



Gado-gado *

A favourite recipe at “La Cascade” with our Dutch Clients



Vegetables:

French beans, sliced
Carrots, peeled and sliced
Broccoli florets
Cauliflower florets
Red and Green Peppers
or whatever you choose
Tin of Coconut Milk
Chop and arrange these vegetables,
pour the Coconut Milk over, then cover and place on your hob
to cook lightly – best “al dente” !

Sambal Kacang (Peanut Sauce)

Olive Oil
unsalted peanuts
2 cloves garlic, chopped
4 shallots, chopped
A thin slice of shrimp paste (optional)
1/2 tsp chilli powder
1/2 tsp brown sugar
1 tbsp dark soy sauce
450 ml / 16 fl oz / 2 cups water
1 juice of a lemon

Stir-fry the peanuts for 4 minutes. Remove with a slotted spoon to drain in a colander, and leave to cool. Then pound or grind the nuts into a fine powder, using a blender, coffee grinder, or pestle and mortar. Discard the oil, except for 1 tablespoonful.

Crush the garlic, shallots and shrimp paste in a mortar with a little salt, and fry in the remaining oil for 1 minute. Add the chilli powder, sugar, soy sauce and water. Bring this to the boil, then add the ground peanuts. Simmer, stirring occasionally, until the sauce becomes thick; this should take about 8-10 minutes. Add the lemon juice and more salt if needed. Let it cool.

Serve the Vegetables accompanied with the Sauce

Cheat Version - just buy a jar of Crunchy Peanut Butter, add some Kecap Manis (Sweet Soy Sauce) or Yakitory Sauce or Sambal Oelek. Thai Curry Paste works well. **Alternative version for meat eaters** - add a row of sliced Pork or Chicken Fillet

An alternative presentation



"Cocq au Vin"

takes three days to prepare !!!

Day One

Start by opening a bottle of "great wine" - say a 1996 Corbière from Domaine des "Pensees Sauvage". Ooops - that one is a bit "corked" - so open another to get one going !!!!! The first, though slightly 'vinegary' will be perfect for cooking !!!!!!!!!!!!!!! So, having had a 'slurp' - start by cutting up the "Coq" ("Poule" - boiling foul) into pieces - I make eight out of one - the legs become four - the breast, another four, the wings are "Penny's Perks".



Put into a 'traditional' crock and and cover with the first bottle of wine - it will, almost instantly start to 'bubble' - cover and put in fridge.

Continue drinking the second bottle !!!

Day Two - I think you might need another bottle to

start with !!!

So on to the next stage - take out the "Coq" pieces and put into a 'reserve bowl' - the "marinade" (wine) to go into a saucepan to be dealt with later.



Time for the "Wok" (or frying pan) - each piece must be sealed, crispy on the skin side and then put back into the "traditional' crock (which should have been washed between) - cover (with foil) and cook at a low temperature (150c) for about an hour & a half. When cold - back in fridge.

The marinade needs to be boiled down & concentrated



Note : Days 2 & 3 can be done in one go ! - while the Coq is baking the sauce can be prepared. But it is still better for the 2nd. bake to be the following day !

Note 2 : Sounds complicated - but is really easy to do - cooks itself !!!!

Day Three - The Sauce - but first, another bottle of wine to continue !

Back to the Wok (hope you haven't washed it !) All that juice, etc from cooking the "Coq" - a large 'dollop' of real butter - then some chopped bacon (lardons), small shallots - all sweated together (cover the pan !) - (you can add, carrots, celery, olives - but not traditional !) then the small mushrooms and the concentrated wine that you have put aside



Finally stir in some good thick "Crème Fraîche" - pour over the "croc" of "Coq" and then cover (with foil) and bake (150c) for about an hour -

then serve with potatoes - traditional is boiled or "mashed" (I like to do a "Southern" thing - mash some "Roquefort" in with the potatoes !!!

A few additional “thoughts”

If you don't want the bother of cutting a poule up, just use “cuises” (legs), they can be cut in two, thereby making the whole thing easier, but 'score' them, to let the wine in.

Incidentally, I usually take the skin off - even though a lot of the flavour comes from it ! There is enough - “fat” in the lardons.



“La Cascade” Souris d'Agneau *

When we were running the restaurant during the 90's, one of our most popular dishes was a Lamb Shank. In those days the butchers were unable to sell them in France – they were the leftovers from the slices of leg and nobody wanted them ! Our local butcher was delighted when we said that we would take all he had, he almost gave them to us ! Malcolm “B” created a “Thai” influenced marinade and we cooked them on the barbecue.

