

THOUGHTS FROM THE KITCHEN

Roast in the New Year

A lovely dish of roasted vegetables from the kitchen of John & Maria Walsh.

Maria: Ever since I can remember I've enjoyed cooking - at home from being young, in school and when we got married. John has always helped me. We sometimes joked that John would do all the shopping and preparation, then I'd come into the kitchen, put it all together, walk out, and then John would carry on. Of course I'd get all the credit! In the last few years, as my health has deteriorated, it's been more and more difficult for me to cook anything. I found this especially dif-

ficult because it had often been the way I'd try to love. Now I have to love by not cooking! I also have more treatments to do to help with my poor breathing, so gradually and with no fuss, John does everything that I used to. It's been a real 'losing' for me and I also thought John wouldn't be as good as me! Well he is, and has gradually developed recipes of his own. I think there is still that special unity as there always was, but somehow it's even better now as 'the old ego' has been pruned back somewhat, and where we can, we share ideas, too.

The following recipe for Roasted Vegetables is one John has developed and I love it so much that I could eat it every day! We have it with fish, meat or completely vegan, perhaps adding some nuts. We also have it as a way of 'using up' surplus vegetables. 🍆



John:
Ingredients

absolutely 'must have' (for 2 servings)

- ▶ 1 large sweet potato
- ▶ 1 large onion
- ▶ 1 red, yellow or orange capsicum
- ▶ 1 large, or 2 medium carrots
- ▶ ½ tsp chilli powder or ½ tsp cayenne pepper
- ▶ 1 or 2 tsp mixed herbs
- ▶ 1 or 2 tbsp light olive oil
- ▶ 2 or 3 sticks of celery

Ingredients you can add:

- ▶ new potatoes halved
- ▶ fennel
- ▶ rosemary
- ▶ paprika
- ▶ fennel seeds
- ▶ add the following after 15 minutes:
- ▶ cauliflower
- ▶ broccoli
- ▶ baby tomatoes
- ▶ parsnips, yuk!
- ▶ sprouts halved, double yuk!

Helpful tips:

If you've got a shiny worktop, put the chopping board on a tea-towel. I use a Silicone tray liner, stops veg sticking. As we're cooking at 240° C, be careful when opening the oven door... It looks a big amount before you cook it, but it does shrink.

Method

Oven at 240° C. Use a shallow roasting tin. Chop up the vegetables in strips about 1cm across, and the onion in big chunks. Spread out on the sheet/roasting tin, drizzle on some light olive oil and put in oven. Toss the veg every 10 mins. After 15 mins, add chilli and herbs. Also, this is when to add cauli, broccoli, baby toms etc. After about 30-35 mins, serve and thank God for lovely food.