

COOKING with a CONSCIENCE

Dani Tucker immortalises her mother Shally's recipes as a tribute to her passing, with all proceeds donated to Dermatrust

Dani says: 'Our mother's kitchen was and still is the soul of our home. This cookbook honours her energy, effervescence and joie de vivre. It is designed to encapsulate my mother's philosophy: to encourage people to cook, to enjoy life, to give back, and to have fun. It's her book of wisdom, humour and quirky ideologies. A flawless wife, mother and daughter, this book features recipes, table decorations, flower arrangements and even some of her crafty ideas.'

We grew up in a Jewish-South African "madhouse" in London where my parents entertained family and friends constantly. The number of guests would range anywhere from two to a casual 50. Our friends would turn up at all hours of the day with the understanding that there was always something to eat...and there always was.

Despite suffering from several illnesses, she was always busy making. But, my mother never did anything alone. If friends intended to visit for a quick cup of tea, they would inevitably stay all day to help roll out the dough or chop the vegetables. My mother had the ability to include, create, empathise and listen. Our kitchen table bears the tears and joys of all of our friends and family that were quietly revealed to my mother while she was preparing something delicious for everyone to enjoy.

Our extraordinary mum sadly passed away two years ago. She was one of the most incredible chefs and an inspiring woman. This cookbook honours her life.'



The Social Kitchen Cookbook is available for £25 from thesocialkitchen.org

[the_social_kitchen](https://www.instagram.com/the_social_kitchen)

Crispy Baked Cod

<i>1 lemon</i>	<i>Olive oil</i>
<i>50g unsalted butter</i>	<i>150g breadcrumbs (made from stale bread)</i>
<i>Small bunch of parsley</i>	<i>Salt and black pepper</i>
<i>6 generous pieces of white fish fillet, such as cod or haddock</i>	SERVES 6

1. Preheat the oven to 200°C/Fan 180°C/Gas 6. Melt the butter in a small saucepan, season it with salt and pepper and take the pan off the heat. Finely chop the parsley and mix it with the breadcrumbs in a bowl, then grate in the zest of the lemon. Season well.
2. Dip each piece of fish in the melted butter, place it in a baking tray, then top it with lemony breadcrumbs.
3. Finely slice the lemon and place the slices around the pieces of fish. Drizzle with olive oil and bake the fish for about 15 minutes until golden brown and just cooked.

<i>For the salad –</i>	<i>For the dressing –</i>
<i>2 large butternut squash</i>	<i>65mL sunflower oil</i>
<i>2 tbsp runny honey</i>	<i>20mL safari brown vinegar (or other brown vinegar)</i>
<i>2 tbsp sunflower oil</i>	<i>1 tbsp sugar</i>
<i>1 tbsp sunflower seeds</i>	<i>1/2 tsp black pepper</i>
<i>1 tbsp pumpkin seeds (or the seeds from your squash)</i>	<i>1/2 tsp garlic salt</i>
<i>25g pecan nuts</i>	<i>1/4 tsp table salt</i>
<i>25g unsalted peanuts</i>	<i>4 tbsp mayonnaise</i>
<i>100g baby spinach</i>	<i>4 tbsp plain yoghurt</i>
<i>2 tbsp roasted salted Giant corn</i>	<i>2 tsp peanut butter</i>
<i>Small bunch of chives, roughly snipped</i>	SERVES 8
<i>Salt and black pepper</i>	

1. Preheat the oven to 200°C/Fan 180°C/Gas 6. Peel the squash and cut them into wedges. Put the wedges in a big bowl and toss them with a tablespoon of the honey and the sunflower oil, then season with salt and pepper. Tip the wedges on to a baking tray and bake them for 45 minutes until soft and slightly caramelised. Leave them to cool slightly.
2. Meanwhile, toast the seeds and nuts in a dry frying pan for a couple of minutes. When they begin to colour, add the remaining tablespoon of honey and a good pinch of salt. Let the nuts and seeds caramelise for 30 seconds, then take the pan off the heat and leave the nuts and seeds to cool.

Nutty Butternut Salad

3. Mix all the dressing ingredients together in a jug. Roughly chop the seeds and nuts, leaving the smaller ones whole. Spread the spinach on a serving dish, top with the squash, then scatter the nuts, seeds and giant corn on top. Drizzle the thick creamy dressing over the salad and scatter it with chives.

