

Opening extract from

# Sam Stern's Student Cookbook

Written by

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## MEZE

Simple but beautiful. Hummus is cheap as chips, well tasty and easy to make. Team it up with mellow baked garlic and gorgeous griddled veg for this outstanding sharing plate. Keep a good olive oil in, for dipping.

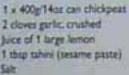












2 than water/chickpes liquid

2 three good olive oil

Extra olive oil Sprinkle paprika (optional) Fresh coriander (optional) Fine nuts (optional)

### Hummus

- 1. Drain chickpeas through a sieve into a bowl. Save liquid.
- 2. Tip chickpeas into a processor or bowl (to mash or handblend).
- 3. Add garlic, lemon juice, tahini, salt.
- 4. Heat oil and 2 thsps water/chickpea water in a pan. (Don't boil.) Add to chickpeas. Blitz hummus or mash it with a fork. Add more water for smoother texture.

5. Adjust taste with lemon, salt. Tip into bowl. Drizzle more olive oil. Scatter with paprika, coriander, pine nuts. Eat warm or chill it.

#### YOU CAN

- # add cumin, chilli, ground coriander
- \* blitz in caramelized onions
- \* top with chickpeas
- \* stuff hummus into a hollowed-out pepper for a box-to-go with bread/pitta/veg sticks
- \* cheat: mash drained chickpeas with a bit of soy sauce, parsley, olive of

# Bread & Oil

Tear bread. Dip into oil. Eat. Enjoy with olives or pickles.

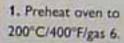
#### YOU CAN

- \* buy oil when on offer
- \* team with tomatoes, cheeses and dell meats

# Griddled Vegetables

- 1. Heat a griddle pan till very hot.
- 2. Brush vegetables with a little olive oil.
- 3. Slap onto griddle (don't overcrowd it).
- 4. Turn veg as soon as they colour/soften. Remove whenever they look done.
- 5. Season with salt, pepper, lemon juice. Eat hot or cold.

# Baked Garlic



- 2. Slice top off each head
- 3. Sit on baking trays. Drizzle with a little olive oil and a scattering of sea salt.
- 4. Roast 20-30 minutes till tender.
- 5. Plate. Spread paste onto bread or crackers.







Good bread (white/brown/ focaccia/ciabatta) Good olive oil









- 1 aubergine, sliced
- 1 courgette, sliced
- 1 red pepper, de-seeded, quartered
- 1 Portobello mushroom. whole or sliced Butternut squash, sliced Olive oil Salt and pepper Lemon juice (optional)







1 whole head of gartic Olive oil Sea salt



## FALAFEL

Take a break from going out. Set up this healthy little plate of nutty-tasting falafel. Soak your chickpeas ahead. Bang on the old TV and get in there.







175g/60z dried chickpess 1 small onion (approx 50g) Zozi, very finely chopped 2-3 fat cloves garlic, crushed Thi tree ground cumin 1 top ground corrander In the salt

1 tsp chill powder, or 1 small chopped de-seeded chilli-2 those fresh contander 1-2 theps fresh paraley or mins. finely chapped and dried

Black pepper Thi shape warm water I to baking powder Sunfaver or vegetable oil, for frying







(skin on) 175g/60z creamy natural yogurt - Greek's best, or make own (pg 46) 1-7 cloves garlic, crushed Be of sea tale.

Sprakle dried or fresh mine. (optional)

# Falafel with Red Onion and Tomato Salad

- 1. Soak dried chickpeas in double depth of water for minimum 12 hours. Drain. Dry very well
- 2. Blitz in processor with onion, garlic, spices, herbs, seasoning Remove to bowl.
- 3. Mix water, baking powder in cup. Stir into falafel mix.
- 4. Roll firmly into balls. Chill for at least 30 minutes.
- 5. Tip 5cm/2in oil into frying pan/wok. When hot enough to crisp a breadcrumb, fry a few falafels at a time, turning, till golden brown, cooked through. Sit on kitchen paper.

#### YOU CAN

- \* use bit of beaten egg to bind falafel if tricky
- \* eat festival-style in pittas-to-go
- # eat in wraps with salad, relish, or slap in a lunch box
- # grow your own herbs to keep costs down

## Tzatziki

- 1. Grate cucumber into a bowl.
- 2. Tip onto a tea towel or kitchen paper. Blot excess moisture out.
- 3. Tip back into bowl. Add yogurt, garlic, bit of salt to taste. Chill. Sprinkle with mint.

## Baba Ganoush

- 1. Heat oven to 200°C/400°F/gas 6.
- 2. Bake aubergine for 20-30 minutes till black and soft.
- 3. Slice open. Spoon flesh out. Blitz with other ingredients. Taste. Adjust seasoning. Chill.







1 targe aubergine 175 thisps alive oil. 1 clove garlic 1 small onion Juice of 1/2 large lemon

