

Sweet potato casserole

A touch of America's Deep South – delicious sweet potatoes with extra sweetness and spices

VEGETABLE

Serves 4

Overall timing 1 hour

Equipment Large saucepan, 2 pint (1.1 litre) casserole

Freezing Not recommended

INGREDIENTS

1½ lb	Sweet potatoes	750g
5oz	Butter	150g
3oz	Demerara sugar	75g
½ teasp	Ground cardamom seed	2.5ml
½ teasp	Grated nutmeg	2.5ml
½ teasp	Salt	2.5ml

METHOD

- 1 Peel potatoes and quarter if very large. Cook in boiling water for about 20–25 minutes. Preheat oven to 350F (180C) Gas 4.
- 2 Drain potatoes. Add 4oz (125g) of the butter, 2oz (50g) of the sugar, the spices and salt and mash well.
- 3 Put potato mixture into greased casserole. Dot with remaining butter and sprinkle on rest of sugar. Make a diagonal criss-cross pattern on top. Bake at the top of the oven for 30–35 minutes or until top is brown.

TO SERVE

Sprinkle top with little extra nutmeg and serve hot from the casserole dish with Deep-fried chicken or Chicken Maryland (recipes under Chicken), green beans and a lightly-dressed, mixed salad.

cook's know-how

Make a quick syrup for fruit salad by beating ½ pint (300ml) runny honey till light in colour, gradually adding 2 tbsp (2×15ml) lemon juice and a little orange flower water. Stir in ½ teasp (2.5ml) crushed cardamom seeds. Place in fridge for 10 minutes for flavours to develop, then mix lightly into fruit salad shortly before serving.

Cardamom and coffee cake

It looks good, tastes good – and makes you want to have more!

TEA-TIME

Cuts into 12 slices

Overall timing 1½ hours

Equipment Pestle and mortar, 8 inch (20cm) cake tin, mixing bowl, saucepan

Freezing Make cake, but do not fill or ice. Pack in rigid container, cover, label and freeze. Freezer life: 4 months. To use: thaw for 2 hours at room temperature, then split, fill and ice

INGREDIENTS

18	Cardamom pods	18
6oz	Butter	175g
6oz	Granulated sugar	175g
3	Large eggs	3
8oz	Self-raising flour	225g
	Salt	
4 tbsp	Milk	4×15ml
2 tbsp	Instant coffee	2×15ml

Icing

6oz	Icing sugar	175g
1 tbsp	Cocoa	15ml
1oz	Butter	25g
2 tbsp	Water	2×15ml

Filling

2 tbsp	Raspberry jam	2×15ml
¼ pint	Double cream	150ml

METHOD

- 1 Preheat oven to 375F (190C) Gas 5. Grease and base-line tin. Crack cardamom pods in the pestle and mortar, remove husks, and crush to a powder.
- 2 Cream butter and sugar until fluffy, then beat in eggs one at a time. Sift flour and a pinch of salt and fold in.
- 3 In a saucepan, heat milk, coffee and cardamom till well combined, then gently beat to a consistency that can be flicked from the spoon.
- 4 Put into prepared tin, smooth top and bake in centre of oven for 40–50 minutes. Cake is cooked when shrunk from sides and a skewer inserted comes out clean. Cool on wire rack.
- 5 To make the icing, sift icing sugar and cocoa into a bowl. Melt butter in a pan with water, beat into sugar and cocoa.
- 6 Cut cold cake in half and spread the bottom layer with jam. Whip cream and cover jam. Place top layer on cream and cover with the icing, making decorative markings with a knife.



Above: Arabian coffee – serve piping hot

Arabian coffee

A North African speciality. The amount of cardamom can be altered to suit your taste

DRINK

Serves 4

Overall timing 15 minutes

Equipment Saucepan

Freezing Not recommended

INGREDIENTS

4	Small cardamom pods	4
½ pint	Water	300ml
4 tbsp	Freshly-ground coffee or	4×15ml
2 tbsp	Instant coffee	2×15ml
	Sugar (optional)	

METHOD

- 1 Warm the coffee pot if using. Crush the pod to release the cardamom seeds.
- 2 Put the water, coffee and sugar if used in saucepan. Bring to the boil. As soon as a froth starts to rise, take pan off heat and stir. Return to heat, add cardamom and heat until frothy.
- 3 At once take the pan off the heat and pour the piping hot coffee immediately into tiny coffee cups. The grounds and cardamom seeds will settle at the bottom, so do not stir them up.