

# Fancy a night in?

Rediscover your love of cooking and relish the informality of home dining. Add a theme and your meal just got more interesting. We're going places, staying in!

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**C**ooking for your nearest and dearest, and that includes yourself, is an act of love and, since staying in is the new going out, let's make the most of our trusted store-cupboard ingredients – with a few lovely fresh additions – and put the excitement, and heart, back into mealtimes.

In Katherine Bebo's new cookbook, *Big Night In: Delicious Themed Menus To Cook & Eat At Home* (Ryland, Peters & Small, £14.99), you'll find date-night inspiration from around the world, as well as hearty family feasts and something a little different for the children, such as 'Chorizo and bean burgers', 'Springtime apple slaw' and 'Homemade root beer', for a memorable picnic in the garden enjoying the spring sunshine.

In the mood for Turkish or Middle Eastern? Try fresh breads with 'Baba ghanoush' or 'Falafel with tzatziki'... Mediterranean maybe? How about 'Spinach and feta pastries', 'Moreish mezze' or an Italian night with fresh and tangy 'Cherry tomato bruschetta', 'Mushroom and Parma ham pizza' and a negroni or two? Whether you're dining on the balcony, around the chimenea, at the table or on your lap, make the most of home with a big night in.

**Reader offer**

Psychologies readers can buy a copy of *Big Night In* for the special price of £10 (RRP £14.99). To order, go to [rylandpeters.com](http://rylandpeters.com) and use code 'PSYCHBIGNIGHTIN' at the checkout. Offer valid until 1 July 2020. P&p charges may apply.



## STUFFED TOMATOES

*We love Greek food (with a glass of something cool), chatting about that time in Crete... This dish is bursting with flavour and vibrancy.*

**SERVES 4**

- 4-6 large tomatoes
- 3 tbsp olive oil
- 1 small onion, finely chopped
- 150g long-grain rice, rinsed
- 1 tsp tomato puree
- 2 tbsp chopped flat-leaf parsley
- 2 tbsp chopped dill
- 2 tbsp chopped mint
- 1 tsp grated lemon zest
- Salt and freshly ground black pepper, to season

- 1** Preheat the oven to gas mark 6. Cut the tops off the tomatoes and scoop out and reserve the pulp. Put the tomato shells upright in a large baking dish. Set aside with the caps until ready to bake.
- 2** Heat 2 tablespoons of the oil in a frying pan over a low heat. Add the onion and fry until softened. Add the reserved tomato pulp, rice and tomato puree. Season with salt and pepper.
- 3** Bring the mixture to the boil and cook for 10 minutes, stirring often. Stir in the parsley, dill, mint and lemon zest.
- 4** Fill the tomato shells with the rice mixture and top with their caps. Drizzle with the remaining oil, cover with foil and bake in the oven for 1 hour, until the rice is tender. Serve warm or at room temperature.





## PATATAS BRAVAS

*This classic Spanish tapas dish works beautifully with a selection of other little dishes – frittata, salads, olives and dips – or enjoy on its own as a starter.*

### SERVES 4

- 300g waxy potatoes, peeled
- 2 tbsp olive oil
- 1 shallot, chopped
- 1 garlic clove, chopped
- 1 dried chilli
- 1 tbsp sherry vinegar
- 1 x 400g can plum tomatoes
- 1 tsp hot smoked paprika
- Salt and freshly ground black pepper, to season
- Chopped parsley, to garnish

**1** Boil the potatoes in salted boiling water until just tender. Drain, cool and dice.  
**2** Meanwhile, prepare the spicy tomato sauce. Heat 1 tablespoon of the oil in a small, heavy-bottomed frying pan. Add the shallot and garlic and crumble in the dried chilli. Fry, stirring, for 1-2 minutes until fragrant. Add the sherry vinegar and continue to cook for 1 minute until syrupy. Add the canned tomatoes and mix well. Season with salt and pepper and add the smoked paprika.  
**3** Turn up the heat and bring to a boil. Cook the sauce, uncovered, stirring often to break down the tomatoes, for 10-15 minutes until reduced.  
**4** In a separate large frying pan, heat the remaining olive oil. Add the cooled, diced potatoes and fry until golden brown on all sides, stirring often, then season with salt. Pour the cooked tomato sauce over the potatoes, garnish with chopped parsley and serve hot or at room temperature.

## BUFFALO CAULIFLOWER AND CHICKPEA BOWL

*A taste bud-tickling vegan dish that's a riot of flavours. Enjoy as a side, a veggie-filled lunch or a light dinner.*

### SERVES 4

#### TAHINI RANCH DRESSING

*Makes about 175ml*

- 50g tahini, mixed well
- 60ml warm water
- 2 tbsp finely chopped chives
- 1 tbsp finely chopped parsley
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp dried dill
- 1 tsp maple syrup
- Juice of ½ lemon
- ½ tsp salt
- Black pepper, to season

#### FOR THE CAULIFLOWER

- 1 head of cauliflower, chopped into florets
- 1 tbsp olive oil

**1** Preheat the oven to gas mark 7. First make the 'Tahini ranch dressing'. In a small bowl, beat together all the ingredients until well combined. Or, puree everything in a small food processor. Add a splash more water, if needed, for your desired consistency. Set aside.  
**2** Prepare the cauliflower by adding it to a large bowl with the oil and 1 tablespoon of the hot sauce. Season with salt and mix together until the cauliflower is well coated.  
**3** Spread on a baking sheet and roast in the preheated oven for 20 minutes. Take out and toss with the remaining 2 tablespoons of hot sauce.  
**4** Return to the oven for 5-10 minutes until the cauliflower is lightly browned at the edges.

- 3 tbsp hot sauce
- Salt, to season

#### FOR THE CHICKPEAS

- 1 tbsp avocado or olive oil
- 1 x 400g can chickpeas, drained and rinsed
- ¼ tsp garlic powder
- 2 tbsp hot sauce
- Salt, to season

#### FOR THE SALAD

- 1 bunch cavolo nero, stems removed and shredded
- 1-2 tbsp 'Tahini ranch dressing', see recipe, plus extra to serve
- 1 large carrot, ribboned
- ½ small red onion, thinly sliced into half-moons

**5** To make the chickpeas, heat the oil in a large frying pan over a medium-high heat. Add the chickpeas, garlic powder and salt to season.  
**6** Cook for 3 minutes, tossing regularly. Stir in 1 tablespoon of the hot sauce and cook, stirring for 2-3 minutes, until the chickpeas start to brown. Remove from the heat and stir in the remaining tablespoon of hot sauce.  
**7** Combine the cavolo nero with the 'Tahini ranch dressing' in a bowl. Massage the dressing into the cavolo nero until it begins to soften. Toss in the carrot and red onion and mix until everything is coated in the dressing. Divide the salad into bowls and top with the cauliflower, chickpeas and extra dressing.

