

Self Help Africa's

Secret Supper Club



A collection of recipes written by profesional chefs and mixologists, to be created at home.



**Self Help
Africa**



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Food photography by Secret Supper Club members
Book design by ThomasReece.co.uk

Introduction

by Steph Smith
Fundraiser at Self Help Africa

Self Help Africa's 10th Secret Supper event was due to take place on April 21st 2020 and whilst we weren't able to celebrate in person, we still wanted to come together to mark the occasion. So, we teamed up with our friend Chris Burt and other top chefs to create a virtual Secret Supper Club, providing recipes to cook-along at home. What initially started as a one-off idea soon developed into a weekly virtual event.

Cooking at home and experimenting with new dishes became a new source of entertainment for many during the Lockdown of 2020. You came together, cooked along and shared your culinary creations - the photography in this collection is taken from the dishes you created.

At the end of our ten week run, we had been gifted with a mouth-watering collection of professional recipes from top chefs and mixologists, which we've collated for you in this Secret Supper Club recipe book.

With thanks to: Chris Burt, Liam Tinsley, Nicola Wipani-Butler, Stuart Collins, Adrian Badland, James Sherwin, Lajina Leal, Frances O'Shea, James Hitchin, George Holding, Paul Davies and Darren Tomkins for their recipes.

All funds raised via Secret Supper Club support the work of Self Help Africa.

selfhelpafrica.org



Self Help Africa

Self Help Africa is a Shrewsbury-based international development charity with just over 30 years' experience of transforming the lives of rural communities in sub-Saharan Africa.

Our vision is of a rural Africa free from hunger and poverty; we support farmers to grow more food, increase their income from farming activities and become self-sufficient.

With over 75% of Africa's population reliant on small-scale agriculture for their livelihoods, we believe that it is only through tackling the challenges faced by rural communities that real and sustained economic progress can be made across Sub-Saharan Africa.

We don't give hand-outs or aid. Instead, we help African farmers develop the skills they need to grow enough food to feed themselves all year-round, earn a living and become self-reliant.

For more information visit selfhelpafrica.org or call 01743 277170



BRUNCH

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Rolex is a popular food item in Uganda, combining an egg omelette and veggies wrapped in a chapati.

Chris Burt from The Mytton and Mermaid

Ugandan Rolex

- 1 Heat a chapati in a 23cm non-stick frying pan, over a medium heat for 1 minute on each side until warmed through. Remove from the heat and keep warm.
- 2 Heat 1tsp of the oil in the same pan. Pour in a quarter of the eggs, swirl to cover the base of the pan and stir once. Add a quarter each of the tomatoes, spring onions and chillies. Reduce the heat to low and fry for 2-3 mins until the egg is just cooked. Place on the chapati. Top with a quarter of the carrots and salad, and drizzle with chilli sauce.
- 3 Roll up in greaseproof paper, cut in half and serve.
- 4 Repeat with the rest of the ingredients, to make 3 more rolexes.

Makes 4 rolexes

- 4 chapatis
- 4 tsp Bennett & Dunn rapeseed oil
- 8 eggs, beaten
- 4 tomatoes
- 8 spring onions
- 2 green chillies
- 200g carrots
- 50g watercress, spinach and rocket salad
- Hot chilli sauce, to serve



Huevos rancheros is a breakfast dish consisting of eggs served in the style of the traditional large mid-morning fare on rural Mexican farms.



Chris Burt from The Mytton and Mermaid

Quarantine Huevos Rancheros

- 1 Place a saucepan on the heat with 2 slugs of oil.
- 2 Add the onion, tomato, beans, chorizo & chill. Fry for a couple of minutes, then crack in the eggs.
- 3 Cut the avocado lengthways and de-stone, scoop out the flesh, dice. Set aside.
- 4 Warm the tortillas in another pan.
- 5 Sprinkle with a touch of salt, when the eggs are nearly done, top with cheese, coriander, chilli sauce, jalapeños & avocado, serve in the pan with the tortillas.

Serves 2

- 2 eggs
- Bennett & Dunn rapeseed oil
- 1 avocado
- Coriander
- 3 tomatoes, diced
- 1 chorizo sausage, sliced
- 1 red onion, diced
- 2 red chillies, sliced
- 1 lime
- 2 flour tortillas
- Chilli sauce
- ½ 400g tin kidney beans
- Cheese of your choice, grated or diced
- Jalapeños
- Salt



Phở is a Vietnamese soup consisting of broth, rice noodles, herbs, and meat. Phở is considered to be Vietnam’s national dish.



Chris Burt from The Mytton and Mermaid

Good Morning Vietnam Phở-lks

- 1 Place your pan of stock on the heat, add a little chicken powder, some fresh chilli, ginger, garlic, fish sauce, five spice & half the chilli oil.
- 2 Bring to a simmer and add the sugar.
- 3 Place your rice noodles in a bowl, slice the chicken breast and place on top of the noodles, add the cucumber and carrot, taste the stock, and if it's good pour over your noodles.
- 4 Cut the lime in half, add the herbs, spring onions & chilli oil.
- 5 Eat straight away and enjoy.

Serves 2

- 1 pint chicken stock
- Splash of chilli oil
- Fresh sliced chillies
- Five spice
- 1 carrot cut into matchsticks
- Coriander/mint/basil/dill
- 1 pre-roasted chicken breast
- Fish sauce
- 3 diagonal slices of cucumber
- 3 spring onions, sliced
- 20g fresh ginger & garlic, finely diced
- 1 lime
- 1 tsp sugar
- Banh pho rice noodles, pre-soaked in hot water
- Chicken powder

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Liam Tinsley from The Mytton and Mermaid

Your Move, Heinz

- 1 On a low heat fry the onions and garlic until translucent.
- 2 Add the white wine vinegar and sugar, reduce by half.
- 3 Add the chopped tomatoes.
- 4 Fill the tin with water and add this too.
- 5 Add the butter.
- 6 Now turn the heat up and cook this out. Reduce by a quarter and add salt.
- 7 Your move...hot or cold?

Hot? Soup!
Straight from the pan
into the blender.

Cold? Gazpacho!
Put in the fridge to
chill Then blend it with
a handful of ice.

