

Farmacy Shares: Celebrating the Summer

Cold noodle salad

For the salad:

- 1/2 pound noodles
- 1 medium red bell pepper, cored and thinly sliced
- 1/3 cup shredded or thinly sliced carrots
- 1/2 cup shredded cabbage
- 1 pinch Sesame seeds

For the dressing:

- 2 tablespoons tahini
- Tablespoon olive oil
- 1 teaspoon honey
- 1 tablespoon sesame oil
- 2 teaspoons rice wine vinegar
- 1 clove garlic, finely grated
- 1/2 teaspoon finely grated ginger

Cook the noodles in salted water according to the package instructions. Drain and rinse well under cold water. Add a drizzle of sesame oil and toss, to keep them from sticking.

While the pasta cooks, assemble the dressing.

In a large bowl, whisk the tahini, honey, sesame oil, vinegar, garlic, and ginger together until smooth; season with salt and pepper.

Add the cold noodles, pepper, carrots, and cabbage to the bowl of dressing. Top with sesame seeds before serving. Dressed salad will keep well covered, in the refrigerator, for 4 days.

Jamie Oliver's Baba Ghanoush (adapted)

2 large eggplant
olive oil
2 cloves of garlic
1 tablespoon tahini
½ teaspoon chilli powder , optional
1 teaspoon cumin
extra virgin olive oil
2 lemons

Preheat the oven to 375.

Cut the eggplant in half lengthways.

Score the flesh sides in a crisscross pattern, making sure you don't cut through the skins.

Drizzle with 2 tablespoons olive oil, then toss to coat.

Arrange on a baking tray, flesh-side facing up, then bake in the oven for around 30 minutes, or until soft.

Remove from the oven and let cool for about 5 minutes. Peel off the skins and discard.

Peel and roughly chop the garlic, then place in a food processor or blender.

Add the tahini, chilli powder (if using), cumin, 2 tablespoons extra virgin olive oil and the eggplant.

Cut the lemons in half. Squeeze in the juice.

Secure the lid and blitz to a nice thick dip.

Have a taste and add a tiny pinch of salt and pepper, if you think you think it needs it.

Transfer to a bowl, to serve.

Peach Lemon Sorbet

6 ripe but firm yellow peaches (about 500 grams), peeled and pitted

1 large lemon

¾ cup sugar

Chop the peaches into chunks. Finely grate the peel of the lemon over the peaches, then squeeze in the juice.

Stir in the sugar and leave for 30 minutes to draw out some syrupy peach juices. Taste and adjust the lemon; it should be strong but not overpower the peach flavor.

Freeze in a shallow container, stirring every half hour or so until firm and scoopable, or churn in an ice cream machine.

Serve right away or cover and freeze. For the best texture and flavor, eat within a few days. If frozen too hard, let soften for 10 minutes, or until just soft enough to scoop.