



# The kitchen doctor

This time, the doctor was called out to one of those famous pesky-vores ...he eats fish

## Patient Profile

**NAME:** Paul McGrath (also known as 'Billy', a nickname he picked up at school after hearing a ghost story about a character called Billy).

**OCCUPATION:** Media sales executive and staunch Manchester City fan.

## Consultation

Paul gave the doctor a call after hearing about our fish-conceptions campaign (page 5). He moved towards a vegetarian diet 9 months ago but continued to eat fish now and again. Although this was not a health-related concern, he did wonder whether he would have to take vitamin supplements. Basically, he liked the taste of fish but wanted to become a true vegetarian.

## Time to cook...

Paul was a real rice fan so we decided to do two dishes, both with rice, paella and kedgerree.

Although we may think of paella as a fish or meat dish, depending upon the region where it is served, it is perfect as a vegetarian dish.

## PAELLA

**TIP FROM THE DOC:** Prepare the paella in a large frying pan or wok. Paella should have a moist consistency; if it becomes too dry, it can catch on the bottom of the pan. Add extra stock as required. If you have a sweet tooth, sliced pineapple works very well as an addition to this dish.



Serves 4

10ml olive oil  
1 onion  
200g Basmati rice  
1.2l vegetable stock  
2 garlic cloves crushed  
1/2 tsp turmeric powder  
100g of artichokes in oil, drained and sliced in half  
20g capers  
50g black olives, pitted  
100g button mushrooms, cut in half  
10 cherry tomatoes, sliced  
1 packet of 'veggie bacon', cut into strips and fried  
1 small bunch of fresh tarragon  
20g toasted flaked almonds

Gently fry the onion in a large frying pan for 5 minutes. Add the Basmati rice, stock, garlic and turmeric, then simmer for 10 minutes. Add the artichokes, capers, olives, mushrooms and continue to cook for 5 minutes.

Finally add the tomatoes and chopped tarragon and fried 'bacon'. Serve with a garnish of toasted flaked almonds.



## KEDGEREE

Kedgerree is a perfect breakfast food. Traditionally served using smoked fish as a light lunch or breakfast treat, this is perfect with smoked tofu.

**TIP FROM THE DOC:** Cook the rice the evening before and refrigerate. This will save a few minutes in the morning.

5ml olive oil  
200g cooked rice  
1 packet of smoked tofu, thinly sliced  
1 finely chopped pepper  
20g finely chopped mushrooms  
20g peas  
1/4 tsp paprika

Heat the oil in a frying pan and add the tofu. Fry for 5 minutes, then add all of the other ingredients. Continue to cook for another 5 minutes, stirring occasionally. Serve hot.

## What Paul said about the food

Paul told me that the food had a 'refreshing, well-balanced taste which



**Nutrition notes**

*Before the visit of the Kitchen Doctor, Paul used to have the occasional meal with Cod, Haddock or Plaice, and he sometimes would have Prawns in his Paella. None of these fish contain significant amounts of the omega 3 fats that Paul had heard were good for him 'and came from fish'.*

*While it is true that certain types of fish are rich in omega 3 fats, a vegetarian need not go short. Rich vegetarian sources of these fats include flax seeds and flax seed oil, hemp seeds and oil, and walnuts, walnut oil, soya oil and rape seed oil. Other soya products and leafy green vegetables also contribute.*

*If anyone needs more detailed information just contact The Vegetarian Society.*



was light and not overpowered by any one ingredient'. He also suggested that 'it could be eaten as a main course or served with a salad'.

A couple of neighbours, Mike and Eoian, popped over during the evening. Though they were both meaty pals, they still enjoyed the food. Well, of course they would, what did they expect vegetarian food to be like?

Thanks to Paul for allowing me into his home.

So I'm sure you want to know did Paul become a proper veggie and drop the fish? Yes, he did, after a visit from the Doc.

*If you would like a visit from the Kitchen Doctor please email me on [alex@vegsoc.org](mailto:alex@vegsoc.org)*

