

TEDDY'S DISH



Host a dinner party in support of Teddy's Wish

**To sign up and for more information
please email support@teddyswish.org**

www.teddyswish.org

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Hosting a dinner party in support of Teddy's wish is a great way to combine food, fun and friends for a good cause – all from the comfort of your own home!

How does it work?

1. The host invites friends over for dinner
2. Teddy's Wish have teamed up with celebrity chef, Lisa Roukin who has kindly provided some recipe suggestions for your dinner party. See recipes below.
3. Guests are asked to make a donation to Teddy's Wish. We suggest a minimum donation of £20 (the host would not be expected to make a donation as they are providing the food).
4. Donations can be made via our Just Giving page here: <https://www.justgiving.com/teddyswish> or by cheque.

Teddy's Wish are happy to provide a bottle of champagne for dinner parties of guests of 6 people or more which can be raffled off on the night for a minimum of £5 per raffle ticket. Please contact us at support@teddyswish.org for more information.



Lisa Roukin and Teddy's Wish

Lisa Roukin is an author, chef and teacher, with an absolute passion for nutritional, wholesome and delicious food. Through her own challenging journey, she has developed a wealth of knowledge and experience that has led her to become a gluten-free expert, and industry leader in healthy eating. Lisa has now devoted her life to sharing her passion and encouraging, supporting and inspiring people to change their dietary habits for the better. Lisa's debut cookery book, *My Relationship with Food*, features 100 delicious, nourishing and seasonal recipes; all gluten-free and with minimal use of dairy and refined sugar.

Lisa has kindly provided some of her recipes to help you make the perfect dinner party in support of Teddy's Wish.

For further information visit: www.myrelationshipwithfood.com

MY RELATIONSHIP *with* **FOOD**
THE ART OF MINDFUL EATING

Starter - Pea Soup

{Serves 4-6}

Ingredients

1 tbsp olive oil

4 shallots, finely chopped

1 stick of celery, cut in half (will be discarded from the soup before blending)

1 chicken stock cube, dissolved in 570ml of boiling water

1 vegetable stock cube, dissolved in 570ml of boiling water

1 kilo frozen peas (look for petit pois – the smaller ones)

sea salt and white pepper

garnish

drizzle olive oil

mint peashoots

black pepper

Preparation time – 20 mins, cooking time - 20 mins

Finely chop the shallots and cut the celery stalk in half.

Place a saucepan on the stove with the olive oil, sauté the shallots until translucent. Add the celery stalk and season lightly with sea salt and white pepper.

Add the frozen peas and stir for about 2 minutes.

Dissolve the chicken and vegetable stock cubes in a little over a litre of boiling water. Pour into the saucepan, bring to the boil reduce to a medium heat. Cook for 20 minutes.

Remove from the heat, discard the celery stalk and blend either in a liquidiser or with a hand held blender.

Place in individual serving bowls with a drizzle of olive oil for garnish and some pea shoots and mint.

LISA'S TIP

If you find that the soup is too thick after blending, pour in a little water to thin out the soup. Alternatively you can pour the soup through a fine meshed sieve. You may also wish to freeze this soup, for a maximum of 2 -3 months.



Starter – Roasted Aubergine with Tahini and Pomegranate

{serves 4 - 6}

Ingredients

3 large aubergines
2 tbsp toasted sesame seeds
1/2 pomegranate, deseeded
2 tbsp acacia honey mild & sweet fresh
coriander, handful
4 tbsp extra virgin olive oil
2 tsp sesame oil
sea salt and cracked black pepper
garlic granules

tahini dressing
3 tbsp tahini paste
3 tbsp cold water
squeeze of lemon
1 tsp garlic paste

Preparation time – 40 mins, cooking time – 50 to 60 mins

Preheat the oven to 350°F, gas mark 4, 180°C (160°C fan-assisted). Wash and pat dry the aubergine, then cut in half lengthwise (keeping the stalk on). With the tip of a knife, score the flesh deeply in a diamond criss-cross pattern by making five or six long cuts on the diagonal, cutting at a steep angle, and then rotating the eggplant to make another set of similar cuts (although do not cut through to the skin).

