

I hope you enjoy making
the recipes as much as we
have!

Jackie & Ken



Storing Fresh Fruit



Apples: Store up to 6 weeks in the refrigerator in a crisper drawer or open plastic bag.



Bananas: Store at room temperature. Once ripe, bananas can be refrigerated for up to 2 weeks; the skin may turn black but the fruit inside will be fine.



Berries: Refrigerate in a covered shallow container with holes for air movement. Use strawberries and raspberries within 3 days, blackberries within 5 days, and blueberries within 10 days.



Kiwi: Store unripe kiwi in a plastic bag in the refrigerator for up to 6 weeks. To ripen, put firm kiwi in a paper bag on the counter away from heat and light. Ripe kiwi will keep for several days at room temperature and up to 4 weeks in the refrigerator.



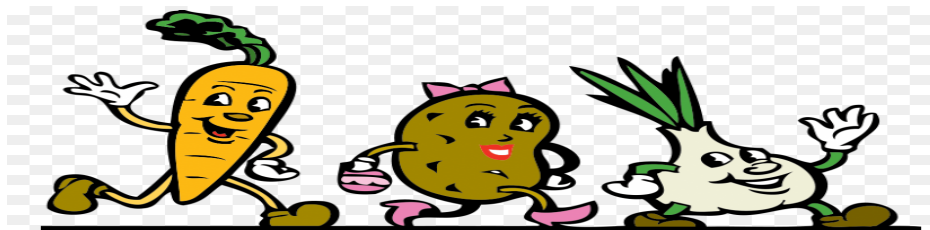
Peaches: Store at room temperature until ripe. Check daily until soft, then eat or refrigerate in a plastic bag with holes and use within a few days.



Pears: Store at room temperature until ripe. Press gently near the stem. If the neck feels soft, the pear is ready to eat. Once ripe, use within 5 days or refrigerate for longer storage.



Freezing Tips: For longer storage, freeze washed, whole or cut fruit on a baking sheet. When firm, transfer to a freezer container. Label and date. Use within 1 year for best quality.



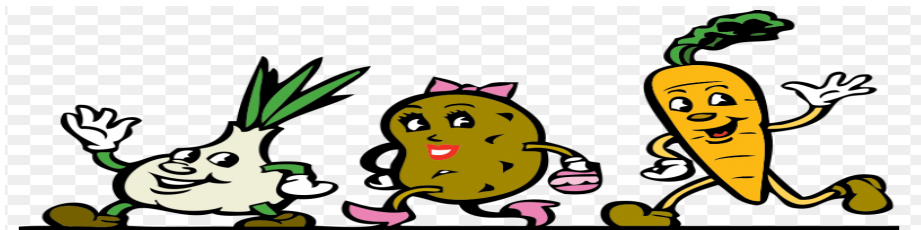
Introduction

Welcome to the new Kent Community Pantry Recipe Book.

This cookbook will provide you with some new recipe ideas, which can be adapted according to your dietary requirements. A large proportion of which can be made using staples widely distributed through the pantry and you will also find some helpful guides at the back of the book.

We would like to give a big “Thank You” to Jackie for providing us with the lovely recipes, to Ken for being our very own food taster and for Wendy who without her time and dedication this book would have never been produced.

Paul Underdown
Operations Manager
Fareshare Kent





Storing Fresh Vegetables



Broccoli and Cauliflower: Store in the refrigerator in a grocery produce bag or poke a few small holes in a bag to let air in. For best quality, use within 1 week. Broccoli and cauliflower can be frozen after blanching.*



Carrots: Store in a plastic bag in the refrigerator for up to 2 weeks, poking a few small holes in the bag to let air in. Keep carrot sticks for snacks in your refrigerator for up to 1 week; to prevent the sticks from drying out, store in water. Carrots can be frozen after blanching.



Onions: Store in a cool, dark, dry place in an open bowl or bag for several weeks. Store peeled or cut onions in sealed containers in the refrigerator and use within 2 weeks. Refrigerate green onions (scallions) immediately. Freeze extra onions (raw or cooked) to avoid waste. Chop and sauté if desired, or slice raw onions and place small amounts in containers in your freezer and use within 8 months in cooked dishes.



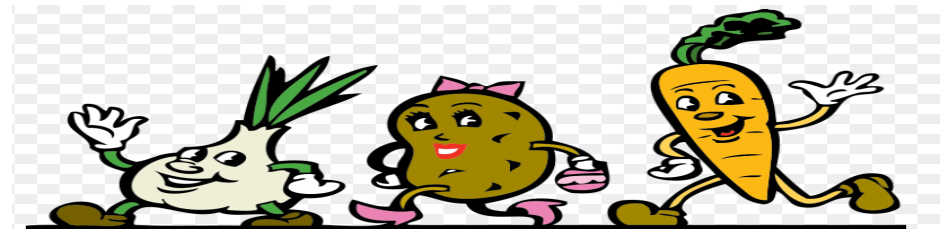
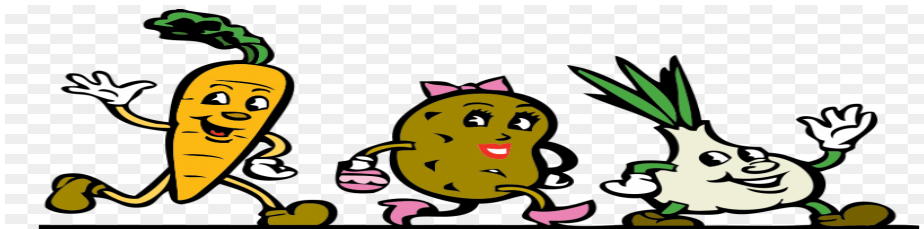
Potatoes: Store in a dark, cool, well-ventilated cupboard. Use a paper bag or a plastic bag with holes to let air in and keep the potatoes from wilting. New potatoes (small size) stay fresh for 2 to 3 days and mature potatoes (larger size) for 2 or more weeks.



Tomatoes: Keep ripe whole tomatoes at room temperature in a single layer in an open container. Avoid direct sunlight. Try to use within 5 days. Short refrigerator storage (3 days) can help delay softening but may also reduce flavor.



Salad Greens: Store in the refrigerator covered with a damp paper towel in an open container or in a plastic bag with holes to let air in. Use greens within 10 days.



If you do not have access to kitchen scales you can use cup measurements.

Conversion	
Cup	Amount in Grams
½ Cup	75g
⅔ Cup	100g
¾ Cup	115g
1 Cup	150g

1 tsp = teaspoon

1 tbsp = tablespoon

Apple Salad

Ingredients:

- 1 or 2 eating apples
- A few sticks of celery
- Iceberg lettuce
- Mayonnaise

Optional extras:

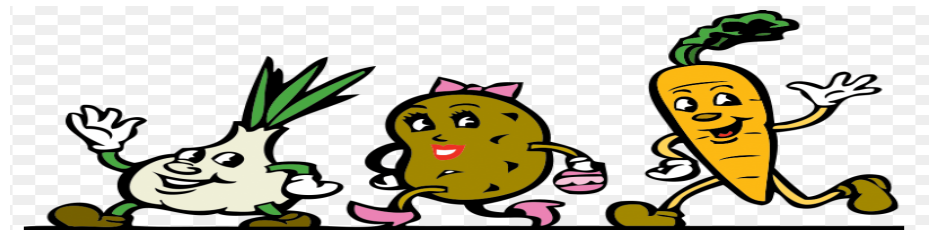
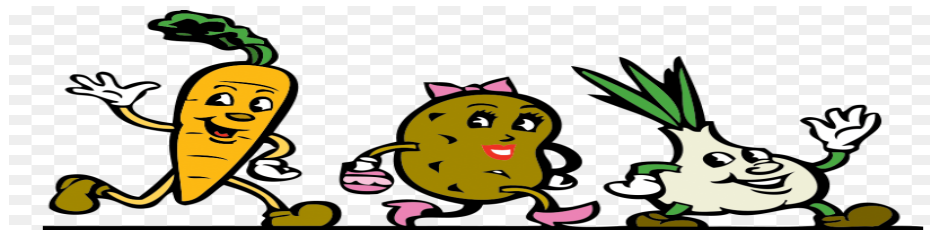
- Walnuts
- Raisins or sultanas
- Dried Cranberries
- Grapes

Method

1. Dice the apples into small cubes. I prefer not to peel the apples as they give a good colour and texture to the salad
2. Chop the celery into small pieces about the same size as the apple.
3. Slice the lettuce into slithers about half a centimetre wide and 4 centimetres long.
4. In a large bowl mix the lettuce, apple and celery together and add about 4 tbsp of mayonnaise, mix again until well combined. Add more mayonnaise if you need to.
5. Add any other optional ingredients and mix again. The more ingredients you add the more mayonnaise you will need to coat all of the salad.
Refrigerate until ready to serve.



A good salad to serve with cheese, chicken, tofu, tuna or as a side salad with a burger.



Sauteed Radishes

Ingredients:

- 1 tbsp of butter
- 20 medium to large radishes, ends trimmed off, cut into bite sized pieces
- Salt and pepper to taste

Method

Melt the butter in a frying pan. Arrange the radishes in the melted butter cut side down. Season with salt and pepper. After a few minutes the cut sides will have browned a little, now occasionally stir or toss the radishes in the butter until all are lightly browned and softened, about 10 minutes cooking time in total.



Radish & Cream Cheese Dip

Ingredients:

- 4 cloves of garlic, peeled
- 6 radishes ends cut off, chopped into small pieces
- 450g soft cream cheese (Philadelphia style cheese is good)

Method

Place the garlic into a food blender and pulse until finely blended/minced. Add the chopped radishes and pulse again to mix together with the garlic. Place the cheese into a bowl and add the blended garlic and radishes. Mix until the ingredients are evenly distributed to-



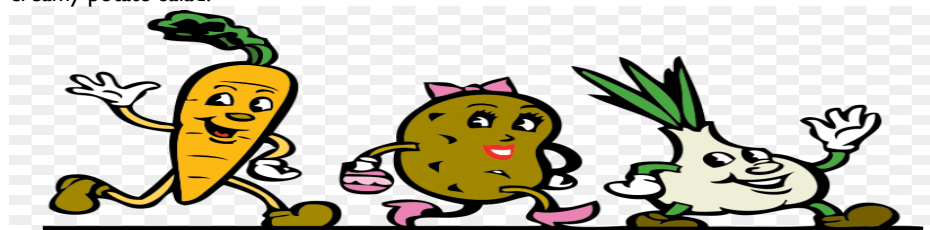
New Potato & Radish Salad

Ingredients:

- 800g new baby potatoes, cooked
- 1 onion, finely chopped
- 2 bunches of radishes, sliced or chopped
- Enough mayonnaise coat the potatoes and radishes.

Method

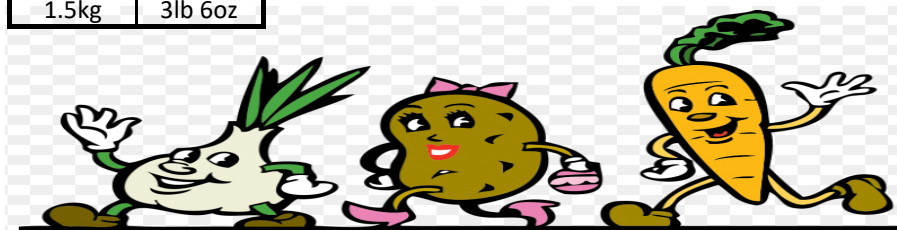
If the potatoes are bigger than baby sized then cut into bite sized pieces. Allow them to cool completely before adding any other ingredients. Add the chopped onion and radishes and mix well. Add enough mayonnaise to combine all the ingredients together to make a rich creamy potato salad.



Conversion Table

A useful table showing metric/imperial measurements as well as oven Temperatures!

Weights		Volume		Oven Temperatures		
					Fan	Gas
15g	½oz	25ml	1floz	110°C	90°C	
25g	1oz	50ml	2floz	120°C	100°C	½
40g	1½oz	75ml	3floz	140°C	120°C	1
50g	2oz	100ml	4floz	150°C	130°C	2
60g	2½oz	150ml	5floz	160°C	140°C	3
75g	3oz	175ml	6floz	180°C	160°C	4
100g	3½oz	200ml	7floz	190°C	170°C	5
125g	4oz	225ml	8floz	200°C	180°C	6
150g	5oz	250ml	9floz	220°C	200°C	7
175g	6oz	300ml	10floz	230°C	210°C	8
200g	7oz	350ml	13floz	240°C	220°C	9
225g	8oz	400ml	14floz			
250g	9oz	450ml	16floz			
275g	10oz	600ml	20floz			
300g	11oz	750ml	25floz			
350g	12oz	900ml	30floz			
375g	13oz	1 litre	34floz			
400g	14oz	1.2 litres	40 floz			
425g	15oz	1.5 litres	52floz			
450g	1lb	1.8 litres	60floz			
500g	1lb 2oz					
650g	1lb 7oz					
675g	1½lb					
700g	1lb 9oz					
750g	1lb 11oz					
900g	2lb					
1kg	2lb 4oz					
1.5kg	3lb 6oz					



Approx. Cooking Times for Joints

Pork Shoulder

We recommend cooking it for 50 minutes per 450g on 150C/130C Fan/Gas 2.

Pork Leg

Our pork legs should be cooked for 40 minutes per 450g on 150C/130C Fan/Gas 2.

Pork Loin

We suggest cooking your pork loin for 35 minutes per 450g on 150C/130C Fan/Gas 2.

Leg of Lamb

Cook your lamb on 200C/180C Fan/Gas 6. For rare cook for 20 minutes per 450g, for medium cook for 25 minutes per 450g and for rare cook for 30 minutes per 450g.

Lamb Shoulder

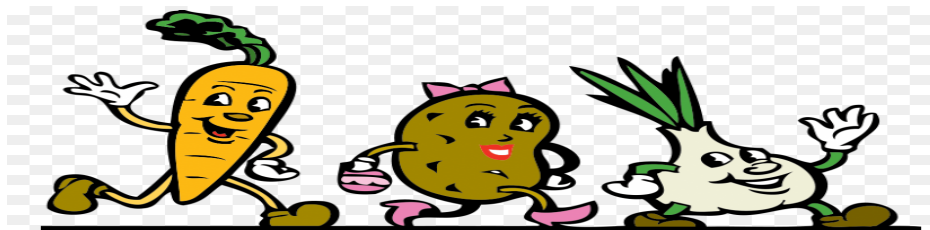
For best results, slow cook your lamb on 150C/130C Fan/Gas 2 for 40 minutes per 450g.

Large Chicken

Cook your chicken for 20 minutes per 450g on 180C/160C Fan/Gas 4.

Gammon

We recommend cooking your gammon on 180C/160C Fan/Gas 4 for 20 minutes per 450g.



Tomato Bruschetta

Ingredients:

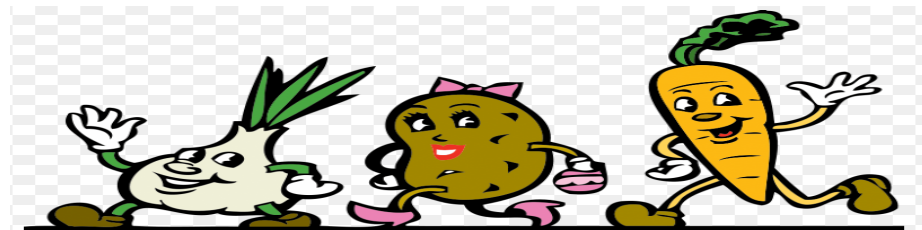
- 10 cherry or 4 large ripe tomatoes
- 2 tbsp oil, plus extra for trickling over at the end
- A pinch of sugar
- 2 large slices of bread (sourdough is really good for this recipe but any loaf will taste just as good)
- 1 clove of garlic, halved
- A little bit of green veg such as: a handful of fresh basil (torn not chopped), a few chives chopped, or 1 spring onion green stem finely chopped.

Method

1. Preheat the oven to 180°C/Gas 4
2. Cut the tomatoes if using big ones into chunks, smaller tomatoes can be halved or cherry tomatoes left whole.
3. Put the tomatoes into a bowl and drizzle in the 2 tbsp oil, a pinch of sugar, salt and pepper. Mix well to make sure all the tomatoes are coated.
4. Bake the tomatoes until soft and slightly browned in places.
5. Toast the bread and while still hot rub the halved garlic over the surfaces.
6. Place on a plate and pile the cooked tomatoes on top of the toast.
7. Scatter with the chopped green veg (basil, chives or spring onion)
8. Trickle with a little more oil and serve.



Variations: Serve with sliced soft mozzarella cheese or grated cheddar. Try popping the loaded toastie back under the grill for a few minutes to melt the cheese to become a mini pizza. Drizzle with a little balsamic vinegar for a real Italian flavour and serve with a salad.



Easy Creamy Coleslaw

Ingredients:

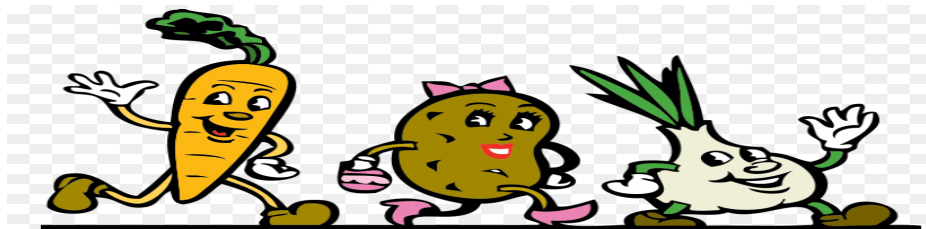
- ½ white cabbage, shredded.
- 1 carrot, grated or chopped into long thin slithers
- ¼ onion sliced finely or 4 spring onions chopped
- 3 – 4 tbsp mayonnaise

Method

1. Put all the prepared vegetables into a bowl and combine well.
2. Add the mayonnaise and mix well to coat all the ingredients. Season with salt and pepper to taste.

Variation: Mix a tablespoon of wholegrain mustard to the mayonnaise before adding to the vegetables. Use a little red cabbage with the white cabbage for extra colour. Add a diced apple (skin on for colour), a handful of raisins, walnuts, celery to make a Waldorf Salad.

Serve as a side dish with salad.



Basic Food Hygiene

A critical part of healthy eating is keeping foods safe. You can keep food safe to eat by following this guide.

Storing food

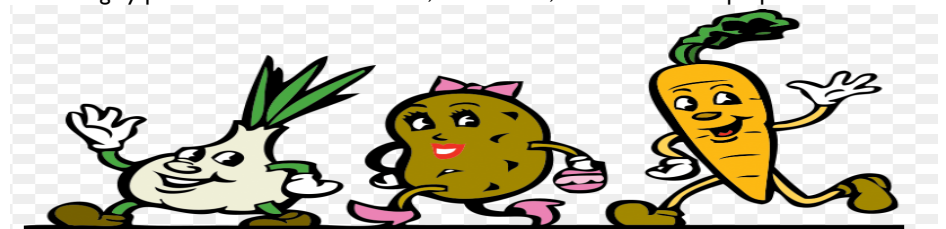
- **Use** your refrigerator to store food. Don't over fill it with drinks that can be kept either outside or in a cold shed or garage
- **Keep** raw meat and poultry or defrosting food at the bottom of your fridge and prevent the juices from dripping into the salad tray
- **Keep** cooked and raw foods separate on different shelves in the fridge
- **Don't** leave food out at room temperature that should be kept in the fridge
- **Keep** your fridge temperature between 0C and 5C and use a fridge thermometer to check the temperature
- **Refrigerate** cooked food as soon as it is cool. Cool hot food down within one and a half hours

Cooking

- **Make** sure meat and poultry is fully thawed before cooking
- **Don't** forget to remove the giblets from your bird
- **Cook** stuffing separately. If you wish to stuff the bird, stuff the neck end only
- **Make** sure leftovers are not reheated more than once and that they are piping hot all the way through

General hygiene

- **Wash** your hands frequently in hot soapy water, especially after handling raw foods and before handling cooked meats or salads
- **Dry** your hands on clean towels preferably disposable kitchen roll. Change cloth towels and tea towels regularly
- **Wash** work surfaces, dishes and utensils in clean hot water and detergent between and after preparing different types of food. Keep cloths clean and use a kitchen sanitiser if you can
- **'Use by' dates** mean exactly that. You should not use food and drink after the end of the 'use by' date shown on the label. Even if it looks and smells fine, using it after this date could put your health at risk and give you food poisoning. 'Use by' dates are normally put on highly perishable foods such as milk, soft cheese, sliced meats and prepared salads.



