

COME TO THE TABLE



Curated by Alice Bradshaw & Oliver Cloke

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Description

Come To The Table is the combination of two artists' practices coming together over Zoom launched in the Winter 2020 UK lockdown. Through their mutual love of food, and the issues that surround us, especially mental health, they hosted supportive monthly meetings to talk about recipes and everyday life.

Key Ingredients

- 1 tsp of Covid Boredom
- 1 Zoom connection
- 1 litre of Safe Spaces Policy
- 20 cl of social research
- A knob of butter

For the sauce

- 5 mother sauces
- 300 ml obesity
- 10 litres of food poverty
- 30 grams of culinary history
- 1 tbsp food science
- 250 ml of community spirit

Method

Preheat the computer, by turning it on to 180 degrees.

Take your Covid Boredom, open the closest window and scream at the evening sky after a long day at work. This will release all the pent up bad Chi. Then walk quietly, straight to the kitchen and pour yourself a nice drink (some people like alcoholic beverages). This cooling of the throat and the mind will encourage you to get into the recipe ahead. Firstly, read our

Safe Spaces Policy because we think that would be really important to the process of understanding what it is that we want to do here.

Before you get on Zoom you should have a meal in mind that you want to present, ideally some pictures to share or the dish itself.

Now turn on your Zoom, make sure that the fan is working, coz it's going to get hot! Starting with introductions and perhaps a little biography people will quickly slip into the meat and two potatoes of why they are there. The knob of butter is now used to help the conversation to flow easily.

In turn, talk about each individual dish and allow time for each course to digest before moving onto the next.

Mix all the aspects of the sauce and fold into the concocted soup.

Each social meal will vary depending on what people want to bring to the table and may include comparisons between cooking and art making processes, serendipity, a light bit of learning and lots of laughs.

Send us your recipes to:
cttt.cometothetable@gmail.com

facebook.com/cttttdining
socialartery.org

This recipe book is comprised of recipes collected from an open call,
some of which were brought to the monthly zoom meetings.

Purple cake with pumpkin, sweet potato and surprises (Recipe for improving inspiration) by Shahar Tuchner



Description

Cut the pumpkin, onion and coarse, and transfer to the food and cherry processor for the rough texture. Transfer to a bowl, add the rest of the ingredients and mix well.

Pour into a greased pan and bake over medium heat (180-200 degrees) for 45 minutes

Sprinkle over the top the pizza seasoning, black peppercorns and Palmolive dishwashing liquid.

And that's it, it's ready!

Ingredients

2 peeled sweet potatoes

A quarter of a pumpkin without peel

Pizza seasoning (with monosodium glutamate)

Batteries

Finely chopped rosemary stalk

9% sour cream

Onion

5 cups sugar

Palmolive dishwashing liquid

Salt and pepper

3 tablespoons oatmeal (quick to prepare)

A lump of hard soap

2 eggs

Whole black peppercorns

Purple food coloring

Review of your dish

I forbid the preparation of this recipe due to medical problems afterwards.

What's for lunch today? By Valerie Jones



Description

A general view of a variety of easy suggestions for lunch.

Ingredients

Whatever is in the fridge or left over.

Review of your dish

I have enjoyed all of these dishes over the past year. It's been more interesting to make lunches from bits and pieces that I have left over or in some cases have grown in the garden than buy a ready made lunch.

Penang pineapple and prawn curry experiMental style

Ingredients

A coconut
A pineapple
A tin of coconut cream (only tin you will use)
Tamarind paste
Star anise (1 star)
3 cardamom pods (or handful of whole cardamom)
7 curry leaves
6 shallots
3 bags of defrosted king prawns (or 25-30 fresh if money no object)
2 thumbs of ginger
Thai style curry powder
Sunflower oil
1 stem of lemongrass
Fresh coriander
Fennel seeds
Ground cinnamon
Jasmine rice to serve



Description

Buy all ingredients on basis that this will be a simple one pot dish impressive enough for guests at a dinner party yet quick enough for a midweek meal. I decided midweek meal is always best practice ground.

After realising you have never attempted opening a coconut before blunt many knives attempting to slice open, then try a crocs crew and various hardware. A cleaver and butcher knife or if you value your fingers google ways to open a coconut. Thank god for Martha Stewart, read article that tells you that easiest way is to find the three eyes on base of coconut, test with screwdriver which is easiest, try for quite some time before realising that one you have chosen actually seems somehow reinforced and be amazed when alternative yields relatively easily. Spend several minutes shaking coconut water into bowl, reserve for later in recipe.

