

Cajun cooking, from America's South, is a combination of French and Southern cuisines – full of wonderful, complex, spicy flavours. Commercial Cajun spice mixes are widely available, but I prefer the home-made quality of the flavourings in this recipe, with fresh onion and garlic, as well as the spices and herbs added separately.

cajun potato wedges with spicy lemon and onions

4 potatoes, unpeeled,
cut into 4 or 6 wedges
1 lemon, cut into 6 wedges
8 whole garlic cloves, unpeeled
2 red onions, cut lengthways through
the root end into small wedges
4–5 bay leaves
3 tablespoons freshly
squeezed lemon juice
4 tablespoons water
1 tablespoon tomato purée
½ teaspoon freshly ground black pepper
½ teaspoon salt
1 teaspoon paprika
½ teaspoon cayenne pepper
1 teaspoon dried oregano
1 teaspoon dried or fresh thyme leaves
½ teaspoon ground cumin
4 tablespoons olive oil
Serves 4

Bring a large pan of lightly salted water to the boil. Add the potato wedges, bring back to the boil and cook for 3 minutes. Drain well and place in a large roasting tin with the lemon wedges, garlic, onions and bay leaves.

Put the lemon juice, water and tomato purée into a small bowl. Add the spices and herbs and mix together well. Pour the spice mixture over the potatoes in the tin and toss together to coat. Drizzle over the oil and cook in a preheated oven at 200°C (400°F) Gas Mark 6 for 35–40 minutes, or until the potatoes are tender and all the liquid has been absorbed. Turn the mixture frequently with a metal spatula or fish slice.

Serve hot with grilled meats.

Add 500g
peeled artichokes
cut into thick
slices.
and 3 apples
cut into
wedges.