Use By and Best Before Dates

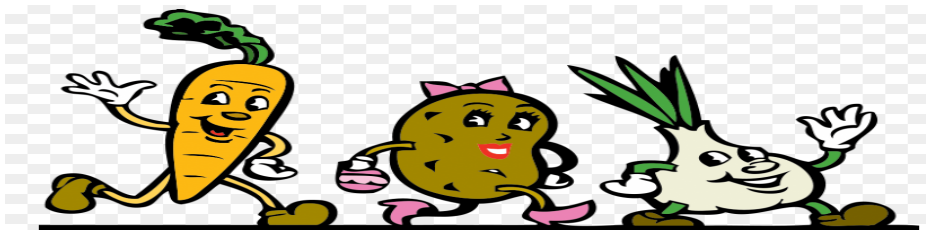
Food labels provide a wide range of information about foods. Use by and best before dates are often confused so we have provided a quick guide below:

Use By Dates

- State the date up to which a food is safe to eat
- Generally found on high risk foods which require refrigeration such as fish, meat and dairy products
- Foods that have passed their use by date will contain harmful bacteria that cannot be seen and does not smell
- Freezing food before its use by date extends its life but once defrosted it should be eaten within 24 hours. Do not freeze food after its use by date

Best Before Dates

- Best before dates indicate the length of time food will be at its best quality
- Food that has passed its best before date is not unsafe to eat but its flavour, texture and quality may be affected



Charred Lettuce With Ranch Dressing and Bacon Bits

Ingredients:

Charred Lettuce

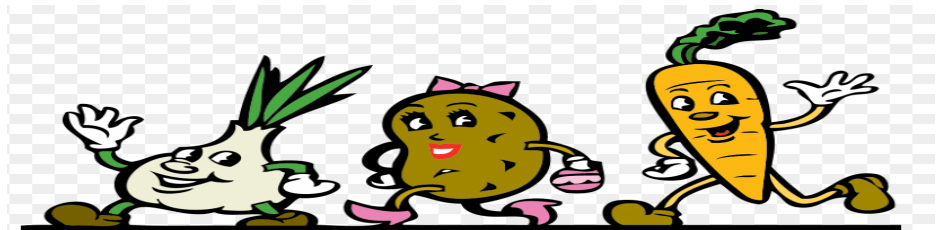
- 4 little gem lettuces, quartered
- 2 tbsp oil
- a handful of chives, finely chopped

Ranch Dressing:

- 50g mayonnaise
- 100ml buttermilk
- 1 tsp garlic granules
- 1 tsp onion granules
- 1 tsp Dijon mustard
- A few chives, finely chopped

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Put the bacon on a baking tray and roast for 16-18 minutes until really crisp. You don't want a soft bacon it needs to be crisp. Cool down and then roughly chop.
3. Heat a frying pan (or a BBQ griddle pan if cooking on a BBQ) over a high heat. Brush the sides of the lettuce with oil and lightly season with salt and pepper. Cook the lettuce for 1-2 minutes on each of the cut sides until charred.
4. Arrange on a platter.
5. To make the dressing - whisk all of the ingredients together with a little salt and pepper.
6. Spoon the dressing over the charred lettuce, then sprinkle over the chopped crispy bacon.



Easy Potato Wedges

Ingredients:

- 3 or 4 large potatoes
- Seasoning
- Oil

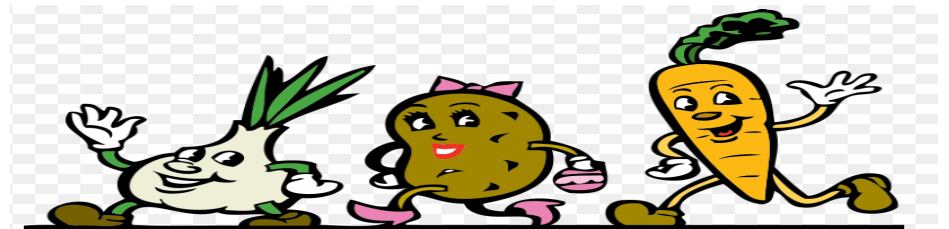
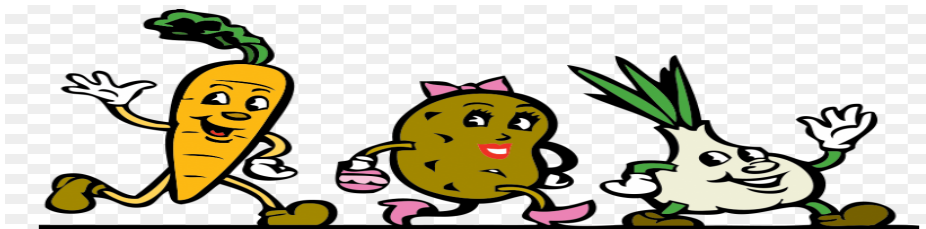
Method

1. Wash the potatoes and using a sharp knife pierce each one to prevent the skin from bursting the microwave. Cook for about 5 minutes or until they are cooked through. (Use the jacket potato setting on your microwave)
2. Remove from the microwave and slice each potato into 6 – 8 wedges.
3. Arrange the wedges on a baking sheet and drizzle with oil.
4. Season with salt and pepper and place under a hot grill until browned.



Variation: Sprinkle with cheese for a few minutes before removing from the grill for cheesy potato wedges.

Serve as a side dish for almost any meal from burgers to lasagne, or with a simple salad.



Shortcrust Pastry

Ingredients:

- 175g / 6oz plain flour
- Pinch of salt
- 85g/3oz cold butter, cubed
- 2-3tbsp cold water

Method

1. Sieve the flour and salt into a large bowl and add the cubes of butter.
2. Using your fingertips, rub the butter into the flour until you have a mixture that resembles breadcrumbs with no large lumps of butter showing. Try to do this quickly so the butter does not become soft and make the pastry greasy.
3. Using a table knife (this will keep the pastry cold) stir in 1-2tbsp of cold water to combine the mixture together. Add more water if needed but less water is better as the pastry will have a better texture when baked.
4. Gently knead together until it becomes a smooth ball. This may only take a few seconds. The above steps can be done in a food processor but ideally use the pulse setting to mix everything together.
5. Wrap the pastry in cling film and chill for at least 30 minutes before using.

Variations: This recipe will line a 20cm flan tin or a tartlet tin for making jam tarts. Add 2tbsp of caster sugar to the mix after you reach the breadcrumb stage to make sweet shortcrust pastry. Add an egg yolk to the sweet shortcrust pastry to make it extra rich for dessert recipes.



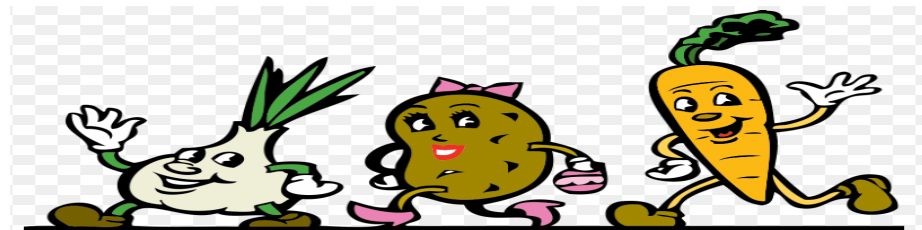
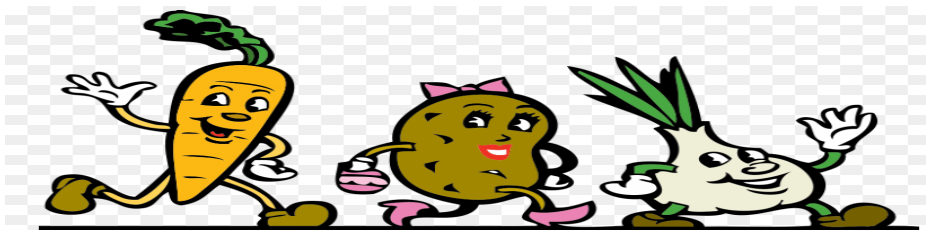
Cheese-Baked Parsnips

Ingredients:

- 50g grated parmesan or cheddar cheese
- 1.25 kg parsnips
- 175g plain flour
- A little oil for baking
- Knob of butter
- Salt and pepper

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Begin by combining the flour, Parmesan cheese is best but cheddar will also work well, salt and pepper in a mixing bowl.
3. Peel the parsnips using a potato peeler. Then halve and quarter them lengthways and cut each length in half across, so that you end up with smallish chunks. Cut out any tough woody centres.
4. Now pop the parsnips in a saucepan, pour in enough boiling water just to cover them and add salt. Put on a lid, bring them to the boil and boil for 3 minutes.
5. Meanwhile have a large kitchen tray ready. Then, as soon as they are ready, drain them in a colander and, whilst they are still steaming, drop a few at a time (with the aid of some kitchen tongs) into the flour and cheese mixture, shaking the bowl and moving them around so that they get a good even coating.
6. As they are coated transfer them to the tray. Make sure you do them all fairly swiftly as the flour mixture will only coat them whilst they are still steamy!
7. When they're all coated they are ready to cook or store in the fridge or freeze.
8. To bake them, place a large solid roasting tin in the oven to pre-heat and in it put enough oil just to cover the base and a knob of butter for flavour. Then, when the oven is ready, again using tongs, place the parsnips quickly side by side in the tin. Tilt it and baste all the parsnips with hot fat, place the tin back into the oven and bake them for 20 minutes, then turn them over, drain off any surplus fat and continue to bake for a further 15-20 minutes or until they are crisp and golden.



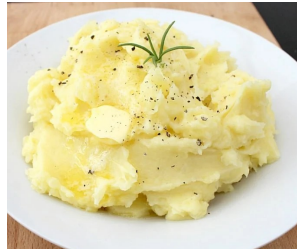
Creamy Mashed Potato

Ingredients:

- 2kg floury potatoes peeled and diced
- 100ml whole milk (blue label milk)
- 100g butter plus extra for topping
- Salt and pepper for seasoning

Method

1. Boil the diced potatoes in water for about 10 minutes or until they are soft but not falling to pieces. Drain the potatoes and leave to allow the steam to dry off. Do not allow to get cold because you need the heat to melt the butter.
2. While the potatoes are still hot, mash them with the 100g butter, full fat milk and seasoning to taste.



Serve in a dish with a little extra butter melting over the top.

Spanish Potatoes

Ingredients:

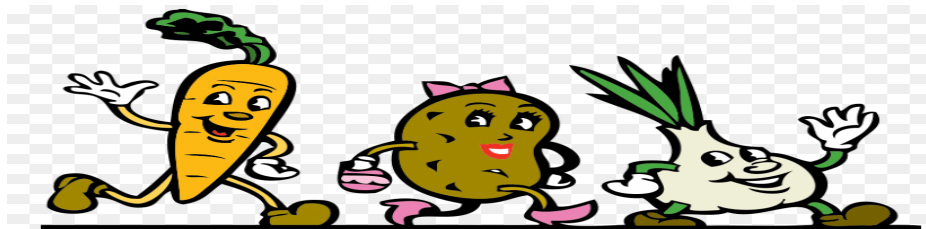
- 2 tbsp oil
- 3 tbsp tomato puree
- 1 tsp paprika (smoked paprika is best for this recipe if you have it)
- 800g potatoes peeled and diced
- 4 garlic cloves
- Juice of ½ a lemon
- A handful of flat leafed parsley, roughly chopped or torn

Method

1. Boil the diced potatoes in water for about Heat the oven to 180C/160C Fan/Gas 4.
2. Mix the oil, tomato puree and paprika together, then coat the potatoes thoroughly in the mix.
3. Squash the garlic still in the skin with the flat side of a large knife and then place on a baking tray. Cover the garlic with the coated potatoes. Season with salt and pepper and then roast for about 20 minutes.
4. Remove from the oven and turn the potatoes over in the pan. Return to the oven for another 15 minutes or until the potatoes are crisp. Remove from the oven and sprinkle over the lemon juice.
5. Return to the oven for the last 5 minutes.



Serve with the parsley scattered over the top.



Green Tomato Chutney

Ingredients:

- 1.25kg green tomatoes, roughly chopped
- 250kg onions finely sliced
- 15g salt
- 500ml malt vinegar
- 250g soft light brown sugar
- 125g sultanas, roughly chopped
- 10g/1½tsp ground pepper

Equipment:

- Large heavy bottomed saucepan
- 4-5 clean jars with lids
- Cling wrap

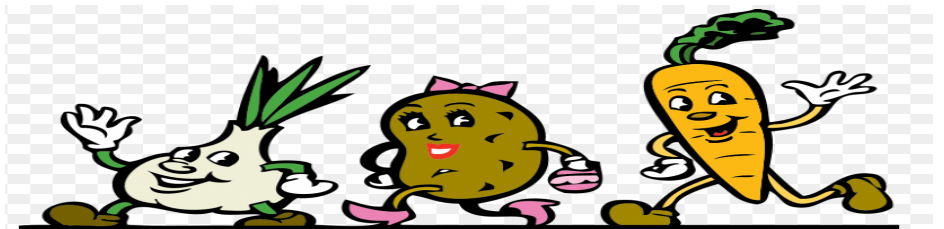
Method

1. Put the finely sliced onion and roughly chopped tomatoes in a bowl and add the salt. Mix together, cover with cling film and leave overnight to allow the juices to draw out. This step can be missed out but you need to add HALF the amount of salt and leave for an hour minimum.
2. Heat the vinegar and add the sugar over a medium heat, in a large heavy bottomed saucepan, stirring until the sugar has dissolved.
3. Once the sugar has dissolved bring the mixture to a boil and add the roughly chopped sultanas and gently boil for a few minutes.
4. Drain the tomato and onions well but do not rinse the salt off. Rinsing will add water and the goal was to remove as much water as possible by leaving them to draw out. Add the drained tomatoes and onions to the saucepan and stir well.
5. Add the pepper and bring the mixture to a boil. Once boiling reduce the heat to a simmering point and simmer for 1-2 hours depending on how long you left the tomatoes and onions to draw. While you wait for the chutney to cook you can prepare the jars.
6. The chutney is ready when it has reduced by half and a spoon dividing the mixture in the saucepan leaves a separation line for a moment before the sticky liquid refills the gap.
7. Wash the jars and lids in hot water. Place them in a preheated oven 140C/120 Fan/Gas 1. This will dry and sterilise the jars ready for use.
8. When the chutney is ready remove the jars from the oven and using a wide necked funnel, spoon the chutney into the hot jars. Give them a tap on the counter surface to remove any air bubbles. At this point I place a double layer of cling film over the top of each jar. As it cools, the cling film contracts and seals the chutney. Once it has contracted but still warm, I put on the lids to finishing cooling and protect the chutney.
9. Once cold, label the jars with date, content and maker. The chutney is ready to eat straight away but will develop more flavour if kept for a couple of weeks. The finished chutney should store well for six months or longer.



Serve with cold meats, salads or cheese and biscuits.

This is an ideal present to give to chutney loving family or friends.



Apple Sauce

Ingredients:

- 225g apples – peeled, cored and chopped roughly
- 15g butter
- 1 tsp sugar
- 2 tbsp water
- Grated zest of ½ lemon

Method

1. Put all the ingredients into a saucepan and cook until the apples are soft and slightly mushy.
2. Put into a serving bowl and serve with roast pork.

Variations: This is great for a festive sauce add some cranberries, not too many or your sauce will turn blood red.



Stir-Fried Curly Kale with Chilli & Garlic

Ingredients:

- 1 tbsp of oil
- 200g bag curly kale
- 2 garlic cloves, finely sliced
- 1 red chilli, deseeded and sliced

Method

Heat the oil in a large wok or frying pan, then add the kale and a couple tbsp water. Season, then stir-fry for 5-8 mins,



Kale with Garlic & Lemon Juice

Method

The same ingredients as above.

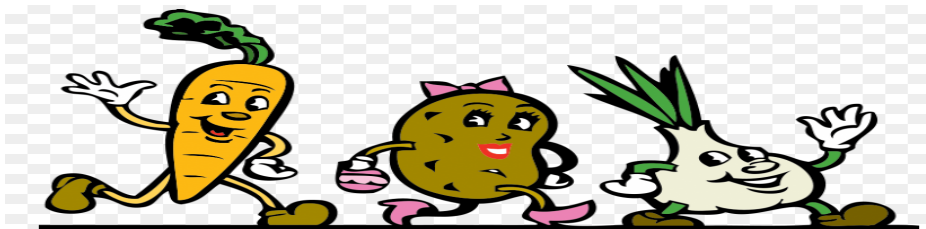
Heat the oil in a large wok or frying pan, then add the kale and a couple tablespoon water. Season, then stir-fry for 5-8 mins, adding the garlic. When the kale is tender and a vibrant green, remove from the heat and serve.



Kale with Garlic & Almonds

Method

Cook as per the recipe above adding garlic and sliced almonds instead of chilli.



Roast Carrots & Parsnips with Honey & Mustard

Ingredients:

- 1kg parsnips, peeled, trimmed, sliced lengthways or cut chunky if desired.
- 1kg carrots, peeled, trimmed, sliced lengthways or cut chunky
- 6 tbsp oil (preferably olive)
- 4 tbsp whole grain mustard
- 6 tbsp honey (clear runny honey is best as it's sticky)

Method

1. Preheat the oven to 180C/160 Fan/Gas 4. Tip the parsnips into a large roasting tin.
2. In a bowl, whisk together the oil, honey and mustard.
3. Pour over the parsnips and coat them all over in the dressing. Roast for 15 minutes.
4. Increase the oven temperature to 220C/200 Fan/Gas 7, then add the carrots into the parsnips. Move them around the roasting tin to coat in the dressing. Return to the oven and continue cooking for about 45 minutes until tender.

Variations: Try using different mustards such as Dijon, Tarragon or Pepper Mustard. This will not only change the colour but the flavour too. Vary the vegetables. You can use almost any root vegetable as long as it is cut into the same size portions.

Serve with a traditional roast dinner.



Tomato Sauce

Ingredients:

- 1 tbsp oil (preferably olive)
- 2 onions chopped
- 2 cloves of garlic crushed
- 1 tbsp of tomato puree
- 400g fresh tomatoes or you can use 1 can of chopped tomatoes
- 1 tsp dried herbs of your choice (oregano, basil, mixed herbs etc)

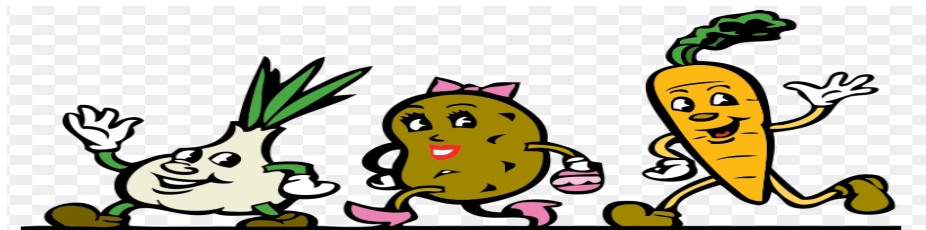
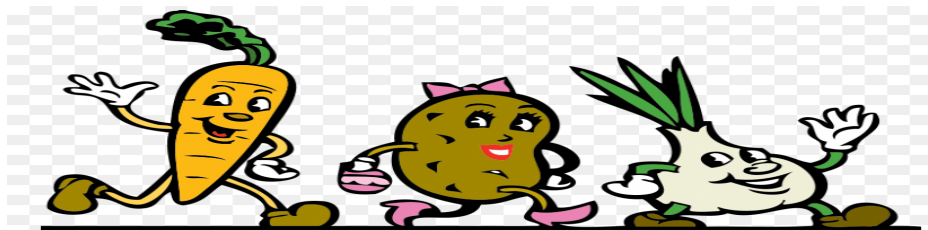
Method

1. Heat the oil in a large saucepan and add the onions, cook for a few minutes until the onions are soft and then add the tomatoes (canned and/or fresh) and the herbs. Season to taste.
2. When the onion and tomatoes are cooked through and reduced in liquid the sauce is ready.
3. Pour into sterilised jars and keep in the fridge for up to two weeks.



Jackie's Tip: If you want a sweeter sauce add sugar to taste. Brown sugar is a good flavour with this sauce and it will add to the keeping time too. The more sugar added then the sweeter the taste and longer it will keep. Try different herbs and create a flavour your family loves. Try adding some reduced balsamic vinegar to give an Italian twist. Add paprika for a smokey flavour to your sauce. Transform the flavour by adding white wine vinegar, sugar and a teaspoon of Worcestershire sauce. Adding chilli powder or flakes will give a spicier sauce.

This makes a great base for a homemade pizza. So go wild with your pizza inventions.



Seedless Blackberry jam

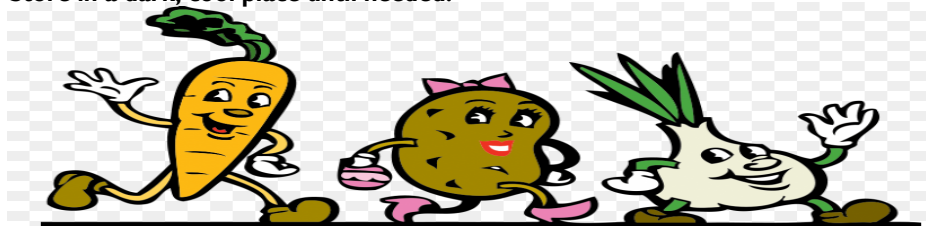
Ingredients:

- 900g (2 lb) blackberries
- 150ml (¼ pt) water
- Juice of two lemons
- White granulated sugar
- nylon bag (I use a supermarket fruit and veg bag, the reusable sort you use to weigh and buy produce and which costs very little)
- 2 clean sterile jam jars to keep the jam in after cooking.