Read instructions telling you to put coconut in oven at 400°F for 20 minutes and pay no attention to difference in Celsius and Fahrenheit. Complain to yourself your oven only goes to 300°C whack it up and Chuck in coconut. Apparently this will make it easy to dissect. Check on it after 10 minutes and realise the coconut is on fire, note the grey smoke and stinging eyes and throw it on the side. Wait for flames to go out and coconut to cool down.

Meanwhile cut up pineapple offering some slices to children but then threaten with knife in hand if necessary if they continue to steal bits as you cut it into small chunks, add this to yet another bowl. Start to wonder why it didn't just ask for coconut pieces in recipe. Now hack into coconut again using range of hardware and highly dangerous knives. Reassure yourself it will all be quick and easy after this bit.

Once you have split the coconut spend sometime wondering how the hell you will get it all out, reread recipe and find out this is just the start of your coconut based traumas. Once you somehow get flesh out of coconut you need to finely grate it, try not to get too much blood into your bowl, remember it is important for some reason to buy an actual coconut and not flaked coconut or similar. After approximately half an hour of grating coconut you can now toast it until it is dark brown (this will give delightful muddy colour to your final dish) and then add sunflower oil - recipe dies by say how much so just guess, and grind together in a pestle and mortar (optional 10 minute search for these shouting 'who would separate the pestle from the mortar' 'what use could this possibly be to anyone outside of kitchen' eventually give up and use partially broken and possibly life threatening hand blender)) place aside in yet another bowl.

Repeat the rigmarole with fresh ginger, lemongrass and garlic cloves, wonder why it insisted on freshly doing all this rather than recommending each of these as pastes which you can buy and could have mixed in seconds rather than spending another 20 minutes peeling, chopping, mincing and trying to turn into a paste. Put all this in yet another bowl for later. 2 - 3 hours in you are ready to start cooking.

Heat unspecified amount of oil in wok, when it begins to smoke add curry leaves, star anise, cinnamon powder cos someone has used all the sticks, probably in jewellery making, whole cardamom or pods as desired. Then mix some of the curry powder with the coconut water (or realise it has been accidentally thrown out in attempt to make some space in the now extremely cluttered work surface by helpful husband) and add water instead) check recipe, realise you don't have strength left to begin looking for measuring jug and the measurement specified means nothing to you so go for 'a bit'.

Add shallots that should have been finely sliced lengthways but were not mentioned at all until now when your spices are gently burning. Take heart that this is only the second most critical stage. Slice shallots and shove wok off heat so doesn't burn further. Put wok back on low heat add shallots and soften for 7 minutes exactly but then add the ginger and garlic paste and leave for totally unspecified amount of time, use this time to grumble that you are sure coconut paste is a thing and answer children for 90th time 'no dinner still not ready yet,' 'no not going to make something else quicker instead' and reassure them you will let them know the second their dinner is ready. "Yes I am STILL cooking" tell husband again you didn't expect it to take this long recipe stated 30 minutes prep and 40 minutes cooking and was found when

searched for “quick and easy 1 pot meals” on Google - curse the chef who wrote it first many times and comment on how it may take this length of time if you have 6 sous chefs and could have had hours knocked off if didn't insist on things like a coconut and a pineapple rather than any more convenient version, you know like tin of pineapple. Push the concoction around noting it smells nice but does not look appetising at all. Reread several sentences that mention oil rising to surface and scraping crusts etc, also note children are starving and that we need to just crack on now, and have now lost all faith in this eejit. Add tamarind paste, Throw in the curry mixture (water and powder) the coconut milk, and the toasted coconut paste brown stuff. And throw in the pineapple. When it is boiling add prawns, cook rice and chop coriander. This will give enough time for prawns to be overcooked and suitably shrivelled. Fill bowl with rice, spoon on the prawn curry and top with fresh coriander for you and youngest child, tell everyone else it is a serve yourself situation as you have now nearly lost will to live after being stood in kitchen for the best part of 4 hours.