- 8 To serve, pour soup into a soup bowl.
- 9 Add Tabasco to spice things up.

Serves 4
Suitable for freezing

- 1 tin of chopped tomatoes
- 6 garlic cloves
- 1 onion, sliced
- 80ml white wine vinegar
- 35g sugar
- 20g salt
- 120g salted butter
- Tabasco, optional

Equipment: blender/hand
blender/smoothie maker



Risotto is a northern Italian rice dish cooked with broth until it reaches a creamy consistency.

Adrian Badland from The Lunch Box

Wild Garlic Risotto

- 1 Bring a large pan of salted water to the boil.
- 2 Wash wild garlic and drain.
- 3 Plunge into the boiling water for 2 minutes.
- 4 Drain and cool slightly.
- 5 Squeeze out excess water.
- 6 Blend with 4 tbsp of stock to puree - set aside.
- 7 Heat up stock and simmer.
- 8 In a separate large saucepan, heat three-quarters of the butter.
- 9 Add diced shallot and garlic and sweat on a low heat for 5 minutes.
- 10 Add rice - and turn up the heat - stir well.
- 11 Add wine and cook for 2 minutes.
- 12 Add a ladle of your stock and keep stirring. Once the stock has nearly been absorbed, add another ladle. Continue like this for 15 minutes until all of the stock has been used.
- 13 Add your wild garlic puree.
- 14 Add remaining butter.
- 15 Add parmesan and juice of a lemon.
- 16 Taste - add salt and pepper to season.
- 17 Spoon onto plate - grate over parmesan.

Serves 4 as a starter
2-3 as a main

- 200g carnaroli risotto rice
- 200g wild garlic
- 1 shallot
- 1 clove of garlic
- 500ml chicken stock
- 150ml white wine
- 100g butter
- 50g parmesan
- ½ lemon
- Feta (optional garnish)



Chris Burt from The Mytton and Mermaid

Hot Hot Chilli Shrimps

Serves 2 people

- 8 peeled, deveined raw king or tiger prawns

2 chopped garlic cloves

10g chopped fresh ginger

Fish sauce

Oyster sauce

Pepper

2 chopped chillies (up to you)
- Chopped French beans

1 lime

Fresh coriander

Pre cooked noodles (up to you)

Granulated sugar

25g chopped peanuts

2 spring onions

1 egg

Bennett & Dunn rapeseed oil

-
- 1

Heat a frying pan or wok to a high heat, add a touch of oil, throw in the prawns, ginger, french beans & chilli - cook for 2 minutes.
- 2

Add the garlic and as the prawns start to turn pink add a couple of splashes of fish sauce, the sugar & pepper.
- 3

Throw in the noodles and stir, stir, toss.
- 4

Stir in a little oyster sauce and a squeeze of lime, add the spring onions.
- 5

Turn out in a bowl, then put a fresh pan on the heat & make sure it's super-hot. Add a touch of oil and put your egg in, this needs to get crispy, but still have a runny yolk.
- 6

Place the egg on the noodles and top with coriander, peanuts & a bit more chilli, serve.

Nicola Wipani Butler from The White Horse Pub

Asparagus and Pea Salad

with Elderflower Dressing



A simple and quick salad that celebrates the seasonal produce of the British countryside. What grows together goes together!

Serves 2 people

- | | |
|--|--|
| 1 bunch of British asparagus (5 spears per person) | 1 tablespoon white wine vinegar |
| A handful of pea-shoots/baby leaf salad | 1 tbsp olive oil |
| 1 cup of frozen peas | Sea salt, black pepper |
| Shavings of Pecorino | Optional: flowers to garnish (chive flowers, wild garlic flowers, elder-flowers, borage flowers) |
| 2 tbsp of elderflower cordial | |

- 1 Start with the dressing: add the vinegar, oil and elderflower cordial into a clean jam jar, add salt and black pepper, screw the lid on tightly and shake for 30 seconds to combine the dressing. Alternatively, simply whisk together in a small mixing bowl.
- 2 Pop the peas into a bowl and cover with boiling water, leave to one side and allow to defrost while you finish the dish.
- 3 Get a pan that's big enough to hold your asparagus, fill with water and bring to the boil, add some salt to it.
- 4 Snap the woody ends off your asparagus and place into the boiling water, cook for 4-5 minutes until tender.
- 5 Drain the asparagus and the peas.
- 6 Take half the peas and place into a pestle mortar, add salt and pepper and lightly crush them (alternatively use a potato masher or a stick blender).
- 7 Spoon the crushed peas into the centre of your serving plate and drizzle a little of the dressing over them.
- 8 Place the asparagus over the top (5 per person) and drizzle with dressing again.
- 9 Scatter the baby leaf salad or pea shoots over the plate and use a vegetable peeler to shave the cheese over the plate too.
- 10 Add another drizzle of salad dressing and if you have some chive, garlic or borage flowers scatter these too.
- 11 Enjoy the taste of an early summer garden!



Ceviche is a Latin American seafood dish typically made from fresh raw fish cured in fresh citrus juices.



Chris Burt from The Mytton and Mermaid

Bogota Bass Ceviche

with crunch

- 1 Cut the limes & squeeze into a bowl, add 1½ tablespoon of sugar, 2 pinches of sea salt and a slug of rapeseed oil. Whisk then set aside.
- 2 Place a saucepan on the heat with 2cm of oil in the pan and heat.
- 3 Cut the avocado lengthways and de-stone, scoop out the flesh and dice. Set aside.
- 4 Cut the flour tortillas in to wedges and when the oil is hot, add the wedges and fry until crispy, remove and place on kitchen towel and season.
- 5 Cut the sea bass in to ½ inch cubes and add to the lime mix, add the tomatoes, chillies & red onion, tear a little coriander in and mix gently.
- 6 Allow to rest for a few minutes and watch as the flesh turns translucent. When it does, plate, place on the avocado and garnish with coriander. Serve with the wedges and enjoy.

