

## Sainsbury's Recipes

1

### Ploughman's Sandwich

Prep and cook time: 30 mins to 1 hour

Serves: 4

#### Ingredients

Olive oil

1 red onion, cut into thick slices through the root

6 tablespoons balsamic vinegar

Salt and pepper

8 thick slices Raisin and Rosemary bread

A couple of knobs butter

1 curly leaf lettuce

225g Strong Cheddar Cheese, thickly sliced

#### Method

To make the onion marmalade, heat a little oil in a pan, throw in the onion and leave on a low heat to cook down slowly, adding a little water if needed. When soft add the balsamic vinegar and continue to cook for a few minutes. Season the marmalade to taste. Spread the Raisin and Rosemary Bread with butter and make up each sandwich with lettuce leaves, onion marmalade, a couple of slices of Cheddar and seasoning.

Nutrition Info (per serving): 756 calories, 49 g fat.

2

### Rosemary - Skewered Buffalo Mozzarella Parcels

Prep and cook time: Up to 30 mins

Serves: 4

#### Ingredients

100ml extra virgin olive oil  
2 cloves garlic, crushed  
1 pack rosemary skewers  
1 ready to bake ciabatta, torn or cut into equal sized pieces to the mozzarella  
2 x 125g packs Buffalo mozzarella, torn into small pieces  
2 x 100g packs smoked pancetta  
100g rocket leaves  
Juice of 1 lemon

## Method

Preheat the grill.

Pour the olive oil into a bowl and add the crushed garlic and a few rosemary leaves. Marinate the ciabatta and mozzarella for about 5 minutes in the olive oil and season with salt and freshly ground black pepper. Wrap a strip of pancetta around a piece of mozzarella and ciabatta and push onto the rosemary stalks you should have about 4 cheesy balls per stalk. Place under the preheated grill and grill for about 5-6 minutes, turning once, until crisp and golden. Dress the rocket with a good squeeze of lemon juice and eat with your cheesy balls!

Nutrition Info (per serving): 728 calories, 53 g fat.

3

## Apple Fritters

Prep and cook time: Up to 30 mins

Serves: 4

## Ingredients

2 eating apples, peeled and cored, cut into slice  
25g icing sugar  
75g self-raising flour  
1 medium egg  
100ml milk  
15g butter, melted  
¼ x 5ml spoon vanilla extract  
Oil for deep-frying  
2 x 15ml spoons caster sugar

## Method

Sprinkle the apple slices with a 5ml spoon of the icing sugar. Set aside. Sift the flour and remaining icing sugar together in a bowl. Make a well in the centre and beat in the egg and milk. Stir in the butter and vanilla. Heat the oil in a shallow pan to a depth of 2cm. To fry, dip each piece of apple in the batter then cook on each side in the hot oil until golden brown, drain on kitchen paper. Dredge with caster sugar before serving hot, with ice cream.

Nutrition Info (per serving): 33 calories, 2 g fat.

4

## Baby Carrots

Prep and cook time: Up to 30 mins

Serves: 6

## Ingredients

500g bunch of baby carrots

1 tablespoon sugar

Sea salt

Small pinch of cumin (optional)

50g butter

## Method

Leave some of the stalk on and wash the carrots. Put into a saucepan with water just to cover, add in the sugar and salt. These ingredients penetrate the carrots to make them soft and sweet. Cook until tender. A little pinch of cumin is fantastic with this. Serve with butter.

Nutrition Info (per serving): 103 calories, 6 g fat.

5

## Baked Chicken Breasts with Cinnamon Basil

Prep and cook time: 30 mins to 1 hour

Serves: 4

## Ingredients

4 chicken breasts skin removed  
1 bunch spring onions, chopped  
2 tablespoons clear honey  
4 tablespoons soy sauce  
2 red chillies, deseeded and chopped  
2 teaspoons, preserved or fresh ginger, finely chopped  
20g bunch cinnamon basil  
250g pack egg noodles  
2 tablespoons sesame oil  
2 tablespoons sesame seeds  
1 courgette, cut into long, thin strips using a peeler  
1 red pepper, finely sliced  
2 bok choy, sliced

## Method

Preheat the oven to 200°F, 400°C, Gas Mark 6.

Score the chicken breasts in a criss-cross pattern to about 1 cm deep. Mix all the marinade ingredients together in a bowl and pour over the chicken breasts.

Leave to marinate in the mixture for at least 30 minutes, or longer if possible.

Soak the noodles in boiling water for 1 minute or until separated. Scrape the marinade from the chicken breasts and reserve it. Heat the sesame oil in a pan until very hot and fry the chicken breasts in the oil for a couple of minutes until golden. Add the sesame seeds and toast for 30 seconds until browned slightly.

Throw the courgette, pepper and bok choy into the same pan with the rest of the marinade, then stir in the drained noodles. Season well and cover with foil. Bake for 20 minutes in the preheated oven.

Nutrition Info (per serving): 723 calories, 18 g fat.

6

## Baked Mushrooms

Prep and cook time: Up to 30 min

Serves: 4

## Ingredients

8 large flat mushrooms, wiped and stalks removed  
1 bunch spring onions, sliced  
1 clove garlic, peeled and finely chopped  
A few sprigs fresh thyme leaves  
250g pack Taleggio  
Fresh rocket  
Juice of 1 lemon  
Petrolo olive oil

## Method

Preheat the oven to 200°C, 400°F, Gas Mark 6.  
Lay the mushrooms on a large baking tray and sprinkle with the onions, garlic and thyme. Slice the Taleggio thinly and use to top the mushrooms. Combine the breadcrumbs with the parsley in a bowl and sprinkle over. Bake for 15-20 minutes or until breadcrumbs are brown and the mushrooms are cooked through. Serve with a rocket salad dressed with lemon juice and Petrolo oil. Alternatively, serve the baked mushrooms on toasted ciabatta.

Nutrition Info (per serving): 271 calories, 22 g fat.

7

## Banana Pancakes

Prep and cook time: Up to 30 mins  
Serves: 6

## Ingredients

3 large eggs  
115g plain flour  
1 x 15ml spoon (heaped) baking powder  
140ml milk  
Pinch of salt

2 knobs butter  
3 x 5ml spoons caster sugar  
4 bananas  
Crème fraîche

## Method

Separate the eggs, putting the whites in one bowl and the yolks in another. Combine the plain flour, baking powder and milk with egg yolks, and mix until it forms a smooth, thick batter. Whisk the whites with salt until they form stiff peaks. Fold these whites into the batter -it is now ready to use. Heat a non-stick frying pan over a moderate heat. Pour some of your batter into the pan, and fry for a couple of minutes until it starts to look golden and firm. Loosen with a spatula, and either turn or flip the pancake over. Continue frying until golden, then stack on a plate. Repeat until all the mixture has been used. Melt the butter and sugar in a separate pan over a low heat until it forms a caramel sauce -about 3 minutes. Peel and cut the bananas lengthways, add them to the pan and cook gently until they are golden, turning after a few minutes. Serve them on the pancakes topped with a good spoonful of crème fraîche.  
Great for a late breakfast or Sunday brunch. As a pudding, serve with a couple of scoops of good vanilla ice cream.

8

## Lamb Balti

Prep and cook time: 30 mins to 1 hour  
Serves: 4-6

## Ingredients

400g casserole lamb  
Zest and juice of 1 lime  
500g Greek style yogurt  
1 teaspoon sesame oil  
1 large sweet potato, washed but not peeled, but into 2cm cubes  
200g green beans, snapped in half  
150g Sundora sunsweet dates, cut in half  
515g jar balti cooking sauce  
284ml carton fresh vegetable stock  
1 red chilli, finely chopped

1 small cucumber, deseeded and finely chopped  
Zest and juice of 1 lemon  
200ml tub crème fraiche  
Salt and freshly ground black pepper  
20g pack coriander

### Method

To make the balti, marinate the lamb in the lime zest and juice and Greek style yoghurt for 30 minutes. While that's doing, heat the oil in a wok and fry the sweet potato cubes until just golden. Throw in the green beans and dates, and pour in the jar of balti sauce and stock. Toss in the marinated lamb pieces and cook for 15-20 minutes over a moderate heat until cooked through. To make the raita, mix the chilli, cucumber and lemon zest and juice with the crème fraiche, and season to taste. The balti looks cool garnished with a sprig or two of fresh coriander, with a bowl of the raita.

