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BRITISH  
CHEFS



# TAKING STOCK

*Eight delicious recipes using  
Knorr Organic Stock Pots*

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*Championing Britain's greatest chefs*

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Here at Great British Chefs, we're all about bringing you incredible recipes and cooking guides direct from the minds of some of the best chefs in the UK.

Whether you're a dab hand in the kitchen or still learning the basics, we've got everything you need to become the cook who goes above and beyond in the name of great food and drink.

## TAKING STOCK

A good stock can make or break a dish. Soups, stews and sauces often rely on them for depth of flavour, and while they're rarely the star of the show, they're one of the most useful supporting acts a recipe can have. Knorr's Organic Stock Pots boast all the flavour of a homemade stock, without the need for hours and hours of simmering – these recipes from two of the UK's most exciting chefs prove just how versatile, simple and delicious they can be.

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Richard  
Bainbridge



Alfred Prasad



# Root vegetable ramen with potato noodles

by Richard Bainbridge

This ramen combines British root veg with Asian aromatics to create a vegetarian soup perfect for the colder months. The noodles are replaced by spiralized potatoes – making the dish gluten-free – and all the vegetables can be swapped out for whatever you've got to use up in your fridge. The broth is made with a Knorr Organic Vegetable Stock Pot, adding plenty of flavour into the mix.

🍴 Main 📶 Easy 👤 2 ⌚ 35 minutes

## Ingredients

1 egg  
rapeseed oil  
1 shallot, finely chopped  
1 garlic clove, finely sliced  
1 Knorr Organic Vegetable Stock Pot  
500ml of boiling water  
½ bunch of coriander, roughly chopped (keep the stalks separate)  
1 carrot, finely diced  
1 stick of celery, finely diced  
100g of celeriac, finely diced  
1 knob of ginger, finely sliced  
1 small potato, cut into noodles with a spiralizer  
½ red chilli, deseeded and sliced  
1 savoy cabbage leaf, finely sliced  
tamari, to serve  
sea salt  
ground white pepper  
1 lime, sliced into rounds

1. Bring a saucepan of water to the boil, add the egg and boil for 6 minutes. Drain and place in cold water to cool completely, then peel and halve
2. Place a small pot over a medium heat and add a splash of rapeseed oil. Add the shallot and garlic and gently cook for 5 minutes without colouring
3. Add the stock pot and cook with the shallots and garlic for 2 minutes. Add the boiling water, stir well and bring to the boil
4. Turn down the heat to a gentle simmer and add the coriander stalks, carrot, celery and celeriac. Cook for 3–5 minutes so the vegetables are cooked but still have a little bite to them
5. Add the ginger, chilli and potato noodles and continue to cook for a further 3 minutes. Remove the coriander stalks and check for seasoning. Season to taste with sea salt and freshly ground white pepper
6. Divide the vegetables between two warm bowls and sprinkle with cabbage and the reserved coriander leaves. Place half an egg on top of each dish, adding more freshly chopped chilli to taste
7. Char the lime rounds in a dry frying pan until brown, then squeeze and add to the bowls. Pour over the remaining broth and serve, adding a dash of tamari





# Vegan jackfruit khow suey

by Alfred Prasad

Khow suey is a coconut noodle soup from Myanmar (formerly known as Burma), where locals often eat it for breakfast. A base is made from onion, garlic, ginger, curry spices and gram flour, before being let down with stock and coconut milk to create a rich broth. Alfred gets creative with his other ingredients, using jackfruit and bamboo shoots to create a vegan version – feel free to do the same!

🍴 Main 📏 Easy 👤 6 ⌚ 40 minutes

## Vegan jackfruit khow suey

3 dried red chillies  
40ml of coconut oil, cold-pressed  
1 large onion, chopped  
3 garlic cloves, chopped  
1 knob of ginger, approx. 2.5cm long, peeled and chopped  
½ tsp turmeric powder  
1 tsp roasted curry powder  
2 tbsp of gram flour  
3 kaffir lime leaves  
2 Knorr Organic Vegetable Stock Pots, dissolved in 500ml hot water  
¼ cauliflower, cut into small florets  
½ broccoli, cut into medium florets  
raw jackfruit, drained, from a 400g tin  
bamboo shoots, drained, from a 225g tin  
300ml of coconut milk  
½ lemon, juice only  
½ bunch of coriander leaves, finely chopped  
salt

## Classic accompaniments (choose your favourite combination depending on diet and preference)

fried garlic flakes  
fried onions  
roasted peanuts  
red chillies, sliced  
green chillies, sliced and marinated in vinegar  
lemon wedges  
boiled eggs, sliced  
spring onions, finely sliced  
flat rice noodles, cooked according to pack instructions

