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GoodFood

101 Hot & spicy dishes



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GoodFood

101 HOT & SPICY DISHES

TRIED-AND-TESTED RECIPES

Editor-in-chief

Orlando Murrin





Introduction

Step into any supermarket anywhere in the country and you'll find a fantastic array of exciting and exotic foods and flavours from around the world. Gone are the days when home cooks took pride in turning out meals that were safe and predictable. Now every mealtime can be an adventure and, unless you want to, you never have to cook the same dish twice.

Of all the different cuisines now available to us, hot and spicy has become the most popular. These flavours seem to transport us to faraway destinations, and bring us sunshine in every mouthful. To help you on your way, we at *Good Food* magazine have chosen over 100 of our favourite hot and spicy recipes and collected them together in this compact and comprehensive book.

All the recipes have been tested in the *Good Food* kitchen, guaranteeing you success every time. They're also well balanced and come with a nutritional breakdown so you can keep track of the calorie, fat and salt content.

Not only is every dish bursting with magical aromas and exciting flavours, the vast majority of them, including *Citrus and Ginger Turkey Steaks*, pictured above, can be made in under an hour and with the minimum of fuss. So, whether you're fixing yourself a spicy snack or cooking supper for six, mealtimes need never be boring or bland again.

Orlando Muniz

Editor, *Good Food* magazine

Conversion tables

NOTES ON THE RECIPES

- Eggs are medium in the UK and Australia (large in America) unless stated otherwise.
- Wash all fresh produce before preparation.

OVEN TEMPERATURES

Gas	°C	Fan °C	°F	Oven temp.
¼	110	90	225	Very cool
½	120	100	250	Very cool
1	140	120	275	Cool or slow
2	150	130	300	Cool or slow
3	160	140	325	Warm
4	180	160	350	Moderate
5	190	170	375	Moderately hot
6	200	180	400	Fairly hot
7	220	200	425	Hot
8	230	210	450	Very hot
9	240	220	475	Very hot

APPROXIMATE WEIGHT CONVERSIONS

- All the recipes in this book list both imperial and metric measurements. Conversions are approximate and have been rounded up or down. Follow one set of measurements only; do not mix the two.
- Cup measurements, which are used by cooks in Australia and America, have not been listed here as they vary from

ingredient to ingredient. Please use kitchen scales to measure dry/solid ingredients.

SPOON MEASURES

- Spoon measurements are level unless otherwise specified.
- 1 teaspoon = 5ml
- 1 tablespoon = 15ml
- 1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is specified in a recipe)

APPROXIMATE LIQUID CONVERSIONS

metric imperial	AUS	US
50ml 2fl oz	¼ cup	¼ cup
125ml 4fl oz	½ cup	½ cup
175ml 6fl oz	¾ cup	¾ cup
225ml 8fl oz	1 cup	1 cup
300ml 10fl oz/½ pint	½ pint	1¼ cups
450ml 16fl oz	2 cups	2 cups/1 pint
600ml 20fl oz/1 pint	1 pint	2½ cups
1 litre 35fl oz/1¾ pints	1¾ pints	1 quart

Starters & Light Meals

Satay Shots

Curried Vegetable Soup

Cajun Turkey Salad with Guacamole

Mexican Chilli Wraps

Spicy Prawn Poppadums

Cheese and Paprika Tuna Melts

Aromatic Soy Pork

Prawn and Avocado Escabèche

Sticky Mustard Hot Dog Jackets

Chilli Cheese Omelette

Prawn Salsa

Leanburgers with Rocket and Peppers

Golden Spiced Roast Potatoes

Tuna Avocado with Spicy Dressing

Mustardy Mushroom Stroganoff

Teriyaki Chicken and Noodle Broth

Chicken Tikka Kebabs

Sweet and Spicy Ploughman's

Chinese Chicken and Sweetcorn Soup

Spicy Prawn Cocktail

Smoky Beans with Basil and Bacon

Oriental Beef and Mushroom Soup

Satay Shots

If you can't get hold of a jar of Very Lazy Chillies, just use chilli sauce or chilli paste instead.

