



LoveReading

**YOU LOVED YOUR LAST BOOK...
BUT WHAT ARE YOU GOING TO READ NEXT?**

Using our unique guidance tools, **LoveReading** will help you find new books to keep you inspired and entertained.

Opening Extract from...

HONEY & CO: AT HOME

Written by **Sarit Packer** and
Itamar Srulovich

Published By **Pavillion Books**

All text is Copyright © of the author

This Opening Extract is brought to you by
LoveReading. Please print off and read at your leisure.

12 For us two

Potato and feta fritters
 Harira soup
 Green shakshuka
 Saffron carrot soup with a little bit of rice
 Mushroom scrambled eggs
 Borlotti beans on toast with soft-boiled eggs
 Steak fatoush salad with grapes and tomatoes
 Chicken in plums and sweet spice
 Israeli couscous with tomatoes, feta and lemon
 Hedgehog meatballs
 Lamb stew with medjool dates (and sometimes tahini)
 Tinned tuna cakes
 Arayes
Tagines
 Lamb tagine with runner beans and tomatoes
 Essaouira fish tagine
 Prawn, pea and potato tagine
 Coconut and lime pancakes with mango
 Milk chocolate chip cookies with coffee beans
 White chocolate chip, currant and orange cookies
 Sumac and vanilla shortbread

58 For friends

Burning aubergines
 Zaalouk
 Silky green aubergine purée
 Romanian white aubergine dip
 Tuna dip with broccoli, potato and eggs
 Baked artichokes with lemony ricotta dip
 Baked goat's cheese wrapped in walnut pastry with fig relish
 Pear and saffron salad with walnut tahini
Good sides
 Roasted carrots with pistachio cream, coriander seeds and honey
 Fennel, kohlrabi, orange and chilli salad
 Fried cauliflower, amba and tahini
 Brown wheat and broccoli salad with sesame dressing
 Lentil stew with burnt aubergine, eggs, tahini and zehug
 Spinach, egg and filo pie
 Spring lamb meatballs with broad beans and courgettes
 Yemeni lentil meatballs
 Stuffed aubergine boats
 Chicken braised in spicy matbucha and cracked wheat pilaf
 Roasted duck legs with clementines and apricots
 Quails with cannellini bean hummus, pepper and chilli butter
 Feather blade braised with pumpkin, spices and prunes
 Lemon and saffron posset
 Chocolate cloud cake with red and black currants
 Strawberry ricotta cakes
 Chocolate financiers with coffee cream

122 For the weekend

Fig and feta pide
 Turkish yogurt bread with aubergine filling
 Jerusalem sesame bread
 Harissa and lemon chicken sandwich
 Roasted tomato and manouri cheese sandwich
 Tuna, capers and roasted pepper sandwich
 M'sabaha
 Shishbarak
 Celeriac mafrum
 Honey and spice cookies
 Medjool date, honey and macadamia breakfast loaf
Rich fruit cakes
 Marmalade and dried fruit cake
 Pistachio and cranberry cake
 Pear and walnut upside-down cake
Summer weekends
 Rabbit stifado
 Pickled peach salad with pistachios and parsley
 Cold tomato and basil soup with crispy pitta shards
 Cold yogurt and pomegranate soup
 Sardines with roasted tomatoes and crispy pitta
 Frozen tahini parfait and chocolate sandwich cake
 Frozen meringue bar with strawberry and lime
 Baked custard fruit tart

188 For a crowd

Smoked haddock doughnuts
 Taramosalata
 Kamunia (a different kind of chopped liver)
 Pumpkin chirshi
 Fennel crackers with arak and sugar
 Harissa and goat's cheese buns
 Kalamata olive and orange maamool
 Spiced butternut squash phylas
 Roasted Romano peppers, chickpeas, olives, roasted tomatoes and cumin
 Cherry, herb and freekeh tabule
 Roasted spiced pumpkin with pickled apples
 Red pepper, vine leaf and goat's cheese dolma cake
 BBQ aubergine with jewelled rice salad
 Fish pastilla
 Chicken maklooba
 Lamb chops with rocket, figs and walnuts
 Royal mansaf
 Tahini cake with lemon and white chocolate
 Cherry pistachio Bakewell
 Chocolate pecan slice with oranges
 Marunchinos
 Peanut and cocoa nib brittle
 Pistachio, cardamom and rose marzipan
Donkey

256 For the kitchen

Sweet spice mix | Baharat spice mix | Ras el hanout spice mix | Amba spice mix | Amba relish | Amba sauce | Courgette pickle | Quince pickle | Kohlrabi pickle | Red pepper pickle | Red cabbage pickle | Green tahini | Chermoula paste | Shata | Pilpelchuma | Zehug coriander relish | Sweet zehug

276 Basic instructions (the way we work)
 277 A few notes on ingredients
 282 Index
 288 Thank you

At home

Sarit and Itamar, this is us: middle-aged couple, married plus three. Honey & Co, six years old, was our first-born, our tiny, happy Middle Eastern restaurant on Warren Street; Honey & Spice, three years old, is the little deli we opened across the road from the restaurant, truly the ‘sandwich’ middle kid, with a slightly split personality between a deli and a homeware heaven; and lastly our baby, Honey & Smoke, two years old, is a big, screaming, all-attention-seeking Middle Eastern grill on Great Portland Street, just five minutes down the road from its siblings.

