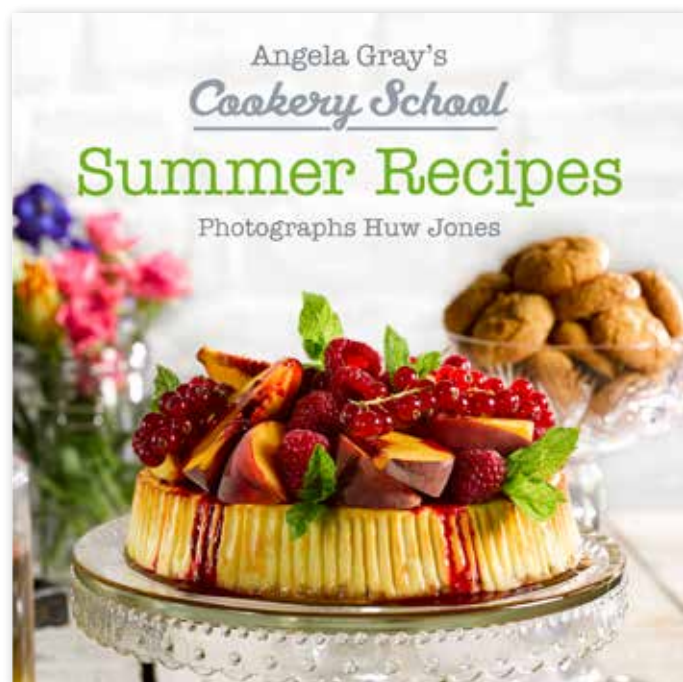


Angela Gray's Cookery School, Summer Recipes

Publication May 2017. £9.99



Angela Gray's Cookery School, Summer Recipes

- Author Angela Gray
- Photographer Huw Jones
- Publication May 2017
- Paperback, 160 pages
- 30 recipes
- Size 150 x 150mm
- ISBN 9781912050000
- Price £9.99

30 fresh summer recipes by top chef and cookery teacher, Angela Gray

- Written by top chef Angela Gray, who has featured on BBC and UKTV Food
- Featured in the Top 10 UK Cookery Schools
- Starters, mains and desserts all featuring winter ingredients
- List of seasonal ingredients
- Photography by Huw Jones, leading food specialist with 'the best equipped food photography studio in the UK'

The second in a series of four seasonal cook books, *Summer Recipes* by Angela Gray contains 30 recipes celebrating the best of summer's ingredients and fresh dishes. With recipes that are ideal of a family barbecue, or packing up and taking to the park. With photographs by food photographer Huw Jones.

Angela Gray opened the doors to her cookery school at Llanerch Vineyard in April 2010. She has been voted into the Top 10 UK Cookery Schools. She has made several television programmes for the BBC and for UKTV Food, including *Hot Stuff* and *More Hot Stuff*.

Other books available in the series:

Winter Recipes

Future books in the series:

Festive Recipes, Autumn Recipes, Spring Recipes.



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Coca Bread is a Catalan flatbread. I call this my welcome bread: it sets the scene for a relaxed and enjoyable feast with friends. It's also a real favourite at the Cookery School.

Coca - Catalan style bread

Ingredients

Dough

450g strong bread flour
1g sea salt
7g fast action yeast
1 fat teaspoon caster sugar
60g of extra virgin olive oil
300ml warm water

Topping

8 medium onions
8 sweet peppers
1 aubergine
8 cherry tomatoes
12 black grapes
100g Manchego cheese

Emulsion

4 tablespoons olive oil
1 tablespoon lemon juice
1 level teaspoon sweet, smoked red paprika
1 fat clove garlic, grated
1 level teaspoon sea salt
1 rounded teaspoon chopped herbs e.g. sage, rosemary or oregano

Serves 6-8

What you do

1 First, prepare the dough - in a large mixing bowl, mix together the flour, salt, fast action yeast and sugar. Make a well in the centre and pour in the olive oil and ¼ of the warm water. Mix briefly with open fingers, then slowly add enough of the remaining water to form a smooth elastic dough.

Note: You may need a little more water depending on the flour.

2 Pour a tablespoon of olive oil on to your work surface and spread it out with your hands to form a no-stick area. Pick up the dough and throw it forward on to the oiled surface still holding on to one end so it elongates out on the surface. Claw the dough backwards into a ball. Repeat this about 10 times until the dough firms up. Place in a lightly oiled bowl, cover and leave at room temperature until doubled in size.

3 Meanwhile prepare the vegetables. Line 2 baking sheets

with foil or parchment paper. Peel and cut each of the onions into 8 wedges, place on the baking sheet and drizzle with a little olive oil. Roast the onions for about 30 minutes, until soft at 200°C/Fan 180°C/Gas 6.

4 Next, prepare the peppers, cut them in half, remove the stalk, membrane and seeds, cut in half again. Add to the tray with the onions, drizzle with a little oil, return to the oven, the peppers need about 25 minutes. Now the aubergine, cut in half lengthways and then into medium sized half moons. Place on the second sheet, drizzle with olive oil and roast. Once the aubergines are in the oven, the vegetables should take about 20 minutes to finish cooking. **Note:** they need to be soft, not too brown. Cut the cherry tomatoes and grapes in half and cut the cheese into thin wedges.

5 Once the dough is ready, tip out on to the surface. Pick up the edges and bring them to the centre creating a fold, pushing down at

the centre, to create a large upside-down mushroom shape. Turn the dough over so the smooth side is facing you and using your palms to flatten the dough pressing out any air bubbles.

6 Place on an oiled baking sheet and starting from the centre knockle the dough outwards to fit the tin. Stretch out corners then release back into the tin to get them to fit nicely.

7 Prepare the emulsion by mixing everything together. Pour over the dough and spread with a brush. Arrange vegetables, fruit and cheese in panels along the dough, so that when you cut a strip across the bread, you get a little of everything. Finish with the olives and a little drizzle of olive oil.

8 Bake at 220°C/Fan 200°C/Gas 7 until crisp and golden. This should take around 25 minutes. If the dough is a little soft in the middle, reduce the temperature to 180°C/Fan 160°C/Gas 5 and cover with foil and cook for a further 10 minutes.



Stuffed Giant Pasta Shells with Roasted Tomato and Red Pepper Sauce