



# THE SUNDAY TIMES



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THE SUNDAY TIMES

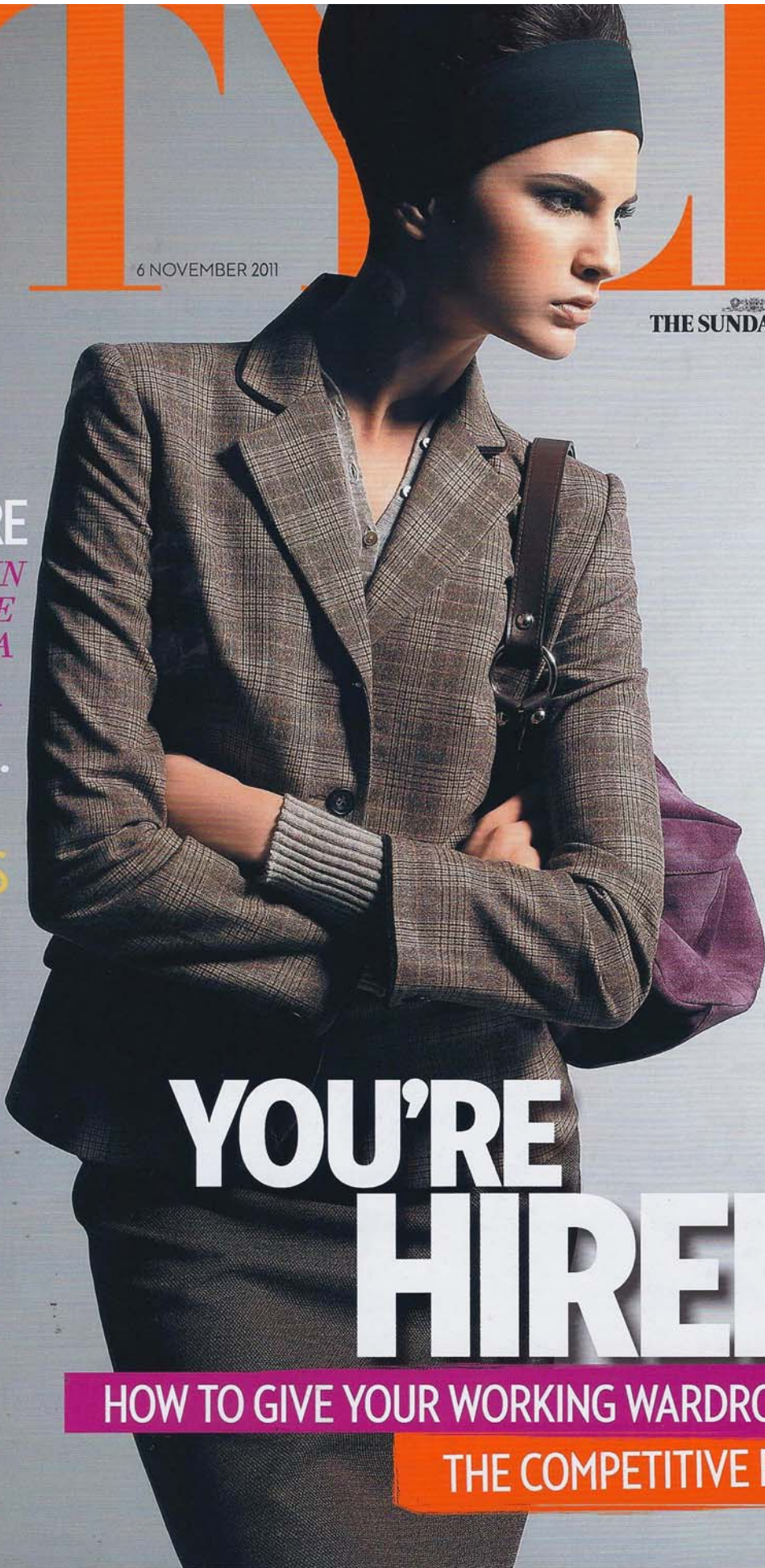
## GUILTY PLEASURE

*WHY GROWN WOMEN ARE GOING GAGA FOR ONE DIRECTION*

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## JENNIFER SAUNDERS

*ON BEATING CANCER, DRESSING FOR SUCCESS AND AB FAB THE MOVIE*



# YOU'RE HIRED

HOW TO GIVE YOUR WORKING WARDROBE THE COMPETITIVE EDGE



Grilled lemon halloumi

## GRILLED LEMON HALLOUMI

### SERVES 2

2 unwaxed lemons  
 1 garlic clove, crushed  
 Pinch of salt flakes  
 1 tsp pink peppercorns  
 2 tbsp olive oil  
 1 tsp runny honey  
 250g block of halloumi cheese, cut into slices about  
 1½cm thick  
 1 tbsp small sprigs of fresh dill

