

Orlando Murrin

no cook cookbook

over 200 simple recipes and ideas
for mouthwatering meals without cooking

photography by Jason Lowe

quadrille

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藏书章

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Orlando Murrin

photography by Jason Lowe

to Peter

Editorial director: **Jane O'Shea** Art director: **Mary Evans**

Editor & project manager: **Lewis Esson** Photography: **Jason Lowe**

Home economist: **Jane Suthering** Production: **Beverley Richardson**



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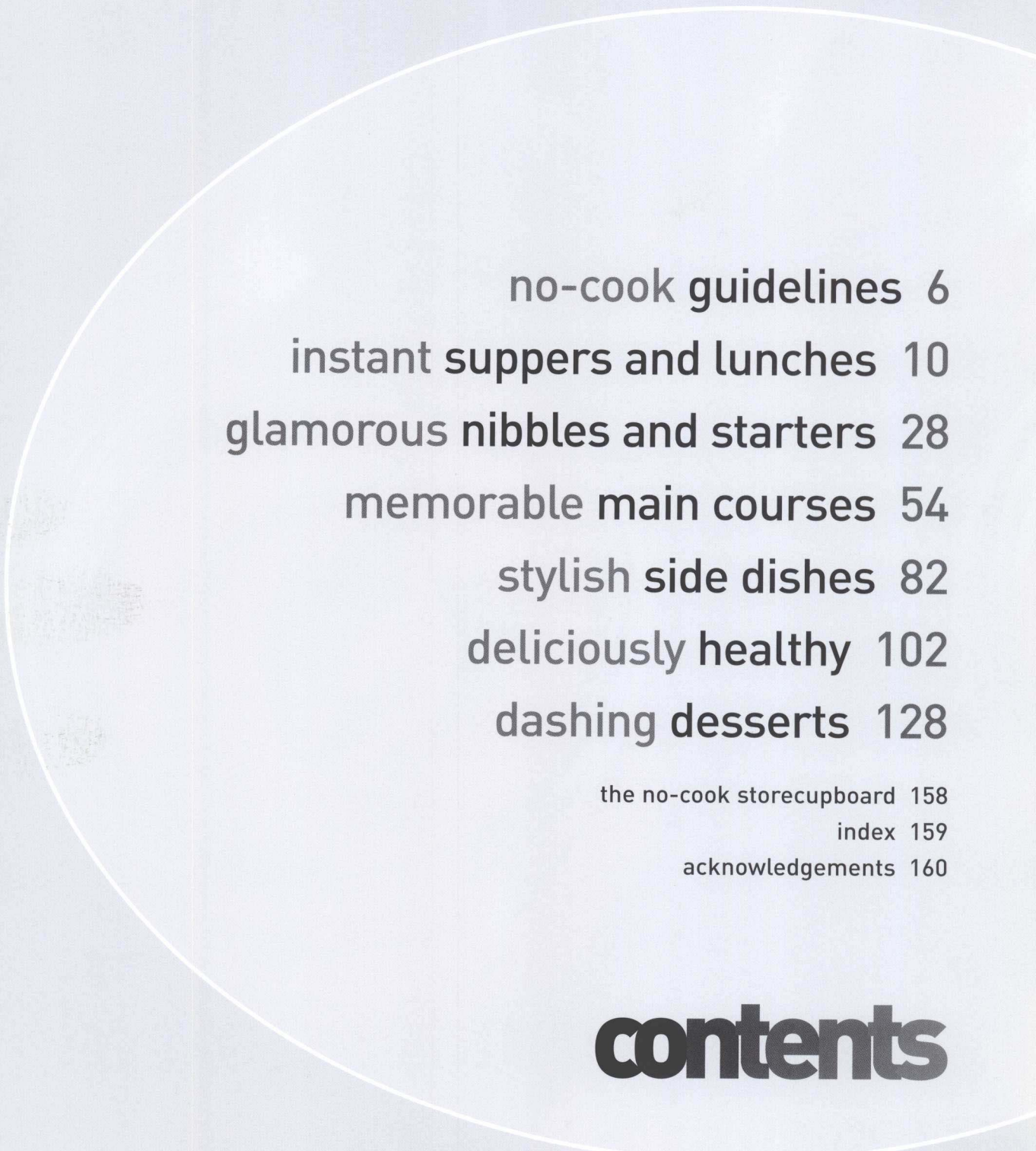
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no-cooking is easy... you don't need any specialist equipment and you don't have to master difficult techniques. It's all a question of choosing the best quality ingredients and treating them sympathetically