Serves 2 people

1 sea bass fillet, skinned and deboned
Bennett & Dunn Rapeseed Oil
1 avocado
Coriander
4 cherry tomatoes, cut into quarters
½ red onion, finely sliced
2 green chilis, sliced
2 limes
Sea salt/sugar
2 flour tortillas

Stuart Collins from Docket No. 33

Tomato Tart



- | | |
|----------------------------------|-----------------------------------|
| 1 packet puff pastry | 100ml Bennett & Dunn Rapeseed Oil |
| 6 ripe Plum or Heritage tomatoes | 100g marinated olives |
| 1 bunch basil | 100g salami (optional) |
| 30g sunflower seeds | 50g salad leaves |
| 100g parmesan or hard cheese | 1 egg |
| 1 clove garlic | Salt and pepper |

Basil & sunflower seed pesto

- 1 Toast the sunflower seeds in the oven for 3-4 minutes, allow to cool.
- 2 Place in blender with the basil, half of the parmesan, half of the garlic clove, approximately 50ml of rapeseed oil, a tablespoon of water & a pinch of salt. Blend for 30 seconds, until a coarse texture is achieved.

Olive puree

- 3 Place the olives, half of the garlic clove, 25ml rapeseed oil & a tablespoon of water into a blender. Blend until a coarse texture is achieved.

For the pastry

- 4 Roll out pastry to approximately the thickness of a pound coin.
- 5 Dock all over with a fork and brush with egg wash.
- 6 Fold the edges to create a border the whole way round.
- 7 Spoon the pesto and olive mix onto the base.
- 8 Slice the tomatoes into ½ cm slices and add to the tart.
- 9 Add the salami slices (remove for a vegetarian option).
- 10 Sprinkle the remaining parmesan over the top.
- 11 Place into a pre-heated oven at 200°C for 18-22 minutes. For larger tarts, increase the cooking time by a couple of minutes. You're looking for firm pastry all around and the cheese nice and golden.
- 12 Cut into pieces, add the salad leaves and a couple of basil leaves. Enjoy!



Ajoblanco is a popular Spanish cold soup. The dish is made of bread, almonds, garlic, water, olive oil, salt and vinegar. It is usually served with grapes.



Frances O'Shea from AleOli and AleOli y Tu

Ajoblanco

- 1 Roast the almonds in a frying pan until browned. Retain approximately 24 for garnish.
- 2 Soak stale bread in water for 10 minutes.
- 3 Squeeze water out of soaking bread, and place in 600ml of water with the almonds & chopped garlic clove. Blend in food processor or with a hand blender. Add sherry vinegar and continue blending whilst slowly adding olive oil. Add salt to taste.
- 4 Place in a fridge to chill for 2 hours. At this point you can sieve to make a thinner soup. If serving sooner, add a few ice cubes to chill.
- 5 Once removed from fridge dress with apple cut into thin strips, halved grapes (or melon balls), basil leaves & a drizzle of oil.

Buen provecho!

Serves 4

200g flaked almonds
100g stale bread
1 clove garlic
200ml extra virgin oil
600ml cold water
2 tbsp sherry vinegar
Salt to taste
To garnish: 12 grapes,
½ Granny Smith apple
Basil

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Tournedos Rossini is a French steak dish, named after 19th century composer Gioachino Rossini.



Chris Burt from The Mytton and Mermaid

Luxury Lockdown Rossini

- 1 Place your frying pan on a high heat.
- 2 Oil your steak and season.
- 3 Add to pan and sear until it's cooked how you prefer it.
- 4 Remove and rest.
- 5 Add a touch more oil, add onions and sweat down, scraping the pan with all the lovely steak bits.
- 6 Add the chopped garlic and mushrooms, and sweat a little more.
- 7 Add the cream and bring to a simmer.
- 8 Lightly sprinkle in gravy granules and whisk, being careful not to add too much.
- 9 Toast the brioche.
- 10 Plate - add brioche to the plate, top with steak, pâté & a drizzle of the sauce.

Serves 1, double for more servings

1 steak of your choice
150g pâté of your choice
4 mushrooms, sliced
1 garlic clove
½ onion, diced
1 slice of brioche
Double cream
Gravy granules
Bennett & Dunn
rapeseed oil
Salt & pepper



Stuart Collins from Docket No. 33

Sesame Salmon

with Stir Fry Vegetables

- 1 Pickle the cucumber - dice cucumber, add mirin or lime juice, add sugar - stir. Set aside.
- 2 Peel ginger and dice.
- 3 Chop 1 clove of garlic.
- 4 Pour sesame seeds onto plate, season salmon and place salmon onto seeds, covering one side.
- 5 Cook the salmon - add rapeseed oil to a warm pan. Place salmon - seed side down - until golden brown.
- 6 Boil a pan of water, with a dash of soy or salt. Add your vegetables, boil for 2 minutes.
- 7 Add the chopped garlic and ginger to the salmon pan. Leave to simmer.
- 8 Drain the vegetables.
- 9 Spoon all of the good juices over the salmon.
- 10 In a separate pan, toast the remaining 2 cloves of garlic until golden brown. Then add your vegetables, including the cucumber.
- 11 Flake the salmon.
- 12 Plate up and enjoy!

Serves 2-3 people

300g salmon fillet
1 tbsp toasted sesame seeds
20g fresh ginger
3 cloves of garlic
Bennett & Dunn Rapeseed Oil
20ml soy sauce
30ml mirin/rice vinegar
or 1 lime
Fish sauce (optional)
100g sugar snaps
100g carrots
100g broccoli
100g peas
100g green beans
1 pak choi
¼ cucumber
½ bunch coriander
1 chili
10ml sesame oil



Chris Burt from The Mytton and Mermaid

All Green & Clean Larry the Lamb

- 1 For the 'green pickle pesto' sauce - roughly chop all herbs and wild garlic, chop garlic cloves, place in blender along with squeeze of lime, parmesan, pickle juice, sweet chilli & rapeseed oil. Blitz until smooth.
- 2 Place 2 pans on the heat, one high and one medium.
- 3 Oil the new potatoes and place in the medium heat pan.
- 4 Oil, pepper & salt the chops and place in the high heat pan, cook to your requirements, remove and rest.
- 5 Cook the new potatoes until they are $\frac{3}{4}$ cooked then add green beans and spring onions.
- 6 Cook for a further 3 minutes, season and place on your plate.
- 7 Add the chops and drizzle with your all green pickle pesto, garnish with a few more herbs and serve.

