

DR POWER'S RECIPES

Dr Power's Vegetarian Caldo Gallego

Serves 4

This is Dr Power's variant of the traditional Galician soup - Caldo Gallego. He and Lynch eat the vegetarian version of this in *Schrodinger's God*.

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| 2 medium onions finely chopped | salt and freshly ground black pepper |
| 2 chopped cloves of garlic | 2 bay leaves and sprinkle of chopped fresh coriander |
| Stick of celery, chopped | A Sweetheart cabbage, chopped into ribbons approx 1 inch wide |
| 40 ml olive oil | 1 tin Cannelini beans |
| 4 large Cyprus potatoes | |
| 1.5 litres good vegetable stock | |
| salt and freshly ground black pepper | |

Warm the olive oil in a large soup pan and add onions, celery, garlic, and potatoes. Bring up the heat enough to sweat these ingredients for twelve minutes with the pan lid on.

Add cabbage, bay leaves, coriander and stock. Season to taste. Simmer for 30 minutes.

Add drained beans. Simmer on low heat for another 10 minutes.

Serve and enjoy with crusty fresh bread

Dr Power's Pasta

This recipe is full of cheating. Purists look away! (Alternatively purists can prepare the roasting vegetables from scratch by slicing up red onions, courgettes, red and yellow peppers and tomatoes and roasting these with herbs in olive oil).

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| 300 g of dried pasta - Tripoline | Vegetable stock cube |
| Large aluminium tray of Mediterranean Roasting Vegetables | Olive Oil |
| Small jar of artichoke hearts in olive oil | Salt and Pepper |

For cheats - open the jar of artichoke hearts. Drain off excess oil and add to the ready prepared tray of roasting vegetables. The oil on the artichoke hearts is sufficient to cover the vegetables for roasting. Mix the artichoke hearts and roasting vegetables gently. Put in an oven at 200 degrees Celsius for 45 minutes. Mix occasionally through the roasting so that all vegetables are equally browned.

Prepare a big pan of water and add a stock cube and some olive oil and set it so that it will be boiling about ten minutes before the vegetables are ready. When it is at a rolling boil add the pasta. And bring back to a simmer. Cover with lid.

When the pasta's firmness or softness is to your taste, drain the pan completely into a colander and then return the drained pasta to the empty hot pan.

Remove the cooked vegetables and add these to the freshly cooked, hot pasta and mix.

Serve with black pepper and salt to taste, and enjoy.

Dr Power's Paella

Serves 4

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| Red pepper - sliced | One courgette - sliced |
| Green pepper -sliced | 8 small fresh tomatoes |
| Red chilli - deseeded and chopped | One packet of cashew nuts |
| Mushrooms - chopped | 270 g Paella rice |
| Two medium onions - chopped | 2 vegetable stock cubes |
| Celery stick - chopped fine | Possible addition of defrosted Chicken substitute |
| Garlic cloves (3) - chopped | Olive Oil |
| Two medium carrots - sliced and chopped | Salt, Pepper and mixed herbs e.g. 'Italian Blend' |
| A handful of asparagus | |

Use a large paella pan, non-stick casserole dish or wok. Add enough oil to fry carrots, then add onion, garlic and celery, until semi-soft.

Add herbs including bay leaves and turmeric.

Add and fry peppers, chilli, courgette and mushrooms.

Add chopped tomatoes, tomatoes and stock made with two stock cubes.

Once boiling add paella rice.

It will take between 30-40 minutes for rice to get soft and it will absorb water as it cooks so - please gently move the mixture round in the pan so that none sticks and has chance to burn. Add boiling water judiciously from time to time to offset the rice absorbing all the liquid.

You can add chicken substitute and asparagus around now.

When the rice is suitably soft turn the pan off and wait ten minutes or so to cool before serving (too hot and the flavours can't be properly appreciated)

5 minutes before serving time add the cashew nuts and fold into the mix.

Dr Powers Avocado Muffins

Serves 1

This incredibly simple recipe can be eaten alone as a simple snack or combined with fried mushrooms and fried tomatoes for a healthy breakfast that will power you through till after noon.

One medium-large avocado (ripe)
One English Muffin
Salt
Freshly ground black pepper

Cut avocado in half and remove the stone. ENUCLEATE the avocado with a dessert spoon; separating the flesh from the skin.

Put the two skinned avocado halves in a small bowl and mash to a medium-coarse paste. Don't make it too smooth! Slice muffin into two halves and toast.

Take the two toasted slices and dollop the mashed avocado on each half.

Sprinkle salt and freshly ground black pepper on to taste.

Healthy Mince Pies

One large eating apple (Pink Lady / Braeburn)
A handful of dried apricots
A handful of plump raisins
A tablespoon of golden syrup
A tablespoon of honey

Two tablespoons of sherry (fino)
Shortcrust Pastry
Cinnamon, allspice, nutmeg
Flaked almonds

Peel, core and chop the apple finely. Add chopped apricots and raisins.

Mix fruit with a table spoon of syrup. Microwave on full power for 4 minutes in a microwavable dish.

Stir and add sherry and spices to taste Microwave for a further 4 minutes and rest.

Take a baking tray with shallow pie moulds in. Form pastry into correctly sized circles to just fit into the baking tray indentations Fill the pies with the fruit mixture Sprinkle the tops with flaked almonds Spoon honey on top to coat the almonds

Bake at 200 degrees Celsius for 10-14 minutes, until cooked

Thanks to Judith Eddles for this recipe

Dr Power's Fig Dessert

Expand ingredients as necessary.

Greek yoghurt (with honey if you prefer the sweetness)
Clear, runny honey
Pomegranate seeds
Fresh, ripe figs
Sumac powder

Put 2-3 dessert spoons of yoghurt on a side plate.

Rinse and quarter figs and scatter on the yoghurt.

Scatter a tablespoon full of pomegranate seeds over the figs.

Sprinkle sumac powder sparingly over this and then lightly drizzle honey over the assembled ingredients.

Serve and enjoy!