1. Soak the red chillies in lukewarm water for 30 minutes, then drain and set aside
2. Heat 30ml of the coconut oil in a large saucepan. Add the onions, garlic, ginger, turmeric and roasted curry powder and sauté until the onions are soft – around 8–10 minutes. Set aside to cool then grind to a paste using a small food processor or blender
3. Place a dry frying pan over a low-medium heat and add the gram flour. Toast for 3–4 minutes, then tip onto a plate and allow to cool. Once cool, grind it with the onion paste and the soaked red chillies
4. Heat the remaining 10ml of coconut oil in a pan, add the ground paste and cook for 2–3 minutes more. Add the lime leaves and then gradually whisk in the stock. Bring to a boil, add all the vegetables and cook until tender

5. Add the coconut milk and bring to a gentle boil. Finish with a squeeze of lemon juice and the chopped coriander and season to taste with salt

6. Make your own bowl with the broth, noodles and choice of accompaniments





# Tuscan ribollita

by Alfred Prasad

Ribollita is a hugely important staple in Tuscan cuisine – it may look like a simple vegetable soup on the surface, but this dish is more than the sum of its parts. The stale bread is very traditional – as it rehydrates in the soup, it takes on a lovely silky texture. Alfred's version stays fairly true to the original, and makes a fantastic easy weekday lunch or dinner.

🍴 Main 📏 Easy 👤 6 ⌚ 45 minutes

## Ingredients

3 tbsp of olive oil, plus extra for drizzling  
1 small onion, finely diced  
1 small carrot, finely diced  
1 celery stick, finely chopped  
4 garlic cloves, finely chopped  
1 tbsp of thyme leaves, chopped  
2 bay leaves  
1 tsp black peppercorns, crushed  
1 small sweet potato, diced  
½ savoy cabbage, shredded  
1 tbsp of tomato paste  
1 Knorr Organic Vegetable Stock Cube  
cannellini beans, from a 400g tin  
100g of cavolo nero, chopped  
50g of baby spinach  
150g sourdough bread, at least 3 days old, roughly cut into pieces  
salt

1. To begin, heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Fry until golden brown for roughly 8–10 minutes on a medium heat, stirring constantly
2. Add the thyme, bay leaves, black peppercorns, sweet potato, savoy cabbage and tomato paste and mix well. Stir the stock cube into the mixture. Drain the beans, mash half of them, and add the mashed and whole beans to the pot. Add 1.5 litres of water, bring to a boil and simmer for 20 minutes
3. Add the cavolo nero and cook for a further 10 minutes. Season to taste with salt
4. Add the sourdough bread and the spinach, check the seasoning and simmer for a further 5 minutes. To serve, spoon into individual pasta bowls, drizzle over some extra virgin olive oil and sprinkle over crushed peppercorns





# Chicken and pearl barley risotto

by Richard Bainbridge

Richard Bainbridge's tasty chicken risotto is simple to make and packed with flavour, thanks to the combination of butter, white wine, Parmesan and a Knorr Organic Chicken Stock Pot. He uses pearl barley instead of the traditional arborio rice which gives the dish a wonderful bouncy texture. The chicken breast is gently steamed on top of the risotto, imparting it with plenty of flavour and keeping it nice and juicy.

🍴 Main 📈 Easy 👤 2 ⌚ 1 hour 10 minutes

## Ingredients

1 large skinless chicken breast, or 2 small chicken breasts  
100g of butter, cubed  
1 leek, thinly sliced  
200g of pearl barley, soaked overnight in cold water  
250ml of white wine  
1 Knorr Organic Chicken Stock Pot, dissolved into 500ml boiling water  
½ bunch of flat-leaf parsley  
1 bunch of chervil  
75g of Parmesan, grated

1. Place a large pan over a medium heat. Add 50g of the butter with the leek and gently sweat without colouring
2. Once soft, add the pearl barley and white wine, then allow to reduce by three-quarters
3. Add enough chicken stock to cover the barley. Once that has reduced, add another ladle of stock and continue cooking in this way until the stock is used up (as you would a risotto)
4. As you add the final ladleful of stock, place the chicken breast on top of the barley, season with a sprinkle of salt and put a lid on the pan until the chicken is cooked – 10–15 minutes depending on the size of the chicken breast. Stir halfway through to ensure the barley doesn't stick to the pan
5. Remove the chicken from the pan and stir in the Parmesan and remaining butter. Turn the heat off, place the lid back on and let the risotto sit for 5 minutes. In the meantime, slice the chicken breast and chop the herbs
6. Taste the risotto and check for seasoning. Fold through the herbs, then portion between 2 bowls and lay the chicken on top





# Anglo-Indian chicken stew

by Alfred Prasad

Alfred Prasad's homely Anglo-Indian chicken stew borrows from English and Indian traditions to create something truly delicious. Onion, garlic, ginger and spices form a solid foundation for the stew, and Alfred adds a host of vegetables, alongside chicken and rich chicken stock, resulting in a comforting dish.