Serves 1, double for more servings

- 3 lamb or hogget chops
- Bunch of wild garlic, if available
- Fresh herbs - mint, rosemary, coriander, dill, chives
- 3 peeled garlic cloves
- 30g parmesan
- Pickle juice e.g. jalapeños
- 2 squeezes of sweet chilli
- 1 chopped spring onion
- 1 lime
- 8 sliced new potatoes
- 15 chopped green beans
- Salt & pepper
- Bennett & Dunn
- rapeseed oil

Liam Tinsley from The Mytton and Mermaid

Hong Kong Chicken



Serves 2 people

- 1 pint pineapple juice
(or orange and apple
50:50 mix)
- 1 pint white wine vinegar
- 160g white sugar
- ¼ pint soy sauce
- 80ml ketchup
- ½ chilli
- 6 tbsp cornflour for sauce
- 100g cornflour for chicken
- 2 chicken breasts
- 1 onion
- 1 pepper (optional)
- 150g diced pineapple
- 5 garlic cloves

Step One: Sauce

- 1 Mix 6 tbsp cornflour with cold water until it's a milk consistency - set aside.
- 2 Mix the rest of ingredients; pineapple juice, white wine vinegar, sugar, soy sauce, ketchup & ¼ of a chilli in a pan and stir well.
- 3 Place on the heat and bring to a boil.
- 4 Add your cornflour mixture and stir quickly.
- 5 You should now have a ketchup consistency.

Step Two: Chicken

- 6 Thinly slice the chicken breast and mix the chicken through the water.
- 7 Shake off, then add to the 100g of cornflour.
- 8 Repeat process until all of the chicken is coated.
- 9 In a pan bring oil to a temp of 170°C - make sure your pan is deep and the oil has plenty of room.
- 10 Add your chicken - a small batch at a time - and cook until crisp, about 8-10 minutes.
- 11 Leave on a cloth to drain and dry out.

Step 3: Put it all together

- 12 Now your main ingredients are done, let's put it all together.
- 13 In a pan fry off the onions and garlic (and peppers, if you like them).
- 14 Add the chicken and the other ¼ of a chilli. Season with salt.
- 15 Add the pineapple chunks



Chris Burt from The Mytton and Mermaid

Khmer Empire Duck

with Coconut Porridge

Serves 1

- | | |
|-----------------------------------|--|
| 1 duck breast, criss-cross scored | 20g fresh ginger & garlic, fine dice |
| Bennett & Dunn rapeseed oil | 1 lime |
| Coriander | 1 tbsp of sugar |
| Kadode peppercorns, crushed | 200g sushi or arborio rice, pre cooked |
| Oyster sauce & fish sauce | Coconut milk |
| 3 spring onions, sliced | Chicken powder |

- 1 Place your duck breast in a cold pan on the heat, checking it doesn't burn, we just need a lovely golden brown colour, then turn, and slightly turn down the heat.
- 2 In a saucepan add the rice, coconut milk, a touch of chilli & chicken powder. Warm through.
- 3 In a mixing bowl add oil, oyster sauce, fish sauce, sugar, pepper, lime, chilli, ginger & garlic - mix thoroughly, and set aside.
- 4 Remove the duck and rest for 8 minutes, whilst stirring the rice until piping hot.
- 5 Add to your bowl, cut the duck breast lengthways & place in sauce, rest for two minutes.
- 6 Once fully rested place on top of rice, drizzle with the sauce, sprinkle with spring onions.



Jollof rice is the celebration dish of West Africa. At its core, it includes rice, tomatoes, onions and chili peppers.

Chris Burt from The Mytton and Mermaid

Gambian Chophouse & Jollof Rice

Serves 2 people

- Some lamb chops (up to how many per person)

Fresh sliced chillis

West African pepper or cracked black pepper

1 carrot, cut into fine dice

Coriander

Lime

1 red & 1 white onion, sliced
- 3 spring onions, sliced

20g fresh ginger & garlic, fine dice

Bennett & Dunn Rapeseed Oil

1 tsp of sugar

Tomato puree

Chicken powder

Mustard

Chilli sauce of your choice

Pre-cooked rice
- 1 Heat a pan, add a touch of oil, throw in the rice and toss.

2 Add a little onion, carrot, garlic, ginger, tomato puree, chicken powder, chilli, pepper, spring onion & sugar - and fry.

3 Oil and pepper the chops and throw on the hot BBQ or pan. 3 minutes should do it, make sure they are charred, remove and rest.

4 Add chilli sauce and mustard to piping bags.

5 Test the rice, once it's done remove and add to a bowl.

6 Chop the lamb, plate, sprinkle with spring onions, then pipe your mustard and chilli sauce, sprinkle with coriander, cut the lime and serve.

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Nicola Wipani Butler from The White Horse

Chai Spiced Panna Cotta

with Brûléed Mango, Pistachio & Mint



Serves 2 people

- 250ml whole milk
- 260ml double cream
- 40g caster sugar
- 5g leaf gelatine
- ½ teaspoon vanilla bean paste or extract
- 1 cinnamon stick
- ¼ teaspoon nutmeg
- 3 green cardamom pods
- 3 black peppercorns

Equipment: 4 serving glasses/coffee cups or moulds to serve

- 1 Add the double cream, milk, sugar, vanilla, peppercorns and grated nutmeg into a heavy bottomed saucepan. Break the cinnamon stick in half and lightly crush the cardamom pods, so the seeds are released, add the whole lot into the saucepan, too.
- 2 Put the pan onto a medium to low heat and gently bring the mix up to the boil, taking it off the heat before it boils too vigorously.
- 3 Leave the pan on the side and allow the cream mix to cool for 20 minutes.
- 4 While the cream is cooling, place 3 leaves of gelatin into a bowl of cold water to 'bloom' - this will make it easier to whisk into the cream.
- 5 Strain the cooled cream mix through a fine sieve into a mixing bowl.
- 6 Take the softened gelatin out of the water, squeezing the excess water out and whisk it lightly into the cream until it dissolves.
- 7 Pour the mix into your 4 moulds, cups or tumblers.
- 8 Place the panna cottas into the fridge and allow to set for at least 3 hours.
- 9 When you are ready to serve, remove the panna cottas from their moulds and tip onto the serving plate. Run a sharp knife around the inside rim of the cup to loosen it to make it easier to tip out. Alternatively, dip the mould into hot water first.
- 10 Gather your garnish ingredients together; lightly crush the pistachios, finely shred the mint leaves and slice a couple of thin wedges of mango per portion and a dessertspoon of finely diced mango per portion.
- 11 You could caramelize the sliced mango with a blowtorch or under the grill until it's scorched (optional, but adds more sweetness and colour).
- 12 Garnish each panna cotta with the sliced mango, and scatter the diced mango, shredded mint & pistachios around the plate.
- 13 Optional garnish of dried or fresh edible petals to add a burst of colour.



