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Opening extract from

Sam Stern's Student Cookbook

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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.

Hummus

FEEDS 4 · £ · V

1 x 400g/14oz can chickpeas
2 cloves garlic, crushed
Juice of 1 large lemon
1 tbsp tahini (sesame paste)
Salt
2 tbsps good olive oil
2 tbsps water/chickpea liquid

Topping
Extra olive oil
Sprinkle paprika (optional)
Fresh coriander (optional)
Pine nuts (optional)

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 tbsps 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 oil



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 deli meats

PER PERSON · £ · V

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

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.

PER PERSON · £ · V

Choice of:
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)

Baked Garlic

1. Preheat oven to 200°C/400°F/gas 6.
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.

PER PERSON · £ · V

1 whole head of garlic
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.

Falafel with Red Onion and Tomato Salad

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175g/6oz dried chickpeas
1 small onion (approx 50g/2oz), very finely chopped
2–3 fat cloves garlic, crushed
1½ tsps ground cumin
1 tsp ground coriander
½ tsp salt
1 tsp chilli powder, or 1 small chopped de-seeded chilli
2 tbsps fresh coriander
1–2 tbsps fresh parsley or mint, finely chopped and dried
Black pepper
1½ tbsps warm water
¼ tsp baking powder
Sunflower or vegetable oil, for frying

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

FEEDS 4 · £ · V · GF

15cm/6in bit of cucumber (skin on)
175g/6oz creamy natural yogurt – Greek's best, or make own (pg 46)
1–2 cloves garlic, crushed
Bit of sea salt
Sprinkle dried or fresh mint (optional)

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

FEEDS 4 · £ · V

1 large aubergine
1½ tbsps olive oil
1 clove garlic
1 small onion
Juice of ½ large lemon
Salt
Bit of parsley

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.

