

# Ed Baines

## RISOTTO SAGANAKI WITH ROCKET AND CUCUMBER SALAD

(Serves 4)

### Ingredients:

1.2 litres (2pints) vegetable stock  
60g (2 oz) small peeled cooked prawns,  
1 red chilli, deseeded and finely chopped  
4 tablespoons olive oil  
1 small (250g/9oz) tin of tomatoes, drained  
A good pinch of dried oregano  
175g (6oz) butter  
1 Onion, finely chopped  
4 whole celery stalks, finely chopped  
2 carrots, finely chopped  
3 garlic cloves, finely chopped  
250g (9oz) Arborio Rice

bottle good white wine  
100g (4oz) feta cheese  
Salt and pepper

### For the rocket & cucumber salad

85g (3oz) rocket leaves  
1 cucumber, chopped  
4 tablespoons olive oil  
Juice of 1 lemon



### Method:

Put the vegetable stock in a saucepan and bring to the boil. While the stock is heating sauté the prawns and finely chopped chilli in 3 tablespoons of the olive oil until golden, then pull off the heat. Puree the tinned tomatoes with a little oregano and the remaining olive oil, and place to one side.

Gently melt 100g (4oz) butter in a large flameproof casserole and add the onion, celery, carrots and garlic. Sweat gently for 10 minutes until softened. Now add the Arborio rice and stir for 3 minutes. Pour in the white wine and cook, stirring from time to time, until the rice mixture becomes firm. Slowly start to add the simmering vegetable stock to the rice, 150ml (1/4 pint) at a time every 2 – 3 minutes, stirring occasionally. Once all the stock has been added, gently stir in the pureed tomatoes, then crumble in the feta cheese. Add the parsley followed by the cooked prawns. Season to taste with salt and pepper.

Make the salad by tossing the rocket leaves and cucumber with the oil, lemon juice and seasoning to taste. Serve the risotto with the salad.



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ordinary lives.  
As a dyslexic, I  
should know."



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## SLOW-ROAST RED SNAPPER SWEET POTATO BUBBLE & SQUEAK & GREENS

### Ingredients:

A bunch of fresh coriander  
4 pieces of red snapper fillet, each about 200g (7oz)  
A small pinch of sugar  
Chunky lime wedges, to serve

### For the marinade

1 glass of dry sherry  
Grated zest and juice of 2 limes  
1 tablespoon soy sauce  
150ml (1/4 pint) vegetable oil  
A dash of Tabasco sauce  
1 teaspoon freshly grated ginger  
1 teaspoon sugar  
A pinch of dried flaked chillies

### For the sweet potato bubble & squeak

Salt and pepper  
275g (10oz) white cabbage shredded  
400g (14oz) potatoes, peeled and quartered  
275g (10oz) sweet potatoes, peeled and quartered  
15g (1/2oz) flour, plus more for dusting  
A little butter  
2 tablespoons olive oil

### Suggested vegetables to serve

Carrots  
White radish  
Olive oil, to dress



### Method:

Combine all the marinade ingredients together. Take the coriander leaves from their stalks in one slice and reserve. Then finely chop the coriander stalks and add them to the marinade. With a sharp knife, lightly score the skin side of the fish at 2.5cm (1in) intervals. Mix the marinade well and add the snapper fillets. Turn gently to coat well.

Making the bubble and squeak: bring 2 large pots of salted water to the boil. In one, boil the cabbage for 30 minutes and then drain well; in the other, cook the ordinary potatoes for 10 minutes, then add the sweet potatoes and cook for a further 10 minutes. Drain. Put the potatoes back in the saucepan and dry them out over a gentle heat, while mashing them thoroughly. Add the cabbage, mix and keep mashing until the potatoes and cabbage are well blended. Now add the flour and a good pinch of salt and pepper. Mix well pull from the heat and leave to cool.

Dust a work surface lightly with flour, and scoop out golf ball-sized handfuls of potato mixture. Using your hands or a palette knife, shape these into small patties. Lightly grease a tray that fits in your fridge and, once you have made 8 patties, chill for about 30 minutes.

When ready to serve: preheat the oven to 150 c /300 F/Gas 2. Steam your selected vegetables for 5 minutes, then toss lightly in olive oil and pepper. Gently heat a little butter and a couple of tablespoons of olive oil in a pan and cook the bubble and squeak patties until browned on both sides. Place them on an oven tray, then put them in the oven on the lowest shelf to keep warm while you cook the fish.

Cover your grill tray with a large piece of foil and preheat the grill to moderate. Remove the snapper from the fridge. Spoon a little marinade on to the foil, place the fillets on the foil, skin-side up, and cover them with a little more of the marinade, then dust with a small pinch of sugar. Place under the grill and cook for 6 to 8 minutes on one side only (due to the reflective heat of the foil, you do not need to turn the fillets over).

Serve the bubble and squeak covered with vegetables and a piece of snapper on top. Spoon over any remaining marinade and serve with a chunk of lime.



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## TIRAMISU

(Serves 4)

### Ingredients:

This is a recipe from my days at Armani Express.

It was a good deal for a young chef, as they'd dress me – which I needed.

Unfortunately my waistline has thickened a little since then.

4 eggs

4 tablespoons caster sugar

500g (1lb 2oz) mascarpone cheese

2 drops of vanilla essence

125ml (5fl oz) double cream

4 tablespoons freshly ground coffee (the mocha used for espresso is best, or a good instant will do)

275ml (10fl oz) boiling water

4 tablespoons Marsala

2 tablespoons brandy

2 packets of sponge fingers

250g (9oz) dark chocolate

### Method:

Separate the egg yolks and whites into 2 bowls. Vigorously whisk the yolks, slowly adding 2 tablespoons of caster sugar, until pale and frothy. Now vigorously whisk the whites, slowly adding the rest of the caster sugar, until standing in stiff peaks. Add the mascarpone and vanilla essence to the egg yolks and fold in gently. Now pour in the egg whites and again fold them in gently. Wipe the empty bowl clean, add the double cream and whisk until just thickened. Fold this gently into the egg mixture.

Now use the beans to make strong black coffee in a cafetiere or simply pour the boiling water over the coffee in a heat proof bowl and strain it after a few minutes. Pour the coffee into a mixing bowl and add the Marsala and brandy. Stir and allow to cool.

In a large deep dish about 30 x 20 cm (12 x 8 in) and about 10cms (4in) deep, spread a 5cm (2in) thick layer of mascarpone mixture over the base. Take the sponge fingers one by one and quickly dip them into the cooled coffee mixture for only 1 second per finger and place over the mascarpone mixture in rows. Continue until you have a layer of biscuits then pour over more, another 2.5cms (1in) thick layer of mascarpone mix. Repeat the layers, finishing with the mascarpone mix. Finely grate the dark chocolate over the top and chill in fridge for at least 3 to 4 hours. Eat.



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