Chris Burt from The Mytton and Mermaid

Flaming Banana's Foster

- 1 Melt butter in a large, deep frying pan over medium heat. Stir in sugar and cinnamon.
- 2 Add the booze and set alight.
- 3 When mixture begins to bubble, chop bananas in half and place in the pan.
- 4 Cook until bananas are hot, 1- 2 minutes.
- 5 Serve at once over vanilla ice cream.

Serves 2

3 ripe bananas
80g butter
160g dark brown sugar
Pinch of cinnamon
2 shots of rum, or
whatever you have

James Sherwin from Wild Shropshire

Burnt Chocolate, Miso, Blackcurrant



Serves 2 people

- 200g white chocolate
- 1 green apple
- 25g miso
- 90g caster sugar
- 100g butter
- 5 eggs (2 whole eggs plus 3 egg yolks)
- Cider vinegar (to taste)
- Salt (to taste)
- 100ml double cream
- 100g blackcurrants or raspberries
- 2 sheets of gelatin

Equipment: ice cream machine (if you have one, no problem if not), fine sieve, thermometer (not a necessity), baking tray, pans.

Prepare in the morning, so that everything has time to set.

Step One: Freeze the Apple

- 1 Place the apple in the freezer, to grate over the top as a garnish once served.

Step Two: Miso curd

- 2 Add the egg yolks, whole eggs, butter, 50g of the sugar & miso to a bowl.
- 3 Heat over a pan of simmering water whisking the whole time until it coats the back of a spoon. Season with a little vinegar, don't make it vinegary, just add enough to brighten the flavour up.
- 4 Add the gelatin to cold water, leave until soft (approximately 5 minutes). Add to warm curd mix, whisk until fully dissolved.
- 5 Once cool, place in fridge to fully set.
- 6 Whip cream. Once the curd is set, mix whipped cream into curd.

Step Three: Burnt chocolate

- 7 Preheat oven to 180°C.
- 8 Add white chocolate for 6 mins, it should be lightly golden, it will keep on cooking once out of the oven.
- 9 Leave to cool and harden. Once hard break into small pieces.

Step Four: Sorbet OR Granita

- 10 Sorbet OR Granita:

Sorbet - using an ice cream maker:

- 1. Blend remaining sugar with chosen fruit.
- 2. Pass through sieve and follow ice cream maker instructions.

Granita:

- 1. Blend remaining sugar with chosen fruit.
- 2. Sieve, put into freezer. Every 30 minutes scrape with a fork so that you get a fluffy texture (approx. 3 hours).

Step Five: Plate

- 11 Burnt chocolate - miso curd - sorbet or granita - grated frozen apple.



Liam Tinsley from The Mytton and Mermaid

‘The Bees Knees’ Rice Pudding

- 1 You’ll need a deepish thick tray, I’ve used a casserole one.
- 2 Fill the bottom of the tray with butter.
- 3 Pour in the rice.
- 4 In a bowl mix the cream, honey, vanilla & milk then pour into the tray.
- 5 Stir so all is mixed and even.
- 6 Pre-heat oven to 150°C, bake for 70 minutes, until it wobbles.
- 7 If you like your rice pudding stodgy with the skin, eat it straight away. If you like it creamy take the skin off, then add crème fraîche and mix well.
- 8 Top with some jam and Nutella.

Serves 2-3

100g pudding rice
(e.g. risotto rice)
100g butter
700ml whole milk
100ml cream
2 tbsp vanilla
Crème fraîche (optional)
Grated nutmeg
6 tbsp Haughton honey
Optional, to finish: jam or
Nutella



Crème brûlée, is a dessert consisting of a rich custard base topped with a texturally contrasting layer of hardened caramelized sugar.

Adrian Badland from The Lunch Box

Crème Brûlée

- 1 Pre-heat the oven to 180°C.
- 2 Bring cream to the boil.
- 3 Separate the egg yolks from the whites (save whites for another day).
- 4 Add the sugar and vanilla to the yolks and whisk.
- 5 Add the boiled cream to the yolks and whisk.
- 6 Strain the mix through a sieve.
- 7 Divide the mix between six ramekins or moulds.
- 8 To remove bubbles lightly blow torch the mix.
- 9 Sit them in a roasting tin and add warm water until it comes three-quarters up the side of the moulds.
- 10 Place in the oven for 20-30 minutes until set.
- 11 Take moulds out of the water and cool to room temperature.
- 12 Sprinkle them liberally with icing sugar and blow torch to glaze (or place under a hot grill).
- 13 Serve with fresh English strawberries.

Serves 6

8 egg yolks
50g caster sugar
600ml double cream
1 vanilla pod
250g strawberries
Icing sugar

Frances O'Shea from AleOli and AleOli y Tu

Churros con Chocolate



Churros:

- 250ml water
- 250g plain flour
- 60g unsalted butter
- 2 tbsp caster sugar
- 1 tsp salt
- Vanilla extract
- 1 egg
- 3 tbsp white or brown sugar
- 2 tsp cinnamon
- Bennet & Dunn rapeseed oil
for frying

Dipping chocolate:

- 130g dark chocolate, broken
in to small pieces
(we use Luker)
- 180ml double cream
- ¼ tsp salt (optional)

For the Churros:

- 1 Place a large saucepan over a medium heat, add water, butter & caster sugar. Bring to the boil, turn off the heat.
- 2 Add vanilla extract and flour, stir with wooden spoon or spatula until thickened for 30-60 seconds. Leave to cool.
- 3 Add 5cm of oil into a pan and heat to 190°C.
- 4 Add the egg to the dough mixture and blend in by hand or with a hand mixer. Transfer to piping bag with star nozzle (or round will do).
- 5 Pipe the churro mixture into approximately 6 inch lines on to a lightly greased tray or greaseproof paper. Cut each churro off with scissors.
- 6 When the oil is hot, gently place churro mixture into oil, fry for 2-3 mins on each side or until golden. Fry in batches of 4 or 5 at a time. Remove from oil and place onto paper towel.
- 7 Coat in sugar and cinnamon.

