

# Antony Worrell Thompson

## PARSNIP AND CITRUS CROQUETTES

(Serves 4-6)

### Ingredients:

450g (1 lb) parsnips, peeled and quartered  
350g (12 oz) potatoes, peeled and diced  
1 teaspoon salt  
2 tablespoons soft dark brown sugar  
1 teaspoon ground cumin  
1 teaspoon cayenne pepper  
1 teaspoon grated orange rind  
1 teaspoon grated lemon rind  
55g (2 oz) pinenuts, rough chopped  
2 eggs, separated  
1 tablespoon chickpea or plain flour  
55g (2 oz) wholemeal or white breadcrumbs  
25g (1 oz) unsalted butter

### Method

1. Cook the parsnips and potatoes in salted water until tender, about 12-15 minutes. Drain, return to the heat to dry out, then mash.
2. Combine the mash with salt, sugar, cumin, cayenne, citrus rinds, pinenuts and egg yolks. Sift in the chickpea flour. Mix thoroughly. Refrigerate until ready to use.
3. Roll a tablespoon of the mixture into cylinder croquette shapes or into patties, repeat until the mixture is used up.
4. Lightly beat the egg whites and roll the patties or croquettes in it before rolling in the breadcrumbs.
5. Heat the butter in a frying pan and cook the croquettes for 2-3 minutes each side. Fry a few at a time and keep warm while cooking the others.

Serve with a cucumber and mint dip.



"I am very happy to have been asked to help out with creating a menu for Xtraordinary Lunches. It seems to me to be a very worthy cause, especially given the surprising statistics revealed."



# Antony Worrell Thompson

## CUCUMBER AND MINT RAITA

### Ingredients:

1 cucumber peeled, seeded and diced  
1 small onion diced  
half teaspoon roasted cumin seed  
425ml (three quarters of a pint) Greek yoghurt  
1 tablespoon chopped mint  
salt and pepper to taste

### Method

1. Combine all ingredients together, season to taste.



"I am very happy to have been asked to help out with creating a menu for Xtraordinary Lunches. It seems to me to be a very worthy cause, especially given the surprising statistics revealed."



# Antony Worrell Thompson

## PENNE WITH RED PEPPER SAUCE

(Serves 4)

### Ingredients:

4 cloves garlic, finely chopped  
2 onions, finely chopped 1 tablespoon olive oil  
4 red peppers, roasted, peeled and chopped  
600ml/pint double cream  
225g/8 oz unsalted butter  
4 tablespoons tomato purée  
1 teaspoon chopped sage  
2 teaspoon paprika  
salt  
115g/4 oz freshly grated Parmesan  
450g/1lb penne

### Method

1. Cook the garlic and onions in the olive oil until soft but not coloured.
2. Place this mix with the peppers in a blender with the cream and purée until smooth.
3. Melt the butter in a saucepan over a medium heat. Whisk in the tomato purée, sage, paprika and pepper purée and cook for 8 minutes.
4. Meanwhile cook the penne in boiling salted water until al dente between 4-12 minutes depending on whether the pasta is fresh or dried.
5. Fold the pasta into the sauce and add the Parmesan.
6. Season to taste.



"I am very happy to have been asked to help out with creating a menu for Xtraordinary Lunches. It seems to me to be a very worthy cause, especially given the surprising statistics revealed."



# Antony Worrell Thompson

## MANGO FOOL WITH MANGO SAUCE

(Serves 4)

### Ingredients:

2 egg yolks  
1 oz caster sugar  
2 tbsp Kirsch (optional)  
juice of 2 limes  
6 fl oz (175 ml) low fat Greek yoghurt  
2 mangoes, peeled, stoned and puréed

### Method:

1. Place a bowl over a saucepan of simmering water, add the egg yolks and sugar and beat until trebled in volume and thick, about 10 minutes. Whisk over ice until cold then place in the refrigerator.
2. When cool add half the Kirsch (if required) and half the lime juice. Whip the yoghurt lightly and fold into two-thirds of the mango purée. Fold this into the egg mix. Pour into glasses or bowls and refrigerate.
3. Whisk the Kirsch (if used), lime juice and mango purée together and pour over the mango fool.



"I am very happy to have been asked to help out with creating a menu for Xtraordinary Lunches. It seems to me to be a very worthy cause, especially given the surprising statistics revealed."