Method

1. Place the blackberries into a deep saucepan with the water and lemon juice, simmer over a low heat until all the blackberries are soft. Press or mash them gently with the back of a spoon or potato masher to help release all the juice from the blackberries as they cook.
2. Strain the blackberry mix through the nylon bag. You could use a muslin square or a clean tea towel but it will become very stained by the blackberry juice. Ideally you would strain the blackberries in the bag overnight in a colander over a large bowl. If you can't wait then you can squeeze the bag to help extract the juices but the jam may not be as clear.
3. The next day measure the juice and sugar. You need 450g (1lb) of sugar for every 600ml (1 pint) of blackberry juice.
4. Place the juice and the sugar into a large saucepan and heat gently until all the sugar has dissolved. Turn up the heat until the mix begins to boil. Boil until the jam reaches a setting point.
5. Setting point tests:
 - A. Dip a large spoon into the jam and take out a scoop of jam. Dribble the jam back into the pan - if it drips as a long slow drop which hangs just before dropping - setting point has been reached.
 - B. Cold saucer test - pop a saucer into the freezer to become ice cold. Pop a spoonful of jam onto the cold saucer and push it with your finger. If it isn't runny but wrinkles as you push it the (A) setting point has been reached.
 - C. Temperature test - Use a sugar thermometer. A setting point is reached when the jam is 105C (220F).
6. Pour or ladle the jam into clean sterile jars and seal immediately. You can label the jam once the jar is cool enough to handle.

Store in a dark, cool place until needed.



Mushroom Stuffing Mix

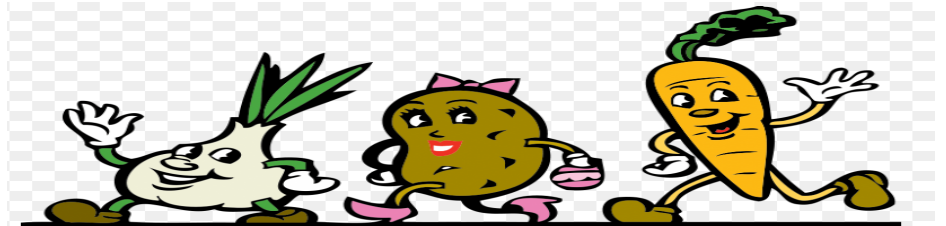
Ingredients:

- 1 white onion chopped
- 2 – 3 large mushrooms chopped
- 2 cloves of garlic chopped
- 20g butter
- 1 slice of stale bread whizzed in a food processor
- A bunch of fresh herbs or two tsp of dried herbs
- 1 egg if needed
- Salt and pepper to season

Method

1. Heat the oven to 180C/160 Fan/Gas 4. To make the stuffing heat the butter in a frying pan and gently fry the onions, mushrooms and garlic until soft. About 10 – 15 minutes.
2. Whizz the bread and the herbs together in a food processor and mix with the cooked ingredients. Shape into small balls (about 6).
3. Crisp in the oven for about 20 minutes depending on the size.

Variations: Change the flavour of the herbs by using rosemary, parsley or sage. Add chestnuts or cranberries for a Christmas feel. Try using Indian spices for an exotic twist.



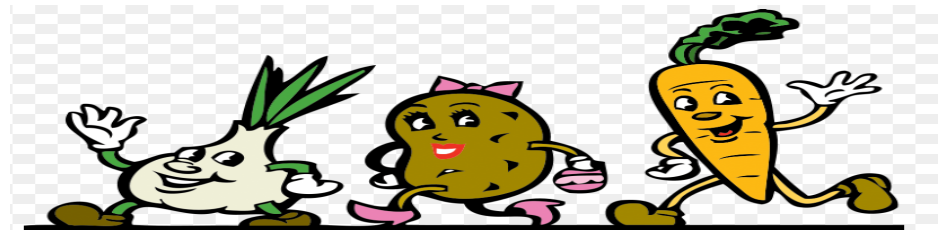
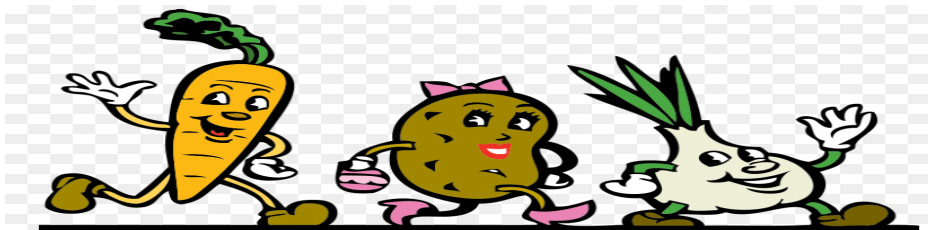
Pumpkin & Cauliflower Garlic Mash

Ingredients:

- 1 medium head cauliflower, broken into florets (about 6 cups)
- 3 garlic cloves
- 1/3 cup spreadable cream cheese
- 1 can (15 ounces) solid-pack pumpkin
- 1 tablespoon minced fresh thyme
- 1 tsp salt
- 1/4 tsp cayenne pepper
- 1/4 tsp pepper

Method

1. Place 1 in. of water in a Dutch oven; bring to a boil. Add cauliflower and garlic cloves; cook, covered, until tender, 8-10 minutes. Drain; transfer to a food processor.
2. Add remaining ingredients; process until smooth. Return to pan; heat through, stirring occasionally.



Mince Pie Flavour American Style Pancakes

Ingredients:

- 225g self raising flour
- 50g caster sugar
- 2 eggs
- 280ml milk
- Pinch of salt
- 12 heaped teaspoons mincemeat

Method

1. Sift the flour into a large bowl, add the sugar and salt. Make a well (a dip) in the centre of the flour.
2. Beat the eggs into the milk and then pour 2/3 of the mixture into the well and start to whisk until the flour is smooth. Whisk in the remaining egg/milk mixture.
3. Heat a non-stick frying pan on a medium heat. Add a little oil or butter to grease the pan.
4. Add spoonful's of the mixture in the pan. Don't over fill the pan because the mixture needs room to spread. Add a spoonful or two of mincemeat onto the centre of each pancake and then cover this with a little more pancake batter. When bubbles start forming on the top of the pancakes and they are no longer liquid they are ready to turn over. Flip the pancakes and cook for a further two minutes.

Serve with cream and icing sugar.



Coconut & Pumpkin Pilau

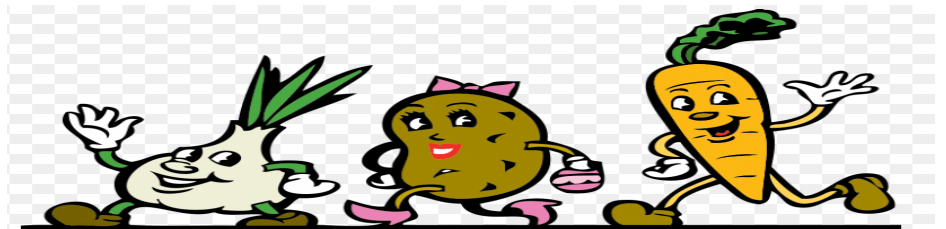
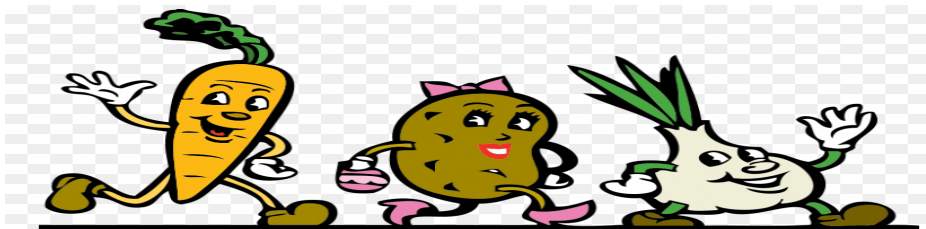
Ingredients:

- 300g basmati rice
- 2 onions, peeled and cut into wedges
- 1 pumpkin peeled, deseeded and cut into large cubes
- oil for drizzling
- 3 tsp curry powder
- 1 tsp cumin seeds
- a pinch of saffron (or turmeric)
- 3 green chillies
- 2 tbsp coconut oil
- 3 garlic cloves finely sliced (or use a squeeze of Lazy Garlic)
- 7 cm of ginger, peeled & cut into matchsticks (or use a squeeze of Lazy Ginger for flavour)
- 1 cinnamon stick
- 4 cloves
- fresh coriander and mint, half a lemon for squeezing

Method

1. Heat the oven to 220C/200C Fan/Gas 7.
2. Rinse the rice and leave in a bowl to soak while you prepare the other ingredients.
3. Put the onions and pumpkin in a large bowl, drizzle with oil, add the curry powder and seeds and mix well to coat the vegetables. Now roast for about 30-40 minutes until slightly caramelised and tender.
4. Measure 600ml of freshly boiled water in a measuring jug and add the saffron (or turmeric). Put to one side to allow the saffron (turmeric) to flavour and colour the water.
5. Pierce the chillies with a sharp knife but leave them whole, do not cut through the chillies completely.
6. Put the coconut oil in a large saucepan and if using fresh garlic and ginger add them now. When they just start to colour add the chillies, cinnamon stick and cloves. If using Lazy garlic/ginger then add all the ingredients in this section at the same time.
7. Drain the soaked rice and add to the saucepan with the garlic, ginger, spices and chillies. Pour in the infused saffron (turmeric) water, season and bring to the boil. As soon as the water starts to bubble, turn the heat to low, cover and cook for 15-20 minutes. At the end of the cooking time, remove the lid and cover the saucepan with a clean tea towel and set aside for 5 minutes.
8. Spoon half the rice onto a large serving plate, fluffing it as you go with a fork. Make a layer of pumpkin and onions over the rice and finish with a layer of rice on top.
9. Season and then scatter over the herbs and add a squeeze of lemon juice.

Variations: Add cranberries to the pumpkin towards the end of the roasting time. Toast some coconut (shredded or flaked) and add on top as a garnish.



Sauteed Cavolo Nero with Garlic & Almonds

Ingredients:

- 350g Cavolo Nero, center stalk removed
- Oil
- Butter
- 1 small onion diced finely
- 2 cloves garlic crushed
- A handful of flaked almonds
- Salt and pepper

Method

1. Heat a dry frying pan and add the flaked almonds, heat gently until toasted, shaking the pan occasionally to even the toasting.
2. Chop the Cavolo Nero leaves into bite sized pieces.
3. Heat a little oil in a large frying pan, add the onion and fry until soft. Add the garlic and cook for another minute.
4. Add the Cavolo Nero, butter, salt and pepper and sauté in the onion and garlic for three or four minutes or until the Cavolo Nero has softened.
5. Add the toasted almonds and stir to warm the almonds.

This goes well with our roasted red pepper stuffed with microwave rice recipe.



Banoffee Pie

Ingredients:

Base

- 150g (about 10 biscuits) digestive biscuits, crushed
- 75g butter

Topping:

- 300ml double cream
- 3 just ripe bananas, sliced

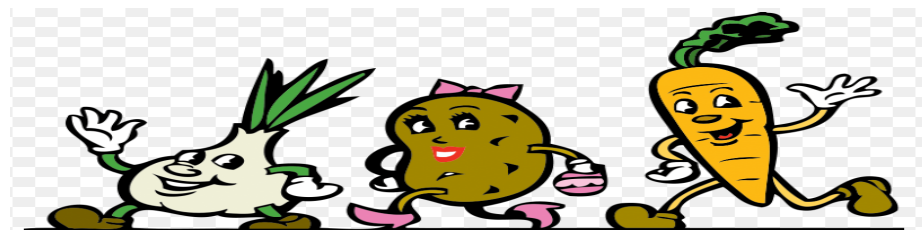
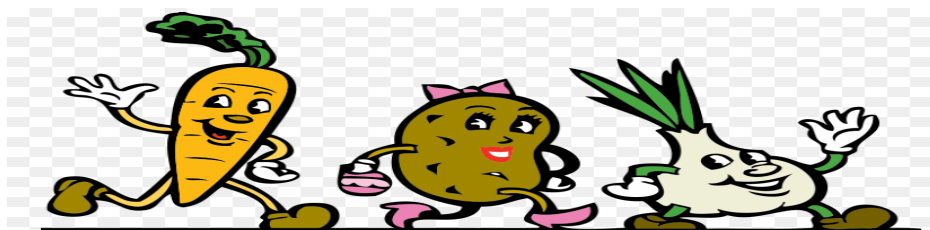
Filling:

- 1 tin pre-made caramel sauce (Carnation Condensed milk caramel sauce)

Method

1. Grease the bottom and sides of a loose bottomed cake tin and line the bottom with a circle of grease proof paper.
2. Melt the butter and add the crushed biscuits. Mix until all the butter has coated the biscuit crumbs evenly. Press the biscuit mix into the bottom of the tin and place in the fridge to set.
3. Whip the cream until it is firm but fluffy.
4. Remove the biscuit base from the fridge and spoon a small layer of caramel sauce over the bottom. Arrange some sliced banana over the surface and then spoon over the remaining caramel sauce from the tin.
5. Spoon the whipped cream over the caramel sauce and then decorate with more banana slices.
6. Either drizzle the melted chocolate over the top of the Banoffee pie or dust with cocoa powder.

Keep in the fridge until ready to serve.



Vanilla Bundt Cake

Ingredients:

Cake

- A little butter for pan
- 330g butter, softened
- 400g caster sugar
- 4 large eggs
- 1 tbsp vanilla extract
- ½ tsp almond extract (optional)
- 375g plain flour
- 6 tbsp cornflour
- 1 tsp baking powder
- 1 ½ tsp salt
- 240 ml whole milk

Glaze

- 215g icing sugar
- 5 tbsp whole milk
- ½ tsp vanilla extract
- ⅛ tsp salt



Method

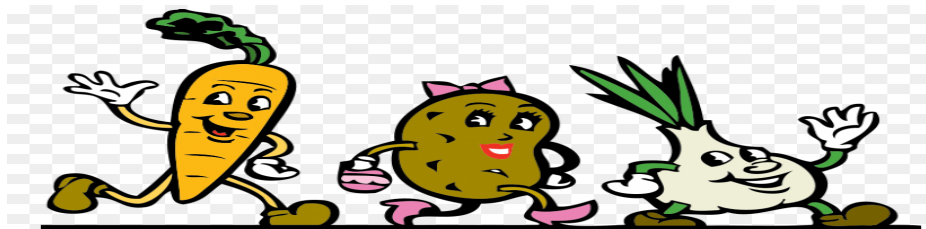
Cake:

1. Preheat oven to 180C/160C Fan/Gas 4. Grease a 12-cup Bundt pan with cooking spray. In a large bowl using a hand mixer (or in the bowl of a stand mixer), beat together butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Add vanilla and almond extracts and mix until combined.
2. In another large bowl, whisk together flour, cornflour, baking powder and salt. Add half of the dry ingredients to the wet ingredients, beating until just combined. Pour in milk and mix until fully incorporated, then add remaining dry ingredients and stir until just combined.
3. Pour batter into greased Bundt pan and smooth top with a rubber spatula. Bake until a toothpick inserted into the middle of the cake comes out clean, about 55 minutes. Let cool in pan for 10 minutes, then invert onto a cooling rack to cool completely.

Glaze:

4. Whisk together icing sugar, milk, vanilla, and salt. Pour over cake and serve or allow the icing to set and cut the cake into slices.

Variation: Ideally you need a Bundt tin but any ring cake tin with a centre hole will be ok.



Middle Eastern Runner Beans

Ingredients:

- 2 tbsp of oil for frying
- 2 onions sliced finely
- 2 cloves of garlic finely chopped
- 1 tsp cumin seeds
- ¼ tsp of paprika
- 400g runner beans trimmed and sliced diagonally
- 1 tin of chopped tomatoes
- Juice of 1 lemon
- 200ml vegetable stock
- Salt and pepper

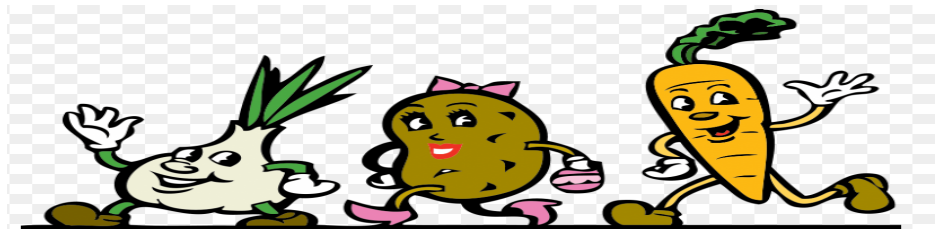
Method

1. Heat the oil in a pan and fry the onions on a low heat until they are soft but not brown.
2. Add the chopped garlic, cumin seeds and paprika. Food until the garlic is soft (1-2 minutes)
3. Add the runner beans, tomatoes, lemon juice and vegetable stock.
4. Bring to the boil, cover and then simmer gently for about 45 minutes until the beans are very soft.



Variations: Use a teaspoon of curry powder instead of the cumin and paprika for an Indian style flavour. Use 1tbsp of bottled lemon juice instead of fresh lemon. Use lazy garlic 1cm squeeze is about 1 clove of garlic. If you have lots of tomatoes you can use 450g fresh tomatoes in place of the tinned tomatoes.

Serve with couscous if using as a main dish or as a side with almost anything.



Simple Prawn Cocktail

Ingredients:

- 200g cooked prawns
- 75g mayonnaise
- 20g ketchup
- A splash of Worcestershire sauce
- Lemon slices
- 1 lettuce shredded
- Paprika

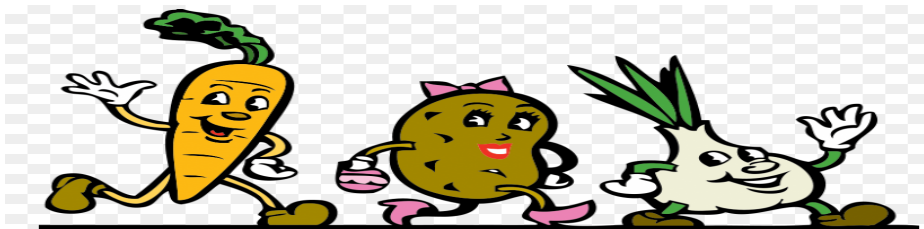
Method

1. Measure out the mayonnaise, ketchup and Worcestershire sauce in a bowl and mix them together.
2. Take some of the prawns (one or two per serving) and put them to one side for decoration later. Divide the sauce into 1/3 and 2/3's in two bowls. Add the rest of the prawns to the 2/3 sauce and mix until they are completely coated.
3. Take a wine glass and add a small amount of lettuce in the bottom.
4. Add spoonful or two of the coated prawns on top of the lettuce.
5. Top this with a few sprinkles of shredded lettuce and add a spoonful of sauce from the 1/3 sauce. Top with a couple of the prawns (which were put to one side for decoration).
6. Finally add a twisted slice of lemon to the edge of the glass and a sprinkling of paprika over the top of the cocktail.



Variations: Serve the cocktail on squares of bite sized brown bread and butter. You may need to make the lettuce and prawns smaller to do this. Take out the shredded lettuce but serve the prawns and sauce on a mini lettuce leaf. For a party serve mini baked potatoes with a spoonful of the prawn and sauce mixture.

Serve with slices of brown bread and butter.



Peppermint Creams

Ingredients:

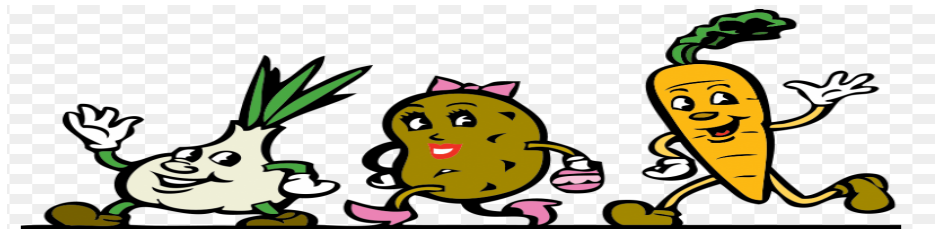
- 1 egg white
- 1/2 a lemon
- 400g icing sugar, plus extra for dusting
- 1/2 tsp peppermint flavouring

Method

1. Lightly beat the egg white in a bowl. When it starts to foam, squeeze in a drop of lemon juice.
2. Sift the icing sugar into the egg white and add the peppermint flavouring and combine it together with a wooden spoon. When it gets too thick to mix you'll just have to get your hands in to continue the mixing and bring it together like pastry.
3. Dust the work surface with icing sugar and roll out the peppermint mix to about 2cm thick. Use a pastry cutter to cut out shapes and transfer them onto a tray dusted with icing sugar. Allow these to dry out thoroughly.