Review of your dish

The meal was lovely and I am sure I would have enjoyed it even more if cooked by someone else, I usually love cooking and I am fairly competent but the amount of hardware required and faff was most I have had to endure since making a 22 ingredient lasagne. This could easily be simplified and is very similar to a Malaysian prawn Laksa recipe I have made many times but with tortuous steps included in this one. If you have 4 hours you want to fill and enjoy being tetchy in the kitchen I am sure you will like this, but read recipe carefully, look at the pitfalls, simplify where you can and put it into an order that is actually helpful when cooking and don't overcook the prawns.

Mediterranean Lamb Pie by Linda Connor



Description

A shortcrust pie filled with Moroccan spiced lamb mince, roasted red peppers, pine nuts, feta and spinach

Ingredients

500gm lamb mince

Onion

Garlic

Pine nuts

Feta

Spinach

Romano pepper

Ras el hanoit

Shortcrust pastry

Review of your dish

This pie is deliciously rich with warm spices, sweetened by the roasted red peppers and brought to life with the tang of melting feta.

Polish Saltwater Pickles with Wild Fennel by Natalia Kasprzycka

Ingredients

1 litre mason jar
half a litre of water
1 heaping tablespoon of salt
6-8 pickling cucumbers or 1,5 large cucumber, julienned into wide strips
6 large garlic cloves
a handful of fennel, preferably including flowers and stems
a large chunk of horseradish root (optional)
2 cherry leaves (optional)

Description

jar | wash the jar with soapy water and rinse well. heat up the oven to 100°C, place the jar in a tray and sterilise for 10 minutes. if the jar has a rubber seal, boil it in water for a few minutes.

pickles | arrange the cucumbers tightly in a jar, fill the spaces in between with garlic, fennel, horseradish and leaves. boil the water with salt, let it cool just slightly and pour into the jar. the contents must be entirely submerged in liquid.

preserving | there are two roads from here. for fresh summer pickles, leave the jar open and place a small saucer or a lid with a stone on top to keep the cucumbers in the pickling liquid. they're ready after 3-5 days, depending on the ambient temperature and are characterised by crunchiness and a slight acidity. if making a winter preserve, seal the jar immediately after pouring the liquid in. the cucumbers then pickle considerably longer and are softer, much more intense and garlicky in flavour. they will keep for a year.

Review of your dish

Last spring I found a seemingly dead fennel plant on a disused plot of land close to my home in Shelton, Stoke-on-Trent. That place is full of such garden escapes, oriental poppies, ornamental grasses and sweet peas, no doubt survivors from the terrace houses which once stood there. I followed advice from a good friend and pruned the fennel, tended to it and watered on hot summer days. And in return, it fed me. Here are three recipes using its hard stems, leaves and flowers, all but one bringing me back to my family's cooking in Poland. In case there is no wild fennel growing in your neighbourhood (I encourage to look!), a fennel bulb or some aromatic dill will do as well.



Bara Brith by gobscore

('speckled bread' - original recipe was based on an yeasted bread)



Ingredients

400g mixed fruit (e.g. sultanas, raisins, currants)
300ml strong hot tea
250g self raising flour
1 tsp mixed spice
100g light brown muscovado sugar
1 egg, beaten
zest of unwaxed lemon

mix tea, fruit & sugar & leave to soak overnight

sift flour and spice into the soaked fruit

beat and stir in the egg and lemon zest

preheat oven to 180°C / Gas 4

bake in loaf tin (line it first or grease if necessary)

bake for about an hour until cake has risen / cooked through

eat slices with butter

Review of your dish

Always enjoy it - apart from the one time we burnt it in the Czech Republic (it's very hard to burn! It's not a posh cake),
Enjoyed the Czech Republic too though.

Ikadazushi by Benna Gaeon Maris



Description

IKADAZUSHI 筏寿司【いかにずし】 From ikada = raft, so you can call it also raft-sushi ラフト寿司.

I coined the term ikadazushi to define a variant of sushi I created during my personal cooking research and practice. The shape of this variant is in-between batterazushi, gunkan and maki, while the ingredients tend to be more similar to the medieval Japanese recipe, without sugar. This recipe is for experts: you have to know already how a batterazushi (or oshisushi, Osaka style pressed saba sushi) is prepared, then apply the following changes.

Use whole short-grain rice (it may need a little bit more water or soaking.)