no-cook guidelines

To get you off to a good start, overleaf you'll find some helpful lists of those ingredients that I really find are a boon to the no-cook. At the end of the book (page 158) you'll also find a comprehensive list of those things that I recommend you keep in your storecupboard to help make no-cooking even easier. Generally, these are the items that I list in the recipe ingredients under the heading 'Make sure you've got'. While 'What you need' lists those items I think you are probably going to have to buy in specially for the dish in question.

You will see that the three concessions to cooking that I allow myself are boiling water in a kettle and melting chocolate and butter.

Happy no-cooking!

no-cook refrigerator & freezer requisites

herbs as they magically brighten flavours and turn ordinary ingredients into something special. Fresh coriander gives a hint of the exotic; basil and tarragon the Med; chives make things lip-lickingly tasty; parsley freshens.

tomatoes because they are luscious, juicy and taste of the sun. I usually halve them and squeeze out the pulp and seeds, as this makes them sweeter and tastier. Always choose cherry or vine-ripened tomatoes.

lemons and limes as they add a fresh, piquant note. Use grated lemon zest to give a zing. Go easy on the juice – it's often better to squeeze it over the finished dish than risk mixing it in. A flick of lime zest transports you instantly to the tropics.

cheeses because there's a different type for every occasion. Keep a supply of jars of goats' cheese and feta in oil, bagged mozzarella for salads, hard cheeses for grating.

seafood as fresh prawns, smoked salmon and Avruga (herring) caviar spell instant luxury. Smoked salmon is a feast in itself, or can be conjured into snacks or salads.

spring onions as they add instant pizzazz. I invariably shred them – trim, leaving a bit of green, then chop thinly at a sharp angle. Red spring onions add colour.

celery and cucumber for their crunch. If you can find white celery it tastes better, but always cut it finely. Cucumber can be used peeled or not. I usually first cut it down the centre and scoop away the pulpy seeds.

crème fraîche, fromage frais and mascarpone as creams of every description are the no-cook's best friend, turning into instant silky sauces. Go for light crème fraîche and zero-fat fromage frais, if you wish. Mascarpone is the most de luxe of all – beat it until just soft if it's too stiff.

cooked and smoked meats because they're convenient and usually very tasty. Try different cooked chickens – BBQ, Oriental, chargrilled – plus smoked chicken, turkey, duck and venison, as well as hams – even crisp-fried bacon bits.

breads as the right bread establishes an instant atmosphere. Serve Italian breads with Mediterranean foods, pittas with Middle Eastern, rye with seafood and Scandinavian flavours, and turn wraps and tortillas into new-wave sandwiches.

5 great no-cook spices

rocket, watercress and mustard and cress because they add a peppery bite. Use mustard and cress for sprinkling. Choose mixed bags of salad with care – they can contain too many types of leaf.

unsalted butter as salted butter may be fine for cooking and everyday use, but unsalted tastes cleaner and more refined, and can be used for sweet dishes as well as savoury.

custard because you can use it to whip up a quick dessert, and as a base for homemade ice cream and other glitzy desserts.

in the freezer

frozen peas and broad beans as they add a fresh, sweet note. Put in a bowl with a little salt, cover with boiling water and leave for 10 minutes. Drain, cool quickly in cold water and drain again.

ice cream because a tub of best-quality vanilla ice cream can be transformed in no time into a memorable dessert by stirring through extra ingredients such as chopped chocolate, nuts, marshmallows... you name it.

wraps, breads and muffins as they defrost in minutes for exciting hand-held lunches and suppers. Breads can be sliced from frozen and toasted into bruschettas and crostini, muffins crumbled for instant trifles.

prawns because they can be used to make a quick feast.

crushed chillies Keep a small bowl on the table and you'll find you use them almost as much as black pepper. Good whenever you want a flavour lift.

cinnamon A warm brown spice that goes beautifully with apples, stone fruits and Moroccan dishes. Try grinding cinnamon sticks in your coffee grinder for a marvellously deep, rich flavour and aroma.