Variations: Dip half the peppermint cream with melted chocolate. Use food colouring to make pastel coloured peppermint creams



Nanny's Mince Pies

Ingredients:

- 450g/1lb plain flour
- 250g butter
- Salt
- Water
- 1 large jar mincemeat

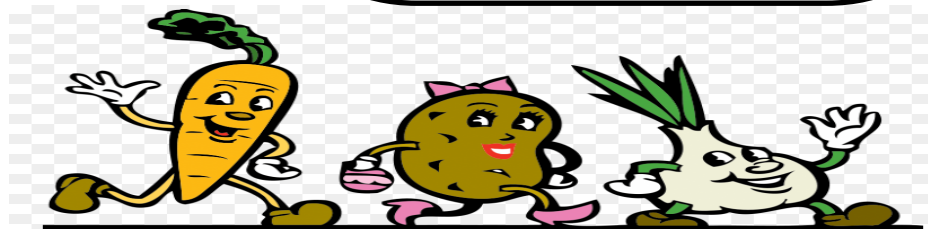
Method

1. Preheat the oven to 190C/180C Fan/Gas 5-6.
2. Sieve the flour and salt together, add the butter and rub together with your fingertips to form a crumble texture. Add a little water to combine to form a pastry. You can do this stage in a food processor if you have one.
3. Roll out the pastry on a floured surface and cut out 12 discs using the larger cutter. Carefully place these in a bun tin and fill $\frac{3}{4}$ full with mincemeat.
4. Cut another 12 discs out of the pastry using the smaller cutter.
5. Dampen the edges of each disc with a little water and place onto the filled pies in the bun tin.
6. Bake for 15-20 minutes until golden brown.
7. Leave to cool in the tin until attempting to remove because the pastry is very crumbly.
8. Sprinkle with icing sugar before serving.



Jackie's Tip: This is my mother's recipe and has been used by the family for over 60 years. If you find the pastry too 'short' (it crumbles too easily) add a teaspoon or two of water when you mix the ingredients together at Step 2. Add a few chopped nuts or extra cherries to the mincemeat. Decorate the tops of the mince pies with cut out star shapes from the leftover pastry before baking.

To get the pies out easily from the bun tins is to lay a strip of tin foil inside each bun tin hole before putting the base of the mince pie in. Make sure you have at least 1cm at each side of the hole to make handles to pull the pie out once it has cooled.



Red Cabbage with Crispy Bacon & Apple

Ingredients:

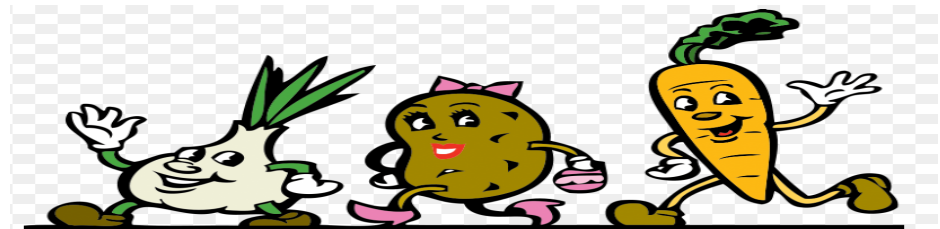
- 1 red cabbage (about 1 kg)
- Oil
- 4 rashers of smoked streaky bacon
- 2 eating apples, peeled cored and diced
- 2 sprigs of rosemary (or a little dried rosemary)
- 100g dried prunes
- 1 clementine, zested (grate the skin if you don't have a zester) and juiced
- 6 tbsp balsamic vinegar (optional but a great ingredient if you have some) or use water

Method

1. Pull away the outer and tatty leaves from the cabbage. Cut the base off and then cut the cabbage into wedges. Finely slice the wedges and place this in a bowl for later.
2. Finely slice the bacon and fry it in a deep frying pan with a little oil to crisp up.
3. When the bacon is crispy, strip the rosemary leaves from their stems and add to the frying pan with the bacon. Stir for one minute and then remove the rosemary and bacon with a slotted spoon onto a plate, leaving the fat and oil behind in the pan.
4. Add the diced apples to the frying pan, then tear in the prunes and remove any stones if you find them as you go. Stir and fry for 2 minutes then add the zest and clementine juice.
5. Add in the vinegar (or water if not using vinegar), cabbage and a little salt and pepper.
6. Cook with a lid on and a low heat for about 20-25 minutes stirring occasionally until the cabbage is cooked through but not too soft.



Serve with crispy bacon and rosemary sprinkled over the top.



Brussel Sprouts with Chestnuts & Bacon

Ingredients:

- 2 onions finely chopped
- ½ bunch of fresh sage (15g) finely chopped or a little dried sage if you have it
- 6 rashers of streaky bacon
- Oil
- 200g vacuum packed chestnuts, chopped into large pieces
- 1kg Brussel sprouts
- 2 large knobs of butter

Method

1. Measure out the mayonnaise, ketchup and Slice the bacon into chunky strips and fry in a hot pan with a drizzle of oil until lightly golden.
2. Sprinkle in the chestnuts and fry for about 5 minutes or until deep and golden. Add in the onion and sage, turn the heat down to low and cook for about 30 minutes, stirring occasionally.
3. While the chestnuts are cooking, peel the outer leaves from the Brussels and halve any larger ones and keeping the smaller ones whole. Place the Brussels in a saucepan of salted boiling water over a high heat for 5 minutes. The Brussels should be slightly undercooked.
4. Drain the Brussels and stir them through the chestnut mixture, scraping up all the lovely crispy bits from the bottom of the chestnut pan as you stir.

Variations: For a vegan dish take out the bacon and use vegan spread instead of butter. Use Cavolo Nero instead of Brussel sprouts. Sprinkle some toasted almonds over the top after add the knobs of butter.

Serve in a warmed serving dish with knobs of butter melting over the top.



Stained Glass Window Biscuits

Ingredients:

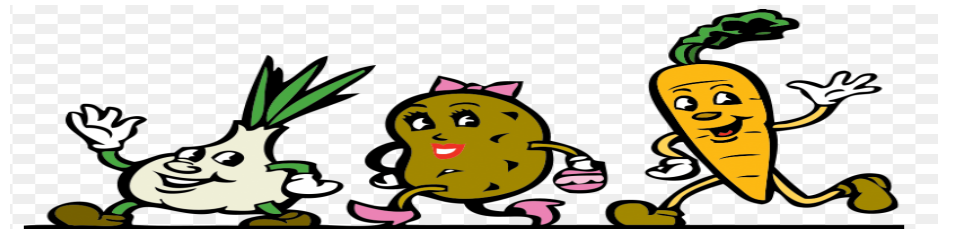
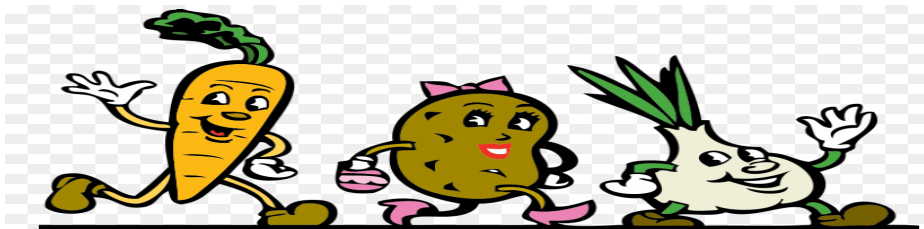
- 200g butter, softened
- 280g caster sugar
- ¼ tsp vanilla
- 1 egg
- 400g plain flour
- salt
- ½ tsp cream of tartar
- A handful of colourful boiled sweets

Method

1. Preheat the oven to 170C/160C Fan/Gas 4. Line a few baking trays with non stick baking paper or use silicone sheets.
2. Put the butter, sugar and vanilla in a bowl and cream them together until the mixture is light and fluffy.
3. Add the egg and mix thoroughly.
4. Sieve together the flour, a pinch of salt and cream of tartar. Add the flour mix to the butter and combine everything together to make a ball of soft dough.
5. Dust the work surface with a little flour and roll out the dough until it is about ½ cm thick.
6. Use festive cutters such as stars, Christmas trees and bells. If you have the same cutters in two different sizes this works well to cut the window in the middle of each biscuit. If not just use a knife to cut a hole in the middle of each. Place the biscuits onto the prepared baking sheets.
7. Crush the boiled sweets by placing them in their separate colors in a plastic food bag, placing them on a cutting board/bread board and hitting them with a rolling pin.
8. Sprinkle some of the broken sweets into the hole in the middle of the biscuits.
9. Put the biscuits into the oven for about 10 minutes. They are ready when the edges are starting to turn brown and the sweets have melted.
10. If you want to hang the biscuits as a garland then you remove them from the oven use a skewer to make a small hole in the top of each biscuit while they are still hot.
11. Leave the biscuits to cool until the windows have hardened before trying to remove from the baking sheets.



Variations: If you are planning to hang as a garland or individually, thread a ribbon through the holes. The biscuits will last for a day or two if hung or longer if kept in an air tight tin.



Baked Pineapple Wedges with Brown Sugar & Cinnamon

Ingredients:

- 1-2 pineapples
- Brown sugar
- Cinnamon

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Cut the top, bottom and the outer layer off the pineapple, and cut the fruit into wedges. Remove the centre core if it is hard and inedible.
3. Put 4 or 5 tablespoons in a bowl and add 2 teaspoons of ground cinnamon, mix together until blended.
4. Dip the pineapple wedges a few at a time into the sugar/cinnamon mix, making sure each one is thoroughly coated in sugar.
5. Place the wedges in an oven proof dish and scatter over any remaining sugar cinnamon mix.
6. Bake for about 20 minutes or longer until the wedges are browned and sticky. The juice from the pineapple will make a sugary sauce which can be poured over the wedges just before serving.

Variations: Cook on a BBQ using a foil tray to contain the pineapple juices as they cook. Fry the wedges in the sugar/cinnamon mix a heavy frying pan. Remove the pineapple when cooked and add a couple of tablespoons of condensed milk to the juices in the pan to make a pineapple toffee sauce. Pour this over the wedges just before serving.

Serve with Ice cream or on a skewer if cooking of a summer BBQ.



Pan Seared Pears with Cheese & Rocket

Ingredients:

- 40g toasted hazelnuts or almonds
- 3 tbsp oil
- Pinch of salt
- 1 tbsp balsamic vinegar (or similar vinegar)
- 2 pears cored
- Handful of rocket
- 100g cheddar cheese cubed or crumbled

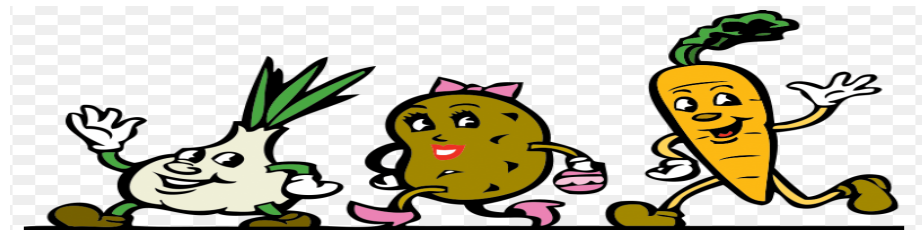
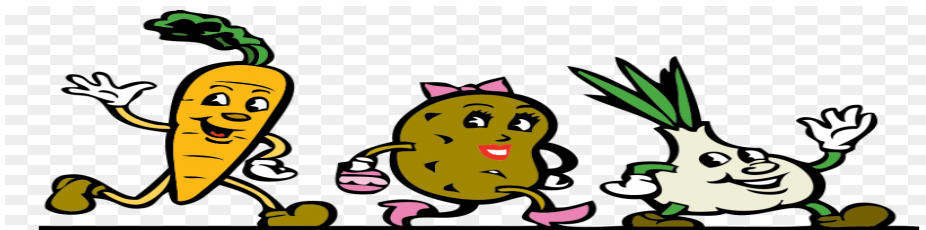
Method

1. Combine the nuts, oil, vinegar and salt together.
2. Slice the pears into wedges keeping the skin on but removing the core and pips.
3. Heat a griddle pan over a high heat or use a frying pan if you don't have a griddle pan. Griddle/pan fry the pears until they are slightly charred. A griddle pan will give you the charred lines on the surface of the pear whereas a frying pan will give an all over charred surface.



Variations: Use a ready-made dressing instead of making your own. Change the cheese flavour to a strong Stilton or a goat cheese. With stronger flavoured cheeses you need less of the ingredient. Use watercress instead of rocket for a peppery flavour.

Serve the pears arranged on plates with pocket leaves and crumbled cheddar cheese. Dot some of the nut dressing over the surface.





Strawberry Crumble Bars

Ingredients:

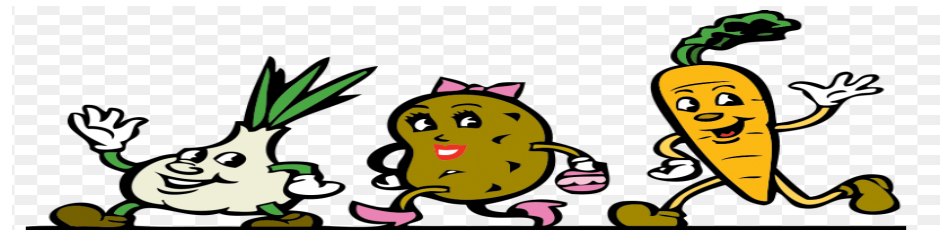
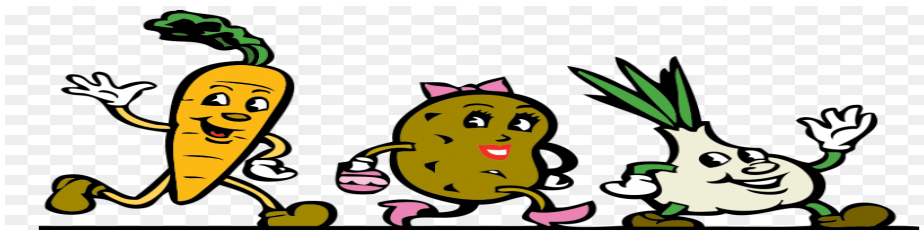
- 100g Granulated sugar
- 200g Plain flour
- ½ tsp Baking powder
- ¼ tsp Salt
- 125g Very cold butter cut into cubes
- 1 Egg beaten
- 1 tsp vanilla
- 2 tsp Cornflour
- 200g strawberries halved or quartered
- 65g sugar

Method

1. Preheat the oven to 190C/170C Fan /Gas 5 and line a baking dish with baking paper allowing extra to hang over the edge. This will make it easier to lift the crumble bars out once baked.
2. On a bowl stir together the 100g of sugar, flour, baking powder and salt.
3. Using a fork mash the butter into the flour mixture to form a crumble mix.
4. In a separate bowl whisk the egg with the vanilla and then add to the flour crumble mix. Stir until combined but keep a crumbly mix. Press half of the mixture into the prepared tin.
5. In a separate bowl, stir together the 65g of sugar and cornflour. Stir in the strawberries and coat them well with the sugary mix.
6. Spoon the strawberries over the crumble base in the tin.
7. Spoon the remaining crumble over the strawberries.
8. Bake in a preheated oven for 45 minutes or until golden brown.
9. Cool completely before lifting out of the tin and cutting into squares and dusting with icing sugar if preferred.



Variations: Add a handful of oats to the topping for an oat crunch. Sprinkle over a spoonful of demerara sugar before baking to a toffee crunch. Mix strawberries with other fruits such as blueberries or raspberries.



Tofu Ice Cream

Ingredients:

- 1 tin full fat coconut milk
- 1 packet 300g tofu (silken tofu is best but you can use firm or medium)
- 1 cup sugar
- 1/3 cup vegan cocoa powder

Method

1. Whizz together the coconut milk and tofu until smooth and creamy.
2. Add the sugar and whisk again.
3. Add the cocoa powder and whisk again until completely blended.
4. Pour into a deep metal or plastic dish and place in the freezer for 45 minutes. After 45 minutes remove from the freezer, mix with a fork to break up the ice cream and return to the freezer for another 45 minutes. Do this three times, freezing for 45 minutes between each time.
5. Finally freeze until the ice cream is firm enough to scoop.



Kefir Sponge Cake

Ingredients:

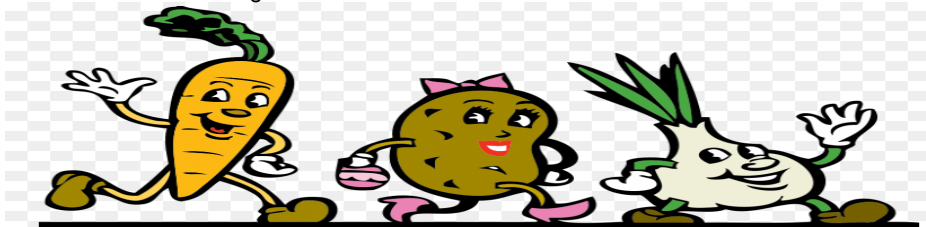
- 80g vegetable oil or butter
- 80g caster sugar
- 2 eggs
- 200ml kefir
- 250g plain flour
- 2tsp baking powder
- 1/2 - 1tsp vanilla essence

Method

1. Pre heat the oven to 175C
2. In a bowl, mix together the eggs and sugar.
3. Add the oil (or butter), kefir and vanilla and whisk all the wet ingredients together.
4. Sieve together the flour and baking powder and then add to the wet ingredients.
5. Pour into a cake tin and bake for 25 minutes or until firm to touch.



Variations: Take a few spoons of the cake batter and mix it with 2tbsp of cocoa powder and 2tbsp milk. Swirl this mix through the cake batter to create a marble effect.



Sweetcorn & Courgette Fritters

Ingredients:

- 1 medium courgette, grated
- salt and pepper to season
- 400g small cherry tomatoes
- oil to drizzle
- 4 eggs
- 180g self raising flour
- 50g grated cheese
- 100ml buttermilk
- 1tsp paprika
- 1/2 tsp cayenne pepper (optional)
- 1tbsp chopper coriander
- 1 to 2 small tins of sweetcorn
- oil for frying

Method

1. Place the grated courgette in a large mixing bowl with 1/2 teaspoon of salt and leave for 30mins-1hr so they release their water content. Preheat the oven 180C/Fan 160C/Gas 4.
2. Squeeze out the courgettes with your hands, the aim is to get rid of most of the water content. Put the courgettes into a bowl and keep to one side.
3. Place the tomatoes on a baking sheet, drizzle with oil and season with salt and pepper. Roast in the oven for about 20 minutes until the skin start to split. Reduce the oven to 170C/150C Fan/Gas 3, place a clean baking sheet in the oven on the shelf underneath the tomatoes and then prepare the fritter batter.
4. In a large mixing bowl whisk the eggs, add in the flour, cheese, buttermilk, paprika, cayenne pepper, salt and pepper seasoning and coriander. Stir well. Add the squeezed courgette and drained sweetcorn. Stir everything together until the vegetables are evenly coated in the batter.
5. Cook the fritters in a frying pan in batches by ladling generous spoonful's of the batter mix into the pan and cooking for about 4-5 minutes on each side depending on how large your spoonful's are. Transfer the fritters to the pre-warmed baking sheet to continue cooking/warming while you do the second batch.
6. When all the fritters are cooked, serve with the roasted tomatoes and a simple salad.



Variations: Serve with mozzarella cheese, basil, and smashed avocado. Change the seasoning and spices to create an Indian/Chinese based fritters.

Serve with mozzarella cheese, basil and smashed avocado.



Aubergine Parmigiana Style Bake

Ingredients:

- A small amount of oil
- 1 small onion finely chopped
- ½ tsp dried thyme
- A few sage leaves finely chopped
- 2 cans of 400g chopped tomatoes
- 2 tsp of sugar
- 2 large aubergines thinly sliced lengthways
- 100g grated cheese (traditionally parmesan but cheddar will work)
- 65g breadcrumbs (2 slices of bread blended and toasted in a frying pan)
- Extra cheese for the topping
- A few fresh basil leaves, torn

Method

1. Heat the oven to 200C/180C Fan/Gas 6.
2. Heat the oil in a frying pan, add the onion, thyme and sage and cook gently for a few minutes to soften the onion.
3. Tip in the tomatoes and sugar, cook until the sauce thickens a little.
4. Heat another frying pan and add a little oil.
5. Cook the thinly sliced aubergine a few slices at a time, you want it to soften and char a little.
6. Remove each slice as it is ready to a plate as you go.
7. Put the breadcrumbs in a bowl and add the 100g of cheese and mix to blend together.
8. In a large baking dish, spread a little sauce over the base, top with a couple of layers of cooked aubergine slices, season well.
9. Spoon over more sauce add some extra grated cheese and torn basil leaves.
10. Continue layering the dish alternately with sauce, aubergine and cheese – ending up with a layer of sauce on the top.
11. Scatter over the breadcrumb and cheese mix and bake for 30-35 minutes until the topping is golden.
12. Scatter with extra basil before serving with a crisp salad and crusty sliced bread.

Variations: If you have any red wine add a splash to the tomatoes and onion sauce and cook until the sauce has thickened. For an authentic Aubergine Parmigiana use parmesan cheese instead of cheddar as the flavour is much stronger and great for those who like cheese. Add slices of mozzarella between the layers of aubergine.