Ingredients

Lamb Shank
Sliced quite deeply.

Marinade

Unsalted peanuts
Kecap Manis a Dutch / Thai sauce based on sweet Soya Sauce
(If you can't get this – the Japanese “Yakitori” works well).

Use a food processor to chop up the peanuts, then pulsing in the Ketchup to form a liquid paste (one can cheat and use peanut butter !) to coat the shank and let marinade for about 24 hours. At the restaurant we cooked them quickly on the barbecue – now I do a slow cook in the oven. About 10m at 200c, then an hour at 150c.

To keep it moist and stop the marinade that runs off drying out, I add a French ingredient – a little Languedoc Red Wine ! This makes good sauce for rice to accompany it





Jean Anthelme Brillat-Savarin

1 April 1755 Belley, Ain - 2 February 1826 Paris

The famous French gourmet

His work, *Physiologie du goût -The Physiology of Taste*),
was published in December 1825,

The philosophy of Epicurus lies at the back of every page,
the simplest meal satisfied Brillat-Savarin,
as long as it was executed with artistry:

Some of his Quotes



"The discovery of a new dish confers more happiness on humanity than the discovery of a new star."

"Tell me what you eat: I will tell you what you are."

"A man who was fond of wine was offered some grapes at dessert after dinner. 'Much obliged', said he, pushing the plate aside, 'I am not accustomed to taking my wine in pills'."

"To receive guests is to take charge of their happiness during the entire time they are under your roof."

"The most indispensable qualification of a cook is punctuality : it must be that of the guest also."

Those persons who suffer from indigestion, or who become drunk, are utterly ignorant of the true principles of eating and drinking.

Rabbit with Prunes and Mustard

Ingredients

200g Agen Prunes

A good splash of Calvados

Normandie Butter + Olive Oil

4 or 5 Rabbit legs

Lardons

Chopped Red Onion or Shallots

200ml White Wine or Cider

1 tbsp Dijon Mustard + 2 tsp l'Ancienne

Bay Leaf

1 small bunch fresh Thyme

100ml Cream (or Soya Cream)

"Fleur du Sel" and "Cracked" Black Peppercorns

Day 1

Melt the butter with the oil in a large non-stick frying pan over a medium heat. Season the rabbit portions on all sides with salt and the cracked black pepper. Fry the rabbit in 2-3 batches, until golden-brown, turning occasionally. Transfer to a large casserole dish (I use a "Romertopf" - with lid).

Fry the bacon pieces in the same frying pan for 4-5 minutes or until the fat is crisp. (Add a little extra oil if necessary.) Scatter over the rabbit.

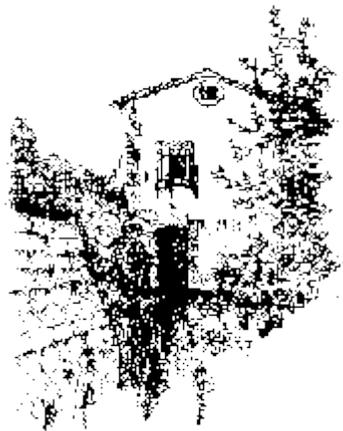
Melt the remaining butter in the pan and gently fry the onion for 5-6 minutes or until softened, stirring regularly - then stir the cornflour into the pan with the onion and cook for a few seconds before slowly adding the wine, stirring constantly until the sauce thickens. Add the mustard, bay leaf and thyme. Bring to a gentle simmer and season with a little salt and some more cracked black pepper. Let it cool, then pour over the rabbit and bacon. Put in your fridge to marinate overnight. Put the prunes in a small saucepan and pour over the Calva. Bring to a simmer over a medium heat, turning the prunes in the liqueur. Set aside.



Day 2 Transfer to the oven (150c) and cook for 1 or 2 hours, or until tender. (The meat should be starting to fall off the bone when the rabbit is ready.) Transfer to the oven (150c) and cook for 1 or 2 hours, or until tender. (The meat should be starting to fall off the bone when the rabbit is ready.)

Stir in the cream and the prunes with Calva. Place back in the oven on a very low heat - ready to serve in about half an hour.