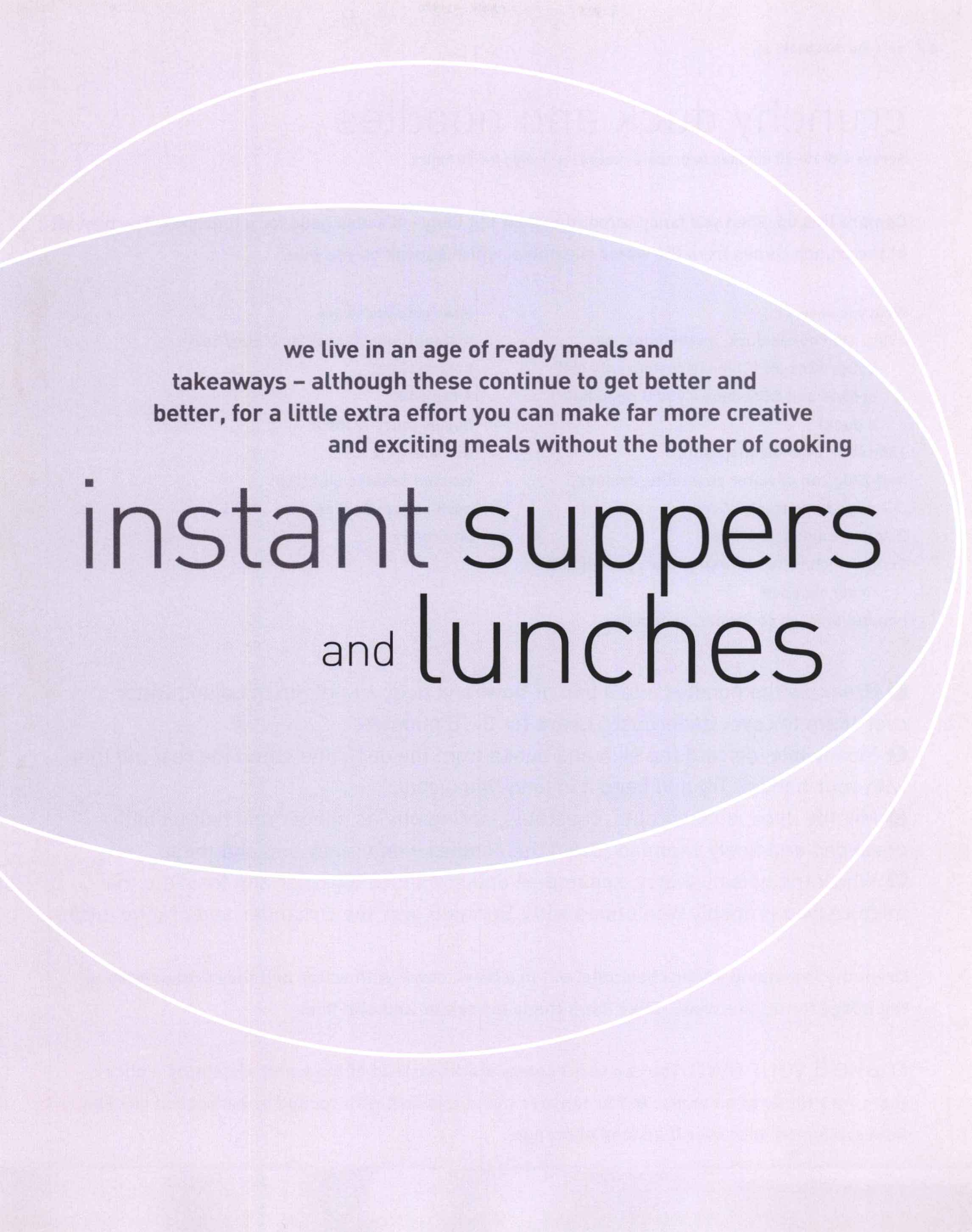
poppy seeds Add crunch and a faint aniseed flavour to dishes with this delicate and pretty spice. Caraway seeds give a similar whiff of the exotic.