It's delicious served on some basmati rice, cooked according to pack instructions, with naan bread.

Nutrition Info (per serving): 431 calories, 22 g fat.

9

### Beef Stroganoff

Prep and cook time: Up to 30 mins

Serves: 4

### Ingredients

4 x 175g fillet steaks  
1 tablespoon flour  
1 tablespoon smoked paprika  
3 glugs of olive oil  
2 knobs of butter  
1 red onion, peeled and chopped  
2 cloves garlic, peeled and chopped  
2 sprigs fresh thyme leaves  
125g oyster mushrooms  
120g shiitake mushrooms  
3 tablespoons brandy

250ml fresh soured cream  
1 gherkin, chopped  
Sea salt and freshly ground  
Black pepper

### Method

Dust the steaks with the flour and paprika. Heat a pan and add half the oil and butter. When the butter is foaming, sear the steaks in the pan -cook for 2 minutes each side and remove to a plate. To make the sauce, add the rest of the oil and butter to the pan and gently fry the onion, garlic, thyme and mushrooms for 4 minutes. Add the brandy to the pan and simmer for 3 minutes. To finish the sauce, add the soured cream, chopped gherkin and steaks. Heat through and season to taste. Slice each steak thinly and spoon over the sauce. Delicious served with rice and green beans.

10

### Berry Pavlova

Serves: 8

### Ingredients

6 medium egg whites  
350g caster sugar (use vanilla sugar if possible)  
2 tablespoons (30ml) vinegar – optional  
2 tablespoons (30ml) corn flour – optional  
Parchment / greaseproof paper  
284ml carton of double cream / whipping cream  
2 x 250g punnets strawberries  
2 x 215g punnets raspberries

### Method

Preheat oven to 140°C 275°F Gas Mark 1.  
Whisk egg whites until very stiff then whisk in the sugar a teaspoon at a time (don't over whisk as the egg whites will go runny again). Blend the vinegar and corn flour (these are optional but in using them you will get a slightly chewy centre to the meringue), and fold into the mixture. Place the parchment / greaseproof paper on 1 large or 2 smaller baking trays. Spoon the meringue mixture onto the



paper and spread it as you go to make 2 circles, each about 20cm in diameter (I put a plate of about that size under the parchment as a guide and then remove it when I've finished spreading out the mixture). Bake the meringues for about 1 hour, until firm. Allow to cool, and then carefully remove the paper. Whip the cream. Wash the berries and hull the strawberries. Roughly squash 1 punnet of the strawberries and add to the cream. Cut the rest in half and gently fold into the cream with the raspberries. Sandwich the 2 meringues with the berry cream mixture just before serving. Don't assemble too early as the cream melts the meringue.

Nutrition Info (per serving): 374 calories, 17 g fat.

11

## British Bangers

Prep and cook time: 30 mins to 1 hour

Serves: 3-4

### Ingredients

454g Chipolatas

20g bunch sage leaves

8 rashers of unsmoked streaky bacon

400g leeks, sliced

2 garlic cloves, peeled and finely chopped

275ml red wine

75g butter

10g fresh thyme

Salt and freshly ground black pepper

### Method

Preheat the oven to 190°C, 375°F, Gas Mark 5.

Take the sausages on the string from the pack and wrap a sage leaf and a piece of streaky bacon around the skin and in between each link. Place a large, flat pan on the hob, add the sausages and cook until golden brown on all sides (about 8-10 minutes). Add the leeks and garlic, and sauté along with the sausages. Turn up the heat to high and add the wine, butter and thyme, letting it bubble so that the wine is reduced slightly. Place the pan in the oven for 20 minutes. This should allow the gravy to thicken a little. The casserole should be seasoned carefully as

the bacon is quite salty.  
Serve hot with root vegetables and mash.

#### Alternative

seasonal

mash

idea:

Peel and chop swede, potato, parsnip and celeriac. Boil for 20-25 minutes until tender. Drain and mash with butter and seasoning and serve in a bowl.

Nutrition Info (per serving): 625 calories, 46 g fat.

12

#### Brussel Tops with Rosemary Butter

Prep and cook time: Up to 30 mins

Serves: 6

#### Ingredients

250g butter

1 clove garlic

Juice of ½ lemon

1 sprig of rosemary, picked and chopped

1 fillet of anchovy, finely chopped (optional)

500g Brussel tops

Sea salt and freshly ground black pepper

#### Method

Mix the butter with the garlic, lemon juice, rosemary, anchovy and seasoning, being careful with the salt if using, the anchovy is already quite salty. Cut away any older leaves from the Brussel tops use the trimmed green leaves and the core that can be cut in half. Place the leaves in a steamer over a pan of water or another vegetable cooking (baby carrots), steam to perfection then add a good knob of the rosemary butter, stir to coat with all the flavours. Any left over butter can be saved in the fridge to use on anything like new potatoes.

Nutrition Info (per serving): 212 calories, 20 g fat.

13

## Bun and butter pudding

Prep and cook time: 30 mins to 1 hour

Serves: 6

### Ingredients

600ml semi-skimmed milk

568ml double cream

1 vanilla pod

4 medium eggs

170g caster sugar

6 hot cross buns, sliced in half and spread with a knob of butter

3 tablespoons cognac

A handful of dried apricots, chopped

Zest of 1 orange

A little icing sugar

### Method

Preheat the oven to 170°C, 325°F, gas mark 3.

For the custard base, bring the milk and cream just to the boil in a saucepan. Cut the vanilla pod in half, scrape out the seeds and add to the pan. Whisk the eggs with the sugar until pale, then whisk in the milk and cream mixture, removing the vanilla pod shell. Dip the hot cross bun halves in the mixture, and then place in an ovenproof dish. Drizzle over the cognac and sprinkle over the apricots and the orange zest. Sieve the custard over, and leave it all to soak for at least 15 minutes. Place the dish in a roasting tin, half-fill the tin with hot water, then bake the pudding for about 45 minutes. When cooked it will have a slight crust on top but will still be slightly wobbly inside. Dust with the icing sugar and serve.

14

## Cannellini Beans and Taste the difference Fougasse

Prep and cook time: Up to 30 mins

Serves: 1-2

### Ingredients

½ x 410g can cannellini beans  
½ - 1 clove garlic, peeled  
A little virgin olive oil  
A little white wine vinegar  
Small bunch of summer savoury  
Few slices of Fougasse

### Method

Using a pestle and mortar or a fork, mash a large a large handful of canned cannellini beans, add a little chopped garlic, and drizzle in extra virgin olive oil and a splash of white wine vinegar. Mix well with a small bunch of chopped summer savoury leaves.

Serve with griddled slices of fougasse.

15

### Celeriac and Potato Gratin

Prep and cook time: 1 to 2 hours

Serves: 6-8

### Ingredients

1kg potatoes  
1 large celeriac  
1 onion  
Sea salt and freshly ground black pepper  
2 cloves garlic, peeled and finely chopped  
125g Cheddar cheese, to taste  
568ml carton double cream  
Handful flat leaf parsley, roughly chopped

### Method

Preheat the oven 200°C, 400°F, Gas Mark 6.

Peel the potatoes and celeriac and slice as you like but about 1cm thick, finely

slice the onion. Place into an earthenware type-baking dish. Season generously. Add in the garlic, 3/4 of the cheese and cream. With a spoon or your hand move everything around to mix all the flavours. Sprinkle over the extra cheese and chopped parsley and bake in the preheated oven for 40-50 minutes.

I like to keep it in the dish and whack it in the middle of the table and tuck in.

Nutrition Info (per serving): 494 calories, 40 g fat.

16

## Chicken Salad

Prep and cook time: 30 mins to 1 hour

Serves: 4

### Ingredients

1.3kg chicken  
1 few black peppercorns and bay leaves  
2 x 5ml spoons cumin seeds  
Handful of almonds  
2 x 15ml spoons whole milk natural yoghurt  
3 x 15ml spoons mayonnaise  
2 lemons, juiced and zested  
1 cucumber, peeled and diced  
20g pack of basil, torn  
200g bag Fresh 'n' Ready continental four-leaf salad

### Method

To poach the chicken, place in a large saucepan, cover with water, add the peppercorns and bay leaves, and bring to a gentle simmer. Poach for around 40 minutes. If you can, leave it to cool in the liquid. Then take the chicken out of the pan, remove the skin and shred the meat. Dry-fry the cumin and almonds in a hot pan, and leave to cool. To make the dressing, mix the yoghurt, mayonnaise and lemon zest and juice in a large bowl. Add the chicken, cucumber, cumin and almonds with the torn basil.