Heat the grill to its hottest. Slice one lemon into rounds 5mm thick. Using a pestle and mortar, pound the garlic with a tiny pinch of salt and the pink peppercorns. Add the olive oil, honey and a good squeeze of juice from the other lemon.

Rub the lemon slices and the cheese slices with the mixture. Place in an ovenproof dish and set under the grill (not too close to the heat, or it will burn rather than toast) until the cheese begins to colour and the lemon slices caramelize.

Remove from the grill, turn the lemon and cheese pieces over and cook the other side in the same way.

Serve sprinkled with dill, with the remaining dressing and juices from the pan drizzled over.

## OVEN-ROASTED MONKFISH WITH CHERRY TOMATO TOPPING

This dish is best served warm and not piping hot, so there is time to make that all-important call just before dinner. If you can't get all the herbs, just increase the amount of rocket.

SERVES 2

350g-400g monkfish tail, trimmed  
 2 handfuls of green beans  
 Sea salt and freshly ground black pepper  
 Squeeze of lemon juice  
 Handful of lemon thyme or plain thyme  
 Drizzle of olive oil

### For the topping

4 tbsp extra-virgin olive oil  
 Good squeeze of lemon juice, to taste  
 Dash of worcestershire sauce  
 Splash of balsamic vinegar  
 Handful of chopped chives  
 Handful of chopped basil  
 Handful of chopped flat-leaf parsley  
 2 garlic cloves, chopped  
 250g cherry tomatoes, quartered  
 30g wild rocket, torn

Heat the oven to 180C/Gas Mark 4. Cut the monkfish into 4 medallions, each about 1.5cm thick (or ask the fishmonger to do this for you).

Place the beans in an ovenproof dish, sit the monkfish on top of the beans and season with salt and pepper. Add a squeeze of lemon juice and a few sprigs of thyme. Drizzle with oil and bake for 15 minutes or until the fish is cooked through but the beans still have bite.

I've set out to create a 'jeans and white T-shirt' cookbook," says the foodie Laura Santini, crunching on a chunk of raw fennel and holding forth on the philosophy that has changed her attitude to food and shaped her new book, *Flash Cooking: Fit Fast Flavours for Busy People*. "It's an everyday collection of easy recipes that can stand alone or be jazzed up using store-cupboard essentials bursting with flavour, the same way you'd boost the basics in your wardrobe."

