

IN SEARCH OF COMFORT
FOOD
BY SOBIA AMEEN



Fresh feastings

CITRUS ROASTED WHOLE CHICKEN

Ingredients

1 (4 pound) whole chicken
1 cup chicken broth
1 cup butter (½ cup cut into cubes; ½ cup melted)
2 oranges (halved)
2 limes
2 tbsp zest of orange and lime
4 cloves garlic, mince
2 tsp salt, 1 tsp pepper
2 tsp dried rosemary
2 tsp dried thyme
2 tsp dried sage
Kitchen string

Method

Preheat the oven to 350 °F or 175 °C. Pour the chicken broth into a small roasting pan, and set aside.

In a bowl, combine ½ cup of the cubed butter, freshly squeezed juice of an orange and a lime, zest of the orange and lime, and garlic, and mix into a paste. Place the chicken over the small roasting pan and loosen the skin of the chicken.

Rub a generous amount of the citrus butter under the skin of the chicken. Place the remaining 2 halves of the oranges and one lime into the cavity of the chicken, and tie the legs to hold filling in.

Combine salt, pepper, dried rosemary, thyme, sage with the cup of melted butter and pour all over the chicken. Cover the dish with aluminium foil, and bake in the preheated oven for 20 minutes. Uncover the chicken and use the juices in the pan to cover the chicken [works best if you have a baste]. Cook for another hour or longer

until the chicken is fully cooked. Allow the chicken to rest 10 minutes outside the oven before serving.

TAHINI CAULIFLOWER

Ingredients

1 whole cauliflower head
½ cup tahini (make your own by grinding sesame seeds with sesame, or olive oil, in a food processor until creamy)
3 tbsp olive oil
2 tsp turmeric, 2 tsp paprika
1 tsp garlic powder
1 tsp chilli powder
1 tsp cumin
1½ tbsp salt
3-5 cloves garlic, chopped

Method

Cut the stem and leafy part of the cauliflower (save this to make vegetable stock), clean and set aside. In a bowl, combine all ingredients; tahini, olive oil, turmeric, paprika, garlic powder, chilli powder, cumin, salt, and chopped garlic. Whisk until all the ingredients have fused into a smooth sauce.

Prepare a baking tray with parchment paper and place the whole cauliflower head, pour the marinating sauce on top and rub it into the nooks and crevices with your hands.

Bake at 400 °F or 200 °C for an hour and 15 minutes. Halfway through the cooking time, use a foil to create a tent over the cauliflower head.

CREAMY MUSHROOMS

Ingredients

3 cups mushrooms (button, oyster, shitake)



2 tbsp olive oil
4-6 cloves garlic, mince
1 cup milk
2 tsp salt
1 tsp pepper
2 tbsp cream cheese
4 green onions, chopped
Zest of a lime
2/3 cup shredded parmesan
Parsley or coriander leaves, to garnish

Method

On a skillet, pour the olive oil over medium heat and add the mince garlic; once the

garlic starts to soften, add the mushrooms and keep tossing to evenly cook through. Add the milk, salt, pepper and keep cooking until the milk has reduced. Switch to low heat and add the cream-cheese and stir till the sauce is creamy and smooth, add the green onions, zest of a lime and stir well.

Just before taking the skillet off of the heat, add the shredded parmesan and garnish with fresh parsley or coriander.

Photo: Sobia Ameen

VIM LIQUID
CLEANS DOUBLE
THE PLATES
THAN A BAR

* as per lab test