Mix well and serve with the four-leaf salad.

Chef's

tip:

To cool the chicken quickly, leave at room temperature for 20 minutes, add a handful of ice and put in the fridge.

17

## Chocolate Brownies

Prep and cook time: 30 mins to 1 hour

Serves: 12

### Ingredients

60g Luxury Continental Belgian dark chocolate, broken into small pieces

3 tablespoons golden syrup

75g lard

2 large organic eggs

200g caster sugar

95g plain flour

1 teaspoon baking powder

Pinch of sea salt

125g shelled walnuts

### Method

Preheat the oven to 190°C, 375°F, gas mark 5.

Grease a 28x18cm baking tin using butter or lard, then cut a square of greaseproof paper to fit neatly in the bottom. Melt the chocolate in a small saucepan with the syrup and lard over a low heat. Whisk the eggs and sugar together in a bowl until light in colour and texture. Add the melted chocolate mixture, and sieve in the flour, baking powder, salt and walnuts. Stir and fold together, being careful not to over-mix. Spread evenly into the prepared cake tin and bake on the middle shelf of the oven for 25-30 minutes or until a crust has formed. Allow to cool slightly and then cut into squares.

18

## Chocolate Fridge Cake

Prep and cook time: Up to 30 mins

Serves: 16

### Ingredients

200g digestive biscuits

110g whole pecan nuts, roughly chopped

110g pistachio nuts, peeled

10 glace cherries

150g unsalted butter

1 tablespoon golden syrup

200g Luxury continental Belgian dark chocolate

### Method

Break the biscuits into small pieces directly into a large bowl. Add the pecans, pistachio nuts and cherries, and mix together. Put the rest of the ingredients into a separate bowl and place over a pan of simmering water until the butter and chocolate have melted. Combine the biscuit mix with the chocolate mixture. Line a 30x20cm plastic container with cling film, leaving plenty of extra cling film at the edges to help turn the cake out later. Pour in the mixture, pressing down hard to pack nicely, and then fold the cling film over the top. Leave in the fridge for a few hours to firm up, then turn out and cut into chunky slices.

This cake can be kept in an airtight container for a few days, and it actually improves in flavour!

19

### Chocolate Pudding

Prep and cook time: Up to 30 mins

Serves: 6-8

### Ingredients

3 rounded tablespoons cocoa powder

4 tablespoons boiling water

200g caster sugar

200g butter

3 large size eggs

200g self-raising flour

1 rounded teaspoon baking powder  
100g mixed dried dates and apricots  
75g flaked almonds  
100g cooking chocolate (70% cocoa solids), broken  
100g butter  
100g cooking chocolate (70% cocoa solids)  
100g icing sugar  
3 tablespoons milk

## Method

Preheat the oven to 190°C, 375°F, Gas Mark 5.

Mix the cocoa powder with 4 tablespoons of boiling water, until smooth. In a separate bowl, beat the sugar and butter until fluffy, add the cocoa mixture, eggs, flour and baking powder. Mix well and fold in the dates, apricots, nuts and chocolate pieces. Pour the mixture into the tins. Bake for approximately 20 minutes. Melt the chocolate topping ingredients in a bowl over some lightly simmering water. Stir until well blended. When the pudding is cooked, remove from the oven and pour over the chocolate sauce before serving.

Nutrition Info (per serving): 764 calories, 48 g fat.

20

## Chocolate and Pear Tart

Prep and cook time: 30 mins to 1 hour

Serves: 4-6

## Ingredients

1 pack fresh dessert short crust pastry  
125g ground almonds  
2 free range eggs  
125g butter, softened  
95g caster sugar  
185g Luxury Continental Belgian dark chocolate, melted  
3 conference pears, peeled, cored and quartered

## Method



Preheat the oven to 190°C, 375°F, gas mark 5.

Roll out the pastry until 1/2 cm thick and use it to line a 24cm tart tin. Leave in the freezer to rest for at least 20 minutes, or as long as you can. Bake the pastry for around 10 minutes in the preheated oven, then remove, set aside, and reduce the oven temperature to 170°C, 325°F, gas mark 3. Mix your almonds, eggs, butter and sugar together, and stir in the melted chocolate while still warm. Pour the mixture evenly into the pastry case. Press the pears into the chocolate and almond mixture. Bake the tart for 45 minutes until the pastry is golden brown and the chocolate and almond mixture is firm.

Serve warm with crème fraiche.

21

## Christmas Pound Pudding

Prep and cook time: 2 hours +

Serves: 6

### Ingredients

500g mixed dried fruit

100g dried dates, chopped

5cm piece preserved ginger or a 5ml spoon dried ginger

125g suet

Zest of 1 orange

125g plain flour

125g sugar

150g breadcrumbs

2 tablespoons brandy

Pinch of salt

1 medium size egg, beaten

150ml milk

### Method

Grease a 1.5 litre pudding basin. Mix all the ingredients together except for the egg and the milk. Add the beaten egg and milk and mix well. Put the mixture into the basin, cover with aluminium foil or a cloth. Place in a large saucepan with water halfway up the sides of the basin. Bring the water to the boil, put on a tight fitting lid and simmer for 3 hours. Check occasionally remembering to carefully top

up with boiling water to stop it going dry.

Nutrition Info (per serving): 734 calories, 21 g fat.

22

## Christmas Raspberry Trifle

Prep and cook time: Up to 30 mins

Serves: 6

### Ingredients

135g pack raspberry jelly

A large Madeira cake

312g can mandarins, drained

2 x 125g punnets raspberries

6 tablespoons amontillado sherry

500g tub fresh custard

200ml double cream

1 tablespoon icing sugar

37g pack Maltesers

### Method

First of all, make up the raspberry jelly following the instructions on the pack and leave to set in the fridge for 2-3 hours or overnight. Select a big glass bowl, or 6 glass tumblers if you want to serve individual trifles. Trim the Madeira cake and slice into 1cm thick squares or discs that will fit neatly in the bottom of your bowl or glasses. Put the cake in the base of your bowl, or add 2 pieces to each glass. Spoon the mandarins over the cake, sprinkle fresh raspberries over the mandarins, and splash the sherry over the top so that it soaks through the fruit into the sponge underneath. Now spoon over your custard, covering the fruit, and gently top with the set jelly, chopped. Lightly whip the double cream with a tablespoon of icing sugar until it forms soft peaks, but is still floppy, and spoon it over the jelly.

Just before serving, bash up the bag of Maltesers with a rolling pin and sprinkle the malty, chocolaty pieces over the top of your trifle.

23

## Christmas Trifle

Prep and cook time: Up to 30 mins

Serves: 8

### Ingredients

pack of 8 trifle sponges or one Swiss roll, sliced

1 punnet of fresh strawberries

A wine glass of Cointreau

135g pack strawberry jelly

135g pack orange jelly

600mls boiling water

1.2 litres milk

6 tablespoons sugar

2 x 35g sachets of strawberry blancmange

450g can mandarin orange segments

30g custard powder (enough to make 600mls)

284ml carton double cream

A little grated chocolate

### Method

On the bottom of a good-sized glass bowl lay out the sliced sponge. Scatter over the strawberries and drizzle with the Cointreau. Tear up the strawberry jelly squares, put in a measuring jug and add 300mls of boiling water. Stir until dissolved, add 300mls of cold water. Pour this over the sponge. Place the bowl in the fridge and allow the jelly to set. Put a little milk into a separate bowl with 4 tablespoons of sugar and the sachets of blancmange and mix until dissolved. Bring 600mls of milk to the boil and add to the blancmange mix. Stir and return to the saucepan, stirring and whisking as you bring it back to the boil. Place the blancmange back into the bowl and allow to cool back to blood temperature, whisking occasionally. Pour over the previous layer of jelly. Allow the blancmange layer to set properly in the fridge before scattering over the drained mandarins. Make up the orange jelly in the same way as before. Allow it to cool before pouring over the mandarins. Place back into the fridge and allow it to set. Once set you can make the custard layer, using the remaining milk, sugar and the custard powder. Make this up as you did the blancmange, allow to cool and pour over the orange jelly. Whip the double cream until you get soft peaks. Spoon and spread over the custard and grate over the chocolate. How about that?