For the sauce:

- 8 Place the chocolate into a heatproof bowl.
- 9 Heat cream in a pan until simmering.
- 10 Pour cream over the chocolate and mix.
- 11 Add the salt and put to one side. If chocolate is not melted fully, place over a pan of simmering water.
- 12 Dip and enjoy.

Nicola Wipani-Butler from The White Horse

Anyone for Strawberries?

A Wimbledon inspired strawberries and cream



Serves 2 people

- 300g British strawberries
- 50g caster sugar
- 1 tsp vanilla bean paste, extract or pod
- 1 lemon
- 2 leaves of gelatine
- 100g mascarpone
- 1 tsp icing sugar
- 2 small ready-made meringue nests
- 1 pack fizz wizz popping candy
- 1 small bar of white chocolate
- Fresh elderflowers to garnish

Equipment: an electric whisk/beater, half sphere silicone moulds (like those used for cakepops/desserts/ chocolate/ice cubes spheres or bath bombs!)

- 1 Gather your ingredients and equipment together. You'll need an electric mixer as there's a lot of whipping! You'll also need some silicone moulds to freeze your dessert in. The silicone makes it easier to turn the dessert out. I've used semi-sphere mould as I want the dessert to look like a tennis ball, but you can use whatever shape you have!
- 2 Hull and quarter the strawberries, add the sugar, vanilla bean paste, juice of a lemon & 100ml of water into a metal mixing bowl. Place the bowl on top of a pan of simmering water and allow the strawberries to cook for 15-20 minutes until you have a potent sweet strawberry juice without the fruit breaking down.
- 3 Meanwhile, take the mixer bowl you will use for whipping, and place it into a fridge or freezer or fill it with ice. You want your bowl to be really cold so your strawberry foam will whisk better and quicker.
- 4 Strain the strawberries through a fine sieve and reserve the fruit for later. Take the gelatin leaves and soak them in some cold water so they 'bloom' and are soft enough to dissolve into the strawberry juice. Lightly mix it in until you can see the gelatin has dissolved.
- 5 Pour the strawberry jelly mix into your chilled bowl and start to whip. It will take 15-20 minutes and the strawberry juice will foam, treble in size and become a light pink foam.
- 6 Gently divide the foam into your silicone moulds and smooth the surface. Pop these into the freezer and allow 2 hours for them to set.
- 7 Mix the mascarpone with the icing sugar and the vanilla.
- 8 When the foam is frozen, scoop out the centre for your filling. The amount will depend on the size of your mould. Fill this with your mascarpone mix and return it to the fridge while you prepare your crumb.
- 9 Crumble your meringues into a shallow tray, grate the white chocolate into it so you have 50/50 chocolate and meringue and add half a pack of the popping candy.
- 10 Take the foams out of the moulds and gently press them together, roll them in the coating, spoon some of the reserved strawberries into your serving bowl, place the strawberry ball on top - and then scatter some of the remaining coating over the top.

CURRY NIGHT

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Lajina Leal from Lajina Masala



Lajina Masala

Easy-peasy Tandoori Baked Chicken

Serves 2

4 pieces of chicken thigh, with bone in and skin on. You can use any chicken (you can also do this boneless and skinless), but this is how I do it for a super-speedy version.

½ inch ginger, finely grated
2 cloves garlic, finely grated

1 tbsp soy sauce
½ sachet of Lajina's Tandoori or 1 tbsp of Tandoori Masala
1 tsp sugar
½ tbsp cooking oil
A knob of butter
To serve - a squeeze of lemon

- 1 Carefully measure the marinade ingredients into a big bowl. Add the chicken, give it a big mix and cover, allow to rest for a minimum of one hour (overnight is fine in the fridge).
- 2 Set the oven to 200°C.
- 3 Place the chicken in a baking dish and bake for 20 minutes, turn the chicken over.
- 4 Reduce the oven to 180°C and bake for a further 15 minutes - until the chicken is cooked through, and the juices run clear.

This is my family's favourite baked chicken and although not a traditional tandoori dish, it delivers flavour and is an easier dish to make when preparing a feast.

If you'd like a vegan version, please replace the chicken with cauliflower.
½ a cauliflower replaces 4 chicken thighs.



Lajina Masala

The Lajina Curry Masala Daal

Serves 2

- ¼ onion, finely sliced
A splash of cooking oil
¼ inch ginger, grated
1 clove garlic, grated
¼ tsp of salt
1 tbsp Lajina’s Curry Masala
or masala spice mix
(see notes below)
- 250g of lentils (red lentils are super speedy to cook)
Optional veg: handful of extra veg
e.g. carrots, cauli, courgette, kale
Optional to finish: a handful of fresh coriander, finely sliced spring onion, some fresh cherry tomatoes, some extra chilli, small knob of butter

Masala Spice Mix

½ tsp cumin seeds, ½ tsp turmeric, ½ fresh chilli
or ½ tsp chilli flakes, ½ tsp garam masala, ½ tsp dried fenugreek leaves

-
- 1 Check your lentils for any odd stones, seeds - then give them a soak for at least 15 minutes and rinse in a sieve until the water runs clear.
 - 2 Pop them in a big pan and cover with a kettle of boiling water (you might need more). Don't add anything to the lentils, just let them simmer away. The lentils could take up to an hour to cook.
 - 3 Meanwhile, in another pan, warm 1 tbsp of oil and fry the chopped onions until golden, for around 5 minutes.
 - 4 Add salt (this helps to speed up the onions) fry for 2 minutes and then add your ginger and garlic, fry for 5 minutes.
 - 5 Pour in a splash of water (about an egg cup size), this saves the pan from drying out and your onions burning.
 - 6 Now, add 1 tbsp of curry masala (or the spices as suggested in the recipe) with another splash of water and stir well.
 - 7 Stir until little bubbles of oil float to the top - it's an indication of the spices cooking, this takes a few minutes on high heat.
 - 8 If using vegetables, add them now.
 - 9 Carefully place the cooked lentils into the curry base and simmer for ten minutes.
 - 10 Check seasoning (salt and chilli), finish with a sprinkle of any of your curry finishers.
 - 11 I sometimes add raw spring or red onions, tomatoes or fresh chilli.



