

*AIN LEE'S*  
**COOKING**  
**WITH**  
**EASE**



**QUICK AND EASY  
FOOD FOR YOUR BELLY**



AIN LEE'S

# COOKING

WITH  
EASE



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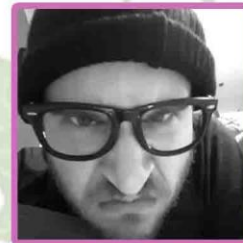
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# BABCOCK AU VIN



The flavor in this classic French chicken dish comes from simmering the chicken for a long period of time in a mixture of fresh vegetables and red wine.



## ☆ ingredients ☆

- 6 medium carrots, cut into 1/2-inch chunks
- 8 ounces sliced baby bella mushrooms
- 2 dried bay leaves
- 1/4 cup all-purpose flour
- 1/2 teaspoon dried thyme
- 8 bone-in chicken thighs (about 3 lb. total), skin removed
- Salt and pepper
- 1 tablespoon plus 1 tsp. olive oil
- 3 tablespoons tomato paste
- 2 cups dry red wine
- 8 ounces peeled pearl onions (about 1 3/4 cups)
- 4 cups baby arugula, for serving, optional

## ☆ how to make it ☆

- Step 1**  
In a slow cooker, combine carrots, mushroom slices and bay leaves.
- Step 2**  
In a large bowl, combine flour and thyme. Season chicken with salt and pepper. Add chicken to bowl with flour mixture and toss until evenly coated. In a large skillet, warm 2 tsp. oil over medium-high heat. Add half of chicken and cook, turning once, until golden brown, 3 to 4 minutes per side. Transfer to slow cooker. Repeat with remaining oil and chicken.
- Step 3**  
Add tomato paste and wine to skillet and cook, stirring and scraping up browned bits, until boiling steadily, about 1 minute. Pour over chicken. Scatter onions on top. Cover and cook on low until meat is tender, 3 to 5 hours.
- Step 4**  
Remove and discard bay leaves. With a slotted spoon, transfer chicken and vegetables to shallow bowls. Carefully pour sauce from slow cooker into a fat separator. Pour skimmed sauce over chicken; discard fat. Top with baby arugula, if desired.

# BOYLES' BRIE PARCELS



This easy baked brie recipe calls for wrapping a round of firm-ripe brie cheese in filo with chopped tomatoes, basil, and toasted pine nuts. It's a savory, fragrant appetizer sure to be a hit at your next party.



## ☆ ingredients ☆

- 1/4 cup pine nuts
- 1/4 cup oil-packed dried tomatoes, drained, with 1 table-spoon oil reserved
- 2 tablespoons melted butter
- 4 sheets (12 by 18 in.) filo dough, thawed if frozen (see notes)
- 1/4 cup chopped fresh basil leaves
- 1 round (8 oz.) firm-ripe brie cheese

## ☆ how to make it ☆

- Step 1**  
Place nuts in a 9-inch pie pan and bake in a 350° regular or convection oven until golden, 5 to 7 minutes.
- Step 2**  
Meanwhile, chop tomatoes. In a small bowl, mix oil and butter.
- Step 3**  
Cut filo sheets into 12-inch squares. One at a time, brush squares lightly with butter mixture and stack.
- Step 4**  
Spread chopped tomatoes, basil, and toasted nuts in center of filo stack in a round that matches the size of the cheese. Place cheese on top of tomato mixture. Fold corners of filo stack, one at a time, over cheese and brush lightly with butter mixture. Press filo against cheese to make a smooth package.
- Step 5**  
Place wrapped cheese, smooth side up, in 9-inch pie pan. Brush top of filo with remaining butter mixture.
- Step 6**  
Bake in a 350° regular or convection oven until filo is golden, 25 to 30 minutes. Cool about 10 minutes.
- Step 7**  
With a wide spatula, transfer filo-wrapped brie to a plate. To serve, cut a big X in center or cut off a corner so guests can scoop out cheese mixture.

