



SPANISH POTATO & ROSEMARY TORTILLA

BREAKFASTS OF THE WORLD

The Italians call them frittata, the Spanish call them tortilla. Whatever they are, these gutsy omelettes are perfect for almost any occasion.



NICI WICKES

- 1/3 cup olive oil
- 3 medium sized potatoes (old potatoes are good)
- 1 large onion, sliced thinly
- 5 large eggs, lightly beaten in a large bowl
- 2 tablespoons fresh rosemary, chopped
- 1 teaspoon salt

1. Par-boil the potatoes until they are soft on the outside but not yet cooked all the way through.
2. Drain and, once cool enough to handle, slice into rounds. Heat the oil in a large pan and cook the onions until soft. Add potatoes and cook over medium-heat for another 5 minutes.
3. Remove the potatoes and onions from the pan (leaving the oil) and transfer them to the bowl with the beaten eggs.
4. Stir to cover well with the egg, add the rosemary and season with salt.
5. Pour the mixture into the pan, reduce the heat to low and cook the tortilla slowly until you suspect it is golden and firm enough to flip. Carefully flip, slipping it onto another plate if necessary, and cook until done.
6. Cut into wedges or squares and serve at room temperature.

GREEK SWEET CHEESE PIES

This recipe is inspired by the Greek tradition of using soft, fresh cheeses in sweet pastries – in fact it was the way I started every morning when I travelled in Crete, along with a puddle of very strong coffee. Bliss. These are perfect for brunch, dessert or for party nibbles.

Makes 6 small pastries

- 3 sheets filo pastry
- 100g feta
- 50g cream cheese
- 3 Tb caster sugar
- 1/2 egg, beaten lightly
- 30g butter, melted
- 2 TB Honey
- Zest from one lemon or orange

1. Heat oven to 180 C.
2. Mix together the feta, cream cheese, caster sugar and egg in a food processor. Pulse until just blended but still with little lumps of feta as these provide creamy, salty bursts of flavour in the end result)
3. Cut each sheet of filo down the middle, lengthwise, so that you have rectangles with the short edges at the top and bottom.
4. Assemble the parcels one at a time by brushing the pastry with butter then dolloping two tablespoons of the cheese mixture onto the pastry, then rolling/folding the parcel, tucking in the edges, until you have a snug parcel. Place on a tray. Brush the top with butter. Work quickly if you can, as filo dries out when left exposed to the air for too long.
5. Bake the parcels for 15-20 minutes or until golden.
6. Serve drizzled in warmed honey. Eat warm.



INDIAN-SPICED CHICKEN WITH CHAAT POTATOES

EASY ENTERTAINING: WITH A FEW SIMPLE GUIDELINES, ENTERTAINING CAN BE AFFORDABLE AND FUN!

SERVES 8-10

- Marinade:
- ½ cup plain yoghurt
- 1 ½ grated fresh ginger
- 2 tsp chilli powder (or according to your taste)
- 1 heaped tsp paprika
- 1 tsp turmeric
- ½ tsp garam masala
- 1 tablespoons ground cumin
- 1 ½ tsp ground coriander
- Juice of half lemon
- ½ tsp salt
- 2 tablespoons vegetable oil

- 10-14 chicken drumsticks, skin on or off
- Splash of oil

1. Make the marinade by mixing all the ingredients together. Marinate the chicken in the ingredients overnight if you can, or for at least 15 minutes!
2. Preheat oven to 200 C.
3. Remove chicken from marinade and lay out in oiled baking dish. Make sure there's space between each drum stick so that the hot air can circulate and the skin will crisp up. Roast for 35-45 minutes or until golden brown and cooked through.
4. Take the chicken out of the oven, sprinkle little lemon juice over it and serve with chaat potatoes, yoghurt, minted lettuce, selection of Indian chutneys, flat breads/roti/naan or poppadoms.

CHAAT POTATOES

ALOO CHAAT, OR SPICED POTATOES, ARE ONE OF MY FAVOURITE WAYS TO COOK POTATOES AND THEY'RE SUPER EASY TO MAKE. SERVES 8-10

- 4 agria potatoes
- 3-6 tbsps cooking oil (not olive oil)
- 1 green capsicum, sliced thinly
- 2 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp dried turmeric
- 2 tsps grated fresh ginger
- 1 branch curry leaves

1. Peel and chop potatoes into large bite-sized pieces. Par-boil in salted water. Drain well.
2. Heat half the oil in a large pan and sauté the capsicum until soft. Add mustard and cumin seeds, turmeric and fresh ginger and cook for one minute. Add more oil to the pan and add potatoes. Leave undisturbed until potatoes are browned on one side. Toss potatoes and spices in the pan to combine and even mash some of the potatoes a little. Cook until potatoes are crispy in places and cooked through. Tumble into a warm serving dish and scrape pan clean, tipping all crispy bits over potatoes.
3. Add a splash more oil to the pan and fry curry leaves until crisp.
4. Serve potatoes with a drizzle of yoghurt and sprinkled with curry leaves.



NICI WICKES