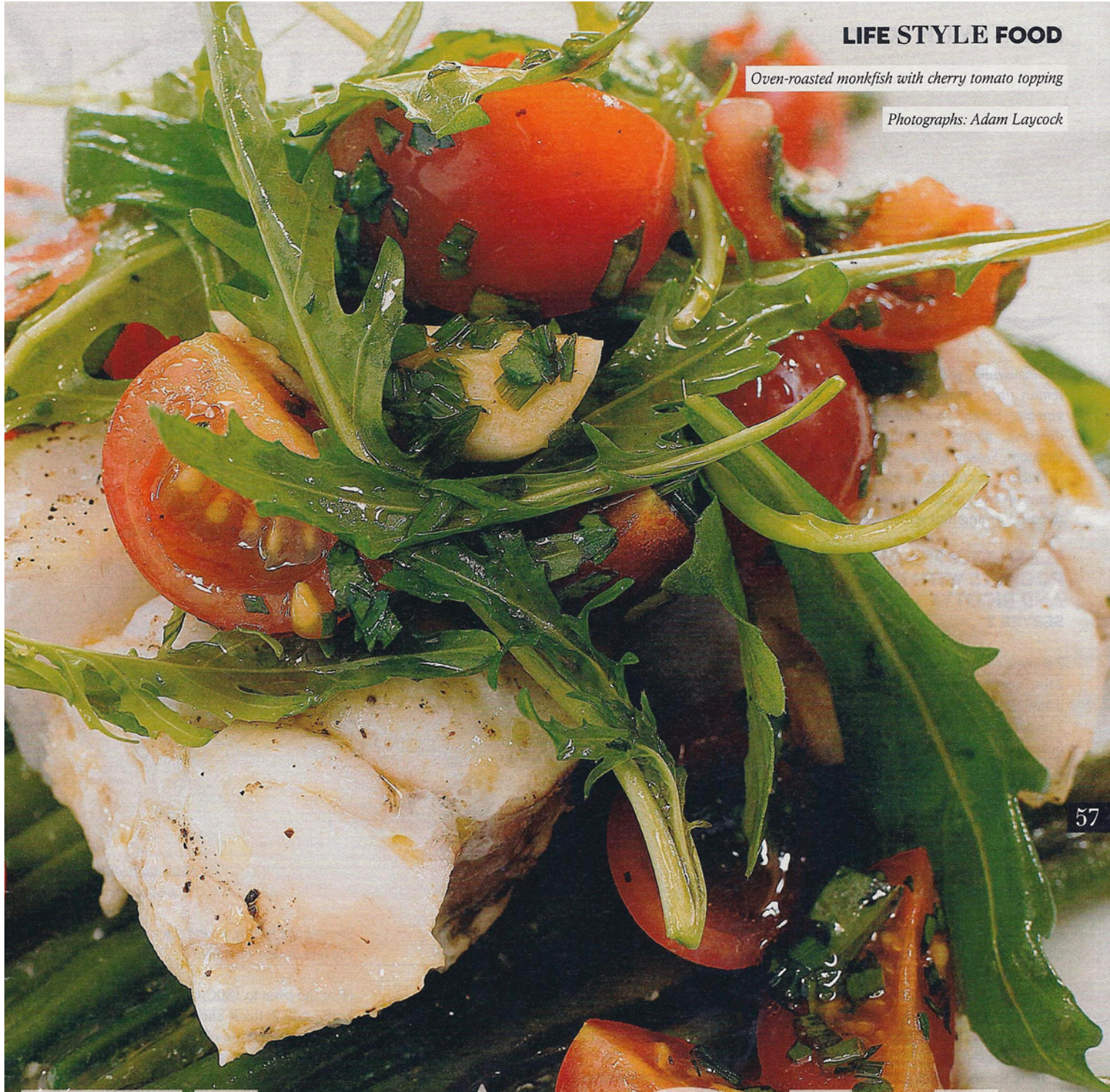
Food has always played a central part in Santini's life. Her parents have been running their Italian restaurant, Santini, since the 1980s, with branches in London and Edinburgh. Their daughter headed up the kitchen for several years and, in 2010, she realised her ambition to create an Italian cookbook (the award-winning *Easy Tasty Italian*) and a popular range of food products that was all about adding extra flavour to dishes.

This idea of punchy tastes is now fundamental to her approach to healthy eating, and her recipes transform simple chicken breasts and fish fillets with a host of taste-bud-busting rubs and marinades, taking the dull out of dieting and offering a new way to be in control of how we eat. Her approach isn't about strict rules, more a simple, sensible relationship with food. As Santini says: "If you cook this way Monday to Friday, at the weekends you can enjoy whatever you fancy. It's not about denying yourself completely."



Oven-roasted monkfish with cherry tomato topping

Photographs: Adam Laycock



# FLASH

*in the pan*

CHEF LAURA SANTTINI HAS MADE EASY, TASTY FOOD HER TRADEMARK. HERE SHE SHOWS HOW TO GIVE SIMPLE, SPEEDY DISHES A POWERFUL PUNCH OF FLAVOUR

## LIFE STYLE FOOD



Meanwhile, prepare the topping. Mix the oil, lemon juice, worcestershire sauce and balsamic vinegar. Finely chop all the herbs. Add to the dressing, along with the garlic and chopped tomatoes. Season with salt and pepper.

Place 2 monkfish medallions on a bunch of beans on each plate. Add the rocket to the dressed tomato topping and spoon over the monkfish.

### FLASH-STUFFED CHICKEN POCKETS WITH RED PESTO AND RICOTTA

SERVES 2

2 skinless chicken breasts  
2 tbsp ricotta cheese  
6 basil leaves, finely chopped  
2 tbsp red pesto  
Sea salt and freshly ground black pepper  
2 slices of prosciutto, pancetta or streaky bacon  
2 sprigs of rosemary or thyme (optional)  
Olive oil

#### For the dressing

1 tbsp extra-virgin olive oil  
½ tbsp balsamic vinegar

Heat the oven to 180C/Gas Mark 4. Place the chicken breasts on a chopping board (some wet kitchen roll under the board will help stop it slipping). Place your non-cutting hand flat over the breast and, using a small sharp knife, cut a small "pocket" in the side of each breast for your stuffing, taking care not to cut right through.