We moved to London from Israel on Christmas Eve 2004. We knew almost nothing and no one, but we were head-over-heels in love with our new town and hungry for our new beginning. We weren’t really sure what our plans were, but we wanted to experience life. We settled in a small flat in Clapham, which we loved. If we ever got lonely, we had each other; and if we got homesick, we headed to our kitchen to recreate some of our childhood flavours, Middle Eastern comfort food – it made us think of friends, family and a life we had left behind, and most of all it made us happy.

When we wanted to make new friends, it was our kitchen we turned to again. Cooking for the people who let us into their lives was an easy way for us to show ourselves, our little story: chopped salad and eggs, cumin and lemon, garlic, olive oil and lamb, and many more things you cannot say with words.

Over the years there have been many meals shared. Lots of people have come, some have stayed and some moved on. There have been birthdays and weddings, births and deaths, silly and serious feuds, moments of great joy. And always there’s a table laid, people coming over and us in the kitchen, cooking through good and bad.

As we opened our restaurant, our kitchen at home got abandoned for a while. It was just us two, working all hours of the day. We took everything to work; not only every piece of kitchen kit that could be useful but also the actual dishes we cooked at home – tahini and labneh with little cucumbers, lamb seasoned with plenty of spices, peaches and figs. The food that had brought us together and was a huge part in making new friends was now beginning to bring to our table more and more people: guests at the restaurant and then others, who didn’t only want to eat, but also wanted to cook with us, or help us serve our food. As more people joined the team, we could gradually work a bit less, reclaim our home kitchen and really enjoy the precious time we got to spend there. Away from the pressure of restaurant life, we could cook with ease again, play a bit, and be reminded what it is all about – simple food made with care, solely for the pleasure of those you cook for.

Life is complex, but cooking is easy, and something good is guaranteed to happen if you just follow the recipe. Every home, every life, has its anchors and rituals, its own way to come together, its own recipes for happiness. In this book we offer the recipes that make up our home, our lives: from the things we rustle up at the end of a busy day to the grand feasts we spend hours preparing for special occasions. We hope they will serve you as well as they serve us.





Potato and feta fritters

These fritters are my secret weapon. They have a lot going for them: salty and sweet, crisp and tender, slightly naughty but plenty nice, and they possess the magical ability to make my wife happy. No matter how much laundry is in the basket or if her husband forgot to place the vegetable order for Saturday, these will always put a smile on her face. I don't cook them often – once every year or two. Partly because I hate frying, partly because my wife is quite cheery usually, and partly because I don't want to destroy the magic. But every time I do, it works.

There are few ingredients here, all quite simple, and no wizardry of technique. The success of this dish relies wholly on the attention you pay to the process: the grating, squeezing and gentle mixing; the right temperature for the oil; and the right cooking time. Nothing too taxing, but nothing can be dismissed.

If cooking is part of your life, you'll have similar dishes in your repertoire. Something simple for someone special. If you give these fritters a go – as a pre-dinner snack or as a little meal on its own – I hope they will work the same magic for you, and on the one you love as well.

Makes 10

500g/1lb 2oz Désirée potatoes,
peeled and coarsely grated
1 small onion (about 100g/3½oz),
peeled and sliced very thinly
½ tsp salt
70g/2½oz/½ cup self-raising flour
100g/3½oz feta, diced in
small cubes
1 tbsp picked thyme leaves
freshly ground black pepper,
to taste
2 eggs
vegetable oil, for frying
thyme honey, to drizzle

1. Place the grated potatoes and onion slices in a sieve and sprinkle with the salt. Mix well and set aside for about 30 minutes to release some of the liquid. In a separate bowl mix the flour and feta cubes with the picked thyme and a good pinch of black pepper. In another bowl lightly whisk the eggs.
2. Squeeze out all the liquid from the potatoes and onions: the best way is either to pick up small handfuls and squeeze them in your hands over the sink or to place the whole amount in a clean tea towel or cheese cloth, twisting it into a firm ball so that the liquid is wrung out. Add the potatoes and onions to the eggs and mix well. (You can stop at this stage and place the potato mixture in the fridge for a few hours if you are making this ahead of time.)
3. When you are ready to fry the fritters, add the potato mixture to the flour bowl and combine. Heat about 3cm/1¼ inches of vegetable oil in a deep frying pan. Once hot (if you have a thermometer, you want it to reach 170°C/340°F), lower the heat to a steady medium. Scoop little piles (about a tablespoonful) of the potato mix into the hot oil. Fry for 2–3 minutes until dark golden, then flip and fry the other side too. Strain onto a bit of absorbent kitchen paper and then remove to a serving plate. Drizzle generously with the honey and serve hot.