# KENS' LOAVES & FISHES



A simple dish that can feed up to 5000 people. Make sure that you give it an extra Ken twist by only offering this to those that repent their sins.



## ☆ ingredients ☆

5 loaves of bread

2 fishes

## ☆ how to make it ☆

Step 1

Directed the people to sit down in groups on the grass in groups of 50 and 100

Step 2

Taking the five loaves and the two fish and looking up to heaven, give thanks and brake the loaves.

Step 3

Give them to the disciples, and the disciples give them to the people.

# K BEARS' RUBBED RIBS



These smoked ribs are outrageously good. A Memphis-style dry rub forms a delicious crust around the meat, making them savory and tender. A vinegar wash with an extra sprinkling of dry rub at the end of the cooking process adds another layer of flavor - so get rubbin' those ribs!



## ☆ ingredients ☆

2 pounds baby back ribs

For the Rub:

1/4 teaspoon cayenne pepper

1 teaspoon ground cumin

2 teaspoon paprika

1 teaspoon dry oregano

1 teaspoon sugar

1 teaspoon salt

25 grinds fresh black pepper

3 tablespoons vegetable oil

## ☆ how to make it ☆

Step 1

Preheat oven to 300 degrees F.

Mix the rub ingredients together well in a small bowl.

Step 2

Remove the membrane from the bone side of the ribs, then rub the vegetable oil onto the ribs. Pour the rub over the ribs and work the rub fully and evenly into the ribs. Spread the ribs out evenly on a foil-lined baking sheet.

Step 3

Bake until tender and juicy on the inside and crispy on the outside, about 2 to 2 1/2 hours.



# ANDRES' PIE, MASH & LIQUOR



Fill-up on this authentic British dish of beef pie with a hearty suet pastry case and all the traditional trimmings.



## ☆ ingredients ☆

### For the filling

1 tbsp olive oil  
1 onion, chopped  
2 cloves garlic, finely chopped  
450g/1lb minced beef steak or beef mince  
1 tsp English mustard  
1 tbsp tomato purée  
1 beef stock cube  
vegetable oil  
150ml/5fl oz brown ale  
100ml/3½fl oz beef stock  
2 tbsp plain flour  
salt and freshly ground black pepper

### For the suet pastry

350g/12oz self-raising flour, plus extra for dusting  
225g/8oz beef suet  
large knob of butter, softened, for greasing

### For the pie crust

450g/1lb ready-made shortcrust pastry, for the top of the pie  
1 free-range egg yolk, lightly beaten

### For the mashed potatoes

2 large potatoes (preferably Rooster or Nadine), peeled, cut into chunks  
100ml/3½fl oz hot milk  
knob of butter  
drizzle chilli oil (optional)

### For the parsley liquor

50g/2oz butter  
50g/2oz cornflour  
500ml/18fl oz chicken stock  
generous bunch parsley, leaves only, chopped  
1-2 garlic cloves, roasted and puréed, to taste

## ☆ how to make it ☆

### Step 1

For the filling, heat the olive oil in a large frying pan over a medium heat and fry the onion and garlic for five minutes or until softened. Add the mince and cook for five minutes, stirring occasionally, or until browned and cooked through. Stir in the rest of the filling ingredients, season with salt and freshly ground black pepper and set aside to cool.

Preheat the oven to 180C/350F/Gas 4.

### Step 2

For the suet pastry, sift the flour into a mixing bowl with the suet and season with salt and freshly ground black pepper. Gradually mix in about four tablespoons of cold water, or until you have a moist but firm dough.

On a lightly floured work surface roll the dough out to a 2mm thickness.

### Step 3

Generously butter two individual pie dishes then line each with the suet pastry, so that it covers the base and sides completely. Divide the filling mixture between the two dishes. For the pie crust, roll out the shortcrust pastry on a lightly floured work surface to a 2mm thickness and use it to cover the two pies, pushing down the edges to seal. Brush generously with the egg yolk and make a hole in the middle of the lid to allow steam to escape.