Caramelised Orange Pudding

Ingredients:

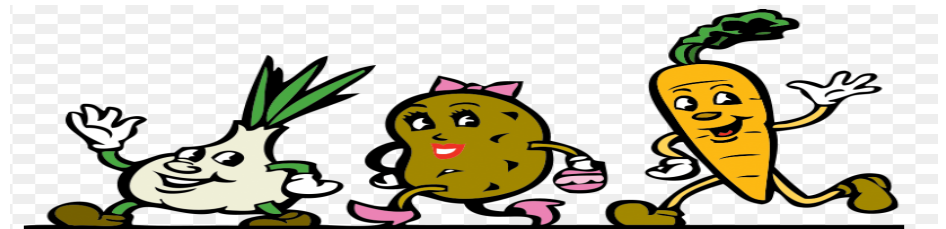
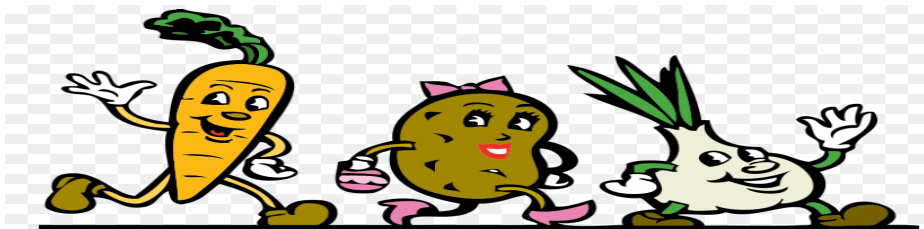
- 275g unsalted butter
- 3-4 oranges, peeled, pith and pips removed, sliced thickly
- 3-4 tbsp demerara sugar
- 115g self-raising flour
- 175g caster sugar
- 3 eggs
- 3 tbsp milk

Method

1. Preheat the oven to 180C/160 Fan/Gas 4.
2. Grease an ovenproof dish with a little butter.
3. Melt 100g butter in a large non-stick frying pan. Add the orange slices and demerara sugar, cook for 5-6 minutes until the oranges are golden and caramelised. BUT don't let the sugar burn or they will become bitter. Once cooked put the oranges and the sauce into the buttered ovenproof dish.
4. Sift the flour into a bowl and keep to one side.
5. Whisk the remaining butter and caster sugar in a bowl until light and fluffy.
6. Add in the eggs one at a time and beat the mixture until everything is incorporated.
7. Gently fold in the flour and lastly stir in the milk.
8. Spoon the mixture over the oranges level off with the back of a spoon and bake for 30-40 minutes until the cake is well risen and an inserted skewer comes out clean.
9. To serve spoon into shallow bowls with the orange slices showing on the top.

Variations: Try using lemons or other citrus fruits. Add a little mixed spice or cinnamon for a Christmas orange pudding.

Serve with double cream, crème fraiche or custard.



Chocolate Courgette Cake

Ingredients:

- 350g self raising flour
- 50g cocoa powder
- 1 tsp mixed spice
- 150g butter, melted
- 375g caster sugar
- 3 eggs
- 2 tsp vanilla extract
- 500g grated courgette (about 2 medium courgettes)
- 140g toasted hazelnuts chopped roughly (optional)

Method

1. Heat the oven to 180C/160 Fan/Gas 4.
2. In a large bowl, combine the flour, mixed spice and a teaspoon of salt.
3. In another bowl mix the melted butter, sugar, eggs, vanilla essence and grated courgette.
4. Carefully mix the wet ingredients into the dry ingredients until just combined, then add the toasted hazelnuts if using.
5. Line a 24cm cake tin with greaseproof paper and pour in the cake mixture.
6. Bake for about 40-50 minutes, or until cooked.
7. Test if it is baked by inserting a skewer into the middle of the cake, if it comes out clean the cake is cooked. Cool in the tin for 10 minutes before turning out onto a wired rack to completely cool. When cold, dust with icing sugar.

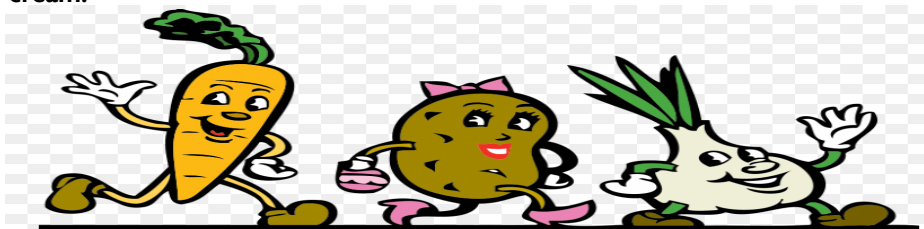


Jackie's Tip: Courgettes hold a lot of water. One way to remove extra moisture is to place the grated courgette onto a clean tea towel, rollup and then wring out some of the liquid. Depending on the extra moisture the cake can take longer.

Variations: Top the cake with an indulgent chocolate cream icing, 200g dark chocolate chopped into small pieces, 100ml double cream. Place the chocolate in a bowl. Bring the cream to boil in a saucepan then pour the hot cream over the chocolate. Stir until completely melted

and smooth. Leave to cool slightly thickened. Don't for too long or it will be too thick to spread. Spread the icing over the top of the cake.

Serve cold with a cup of tea or warm as a pudding with an extra spoonful of cream.



Butternut Squash & Potato Tagine

Ingredients:

- 1 tbsp olive oil
- 1 onion finely chopped
- 2 cloves garlic chopped
- 2 teaspoons each of ground cumin, ground coriander and harissa (or 1 ½ tablespoons of mild curry powder)
- A small bunch of fresh coriander or flat-leaf parsley chopped
- 1 butternut squash peeled and cubed
- 300g potatoes peeled and cubed
- 2 tins of chopped tomatoes
- 75g of sultanas or other dried fruit
- 240g couscous
- 200g green beans cut into bite size pieces

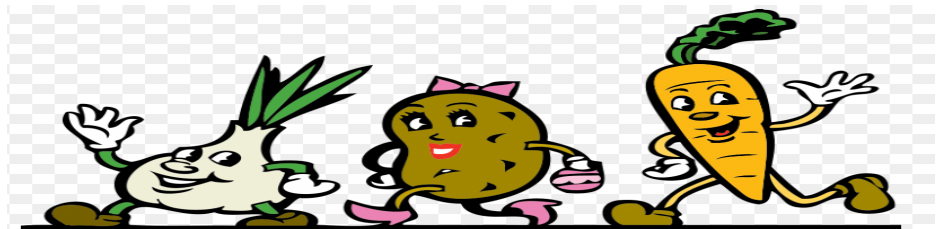
Method

1. Heat the olive oil in a pan and cook the onion with a pinch of salt over a medium heat until soft.
2. Add the garlic and spices, cook for 2 minutes to develop the spice flavour.
3. Add the butternut squash, potatoes, sultanas, tomatoes along with 600ml of water.
4. Bring to the boil and then simmer gently for about 1 hour with the lid on the pan or until the veg is cooked and the tagine sauce has reduced.
5. Put the couscous into a large bowl with a pinch of salt. Pour over enough boiling water to cover the couscous by a few centimetres, cover and leave for 10 minutes, then fluff with a fork and cover again until needed.
6. Stir in the green beans into the tagine and simmer for 2-3 minutes until just cooked.



Variation: Use seasonal vegetables or sweet potato to change the flavours. Add chicken or lamb for a meat version of the tagine.

Serve with the couscous and a scattering of chopped coriander.



Coconut, Mango, Chicken and Broccoli Curry

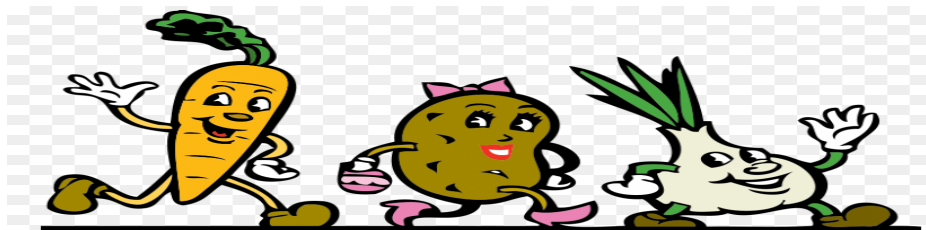
Ingredients:

- 50g Butter
- A little oil for frying
- 1 onion diced
- 4 skinless chicken breasts
- 1 tbsp curry powder
- Salt and pepper
- 2 cloves of garlic (optional)
- 1 cm of fresh ginger grated
- 2 small / 1 large courgette sliced into rounds
- 1 head (200g) broccoli cut into florets
- 1 can of coconut milk
- 1 mango diced
- Juice and zest of a lime (optional)
- 100g chopped parsley (optional)

Method

1. Melt the butter in a frying pan with a little oil.
2. Add the onion and season with salt and pepper.
3. Cook, stirring occasionally until the onion is golden brown. This will take about 5-8 minutes.
4. Add the chicken, curry powder and a little more salt and pepper and cook for another 5 minutes or until the chicken is browned.
5. Add the garlic and ginger, cook for another minute or so to allow the flavours to develop.
6. Add the courgette and cook for a further 2 minutes.
7. Pour in the coconut milk and add the broccoli florets.
8. Bring the curry to a simmer and cook for 5 minutes. Add the diced mango and cook until the sauce has thickened slightly and the broccoli is tender.
9. Remove from the heat and stir in the parsley and lime if using. Otherwise serve with rice and naan bread.

Variation: Top with a few toasted cashew nuts or extra chopped parsley or chopped coriander.



Summer Pudding

Ingredients:

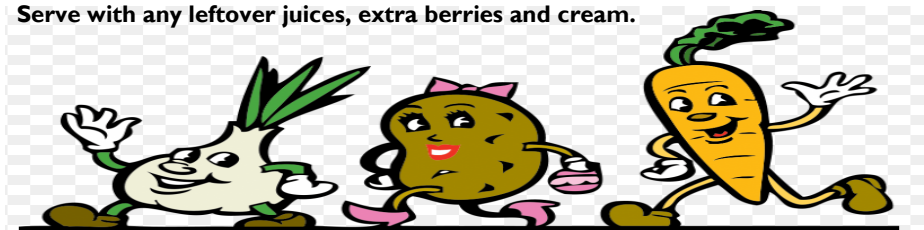
- 1.25 kg of mixed red fruits (e.g. strawberries, raspberries, blueberries)
- 175g caster sugar
- 7 slices one day old white bread

Method

1. Put the sugar and 3tbsp water into a large pan. Gently heat up until the sugar dissolves stirring occasionally. Bring to the boil for 1 minute then tip in the fruit saving a few strawberries to scatter through the pudding later.
2. Cook for 3 minutes over a low heat. The fruit will be softened but stay intact and the juices a dark red colour.
3. Strain the fruits through a sieve over a bowl to catch the juice.
4. Line a bowl with enough cling film to cover the inside of the bowl and overhang by at least 15 cm.
5. Cut the crusts off the bread.
6. Cut the bread into slices to patchwork the sides and bottom of the bowl.
7. Dip each piece of bread into the fruit juices and line the sides and bottom of the cling filmed bowl. Try to make sure all gaps are filled.
8. Spoon in the softened fruit into the bowl scattering a few of the reserved strawberries here and there through the mix as you fill the bowl.
9. Cut a circle of bread large enough to fit into the top of the bowl. This will become the base of the pudding. Dip it into the fruit juice and lay on the top of the fruit.
10. Using the overhang cling film, cover the top of the pudding and put a plate on top. Weigh it down with a can.
11. Chill in a fridge over night or for at least 6 hours.
12. To serve – open out the cling film then put a serving plate upside down on top of the pudding. Flip over remove the bowl and peel off the rest of the cling film.

Variations: Use brioche bread for a buttery flavour. Add a little vanilla flavouring to the fruit after it has been softened.

Serve with any leftover juices, extra berries and cream.



Carrot and 4 Fruit Smoothie

Ingredients:

- 125g sliced carrot
- 1 large apple chopped into cubes
- 1 banana chopped
- 125ml orange juice
- 1 mango cut into cubes
- 10 ice cubes.

Method

1. Put all the ingredients into a blender, starting with the liquids first.
2. Whizz together until smooth.
3. Drink immediately or store for up to one day in a covered jar. Shake well before pouring.

Variations: Add a few spoonfuls of greek yogurt and a little less orange juice for a lassi smoothie. Try adding a small amount of fresh ginger for an extra zing. Substitute half the orange juice for coconut milk for a creamy smoothie. Add a ¼ tsp of cinnamon and ½ tsp of vanilla for a 'carrot cake' flavoured smoothie. Top with a few chopped walnuts to give a carrot cake look.



Cottage Pie with Cheddar and Parsnip Mash

Ingredients:

Cottage Pie

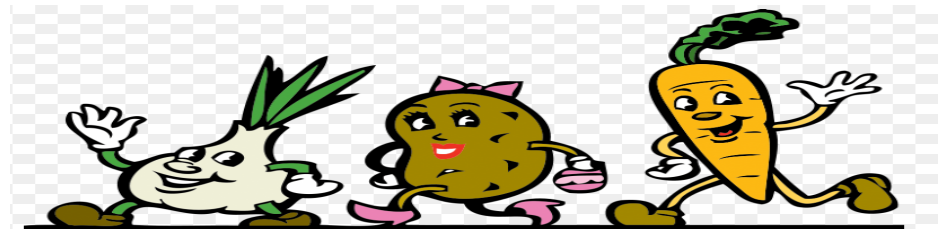
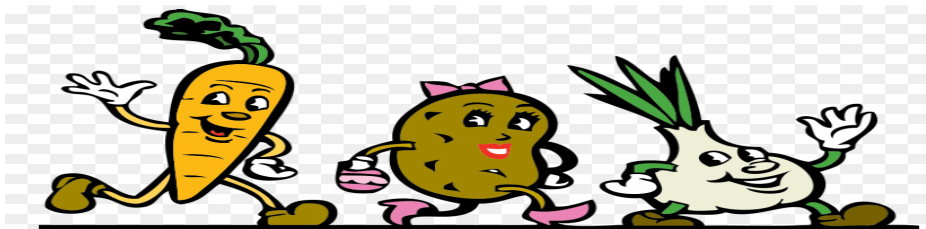
- 2 tbsp vegetable oil
- 1 onion chopped
- 1 large carrot chopped
- 500g minced beef
- 1 tbsp of tomato puree (or ketchup)
- 300 ml beef stock (hot) (can be made from a stock cube)
- 1 ½ tbsp Worcestershire sauce (optional)

Cheddar and Parsnip Mash

- 350g potatoes
- 350g parsnips
- 3 tbsp semi skimmed milk
- ¼ tsp nutmeg (optional)
- 50g extra mature cheddar cheese grated

Method

1. Heat the oil in a large pan and add the onion and carrot, cook for 5 minutes until the onion is softened.
2. Add the mince and cook for another 5 minutes, stirring until it is browned. Add the tomato puree/ketchup and cook for 1 minute then pour in the beef stock and Worcestershire sauce if using. Bring to the boil and then cover with a lid and simmer for 20 minutes. Uncover and cook for another 5-10 minutes or until most of the liquid has been absorbed. Season and then spoon into an ovenproof dish.
3. Peel and cut the potatoes and parsnips into medium sized chunks and put into a pan of cold salted water. Bring to the boil and then simmer for 15 minutes or until tender.
4. Mash the potato and parsnips with the milk and nutmeg (if using), season with salt and set to one side.
5. Preheat the oven 180C/160C Fan/Gas 4.
6. Spoon the mash over mince and rough the top with a fork to create wave patterns, these will catch the cheese topping.
7. Sprinkle the grated cheese on the top and bake for 25 minutes until the mash is golden and crisp in places.



Light Vegetable Tempura

Ingredients:

Mixed Vegetables

- 250g courgettes slices thickly
- 250g button mushrooms
- 250g broccoli florets
- 125g cauliflower florets
- vegetable oil for frying

Batter

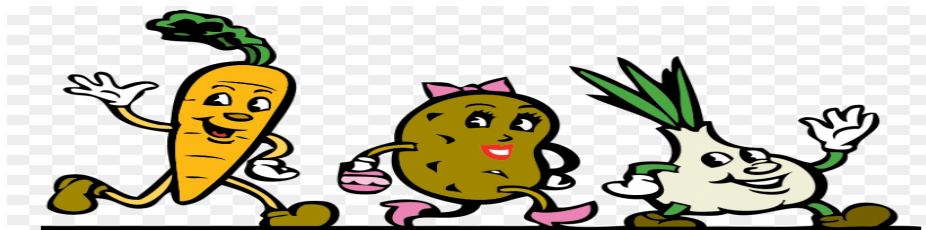
- 125g plain flour
- 1 egg
- 200ml water
- seasoning salt/pepper

Method

1. Wash and prepare the vegetables.
2. Put all the batter ingredients into a blender and whizz until smooth. It is now ready to use.
3. Pour the oil (about 7cm deep) into a large saucepan. Heat until hot but not smoking.
4. Ideally if you have a thermometer heat to 170C/325F.
5. Dip the vegetable pieces into the batter one at a time and fry in the hot oil. Try not to do too many at once as you will need room to turn the vegetables over to cook evenly until golden brown. Each batch will take a couple of minutes to cook.
6. Drain each batch on kitchen paper and when all the vegetables are cooked serve with a salad and a dipping sauce.



Variation: Try using sparkling water instead of tap water for a lighter batter. Add some curry powder or other dry spices into the batter mix.



Mango and Lemon Bars

Ingredients:

Crumb Base

- 200g plain flour
- 200g butter
- 200g sugar

Mango Filling

- 1-2 mangoes diced
- 1tbsp lime juice
- 300g sugar
- 50g plain flour
- 4 medium or 3 large eggs
- 200ml lemon juice
- 1tsp vanilla flavouring
- Icing sugar to dust



Method

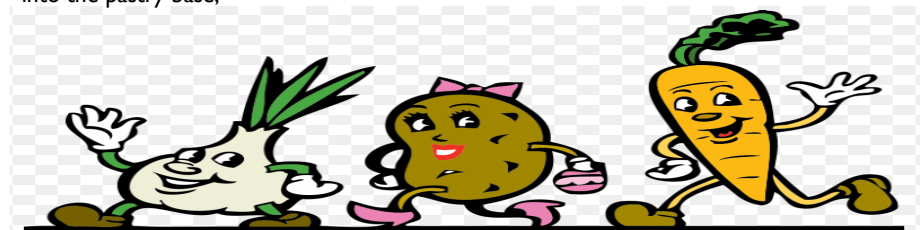
Pastry crumb base:

1. Preheat the oven to 180C/160 Fan/Gas 4.
2. Using a mixer/food processor, mix together the butter, sugar and flour.
3. Press the mixture into a deep baking tray (9x13 inches/23x33cm) lined with greaseproof paper or baking parchment. You can use two smaller trays but the cooking time may be quicker.
4. Bake for 15-20 minutes in the preheated oven, or until firm and golden in colour. Remove from the oven and start to prepare the filling while the base is cooling.

Filling:

1. Using a blender, puree the diced mango and lime juice until completely smooth.
2. In a medium sized bowl, mix together the sugar, and flour to combine the dry ingredients.
3. Next, whisk in the eggs, lemon juice, puree mango and vanilla flavouring.
4. Pour this over the pastry base.
5. Bake for 25-30 minutes or until the filling is no longer liquid or jiggle.
6. The bars will firm up more as they cool.
7. Once cooled to room temperature, dust with icing sugar, cut and serve.

Variations: Try using orange instead of lemon. Add diced mango to the puree before pouring into the pastry base,



Jubilee Watermelon Dessert

Ingredients:

- Watermelon
- Whipped cream
- Red, and blue fruits
- Icing sugar for dusting

Method

1. Slice a circle from the watermelon (the middle slice with normally be the biggest circle).
2. Spread the watermelon surface with the whipped cream and then cover with the fruits letting the cream show between them to give a red, white and blue colour scheme.
3. Slice into wedges and serve dusted with icing sugar and extra pouring cream.

Variation: Add mint or basil leaves for an extra colour. Sprinkle with toasted coconut for a nutty flavour and added texture. Drizzle with runny honey and sprinkle cinnamon or nutmeg. Use sweetened ricotta cheese instead of whipped cream for the base.



Roast Tomato and Pepper Pasta

Ingredients:

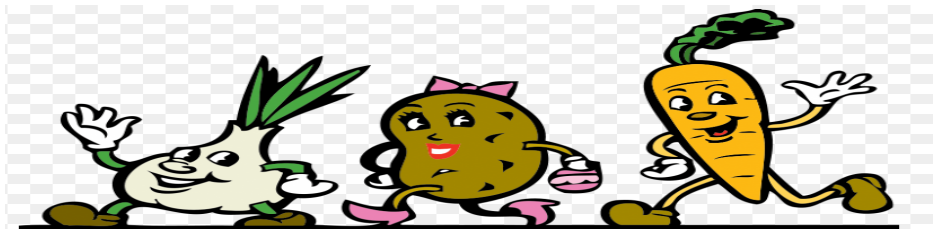
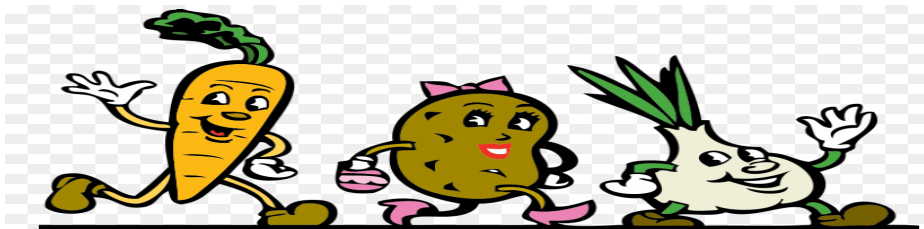
- 800g ripe tomatoes, cut into chunks
- 2 red peppers, 2 yellow peppers, both deseeded and cut into chunks
- 2-4 cloves garlic, sliced
- Pinch of sugar
- 2 tbsp oil
- 400g pasta twists or shells
- 75g pitted black olives (optional)
- Handful of fresh basil leaves (optional)
- 40 g of grated cheese (ideally parmesan but any cheese will do)

Method

1. Preheat the oven to 220C/200C Fan/Gas 7.
2. Spread the tomatoes, peppers and sliced garlic onto a baking tray (you may need to use two). Sprinkle with sugar, drizzle with oil and season well with salt and pepper, making sure all the vegetables get a good coating of oil, sugar and seasoning. Roasting the tomatoes and peppers really allows the flavours to develop. Roast in the oven for 40 minutes stirring halfway through.
3. Cook the pasta according to the instructions on the packet. Drain most of the water from the pasta keeping a little to make a sauce when you add the roasted vegetables.
4. Add the roasted vegetables and stir.
5. If using, then chop the olives and basil leaves and add them to the pasta.
6. Serve the pasta in warmed bowls scattered with grated cheese.