RESTAURANT LA CASCADE (1991 - 2001)
MAISON DE PATIASSES
LE CANAL DU MIDI

MONKFISH CURRY *



This recipe can be made with any firm white fish although my preference is for Monkfish which is always available at a reasonable price.

1kg filleted fish
2 tins (400ml) coconut milk
500g onions
5 cloves of garlic
35g fresh ginger
Red chilli****
Green chilli****
50cc olive oil
Teaspoon turmeric
Teaspoon thyme
Teaspoon cumin
Dessertspoon coriander

Peel the onion and garlic, peel and very finely slice the ginger across the grain, blend these into a paste using about a cup of water. Fry the paste gently in the oil, adding water a tablespoon at a time if the paste becomes too dry, the paste will eventually turn a light golden brown at which time you should add the coconut milk and the spices, but **NOT** the chillies. Continue cooking the mixture until the sauce has reduced to a thick creamy consistency, then add the finely chopped chillies being careful to remove the seeds and white pithy membranes first. The fish (once thawed if you use frozen) and cut into bite size pieces needs only a few minutes cooking, no more than ten, so don't add this until everything else is ready for serving. I like serving this curry with Basmati rice and a vegetable curry such as cauliflower and broad beans.

Malcolm Beeson

**** do be wary of these small chillies ! Though small, can be extremely hot. Once you have started preparing them – under **no circumstances** put your fingers near your eyes !!!!! Hands need to be washed several times until it is safe do do so. But they are wonderful in cooking - but you need to be careful !

Note by M.R. I use Cod – Monkfish is to “fiddly” for me (those membranes !)

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Zibdiya

Traditional Eastern Mediterranean Dish



Prawns in a clay bowl

Cut a green and a red pepper into squares, four or five cloves of fresh garlic (crushed), a large chopped onion together with a bunch of chopped dill, and mix with pinch of salt.

Fry in a clay bowl (using olive oil) - add six peeled and diced tomatoes and 3 tablespoons of tomato puree. With a teaspoon each of cumin, ginger & crushed black pepper to taste.

Add the pepper, garlic and dill mixture to the onion and tomatoes with some white wine (or water). Stir well, set to simmer.

When cooked add the peeled prawns - roughly chop some pistachio nuts (pine nuts or almonds are easier, but not traditional !), toast lightly and add to the top of the Zibdiya and place under a grill for about 10 minutes.

Serve with freshly made Couscous.

The above is an authentic recipe from Gaza.

I make my own variation of this - using a mix of Tuna & Cod, cut into medium sized pieces, fried very lightly to seal, some uncooked Gambas with heads on, but shells peeled.

As the base a tin of tomatoes, roughly chopped; a tin of Lobster Bisque. A small quantity of Traditional Harissa Berbere (to taste, depending how hot you want it to be). Some green pepper also cut up into bite sized pieces. A little fresh garlic (crushed), and a chopped onion.



Mix all in, heat up till “bubbling”, then mix in the fish and lay the Gambas on top – they look good if laid out as spokes of a wheel, heads to the centre.

Continue cooking for a few minutes (not too long, fish is easily overcooked !) Good idea is to separate the heads from the body before you place them, then they can be easily discarded after you have presented the dish (no messy fingers !).

Just before serving, sprinkle some toasted flaked Almonds over.

Frozen fish works well !!!

Serve with freshly made Couscous.



Biryani de Poisson

Hyderabadi biryani is a form of biryani, from Hyderabad, India. Usually made with Goat or Chicken.

This is my fish variation

So, four pieces each of
Cod and Salmon,
plus some prawns.



This should be marinated for a couple of hours in a paste of chilli powder, salt, turmeric powder, garlic paste,

cumin powder and juice of a lemon the traditional way – that sounds similar to a “Thai Yellow Curry Paste” - so that is what I have used with some French Olive oil ! Not always easy to find the right spices in your cupboard !

To the rest of the ingredients :

Basmati Rice (with cloves, a few sticks of cinnamon, Saffron, fresh Dill & roasted flaked Almonds), onion, fresh ginger and garlic, plus a tin of Coconut Milk. Together with lots of Vegetables cubed (Red Pepper, Celery, Courgette, whatever you choose).

First, fry the marinated fish a little on each side. just enough to help it hold its shape in the biryani so that it doesn't fall apart whilst cooking. Using the marinade, but do remember that it will get cooked again later. Set aside to cool.

Then slice the onion, garlic and ginger and fry in the same pan, if necessary add more spice.

