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Easter Brunch

The Cooking Coach
Love Food, Live Healthy
www.thecookingcoach.eu

*Karen at The Cooking Coach offers healthy cooking lessons, food shopping tours and much more.
To find your culinary way around Amsterdam check out her [website](http://www.thecookingcoach.eu) or contact Karen@thecookingcoach.eu*



IamExpat in the Netherlands
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Spelt Scones

Ingredients for about 20 scones (depending on the size of your cutter)

- 225gr self-raising flour
- 225gr spelt flour
- 75gr unsalted butter
- 50gr brown sugar
- 2 large eggs
- 220ml semi-skimmed milk
- 2 x heaped tsp baking powder

Method

1. Heat the oven to 220 degrees and prepare your baking tray by placing a sheet of baking paper on the tray to cover it.
2. Beat the eggs in a measuring jug and top up with milk until the mix reaches 300ml in total. Keep a little of this mix aside to brush and glaze your scones.
3. Place the flour and baking powder in a bowl large enough to hold all your ingredients.
4. Break the butter into small pieces and drop into the bowl, rub all the ingredients together by putting your fingers in the mix and rubbing it from pinkie to forefinger and repeating this action until everything is incorporated and looks like breadcrumbs.
5. Stir the sugar quickly through the mix.
6. Take your egg and milk mix and add it to gradually to the dry ingredients, you can incorporate this with a wooden spoon or your hands. Don't worry that the mixture is quite wet, this is how it should be for best results.
7. When incorporated, tip your dough out onto a lightly floured cool surface, flatten it out with a rolling pin or with your hand until it is about 2.5cm thick.
8. Take your cutter - I like to use a smallish cutter of about 5cm, but you can use larger) and press into the dough. Place each scone on your baking tray, giving them a little space to rise.
9. Brush the scones with the remainder of your egg mix and place in the oven for about 10 to 15 minutes, or until risen and golden brown.

Tips

- If you can't get spelt flour try wholemeal, either mix with self-raising or use it by itself.
- You can also use only self-raising flour.
- Try to be efficient with your handling of this mix as the less you handle it the better. It is also better if your hands are cool.



Spiced Walnut Loaf

Ingredients

- 225gr of self raising flour
- 1 tsp baking powder
- 100gr light muscavado sugar
- 2 x tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp nutmeg
- 200ml milk (full fat or semi-skimmed)
- 1 large egg
- 4 or 5 drops of vanilla extract
- 150ml golden syrup
- 100gr sultanas
- 100gr walnuts chopped roughly

Optional – Icing

- 125gr icing sugar
- Approx 2 x tsp lukewarm water

Method

1. Preheat your oven to 180 degrees.
2. Line a 1kg loaf tin with baking paper.
3. Heat the milk, syrup, sugar and sultanas in a pan over a low heat until the sugar has dissolved, this will take about 5 minutes.
4. Place the flour, spices, walnuts and baking powder in a bowl.
5. When the milk mix is ready, add it to your bowl, mix through, then add the egg and the vanilla and mix through until everything is beaten in and well incorporated.
6. Pour the mix into the lined loaf tin and bake in the oven for about 40 minutes (checking after 30).
7. The cake is ready when you can insert a sharp knife or skewer through the middle and it comes out clean.
8. Allow to cool and serve either spread with butter.
9. Should you wish to ice it, use the above recipe, adding just one tsp first until you get the consistency of icing you wish.

Tip

- Instead of using the spice mix, use Speculaas mix if you can get it.



Red Onion Tart

Ingredients for approx 4 to 6 portions

For the Filling

- 3 x large red onions chopped into thin rings
 - 1 x clove of garlic chopped finely
 - 2 x dessert spoons of sunflower oil
 - 2 x medium eggs
 - 200ml carton of light crème fraiche
 - A few sprigs worth of thyme leaves
 - 1 x teaspoon of English mustard
 - 25gr of gruyere or strong Dutch farmers cheese
 - 1 x chicken stock cube (see recipe - don't use bought stock will be too salty. If you don't make your own stock, leave this ingredient out.)
 - A splash of Madeira wine
 - Ground black pepper
- (you shouldn't need salt because the cheese, stock and mustard should add enough)