Brush both sides with the 2 tbsp extra virgin olive oil and sesame oil. Put the aubergine cut-side facing up on a baking tray lined with parchment paper. Season with sea salt, black pepper and garlic granules, place in the preheated oven and bake for 40-50 minutes.

Check often to make sure that they do not burn. If your aubergine still isn't tender all the way through, bake for a further 5-10 minutes, then proceed with the rest of the recipe.

Remove from the oven, drizzle with 2 tbsp extra virgin olive oil, then leave to cool.

To make the tahini paste mix either by hand or in mini food processor, add the tahini paste, water, lemon, garlic paste and season with salt. On a larger platter place the roasted aubergines around the plate. Spoon the tahini paste around the plate.

Drizzle acacia honey around the plate and over the aubergines. Then garnish with the toasted sesame seeds, fresh coriander and pomegranate seeds.



Main – Lamb Shanks

{Serves 4-6}

Ingredients

1 tbsp olive oil

4 shallots, finely chopped

1 stick of celery, cut in half (will be discarded from the soup before blending)

1 chicken stock cube, dissolved in 570ml of boiling water

1 vegetable stock cube, dissolved in 570ml of boiling water

1 kilo frozen peas (look for petit pois – the smaller ones)

sea salt and white pepper

garnish

drizzle olive oil

mint pea shoots

black pepper

Preparation time – 20 mins, cooking time - 20 mins

Finely chop the shallots and cut the celery stalk in half.

Place a saucepan on the stove with the olive oil, sauté the shallots until translucent. Add the celery stalk and season lightly with sea salt and white pepper.

Add the frozen peas and stir for about 2 minutes.

Dissolve the chicken and vegetable stock cubes in a little over a litre of boiling water. Pour into the saucepan, bring to the boil reduce to a medium heat. Cook for 20 minutes.

Remove from the heat, discard the celery stalk and blend either in a liquidiser or with a hand held blender. Place in individual serving bowls with a drizzle of olive oil for garnish and some pea shoots and mint.

LISA'S TIP

I have to say I do love meat on the bone and there's something delightful about a braised lamb shank. When the meat is sweet, succulent and soft enough to scrape away with a fork it just can't be beaten. This is a dish I love to serve for family and friends at a dinner party. It's quite a comforting dish and is at its best when its spring lamb!



Main – Aubergine and Autumn Vegetable Curry

{serves 4 - 6}

Ingredients

2 aubergines, medium, cut into 1.5cm cubes
1 butternut squash, cut into 1.5cm cubes
2 sweet potatoes, cut into 1.5cm cubes
2 carrots, cut into 1.5cm rounds
1 red onion, small, sliced into half moons
1 white onion, small, sliced into half moons
1 tin butter beans, drained 400ml coconut milk

300g tomato pasta sauce (smooth as possible)
1/2 litre chicken or vegetable stock
3 garlic gloves, crushed
2 tsp mild madras curry powder
2 tsp coconut sugar
2 tbsp coconut oil s (odorless)
Sea salt & black pepper

Preparation time – 40 mins, cooking time – 2 hours

Preheat the oven to 400°F, gas mark 6, 200°C (180°C fan-assisted).

Heat the oil in a large (29cm diameter) casserole dish on medium heat.

Add the onions and sauté until translucent approx. 5 minutes.

Add the aubergines, salt, pepper, tomato sauce and crushed garlic, mix well and cook for 2-3 minutes longer.

Add the remaining vegetables: butternut squash, sweet potato, carrots and butter beans.

Pour over the chicken or vegetable stock, followed by the coconut cream, keep on the stove for another 2-4 minutes until the stew comes to a boil.

Add the curry powder and coconut sugar.