🍴 Main 📶 Easy 👤 4 ⌚ 45 minutes

## Ingredients

30ml of olive oil  
3 cassia sticks, or use cinnamon if unavailable  
1 tsp black peppercorns  
6 cloves  
2 onions, sliced  
3 garlic cloves, chopped  
1 knob of ginger, approx. 2.5cm in length, peeled and chopped  
6 chicken thighs, boneless and skinless, cut into large chunks  
2 tbsp of flour  
3 green chillies, slit  
1 tbsp of tomato paste  
2 Knorr Organic Chicken Stock Pots, dissolved into 750ml hot water  
2 Maris Piper potatoes, peeled and cut into a medium dice  
1 carrot, peeled and cut into a medium dice  
100g of green beans, diced  
50g of petit pois  
¼ head of broccoli, cut into small florets  
30g of edamame beans  
4 sprigs of mint, leaves picked  
salt

1. To begin, heat the olive oil in a large saucepan and add cassia bark, black peppercorns and cloves. Lightly fry, then add the sliced onions and fry until golden brown, for roughly 8–10 minutes on a medium heat, stirring occasionally
2. Add the chopped garlic and ginger and sauté for a minute or so. Add chicken pieces and cook over high heat for 5 minutes, until nicely golden and coated in the spices. Sprinkle over the flour and sauté well for a further 5 minutes
3. Add the green chillies, tomato paste and hot stock, season with salt and simmer for 10 minutes. Add the chunks of potato and simmer a further 15 minutes
4. Finally, add the vegetables and mint leaves and simmer for a further 10 minutes, or until the chicken is cooked through and the vegetables are tender. Serve hot with either sourdough bread or steamed rice





# Braised beef with five-spice and star anise

by Richard Bainbridge

Aromatic braised beef is given a new lease of life thanks to the addition of five-spice, star anise, chilli and soy, which bolster the rich sauce (made with a Knorr Organic Beef Stock Pot) that coats the chuck steak. A perfect midweek dinner full of warming, fragrant flavours.

🍴 Main 📊 Easy 👤 4 ⌚ 2 hours 15 minutes

## Ingredients

2 tbsp of rapeseed oil  
1 small red onion, finely sliced  
4 garlic cloves, quartered  
1 inch piece ginger, peeled and finely chopped  
1 red chilli, finely sliced  
1 star anise  
1 tsp five-spice powder  
1kg chuck steak, diced  
2 tbsp of spelt flour  
2 tsp brown sugar  
125ml of sherry, or dry white wine  
1 Knorr Organic Beef Stock Pot, dissolved into 500ml boiling water  
6 tsp soy sauce, (reduced salt)  
100g of Chinese cabbage, shredded  
4 spring onions, finely sliced  
1 handful of coriander, leaves picked

1. Preheat the oven to 150°C/gas mark 2
2. Place a large ovenproof casserole-style pot over a medium heat and add half the rapeseed oil along with the onion, ginger, garlic, chilli, star anise and the five-spice. Sweat without colour for approximately 3 minutes (or until just cooked). Remove from the pan and put to one side
3. Place the diced beef in a large bowl and toss with the spelt flour to coat evenly
4. Add the remaining oil to the pot and fry off the beef until nice and evenly coloured – you may need to work in batches
5. Return the onion and chilli mixture to the casserole with the beef. Add the brown sugar and sherry (or white wine) then bring to the boil
6. Once boiling, pour in the beef stock and soy sauce. Bring back to the boil
7. Place the lid on top of the pot or cover with greaseproof paper and cook in the oven for 60–90 minutes until the meat is soft and tender
8. Serve with boiled basmati rice and sprinkle the cabbage, spring onions and coriander over the top to finish





# Indian-Chinese chilli chicken

by Alfred Prasad

All along India's eastern border Indian and Chinese flavours collide, creating an array of intriguing, delicious Indo-Chinese dishes. Chilli chicken is a classic example – a rich, silky mixture of soy sauce, spring onion, sesame, chicken, and of course, plenty of chillies. Feel free to reduce the latter if you want to bring down the heat levels.