For the Case

- 175gr self-raising flour
- 25 gr cold butter broken or cut into small pieces
- 100 gr low fat natural yogurt
- 4 x dessert spoons semi-skimmed milk
- Pinch of salt

Method

1. Heat the oil in a non stick pan and add the onions, cook them on a low heat until they are soft and caramalised - almost melted. Kind of like you were making the base for a French onion soup. This will take about 20 minutes. Towards the end of cooking add the chopped garlic and cook it through.
2. The stock cube should be added directly from the freezer. Just let it melt through.
3. When the garlic has been cooked through, turn up the heat and de-glaze with a splash of Madeira, then add the thyme leaves.
4. Set the onion mix to one side and make the base. Actually, when you get more confident with this recipe you can start on the base while the onions are being cooked.
5. Pre-heat the oven to 190 degrees.
6. Pour the flour and butter in a bowl with a pinch of salt and rub with your fingers until it resembles rough crumbs. Just use your fingers rubbing the mix through from your pinky to index finger continually until the mix becomes crumb. It may feel like this is never going to happen in the beginning, but it will work.
7. Then mix in the yogurt and milk, pour it into the flour mixture and work together with an knife until the dough comes together. Remove from the bowl and gently press together to form a ball. Be careful not to overwork the mix.



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8. Roll out the dough thinly on a lightly floured surface enough that it can line a 23cm flan case. I find this to be quite a delicate dough, so work delicately.
 9. Line your tin with the dough.
 10. Beat the eggs in a bowl, then stir in the mustard and crème fraiche.
 11. Spoon half the onion mix into your base, season with pepper, scatter over half the cheese and pour half the egg mix over. Repeat to use all your ingredients.
 12. Place the tart in the oven for approx 25 to 30 minutes, or until cooked.
 13. You will be able to tell when it is cooked when the centre of the tart is firm.

Tips

- Use regular onions in the same way and add some fresh tomatoes to the mix, top with fresh basil leaves.
- Serve with a nice fresh green salad.



Sandwich Ideas

Crayfish with Creamy Lemon Dressing

Ingredients for 2 x sandwiches

- 4 x slices of whole meal or rye bread
- About a handful of watercress
- Enough sliced cucumber to cover 2 slices of bread
- About 80 gr of pre-prepared cooked crayfish
- Some chopped chives to sprinkle over each sandwich filling

For the dressing

- 1 x dessert spoon of half fat crème fraiche
- 1 x dessert spoon of 0% fat greek yogurt
- Grated zest of half a lemon
- Half a garlic clove grated
- Salt and pepper to taste

Preparation

Mix the dressing ingredients and spread over 2 slices of the bread. On the other slices lay out the cucumber, share out the crayfish, place the watercress over and sprinkle with chives. Then place the bread spread with dressing over to close the sandwich. You can serve with a quarter of a lemon to dress the plate and to spritz if someone wants more zing!



Sandwich Ideas

Salmon, Cucumber and Cottage Cheese

Ingredients for about 6 to 8 sandwiches

- 200gr of steamed salmon (or poached), cooled and flaked into a bowl)
- 1 x lemon
- 400gr plain cottage cheese
- 200gr cucumber, de-seeded, chopped finely into cubes
- Handful of fresh dill chopped finely
- Salt and pepper to taste

Method

1. To steam the fish (which is how I prefer to prepare it for this recipe). Slice half of the lemon thinly and place under the fish in your steamer. Steam for about 7 to 10 minutes.
2. To poach, place the fish in cold water in a pan, enough water to cover it generously. Then heat the water until bubbles appear. Turn the heat off and cover it with a tight fitting lid. Allow it to poach for about 7 minutes or until cooked through.
3. Place all the ingredients in a bowl, with the juice of half a lemon, and mix through.

Tips

- Try chives instead of dill.
- Add a teaspoon or 2 of whole grain mustard for variation or add some capers.
- For a looser mixture you can add a tablespoon or 2 of natural yogurt.
- I love this with a rye, wholegrain or sour dough bread.
- Dress the sandwich with your favourite lettuce leaves.
- For open sandwiches, first the bread, then salad leaves, then the salmon mix and top with some thinly sliced hard boiled eggs or some walnuts.