Bhelpuri is a savoury snack, originating from the Indian subcontinent. It is made of puffed rice, vegetables and a tangy tamarind sauce.

This dish has been changed to be healthier, tastier and fresher than the traditional version - which is boiled potatoes, chickpeas and raw onion.

Lajina Masala

Bhel Puri Salad

Ingredients for your favourite salad:
e.g. a selection of salad from leaves, peppers, cucumber, tomatoes, red onion, sweet corn, radish, pomegranate, grapes, satsuma etc
Bombay Mix or Crunchy Sev Noodles
Popodoms
Tamarind Dressing (see page 75)

-
- 1 Choose your selection of salad, and wash and chop them finely. A small bowl per person is plenty.
 - 2 Layer the salad in the centre of a plate, place the poppadoms and the crunchy noodles around the edge of the plate.
 - 3 Dress the salad with a tamarind dressing and any other dips you may have
 - 4 Sprinkle with a little Chaat Masala (optional)

Chappatties: Cheat Naans

Step 1: make the dough

- 1 Place all the ingredients in a big bowl (except the extra water) mixing with your hands to form a soft dough. You might need a tablespoon or two of water to make the dough.
- 2 Knead for a few minutes and cover to allow to rest for at least 15 minutes.

Step 2: roll the naans

- 3 Break off golf ball size amounts, shape into a ball, flatten and roll into a round(ish) shape about 15cm in diameter - this mix makes 4.
- 4 Dust off any excess flour.

Step 3: cook the naans

- 5 Put the flat bread on the hot frying pan and cook for the first side for the 30 seconds and flip over and cook the second side for a minute and turn over to finish cooking..
- 6 Bubbles appear on the flatbread to indicate it is time to flip the bread over.
- 7 The naans take 3-4 minutes to cook so please watch them.
- 8 If you like, brush them with butter.

Makes 4 chapatties

- 1 cup self-raising flour
- ½ cup Greek yoghurt
- ½ tsp baking powder
- ½ tsp salt
- ½ tsp sugar
- A little extra water

Mint Raita

- 1 Use a food processor to mix all the ingredients together.
- 2 Place all the ingredients in a bowl and mix together.
- 3 Tips for any raita: check seasoning, sugar makes it very special, keep chilled until ready to serve.

A big handful of freshly washed coriander, mint and spinach leaves
½ tsp Lajina's Garam Masala
or ½ tsp Garam Masala
½ tsp sugar
A pinch of salt
125g Greek yoghurt
or soya yoghurt
Optional extras: onions, chilli and cucumber

Tamarind Salad Dressing

- 1 Take a chunk of the jaggery or sugar chop into fine slices and place into a mug.
- 2 Cover the sugar with hot water and stir until melted.
- 3 Pop the tamarind into the sugar, add the spices and chill.
- 4 This will be used as a dressing for the prepared salad and serve with crunchy sev noodles and poppadoms.

½ cup tamarind paste
½ cup of hot water from the kettle
1 inch jaggery (cane sugar)
or 2 tbsp dark muscovado sugar
¼ tsp Lajina's Garam Masala
or ¼ tsp Garam Masala
¼ tsp chilli powder
Pinch of salt

COCKTAILS

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James Hitchin from The Alb & Bombos

Gin Basil Smash

- 1 Shake and strain.
- 2 Top with the Prosecco bubbles.

25ml lime juice
10ml dry vermouth
40ml London Dry Gin
20ml sugar syrup
A handful of basil
Prosecco



George Holding from The White Horse Pub

Tommy's Margarita

- 1 Cut a lime wedge and rub it around the rim of your glass.
- 2 Pour out salt on a plate and carefully dip the rim of your glass in the salt. The lime juice will allow the salt to stick to the glass.
- 3 Add ice to your glass to the very top. Quick tip... always add ice to the top of a glass, this will prevent the ice from melting quickly and you will have a colder, undiluted drink from start to finish.
- 4 In your shaker add tequila, 15 - 25ml agave (depending on how sweet you prefer it) and the juice from a whole lime. Shake vigorously.
- 5 Strain into your ice filled rocks glass. Garnish with a lime wedge. Enjoy!

50ml of 100% agave blanco tequila
15-25ml agave nectar
2 limes
Salt (ideally maldon sea salt)
Ice

Equipment: a knife, lemon squeezer, cocktail shaker & a rocks glass



Paul Davies from Albert’s Pour House

Breakfast Martini

- 1 Chill your martini glass.
- 2 In a shaker, add the marmalade and gin, stirring to dissolve/soften the marmalade.
- 3 Add the Cointraeu and lemon juice.
- 4 Fill the shaker with ice and shake hard for approximately 10 seconds.
- 5 Strain through a sieve into a martini glass.
- 6 Garnish with an orange peel twist and optional small triangle of toast.

50ml London Dry Gin
15ml Cointreau (triple sec)
15ml lemon juice
1 tsp orange marmalade (ideally fine cut)
Orange for garnish
Piece of toast (optional garnish)
Ice

Equipment: Cocktail shaker, lemon juicer/squeezer, martini glass



Darren Tomkins from Gindifferent Bar

Summer Fruit Collins

- 1 Cut the strawberry in half, leave one half for the garnish. Remove stalk from second half and cut into two. Add 3 of the raspberries and leave one for garnish. If using small strawberries retain half of one for garnish and use the rest for the glass.
- 2 Add the sugar syrup and the sours mix to the glass, muddle into a rough berry paste with your muddler or spoon.
- 3 Add the gin and stir, then fill the glass with ice to the brim.
- 4 Add the sparkling or soda water to the glass and stir.
- 5 Place the remaining raspberry and the strawberry half on top to garnish, add a sprig of mint for enhanced aroma and presentation.