Nutrition Info (per serving): 606 calories, 23 g fat.

24

## Christmas Vegetables

Prep and cook time: 1 to 2 hours

Serves: 6-8

### Ingredients

1.5kg King Edward potatoes, peeled  
1/2 bulb of garlic, separated into cloves and crushed with the back of a knife  
20g pack fresh rosemary, separated into sprigs  
Salt and freshly ground black pepper  
6 tablespoons good quality olive oil  
50g butter  
2kg parsnips, peeled  
2 tablespoons honey  
20g pack fresh thyme, leaves only  
1kg chantenay carrots  
Zest of 1 orange

### Method

Preheat your oven to 220°C, 425°F, gas mark 7.

For the potatoes, cut them in half and parboil for 10 minutes. Drain in a colander and toss around to scuff up the outside of the spuds. Toss with the garlic cloves, half of the rosemary, salt and pepper to taste, 4 tablespoons of the olive oil, and 30g butter in a large bowl. Arrange in one layer in a roasting tin and roast for 45 minutes until golden.

For the parsnips, cut them in half lengthways, parboil for 10 minutes and drain. Toss the honey, thyme, salt and pepper to taste, 10g butter and 2 tablespoons of oil. Lay the parsnips flat in a roasting tin in one layer, and roast for about 40 minutes until golden.

For carrots, scrub them, and put them in a pan, cover with cold water and add a pinch of salt. Boil for about 15 minutes or until cooked. Meanwhile, finely chop the remaining rosemary and orange zest together to mix. Drain the cooked carrots and toss the remaining butter. Season to taste and sprinkle with the orange zest and rosemary before serving.

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## Crispy Tortilla with Guacamole

### Ingredients

1 pack of flour tortillas  
3 green chillies  
A bunch of thyme  
Olive oil (preferably Petrolo oil)  
3 ripe avocados  
2 limes  
2 bunches of fresh coriander  
Salt and pepper

### Method

Preheat oven to 200°C, gas mark 6.

While oven is heating, remove seeds from chillies, squeeze 2 limes, peel and chop 3 avocados and roughly chop 2 bunches of fresh coriander.

Put them all in a blender, and once it's all blended until creamy, season with salt and pepper and pour into a serving dish. Pound 1 bunch of thyme in a pestle and mortar and a glug of olive oil. Brush the tortillas with the flavoured oil. Lay them on baking tray (don't overlap them too much) season with salt & pepper. Bake for 10 mins until golden brown.

Leave them to cool and serve with guacamole.

26

## Easter Lamb

Prep and cook time: 1 to 2 hours

Serves: 4

### Ingredients

leg of lamb (about 2kg)  
Sea salt and freshly ground  
Black pepper

2 x 20g packs fresh mint  
1 clove garlic, peeled  
125ml Bianconi extra virgin olive oil  
250ml chicken stock  
400g new potatoes, sliced thickly  
100g baby fennel, trimmed and cut in half lengthways  
225g baby carrots, tops trimmed  
110g baby leeks, trimmed  
200g courgettes, sliced lengthways  
250g fine or yellow beans, trimmed  
150g asparagus, trimmed to 6cm lengths

## Method

Preheat the oven to 220°C, 425°F, gas mark 7.  
Score the lamb all over and season. Using a pestle and mortar, or in a food processor, pound or blend the mint leaves with the garlic and seasoning until smooth. Slowly add the olive oil and brush all over the lamb. Roast in the oven, brushing with the oil regularly until the lamb is cooked.

Cooking times for the lamb:

pink: 10 minutes for every 450g plus 20 minutes.

Medium: 15 minutes for every 450g plus 20 minutes.

Well done: 20 minutes for every 450g plus 20 minutes.

Remove from the oven and allow to rest on a plate for 10 minutes. While the meat is resting, remove the fat from the roasting tin. Add the stock to the tin and make a light, tasty broth by boiling and dissolving all the goodness at the bottom. Cook the potatoes in a large pan of boiling, salted water for 5 minutes. Add the fennel and carrots and cook for a further 5 minutes. Then add the rest of the vegetables and simmer for another 5 minutes.  
Serve the vegetables in a shallow bowl with the lamb, sliced, on top and a little broth and mint oil drizzled over.

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## Favourite Winter Salad

Prep and cook time: Up to 30 mins

Serves: 4

## Ingredients

½ clove garlic  
3 anchovies  
200ml tub of crème fraîche  
Finely grated zest of 1 lemon  
Salt and freshly ground black pepper  
½ small loaf rustic bread  
2 glugs of olive oil  
Sea salt  
4 little gem lettuce  
2 handfuls watercress  
1 fennel bulb  
250g halloumi cheese, cut into 12 slices  
1 pomegranate

## Method

For the dressing, pound together, or finely chop the garlic and anchovies. Mix in the crème fraîche, then the zest and juice of the lemon, and season with freshly ground black pepper. Simple!

Preheat the oven to 200°C, 400°F, gas mark 6.

Tear the bread into rough pieces of about an inch or so and scatter into a roasting tin. Drizzle the bread with a little olive oil, then toss with a good pinch of sea salt, and bake for 10 minutes or until crunchy. Trim the bottoms of the little gems, and then break up each one keeping the leaves whole. Give the watercress and lettuce leaves a quick wash, then a dry in a salad spinner and lay on a large serving plate. Cut the tops off the fennel and hang on to the feathery parts. Trim the bottom of each bulb and discard the scruffy outer leaves. Cut the bulb in half and slice as thinly as possible from the root to the tip, then add to the rest of the leaves. Next, fry the slices of halloumi on both sides in a little olive oil until golden, and then drain on kitchen paper. Add the halloumi and croutons to the serving plate. Season, give the whole lot a gentle toss, and then drizzle over the crème fraîche dressing. Chop the fennel tops and bash the pomegranate to get the seeds out, and then scatter the fennel and seeds over the salad.

Prep and cook time: Up to 30 mins

Serves: 3-4

## Ingredients

1 banana

2 ripe mangoes

400ml can Bart's coconut milk

Zest and juice of 1 lime

Pinch of pounded cardamom seeds, with pods and husks removed

Handful ice cubes

A little lime zest

Freshly ground black pepper

## Method

Peel and roughly chop the banana. Skin the mangoes, remove the stones and roughly chop the flesh. Put the fruit in a food processor/liquidiser and blend together really well with the rest of the ingredients.

Pour into a tall, chilled glass. Sprinkle over the lime zest and some pepper. Drink straightaway.

## Chef's

tip:

Feel free to use any other fruit -whatever is in season. Also, if you want a thinner smoothie, just add more ice.

29

## Great British Fry-Up

Serves: 4

## Ingredients

8 pork and leek sausages

2 tomatoes - cut in half

1 tin of baked beans

8 rashers smoked dry-cured back bacon

4 field mushrooms



6 eggs, cracked into a bowl  
Thick sliced bread for toasting  
A knob of butter for toast  
Freshly ground black pepper and Maldon sea salt

## Method

Preheat grill to high, set the oven to 100°C and put in 4 plates.  
Using a nice large tray put the sausages, tomatoes (cut side up) and mushrooms under the grill, about 5cm from the heat and cook for around 15 mins, turning the sausages once or twice. After this time add to the tray the bacon and black pudding and leave until the bacon is cooked and crispy. Put the baked beans in a saucepan and warm gently. Put a non-stick frying pan on a low heat. Add a knob of butter and the eggs with some salt and pepper and stir gently until just scrambled and cooked.  
Put the bread down in the toaster, arrange the eggs, sausages, tomatoes and beans with the bacon and mushrooms on the plates and when the toast pops up, serve with tomato ketchup, HP sauce and a pot of tea.

30

## Grilled Sausage Sticks

### Ingredients

1 pack of pork and leek sausages  
4 long sticks of rosemary  
A bunch of fresh thyme  
A pot of natural yoghurt  
Half a cucumber  
Salt and pepper

### Method

Take a pack of pork and leek sausages and remove their skins. Skewer the sausages with a stick of rosemary. Put a handful of fresh thyme in a pestle and mortar and bash it up. Roll the sausages in the thyme and stick them on the BBQ or under the grill.  
Grate some cucumber in a pot of yoghurt.  
Dip in your sausages.