Variation: Add anchovies or a tin of tuna at the last minute before serving. Use cherry tomatoes for a sweeter flavour. Drizzle with balsamic vinegar before serving for an authentic Italian taste.

Goes well with any Italian bread or with a crusty sliced loaf.



Loaded Cauliflower Cheese

Ingredients:

- 1 large cauliflower cut into florets
- 2 tbsp butter
- 3 cloves garlic crushed
- 3 tbsp plain flour
- 450ml milk
- 50g cream cheese
- 150g cheddar cheese
- Salt
- Pepper

Method

1. Preheat the oven to 180C/160C Fan.
2. In a large pan of boiling water, blanch the cauliflower for around 3 minutes. Drain the water.
3. *Make the cheese sauce.* In a large pan melt the butter, add the garlic and cook for 1 minute. Add the flour and stir until golden for about two minutes. Add the milk slowly and bring to a simmer, add the cream cheese, whisking until combined. Remove from the heat and stir in 100g of cheddar, keep stirring until melted, then season with salt and pepper.
4. Place the drained cauliflower in an ovenproof dish. Pour over the cheese sauce.
5. Add a little extra grated cheese.
6. Bake until the cauliflower is tender and the cheese is melted and golden brown. Baking time is approximately 30 minutes.

Variation: Chop a few slices of cooked bacon and scatter over the cheese sauce before adding the extra grated cheese at stage 3. A scattering of chopped spring onions or chives adds extra colour to the meal. Try using a mix of different cheeses such as - Red Leicester, Mozzarella or Double Gloucester. Add a teaspoon of mustard or curry powder to the cheese sauce for extra flavour.

Serve with fresh salad.



Fluffy American Style Pancakes

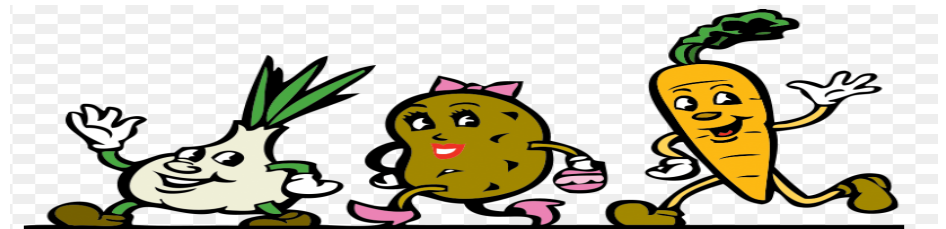
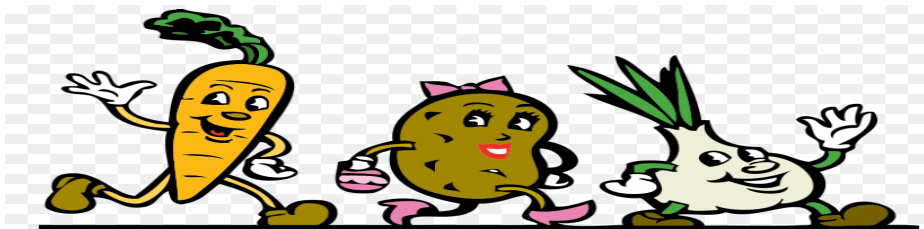
Ingredients:

- 225g self-raising flour
- 50g caster sugar
- 2 eggs
- 280ml milk
- Pinch of salt

Method

1. Sift the flour into a large bowl, add the sugar and salt. Make a well (a dip) in the centre of the flour.
2. Beat the eggs into the milk and then pour $\frac{2}{3}$ of the mixture into the well and start to whisk until the flour is smooth. Whisk in the remaining egg/milk mixture.
3. Heat a non-stick frying pan on a medium heat. Add a little oil or butter to grease the pan.
4. Add spoonful's of the mixture in the pan. Don't over fill the pan because the mixture needs room to spread. When bubbles start forming on the top of the pancakes and they are no longer liquid they are ready to turn over. Flip the pancakes and cook for a further two minutes.
5. Serve with fresh fruit and Greek yogurt.

Variation: Go American and stack the pancakes with layers of banana, bacon and maple syrup. Go Italian and slice $\frac{1}{2}$ a punnet of strawberries, mix with 25g of icing sugar and 30g balsamic vinegar. Marinate for 5–10 minutes while you make the pancakes. Layer the fruit between the pancakes and drizzle over the remaining liquid. Dust with more icing sugar. Be naughty and treat this as a dessert by adding fruit and ice-cream and sprinkles.



French Toast

Ingredients:

- 2 medium eggs
- 1 tbsp milk
- Pinch of cinnamon
- Knob of butter
- 4 slices of bread

Method

1. Crack the eggs into a bowl. Stir in the milk and beat with a fork. Add the cinnamon.
2. Place the butter in a large frying pan over a low heat.
3. Dip a slice of bread into the egg mixture to coat both sides evenly.
4. Place in the pan and repeat with the other slices adding more butter to the pan if needed.
5. Increase the heat to medium and cook the slices for about 2 minutes each side until golden in colour.

Variation: Go all American and serve with extra butter and maple syrup, with a cup of coffee.

Serve immediately on it's own or with fresh fruit, yoghurt, or ice cream.



Mexican Spinach Quesadillas

Ingredients:

Salsa Sauce

- 4 spring onions chopped
- 2 large or 10 cherry tomatoes
- 2 tbsp of lemon juice
- 1 tsp of ground cumin
- ¼ tsp of garlic powder or 2 cloves of garlic chopped finely

Quesadillas

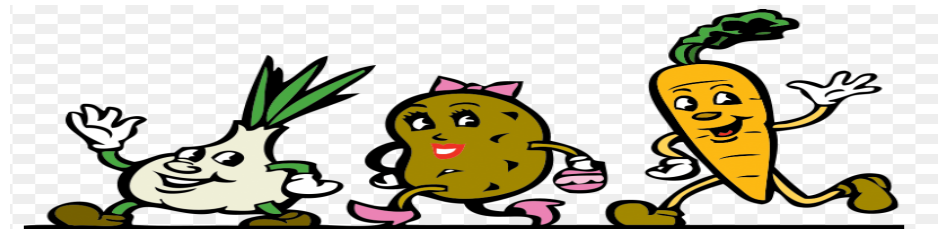
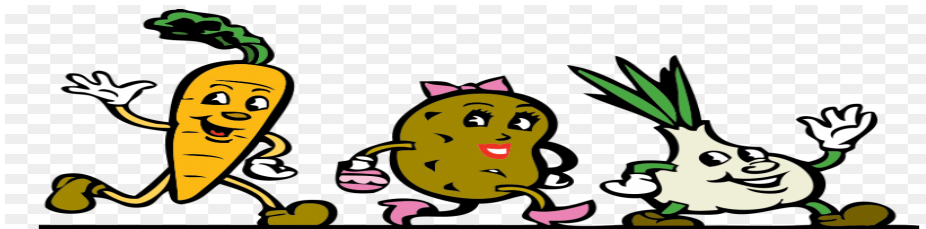
- 4 large handfuls of spinach (spinach melts down so make sure you have a big handful for each quesadilla)
- A handful of grated cheese (traditionally this would be Monterey Jack but cheddar works well in this recipe)
- pack of 6inch (small) tortilla wraps (6-8 wraps)
- Optional – reduced fat soured cream or mayonnaise

Method



1. In a large non-stick frying pan, add a knob of butter or a splash of oil and cook the first 6 ingredients until the spinach has wilted.
2. Remove from the heat and stir in the cheese.
3. If cheating then put the spinach in the frying pan and add a jar of salsa sauce until the spinach has wilted before adding the cheese.
4. Top half of each mini tortilla with the spinach mixture, you can add extra cheese at this point and then fold the tortillas in half to make a quesadilla envelope.
5. Wipe the frying pan with kitchen paper to remove traces of the precooked spinach mixture and then heat the quesadillas in the pan with a little oil until golden brown (1-2 minutes per side)
6. Cut the quesadillas in half and serve.

Great on their own or serve for lunch with a simple salad and soured cream or mayonnaise.



Potato Gratin (without cream)

Ingredients:

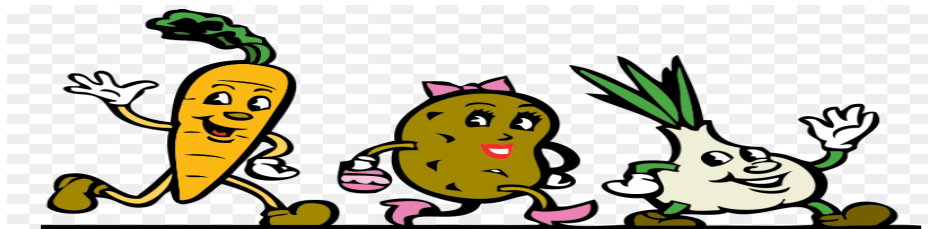
- 1 large onion, sliced finely
- 4 large potatoes, peeled and sliced very thinly
- 1 clove of garlic, crushed
- 100ml milk
- 50g cheddar cheese, grated
- 1 tsp black pepper

Method

1. Fry the finely sliced onion and crushed garlic in a little oil until soft.
2. Layer the onion/garlic and the potatoes alternately in an oven proof dish.
3. Season and add some of the cheese.
4. Pour the milk over the potato and onions. Add more cheese.
5. Bake at 180C/Gas 4 for 60-90 minutes or until the potatoes are tender.
6. Turn up the oven for the last 10 minutes of cooking to crisp up the top.



Variations: Milk and cheese gives this dish a creamy flavour but if you want to step it up to the next level then swap some of the milk for single or double cream. To speed up the cooking time, par boil the potato slices in boiling water for 5 minutes, drain and place in an oven proof dish. Try using 2 sweet potatoes and 2 normal potatoes. Sprinkle the top with breadcrumbs or crushed crisps for an extra crunch topping. Add chopped cooked bacon between the layers for extra flavour. Caramelize the onion to a golden colour for a deeper onion flavour.



Raspberry Cupcakes with Orange Sugar Drizzle

Ingredients:

- Self-raising flour
- 2 tsps baking powder
- 200g unsalted butter, softened
- 4 eggs
- 200g caster sugar
- 3 tablespoons of milk
- 50g ground almonds
- Zest of 1 orange
- 150g raspberries lightly crushed plus extra for decoration

Sugar Crust:

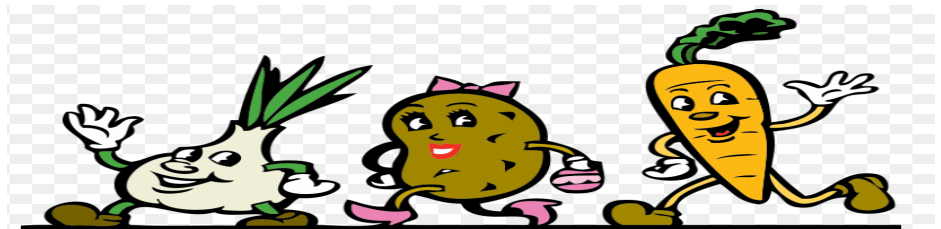
- Juice of 1 orange
- 4 tablespoons caster sugar



Method

1. Preheat the oven to 180C/Fan 160C/Gas 4.
2. Line a 12 hole muffin tin with paper cases.
3. Put the first 8 ingredients into a bowl and whisk until smooth.
4. Fold in the crushed raspberries (remembering to keep some whole for decoration).
5. Divide the batter between the muffin cases and bake for 20 – 25 minutes or until golden and firm to touch.
6. Make the topping by mixing the orange juice and sugar until well blended.
7. Remove the cupcakes from the oven and cool slightly.
8. Drizzle the orange and sugar mix over the cupcakes and top with a raspberry.

Serve as they are or with a spoonful of cream and a mint or basil leaf.



Baked Cheesecake

Equipment Needed:

- 7inch loose bottomed cake tin
- Hand or stand mixer
- Baking parchment or greaseproof paper

Ingredients:

- 150g Icing Sugar
- 3 Eggs
- 600g Fresh Ricotta Cheese

Method

1. Drain the ricotta in a sieve or colander lined with a clean tea-towel or muslin square, ideally for at least an hour. Draining the excess moisture from the ricotta will give a firmer cheesecake.
2. Use this time to have a cup of tea and read the recipe to decide what flavours you might want to add to the basic recipe.
3. Pre heat the oven to 180/Gas 4
4. Line the cake tin with the parchment or greaseproof paper.
5. Using a mixer, Whisk the egg whites until stiff. Have fun turning the bowl over your head to test if the egg whites are ready or not. If the egg whites are ready they won't fall on your head!
6. Now in a separate bowl beat the drained ricotta cheese on a medium low speed until smooth. Beat in the egg yolks one at a time until mixed in.
7. Add the whisked egg whites one third at a time. Don't over mix or the cheesecake mixture will become too runny and not hold its shape in the oven.
8. Pour into the prepared cake tin and bake in the oven for 50 to 60 minutes.
9. The cheesecake is ready when the edges are set and the centre still a little jiggly like a jelly. If in doubt just cook for a few minutes longer. The cheesecake will have risen in the oven but may sink as it cools. Don't worry this is normal. If it sinks too much just fill the centre with fruits such as strawberries when you serve it,
10. Let the cheesecake cool completely before attempting to remove from the tin. It tastes even better if you can resist eating it until the following day and the flavours have developed.

Variations: Give it a biscuit base! Before starting the cheesecake mix, make a base by crushing a few of your favourite biscuits and mixing them with a little melted butter. Cover the base of your prepared cake tin.

Extra flavours! Add one or two of the following just after the egg yolk stage: The zest of a lemon or orange, ½ tsp vanilla flavouring, chocolate drops or fudge pieces.

The cheesecake will keep for at least three days in the fridge.



Slow Roasted Shoulder of Lamb

Ingredients:

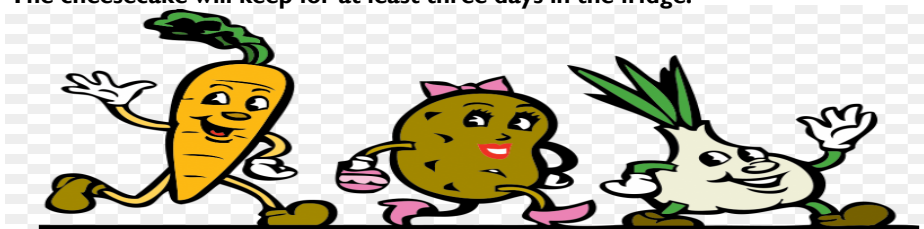
- Lamb Shoulder
- 3 tbsp olive oil
- 1 ltr stock
- 4 sprigs thyme or rosemary
- 2 onions sliced into thick discs
- 1 whole garlic bulb separated into cloves
- 1 tsp mint jelly

Method

1. Preheat the oven to 170C/150C Fan/Gas 3.
2. Place the onion discs in the middle of a roasting tin with the garlic and scatter over the thyme.
3. Pour oil over both sides of the lamb shoulder and rub it in with your hands. Place the lamb, fat side up, on top of the onion discs, season with more thyme (or rosemary) salt and pepper.
4. Add the stock but do not pour it over the lamb.
5. Cover the whole roasting tray with foil and cook for about 3 hours (this cooking time is for a shoulder weight of 1-1.5kg larger joints will take longer)
6. Remove the roasting tray halfway through the cooking time and baste the joint, recover with foil and continue cooking for the remaining time.
7. Remove the joint from the oven and place in another roasting tin. Spoon the mint jelly over the top of the joint and return to the oven to continue cooking for another 30 minutes uncovered at the same temperature.
8. Remove the onions and garlic from the first roasting tray and put to one side (keeping warm). Pour the stock and juices through a sieve into a wide jug. Place the jug in a bowl of ice to cool it down. Then place the jug in the freezer to allow the meat juice and fat to separate.
9. Once the lamb is cooked, remove from the oven and loosely cover with foil. Allow the lamb to rest whilst cooking the roast dinner side dishes.
10. Minted Lamb Gravy – Remove the jug from the freezer and using a spoon remove the hard layer of fat from the top.
11. Reheat the stock in a saucepan. Mix a little plain flour with double the amount of water (e.g. 1tbsp & 2tbsp). Slowly add this to the stock, whisking to prevent lumps until the desired gravy thickness has been achieved.
12. Add 1tsp of mint jelly to the gravy, stir to combine and pour into a jug, cover to keep warm.

Variation: To make pulled lamb use two forks to pull the lamb apart off the bone. The meat will be so tender there is no need to carve it.

Serve with minted gravy and the onions and garlic which were put aside after the initial cooking of the lamb, along with traditional roast dinner vegetables.



Sri Lankan Carrot Curry

Ingredients:

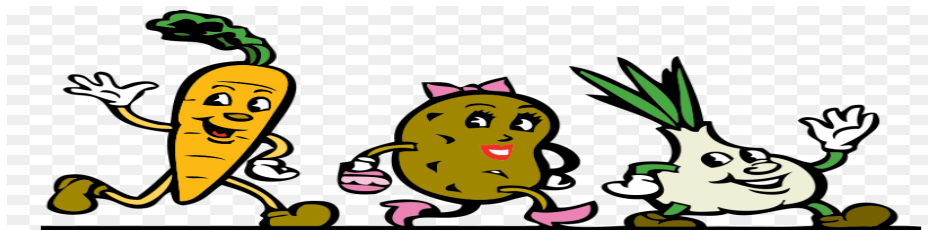
- 1 tsp cumin seeds
- 8 curry leaves
- 1 tsp mustard seeds
- 1 red chilli finely chopped
- A pinch of black pepper
- 1 tbsp vegetable oil
- 1 red onion chopped
- 1 thumb sized piece of ginger finely chopped
- 3 cloves of garlic finely chopped
- 4 large carrots cut into chunky pieces
- 400ml tin of coconut milk
- ½ lemon juiced
- Handful chopped fresh coriander to garnish



Method

1. Heat the oil in a frying pan over a medium heat and add the curry leaves and spices. As the mustard seeds begin to pop add in the onion and cook for 10 minutes until a golden brown colour.
2. Add the ginger, garlic, black pepper and carrots and cook for another 5 minutes, stirring.
3. Tip in the coconut milk and add 150ml of water, simmer gently for 20 minutes until the carrots have cooked through and the sauce has thickened slightly.
4. Add the squeezed the lemon juice and season with salt and pepper.
5. Sprinkle with the chopped coriander and serve with rice and warm naan breads.

Great served with a salad.



Carrot Cake

Cake Ingredients

- 230ml vegetable oil, plus extra for the tin
- 100g natural yogurt
- 4 large eggs
- 1½ tsp vanilla extract
- grated zest of ½ orange
- 265g self-raising flour
- 335g light muscovado sugar or light brown sugar
- 2½ tsp ground cinnamon
- ¼ ground nutmeg
- 265g carrots (about 3), grated
- 100g sultanas or raisins
- 100g walnuts or pecans, roughly chopped (optional)

For the icing

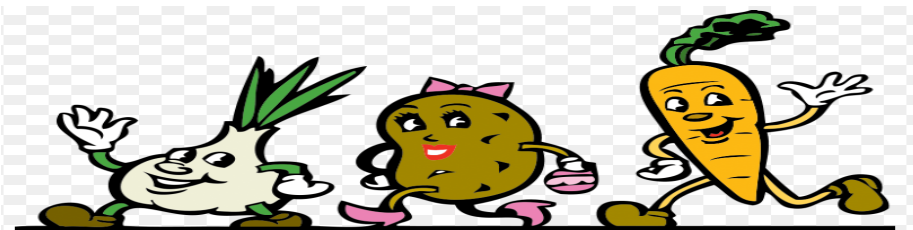
- 100g slightly salted butter, softened
- 300g icing sugar
- 100g soft cheese



Method

1. Heat the oven to 180C/160C Fan/Gas 4.
2. Oil and line the base and sides of two 20cm cake tins with baking parchment.
3. Whisk the oil, yogurt, eggs, vanilla and zest in a jug.
4. Mix the flour, sugar, cinnamon and nutmeg with a good pinch of salt in a bowl.
5. Squeeze any lumps of sugar through your fingers, shaking the bowl a few times to bring the lumps to the surface.
6. Add the wet ingredients to the dry, along with the carrots, raisins (and half the nuts, if using).
7. Mix well to combine, then divide between the two tins.
8. Bake for 25-30 mins or until a skewer inserted into the centre of the cake comes out clean. If any wet mixture clings to the skewer, return to the oven for 5 mins, then check again.
9. Leave to cool in the tins.
10. To make the icing, beat the butter and sugar together until smooth.
11. Add half the soft cheese and beat again, then add the rest (adding it bit by bit prevents the icing from splitting).
12. Remove the cakes from the tins and sandwich together with half the icing.
13. Top with the remaining icing and scatter with the remaining walnuts.