### Step 4

Place the pie dishes into a deep-sided roasting tin and pour in enough boiling water to come halfway up the sides of the pie dishes, taking care not to get any water on the pastry. Transfer to the oven and cook for 20-30 minutes, or until the pastry is crisp and golden and the filling steaming hot.

### Step 5

Meanwhile, for the mashed potatoes, steam (or boil) the potatoes for 20 minutes or until tender. Scald the milk then mash the potatoes with the hot milk, butter and plenty of salt and freshly ground black pepper until smooth. Drizzle with a little chilli oil, if using, and keep warm.

### Step 6

For the parsley liquor, melt the butter in a saucepan over a medium heat and whisk in the cornflour to make a paste. Gradually stir in the stock, bring to a simmer, then stir in the parsley and garlic and stir until thickened and smooth.

Serve the hot pies with the mash, parsley liquor and jellied eels on the side.

# SPOTTED 'CAD' DICK



Steam a traditional fruity sponge pudding with suet, citrus zest and currants then serve in thick slices with hot custard. Then off out to the karaoke.



## ☆ ingredients ☆

250g self-raising flour  
pinch of salt  
125g shredded suet  
180g currant  
80g caster sugar  
finely grated zest 1 lemon  
finely grated zest 1 small orange  
150ml whole milk,  
plus 2-3 tbsp custard, to serve

## ☆ how to make it ☆

Step 1  
Put the flour and salt in a bowl. Add the suet, currants, sugar, lemon and orange zest.

Step 2  
Pour in 150ml milk and mix to a firm but moist dough, adding the extra milk if necessary.

Step 3  
Shape into a fat roll about 20cm long. Place on a large rectangle of baking parchment. Wrap loosely to allow for the pudding to rise and tie the ends with string like a Christmas cracker.

Step 4  
Place a steamer over a large pan of boiling water, add the pudding to the steamer, cover and steam for 1 1/2 hours. Top up the pan with water from time to time.

Step 5  
Remove from the steamer and allow to cool slightly before unwrapping. Serve sliced with custard.

# DREDGE FRIED CHICKEN



As you dig in, the crust cracks audibly and reveals juicy chicken that is as flavorful as that irresistible crust. You'll taste the seasoning that made that chicken so fragrant and enjoy a mouthful that is equal parts crispy and juicy.



## ☆ ingredients ☆

12 boneless skinless chicken breasts  
1/3 cup salt  
1 (2 1/2 lb) bag all-purpose flour  
3 teaspoons seasoning salt  
2 teaspoons ground black pepper  
6 large eggs  
peanut oil (for frying)  
additional seasoning salt

## ☆ how to make it ☆

**Step 1**  
Rinse chicken. Place chicken and salt in a bowl and add water to cover. Soak 30 minutes.

**Step 2**  
In a separate bowl, stir flour, seasoned salt and pepper together.

**Step 3**  
Beat eggs in another bowl.

**Step 4**  
Drain the chicken. Dip each piece in beaten eggs and then in the flour mixture. Set aside on a floured baking sheet.

**Step 5**  
Fill a dutch oven half full of peanut oil. Heat oil to 325 to 350 degrees.

**Step 6**  
Dredge each piece of chicken in the eggs and then the flour mixture again. Place carefully into the hot oil.

**Step 7**  
Fry the chicken in batches until golden, turning to brown evenly. Cooking time is approximate.

Remove the chicken from the oil and drain on paper towels. Sprinkle chicken with seasoned salt.

# CATFORDS' TOMMY TOEPIE



Certainly one of the stranger concepts for a pie, but when you need a little extra tommy toe in your diet...here is where you get it.