## Kedgerree

Prep and cook time: 30 mins to 1 hour

Serves: 6

### Ingredients

2 eggs

680g undyed smoked haddock fillets, pin bones removed

2 fresh bay leaves

170g long grain or basmati rice

110g pure butterghee

Thumb-sized piece of fresh ginger, grated

1 medium onion or 1 bunch of spring onions, finely chopped

1 clove garlic, peeled and finely chopped

2 heaped tablespoons curry powder

1 tablespoon mustard seeds

2 tomatoes, deseeded and chopped

Juice of 2 lemons

2 good handfuls of fresh coriander

1 red chilli, finely chopped

### Method

Boil the eggs for 10 minutes. Hold under cold running water. Put the fish and bay leaves in a shallow pan with enough water to cover. Bring to the boil, cover, and simmer for about 5 minutes, until cooked through. Remove from pan and set aside. When cool enough to handle, remove skin from fish, flake into chunks and set aside. Cook the rice in salted water for about 10 minutes and drain. Refresh in cold water, drain again, and leave in the fridge until needed. Melt the butterghee in a pan over a low heat. Add the ginger, onion and garlic. Soften for about 5 minutes, and then add the curry powder and mustard seeds. Cook for a further few minutes, and then add the chopped tomatoes and lemon juice. Quarter the eggs. Add fish and rice to pan and gently heat through. Add the eggs, coriander and chilli and stir gently. Place in a warm serving dish. Mix the chopped coriander and natural yoghurt, and serve with the kedgerree.

## Lemon Chicken Salad

Prep and cook time: Up to 30 mins

Serves: 4

### Ingredients

1 litre chicken or vegetable stock  
Black peppercorns  
2 lemons zested and juiced  
4 free range chicken breasts  
2 tablespoons Natural yoghurt  
3 tablespoons Mayonnaise  
A handful of Almonds  
1 teaspoon ground Cumin seeds  
1 Cucumber, peeled and finely diced  
Sea salt and freshly ground black pepper

### Method

Poach the chicken by bringing a large pan of stock to the boil and adding the peppercorns and zest from 1 lemon. Poach for 15 minutes and leave to cool in the fridge in the liquid.

Mix the rest of the ingredients together and add the chopped chilled chicken and serve.

33

## Lemon Linguini

Prep and cook time: Up to 30 mins

Serves: 6

### Ingredients

455g dried Linguini  
Juice of 3 lemons  
75ml olive oil

125g Parmesan, freshly grated  
2 handfuls fresh basil, leaves finely chopped  
1 handful Rocket

## Method

Cook the spaghetti in a generous amount of boiling salted water, then drain thoroughly and return to the saucepan. Meanwhile beat the lemon juice with the olive oil, and then stir in the Parmesan until thick and creamy. The Parmesan melts when mixed with the pasta. Season, and add more lemon juice if needed. Add the sauce to the linguini and shake the pan to coat each strand of pasta with the cheese, finish by stirring in the chopped basil and rocket.

34

## Lemon Meringue Pie

Prep and cook time: 1 to 2 hours

Serves: 4-6

## Ingredients

1 pack of fresh dessert short crust pastry  
110g caster sugar  
3 tablespoons cornflour  
225ml cold water  
Zest of 2 lemons  
Juice of 3 lemons  
80g butter  
4 egg yolks  
4 egg whites  
220g caster sugar

## Method

Preheat the oven to 190°C, 375°F, gas mark 5.  
Roll out pastry and use it to line a 20cm pie dish. Put in the freezer for 20 minutes, or for as long as you can. Remove from freezer, prick the bottom with a fork and bake for 10 minutes. Remove, set aside and reduce oven temperature to 150°C, 300°F, gas mark 2. To make the lemon filling, mix the sugar and corn flour with a

little of the water to make a loose paste. Heat the rest of the water and bring to the boil with the lemon zest. When it is boiling, add the corn flour and sugar mix, whisking until it becomes thick. Take off the heat and stir in the lemon juice, butter and egg yolks. Whisk well until smooth, then pour into the pastry case.

For the meringue, whisk the egg whites until firm, and gradually add the sugar until glossy and thick. Pour over the lemon filling and bake for 45 minutes until it is crisp on the outside and squidgy in the middle.

35

## Lemon Pasta

Prep and cook time: Up to 30 mins

Serves: 6

### Ingredients

500g dried linguine

Juice 3 lemons

90ml olive oil

125g grated Parmesan

2 x 20g packs fresh basil, leaves picked and finely chopped

50g bag wild rocket

### Method

Cook the linguine as per pack instructions, then drain thoroughly and return to the saucepan. In the meantime combine the lemon juice and the olive oil, then stir in the parmesan until you achieve a thick and creamy sauce. Add the sauce to the linguine and shake the saucepan to coat each strand of pasta with the sauce.

Finally stir in the basil and rocket.

Nutrition Info (per serving): 509 calories, 21 g fat.

36

## Lemon, Lime and Peppermint Sorbet

Prep and cook time: Up to 30 mins

Serves: 4

## Ingredients

200g sugar  
275ml water  
Zest and juice of 5 limes  
Zest and juice of 5 lemons  
1 bunch of peppermint

## Method

Place the sugar and water in a pan bring to the boil and simmer for 5 minutes. Remove from the heat and allow to cool for a while. Zest and squeeze your limes and lemons and chop your peppermint. Mix everything together in a plastic or earthenware container and place in the freezer. Generally a sorbet takes 2 hours to set. Try to stir it around every 30 minutes if you remember.

Nutrition Info (per serving): 239 calories

37

## Mini Patty Pans with Mint Leaves

Prep and cook time: 30 mins to 1 hour  
Serves: 4

## Ingredients

2 packs of mini patty pan  
4 lugs olive oil  
15g knob butter  
1 large lemon (optional)  
½ x 20g bunch mint, leaves chopped  
Sea salt and freshly ground black pepper

## Method

Preheat the oven to 220°C, 425°F, Gas Mark 7.  
Add the olive oil and butter to the roasting pan and heat on the hob. Throw in the patty pans, the mint and season to taste. Roast in the preheated oven for 20-25 minutes, or until golden, and if you like, give a little squeeze of lemon juice to

taste. Check the seasoning and serve.

Nutrition Info (per serving): 101 calories, 10 g fat,

38

### Mini Romanesco Cauliflower braised with Tomato and Anchovy Sauce

Prep and cook time: 30 mins to 1 hour

Serves: 4

#### Ingredients

4 tablespoons extra virgin olive oil  
1 onion, finely chopped  
1 clove garlic, finely sliced  
400g can of chopped tomatoes  
4 anchovy fillets  
Sea salt and crushed black pepper  
4 mini romanesco cauliflowers  
1 handful Parmigiano-Reggiano cheese

#### Method

Preheat the oven to 200°C, 400°F, Gas Mark 6.

Heat the oil in a frying pan and fry the onion and garlic for 2 minutes until softened. Add the tomato and anchovy fillets. Simmer for about 10 minutes.

While the sauce is cooking boil the cauliflowers for 2-3 minutes in salted boiling water. Season the sauce and pour into a baking dish and put the cauliflowers on top of the sauce. Drizzle with the olive oil. Cover with foil and bake in the oven for 15 minutes. Remove the foil and cook for a further 10 minutes.

Sprinkle with the grated cheese over and cook until evenly browned.

Nutrition Info (per serving): 206 calories, 15 g fat.

39

### Mixed Salad with Fougasse

Prep and cook time: Up to 30 mins

Serves: 1 – 2

### Ingredients

handful of rocket

Few mint leaves

Slices of pancetta

Some pine nuts

A little olive oil and balsamic vinegar

Parmesan shavings

Slices of fougasse

### Method

Take a couple of handfuls of rocket and a few mint leaves. Pan-fry a few slices of pancetta and lightly brown some pine nuts. Lightly toss the leaves in the olive oil and balsamic vinegar then break the pancetta over the top with the nuts and a few shavings of Parmesan cheese.

Serve with toasted slices of fougasse bread.