🍴 Main 📏 Easy 👤 4 ⌚ 20 minutes

## Ingredients

50ml of vegetable oil  
500g of chicken breast, cut into 3 equal strips then thinly sliced  
1 green pepper, cut into a large dice  
5 dried red chillies, deseeded and broken into 3 pieces  
4 green chillies, cut into thick diagonal slices  
1 knob of ginger, approx. 5cm in length, peeled and finely sliced  
1 red onion, cut into a large dice  
1 tbsp of dark soy sauce  
1 tbsp of light soy sauce  
2 Knorr Organic Chicken Stock Pots, dissolved into 500ml hot water  
1 tbsp of cornflour  
3 spring onions, cut the bulb into quarters and the leaves into 2.5cm long pieces  
1 tbsp of toasted sesame oil  
salt

1. To begin, heat the oil in a large wok or non-stick saucepan and brown the chicken (in batches if required) over a high heat, turning the chicken after a minute so it evenly colours on both sides. Remove the chicken with a slotted spoon and set aside. Heat the same oil and toss the green peppers for 10 seconds. Drain with a slotted spoon and set aside
2. Add the red chillies, green chillies and ginger to the pan and stir-fry for 2–3 minutes. Add the onions and toss well for 1 minute
3. Add the dark and light soy sauces and mix well. Add the stock and bring the mixture to the boil. Dissolve the cornflour in 1 ½ tbsp of cold water and mix well
4. Once the stock begins to boil, add the cornflour paste, stirring vigorously to avoid any lumps
5. Add the tossed green peppers, browned chicken and spring onions and cook for a further 2–3 minutes over a high heat
6. Add the salt as required, drizzle over some sesame oil and serve hot with vegetable or egg-fried rice







# Roast duck with puy lentils and roasted onions

by Richard Bainbridge

This fantastic duck recipe sees the magnificent bird served on a bed of earthy puy lentils and silverskin onions, gently braised in a flavourful Knorr Organic Chicken Stock Pot and the rendered duck fat. A fantastic one-pot dish full of rich indulgent flavours.

🍴 Main | 📶 Easy | 👤 4 | ⌚ 2 hours 10 minutes

## Roast duck

1 duck, wild if possible  
1 knob of butter  
1 sprig of thyme  
2 bay leaves  
10 juniper berries, crushed  
salt  
pepper

## Roasted baby onions

12 silverskin onions

## Puy lentils

50g of salted butter  
1 shallot, finely chopped  
1 carrot, finely diced  
1 stick of celery, finely diced  
1 sprig of thyme  
1 bay leaf  
200g of puy lentils, soaked in water overnight  
1 Knorr Organic Chicken Stock Pot, dissolved in 500ml boiling water

1. To begin, rub the cavity of the duck with a knob of butter. Place the thyme, bay leaves and juniper berries into the cavity and season with salt and pepper
2. Place a casserole dish over a high heat and once hot add a splash of oil. Carefully add the bird and turn the heat down by half. Colour all over for 3–5 minutes on each side until nicely golden. Remove the bird from the dish and allow to rest whilst you prepare the onions and lentils
3. Place the silverskin onions into a bowl and pour boiling water over the top. Leave for 10 minutes – this will make the skins soft. Peel the onions and wash well, then place to one side until needed
4. Preheat the oven to 180°C/gas mark 4
5. Place the casserole dish used to cook the duck over a medium heat. Add the butter, shallot, carrot, celery, thyme and bay leaf. Sweat, but do not allow to colour
6. Add the puy lentils and stir through. Pour over the chicken stock then bring to the boil. Place a piece of baking paper on top, allow to simmer for 10 minutes then remove the paper and place the duck on top, scattering the onions on top of the lentils
7. Cook the duck in the oven for 20 minutes per 500g of weight, then for a further 20 minutes to finish cooking. Remove from the oven and leave to rest in a warm place for 20 minutes
8. Bring the casserole dish to the dining table and dig in



## Meet the chefs

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### Alfred Prasad

Alfred Prasad is credited with elevating the reputation of British Indian food with his delicate treatment of fresh, seasonal produce. Becoming the youngest Indian chef to receive a Michelin star at the age of twenty-nine, he retained this accolade at Tamarind for twelve years. He is now pursuing his own restaurant empire, which he hopes will showcase the variety, as well as the quality, of Indian food.



### Richard Bainbridge *Benedicts*

With a background in classical cooking in Michelin-starred kitchens, Richard Bainbridge returned to his home city of Norwich to open Benedicts, a renowned restaurant which serves Norfolk produce cooked with passion, playfulness and creativity.





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