Boil the rice together with the cloves and cinnamon until about three quarters cooked – as with the fish it will continue cooking later – set aside to go cold (an added advantage of this – it will loose half of it's starch content – good for your health !!!)

All of this can be done well in advance.



Traditionally in Hyderabad it would be cooked in a deep covered frying pan, with the lid being sealed onto the base with dough round the edge. This is to keep all the steam inside. But I have a super cast iron Moroccan Tagine with a heavy lid, which saves messing around with the dough !



So in goes the Coconut Milk together with the chopped vegetables to be lightly cooked on the hob.

Then the final stage is to assemble it all for serving.



Firstly – stir in the onion, ginger, garlic mixture

Then - arrange the fish so that you have four distinct portions

Finally – Cover with the rice and sprinkle the Safron, Dill and the Almonds over all

Cook on a low heat for about half an hour.



“Bœuf Bourguignon”

My take on the 'Classic' French Peasant Beef Stew

Traditional Ingredients :

Red Wine from Burgundy

but I use a good local wine from my region – the Languedoc

Some lean beef

Lardons (chopped bacon) to add a fat content

Onions or Shallots and Garlic de Lautrec

Mushrooms

Dijon Mustard

Goose or Duck fat for frying

I add more vegetables !

Carrots, Celery and a “piquant” tomato sauce



Step One :

Cut the beef into bite sized pieces, place in a container, cover with some of the wine and place in the refrigerator.

Drink the rest – you can always open another bottle tomorrow !!!!!

Next Day :

Open another bottle.

Slice up the carrots, shallots and garlic
Get your casserole ready and a “Wok” to start frying.

Transfer a few at a time and when nicely softened and glazed transfer to the casserole.



Next is the turn of the Beef :

as with the vegetables – a little at a time

into the “Wok” to brown on all sides

Transfer into the casserole



Then :

add the uncooked celery to the
casserole

Heat up the “marinade” wine with a
little cornflower to thicken it, then
pour over everything in the casserole.

If it does not cover – add some more
wine.

Place in your oven (150c) for about
two hours – about halfway through,
stir in the mushrooms.



Voila !



Ordering steak well done comes with a risk

A tough piece of steak found in a kitchen may be saved for the "philistine" who wants his meat well cooked, Chef Anthony Bourdain wrote this comment.

"People who order their meat well-done perform a valuable service for those of us in the business who are cost-conscious: they pay for the privilege of eating our garbage. In many kitchens, there's a time-honoured practice called 'save for well-done'... the philistine who orders his food well-done is not likely to notice the difference between food and flotsam."

Anthony Bourdain

“Pollo alla Cacciatora”

Ingredients

4 chicken legs sea salt freshly ground black pepper 4 bay leaves 2 sprigs fresh rosemary 3 cloves garlic bottle Chianti olive oil 4 anchovy fillets green or black olives 400 g tin good-quality tinned plum tomatoes (chopped)



The Italian version of “Coq au Vin”

Day One

Season the chicken pieces with salt and freshly ground black pepper and put them into a bowl.

Add the bay leaves and rosemary sprigs and two cloves of crushed garlic and cover with the wine. Leave to marinate overnight in the fridge.

Day Two

Drain the chicken, and pat dry with kitchen paper. Reserving the marinade, which needs to be boiled down and concentrated. Time for the "Wok" (or frying pan) - each piece must be sealed, crispy on the skin side and then put back into the "traditional" crock (it must be washed between, raw and cooked should never touch !)



Then add the anchovies, olives, the other clove of garlic (sliced) the chopped tomatoes and the chicken pieces with their reserved marinade. - cover (with foil) and cook at a low temperature (150c) for about an hour & a half.

Before serving remove the bay leaves and rosemary sprigs



Bean Jar

This is a modern version of the Traditional
“Guernsey Bean Jar”

This one made by - Tim Babbé - considered to be one of the best “Potters” in the U.K.

Traditionally the jar, filled with beans and a cheap cut of pork, would have been taken down to your baker, to put in his oven overnight.

Similar to a Southern French Cassoulet but less stodgy.
My own variation of both, though more spicy.

Ingredients - Some fresh veggies, Garlic, Onions, Carrots, Green Pepper, Celery, - all diced (not too small)

Then all you will need are some “tins”

of beans - all the varieties - white, red, butter etc.

as many varieties as possible (do drain the liquid off the beans) + a tin of Tomatoes - add some wine to stop “stodgy” !

