

my delicious year

Background

Introducing the My Delicious Year monthly cook-a-long

What is it?

Join in for a once a month cook-a-long. On the first day of each month I will provide you with a recipe and shopping list. The recipe will be affordably priced and of easy to moderate difficulty.

When will it take place?

The cook-a-long will take place on the [third](#) Wednesday of each month. An event will be created on the [My Delicious Year](#) Facebook page at the start of each month. Please join the group to stay up to date, and don't forget to invite your friends to join in.

Where will the cook-a-long take place?

The idea is for you to cook the recipe in the comfort of your own home. Cook the selected recipe for your family, friends, neighbours or someone special. Once you are finished cooking, take a moment and capture a photo your meal. Post your picture and comments on the [My Delicious Year](#) Facebook page or share it on instagram using the hashtag [#cookalong](#) and tag [@mydeliciousyear](#).

Why a cook-a-long?

One of the main goals I set when starting out on this blogging adventure was to inspire others to cook. The idea behind the cook-a-long is to encourage you to try a new recipe each month by making it accessible to all and as simple as possible. After the cook-a-long we can then come together as a group to talk about the recipe – like a virtual book club, but for recipes.

The June cook-a-long will take place on Wednesday 19 June.

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Recipe

Vietnamese chicken, lemongrass & rice soup

a recipe by Rick Stein

ABC delicious. Magazine
(June 2010, p.116)

Serves 4-6

2 free-range chicken carcasses (or 1kg chicken drumsticks or wings)
10cm piece of ginger, sliced
1 bunch spring onions, trimmed, halved lengthways
1 garlic clove (unpeeled), lightly crushed
2 free-range chicken marylands
2 large lemongrass stems, bruised
3 small red chillies, stalks removed, plus 3 thinly sliced red chillies to serve
2 tbs fish sauce
1 cup (200g) Thai jasmine rice
Large handful coriander leaves
2 limes, cut into wedges
1/3 cup (80ml) rice vinegar

1. Place the chicken carcasses, drumsticks or wings in a large saucepan and cover with 2.5 litres cold water. Bring to the boil, skimming off any impurities that rise to the surface. Reduce the heat to medium-low, then add the ginger, spring onions and garlic and simmer very gently for 1 hour. Add the chicken marylands and simmer for a further 30 minutes or until the chicken is cooked and very tender.
2. Strain the stock into a clean pan, reserving the chicken marylands and discarding the other solids. You should be left with 2 litres of stock. If not, make up to the required amount with water.
3. Add the lemongrass, chillies, fish sauce and rice, then simmer gently, stirring occasionally, for 30 minutes or until the rice is very tender and has started to break down in the soup.

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4. Meanwhile, discard the skin and bones from the chicken marylands and shred the meat. Stir the shredded chicken into the soup, warm through for 2 minutes, and season to taste with salt.
5. Ladle the soup into bowls and serve with coriander, lime and a dish of extra chilli mixed with rice vinegar for everyone to add at the table.

My Delicious Year Cook's Notes:

- Don't be alarmed by the amount of chilli. Just modify the amount you use to suit the tastes of your family and friends. Ideally, you do need to use a little bit. Those who like it a little hotter, just add more sliced chilli at the end.
- Don't be afraid to use any old rice you have leftover in your pantry. The type of rice you use is not important. But make sure you cook it until it starts to break down. Maybe don't use risotto (arborio) rice though.
- If you can't get fresh lemongrass stalks, you can substitute it for that lemongrass in a tube.
- If you are not able to make your own chicken stock, you can replace it with ready made stock. It won't be the same though... If you are short for time, make the recipe up to the end of step 2 on the weekend before. You will be able to taste the difference.
- This recipe is ideal to double and freeze.

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Bonus recipe – dessert!!!

Who doesn't love a bit of pudding in winter? Since we've eaten lightly for our main course, why not sneak in a cheeky pudding for dessert? Who's in?

Chocolate & orange croissant-bread-and-butter pudding

a recipe by Jamie Oliver

ABC delicious. Magazine

(June 2006, p.31)

Serves 6

4 croissants

50g unsalted butter, softened

150gm dark chocolate, broken up into pieces

3 eggs

50g golden caster sugar*

1 cup (250ml) milk

1 cup (250ml) thickened cream

Finely grated zest of 1 orange

½ cup (50g) flaked almonds

1 tbs icing sugar

1. Preheat the oven to 180 degrees Celsius.
2. Lightly grease a 1.7 5-litre (7-cup) baking dish. Slice the croissants in half horizontally and spread the butter lightly on both sides. Lay the slices so they overlap in the baking dish, tucking the chocolate pieces among them.
3. Combine the eggs with the caster sugar in a large bowl, then stir in the milk, cream and most of the orange zest. Pour the custard mixture over the croissants, then press the croissants down to submerge them in the custard. Bake for 25 minutes until almost set.
4. Rinse almonds briefly in cold water and, while still wet, toss in icing sugar. Sprinkle over pudding, then cook for a further 10 minutes or until almonds have crisped and turned golden. Sprinkle remaining zest over pudding to serve.

*Available from gourmet food shops or substitute with white caster sugar.

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Shopping List

Soup
Four - Six people
2 free-range chicken carcasses (or 1kg chicken drumsticks or wings)
10cm piece ginger
1 bunch spring onions
1 garlic clove
2 free-range chicken marylands
2 large lemongrass stems
3 small red chillies
3 long red chillies
2 tbs fish sauce
1 cup of rice
1 bunch coriander
2 limes
1/3 cup (80ml) rice vinegar

Dessert
4 croissants
50g unsalted butter
150gm dark chocolate
3 eggs
50g golden caster sugar
1 cup milk
1 cup thickened cream
1 orange
50g flaked almonds
1 tbs icing sugar