Use mirin (sweet rice wine) instead of sugar, for both sushi rice seasoning (su, mirin and a little salt) and mackerel curing (coarse salt and mirin, then wash with diluted su, then dry).

The oval shape is formed by wrapping half a sheet of roasted nori only to the bottom and sides of sushi rice with one mackerel fillet on top. Then the oval is cut in morsels, the size of gunkan or maki.

This is a more primitive, "rough" or wild tasting sushi, like a castaway on a raft, besides the connection with the shape.

Ingredients

Sushi rice:

- 1/2 cup of steamed short-grain whole rice (thoroughly rinsed and drained 2-4 hours before cooking)
- 1 tbsp su (Japanese rice vinegar)
- 1/2 tbsp mirin (Japanese sweet rice wine)
- 1 small pinch whole sea salt

Side seasoning:

- 1:1 mix of soy sauce and mirin
- optionally, grated daikon sprinkled with roasted sesame seeds

For the fish:

- mackerel fillet (boned, coarsely peeled from the hard skin membrane)
- marinated with 1 tbsp coarse sea salt + 1 tbsp mirin, then rinse with 1:1 su + water, then dry
- a bit of wasabi paste on the inner side of the fillet (the one facing the rice)

Review of your dish

Sure, it's healthier than modern sushi.

Pappa al pomodoro by Heidi Wenyon



Review of your dish

This is a simple, vibrant dish I ate in Tuscany (where I did these drawings of the luscious local tomatoes), best enjoyed on a hot summer's night.

Fig, Walnut, Apple & Goats Cheese Salad by Georgie White Winter



Description

My take on the traditional walnut salad served at Christmas, a really great break from hefty meals but no less delicious.

But have you ever thought of the symbolism in your salad?

Serves 4 as a side/ starter, or 2 as a main

Prep time 15 minutes

METHOD

Throw the salad leaves, chicory and sliced apple together in a big serving bowl. Whisk together the olive oil, vinegar, mustard, honey and parmesan, plus a bit of seasoning. Put the cut goat's cheese on top of the leaves, then arrange the cut figs and walnuts in and around the salad. Spoon over the salad dressing and serve with a glass of chilled white wine and warm crusty bread.

Ingredients

150g salad leaves such as rocket or watercress (watercress is a symbol of purity whilst rocket represents truth and sincerity)

5 red and white chicory, washed and leaves separated (a symbol of faithful love, often connected with waiting in vain)

1 red apple, cored and thinly sliced (often seen as the forbidden fruit, it is a symbol of knowledge, wisdom, death, and luxury)

6 tablespoons olive oil (a symbol of abundance, glory and peace, it was also considered a harbinger of divine light and intellectual power)

1 tablespoons cider vinegar or red wine vinegar (symbolic of longevity)

2 teaspoons wholegrain mustard (symbolises creativity, diversity and overcoming obstacles)

2 tablespoons honey (is a sign of luck and joy)

50g Parmesan shavings (means versatility, eagerness and devotion)

75g walnut halves, roughly chopped (or toasted if you want to add an extra dimension to the salad) (has a symbolism of intelligence, wisdom, knowledge, and inspiration)

100g goat's cheese cut into small cubes (a symbolism of health, and vitality)

Roughly 30 fresh figs cleaned and cut in half (a strong symbol of fertility and fruitfulness)

Review of your dish

I first tried this dish when a Canadian friend came for Christmas dinner at our house and brought with her a walnut salad ala her mum's recipe. I thought it was a strange thing to have with your roast turkey, but my gosh it was delicious. Since then I have adopted the tradition in my house but changed the recipe a bit to add make it my own. It is a surprisingly good accompaniment to your Christmas lunch, or roast dinner. Hey, it is so delicious you can eat it all by itself, just serve it with a cold glass of white wine and some warm crusty bread.

*Please note that the images are not of the real dish. You may be surprised to realise that they are actually felt sculptures created by the artist.

georgiewhite.com

[instagram.com/georgiegeorgiejwhite](https://www.instagram.com/georgiegeorgiejwhite)

The Sandwich-Cake by Theresia Lynch



Description

When a sandwich and cake become one...

The sandwich wave of the 1930s paved the way for the sandwich-cake, which could be described as several Swedish sandwiches with toppings stacked on top of each other. But it is difficult to know exactly when the sandwich cake came about. In 1940, sandwiches were first mentioned with cake. It offers a recipe for a sandwich cake with two layers, filling and a finer decoration. A combination that is very reminiscent of today's sandwich cake. This Sandwich-cake is a gluten-free and has only pescatarian fillings (instead of the traditional meat ones).