Generous portions of Herbs & “Spices” - sometimes I use a North African spice mix “Raz el Hanout” or a “Colombo” from the West Indies, other times an Indian Curry Mix (hotter)

Shove it all in the oven (lowish, 150) about two/three hours or so before - it will “lurk” quite happily



The above is super for “Veggies” but for the meat eaters - a jar of “Confit” de Canard (or sausage) can be heated up separately & served as a side dish. **Oops !** - “Meat” as a “side dish” !!!!!!!!!!!!! (or added to the pot!))

and there is your main course, sufficient for 10/12 people but it is a very easy, trouble free thing to do and leaves you free to join in the party ! Thought it is somewhat of an anathema for traditionalists.

To be very traditional, one should use “Dried Beans” - soaking them overnight - perhaps better, but takes more time.

But only another method of preserving them which then makes it more necessary to plan ahead.



“Des pais au fou”

A little recipe in "Homage" to the book

"The Guernsey Literary and Potato Peel Pie Society"

by M.Shaffer and A. Barrows

"Gratinée Guernesiaise"

Firstly, it must be said, that during the Occupation - *"people had to make do with what they had in the cupboard !"*

So this is made from what I have lying around in my "cupboard/fridge" A rather greater choice than then !!!! - the cheese alone would probably have been more than the ration of a family, for a week

A few "tired potatoes, some shallots - a little past their 'best', a few mushrooms - a 'left over piece of onion from a salad a few days ago ! Left over bits of cheese (don't discard the rind !!!!) - a pack of "lardons" (chopped bacon) slightly out of date !!!!! - *this modern world pays far too much attention to to the use by date - use your nose !!!!!!!!!*

Oops - don't forget the glass of wine - for the cook !!!!



Next the preparation stages in "pics" - does not really need words !!!!! - even though we are supposed to be "Literary" about the recipe !!!!!!!!!!!



Layer all the ingredients up - a little of each - every layer - some "cracked black pepper, herbs, etc - at the end some good Guernsey Cream, then, finally the "potato peel", lightly brushed with olive oil. Pop it in a hot oven for a while - if necessary - grill for a crispy topping ! Munch, easily 'forkable' to enjoy while reading a book - **That's where "literary" comes in !**



"Jersey Crayfish Ragout"

A fresh "Jersey Crayfish Ragout" with Avocado - Ragoût d'écrevisses de l'île de Jersey.

Served in a "Vol au Vente" case.

Step by step recipe - Firstly, place in your freezer for about half an hour (it will go to sleep !) before boiling for about 10 minutes, then cut in half.

Remove the flesh and prepare the Avocado - both complementary and delicate tastes.

Then chop the vegetables for the sauce - onion & celery, chopped Red Pepper & Cucumber in small chunks, together with some fresh Basil.

Time for the Wok - firstly, a generous portion of butter, then the onion & celery, a teaspoon or so of mustard powder - stir and cover for about ten minutes till soft.

Then the Pepper & Cucumber with a generous "glug" of Vermouth and lots of cream. Cover and simmer for about ten minutes until they are "al dente" - then lay the Crayfish & avocado on top to warm through

While all this is going on, heat up some "Vol-au-Vent" cases for serving





Potato & Cauliflower Curry *

Another "Cascade" regular !

*Potatoes, cauliflower,*** olive oil, chopped onion, grated ginger root, crushed garlic and spices - cumin powder, curry powder, mustard seeds, Nigella (black cumin seeds)*

Small hot peppers (seeded and chopped) with coriander leaves to garnish



First, dry roast the spices in a "wok" or frying pan until they begin to release their aroma. Then add the olive oil and onions, cover and cook gently for about ten minutes.

Meanwhile, prepare the potato, peel if you wish, then cut it into bite-sized pieces, place in the covered wok. Then prepare the cauliflower "Florets", then add to the Wok. Continue cooking gently until the potatoes are tender and the cauliflower is "al dente".

Sprinkle the chopped peppers and coriander over - Serve with Basmati rice.

*** also, works well using Aubergine instead of Cauliflour

Chicken Saté

Chicken breast, Dark Soya Sauce, red pepper, Courgette, coconut milk, peanut butter and “Nam Jim Kai” (Thai sweet chilli sauce) or, if it is not available - Harrisa Berbère (traditional). If nether are available, use a small Red Chilli Pepper, deseeded and chopped up small

Cut the chicken into bite-sized pieces, then marinade in the Soya for at least two hours (preferably overnight)

Empty the tin of Coconut milk into a "wok" or frying pan, then add a couple of table spoons of the peanut butter, stirring well (taste - add more more if you wish a stronger flavour). Then add some “Nam Jim Kai”, again too taste !

