



# RECIPES

READY FOR YOUR KITCHEN COMEBACK?



**KITCHEN  
BASICS**

nordic family table



# OUR FAMILY FAVORITES

In our family, we don't attend to cooking until the very last minute, and most families feel the same in their busy every-day lives. That's why this book of easy recipes will give you some basic go-tos that will extend your repertoire.

These recipes will give you a bunch of options for variation, so you can add your own personal touch and be creative.

Enjoy!

By  
nordic family table



## CAULIFLOWER MASALA

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1 head of Cauliflower  
2 onions  
4 cloves of garlic  
4-inch piece of fresh ginger  
3 tablespoons of vinegar (rice or white wine)  
2 cans of tomato  
3 tablespoons of tomato paste  
1 ½ cup yogurt  
2 limes  
Cilantro  
½ tablespoon fennel seeds  
½ tablespoon coriander seeds  
1 teaspoon smoked paprika  
½ teaspoon turmeric  
½ teaspoon cayenne  
½ teaspoon cumin  
(2 tablespoons mango chutney - optional)  
Salt and pepper  
Oil

Rice  
Naan bread

*If you find it too spicy - add  
some more yogurt.*

First preheat the oven to 400F. Cut the cauliflower head into florets and drizzle with oil, salt and pepper. Slide the florets to a sheet pan in an even layer and roast for about 30 minutes until golden brown and cooked.

Cook your rice according to the package.

While the cauliflower is in the oven chop onions and fry them with the fennel and coriander seeds in a few tablespoons of oil. Then add chopped garlic and ginger and fry until soft and fragrant on medium high heat. Add the rest of the spices and cook until the pan is dry before adding the vinegar, tomato paste and canned tomatoes. Simmer for a few minutes before pouring in yogurt and the juice from the lime. Let it simmer for a few more minutes.'

Add the roasted cauliflower. Stir to coat in the sauce and allow to simmer for about 5 minutes.

Serve with naan bread, fluffy rice, topped with roughly chopped cilantro. If you or the kids find it spicy you can also top up the dish with some more yogurt.



## CARROT - POTATO SOUP + PESTO CREME

*Best on a cold day*

- 1 tablespoon butter
- 1 yellow onion, chopped
- 3 cups chicken stock
- 2 cups water
- 3 carrots, peeled and sliced
- 3 potatoes, peeled and sliced
- 2 tablespoons apple vinegar cider
- ½ teaspoon thyme
- 2 bay leaves
- 2 tablespoons grated ginger
- salt and pepper to taste
- 4 tablespoons heavy cream
- ½ cup fresh parsley or cilantro
- 4 slices of bread

Melt the butter in a large pot over medium-high.

When the butter begins to foam, add the onion; cook until the onion begins to turn translucent, 3 to 4 minutes. Add carrots, potatoes, thyme, ginger, and bay leaf. After 2 minutes add the chicken broth, cider vinegar salt and pepper.

Add water and bring to a boil; reduce heat to low and simmer until the potatoes are tender, about 20 minutes.

Pour the soup into a blender, filling the pitcher no more than halfway. Securing the lid of the blender with a folded kitchen towel, start to blend using a few quick pulses before allowing to blend continually; puree in batches until smooth.

Cut your bread in fine slices and toast them golden brown.

Pesto crème (optional)

Mix one tablespoon of pesto with tablespoons of sour crème or crème fraiche

Garnish each portion with about 1 tablespoon of your pesto creme and a sprig of cilantro and serve with toasted bread.



## SPAGHETTI CARBONARA

*Dinner in 15 min*

3 eggs + 1 egg yolks  
5 oz Parmesan  
cheese, plus extra to serve  
8 oz smoked bacon  
12 oz dried spaghetti  
1 clove of garlic

extra virgin olive oil  
nutmeg  
black pepper  
handful of green peas  
green salad.

*We love easy pasta dishes!*

Cook your spaghetti until al dente. Put eggs yolk and eggs in a bowl with finely grated parmesan, season with nutmeg, salt, pepper and whisk it all together.

Cut your bacon into dices and add it to a straight-sided frying pan with a bit of olive oil on medium-high heat. Leave the skin on the garlic clove but crush with the palm of your hand, add it to the pan and leave it to flavor the fat for 1 minute. Stir the bacon and cook it for about 4 minutes, or until it starts to crisp up.

Pick out and discard the garlic from the pan, then reserving some of the cooking water, drain and add the spaghetti and the green peas. Toss well over the heat so it really soaks all the flavor, then remove the pan from the heat.

Turn down the heat to low and add a splash of the cooking water and toss well, then pour in the egg mixture - the pan will help to cook the egg gently, rather than scrambling it. Toss well, adding more cooking water until it's lovely and glossy.

Serve the pasta on a large plate along with a fresh green salad.



## TACO + BLACK BEANS + GUACAMOLE

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*Everybody loves taco*

12 tacos  
1 red onion / half in the beans and half in the guacamole  
4 cloves of garlic  
1 can black beans  
1 red pepper  
1 tablespoon apple cider vinegar  
½ teaspoon smoked paprika  
2 cups of small tomatoes  
1 tablespoon of sour cream  
a pinch of cayenne  
fresh cilantro  
green salads  
olive oil

*'Let the kids help you  
with the chopping'*

Peel and finely slice two cloves of garlic and half of the red onion. Chop the pepper, then place them in a saucepan on high heat with 1 tablespoon of olive oil and the onion and garlic. Fry for 3 minutes, stirring constantly. Add smoked paprika, cayenne, vinegar, salt, and black beans and cook for a further 5 minutes. Stirring regularly.

Take the last half onion, 2 cloves of garlic and finely chop it on a large board. Destone the avocados and scoop the flesh onto the board. Start chopping it all together until fine and well combined. Transfer the avocado and onion to a bowl and add the juice from 1 lime and 1 tablespoon of sour cream, then season to taste with salt, black pepper and more lime juice, if needed.

Toast the tacos in the oven or on a hot pan.

Serve with cilantro, lime boats, and salad



## MUSHROOM RISOTTO

*You can always add bacon*

- 1 small onion
- 2 cloves of garlic
- 3 cups chicken stock
- 1 lb mushrooms
- 1 ½ cup Arborio risotto rice
- ¾ cup white wine
- 2 oz parmesan cheese, plus extra for serving
- Olive oil
  
- 4 tablespoons crème fraiche or sour crème
- Pesto
  
- Green salad

*'Not a fan of mushrooms? - add squash or eggplant instead'*

Over medium heat place two saucepans. Add a tablespoon of olive oil and a tablespoon of butter, when melted add the sliced mushrooms and fry them golden. Remove the mushrooms and add the onion and garlic instead. In the other saucepan bring the chicken stock to a simmer.

When the onions have softened, stir the rice into the onion and give them a good 2 minutes toast. Pour in the white wine and stir until absorbed. Now add a ladleful of the stock, give it a good stir and let it absorb. Keep adding one ladleful at a time and wait for it to absorb. It is important that you keep stirring all the way through. It will take between 15 - 20 minutes for the rice to be fully cooked. If you run out of stock, you can always add water.

Add the parmesan, mushrooms, cheese, and a tablespoon of butter to the rice and let it rest for a few minutes.

Meanwhile stir the pesto and the sour creme together.

Serve the risotto topped with some fine grated parmesan and the pesto crème on top.