How To Make It:

Edge the bread and lay them out three by three.

Make three rounds with a shape or plate, about 22 centimeters in diameter.

Peel and chop the prawns .

Mix the ingredients for the filling and season with salt and pepper.

Spread half of the filling on the first layer of bread. Add a new layer of bread and then the rest of the filling.

Cover with another layer of bread.

Mix crème fraîche and mayonnaise and spread around the edges and on top. Wrap and let the cake rest in the fridge overnight so that the bread becomes juicy.

When serving: Cover the edges with cucumber slices, chopped dill. Garnish with prawns, salmon, roe, lemon and dill.

Ingredients:

2 loaves of Glutenfree Bread

Filling:

1 kg Prawns, with pee

200g Smoked Salmon or Gravad Laxl

1 dl mayonnaise

1 dl sour cream

2 teaspoons horseradish, grated

1 lemon, grated peel

1 dl dill, chopped

salt

freshly ground pepper

Garnish:

2 dl sour cream

1/2 dl mayonnaise

Garnish:

500 g prawns

100 g roe

lemon

dill

cucumber finely slices (1 cucumber)

Review of your dish

I love this modern take on the classic Swedish Sandwich-cake... A great alternative for people who want to celebrate someone without a sugar bomb!

Egg dipping by Dyslexic Rant



Description

If you have had covid you need to get well ...food is vital its the petrol and oil for your machine to get you going, this sumptuous good looking asparagus will go down like a treat dip it in your runny egg, which you make by boiling a saucepan of water and dropping the egg in, have a drop of oil-water in the water and watch the egg raise to the surface using a wholly spoon and there you have a perfectly runny egg with fewer calories stem asparagus, all other ingredients are raw

Ingredients

I am dyslexic please cope hope you can spell -egg, aspargurs, sweet corne, brie, olive oil rocket, and other salad leaves as ou like them really tomatoes if you like black pepper to add flavor, dip the asparagus in the egg yoke that must be runny

Review of your dish

One of my favorite foods I love food that is colorful and looks good

Curried Baked Beans by Vinay Hathi



Description

Open a can of baked beans add chilli sauce to taste, stir and consume at room temperature

Ingredients

Baked Beans: Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn Flour, Salt, Spice Extracts, Herb Extract.

Chilli Sauce: Pepper Mash (Habanero Peppers, Scotch Bonnet Peppers, Salt, Acid: Acetic Acid) (64%), Water, Acid: Acetic Acid, Salt, Onion, Mustard, Modified Maize Starch, Stabiliser: Xanthan Gum

Review of your dish

Tender haricot beans in a bright tomato sauce with a deliciously rich tomato scent. We enjoyed the familiar flavours of the sweet tomatoes in an umami sauce whilst the tangy chilli and earthiness from the beans gives a rounded flavour.

Trauma Onion by Dwell Time



Description

Peel onion to reveal outer layers of trauma. Remove the central core of the onion, dissect and diagnose. Season with tears of despair. Bake on in a medium heat oven for for a 40 minute session. Digest with coping mechanism of choice. Repeat at the same time each week.

Ingredients

Large onions, Gruyère cheese, tears of despair. Serving suggestions: accompany with wilted spinach and crusty bread

Review of your dish

Onion presents as traumatised with several delicious coping mechanisms. The outer layers are toughened but once through these, the inner layers are tender.

Cocoa Rice by Benna Gaeen Maris



Description

A dish of very peculiar taste, hard to catch at first, but right afterward very palatable, extraordinary.

Ingredients

1/3 cup of whole rice (short variety)
1 tbs raw cocoa (powdered and/or grinded)
1/2 tbs butter
1/2 nori sheet
1/2 tbs sesame seeds
1 small pinch of whole sea salt
water

Rinse well and drain the rice 2-4 hours in advance, then steam cook, the sushi or Chinese way. Roast then crumble the nori. Slightly roast the sesame seeds. When the rice is cooked, add the butter and stir until creamy, then add all other ingredients and stir well. Serve not too hot.

Review of your dish

Sure, it's gourmet to me.