Takes 20-30 minutes • Makes 36

4 skinless boneless chicken breasts

3 tbsp soy sauce

1 heaped tbsp Very Lazy Chillies

2 garlic cloves, crushed

1 tbsp vegetable oil

1 heaped tbsp light muscovado sugar

415g jar ready-made satay sauce

1 lime, cut in half

12 lime slices

1 Cut the chicken breasts into 36 thin strips and put them into a bowl with the soy sauce, chilli, garlic, oil and sugar. Mix together until the chicken is coated, then thread each strip on to a bamboo skewer. Get the skewers lined up on a baking tray and keep covered in the fridge until ready to cook.

2 Preheat the oven to 190°C/Gas 5/fan oven 170°C. Put the tray in the hottest part of the oven for 10 minutes.

Meanwhile, warm the satay sauce in a pan, then spoon into 12 shot glasses or small tumblers.

3 When the chicken is done, remove the tray from the oven and squeeze the lime juice over the chicken. Pop 3 skewers

in each shot glass and a slice of lime on to each rim. Serve warm or cold.

- Per skewer 89 kcalories, protein 6g, carbohydrate 3g, fat 6g, saturated fat 1g, fibre 1g, added sugar 2g, salt 0.53g



Satay Shots

Curried Vegetable Soup

Leftover cooked vegetables, with a curry kick, make a warming and comforting soup.

Takes 30-45 minutes • Serves 4

1 tbsp sunflower oil

1 medium onion, chopped

2 celery sticks, chopped

2 medium potatoes, about 350g/12oz total weight, peeled and cut into small chunks

1 tbsp curry paste

1.2 litres/2 pints vegetable stock, made from a stock cube

550g/1lb 4oz leftover roasted or boiled vegetables, such as Brussels sprouts, carrots, parsnips and squash, roughly chopped

natural yogurt or crème fraîche, to serve

1 Heat the oil in a large saucepan and fry the onion for 5 minutes until golden. Stir in the celery and fry for 5 minutes, then tip in the potatoes and fry for a further 1-2 minutes, stirring often.

2 Stir in the curry paste, let it cook for a minute or so, then pour in the stock. Bring to the boil and stir well. Lower the heat, cover and simmer for 15-20 minutes until the potatoes are tender.

3 Tip the leftover vegetables into the pan and warm through for a few minutes. Pour the soup into a food

processor or blender and blitz to a smooth purée. Thin down to the desired consistency with hot water or stock (about 300ml/½ pint), then taste for seasoning. Serve in bowls with spoonfuls of yogurt or crème fraîche swirled on top.

- Per serving 211 calories, protein 8g, carbohydrate 21g, fat 11g, saturated fat 1g, fibre 7g, added sugar none, salt 1.19g



Curried Vegetable Soup

Cajun Turkey Salad with Guacamole

This quick and healthy supper is great for all the family. Use chicken instead if you prefer.

Takes 20-30 minutes • Serves 4

2 tbsp sesame seeds

2 tbsp groundnut or sunflower oil

500g pack turkey breast steaks, cut into strips

1 tbsp Cajun spice seasoning

1 large red pepper, seeded, quartered and sliced

120g bag herb salad

130g tub guacamole

200g bag tortilla chips

1 Heat a large frying pan or wok, sprinkle in the sesame seeds and toss them over a fairly high heat for about a minute until they're slightly golden. Add the oil to the pan or wok, tip in the turkey, Cajun seasoning and red pepper and stir fry for about 5 minutes until the turkey turns from pink to white.

2 While the turkey's sizzling, divide the herb salad between four plates then, as soon as the turkey's done, spoon it over the salad, making sure to include all the spicy juices. Top each serving with a spoonful of guacamole, pile tortilla chips on the side of each plate and serve.

• Per serving 524 calories, protein 37g, carbohydrate 35g, fat 27g, saturated fat 5g, fibre 5g, added sugar none, salt 1.37g



Cajun Turkey Salad with Guacamole

Mexican Chilli Wraps

A perfect family meal with only six ingredients.
Teenagers will love making the wraps as they go
along.