This will keep in the fridge for up to five days. Best eaten at room temperature.



Malteser cake

Ingredients:

Cake

- 250g self raising flour
- 150g caster sugar
- 150g softened butter
- 4 eggs
- 50g cocoa powder
- 125ml sour cream or milk
- 1 tsp baking powder
- pinch of salt

Icing:

- 500g caster sugar
- 100g cocoa powder
- 250g butter
- ½ tsp vanilla flavouring
- add a little milk if the icing is too stiff
- Maltesers to decorate (Probably about 1 large pack but you may need extra if you nibble as you bake and decorate.

Method

1. Preheat the oven to 180C/160 Fan/Gas 4.
2. Grease and line 2 cake tins of the same size.
3. Mix all the cake ingredients until they are smooth.
4. Divide the cake mix evenly between the 2 tins and bake for 20 to 30 minutes or until cooked. Test the cake by inserting a toothpick in the middle of the cake. If it comes out clean and dry then it is ready.
5. Wait until the cake is cold then beat together the icing ingredients. Ice a sandwich layer between the two cakes and then all over the top of the cake.
6. Use the Maltesers to decorate in any design you want.
7. Grab a cup of tea and a slice of cake and enjoy!



Spinach and Courgette Lasagne

Ingredients:

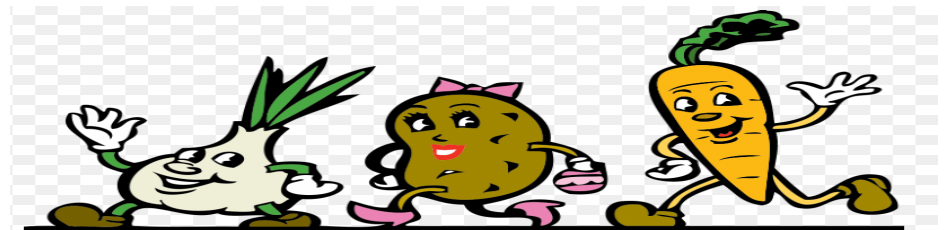
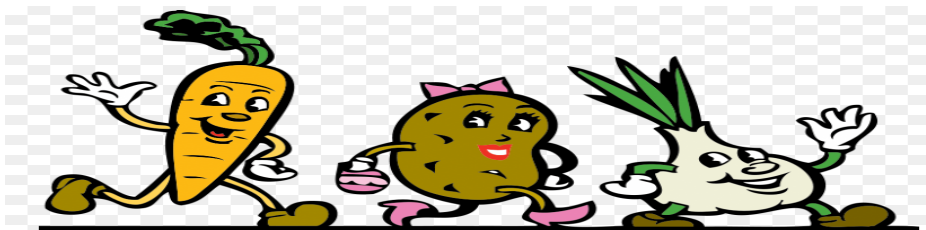
- 400g spinach (washed if necessary)
- 1 tbsp oil
- 2 garlic cloves crushed (or 2 tsp lazy garlic)
- 250g Mascarpone cheese (or 250g low fat soft cheese)
- 1 tsp ground nutmeg
- 100g parmesan cheese, grated (or 100g strong cheddar, grated)
- 9 lasagne sheets
- 100ml double cream (or 100ml whole milk)
- 3 large courgettes sliced lengthways

Method

1. Put the spinach in a colander and pour boiling water over it to wilt. Leave it until it is cool enough to handle, then squeeze out the excess moisture.
2. Heat the oil in a non-stick frying pan and add the garlic, soften for 1 minute. Add the nutmeg and cook for a further 1 minute, then add the mascarpone, spinach, half the cream and half the parmesan. Season and stir well. Set to one side.
3. Heat the oven to 180C/160C Fan/Gas 4.
4. Spread one third of the filling over the base of a 20x30 baking dish, cover with 3 sheets of lasagne, then add a layer of courgettes.
5. Repeat step 3 twice more to create the lasagne layers. Pour over the remaining cream over the final layer and then sprinkle over the remaining parmesan cheese.
6. Bake for 40-50 minutes or until the sauce on the top is bubbling and the pasta is cooked when you push a skewer through. Rest for five minutes before serving with a salad.



Variations: If you have fussy kids who won't eat vegetarian then add chopped ham or slices of ham between the layers. Change the courgette to aubergine, or add slices of large tomatoes to give a different colour when you cut and serve the lasagne.



Celeriac & Potato Röstis

Ingredients:

- 300g peeled and grated celeriac
- 300g peeled and grated potato
- 1 small onion finely sliced
- ½ tsp grated/ground nutmeg
- 1 tsp mustard
- A squeeze of lemon juice
- Salt and pepper
- Oil for frying

Method

1. Mix together the potato, onion and celeriac and then place the mix onto a clean tea towel. Squeeze out as much liquid as possible and then put the mix into a large bowl.

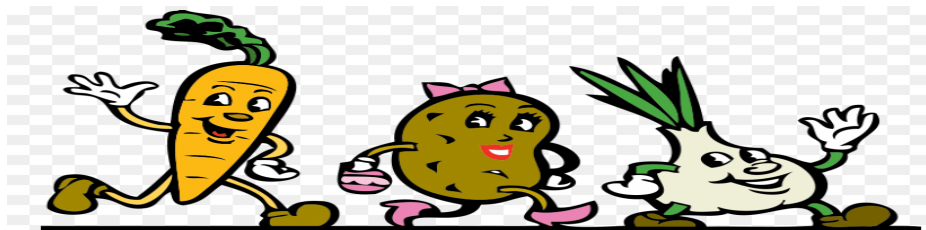
Jackie's Tip: I spread the mix onto a clean tea towel and roll up the long sides to make a sausage shape. You can then wring out the tea towel to remove the liquid from the vegetables. The aim is to make them as dry as



2. Add the nutmeg, lemon juice and seasoning, mix together. At this point the mix may release more water from the vegetables, if so return to the tea towel and squeeze again.
3. Take a small handful of the mix and make a pattie/burger shape. Flatten to 1cm depth x 4cm wide.
4. Heat some oil in a frying pan and cook the röstis for about 5 minutes each side without moving them around the pan if possible, pushing down on them with a spatula will help to really crisp the grated vegetables.
5. Once cooked serve with almost and meal as a side dish or on their own with a salad.

Variations: Röstis are so versatile and can be made in advance and reheated when you want to use them. Try making smaller bite sized ones placed on a circle of toasted bread and a little cheese topping. Mix up the vegetables, you can make röstis with almost any root vegetable but remember to keep the potato in your recipe as this gives the tradition rösti flavour.

Great with an English breakfast instead of hash browns.



Plum Crumble

Ingredients:

For the fruit:

- 800g ripe plums, stoned and halved
- 50g light brown sugar
- Finely grated zest of an orange (you/or the kids can have the rest of the orange as a treat)
- 1 tsp ground cinnamon
- 1 tsp plain flour

For the crumble:

- 250g plain flour
- 150g butter
- 80g caster sugar
- 80g demerara sugar
- 50g ground almonds

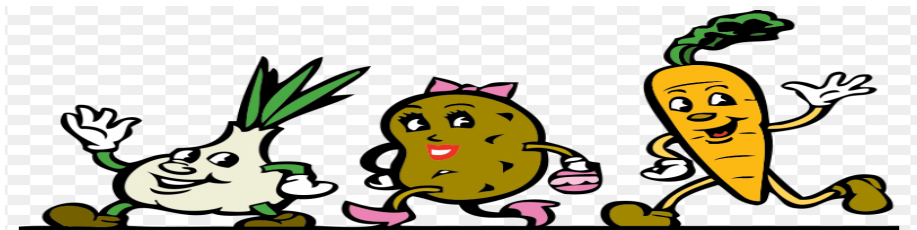
Method

1. Heat the oven to 200C/180C Fan/Gas 6.
2. Put the plums into the bottom of a shallow oven proof dish, ideally about 28 cm long. Mix together the sugar, orange zest, cinnamon and flour, sprinkle this mix over the plums. Trickle over 2tbsp of water to moisten.
3. If you have a food processor then whizz in pulses all the crumble ingredients together until it starts to clump. DO NOT over mix at this stage you want it clumpy not fine breadcrumbs. If you don't have a food processor then rub the butter into the flour using your fingertips then stir in the remaining ingredients.
4. Scatter the crumble over the plums and bake in the oven for 30-40 minutes or until golden brown. Remove from the oven and leave in the dish for about 15 minutes to cool before serving with custard, cream or ice cream.



Variations: Try using tinned plums. These need draining before use and there is no need to add the water at stage 1 because tinned plums have a lot of syrupy juice. Add other stone fruit such as peaches, nectarine or apricots to give a different flavour. Adding blackberries can add colour to the fruit too. You can even add the orange used for the zest by segmenting it and adding it in between the plums. The two types of sugar in the crumble mix gives an extra crunch but if you want more then scatter over extra demerara sugar just before baking.

This goes well with cinnamon ice cream.





BBQ Chicken Kebabs with Caramelised Pineapple

Ingredients:

Kebabs

- 1 tbsp paprika
- 4 cloves of garlic
- ½ lemon, juiced
- 4 tbsp oil
- 12 skinless chicken thigh fillets, cut into 3cm chunks
- A large handful mint leaves, chopped
- 2 tbsp sesame seeds, toasted (optional)
- 1-2 red chillies, sliced
- cooked basmati rice to serve

Caramelised Pineapple:

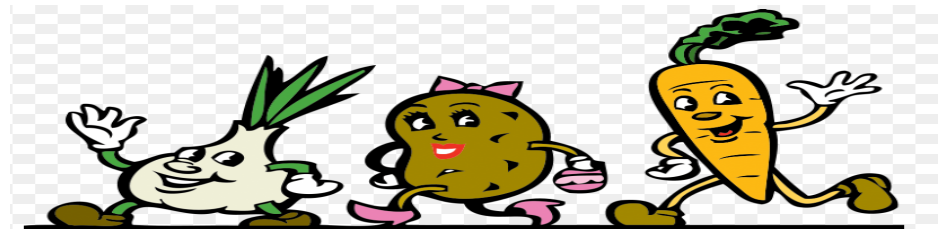
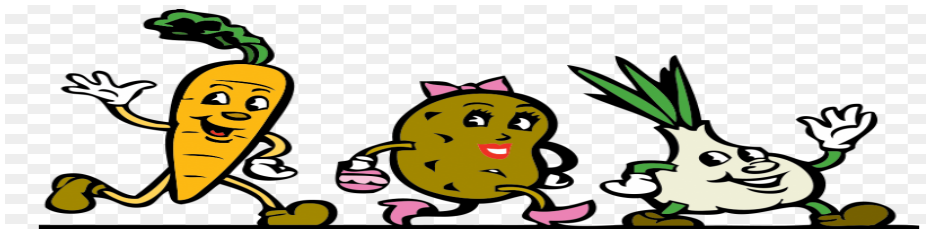
- 2 tbsp soft brown sugar
- 1 lime, juiced
- 1 ripe pineapple, peeled and cut into thick slices



Method

1. Unless you are using a gas barbecue light the barbecue. Many people forget to light the barbecue in advance of cooking. It takes time to heat up to temperature so light it at the start of the recipe.
2. Combine the paprika, garlic and lemon juice, add in the oil and a little salt to season. Mix to a paste and add in the chicken. Mix it well into the paste. If you don't want paprika hands you can wear gloves for this stage OR tip it all into a plastic bag and massage the spices into the chicken through the bag. Put to one side for at least 1 hour.
3. In a separate bowl combine the lime juice and sugar. Add the pineapple and mix well, make sure every piece is coated with the mix.
4. Barbecue the pineapple until slightly charred on all sides. Put to one side and when cool enough to handle, dice into chunky cubes and remove the tougher core if you need to.
5. Put the chicken meat onto skewers and cook over the direct heat of the barbecue, turning regularly for about 20-25 minutes or until cooked through and slightly charred at the edges.
6. Top the pineapple with mint and sesame seeds if using and a few red chillies.

Serve with Rice.



Sauteed Courgettes

Ingredients:

- Oil or knob of butter
- 3 medium courgettes sliced into circles
- Juice of 1 lemon

Method

1. Heat the oil/butter in a frying pan.
2. Add the courgettes a few at a time (enough to fill the pan without overlapping). Fry for a few minutes on each side until lightly browned and soft. Put each batch of cooked courgettes into a bowl as you finish them.
3. Season the cooked courgettes with salt and pepper. Drizzle over the lemon juice and stir the courgettes carefully not to break them as you do so.



Courgette and Caramelised Red Onion Puff Pastry Tart

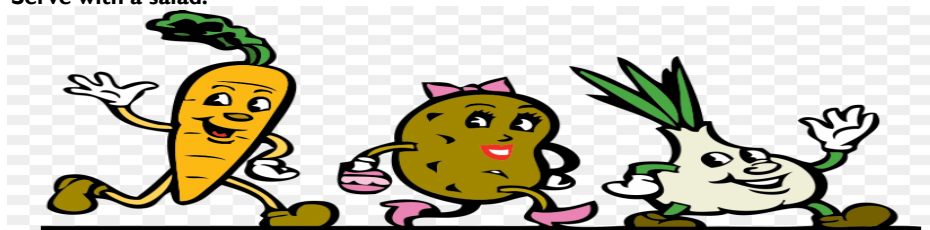
Ingredients:

- Plain flour for dusting
- 375g block puff pastry
- 1 egg, beaten
- 50g butter
- 3 large red onions, sliced thinly
- 2tbsp balsamic vinegar
- 1 large courgette, cut into long ribbons with a vegetable peeler
- 100g of grated cheese

Method

1. Heat the oven to 200C/180C Fan/Gas 6.
2. On a lightly floured surface, roll the pastry out to slightly smaller than an A4 rectangle. Slide onto a baking sheet, brush with the beaten egg and cook for 20 minutes or until golden brown.
3. Meanwhile, melt the butter in a frying pan over a medium heat. Once the butter is forming add the sliced onions with a pinch of salt. Add the balsamic vinegar and cook for a further 6-8 minutes until sticky and caramelised.
4. Spoon the onions over the precooked pastry then top with the courgette ribbons and grated cheese. Return to the oven for 15 minutes until the cheese is bubbling.

Serve with a salad.



Quick Chicken Chasseur

Ingredients:

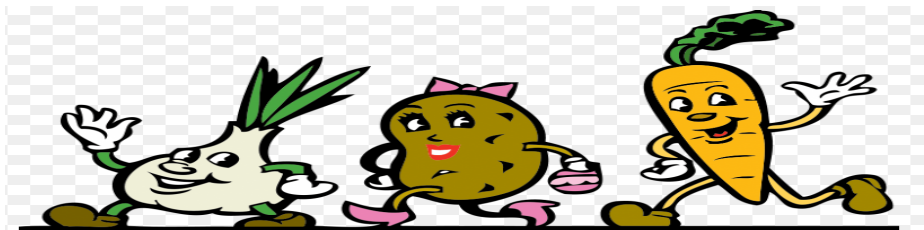
- 2tbsp oil
- 2tbsp plain flour
- Salt and pepper
- 900g chicken fillets (breast or thigh) cut into large pieces
- 3 rashers of bacon cut into 1cm size pieces
- 340g small mushrooms or large ones quartered
- 1 medium onion diced
- 3 garlic cloves finely diced
- 2tbsp tomato puree
- 500ml chicken stock
- 2tbsp yoghurt or cream
- Finely chopped parsley for garnish
- 2 or 3 potatoes peeled and cut into large chunks (optional)

Method

1. Place the salt and pepper with the plain flour in a plastic bag. Add the chicken and shake well to coat the chicken pieces.
2. Heat the oil in a deep frying pan and fry the chicken pieces until golden brown. Remove the chicken to a warm plate and keep to one side.
3. Fry the bacon in the chicken fat in the pan until browned and then remove to the same plate as the chicken.
4. Gently fry the onion and garlic until soft but not too brown, add the mushrooms and cook for another few minutes.
5. Add the tomato puree, chicken stock and bring to the boil. Add the yoghurt or cream and stir well for another few minutes.
6. Add the chicken and bacon to the pan and cook for about 45 minutes. If using potatoes add these 25 minutes after adding the chicken and bacon for the last 20 minutes of the cooking time. The sauce should coat the chicken if it is too thin continue cooking for a little longer to reduce it. If the sauce is too thick add a little water to thin it down.



Serve with crusty farmhouse style bread and a scattering of chopped parsley to garnish.



Stuffed Peppers with Tomato & Microwave Rice

Ingredients:

- 6 Peppers, tops cut off and deseeded. Keep the tops to one side for later.
- 2 packets of microwave rice of your flavour choice
- 1 onion chopped finely
- 3 tomatoes chopped
- ½ tsp sugar
- Oil
- A little grated cheese

Tomato Sauce:

- 1 kg ripe tomatoes
- 4 garlic cloves peeled and chopped
- ½ a red chilli deseeded and chopped finely (or a little chilli powder)
- 3 tbsp oil
- 2 tsp sugar
- Salt to taste

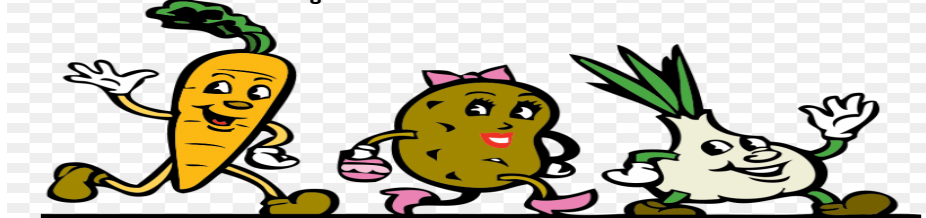


Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Make sure the peppers are deseeded and the tops put to one side to use later.
2. Make the tomato sauce – chop the tomatoes into quarters keeping the skin on, remove the hard white areas of tomato flesh if necessary. Cream the tomatoes together in a food processor or with a stick blender.
3. Gently fry the garlic and chilli in the oil for 30 seconds, then add the creamed tomatoes, the sugar and salt. Cook over a medium to high heat for about 25 to 30 minutes, stirring occasionally until the sauce has thickened
4. In a frying pan gently fry the onion in a little oil until soft and golden. Once the onion has cooked, add the 3 chopped tomatoes, ½tsp of sugar. Cook until most of the tomato juices have evaporated.
5. Microwave the rice as directed on the packet. Mix the rice with the onion and chopped tomatoes in the frying pan until well combined.
6. Using a teaspoon fill the peppers and stand them upright in a deep baking dish. They need to fit snugly so they keep their shape whilst cooking. Add a little grated cheese to the top of the rice. Loosely replace the tops of the peppers.
7. Pour the creamed tomato sauce around the peppers, cover with a sheet of foil and bake in the oven for about an hour. Remove the foil and continue to bake for another 15mins or until the peppers have browned on top.

Variations: Use various flavours of rice e.g. mushroom, Indian style, Chinese style. Remove the tops and add more cheese in the last 5 minutes of baking. Put a teaspoon of cooked mince in the bottom of each pepper before spooning in the rice.

Serve hot with extra rice or a green salad.



Sausage and Stuffing Toad-in-the-Hole with Gravy

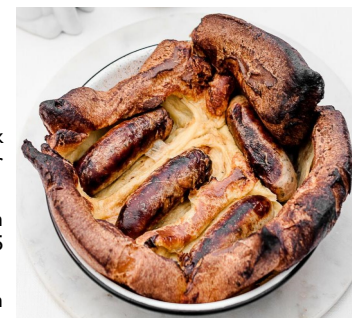
Ingredients:

Toad-in-the-Hole

- 140g plain flour
- 1 tsp English mustard powder (or a teaspoon of ready made mustard)
- 3 eggs
- 300ml milk
- 4 tbsp oil
- 2 large onions sliced
- 85g breadcrumb stuffing mix
- ½ tsp dried sage
- 8 sausages

For the Gravy:

- 50g mayonnaise
- 100ml buttermilk
- 1 tsp garlic granules
- 1 tsp onion granules
- 1 tsp Dijon mustard
- a few chives, finely chopped
- ½ lemon, juiced

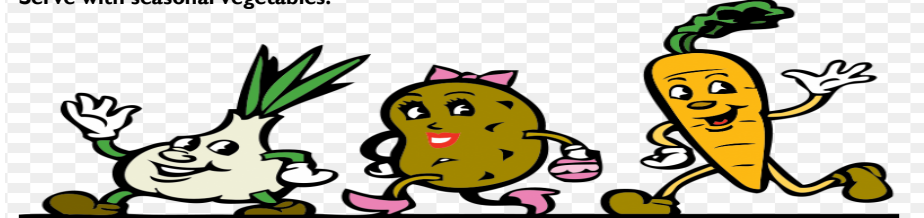


Method

1. Whisk together the flour, mustard powder, eggs and milk with a good pinch of salt until smooth. Leave it to rest for at least 30 minutes, this is an important stage of the batter.
2. Heat 1tbsp of oil in a small pan. Add the sliced onions with a pinch of salt and cook until really soft, about 10-15 minutes.
3. Meanwhile make the stuffing following the instructions on the packet and adding in the dried sage to the mix.
4. Scoop out ¼ of the cooked onions and add these to the stuffing mixture, leave the rest in the pan for the gravy.
5. Heat the oven to 230C/210C Fan/Gas 8.
6. Shape the stuffing into 8-10 balls. Pour the remaining oil into a large roasting dish or tin and brush it all over the bottom and sides of the dish. Add the sausages and stuffing balls and cook for 15 minutes.
7. Remove the roasting dish from the oven and loosen the sausages from the bottom if they are sticking. Pour the rested batter over the sausages and stuffing balls and return the dish to the oven on a medium to high shelf, remembering to leave room for the batter to rise. Bake for 35-40 minutes until puffed and golden – DO NOT open the door any earlier or the batter will sink. While the toad in the hole is cooking, make the gravy.
8. Add the flour, onion chutney and Marmite to the remaining onions in the pan and mix to a paste. Cook for 2 minutes until bubbling, then pour in the beef stock bit by bit, stirring continuously so it doesn't go lumpy. Let it bubble for 5 minutes stirring occasionally and then keep warm until ready to serve with the toad in the hole.