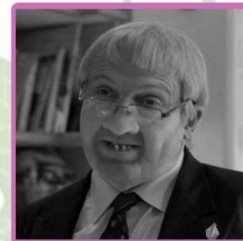
## ☆ ingredients ☆

- 3 -5 tomatoes, sliced
- 1 deep dish pie shell
- 1/2 cup sharp cheddar cheese, shredded
- 1/2 cup white cheddar cheese, shredded
- 1/4 cup mayonnaise
- 1/4 teaspoon dried basil  
(or better yet, try 1 tbs. fresh basil!)
- 1 tablespoon Dijon mustard
- salt and pepper
- 1 bunch green onion, chopped
- 1/2 cup parmesan cheese, shredded

## ☆ how to make it ☆

- Step 1  
The day before, slice 3 to 5 tomatoes and drain on paper towels.
- Step 2  
Refrigerate.
- Step 3  
Bake deep-dish pie shell according to package directions.
- Step 4  
Cool.
- Step 5  
Mix cheeses, mayonnaise and basil. Set mixture aside.
- Step 6  
Spread the bottom of the pie shell with Dijon mustard. Place one layer of tomatoes, and then sprinkle with salt and pepper.
- Step 7  
Layer 1/2 of the cheese and mayonnaise mixture
- Step 8  
Sprinkle with chopped green onions. Repeat layers. End with 1/2 cup of shredded Parmesan cheese on top.  
Bake at 375 degrees for 35-40 minutes. Enjoy!

# BARRYS' HOMEMADE VIENETTA



The trick to getting those crisp chocolate layers is just mix coconut oil into melted chocolate and you'll get the perfect chocolate 'snap'. The perfect aphrodisiac for a night in with Margret.



## ☆ ingredients ☆

- 350ml whole milk
- 150g caster sugar
- 1 vanilla bean
- 400ml double cream
- 4 large egg yolks
- 1 tsp vanilla extract
- 250g dark chocolate, broken into small pieces
- 50g coconut oil
- 45g toasted chopped hazelnuts

## ☆ how to make it ☆

**Step 1**  
Heat the milk, sugar and a large pinch of salt. Scrape the seeds from the vanilla bean into the milk, then add the bean pod to the milk. Cover, remove from the heat, and leave to infuse for one hour.

Place a 2-litre bowl in an even larger bowl that's been partially filled with ice. Set a strainer over the top of the smaller bowl and add the cream.

**Step 2**  
In a separate bowl, stir the egg yolks together. Gently reheat the milk, then gradually pour a little of the milk into the yolks, whisking constantly until combined. Scrape the warmed yolks and milk back into the saucepan. Cook over a low heat and stir constantly, scraping the bottom with a rubber spatula until the custard thickens enough to coat it.

Carefully strain the custard into the heavy cream and stir over the ice until cool. Stir in the vanilla extract, cover and then refrigerate for 2-3 hours to chill thoroughly. When chilled, remove the vanilla bean and freeze the custard in your ice cream maker according to the manufacturer's instructions.

**Step 3**  
While the ice cream churns, brush a 1½ litre loaf tin with vegetable oil, then line it with clingfilm so that plenty hangs over the edges. Add 200g chocolate and the coconut oil to a medium bowl and place in your microwave, heating in 30-second bursts until melted and stirring to combine. Alternatively, place a heatproof bowl over a pan of simmering water and add the chocolate and coconut oil, stirring until melted. Leave the chocolate sauce to cool.

Once the ice cream has churned and the chocolate sauce is no longer hot, get ready to layer up. Working quickly, add a quarter of the ice cream mixture to the loaf tin, spreading it flat. Add a thin layer of the chocolate sauce, spreading carefully with an off-set palette knife. Sprinkle over 1 tbsp of the chopped hazelnuts and then transfer the loaf tin and bowl of ice cream to your freezer for 5 minutes to prevent it melting.

**Step 4**  
Remove the loaf tin and the bowl of ice cream from the freezer and repeat the above until you have three layers of the chocolate sauce, finishing with a fourth layer of the ice cream. Cover loosely with clingfilm and transfer to your freezer. Leave to set, preferably overnight. Transfer the remaining chocolate sauce to a small bowl, cover and leave in the fridge.

**Step 5**  
Place a small plate or baking tray in the freezer. Melt the remaining chocolate in the microwave, stirring until smooth. Spread thinly on the plate or baking tray and put back in the freezer. Leave until firm, then remove from the freezer and create curls using a knife or break up into shards. Place back into the freezer.