40

## Oriental Pork with Noodles

Prep and cook time: Up to 30 mins

Serves: 2-4

### Ingredients

A handful of Szechan peppercorns, crushed

2 x 350g pork fillets, thinly sliced

2 teaspoons sesame oil

2 teaspoons sunflower oil

2 tablespoons grated ginger

1-3 red chillies, deseeded, chopped

125g oyster mushrooms, wiped and ripped

125g shiitake mushrooms, wiped and halved

1 red pepper, deseeded and chopped

1 bunch spring onions, sliced

200g pak choi, washed and chopped



2 cloves garlic, peeled and finely chopped  
300g bean sprouts  
300g medium egg noodles, cooked  
2 teaspoons fish sauce  
6 tablespoons oyster sauce  
15g fresh coriander, chopped  
6 tablespoons chicken stock  
Dark soy sauce

## Method

Get all your ingredients chopped and ready to go. Rub the crushed peppercorns into the pork slices. Heat your wok and a frying pan to make them as hot as you can. Add the oils to the hot wok and fry the ginger, chilli and mushrooms for 1 minute until slightly coloured. Throw in the pepper, spring onions, pak choi, garlic and bean sprouts and stir-fry until wilted. Add the noodles, fish and oyster sauces, coriander and stock. Stir-fry for 2-3 minutes until steaming hot. Taste and season with soy sauce.

Meanwhile drizzle a little sunflower oil into the hot frying pan and fry the pork for 2 minutes each side, or until cooked through and golden. Remove from the heat and serve with the stir-fry.

Nutrition Info (per serving): 594 calories, 19 g fat.

41

## Paella

Prep and cook time: 30 mins to 1 hour

Serves: 4

## Ingredients

8 chicken breasts or legs (thighs and drumsticks)  
Plain flour for dusting chicken  
Salt and freshly ground black pepper  
2 glugs of olive oil  
110g pack Pachero chorizo  
6 slices pancetta, rind removed  
1 onion, finely diced  
4 cloves garlic, finely chopped

2-3 large pinches saffron  
2 litres hot chicken stock  
1 x 5ml spoon (heaped) smoked paprika  
500g paella rice  
1 small bunch flat-leaf parsley, stalks and leaves finely chopped separately  
2 handfuls frozen peas  
10 precooked jumbo tiger prawns  
1 lemon cut into wedges

## Method

Preheat the oven to 190°C, 375°F, gas mark 5.

Cut the chicken breasts or legs in half and remove the bone. Coat the chicken with the flour and seasoning. Add the olive oil to a large, hot, shallow pan, and brown the chicken skin-side down, turning to brown all over. Transfer to a roasting tray and continue to cook in the preheated oven for 30 minutes. Meanwhile sprinkle the saffron into half the hot stock and leave on one side to infuse for a few minutes. Add the chorizo to the original pan, lay slices of pancetta over the top and cook until crispy. Mix in the onion and garlic, and cook until soft. Then add the smoked paprika, rice and infused stock, stirring occasionally. Once the rice is cooked (about 20 minutes), stir in the rest of the stock. Throw in the parsley stalks, peas and prawns, and cook for a further 10 minutes. Then add the cooked chicken and sprinkle with chopped parsley leaves.

Serve with lemon wedges.

## Chef's

tip:

Try to use as much fresh seafood as you can find to make it a true, authentic paella, such as adding 500g mussels and 2 small squid (halved and scored) to the paella with the prawns and peas. Cover with foil and leave to cook for the last 10 minutes.

42

## Pannacotta with Caramelised Oranges

Prep and cook time: 30 mins to 1 hour

Serves: 4

## Ingredients

70ml milk  
2 x vanilla pods (scored with a knife and seeds removed and reserved),  
Or 1 x Teaspoon of vanilla extract  
Finely grated zest of one orange  
375ml double cream  
1½ leaves gelatine, soaked in cold water until softened  
75g icing sugar  
3 oranges  
4-6 tablespoons sugar

## Method

Put the milk, vanilla pods, vanilla seeds, orange zest and half the cream into a small pan and slowly simmer for 10 minutes. Remove from the heat and stir in the softened gelatine. Allow to cool for 5 minutes, then place in the fridge, stirring occasionally until the mixture coats the back of a spoon. Remove the vanilla pods. Whip together the icing sugar with the remaining cream, and then mix the two cream mixtures together. Divide into 4 serving moulds or you can use espresso cups. Cover with cling film and chill for at least an hour in the fridge. Peel the oranges using a knife and cut into 1cm thick slices. Sprinkle with the sugar and place on a baking tray. Caramelize under a hot grill or using a blowtorch until golden brown. Turn out your panacottas by dipping the moulds into hot water for 10 seconds or serve straight from the espresso cups. Turn out on a plate and serve with slices of the orange and some of the caramel juices.

Nutrition Info (per serving): 640 calories, 46 g fat.

43

## Pappa al Pomodoro

Prep and cook time: 30 mins to 1 hour  
Serves: 4

## Ingredients

800g red and yellow cherry tomatoes  
400g canned plum tomatoes  
3 garlic cloves, peeled  
10 tablespoon extra virgin olive oil

275ml water or chicken stock  
½ Fougasse, base removed  
2 handful green or purple basil  
Maldon salt and freshly ground black pepper

### Method

Blanch the tomatoes and start to fry the garlic in a hot pan with a couple of tablespoons of olive oil. Throw in all the tomatoes. Bring to the boil then simmer gently for 20 minutes. Break up the tomatoes with a spoon and add the water or stock. Tear in large thumb-sized pieces of Fougasse and simmer again for 10 minutes adding more water if needed. Remove from the heat and add the torn basil leaves. Season to taste and drizzle with the remaining extra virgin olive oil. Place any leftovers in a baking dish with a little butter for 15 minutes at 200°C, 400°F, gas mark 6 with grated fontina cheese and Parmesan on top.

Nutrition Info (per serving): 692 calories, 50 g fat.

44

### Passionfruit Bellini

Prep and cook time: Up to 30 mins  
Serves: 4

### Ingredients

10 passionfruit  
2 heaped teaspoons sugar  
75cl bottle champagne, chilled

### Method

Cut the passionfruit in half and scrape out the insides. Whisk the pulp hard to loosen the seeds from the fruit. Push this through a coarse sieve until you are only left with any remaining seeds. Stir in the sugar to dissolve then pour the sieved juice into four glasses.

Top up with champagne and stir before serving.

Nutrition Info (per serving): 166 calories

## Pavlova

Prep and cook time: 1 to 2 hours

Serves: 8

### Ingredients

6 medium size egg whites

350g caster sugar (vanilla sugar is nice if you have any)

284ml carton double or whipping cream

2 x 250g punnets strawberries

2 x 125g punnets raspberries

Parchment or greaseproof paper

2 teaspoons vinegar

2 teaspoons corn flour

### Method

Preheat the oven to 140°C, 275°F, Gas Mark 1.

Whisk the egg whites until very stiff, and then whisk in the sugar a teaspoon at a time (don't over whisk or it will go runny again). Blend the vinegar and corn flour (you don't have to use these if you don't have them, but by using them you will get a slightly chewy centre to the meringue) and fold into the mixture. Place the parchment paper on to one large or two smaller baking trays and divide the mixture on to the paper into two circles -I always put a plate (approximately 20cm), under the parchment paper, as a guide while I spread the mixture to make the circle, and then pull it out. Bake in the preheated oven for approximately 1 hour or until firm. Allow to cool and remove the paper carefully. Whip the cream, squash one punnet of strawberries and add it to the cream. Cut the rest of the strawberries in half and with the raspberries add to the cream, gently fold in. Simply sandwich the two meringues with the cream mixture just before serving. Remember you can't add the cream too soon before serving as the cream melts the meringue.

Nutrition Info (per serving): 374 calories, 17 g fat.

## Pesto Crostini

Prep and cook time: Up to 30 mins

Serves: 6-8

### Ingredients

1 clove garlic, peeled

3 x 20g bunches fresh basil, leaves only

100g pine nuts, lightly toasted and cooled

100g grated fresh Parmesan, and some to taste

250ml extra virgin olive oil, blended with a tiny squeeze of lemon juice (optional)

1 large ciabatta, cut into 1cm thick slices

Sea salt and freshly ground black pepper

### Method

Put half the garlic into a pestle and mortar or a food processor. Add a bit more garlic if you like, but I tend to stick to about  $\frac{1}{2}$  a clove. Pound or pulse this with the fresh basil leaves and the pine nuts to a fine puree. Turn out into a bowl and add the Parmesan. Gently stir in and add a little more olive oil until smooth and spreadable. If you want, add more Parmesan to adjust the taste. Griddle or toast the slices of bread, rub with the remaining halved clove of garlic, then drizzle with a little extra virgin olive oil. Spoon over the pesto and season well to taste. Serve immediately.