Cut the Peper and the Courgette into small pieces.

When the sauce is bubbling gently, add the chicken & pepper and courgette, the cook for 10 / 15 minutes.

Serve with Basmati Rice.



“Escalibada”

A traditional “Vegan” recipe from this Occitan Region, using the the Summer Vegetables of the South. Sprinkled with a good quality olive oil (sometimes I add a little Balsamic Vinegar. Or if one wants some protein, add some chopped nuts.

Or for a 'fishy' version add some “Anchois de Collioure”

Bake in the oven for about 20 minutes or more if you want it less crunchy.



The way we used to serve at “La Cascade” served in a pastry “Basket” (made with a light oil, not butter !). Served on a bed of Camargue Rice.

“Veggie Panier”



“Chili sin Carne” *

No, not Chili con Carne ! But what we used to serve at our “Bonfire Night” evening at “La Cascade”, nobody ever thought that there was no beef in it, largely, because usually, that is made with mincs (incorectly) - no proper texture.

Tin of Red Beans, Tin of tomatos

Then fresh vegetables : Carrot, Red Pepper and/or Green Pepper, Courgette, Celary whatever you have in your larder ! Plus one or two small hot Chilli Peppers - all finely chopped.

Place everything in a heavy bottomed saucepan and cook on the hob. But, this time my “Tagine” in the oven.





"Surf & Turf"

Fish & Meat put together in one "Dish"

My "Haggis" style version of "Surf & Turf"

Firstly the ingredients for the "Turf" part, as available down here in France, which one has to prepare first.

Streaky Bacon to line the
"Bomb" moulds

Lamb :
Hearts
Kidneys
Liver
Grated fresh Suet

Red Onion
Toasted Oatmeal

Salt & Pepper
Whisky

as always, it is for you to decide on quantities,
depending on how many who are coming to dine



Stage 1 : Chop up the meat and onion into quite large cubes, then if you have one, get out your food processor and put all into it. Pulse gently till all is combined as a very course mince – then add the oatmeal, salt and pepper.



Divide into small individual moulds - Bacon lined “Bombes” (or one large cutting one), cover with baking parchment or cooking foil and steam for about an hour.

They can then be put aside in your fridge or freezer until you are ready to go “Surfing”



"Surf"

to accompany the "Turf" - "Coquille Saint-Jacques" in a Whisky Sauce

Ingredients / method

The Sauce - I use my small "Tagine" - firstly a mixture of Leaks and cooking apples, chopped into bite sized pieces, a sprinkle of salt & pepper. Some herbs, Oseille (Sorrel) or Aneth (Dill). A little flour (corn) stirred in to coat all and thicken the sauce. Which is made by covering with fresh cream and a generous dash of Whisky (This can all be done in a heavy saucepan, but this needs watching so that it does not stick. Then into the oven (180c) for about 30/35 minutes. The Haggis "Bombes" go in, separately to roast and crisp up.

The Fish - "Coquille Saint-Jacques"(Scallops). They must be stirred in at the last minute - they must not be overcooked !



Poulet “Teriyaki”

With Japanese “Udon” Noodles

Ingredients

Chicken Breast
Mushrooms
Chopped Onion
Teriyaki Sauce (very salty !)

Udon Noodles

Broccoli to accompany

Method

Marrinate the Chicken, Mushrooms and Onion for a couple of hours in the Teriyaky Sauce.

Place small florets of Broccoli on top to steam.

I do this in a small “Tagin” which I can then place directly into my oven (180c) for about 30 minutes.

Prepare the Noodles acording to the instruction on the packet.





“Romertopf”



one of the best ways to cook a chicken is to use a clay cooking pot. This is the one I use. It keeps all the juices in. A traditional German Romertopf.



This is a chicken with a Lime, Garlic & Ginger paste, cooked with Summer vegetables.

“Nunc est bibendum”

“Now is the time for drinking”, sometimes known as the “Cleopatra Ode”, is one of the most famous of the odes of the Roman lyric poet Horace, published in 23 BCE as Poem 37 in the first book of Horace’s collected “Odes”.

