in the warmth of the pan for a further 1-2 minutes this will finish cooking the fish without overcooking. While frying the fish, put some olive oil in another pan and, when sizzling, fry the onions to a golden brown. Add the cherry tomatoes and asparagus to the pan to warm through, then season. Stir this into the potatoes. Spoon the potatoes onto warm plates, then drizzle with spoonfuls of the crème. Serve the fish on top.



Cooking with OFS

Recipe

Roast summer vegetables & chickpeas



For # people

4 servings



Cooking time

1 hour and 15 minutes

Ingredients:

- 3 zucchini, thickly sliced
- 1 eggplant, cut into thick fingers
- 3 garlic cloves, chopped
- 2 red peppers, deseeded and chopped into chunks
- 2 large baking potatoes, peeled and cut into bite-size chunks
- 1 onion, chopped.
- 1 tbsp coriander seeds
- 4 tbsp olive oil
- 2 cups chopped tomatoes
- 1 can chickpeas(796ml), rinsed and drained
- 1 bunch coriander, roughly chopped.

Directions:

- Heat oven to 400 F.
- Add all the vegetables into a large roasting pan and toss with the coriander seeds, most of the olive oil and salt and pepper.
- Spread everything out to a single layer, then roast for 45 mins, tossing once or twice until the vegetables are roasted and brown round the edges.
- Place the roasted vegetables in a pot on a low heat, then add the tomatoes and chickpeas. Bring to a simmer and gently stir.
- Season to taste, drizzle with olive oil.
- Serve garnish with coriander.
- Eat with naan or bread.



Cooking with OFS

Recipe

Pasta Fagioli



For # people

6 servings



Cooking time

30 minutes

Ingredients:

- 2 tbsp. extra-virgin olive oil
- 1/2 lb. ground beef
- 1 medium yellow onion, finely chopped
- 2 medium carrots, peeled and finely chopped
- 2 stalks celery, finely chopped
- 3 cloves garlic, minced
- Salt to taste
- Freshly ground black pepper.
- 2 (19 oz.) cans Great Northern Beans
- 1 (19-oz.) can diced tomatoes
- 4 cup Chicken Broth
- 2 sprigs rosemary, leaves finely chopped
- 1 1/2 cup ditalini pasta (or other small shape)
- Freshly grated Parmesan, for garnish
- Freshly chopped parsley, for garnish.

Directions:

- In a large, deep pot over medium heat, heat oil. Add ground beef and cook, breaking up with a wooden spoon, until cooked through, about 5 minutes. Stir in onion, carrots, and celery and cook until slightly softened, about 5 minutes.
- Add garlic and cook until fragrant, 1 minute more. Season with salt and pepper, then add in beans (with their liquid), diced tomatoes, chicken broth, and rosemary. Bring to a boil, then stir in ditalini or any small pasta of your preference.
- Reduce heat to medium and cook until pasta is al dente, about 8 minutes. Taste and adjust seasoning if necessary.
- Serve in bowls garnished with Parmesan and parsley.



Cooking with OFS

Recipe

Crustless Quiche with Summer Vegetables



For # people

4 to 6 servings



Cooking time

1 hours and 30 minutes

Ingredients:

- 1 tablespoon butter
- 1 large yellow or white onion, sliced into half-moons
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon pepper, plus more to taste
- 3 to 4 cups chopped vegetables (see Recipe Note)
- 8 large eggs
- 1 cup milk
- 1 cup grated cheddar or other cheese

NOTE

If you will use broccoli, cauliflower, or winter squash — I suggest steaming or cooking them before adding them to the quiche to ensure they'll be fully cooked. For tomatoes, zucchini, spinach, or any other quick-cooking vegetable, just use them fresh no need to cook before adding them to recipe.

Directions:

- Preheat the oven to 400°F.
- Melt the butter in a cast iron or ovenproof skillet over medium heat. (If your skillet isn't ovenproof, transfer everything to a deep dish pie plate to bake it.) Add the onion slices and sprinkle a bit of salt and pepper over them. Cook the onions until they are golden-brown and starting to caramelize, about 10 minutes.
- Remove the pan from the heat and spread the onions evenly across the bottom. Spread the vegetables evenly over the onions. The dish or pan should look fairly full.
- In a bowl, use a fork to beat the eggs lightly with the milk, cheese, 1 teaspoon of salt, and 1/2 teaspoon of pepper, just enough to break up the yolks and whites. This is a savory custard mixture. Pour the custard over the vegetables and onions and enjoy watching it fill in all the open spaces.
- Transfer the quiche to the oven and bake for 45 minutes to 1 hour. Once the surface is lightly brown all the way across, it's fully cooked. Let the quiche cool for about 20 minutes, then slice into wedges. Serve it with a green salad or sliced tomatoes.



Cooking with OFS

Recipe

Mediterranean Chickpea Salad



For # people

6 servings



Cooking time

30 minutes

Ingredients:

FOR THE SALAD

- 2 cans(540ml) chickpeas, drained and rinsed
- 1 medium cucumber, chopped
- 1 bell pepper, chopped
- 1 medium red onion, thinly sliced
- 1/2 cup chopped kalamata olives
- 1/2 cup crumbled feta
- Salt to taste
- Freshly ground black pepper.

FOR THE LEMON-PARSLEY VINAIGRETTE

- 1/2 cup extra-virgin olive oil
- 1/4 cup white wine vinegar
- 1 tbsp. lemon juice
- 1 tbsp. freshly chopped parsley
- 1/4 tsp. red pepper flakes
- Salt to taste
- Freshly ground black pepper.
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Directions:

- Make salad: In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives, and feta. Season with salt and pepper.
- Make vinaigrette: In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.
- Dress salad with vinaigrette just before serving.



Cooking with OFS

Recipe

Chicken and Bulgur Salad With Peaches



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- 1 1/3 cups water
- 2/3 cup bulgur
- Cooking spray
- 1 pound chicken breast cutlets
- 1 teaspoon salt, divided
- 1/2 teaspoon black pepper.
- 4 cups packed arugula
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons rice vinegar.

Directions:

- Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes.
- Drain and rinse under cold water. Drain well; let dry on paper towels. Meanwhile, heat a pan coated with cooking spray over high heat. Sprinkle chicken with 1/2 teaspoon salt and pepper. Cook chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice into strips. Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.