Takes 30-40 minutes • Serves 4

500g pack lean minced beef

350g jar tomato and chilli sauce

8 large soft flour tortillas or Mediterranean wraps

400g can red kidney beans, drained and rinsed

142ml carton soured cream

100g bag herb salad

1 Dry fry the beef in a non-stick pan until it has changed colour all over. Spoon in a little of the sauce if the meat starts to stick. Add the rest of the sauce, then fill the jar about one-third full with water and rinse out into the pan. Bring to the boil, then let it bubble away for 15 minutes, stirring occasionally.

2 Dry fry the tortillas singly in a frying pan for 1 minute on each side. Meanwhile, add the beans to the meat. Stir well and heat through for about 5 minutes until the beans are hot and the meat sauce is thick.

3 Let everyone make their own wraps - spread the tortilla with some soured cream, then spoon the meat and some salad in the centre. Fold up one side of the tortilla, then fold in the sides to enclose the filling.

- Per serving 604 calories, protein 40g, carbohydrate 57g, fat 25g, saturated fat 10g, fibre 6g, added sugar none, salt 3.14g



Mexican Chilli Wraps

Spicy Prawn Poppadums

These speedy canapés are best made to order, as they soften if allowed to stand around for too long.

Takes 10-15 minutes • Makes 24

24 cooked and peeled extra large tiger prawns, thawed if frozen

24 ready-to-eat mini poppadums, plain or assorted

200g tub tzatziki

a little chopped fresh coriander

paprika

1 Dry the prawns on kitchen paper and keep covered in the fridge. Lay out the poppadums on a serving platter. You can do this up to 2 hours ahead.

2 Just before serving, spoon a little tzatziki into each poppadum. Stand a prawn on top, then finish with a scattering of coriander and a light dusting of paprika.

• Per poppadum 58 kcalories, protein 5g, carbohydrate 4g, fat 2g, saturated fat none, fibre none, added sugar none, salt 0.92g



Spicy Prawn Poppadums

Cheese and Paprika Tuna Melts

For a delicious sandwich filling for weekday lunches,
double the tuna mix.

Takes 10 minutes • Serves 2

200g can tuna

½ bunch of spring onions, finely chopped

4 tbsp mayonnaise

3 thick slices of granary or wholemeal bread

50g/2oz cheddar, coarsely grated

1-2 pinches of paprika

1 Preheat the grill on its highest setting. Drain the tuna, flake it into a bowl and mix with the spring onions and mayonnaise. Season with salt and plenty of freshly ground black pepper.

2 Toast the bread under the grill until it's nicely browned on both sides, then spread the tuna mixture on top, right up to the edges of the toast. Scatter over the cheese and put back under the grill until the cheese is bubbling.

3 Slice in half, sprinkle with paprika and tuck in.

• Per serving (tuna in oil) 613 kcalories, protein 35g, carbohydrate 29g, fat 40g, saturated fat 11g, added sugar none, salt 2.25g



Cheese and Paprika Tuna Melts

Aromatic Soy Pork

Just throw everything into a pan, leave it to simmer briefly and - hey presto - your supper for one is ready.

Takes 35-45 minutes • Serves 1

150ml/¼ pint chicken stock

2 tbsp soy sauce

1 tbsp dry sherry

1 tsp Chinese five-spice powder or 2 tsp five-spice paste

2.5cm/1in piece fresh root ginger, peeled and finely sliced

1 garlic clove, finely sliced

½ bunch (about 4) spring onions, trimmed and left whole

150-175g/5-6oz pork tenderloin, sliced into long thin strips

about 50g/2oz flat rice noodles

a drizzle of sesame or vegetable oil

1 tsp toasted sesame seeds

1 small bok choy or a few Chinese cabbage leaves, cut widthways into 2.5cm/1in slices

handful of coriander leaves

1 Put the stock, soy sauce, sherry, five-spice powder (or paste), ginger, garlic and spring onions into a small