



# ELFFN

# Recipe Book

## Contact Information



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# Aubergine Daal

Serves 6



## Method Ingredients

1 large aubergine

2 red onions

4 cloves of garlic

10cm piece of ginger

4 tbsp rogan josh curry  
paste

500g yellow split peas

1 vegetable stock cube

**1.** Preheat the oven to 180°C/350°F/gas 4. Cut the aubergine into 2cm chunks, peel and slice the onions and garlic, peel and finely grate the ginger.

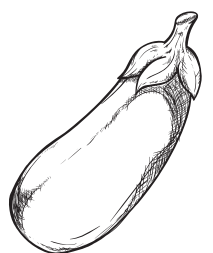
**2.** Put all this into a large tray with the curry paste and a lug of oil. Toss together until well coated, then roast for 20 to 25 minutes

**3.** Remove half the roasted veg to a large pan to start your daal and return the tray to the oven to keep warm – turn the oven off

**4.** Place the pan on a low heat. Stir in the split peas, crumble in the stock cube and add 2 litres of boiling water.

**5.** Simmer for around 1 hr 20 mins with the lid on, or until the split peas are tender and the daal has thickened.

**6.** Serve with rice



# Potato & Cauliflower Curry

Serves 6



## Method Ingredients

24 charlotte potatoes (1.4kg)  
1 head of cauliflower  
3 x 400g tin chopped tomatoes  
1 x 400ml tin coconut milk  
3 cloves of garlic, peeled and crushed  
3 tsp mustard seeds

3 tsp ground turmeric  
3 tsp ground cumin  
3 tsp ground ginger  
2 jalapeno peppers  
Olive oil  
1 bag of spinach



**1.** Boil potatoes for 15 minutes until they are softening. After 15 minutes, drain the potatoes and set aside to one side to cool.

Once the potatoes are cool, chop big bite-sized chunks.

**2.** Slice the cauliflower into chunks and place it in a big saucepan with potatoes, tomatoes and coconut milk and start to heat gently.

**3.** Put garlic into a frying pan with the spices & some salt and pepper.

**4.** Chop jalapeno peppers into tiny pieces, discard seeds and put it into the frying pan.

**5.** Cover everything in generous amount of olive oil and cook on a high heat for a few minutes until the mustard seeds start to pop. Pour everything into the potato and cauliflower pan.

**6.** Put lid on pan and simmer for 45 minutes to an 1 hour, until potatoes are soft. Stir in spinach to wilt it. Serve with rice.



# Sweet Potato & Chickpea Curry

Serves 6



## Method Ingredients

2 large sweet potatoes  
2 onions, roughly chopped  
1 pot of madras curry paste  
1 x 400ml tin coconut milk

3 cloves of garlic, peeled and crushed  
1 400g tin chickpeas

**1.** Preheat the oven to 180C/160C fan/gas 4.

**2.** Chop the sweet potatoes into bite-size pieces, you can keep the skin on if you like. Place onto a large baking tray with a drizzle of olive oil and bake for 1 hour.

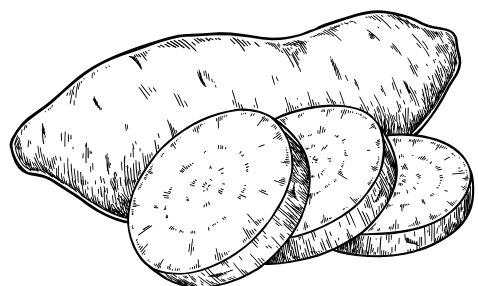
**3.** Fry the onions for 5-10 mins with a drizzle of olive oil on medium-high heat in a large frying pan, until golden.

**4.** Add the garlic and madras curry paste and cook for 5 mins.

**5.** Add the coconut milk and simmer for 10 mins.

**6.** Mix in the roasted butternut squash and chickpeas and heat for 5 mins.

**7.** Serve with rice.



# Butternut Squash & Red Pepper Soup

Serves 6



## Method Ingredients

1 small butternut squash, peeled and cut into chunks  
2 red peppers, roughly chopped  
2 red onions, roughly chopped  
3 tbsp rapeseed oil  
3 garlic cloves, in their skins

1 tbsp ground coriander  
2 tsp ground cumin  
1.2l chicken or vegetable stock  
2 tbsp harissa paste  
50ml double cream

**1.** Heat oven to 180C/160C fan/gas 4.

**2.** Put all the veg on a large baking tray and toss together with rapeseed oil, garlic cloves in their skins, ground coriander, ground cumin and some seasoning.

**3.** Roast for 45 mins, moving the veg around in the tray after 30 mins, until soft and starting to caramelise.

**4.** Squeeze the garlic cloves out of their skins. Tip everything into a large pan.

**5.** Add the chicken or vegetable stock, harissa paste and double cream. Bring to a simmer and bubble for a few mins.

**6.** Blitz the soup in a blender, check the seasoning and add more liquid if you need to. Serve swirled with extra cream and harissa.

