

Sweet Jacket Potato



This is one of my favourite meals, made by my partner George. He's a really wonderful chef and does the majority of the cooking at home, I'm very lucky! This is great comfort food - it's nourishing and delicious, and is both a winter warmer and salady-summery thing. It's great on a sick day because it's packed full of goodness and is also really yummy and satisfying :)

I can be in quite a lot of pain when I'm in a bad phase, and food can feel like something nice my body can experience. If I was left to my own devices, it'd be cereal for dinner every night, or the recipe writer Alice Hattrick who also has M.E. gave me (while we were on a residency at Wysing Arts Centre thinking and talking about sickness, cripness and disability) - a tin of sweetcorn. Meals like this Sweet Jacket Potato make me feel a bit more human again.

Bio

Leah is an artist based in London, working mostly in film and performance. Her practice is concerned with the relationship between the psychological, emotional, and physical, often through personal accounts of unusual or hard-to-articulate experiences. Her work also focuses on sickness / cripness / disability in art, in critical and practical ways.



Ingredients

(serves 2)

2x spring onions
1x mild red chilli
x 2 sweet potatoes
1 white onion
3 x cloves garlic
1/2 punnet cherry tomatoes
1x teaspoon cumin seed
1 jar jalapeños
1x bunch coriander
Cottage cheese
1 can of black beans

Elderflower Cordial

I'd recommend this as an accompanying drink :)

Ingredients

Elderflower cordial
Sparkling water
Still water

Method

Dilute the cordial as desired with either water

Method

Fork holes in sweet potatoes. Bake in oven 200°C for 30- 40 mins until soft and tender.

For the beans

Toast 1 teaspoon of cumin seeds in a saucepan (no oil). Add a glug of olive oil and a roughly chopped onion, caramelize onions until soft and golden brown. Add 3 cloves of garlic (finely chopped). Cook for a further minute before adding black beans. Season well, cook until beans are soft and creamy.

For the salsa

Finely chop spring onions and add to a bowl, add cherry tomatoes chopped in quarters. Take jar of jalapeños, liquidise whole jar (liquid and all) in a blender. Use 2 and a half tablespoons of liquidised jalapeños as dressing for salsa, put remainder back into jar and refrigerate for future occasions. Add 2 sprigs of roughly chopped coriander leaves. Season and add a splash of olive oil.

To serve:

Open potato, add beans on top and to the side of the dish. Top the potato with two large spoons of the salsa a dollop of cottage cheese, some finely sliced (mild!) red chillies, coriander leaves and olive oil, seasoning.