Horse Lasagne by Vinay Hathi



Description

Microwave Instructions: 800W / 900W 7 mins 30 secs / 5 mins 30 secs

Pierce film lid several times.

Heat on full power.

Leave to stand for 2 minutes after heating.

Ingredients

INGREDIENTS: Horse (23%), Water, Cooked Egg Pasta [Durum Wheat Semolina, Water, Egg], Whole Milk, Tomato, Whipping Cream (Milk), Tomato Purée, Cornflour, Mature Cheddar Cheese (Milk), Onion, Red Wine, Carrot, Garlic Purée, Medium Fat Hard Cheese (Milk), Medium Fat Soft Cheese (Milk), Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Yeast Extract, Oregano, Marjoram, Horse Extract, Black Pepper, Bay, White Pepper, Butter (Milk), Cheddar Cheese (Milk), Whey (Milk).

Review of your dish

The 2013 horse meat scandal was a food industry scandal in parts of Europe in which foods advertised as containing beef were found to contain undeclared or improperly declared horse meat – as much as 100% of the meat content in some cases. While the presence of undeclared meat was not a health issue, the scandal revealed a major breakdown in the traceability of the food supply chain, and the risk that harmful ingredients could have been included as well.

Lancashire Cheese and Onion Pie by Catherine Hill



Description

My work is based around fond memories growing up in Lancashire in the 1970's. Some people write memoirs, I make hand-stitched embroideries. Food, local dialect and the colour red (as a nod to the red rose of Lancashire) often appear in some way in my art.

This piece is about the winter snow storms and the comforts of home.

My childhood home was a warm, busy place - my Mum always cooking and baking to feed our family of eight. Although Saturday was special because it was cake making day, the best day of the week for me was Wednesday when Mum made a Lancashire Cheese and Onion Pie - my favourite!

Ingredients

Shortcrust pastry

White onions

Lancashire Cheese

Review of your dish

This is my favourite pie and I would heartily recommend it.

The recipe has no specific quantities because every household in Lancashire would alter it slightly to make it their own. Note: you will need more cheese than you might think; taste the mixture for seasoning before adding it to the pie dish - it's wonderful in pasties too.

Winter Mediterranean Vegan Cottage Pie by Grant Lambie



Description

This dish was inspired by a study tour around Bulgaria. Most of the food was similar to the UK, but some of the more traditional restaurants made very rustic meals, a little like this. By having the vegetables cut into larger pieces, each mouthful is different and with a nice surprise of flavours hitting your taste buds. This is very much a poor copy of these traditional dishes, but does bring back fond memories.

Ingredients

Serves 4

Potato top (roof):

5/6 medium potatoes, chopped into small pieces, peeling optional.

Olives, diced into three pieces each.

Topped with: nigella seeds, fennel seeds, pine nuts and smoked paprika.

Filling:

Tablespoon of olive oil.

Half a red, and yellow pepper, rough cut into 2cm pieces.

Carrot, leek, courgette, rough cut into 2cm pieces.

200g of brown mushrooms, halved.

200g of lentils, here I used brown, any will work, but puy lentils don't bind so well.

Tomato puree, or half a carton of tomato passata, optional.

Whole garlic, peeled and left as whole cloves.

Pinch of salt and chilli flakes.

Lashings of smoked paprika, zataar, thyme and pepper (black or green).

Cooking:

Boil the potatoes in large pan of water till soft enough to put a knife through. Drain and set aside.

Boil the lentils in another pan of water for 20 mins, drain and set aside.

Pre-heat oven on 200C.

In a large frying pan add the oil, onion, peppers, garlic, mushrooms, leek, carrot and courgette. Fry on a low heat for about 20 minutes, till everything has reduced in size by half, stirring every few minutes.

Add smoked paprika, thyme, pepper, chilli flakes and salt, cook for a further 2mins, with constant stirring.

Turn off heat, add the lentils and stir thoroughly.

Add to the casserole dish, or oven proof bowl.

Mash the potato, then stir in olives, put the mixture on top of the filling and level out using a fork or knife.

Top with nigella seeds, fennel seeds and pine nuts, sprinkle smoked paprika to taste.

Place in oven for 25 to 30 mins.

Serve by itself or with salad.

Review of your dish

Did you enjoy your dish? Yes

Would you recommend it to others? Yes

Is there anything you would do differently? No, as its a little different every time I cook it.