To make the stuffing, mix together the ricotta, basil and 1 tbsp of the pesto, adding a good grinding of black pepper. Carefully fill each breast pocket with a spoonful of the stuffing, season the breast with a little salt and pepper, and wrap it in a slice of prosciutto, pancetta or bacon to seal the pocket. If you have them, tuck the rosemary or thyme under the wrapping, then tuck its ends underneath the breast and place on a baking tray.

Glaze each breast with the remaining pesto mixed with a little oil to dilute it to brushing consistency, and bake in the oven for 20-30 minutes, until each one is cooked right through.

Make the dressing by whisking the oil and vinegar together with some seasoning to taste. Drizzle this over the chicken to serve.

### UMAMI-TRUFFLED STEAK HANDKERCHIEFS

This recipe was shown to me by my friend and mentor Nobu Matsuhisa, the ultimate flavour master. He serves a similar dish in his restaurants, with a sprinkling of his dried miso powder.

SERVES 2



Flash-stuffed chicken pockets with red pesto and ricotta

1 tbsp olive oil  
1 beef fillet steak, sliced very thinly widthwise  
Salt and freshly ground black pepper  
100g baby spinach leaves  
2 tbsp coarsely grated parmesan cheese  
Furikake or toasted sesame seeds, to garnish

#### For the dressing

1 tbsp truffle oil  
Squeeze of Taste #5 Umami Paste (available from Waitrose) or a dash of soy sauce  
Squeeze of lemon juice

In a wok, heat a little olive oil until just smoking, then add the beef slices and flash-fry for 1 minute, seasoning with a little salt and black pepper. Remove from the heat and set aside to rest.

Make the dressing: mix all the ingredients in a bowl and set aside. Toss the spinach leaves and the steak "handkerchiefs" in the dressing, along with the meat juices and the parmesan cheese.

Serve garnished with a little furikake or toasted sesame seeds.

### FLASH-GLAZED CAULIFLOWER CHEESE STEAKS

SERVES 2

1 large cauliflower  
1 tbsp harissa paste (rose or ordinary)  
1 tbsp olive oil, plus more for frying

Sea salt and freshly ground black pepper  
75g feta cheese, crumbled

Heat the oven to 180C/Gas Mark 4. Using a sharp knife, cut 2 thick slices of cauliflower, starting from the top centre of the head and cutting right down through the stalk. (You can use what's left over to make soup.)

Mix the harissa paste with the oil and brush this over the cauliflower steaks on both sides. Season with a little salt and pepper.

Fry the steaks in a lightly oiled pan until golden on both sides. Remove from the pan and place on a baking tray. Brush the top of the steaks with the remaining harissa glaze and bake in the oven for about 10 minutes.

Top with the cheese and return to the oven until the cauliflower is tender and the cheese has taken on some colour and is beginning to melt.

### QUICK MISO MONDAY SOUP

This recipe can also be made by using miso paste sachets: follow the packet instructions to make up 2 portions of broth, then proceed as below. You can replace the prawns with 1 or 2 chicken breasts or 300g of tofu, chopped into cubes, and any vegetables, including sea veg such as wakame or edible seaweed flakes.

If you are in need of flash comfort, you can replace the prawns or chicken with udon or brown rice noodles. Cook the noodles in plenty of

## EXTRA HELPINGS

### QUICK QUICK DUCHESS PETITS FOURS

BY GINETTE MATHIOT

Bite-size confections served at the end of a meal, or as part of an afternoon buffet.

**Serves 6**

110g butter, softened, plus extra for greasing  
200g caster sugar  
2 eggs, separated  
300g plain flour  
1 tsp baking powder  
Almonds or glacé cherries, to decorate

Heat the oven to 180C/Gas Mark 4 and grease a baking tray with butter. Beat the 110g of butter with 140g of the sugar and the egg yolks. Stir in the flour and baking powder. Knead to form a smooth dough. Divide the dough into

walnut-sized balls. Place on the baking tray and flatten slightly. Beat the egg whites and brush over the biscuits. Sprinkle with the remaining sugar and decorate each petit four with half an almond or half a glacé cherry. Bake for 25-30 minutes, or until golden brown.