Nutrition Info (per serving) 515 calories, 45 g fat.

47

## Pot Roast Loin of Pork

Prep and cook time: 1 to 2 hours

Serves: 6

### Ingredients

1.5kg loin of pork, boned, skinned, rolled and tied

15g pack thyme, picked

2 medium red onions, peeled, halved and sliced

2 cloves garlic, sliced

1 tablespoon olive oil, for frying  
40g butter  
4 figs, quartered  
3 wine glasses Marsala  
3 tablespoons crème fraiche  
300ml chicken stock  
Sea salt and freshly ground black pepper

## Method

Preheat the oven 200°C, 400°F, Gas Mark 6.

Roll the pork in the seasoning and thyme. Take an appropriately sized casserole type pan fry off the onions and garlic in a tablespoon of olive oil. Cook on a medium heat for roughly 4 minutes until softened and tender. Push the onions to one side; add a knob of butter and fry off the pork, until lightly golden. Add the figs and one glass of Marsala, mix with the onions, add the rest of the butter and cover with an appropriately sized piece of wet greaseproof paper (because it is wet it sits snugly, allowing it to bake and steam as well as making a beautiful sauce). Cook in the preheated oven for 45 minutes -1 hour. After 20 minutes turn the pork in the lovely juices and add the other 2 glasses of Masala.

When the pork is cooked remove to a plate and allow to rest for 15 minutes before eating.

Whilst waiting finish the homemade sauce by adding the chicken stock and simmer for 10 minutes. Check the seasoning and add in the crème fraiche. Slice the pork as thinly as you want and serve with the delicious sauce.

Vegetables should be simple, spinach, cabbage or brussel tops.

Nutrition Info (per serving): 317 calories, 13 g fat.

48

## Quesadillas with Salsa and Guacamole

Prep and cook time: 30 mins to 1 hour

Serves: 2-4

## Ingredients

4 plum tomatoes, deseeded and roughly chopped  
1 red onion, peeled and chopped

1 green chilli, deseeded and chopped  
20g pack fresh coriander, leaves only  
Juice of 2 limes  
Salt and freshly ground black pepper  
3 green chillies, deseeded  
2 x 20g packs fresh coriander, leaves only  
3 ripe medium avocados, halved and stoned  
250g pack mature West Country farmhouse Cheddar, grated  
2 bunches spring onions, sliced  
1 red pepper, sliced  
2 x 20g packs coriander, chopped  
2 red chillies, chopped  
8 soft flour tortillas  
Small pot soured cream

## Method

Preheat the oven to 200°C, 400°F, gas mark 6.

For the salsa, mix all the ingredients together in a bowl. Season well, cover and chill. For the guacamole, purée the chillies and coriander in a food processor.

Add the avocado flesh and lime juice. Mix and season well. For the quesadillas, place the cheese, spring onions, red pepper, coriander and red chillies on 4 of the tortillas. Top each with another tortilla and press down firmly. Lay the quesadillas on baking trays, making sure not to stack them on top or over each other. Bake until golden and melted. Cut into quarters.

Serve with the salsa, guacamole and soured cream.

49

## Quick Apple and Pecan Strudel with Cinnamon

Prep and cook time: 30 mins to 1 hour

Serves: 4

## Ingredients

4-5 small, sweet and eating apples  
Juice of 1/2 a lemon  
80g butter



4 sheets of filo pastry  
150g pecans, chopped  
Some ground cinnamon  
150g dark muscovado sugar  
60g caster sugar  
A handful of dried cranberries

## Method

Preheat the oven to 180°C, 350°F, gas mark 4.  
Peel and slice the apples thinly, and put them in a bowl of cold water with a little lemon juice to stop them going brown. Melt the butter in a small saucepan over a low heat and keep warm. Carefully cut the filo pastry into 30x50cm sheets with a knife. Mix the pecans, cinnamon and dark muscovado sugar together. Lay the first sheet of filo pastry on a clean tea towel on your work surface and brush with melted butter. Sprinkle over 1/3 of the pecan mixture. Lay another sheet of filo pastry over the first one, sprinkle with pecans, cinnamon, and dark muscovado sugar, as before. Repeat with the third sheet and lay the fourth sheet over the top. Drain your apples well and toss with the caster sugar and dried cranberries. Spread them along the bottom edge of the pile of filo pastry sheets. Brush the top edge of the filo pastry sheets with a little water and gently lift the edge of the tea towel nearest you and use it to help you roll the pastry up lengthways like a Swiss roll, with the apples at the centre and press together gently. Place on a baking tray and bake in the oven for about 20 minutes or until golden brown.  
Serve with some good vanilla ice cream.

50

## Raisin and Rosemary Eggy Bread

Prep and cook time: Up to 30 mins

Serves: 4

## Ingredients

4 medium eggs  
knob butter  
4 tablespoons sugar  
6 bananas, peeled and sliced lengthways  
25g butter

8 slices of raisins and rosemary bread

## Method

Beat together the eggs. Get a frying pan, place over a moderate heat and put in a knob of butter and 4 tablespoons sugar and swirl until melted and beginning to bubble. Throw in the bananas. Cook for 3 -4 minutes turning halfway, until golden. In another pan melt 25g butter. Dip 8 slices raisin and rosemary bread into the egg mix and cook in a pan for 2 minutes each side.

Serve with spoonfuls of crème fraiche, banana syrup and more bananas.

51

## Rigatoni with Wild Boar Salami

Prep and cook time: 30 mins to 1 hour

Serves: 4

## Ingredients

a good glug of Bianconi extra virgin olive oil  
1/2 wild boar salami, sliced (or use Napoli salami)  
1 red onion, peeled and sliced  
1 clove garlic, peeled and sliced  
4 tablespoons balsamic vinegar  
400g can chopped tomatoes  
3 tablespoons crème fraîche  
2x20g packs fresh basil, chopped  
Sea salt  
Freshly ground black pepper  
300g rigatoni  
1 buffalo mozzarella, sliced

## Method

Preheat the oven to 190°C, 375°F, gas mark 5.

Heat the olive oil in a frying pan, and fry half the salami until quite crisp. Add the onion and garlic and cook slowly until the onion is soft. Add the balsamic vinegar, chopped tomatoes, crème fraîche and basil. Mix together, season to taste, and simmer for a few minutes.

Cook the rigatoni until 'al dente'. Drain, and drizzle over a little olive oil and

seasoning. Tip into a baking dish and pour over the sauce. Lay the mozzarella over the top with the rest of the salami. Bake in the preheated oven for 25 minutes until golden.

52

## Roast Potatoes with Sage and Orange

Prep and cook time: 1 to 2 hours

Serves: 4

### Ingredients

1kg King Edward potatoes, peeled and cut to the size of golf balls

4-5 cloves of garlic, squashed

Peel of 1 orange, cut into long, thin strips using a peeler

20g pack fresh sage, leaves only

6 tablespoons of La Truffe Cendree graisse d'oie (goose fat)

### Method

Preheat the oven to 220°C, 425°F, gas mark 7.

Parboil the potatoes in boiling, salted water for 10 minutes and drain in a colander.

Shake around in the colander to chuff up the edges. Heat a roasting tray on the hob over a moderate heat. Add the goose fat and the garlic, orange peel and sage, and fry in the goose fat for 30 seconds. Add the spuds and toss them around until well coated with the goose fat mixture, then roast in the oven for around 45 minutes or until golden and crisp.

53

## Roast Rack of Lamb with Crushed Potatoes

Prep and cook time: 30 mins to 1 hour

Serves: 4

### Ingredients

10 Anya potatoes

1 handful of cherry tomatoes  
6 bone rack of lamb  
1 handful of kalamata olives, stoned  
1 small handful of garlic cloves  
Sea salt and freshly ground black pepper  
A few sprigs of rosemary  
2 glugs olive oil

## Method

Preheat the oven to 190°C, 375°F, gas mark 5.