paprika Use paprika to dust over egg and vegetable dishes to give an appetizing appearance and a gently spiced first bite.

smoked paprika One of the boldest and most exciting flavours in the entire spice-box. Use infrequently, in careful quantities, to give panache to chargrilled and spicy dishes.

On page 158 you'll also find a list of things I recommend you have in your storecupboard to make no-cooking easier.





we live in an age of ready meals and
takeaways – although these continue to get better and
better, for a little extra effort you can make far more creative
and exciting meals without the bother of cooking

instant suppers and lunches

crunchy duck and noodles

Serves 4 ● 15–20 minutes to prepare, keeps its crunch for 24 hours

Conjure this up when you fancy something light but tasty – it's also good for a lunchbox. The best bit of the crunch comes from the water chestnuts, which squeak as you bite.

What you need

450g/1lb cooked duck, on the bone, or
350g/12oz off (Chinese restaurants sell
cooked and BBQ duck – you'll need half
a duck)
150g/5oz fresh beansprouts
half 220g can of water chestnuts, drained,
rinsed and thinly sliced
2 spring onions, shredded
1cm/1/2inch cube of fresh ginger, peeled and
finely chopped
handful of fresh coriander, chopped

Make sure you've got

instant Chinese noodles (150g/5oz)
boiling water
1 red chilli
hoisin sauce (2 tbsp)
dry sherry (2 tbsp)
toasted sesame oil (2 tsp)
dark soy sauce (2 tbsp)
an orange

- ❶ Break up the noodles into a pan or bowl and pour a kettleful of boiling water over them to cover generously. Leave for 5–10 minutes.
- ❷ Meanwhile, discard the skin and bones from the duck and shred the rest (do this with your hands). Try and keep it in long thin pieces.
- ❸ Mix the duck, beansprouts, chestnuts, spring onions, ginger and half a chilli, deseeded and finely chopped. Drain the noodles when ready and add these.
- ❹ Whisk the hoisin, sherry, sesame oil and soy sauce together and toss into the mixture (you probably won't need salt). Sprinkle over the coriander and orange juice.

Drain the remaining water chestnuts, put in a bowl, cover with water and they'll then keep in the fridge for up to a week. Slice them thinly for salads and stir-fries.

make it your own You can use 3 celery stalks instead of the water chestnuts – slice them very thinly at an angle. ● You can also make this dish with cooked or barbecued chicken. Squeeze lemon juice over it instead of orange.

coconut turkey noodles

Serves 4 ● 15-25 minutes to prepare

This makes a satisfying supper at relatively little cost, but is sufficiently intriguing in flavour to serve when entertaining guests.

What you need

400g/14oz cooked turkey (or chicken or pork), preferably BBQ or chargrilled if you can get it, cut into bite-sized chunks
2 spring onions, shredded
1 yellow, orange or red pepper, deseeded and thinly sliced
6 cherry tomatoes, halved or quartered
150ml/1/4 pint coconut cream

Make sure you've got

instant Chinese noodles (150g/5oz)
boiling water
1/2 red chilli, finely chopped
tomato ketchup (2 tsp)
Worcestershire sauce

- ❶ Put the noodles in a bowl, cover with boiling water and leave for 5–10 minutes. Drain in a sieve or colander.
- ❷ While the noodles are soaking, put the turkey, spring onions, chilli, pepper and tomatoes in a bowl. Pour over the coconut cream, ketchup, a dash of Worcestershire sauce and some seasoning, and mix.
- ❸ Stir in the noodles to mix thoroughly, then divide between 4 plates.

make it your own To give this dish a Hawaiian feel, you can sprinkle it with 45g/1 1/2oz chopped roasted macadamia nuts (which are indigenous to the islands) for a crunchy topping.