

Gary Maclean

- Recipes

Hi my name is Gary Maclean, it's just brilliant to be able to share some of my recipes with you. I am a multi-award winning chef, author and Educator. My current role is Executive Chef at City of Glasgow College and what really drives me is my passion for mentoring other young chefs and creative cooking.

In December 2016 I was crowned BBC MasterChef: The Professionals Champion, after taking on 47 other professional chefs I battled through seven weeks of fierce competition broadcast on our TV screens.

I spent a lot of my time being an ambassador for Scottish food and food education and I fully believe that every child should be entitled to quality food education. I feel that if people learned to cook at a young age, the health and wellbeing benefits for the nation would be huge.

Go on give the recipes a go as there is nothing better than a beautiful home cooked meal.



Spicy Red Lentil Soup

175g split red lentils, washed
1 onion, chopped
2 celery sticks, peeled and chopped
1 carrot, peeled and chopped
1 garlic clove, crushed
1 tsp ground cumin
1/2 tsp ground coriander 1/2 tsp red chilli flakes
1.5 litres of vegetable stock, a good quality cube works well
4 tsp tomato purée 1 tbsp quality oil
1 bay leaf
2 spring onions, shredded to serve

This is a delicious, filling soup. It's ideal for coming home to on a cold evening. The mix of flavours from the spices makes it even more warming and satisfying.

1. Heat the oil in a pan.
2. Add the chopped onion and cook over a low heat for 5 to 6 minutes, until beginning to soften.
3. Stir in the celery and carrot and cook for 2 minutes.
4. Add the garlic, chilli flakes, cumin and coriander and cook for a further minute.
5. Add the washed lentils, stock, tomato purée and bay leaf.
6. Bring to the boil, reduce the heat, then cover the pan with a lid and simmer for 20 to 25 minutes until the lentils and vegetables are very soft.
7. Remove the bay leaf from the soup.
8. Blend the soup in the pan using a hand-held blender; or tip into a food processor, process until smooth, then return the soup to the pan.
9. Check the consistency; it will be fairly thick, so if you prefer it thinner, add a little more stock.
10. Season to taste, top with a little oil and shredded spring onions.

Pesto pasta with mushrooms and Mediterranean vegetables

This as a super simple supper, a cook on the night straight from work kind of dish. The vegetables are up to you; just use whatever you have. If you have a batch of pesto premade all the better. Remember, you can even precook the pasta.

400g pasta, of your choice
1 red onion, sliced
1 courgette, diced
1 pack of chestnut mushrooms
1 red pepper, sliced
1 aubergine, cut into chunks
25g tomato purée
1 tin of chopped tomatoes
1 tsp dried oregano
2 cloves of garlic, chopped
50g Parmesan
50ml quality oil
Salt and sugar, to taste

1. First job is to get the pasta cooked. So, fill a large pan with water, a good pinch of salt and get it on the heat.
2. Once boiling, add a little oil and then your pasta. Set a timer using the instructions on the packet. When using spaghetti, I actually overcook it as I find the sauce sticks better and it eats much better; give it a go – see what you think.
3. Once the pasta is cooked, drain through a colander, pop the pasta back in the pot, place the empty colander on top of the pot and place the whole lot under a running tap.
4. When completely cooled, drain back through the colander, allow to drip for a few minutes then pour quality oil over the top. Pasta can be precooked and stored in the fridge for a day.
5. Now start preparing your vegetables, keeping your garlic separate.
6. The secret to real flavour in this simple dish is to cook the vegetables first in a hot pan. I would probably cook them one at a time, giving them plenty of colour. When you cook like this you are removing lots of the water from the vegetables and thus enhancing their flavour.
7. Once all your vegetables have been coloured, get them all back into the same pan, add the oregano, chopped garlic and cook for a few seconds.
8. Add the tin of tomatoes and the tomato purée, and combine. Add salt and sugar to taste.
9. Reheat your pasta by placing it into a pan of boiling water for a couple of minutes.
10. Add the hot pasta to the vegetables, with a tablespoon of pesto and mix.
11. Serve topped with shavings of Parmesan or other hard cheese, plus a few more spoonfuls of fresh pesto to taste.



Apple and cinnamon scones

This recipe uses milk slightly soured with lemon juice. You might not have done this before, but it's well worth a try. Sourcing the milk helps the chemical reaction with the baking powder that's in the flour. This gives you a much better lift, which in turn gives you a lighter scone.

375g self-raising flour
65g butter, diced and cold
65g caster sugar
1/2 braeburn apple
150ml milk
A squeeze of lemon juice
1 tsp cinnamon
Milk, to finish

1. The first thing you need to do is to sour the milk with a squeeze of lemon juice.
2. Next, preheat the oven to 180°C.
3. Grate half an apple, including the skin.
4. Sift the flour and the cinnamon together into a large bowl.
5. Carefully rub in the cold, diced butter.
6. Add the sugar and the grated apple.
7. Add the soured milk to the mixture and knead lightly.
8. Tip out onto a floured surface and roll to a thickness of 4 to 5 cm.
9. Use a crinkled cutter and cut your scones to the size you require. You should get about a dozen scones.
10. Put on a non-stick baking sheet. I find that if you bunch them relatively close together you get a better lift. Then brush with milk and cook for about 10 to 16 minutes depending on size.



Why not use this little card to share the recipe with a friend?

**Thanks to Gary Maclean for sharing these recipes with A(r)t Home Zine
Issue 1: Food for Thought.**

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