Boil the potatoes until tender, and squeeze the pips from the tomatoes. Stick a large frying pan on a high heat and sear the lamb until golden. Remove and put to one side while you crush the drained potatoes in the frying pan (use a masher, rolling pin or the likes) then leave to fry for a couple of minutes. Stir the tomatoes and olives into the potatoes with some seasoning and rosemary sprigs, drizzle with a little olive oil and place in a roasting tin. Place the lamb on top of the potatoes and cook according to pack instructions until medium.

Slice the lamb into chops and serve with the crispy potatoes and a little salsa verde, or an extra drizzle of olive oil.

54

## Roasted Red Onion With Thyme and Butter

Prep and cook time: 30 mins to 1 hour

Serves: 8

## Ingredients

8 equal-sized medium to large red onions  
100g butter  
15g pack thyme, washed and picked  
Sea salt and freshly ground black pepper

## Method

Preheat the oven 200°C, 400°F, Gas Mark 6.

Remove the first layer of skin from the onions. With a knife, take the bottom of the core end of the onion off to give it a flat base, make 2 cuts in a cross shape in the top, cutting halfway down (do not cut right through into quarters). Scrunch the

butter and thyme together, then push it into the gaps in the onions, season with a good pinch of sea salt and pepper. I prefer to cook the onions tightly packed in an earthenware dish on a thin layer of sea salt. Place in the preheated oven and cook for 30-35 minutes.

Nutrition Info (per serving): 147 calories, 11 g fat.

55

## Rocket, Fennel and Herb salad with Goat's Cheese

Prep and cook time: Up to 30 mins

Serves: 4

### Ingredients

20g pack marjoram, washed and picked  
8 x 15ml spoons extra virgin olive oil  
2 x 100g packs goat's cheese  
50g pack organic rocket  
1 fennel bulb, halved and very finely sliced  
50g pitted black olives  
20g pack lemon basil, washed and picked  
Juice ½ lemon  
Salt and freshly ground black pepper  
2 red chillies, deseeded and finely sliced

### Method

Preheat the oven to 200°C, 400°F, Gas Mark 6.

Place the marjoram in a mortar and grind with a pestle, alternatively, finely chop. Combine with 2 x 15ml spoons of the olive oil and rub all over the goat's cheese. Place the goat's cheese on a baking sheet and cook in the oven for approximately 10-15 minutes or until golden brown. Place the rocket, fennel, olives and lemon basil in a bowl, dress with the remaining olive oil, lemon juice and season to taste. Divide between 4 serving plates, crumble over the cheese and scatter with the chilli.

Nutrition Info (per serving): 331 calories, 32 g fat.

56

## Simple Summer Spaghetti

Prep and cook time: Up to 30 mins

Serves: 4

### Ingredients

500g mixed red and yellow cherry tomatoes, washed and chopped

150g black olives, pitted

1 clove garlic, peeled and chopped

15ml spoon red wine vinegar

20g pack lemon basil, leaves removed from stem

20g oregano, leaves removed from stem

150ml olive oil

400g spaghetti or linguine

Salt and freshly ground black pepper

### Method

In a bowl combine the tomatoes, olives, garlic and vinegar. Then add in the herbs and olive oil, allow to stand for 10 minutes. Cook the pasta according to the pack instructions or until 'al dente'. Drain and combine with the tomato base.

Nutrition Info (per serving): 648 calories, 33 g fat.

57

## Smoked Salmon and Scrambled Eggs

Serves: 2

### Ingredients

8 fresh eggs

Knob of butter

150g pack of smoked salmon

Salt and pepper

2 slices Sourdough bread

## Method

Pre-heat griddle pan. Heat your non-stick pan gently and add a knob of the butter. And add your beaten eggs. Gently cook and stir. Continue to cook for a couple of minutes, whilst still just underdone. Griddle the bread until nicely charred on each side. When the eggs thicken, season with salt and pepper and pile the eggs over the toast. Top with smoked salmon slices.

Serve with a good wedge of lemon and freshly ground black pepper.

58

## Southern Indian Vegetable Curry with Curry Leaves

Prep and cook time: 30 mins to 1 hour

Serves: 4

### Ingredients

2 x 15ml spoons oil  
1 x 5ml spoon mustard seeds  
2 green chillies, deseeded and chopped  
1 bunch of curry leaves  
2 onions, shredded  
½ x 5ml spoon ground coriander  
A pinch cumin seeds  
½ x 5ml spoon garam masala  
¼ x 5ml spoon turmeric  
¼ x 5ml spoon chilli powder  
6 tomatoes, chopped  
2 sweet potatoes, peeled  
2 potatoes, peeled  
1 aubergine  
100ml coconut milk  
A handful of French beans  
A handful of peas  
A handful of okra  
Sea salt  
Freshly ground black pepper

## Method

Heat the oil in a pan and fry the mustard seeds for 2-3 minutes or until they start to pop. Add the chillies; curry leaves, onions, coriander, cumin seeds, garam masala, turmeric, and chilli powder. Stir and cook until the onion is soft. Add the chopped tomatoes. Chop the potatoes and aubergine into small cubes and add to the sauce. Pour in the coconut milk and cook until the potato is soft and cooked. Throw in the beans, peas and okra. Season and cook for a few more minutes until tender.

Nutrition Info (per serving): 234 calories, 8 g fat.

59

## Spice Lamb Stew with Walnuts and Pomegranate

Prep and cook time: 2 hours

Serves: 4

### Ingredients

750g pack British lamb boneless roasting shoulder joint

2 tablespoons plain flour

Sea salt and freshly ground black pepper

2 tablespoons olive oil

1 red onion, finely sliced

4 sticks of celery, finely sliced

Half a stick of cinnamon

100g walnuts, chopped

2 bay leaves

6 pomegranates

20g pack flat leaf parsley, chopped

### Method

Cut the lamb into thumb-sized cubes and toss in the flour with a teaspoon of sea salt and black pepper. Heat a large pan and add the olive oil. When the oil starts to smoke, add as many lamb pieces as will fit in one layer, cover with a lid and cook for a few minutes until soft and browned evenly. When coloured on all sides, remove from the pan. Repeat with the remaining cubes until they are all browned. Return all the lamb to the pan and turn the heat down. Add the onion, celery,



garlic, cinnamon, walnuts and bay leaves to the pan. Put the lid on and cook very gently for 3-5 minutes, until the onion is softened, stirring often to make sure nothing sticks. Cut your pomegranates in half and juice them as you would an orange or lemon. You should get 500ml or so of bright pink juice (if you can't find pomegranates, cranberry juice works well instead). Add the juice to the lamb, reserving some pomegranate seeds. Top up with water to cover. Simmer very gently for 1 1/2 hours, or until the lamb is tender, adding a little water now and then if the stew gets dry. Remove the cinnamon stick and bay leaves and discard. Season to taste and sprinkle with the parsley and pomegranate seeds. Serve with steaming hot saffron rice.

60

### Spicy Thai Prawn Curry

Prep and cook time: Up to 30 mins

Serves: 4

#### Ingredients

½ x 5ml spoon ground cumin or if using a whole seed, then pound or crushed  
1 heaped 5ml spoon ground coriander or (if using a whole seed then pound or crushed)  
2-3 fresh whole green chillies to your taste  
4 large thumb sized pieces of fresh ginger, peeled and chopped  
3 fresh lemon grass stalks, trimmed back and chopped  
4 cloves garlic, peeled  
4 handfuls of fresh coriander with stalk attached  
6 salad onions, washed and trimmed  
2 limes, zest of one and juice of both  
30ml spoon olive oil, to loosen  
400ml can coconut milk  
200g fine green beans, tailed  
200g babycorn  
2-3 x 15ml spoons light or dark soy sauce or fish sauce if preferred  
300g chilled or frozen cooked prawns, tiger prawns or king prawns

(Alternatively chicken can be used)

#### Method

Place the first 10 curry paste ingredients into a food processor and whiz up to a

fine paste for 1 minute. In a hot wok or casserole type pan pour in a little oil, add the curry paste and cook for 30-40 seconds. Next add the coconut milk and simmer for 3 minutes before adding the green beans and baby corn. Simmer for a further 7 minutes then season with soy sauce finally adding the prawns. Remove from the heat and serve immediately with some lightly fluffy fragrant rice.

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