

Online Cookery Class – Skewers and Roast Carrot Salad

Equipment Required

Sharp knife	Griddle or large frying pan
Chopping board	Small saucepan
Grater with fine side or microplane	Baking tray
Peeler	Oven heated to 190C
Metal or wooden skewers (c.8)	Scales
(if using wooden skewers a baking tin that the skewers will lay flat in)	Tablespoon
2 x Medium bowl	Teaspoon
2 x Small bowl	Jam jar
	Stirring spatula

Serves 4

Ingredients

600g Boneless, skinless chicken thighs (about 2 per portion) or c.400g Tofu (my favourite is The Tofoo co. smoked tofu)

2 Limes

500g Carrots

200g Bulgar wheat

4 Garlic cloves

5cm Ginger

1 Large red onion

Few sprigs fresh thyme

160ml Coconut cream

300g Greek yoghurt (dairy or alternative)

1 tsp Dried oregano

Handful mint leaves

1 tbsp Sriracha (or any chilli paste)

2 tbsp Brown sugar

c.3 tbsp Oil (any vegetable oil)

6 tbsp Tahini

2 tsp Honey

1 cup White wine or cider vinegar

1 tbsp Caster sugar

Salt

Pepper

Recipe – Chicken (or Tofu) Skewers

c.600g Boneless, skinless chicken thighs (about 2 per portion) or c.400g Tofu (my favourite is The Tofoo co. smoked tofu)

Marinade:

160ml Coconut cream

1 Lime – zest and juice

1 tbsp Sriracha (or any chilli paste)

4 Garlic cloves (minced)

5cm Ginger (finely grated)

2 tbsp Brown sugar

1 tbsp Oil (I use rapeseed)

1 tsp Salt

1. Mix all the marinade ingredients together well.
2. Prepare the chicken thighs by removing any excess fat and sinew and cutting into 3cm pieces.
3. If using tofu its best if pressed for a good few hours before using. To do this wrap in a tea towel and place something heavy on top, I usually use a stack of chopping boards or books. Once pressed some of the moisture is removed which enables the tofu to crisp up. For this reason I prefer tofu thinly sliced rather than cubed on skewers but you can do it either way.
4. Place the chicken or tofu in the marinade and leave for 15 mins to overnight.
5. When you are ready to cook get a griddle, BBQ or frying pan on a high heat.
6. Remove the chicken/tofu pieces from the marinade, scrape off any excess on the side of the bowl. Thread onto metal or soaked wooden skewers.
7. Pour the marinade into a small saucepan and bring to a simmer, reduce by approximately half.
8. Grill the skewers on high heat turning every couple of minutes and use the reduced marinade as a glaze.

Recipe – Roast Carrot and Bulgar Wheat Salad

200g Bulgar wheat
500g Carrots
Few sprigs fresh thyme
1 tsp Dried oregano
2 tbsp Oil for roasting (I'll use rapeseed but any vegetable oil)
Handful mint leaves
Salt and pepper

1. Preheat oven to 190C
2. Put the bulgar wheat in a bowl or jug and cover with boiling water to 1cm above the grain. Cover and leave to sit for 30mins until all the water has been absorbed.
3. Peel and cut the carrots on a diagonal into 3cm pieces. Toss in a bowl with the oil, thyme leaves and oregano. Roast for 25mins, checking and turning occasionally.
4. Fluff the bulgar wheat with a fork, and combine with the carrots.
5. Serve topped with some fresh mint leaves and pickled red onion (see below).

Recipe – Yoghurt and Tahini Dressing

300g Greek yoghurt (dairy or alternative)
6 tbsp Tahini
1 Lime – juice only
2 tsp Honey

1. Combine all ingredients well and season to taste.

Recipe – Pickled Red Onion

1 Large red onion
1 cup White wine or cider vinegar
1 tbsp Caster sugar
Pinch salt

1. Thinly slice a red onion
2. In a saucepan heat the vinegar, sugar and salt (option here to use $\frac{1}{2}$ cup vinegar and $\frac{1}{2}$ cup water if you like your pickle less sharp). Stir until sugar dissolved.
3. Add the onion and remove from the heat.
4. Pour in a jar and allow to cool. Will be ready in half an hour and will keep in the fridge for 2 weeks.