

-in-one prawn & lentil curry
 chicken & bacon pasta bake
 smoky chorizo pizza

EASIEST EVER
MIDWEEK
ONE-POTS

GORGEOUS
GLUTEN-FREE
BAKES

Cosy up
 Tom K
 Valen

is the co-founder of *Food* magazine
 dedicated to free-fire cooking. She lives
 in south London.
 'Mine is steak and kidney pudding.
 I made it for the first time recently and



...I heard for what
 such a simple
 reason. It's really
 nostalgic.
 'Mine didn't
 taste as good as
 Mum's. They never
 do, do they?'

...
 ...
 ...



TIRAMISU

Sonali Taylor-Greenall is a pop-up cook and caterer who serves food from around the world to people in Exeter, Devon (suppers-by-sonali.myshopify.com).

'My mum was known to make the best tiramisu, though when I first had it when I was seven years old, I hated it. But once I was about 20 I started enjoying it and making it myself. I used to work in the coffee world and got more into tiramisu – good coffee makes a big difference.'

'Now, when I'm sad, I make a tray of tiramisu. It brings together things I love – sharing, biscuits, chocolate and alcohol.'



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WEST INDIA CURRY & ROTI

John Lashley runs Brooklyn Brownie Co with his son Le...
 12. Born in the US, John m...
 to the UK in 2004 and lives...
 Northampton. They set up...
 company in July 2019, and...
 send their New York-insp...
 brownies around the UK...
 (brooklynbrownieco.com)

'For me it would be West Indian curry and roti. My...
 from Guyana and I was...
 make it by my grandmo...
 flavour is different to a...
 Indian curry, richer and...
 like a stew. The base is...
 spice mix but then it's...
 and allspice added to...
 are also different to So...
 roti – these are made...
 are flaky, like paratha...

'Whenever I eat it, I...
 back to my grandmo...
 kitchen in New York'

MATOKO WITH SPINACH & PEANUT STEW



Shebah Mimano runs Inyamat, a pop-up restaurant and caterers based in Aberdare, South Wales (inyamat.co.uk). She also blends and sells spice mixes.

Inyamat means 'food' in Ateso, a dialect of Uganda, where her mother is from. It's a country that inspires the food Shebah serves – as well as Kenya, Nigeria and South Africa. 'A food that makes me really happy is matoke with spinach and peanut stew. Matoke is a green banana you boil and mash – taste-wise, it's somewhere between a banana and plantain. It's the dish Mum cooks when we're feeling celebratory, and is one of those dishes you only have at certain times of the year, so for me, it brings back better times in life. It's also expensive, so we only have it every so often. I love it.'



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...CAKES YO...
 late & pec...
 stuffed wi...