*Taken from The Art of French Baking by  
Ginette Mathiot (Phaidon £24.95)*

### SLOW

### SLOW-ROASTED PAPRIKA CHICKEN WITH BUTTERNUT SQUASH, SMASHED BUTTER BEANS AND TOMATOES

BY MARIA ELIA

**Serves 2-4**

1 whole 1½kg-2kg chicken  
2 garlic cloves  
Sea salt and black pepper  
2 tbsp smoked paprika (picante or dulce)  
Good glug of olive oil  
½ butternut squash, about 1kg  
1 x 400g tin of cooked butter beans  
200g cherry vine tomatoes  
Handful of Greek or Italian basil,  
roughly chopped

Allow at least 4 hours to marinate, or overnight, but first you need to spatchcock the chicken. Take your kitchen scissors and remove its wing tips, then place it on a board, breast side down. Cut along either side of the backbone to remove. Turn the chicken over and then, using the palm of your hand, press down on the chicken to flatten. Done.

Wash the butternut squash and cut into large chunks, leaving the skin on. Place in a roasting tin, sprinkle with sea salt and add a drizzle of olive oil. Crush the garlic and salt in a pestle and mortar. Add the smoked paprika and enough olive oil to make a runny paste. Massage most of the paste over the breast side of the chicken, then rub a little on the bone side. Place the chicken on top of the squash, breast down. Refrigerate for 4 hours or overnight.

Heat the oven to 180C/Gas Mark 4. Place the roasting tin inside. After 30 minutes, turn the chicken over and baste with the juices. Reduce the heat to 160C/Gas Mark 3 and cook for 1½ hours, basting often. Remove the chicken from the roasting tin, cover with foil and leave to rest for 10 minutes.

Put the drained beans and tomatoes in the roasting tin and heat in the oven while the chicken rests. Once warm, gently smash the beans with a potato masher. Season, toss with the basil, pile onto a plate and top with the squash. Cut the chicken in half or into quarters and serve drizzled with the juices.

*Taken from Full of Flavour by Maria Elia  
(Kyle Books £20)*

simmering water until just *al dente*, according to packet directions. Rinse them in cold water and drain, then add to the very hot soup just before serving.

**SERVES 4**

1 litre good chicken stock (or 1 organic chicken stock cube crumbled into 1 litre of boiling water)  
Good handful of shelled raw king prawns  
1 thumb-sized piece of fresh ginger root, cut into slices  
1 red chilli, thinly sliced (deseed for less heat)  
2 garlic cloves, sliced  
3 dried shiitake mushrooms  
2 handfuls of mangetout  
2 handfuls of baby spinach leaves  
2 spring onions, cut into 2cm lengths  
2 tsp miso paste (preferably light)  
Handful of coriander, chopped

Put the stock, prawns, ginger, chilli, garlic and shiitake mushrooms in a large saucepan. Bring to the boil, then reduce the heat and simmer for 20 minutes. When the liquid is broth-like and no longer watery, add the mangetout, spinach and spring onion. Cook until the mangetout are tender, but still *al dente*. Remove from the heat and whisk in the miso paste and coriander, then serve.

### GRILLED PINEAPPLE WITH VODKA, PINK PEPPERCORNS AND CHILLI

This can be prepared ahead and stored in the fridge until you are ready to serve.

**SERVES 4**

1 pineapple, sliced into rounds and core removed  
½ tsp pink peppercorns, crushed using a pestle and mortar  
A good splash of vodka  
1 red chilli, deseeded and finely chopped

Sprinkle the pineapple slices with the pink peppercorns. Place a griddle pan on a high heat and add the pineapple slices. When the pineapple has softened and is coloured on both sides, remove from the pan and place on a warmed serving platter. Douse with the vodka and sprinkle with the chopped fresh chilli to serve. ○

*Extracted from Flash Cooking: Fit Fast Flavours for Busy People by Laura Santitini (Quadrille £20). To order it for £16.50, including p&p, call 0845 271 2135 or visit [thesundaytimes.co.uk/bookshop](http://thesundaytimes.co.uk/bookshop)*

**ST** Follow Laura's tasty recipe for mayo-crusting salmon at [thesundaytimes.co.uk/style](http://thesundaytimes.co.uk/style)

