

Cooking with a conscience

Enjoy wistful, wonderful meals while saving money and reducing food and packaging waste. We're celebrating the sustainable home kitchen that delivers on taste

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Would you like to overhaul your spending and become more eco-conscious? A good place to start is the food you prepare, and Megan Davies' cookbook, *Home Bird: Simple, Low-Waste Recipes For Family And Friends*, will help you initiate culinary changes to feel good about.

Influenced by nostalgic meals and cooking for loved ones congregated at the kitchen table, the idea for the book took root at an intimate supper club in a friend's bakery. Written for the eco-minded home cook, it is chock-full of simple recipes that get back to basics using wholesome ingredients, and includes ways to reinvent leftovers. Davies also gives tips on how to make your ingredients stretch, from potato peel crisps to pickled cucumbers and beetroot – just like granny's!

Serve meals that are not only good for your wellbeing and budget, but also your carbon footprint. We love the 'use what you have' swap-ins for these recipes, and also be sure to try moreish 'Miso mushrooms on toast', a comforting bowl of 'Garlic and herb pasta' or classic 'Fish and chips'. It's the small changes we make at home that can make a big difference to our world.

Reader offer

Psychologies readers can buy *Home Bird* for the special price of £12 (RRP £16.99). To order, go to rylandpeters.com and use the code 'PSYCHHOME' at the checkout. P&P charges may apply. Offer valid until 31 August 2020.



ROASTED MIXED SQUASH WITH ALMONDS & TARRAGON

This wholesome veggie dish combines earthy, sweet, fresh and tangy flavours with multiple textures.

SERVES 6-8

- 8 small mixed squash, chopped into 5cm wedges (no need to peel or remove the seeds)
- 8 tbsp olive oil
- 2 tbsp balsamic vinegar
- 80g flaked almonds
- 10g fresh parsley
- 20g fresh tarragon
- 2 tbsp maple syrup
- 2 tbsp nigella seeds
- Sea salt and freshly ground black pepper, to season

1 Preheat the oven to 220°C, gas mark 7. Put the squash onto two large baking sheets. Top the squash with half the olive oil, the balsamic vinegar and some seasoning, then toss well to coat. Roast on the top shelf of the oven for 50 minutes, turning halfway through.

2 Meanwhile, toast the almonds in a frying pan on a medium heat for 3-4 minutes. Once golden, transfer to a bowl and leave to cool. Chop the parsley (and stalks) and tarragon (removing the stalk bases).

3 Make the salsa by mixing together the almonds, herbs, the remaining olive

oil and a pinch of seasoning. **4** Once the squash is tender and sticky, transfer to a dish, drizzle the maple syrup on top, then pile on the salsa and finish with a sprinkling of nigella seeds.

Swap-ins

Two butternut squashes or pumpkin can replace the mixed squashes. Flaked almonds can be replaced by whole almonds, hazelnuts or walnuts and the tarragon and parsley can be swapped for coriander, mint or basil.

Leftovers

Use as a frittata base or make a sandwich with feta or halloumi cheese and salad.





PROPER RASPBERRY JELLY

Refreshing and simple, an old-fashioned wobbly jelly is the perfect summer dessert, full of fresh, fruity flavours.

SERVES 6-8

- ½ tsp vegetable oil
- 500g fresh raspberries
- 6 gelatine leaves
- 200g caster sugar
- 2 tbsp elderflower cordial
- Vanilla ice cream, to serve
- A 600ml jelly mould, or 6-8 small glasses

1 Grease the jelly mould or glasses well with the oil and add 300g of the raspberries, dividing them evenly if you're using glasses.

2 Add the gelatine leaves to a small bowl of cold water and leave them to soak.

3 Put the sugar, 450ml water, the cordial and the remaining raspberries in a saucepan over a medium heat. Gently bring to just under the boil (about 10 minutes). Using a fork, mash the raspberries in the pan as the sugar mixture heats up. Stir often, then remove from the heat.

4 Pour the hot mixture through a sieve and into a measuring jug, squashing the raspberry seeds to make sure you get all the liquid through. Allow to cool for 10 minutes.

5 Retrieve the gelatine leaves from the water, squeezing out each one and adding to the jug. Stir to dissolve and pour into your mould or glasses, over the raspberries. Let the jelly cool, then cover and refrigerate overnight to set.

THAI PORK BURGERS WITH PINK ONIONS & SESAME CUCUMBER

A flavourful Asian dish that's better than a takeaway on multiple levels and ready in less time! Ideal for a barbecue, served with a salad and a cold glass of whatever you fancy.

SERVES 4

FOR THE PINK ONIONS

- 1 red onion
- 100ml plus 1 tbsp white wine vinegar
- ½ tsp caster sugar

FOR THE PATTIES

- 10g finely chopped coriander
- 40g ginger, peeled and finely chopped
- 1 shallot, peeled and finely chopped
- 1 lemongrass stem, bashed, trimmed and finely chopped
- 2 garlic cloves, grated
- 30g peanuts, roughly chopped

- 1 tbsp fish sauce
- 1 tbsp sesame oil
- ½ tsp dried chilli flakes
- 600g minced pork

FOR THE SESAME CUCUMBER

- ½ cucumber
- 1 lime
- 1 tbsp sesame seeds

FOR THE BUNS

- 4 brioche buns, halved
- 10g fresh mint
- 10g fresh Thai basil
- Fried onions and mayo, to serve
- Sea salt and pepper, to serve
- Vegetable oil, for frying

1 Preheat the oven to 230°C, gas mark 8. Peel and thinly slice the onion, add to a bowl with the vinegar and sugar and allow to pickle.

2 Prepare the ingredients for the burger patties. Chop the coriander stalks and keep the leaves whole.

3 Put all the patty ingredients (apart from the coriander leaves) into a large mixing bowl and mix with your hands. Shape into four patties and set aside.

4 For the sesame cucumber, peel the cucumber into ribbons, and finely zest the lime. Add the ribbons, sesame seeds and lime juice (save the zest) to a bowl, mix to coat the ribbons and set aside.

5 Separate the mint and basil leaves from their stalks, then add the leaves, along with the coriander leaves, to a bowl. Mix and set aside.

6 Heat a drizzle of vegetable oil in a non-stick frying pan over a high heat and cook the patties on each side, until browned. Transfer to the oven and let them finish cooking for 2-3 minutes, or until

cooked through. At the same time, put the buns in the oven to toast.

7 Remove the burgers and buns from the oven and let the burgers rest. Meanwhile, spread mayo on the base of the buns, top with the lime zest, add the sesame cucumber, followed by the patties, herb mix, pink onions and crispy onions. Add the bun lids and enjoy.

Swap-ins

Use beef instead of pork, half an onion instead of the shallot, pastes instead of fresh ginger and garlic, and cashews instead of peanuts. Use courgette in place of cucumber and red wine or cider vinegar instead of the white wine vinegar. Parsley can replace the other herbs.

Leftovers

Roll uncooked burger patty mix into meatballs and fry or make sausage rolls with puff pastry. Leftover pink onions and sesame cucumber make sandwiches and go well with most curries!

