

Easy Moroccan Root and *Lemon* Casserole

(a super quick recipe that does not require preserved lemons)

½ cup virgin olive oil

2 red onions, each cut into wedges of about 8

3 cloves crushed garlic

2 tsp ground cumin

2 tsp ground coriander

Pinch cayenne pepper

1 thickly sliced large carrot

2 small turnips, quartered

1 zucchini sliced

1 pound organic potatoes, thickly sliced (*if these have been sprayed and grown underground paying more for organic has got to be worth it*)

Juice and rind of 2 large **lemons**

1 ¼ cups veggie stock

2 tbs chopped cilantro

Sea salt and freshly ground black pepper to taste

If you are lucky enough to have a tagine you can use this, or a large saucepan.

- Heat oil gently in dish and add onions and sauté for a few minutes
- Add garlic and spices, cook for 1 minute
- Add carrot, turnips, zucchini and potatoes, stir to coat with the oil
- Add **lemon** juice and rind, stock (may need to add a bit more) and seasoning
- Cover and cook on stove top for about 40 minutes on medium heat
- Remove lid and garnish with cilantro

Nice with brown rice and a steamed green veggie such as broccoli

Here is a lovely quick recipe. Wonderful with coffee in the morning! If you like Italian espresso, then try drinking it with a piece of lemon peel. It brings an anise seed taste out and is super yummy!

Italian Lemon and Olive Oil Bread

(it's more a cake than bread)

4 eggs
5 1/3 fluid oz virgin olive oil
2 tbs fresh rosemary leaves
2 **lemons** zested
6 oz unbleached flour
6 oz sugar (I use a darker sugar for the cake, but raw cane sugar is in the recipe)
1 tbs baking powder
1/2 tsp salt

Preheat oven to 350 degrees.

Prepare loaf tin.

Beat eggs; add sugar in mixer until pale and foamy.

Slowly whisk in olive oil.

In separate bowl, mix flour, baking powder and salt.

Gradually add dry ingredients to the egg mixture, mix well.

Pour batter into the pan.

Bake for 45 – 60 min. It is done when knife comes out clean.

(Cake may sag in the middle. If it bothers you, just turn it upside down and dust with icing sugar)

Lemon Rice Salad

(A nice dish to take to a pot luck or have on a summer day)

8oz basmati rice, washed
1 bay leaf
1 tsp turmeric
1 inch root ginger, peeled and grated
Juice of ½ **lemon**
2 oz pine nuts
6 spring onions, chopped

Can use rice cooker. Just follow cooking instructions on the packet of rice.

Boil rice with the bay leaf, turmeric and ginger for 8-10 min.

Cool a little when it is done and then add the **lemon** juice, pine nuts and spring onions.

Chill.

Lemon Rice with Spinach

8oz basmati rice, washed
1 lb organic spinach (too many e-coli out breaks to risk non organic)
Juice of 1 **lemon**
2 tbs veggie oil
2 inch piece of root ginger peeled and grated
1 fresh chilli chopped
2 tsp turmeric
2 tsp ground coriander
1 tsp black mustard seeds
1 tsp coriander seeds
Sea salt

Boil rice as per packet instructions.
Sauté spinach until wilted in frying pan. Drain if any juices run.
Puree in a blender and then mix with the cooked rice.
Stir in **lemon** juice and salt to taste.
Heat oil in frying pan.
Add ginger and spices and sizzle until they get lively.
Pour over rice and spinach and serve.

Here's an idea if you have left over rice from either of the above dishes:

Stuffed Courgettes (Zucchini) with Lemony Sauce

Top and tail some courgettes (that will be zucchini for Americans).
Slice lengthways if big, or if it is small, dig a tunnel from one end to another using a sharp knife or apple corer.
Gently fry some chopped onion in olive oil until nice and brown and mix with rice.
Maybe add some chopped parsley, oregano (open up to how the ingredients you think of has an effect upon you and use what you think works)
Pack the courgette troughs with the ingredients and sandwich them back together, if you cut them in half.
Arrange on a heatproof shallow dish, drizzle with a little oil and bake uncovered for about 30 min. at 375 degrees or until tender.

Meanwhile:

Make a **lemony** sauce. Simply beat 3 egg yolks with 1 tbs water and then beat in 6 tbs **lemon** juice.
As courgettes come out of the oven, you can put onto a serving platter or individual plates and use the cooking juices to mix with the egg/lemon mix which will be the sauce. Heat and whisk gently until it thickens. My taste buds love this one!
Nice with sliced tomatoes and feta, humus, tzatziki, warm pitta breads, etc.

***Lemon* and Mustard Dressing**

6 fluid oz virgin olive oil
2 tbs **lemon** juice
1 tsp fine organic sugar
T tsp sea salt
Fresh ground black pepper
1/ tsp English mustard powder

Whisk ingredients together in a bowl or glass jar.

***Lemon* Cabbage and Kale with Poppy Seeds**

12 oz each of hard white and green cabbage, or kale shredded
1 oz butter
Grated rind of 1 large **lemon**
1 ½ tsp poppy seeds
Salt and pepper
Possible sour cream to serve

Steam veggies over a little water until done but not over done
Strain off any excess water when done
Add butter, **lemon**, seeds and coat cabbage.

***Yummy Lemon* and Garlic Roast Potatoes**

2 lbs of baby organic potatoes (maybe you can get a mixed variety bag)
2 large garlic cloves, chopped
Juice of ½ **lemon**
1 tbsp virgin olive oil
1 tbs chopped fresh thyme
Sea salt and fresh ground pepper
Lemon peel and parsley to garnish can look nice.

Preheat oven to 400 degrees F
Par boil potatoes until about ½ done
Roast in shallow pan with garlic and olive oil, **lemon** and thyme turning occasionally as needed
Add salt and pepper and garnish