**Step 6**  
When you're ready to serve, gently reheat the chocolate sauce and leave to cool. Remove the Viennetta from the freezer and use the overhanging cling film to pull it out of the loaf tin and turn it over on to a board or serving dish. Drizzle with the chocolate sauce and then, working quickly, before the sauce fully sets, sprinkle the remaining nuts down the centre and decorate with the chocolate curls or shards.

# AINA'S STRAWBERRY FOOL



You can change things up according to your preferences or what you have on hand. Try raspberries or a mix of different berries to switch things up. You can add different extracts or make it extra fancy by adding different flavored fruit liqueurs, like Chambord or Grand Marnier.



## ☆ ingredients ☆

- 1 cup heavy cream, chilled
- 2 cups fresh (or frozen) strawberries
- 1-2 Tablespoons sugar
- 1 teaspoon vanilla extract
- a few strawberries, sliced, for garnish

## ☆ how to make it ☆

Place chilled heavy cream in a large mixing bowl, or the bowl of a stand mixer. Beat until light and fluffy, being careful not to overheat. Set aside or chill until ready to use. (You might need to whisk it or beat it again for a few seconds if you don't use it right away and it separates.)

Place strawberries in a medium bowl. Sprinkle with sugar and add vanilla extract. Mash the strawberries, leaving some larger pieces. Let stand for a few minutes.

Add about half of the mashed strawberries to the whipped cream, folding with a large silicone spatula.

Reserve the remaining strawberries to use when serving.

To serve: Spoon some of the cream into four serving glasses or dishes, top with some of the remaining mashed strawberries, and another spoonful or two of the cream and a few sliced strawberries. Serve immediately, or place in fridge to chill until ready to serve.

# NIGELS' LO HAN CHAI



Lo Han Chai or Buddha's delight is a popular Chinese dish that consists of various vegetables and other vegetarian ingredients cooked in a soy sauce based liquid together with other seasonings



## ☆ ingredients ☆

- ½ Chinese cabbage, chopped
- 5 pcs dried shiitake mushroom, rehydrated and cut in half
- 1½ cup straw mushrooms, cut in half
- 1 pack snow peas
- 1 carrot, sliced
- 10 pcs baby corn, diagonally cut in half
- 6 squares fried tofu
- 1 cup water chestnuts, cut in half
- 3 tbsp oyster sauce or vegetarian oyster sauce
- 2 tbsp soy sauce
- 2 tsp sugar
- 2 tbsp sesame oil
- 2 tbsp tapioca starch
- 6 cloves garlic, minced
- 2 cup water
- oil

## ☆ how to make it ☆

- Step 1  
Blanch snow peas and run them on cold water then set it aside.
- Step 2  
Mix together water, oyster sauce, corn flour, sugar and sesame oil then set it aside.
- Step 3  
In a wok add oil then sauté half of the garlic.
- Step 4  
Add the white part of the Chinese cabbage then stir fry for a minute.
- Step 5  
Add the green part of the cabbage then stir fry for 3 minutes or until cooked. Remove the cabbages then set aside.
- Step 6  
Add oil in the same wok then sauté the remaining garlic.
- Step 7  
Add shiitake mushrooms and stir fry for a minute.
- Step 8  
Add carrots, baby corn, water chestnuts and stir fry for 2 minutes.
- Step 9  
Add tofu, straw mushrooms, cooked cabbage and sauce mix then continuously stir fry for 4 minutes, add water if necessary.
- Step 10  
Season with salt if needed, toss in the snow peas then serve.

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Does Jamie Oliver offer this with his cook books...no he bloody doesn't. He's too busy with his celebrity chums on Southend Pier, shaving seagull beaks onto a pomme puree and telling everyone it's an untapped food resource that this country needs to adopt. Well up yours Oliver; shut it Torode, and screw you Ramsey. This is real food for real people. Although I do quite like the Hairy Bikers.

Enjoy & Eat Well