4 raspberries
1 large strawberry or 2 small
50ml Old Tom Gin (or classic dry with lemon or lime citrus notes)
12.5ml sugar syrup
12.5ml sours mix (lemon and lime juice)
Sparkling water or soda water
Ice
Mint (for garnish if you want)

Equipment: Rocks glass or tumbler with a flat bottom, muddler or sturdy spoon



Paul Davies from Albert’s Pour House

Grand Mimosa

Alcoholic:

- 15ml Cointreau
- 50ml orange juice
- 50ml Prosecco

Non-Alcoholic:

- 60ml orange juice
- 60ml sparkling white grape juice (e.g. Shloer) or ginger ale.

Equipment: both versions will need a champagne flute and an orange to garnish.

Alcoholic

- 1 Ensure OJ and Prosecco are chilled in advance. Build this cocktail straight into your glass - in the order: Cointreau, OJ, Prosecco. Garnish with an orange twist.

Virgin Mimosa (non-alcoholic)

- 1 As above, build straight into your glass and garnish with an orange twist.

Created in 1925 the Mimosa is a close relative of the Bucks Fizz but where the fizz has a ratio of 1 part OJ to 2 parts bubbles, the Mimosa goes for an equal parts recipe.

The Grand Mimosa is so called because the original creation used Grand Marnier orange liqueur.

I’ve made this version budget conscious but for the truly authentic experience use Brut Champagne and squeeze fresh OJ from oranges you have kept in the fridge. Feel free to alter the ratios to suit your personal taste as well.

The grape juice adds a slightly floral note with quite a lot of sweetness. Ginger ale is my preferred choice adding a gentle warmth to the drink. If you happen to have any Seedlip Grove knocking around, you can also add this in as a replacement for Cointreau.



James Hitchin from The Alb & Bombos

The Sour

- 1 2 parts of your base spirit.
- 2 1 part lemon juice.
- 3 1 part sugar syrup.
- 4 Dash of egg white.
- 5 Shake and strain.
- 6 If you're making a dark spirit sour, top with a dash of red wine
- 7 If you're making a white spirit cocktail add a few dashes of angostura bitters

Your chosen spirit, 1 of the following: gin, vodka, rum, tequila, sake or bourbon
Lemon juice
Sugar syrup
Egg
Angostura Bitters or red wine



Paul Davies from Albert's Pour House

Piña Colada

- 1 Add all ingredients to a blender.
- 2 Blend.
- 3 Serve.

50-60ml white rum
20ml cream of coconut*
15ml lime juice
90ml pineapple juice
6oz ice
Pineapple and cocktail cherries to garnish

*if you can't find cream of coconut, then substitute with coconut cream and sugar syrup

Equipment: Long glass or a hurricane glass, blender



Caipirinha is Brazil's national cocktail, made with cachaça, sugar, and lime. Cachaça is a distilled spirit made from fermented sugarcane juice.



Darren Tomkins from Gindifferent Bar

Caipirinha

A whole lime
Brown sugar
75ml Cachaça or white rum
Ice

Equipment:
Rocks glass or tumbler with a flat bottom
Muddler or sturdy spoon
Dessert spoon
Knife
Chopping board

- 1 Take the lime and roll it to release the juices, take the knife and remove one end of the lime. Then cut a thin circle of lime to be used as garnish.
- 2 Take the rest of the lime and cut it in half, then in half again take these segments and cut them in half again you should have eight small chunks of lime.
- 3 Add the limes to the glass then add 2 heaped dessert spoons of brown sugar to the glass, the more heaped the merrier.
- 4 Take your muddler or spoon and mush up the sugar and lime mixture for a good 30 seconds to form a sweet citrusy paste, don't be shy with it. It should be a brown & green fragrant mess.
- 5 Now this is the important bit, add 75ml of Cachaca/white rum, don't skimp on it the acid and sugar will mix with the alcohol softening it and bringing out all the flavours, stir.
- 6 Fill the glass to the brim with ice and stir gently to dilute the mixture slightly. Taste, if it needs more dilution continue to stir, if you're happy with the taste, then enjoy.
- 7 Finally take your knife and make a small slit to the lime slice from centre to edge and attach to the side of the glass for a bit of flair.



James Hitchin from The Alb & Bombos

Bombos Breakfast Cocktail

- 1 Dice up a handful of pineapple and mango and freeze.
- 2 Next add raspberries to a bottle of Drambuie and seal top. Put it on a 30 minute wash in a dishwasher.
- 3 Add 50ml of this mix, 25ml lime juice, 50ml water, add a handful of the frozen fruit and serve in a hollowed-out pineapple.

Mango (diced & frozen)
Pineapple (diced & frozen)
Raspberries
25ml lime juice
50ml Drambuie
50ml water

Equipment: a freezer, a dishwasher, blender, knife, cutting board, spoon



Darren Tomkins from Gindifferent Bar

Gin Gin Mule

- 1 Add lime juice, mint leaves and sugar syrup into cocktail shaker and muddle to release the herbaceous aromas.
- 2 Add ice and gin to shaker and shake or stir vigorously.
- 3 Add ice into the hi-ball glass, then strain the cocktail mix over the ice.
- 4 Top up with ginger beer and stir, then finish with the mint sprig and lime wedge.
- 5 Enjoy!

60ml gin
25ml sugar syrup
200ml ginger beer
12.5ml lime juice
8 mint leaves
Ice
Sprig of mint
Wedge of lime

Equipment: hi-ball glass, cocktail shaker, muddler, strainer



Self Help Africa's 10th Secret Supper event was due to take place on April 21st 2020 and whilst we weren't able to celebrate in person, we still wanted to come together to mark the occasion. So, we teamed up with our friend Chris Burt and other top chefs, to create a virtual Secret Supper Club, providing recipes to cook-along at home. What initially started as a one-off idea, soon developed into a weekly virtual event.

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