



## Coffee & Walnut Cake

Serves 6-8

### Ingredients:

- 1 cup soft unsalted butter
- 1 cup sugar
- 2 large eggs
- 2 rounded tablespoon instant espresso coffee powder, dissolved in 1 tablespoon hot water
- 1 cup self-rising flour
- 50g walnuts, very finely chopped

### For the topping:

- ½ cup mascarpone
- ½ cup heavy cream
- 1 rounded dessert spoon instant espresso coffee powder, dissolved in 1 tablespoon hot water
- 1 tablespoon sugar

### How to Make:

1. Pre-heat the oven to 350°F
2. Line 1x8 inch cake tin
3. Using an electric whisk, mix to a smooth, creamy consistency the butter and sugar. Then add one whole egg and half the flour, whisk until smooth. Add the coffee essence and the remaining egg and flour, whisk again until smooth. Carefully stir in the chopped walnuts.
4. Spoon the mixture into the prepared cake tin, level off using the back of a tablespoon and bake near the center of the oven for about 30 to 40 minutes. The sponge is cooked when you press lightly with your little finger and the center springs back.
5. Remove the cake tin from the oven and allow to cool slightly for 2 minutes, then remove the cake from the tin by turning over the tin. Remove the paper from the bottom of the cake and place on a cooling wire to fully cool.
6. While the cake is cooling, make the topping: in a small bowl, whisk the mascarpone, cream, coffee essence and sugar until you have a smooth spreadable consistency.
7. When the cake is cold, spread the coffee cream over the top of the cake, slice and serve.

## Oriental Lentil Broth

Serves 4

### Ingredients:

- 2 tablespoons of olive oil
- 1 medium size onion, peeled and chopped
- 1 stick of celery, chopped
- Sea salt
- Freshly ground black pepper
- 3 garlic cloves, peeled and minced
- 1 stalk lemongrass, tough outer bark removed, tender inner stalk, chopped
- 1 teaspoon coriander seeds, crushed
- 1 teaspoon fennel seeds
- 1 small jalapeño chili pepper, remove seeds and chop flesh
- 1 cup red lentils rinse and drain
- 4 cups low in sodium vegetable stock
- 1 tablespoon freshly chopped cilantro
- 1 tablespoon, freshly chopped mint leaves

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### How to Make:

1. Take a medium size saucepan and place over a medium heat on the stove, add the olive oil, when hot add the chopped onion, celery and seasoning, cook for 5 to 6 minutes.
2. Stir in the garlic, lemongrass, spices and chili and cook for another 2 minutes.
3. Add the lentils, stirring well to coat.
4. Pour in the vegetable stock and bring to the boil then gently turn the heat down to a simmer for 20 mins or until the lentils are cooked through.
5. Add a little extra vegetable stock if to the soup is too thick.
6. Pour the soup into 4 warm bowls, scattered over the freshly chopped herbs and serve.

## Coconut Shrimp Curry

Serves 4

### Ingredients:

- 2 cups brown basmati rice
- 4 cups low in sodium chicken stock or water
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground cardamom
- Sea salt and freshly ground black pepper
- 2 tablespoons oil
- 2 medium onions, peeled and sliced
- 1x 13oz can coconut cream
- 1 tablespoon freshly chopped cilantro
- 1 tablespoon sliced almonds (optional)

### For the Curry

- 1lb large wild American shrimp, peeled and de-veined
- 2 cloves garlic, peeled and minced
- 1 inch fresh ginger, peeled and grated
- 1 small chili pepper, mined
- 1 teaspoon curry powder

### How to Make:

#### For the rice:

1. Place the rice and stock into a medium size saucepan, place the pan on the stove over a high heat.
2. Bring to the boil, then turn down to a simmer, cook for 15 to 20 minutes or until the rice has absorbed the liquid.

#### For the curry:

1. Place the shrimp, garlic, ginger, chili, curry, cumin, turmeric and cardamom into a medium size bowl.
2. Using a spoon coat the shrimp with the spices, season with salt and pepper, then pop into the fridge for the flavors to infuse into the shrimp.
3. Place large frying pan over a medium heat, add the oil, when hot add the onions, cook for 3 minutes, then add the shrimp and cook for a further 3 minutes.
4. Add the coconut cream, stir and bring to a boil, then turn down to a simmer, cook for another 3 to 4 minutes or until the shrimp is cooked all the way through.
5. Stir in the cilantro, sprinkle over the sliced almonds and serve with the basmati rice.