Baked goat's cheese wrapped in walnut pastry with fig relish

Suitable for 6–8 as a starter or cheese course

2 small goat's cheese rounds (about 100g/3½oz each)

For the pastry casing

70g/2½oz walnuts

70g/2½oz butter

1 tbsp light brown sugar

½ tsp sea salt

140g/5oz/scant 1½ cups spelt flour

1 egg white

1 egg yolk, for egg-washing

For the fig relish

6–8 ripe figs, diced (about 400g/14oz)

80g/2¾oz/6½ tbsp light brown sugar or golden caster sugar

2 bay leaves

a pinch of chilli flakes

1 star anise

60ml/4 tbsp red wine vinegar

To serve (optional)

1 bag rocket, washed in iced water

6–8 fresh figs, quartered

60g/2¼oz roasted walnut halves

a drizzle of olive oil

a sprinkling of sea salt

This one can be served at the start of a meal or at the end of it, as a very special cheese course – the nutty, crumbly pastry and the oozy, melting cheese inside make for a timeless combo. You can make the relish here, it's easy enough, or use any fruity chutney you like. Change the fruit with the seasons – grapes work well, as do poached pears or quince, but figs, of course, are always the best.

1. To make the pastry, place the walnuts in a small food processor and blitz to a rough crumb consistency. Add the butter, sugar, salt and flour and blitz till the mixture starts resembling bread crumbs again, then add the egg white and blitz once more until you have a ball of pastry.

2. Remove from the food processor and divide into two balls. Flatten them onto the work surface with the palm of your hand to create two rounds, each about 10cm/4 inches in diameter, more or less. Place one goat's cheese in the centre of each round and, using your hands, lift the pastry up the sides to wrap it. Don't worry if the pastry cracks a little; it is very pliable and you can patch as needed.

3. Lift each one up, and press and smooth the pastry around the cheese to create a solid casing. Pinch off any excess pastry and use the trimmings to create a pattern for the top, if you like (you can create a little leaf by hand or cut out a specific shape). Pat the pastry down all around so you have a clean, sealed finish.

4. Top each parcel with the decoration made from the trimmings and a walnut half (if you wish), then place on a small tray, lined with baking paper, in the fridge to rest for at least 30 minutes before baking. You can leave these in the fridge for a couple of days to bake fresh when your guests arrive.

5. To make the relish, place all the ingredients in a small saucepan with 50ml/1¾fl oz/3½ tbsp of water and set on a high heat. Bring to the boil and stir well. Cook for 5 minutes, stirring occasionally, then reduce the heat to low and cook for a further 8–10 minutes until thick. Remove from the heat.

6. When you are ready to bake, heat your oven to 200°C/180°C fan/400°F/gas mark 6. Add a splash of water and a pinch of salt to the egg yolk you set aside earlier, and mix well to create a thin glaze. Carefully brush this all over the cold pastry (apart from the base), which will give the end result a nice shine. Place in the centre of the oven for about 15–17 minutes to bake to a lovely, light golden colour.

7. Remove the pastry parcels from the oven and place on a serving platter. Add the fresh rocket, cut figs and roasted walnut halves to your platter and drizzle with olive oil and salt. Serve with the relish on the side. This is best eaten while the cheese is still hot and oozy, but we have been known to eat a cold half at midnight, and it still tastes delicious.



Marunchinos

The Sephardi community of Jerusalem really know what to do with almonds. They make the best marzipan using the traditional method, adding almond paste to boiling sugar syrup at just the right moment. They also make these biscuits when there is something to celebrate. The lightest crunch on the outside gives way to a wonderfully chewy centre. The dried apricots are not traditional, just glorious.

Makes 16

250g/9oz/2½ cups
ground almonds
250g/9oz/1¾ cups icing sugar,
plus about 150g/5¼oz/1 cup icing
sugar to coat
zest of ½ lemon
1 heaped tbsp orange
blossom honey
90g/3¼oz egg white
(about 3 eggs' worth)
70g/2½oz/½ cup dried apricots,
diced in small cubes
2 tsp orange blossom water

1. Line a baking tray with baking paper. Place the ground almonds and icing sugar in a large bowl and mix together. Add all the remaining ingredients (except the icing sugar for coating) and mix to a smooth, fluffy, wet kind of dough. Cover and place in the fridge to set for about 30–60 minutes.
2. Divide into 16 pieces, each about 40g/1½oz. Shape into balls and roll in the additional icing sugar. You can leave them as balls, but for a festive traditional look, pinch each one between the thumb and forefinger on both hands to create a star-like shape.
3. Set aside to dry and form a bit of a crust. Anything between one hour and two will do.
4. Heat the oven to 200°C/180°C fan/400°F/gas mark 6. Bake on the lined tray for 8 minutes, then rotate the tray and bake for a further 2–3 minutes until very lightly golden. Cool on the tray and store in an airtight container at room temperature.