Cover the pot and place in the centre of the oven for two hours. Check every 30 minutes and stir to ensure nothing gets stuck to the base of the dish. If you would like to keep the dish in the oven after two hours reduce the oven temperature to 300°F, gas mark 2, 150°C (130°C fan-assisted).

Serve with coconut wholegrain rice & freshly chopped coriander.

garnish

wholegrain rice, fresh coriander



Dessert – Fig and Almond Cake

{serves 10 - 12}

Ingredients

3-4 fresh figs, sliced thinly (remove base and stalk)

4 large eggs

228g margarine

228g coconut sugar

228g ground almonds, sifted

1/2 tsp almond extract

topping

20g flaked almonds, toasted

2 tbsp apricot or strawberry jam
(sugar free)

Preparation time – 20 mins, cooking time – 45 mins

Preheat the oven to 375°C, gas mark 5, 180°C (160°C fan-assisted).

Line the base and side of a non-stick, loose bottom, 20cm springform tin with parchment paper.

Place the sliced figs around the base of the tin.

In an electric mixer or by hand, cream the margarine and coconut sugar until pale and fluffy. Now beat in the eggs a little at a time.

Add the almond extract and then lightly fold in the sieved ground almonds.

Spread this mixture carefully over the figs, and even out the surface with the back of a tablespoon.

Then bake on a middle shelf in the oven for exactly 45 minutes. Remove from the oven and leave to cool over a wire rack. When cooled, loosen the cooked mixture around the edges. Place a serving plate over the tin and flip over, then release the clasp. Peel away the parchment paper.

For the apricot or strawberry glaze: heat the jam in a small saucepan over a medium heat until liquid (melted). You can add a touch of water if the consistency is too thick. Then remove from the heat and strain the jam through a fine strainer to remove any fruit lumps, let cool until it is only slightly warm, then using a pastry brush glaze the tart.

Sprinkle with toasted almonds. Serve with ice cream or coconut yogurt.

LISA'S TIP

The cake itself is simple to make and very good! Consider using apricots or peaches instead of figs. Store in an airtight container in the fridge for up to 5 days. Bring to room temperature before serving





Dessert – Raw Chocolate Brownies

{makes 16 squares}

Ingredients

250g rolled jumbo oats (gluten-free if required), blended
500g pitted Medjool soft dates
25g raw cacao powder or cocoa powder
1/2 tsp. pure vanilla bean extract or
1 vanilla pod deseeded
1/4 tsp. sea salt, crushed
100g dark chocolate chips
(or you can use milk chocolate chips if no dairy allergies)

chocolate coating:
160g coconut oil (odorless),
melted
120g agave nectar or maple syrup
80g raw cacao powder or cocoa
powder
1 tsp. pure vanilla bean extract or
1 vanilla bean pod, deseeded
sea salt

Preparation time – 30 mins, freeze time – 30 mins (plus refrigeration)

Line a 23cm square pan with parchment paper.

In a food processor, process the oats into a fine sandy consistency with slight rough texture.

Add the pitted dates and process until finely chopped and smooth.

Add the cacao powder, vanilla, and sea salt and process until thoroughly combined, keep scraping down the sides, and breaking up the mixture.

When the mixture has formed into a log or ball shape, remove from the food processor and place in your pre-lined tin. I wear disposable gloves at this point to evenly press the mixture into the prepared square pan until smooth, or you can use the back of a large spoon.

Then scatter over the chocolate chips and then press into the mixture.

Place in the freezer for about 10 minutes.

For the chocolate topping: pour the coconut oil into a mixing bowl and add the following ingredients: cacao powder, syrup, salt, and vanilla and whisk until combined and smooth.

Remove the brownies from the freezer and pour on the chocolate topping and spread out evenly.

Carefully transfer the pan to the freezer on a flat even surface and chill for 20 or more minutes or until the topping is firm enough to slice.

Run hot water over a knife for a minute or so, wipe quickly with a towel, and carefully slide the knife into the brownies to slice (warming up the knife helps it slice more evenly without much cracking). Store leftovers in the fridge for a chocolate treat anytime.

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