Variations: Use vegetarian sausages and vegetable gravy for a meat free option.

Serve with seasonal vegetables.



Gnocchi

Ingredients:

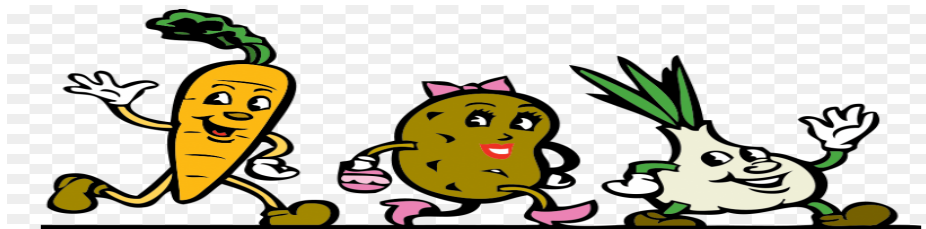
- 2 tbs oil
- 500g fresh gnocchi (dried gnocchi can be used but it will take longer to cook)
- 50g butter
- 1 lemon zested and then the juice saved
- A few basil leaves torn for garnish
- Prepare a simple salad

Method

1. Prepare a simple salad of lettuce and cucumber. I like to stick to green colours for this dish but you can experiment with what you have in the fridge.
2. Bring a saucepan of water to the boil and add a little salt.
3. Pour in the gnocchi and as they cook they will float to the surface of the water. Scoop out the little pillows of gnocchi with a slotted spoon and leave to drain in a colander.
4. In a frying pan melt the butter, add the cooked gnocchi and coat in the butter. If you want some extra colour you can fry the gnocchi until just golden, but I prefer mine white and dumpling like coated in butter.
5. Just before serving add the lemon juice a little at a time until you feel you have the right amount of flavour. Add the zest and stir.
6. Spoon the gnocchi over the salad and garnish with the torn basil leaves.



Variations: Try wilting some spinach in butter and using this for the base of the gnocchi instead of a salad. Crumble or tear some mozzarella cheese over the finished gnocchi just before serving. If you are lucky enough to find Samphire in your local supermarket give it a try. It can be eaten raw but is better cooked in butter for a few minutes but DO NOT add any salt because this vegetable is high in natural salt.



Roast Vegetable Bake with Vegetarian Sausages

Ingredients:

- 8 medium carrots, peeled and chopped into large chunks
- 3-4 medium sized onions peeled and quartered
- 1 large or 3-4 small beetroot peeled and chopped into chunks
- 1 red pepper, deseeded and cut into 2cm pieces
- 2 sticks of celery chopped into 2cm lengths
- 1 small pumpkin deseeded and chopped into 2cm chunks
- 1 tsp mixed herbs

- 6 Vegetarian sausages
- Salt and pepper
- Oil

Gravy:

- 1 tsp mustard (Dijon mustard has a gentle heat, English is much hotter)
- 1 tsp redcurrant jelly or chutney
- 1tbsp gravy granules
- 300ml water

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Arrange all the vegetable except the beetroot in a large roasting pan and drizzle with oil. Place the beetroot in a small roasting pan and drizzle with oil. Roast both pans of vegetables in the oven for about 20 minutes.
3. To prepare the gravy, mix all the gravy ingredients together.
4. After the vegetables have roasted for 20 minutes sprinkle over the mixed herbs. Add the gravy mix to the carrot vegetable pan and roast for another 15-20 minutes until all the vegetables are soft.
5. Place the vegetarian sausages in a frying pan and fry for 8 minutes turning frequently to prevent them over browning. Once cooked, chop into bite sized pieces and place to one side to keep warm.
6. When the vegetables are cooked and the gravy reduced to a sticky glaze, stir in the warm sausage bites and the roasted beetroot. Don't over mix or the gravy will turn pink from the beetroot juices.



Variations: Add cooked (not dried) pasta to the final dish just before serving or serve with rice, couscous, or mashed potato. Use pork or beef in the place of meat free sausages.

Serve just as it is or with green vegetables for extra colour.



Roast Pumpkin with Mushroom, Leeks & Stilton

Ingredients:

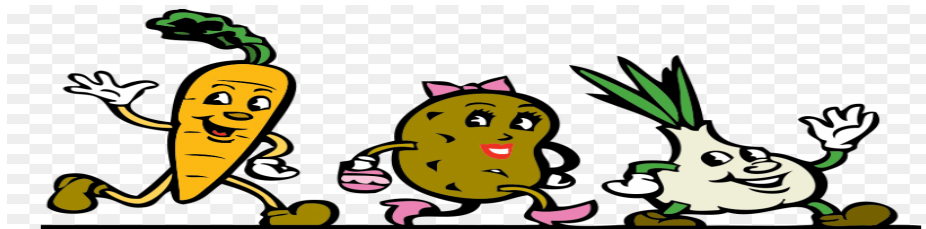
- 1 large pumpkin
- 1 large leek
- 2 tbsp oil
- Pinch salt and pepper
- 250g mushrooms
- 100g Stilton

Method

1. Preheat the oven to 220C/200C Fan/Gas 7.
2. Slice and deseed the pumpkin, slice the leek into rounds.
3. Place the pumpkin and leek into a large roasting tray, drizzle with oil and season with salt and pepper. Roast in the oven for 30 minutes.
4. Chop/slice the mushrooms if they are large. Toss the mushrooms in a tablespoon oil, add to the cooked pumpkin. Crumble the Stilton over the top and return the roasting tin back into the oven for another 10 minutes until the cheese has melted.

Variations: Go vegan by changing the cheese to a vegan cheese or adding tofu with the mushrooms. Add herbs such as sage leaves or a scattering of dried mixed herbs to the pumpkin. Use halved shallots instead of leeks. Add chopped walnuts with the cheese.

Serve with rice or a simple salad.



Sausage & Mash Pie

Ingredients:

Sausage:

- 1 tbsp oil
- 8 pork sausages
- 25g butter
- 2 onions finely sliced
- Pinch of sugar
- 2 tbsp plain flour
- 1 tbsp tomato puree
- 500ml stock

Mash Topping:

- 1.25kg Maris Piper potatoes cut into large chunks
- 150 ml milk
- 25g butter
- 25g mature cheddar cheese grated

Method

Heat the oven 200C/180C Fan/Gas 6.

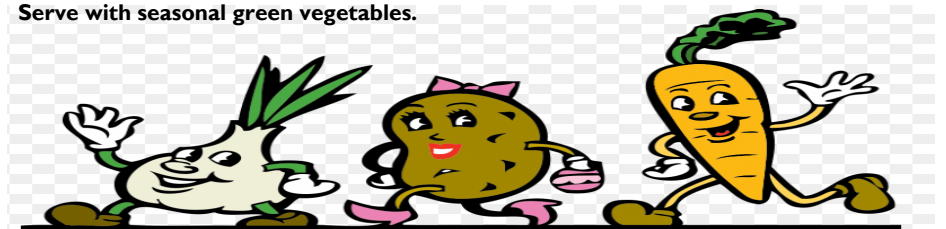
The sausage and onion gravy:

1. Heat the oil in a frying pan and cook the sausages for about 10-12 minutes until browned on all sides. Transfer to a plate and keep to one side.
2. Put the butter into the pan and heat until sizzling. Tip in the onions and stir, sprinkle over the sugar and fry gently for 8-10 minutes until the onions are golden.
3. Scatter the flour over the onions and stir until you make a paste, then add the tomato puree. Cook for a further minute to cook out the flour.
4. Gradually add the stock while stirring and bring to the boil. Turn the heat down and simmer.
5. Cut the sausages either into chunks or thick slices and add to the pan. Add any juices from the sausages if you want to add extra flavour. Simmer everything together to make a glossy onion and sausage gravy. Tip this into a baking dish.

The Mash:

1. In a saucepan of cold salted water, bring the prepared potatoes to the boil and then turn the heat down and simmer for 10-12 minutes or until just cooked. Drain and leave for one minute.
2. Pour the milk into the pan and bring to a simmer (do not boil) then tip in the drained potatoes and butter, mash well and season to taste.
3. Spoon the mash onto the sausage and onion gravy starting at the edges and work your way towards the middle. This stops the gravy from spilling over the edge as you put the topping on. Scrape the top with a fork to create lines and then scatter over the grated cheese. The lines will catch the cheese as it melts and make a crispy topping.
4. Bake the pie at 200C/180C Fan/Gas 6 for 35-40 minutes.

Serve with seasonal green vegetables.



Salmon & Spinach in Puff Pastry

Ingredients:

- 1 onion
- Oil
- 4 cloves of garlic
- 500g of frozen spinach
- 1 x 320g packet of puff pastry ready rolled
- 4 x 130g salmon fillets, skin removed
- 2 eggs
- 1 lemon

Method

1. Preheat the oven to 220C/Gas 7.
2. Peel and chop the onion. Place the onion in a frying pan with a little oil and fry for a few minutes. Peel and finely slice the garlic and add to the onions, continue frying until the onion and garlic are soft. Add in the grated lemon and stir for a minute or two over a low heat. Turn off the heat and stir in the spinach. Leave in the pan to allow the spinach to wilt into the onion and garlic mix.
3. Unroll the pastry and place it still on its paper onto a baking tray. Spread the spinach and onion mix over the pastry, but leave a 5cm border all the way round the edges of the pastry.
4. Place the salmon fillets onto the filled pastry leaving a 1 cm gap between each fillet. Fold the edges of the pastry inwards to create a raised edge. Make sure it snugly encases the salmon but leaves the top of each fillet exposed. Beat the eggs together and use some of the egg to brush over the exposed pastry edges. Bake on the lowest shelf for 15 minutes.
5. After 15 minutes, take out of the oven and pour the remaining egg mixture over and between the gaps of the salmon. Return to the oven for another 15 minutes or until the pastry is cooked and the egg is just cooked through.

Variations: Instead of making an open tart of salmon try making a traditional completely covered salmon en croute. Just keep 2cm of the pastry free when spreading over the filling and fold the pastry over the salmon to make a giant sausage roll. You may need to place each salmon fillet side by side in pairs to make them fit the pastry. Only beat 1 egg instead of 2 and brush the pastry with egg before baking. Make a circular en croute by pulling the two ends of the roll together. Add some cream cheese with herbs over the layer of spinach and onion to change the flavour. Add cherry tomatoes between the salmon for an extra surprise when you cut the pastry.

Serve with a fresh green salad or chips.



Rosemary & Lemon Roast Chicken

Ingredients:

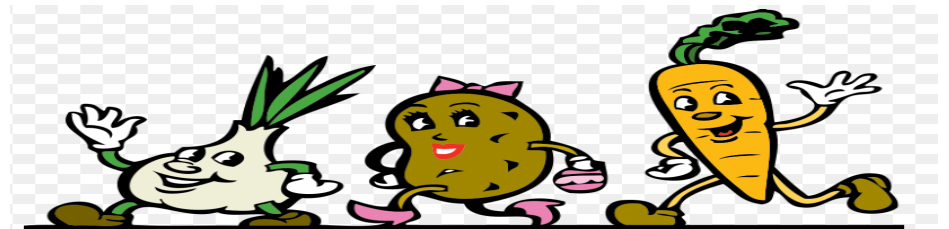
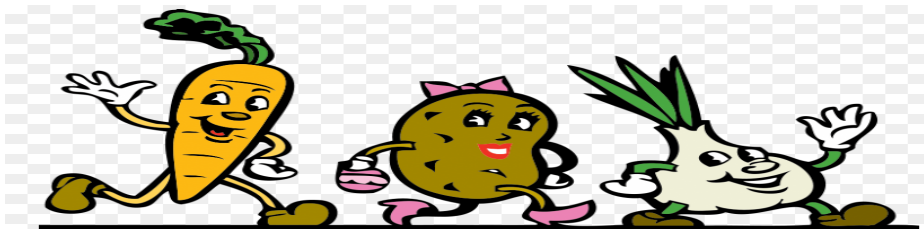
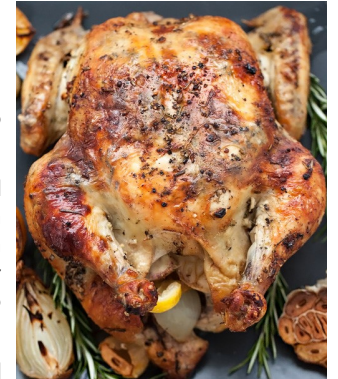
- 20g fresh rosemary (dried rosemary will work too but use less as the flavour is concentrated)
- 3 tbsp butter
- 1 clove of garlic (or use a squeeze of lazy garlic)
- 1 lemon, zested and halved
- ½ a small red chilli, seeds taken out and chopped
- 1 whole chicken (1.5kg)
- 4 medium carrots, peeled, and chopped into large chunks

Method

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. Chop 2 sprigs of the rosemary finely and mix with 2tbsp of the butter, garlic, lemon zest and chilli.
3. Gently lift the skin away from the chicken breast and press the butter mix onto the breast meat on both sides of the chicken to create a layer of butter between the meat and the skin. Rub the remaining butter over the outside of the chicken and then place the two lemon halves inside the chicken cavity.
4. Place the chicken in a roasting dish with the carrots and scatter over the remaining rosemary. Roast for 1 hour and 10 minutes or until the juices run clear. You can baste the chicken occasionally as it cooks.
5. Rest the chicken for at least 10 minutes on a plate before carving.

Tips and variations: Add par boiled potatoes to the roasting dish 25mins before the chicken is due to finish cooking to give a lemony flavoured potato. Change the herbs to thyme or sage to vary the flavour. Use the meat juices with an instant gravy mix to create a lemon flavour gravy. Don't add the lemon to the inside of the chicken to have a more subtle lemon flavour. Add whole unpeeled garlic cloves to the roasting pan. This gives a subtle garlic flavour and make a delicious garlic puree when squeezed onto the side of the plate when cooked. Have a rosemary bush in the garden or a pot by the back door for picking at any time. Great not only for cooking but a lovely herb which is handy to put into floral table decorations or festive door wreaths.

Serve the roasted chicken and carrots with seasonal green veg and roast potatoes.



Mushroom Pasta

Ingredients:

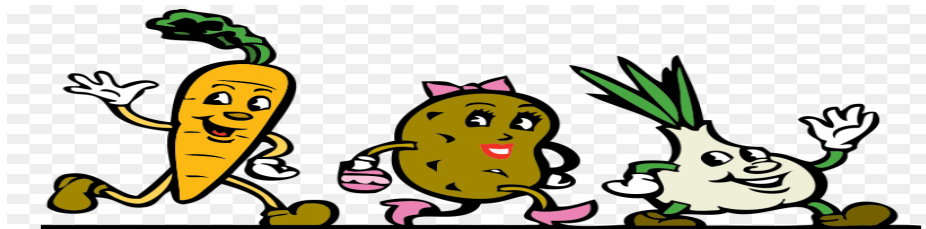
- 250g spaghetti or tagliatelle pasta
- 4 cloves of garlic finely chopped
- 8oz mushrooms finely sliced
- 2oz butter
- Salt and pepper
- 500ml vegetable stock
- 100ml milk
- A little grated cheese

Method

1. Heat a large frying pan on a medium heat and add the garlic and butter, Sauté for about one minute until the garlic is cooked but not brown.
2. Add the mushrooms, some salt and pepper. Continue to sauté until the mushrooms have softened and all of the mushroom juice has evaporated and the edges have just started to turn brown.
3. Add the pasta, and the stock, stir to combine all the ingredients. It doesn't matter if the pasta is not completely submerged in the stock.
4. Cover with a lid and cook on a medium to high setting, bring to the boil then stir. Replace the lid and turn down the heat and simmer for about 10 minutes stirring occasionally until the pasta is cooked. Ideally there should be a little liquid left in the pan at this point to make the sauce.
5. Add the milk (or cream if you wish for a thicker sauce) and stir to combine all the ingredients.

Variations: Try adding a couple of handfuls of spinach just at the end of the cooking time and stir to combine. Sliced/diced cooked chicken added at the end is always a favourite with children. Use cream instead of milk for a richer sauce.

Serve with grated cheese sprinkled over the pasta, with extra salt and pepper to taste.



Minced Beef Wellington

Ingredients:

- 1kg minced beef
- 100g tomato ketchup
- 4 eggs
- 3 onions finely chopped
- 3 garlic cloves finely chopped
- ½ tsp dried sage
- ½ tsp dried parsley
- 25 g butter
- 200g mushrooms
- 500g packet of puff pastry

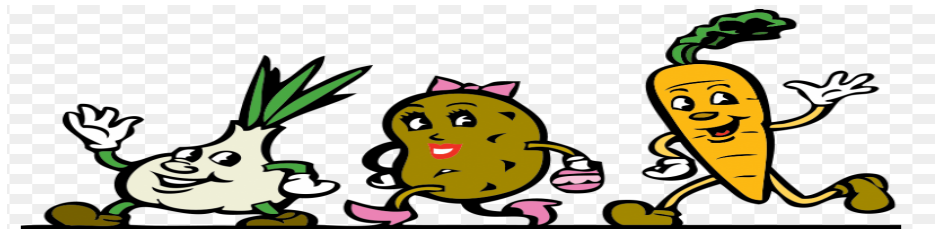
Method

1. Heat the oven to 200C/180C Fan/Gas 6.
2. In a large bowl, mix the minced beef with the ketchup, 3 eggs, season with salt and pepper and add 100ml water and mix with your hands until combined. Add the onions, half the herbs and half the garlic. Press the meat into a sausage shape about 30cm x 10 cm on a baking tray. Cook for 20 minutes then remove from the oven and leave to cool.
3. Heat the butter in a frying pan over a medium to high heat, add the mushrooms and cook for 3 minutes. Add the remaining garlic and herbs and cook for another 2 minutes. If the mushrooms give out a lot of water, strain the excess water as they cook. You do not want the mushrooms too liquid. A dry mix is better for the overall cooking of the wellington.
4. Roll out the pastry into a rectangle large enough to wrap the minced beef sausage part cooked earlier. Beat the remaining egg with a little water and brush over the pastry rectangle.
5. Spread the mushroom mix along the centre of the pastry and sit the meatloaf onto the mushroom mix. Cut the pastry in diagonal slashes in opposite directions away from the pastry. Crisscross these strips over the meat one side at a time and tuck the ends underneath the sausage roll. Brush with more egg and place on a baking sheet and cook for 40 minutes. If after 30 minutes the wellington is browning too much then cover with foil for the final 10 minutes.



Variations: Use soya mince for a veggie wellington. Use fresh herbs instead of dried, or add redcurrant jelly over the mushroom layer for a festive wellington.

Serve with all the traditional Sunday roast vegetables and a rich gravy.



Eggs Florentine

Ingredients:

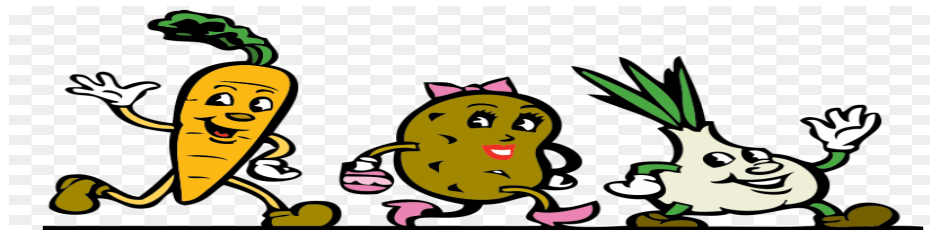
- 1.2kg spinach washed, dried and large stalks removed
- 50g butter
- ½ tsp grated nutmeg
- 250ml double cream
- 4 eggs
- 50g finely grated cheese
- Finger slices of toast to serve



Method

1. Pre heat the oven to 220C - 180C fan / Gas 6
2. Roughly chop the spinach.
3. Melt the butter in a pan. Add the spinach a handful at a time letting it wilt between each handful. When it has all wilted tip it into a colander to drain off the excess liquid.
4. Melt the rest of the butter in the pan. Return the spinach to the pan with the melted butter and stir to coat in the melted butter. Season with salt and pepper and place to one side.
5. Put the cream into a small saucepan and boil for about 1 minute, stirring now and then until it has thickened slightly. Stir the cream into the spinach and then pour the spinach into an oven proof dish.
6. Make 4 hollows in the spinach with the back of a spoon. Crack an egg into each hollow. Season to taste and bake for about 15 minutes or until the eggs are cooked through.

Serve with buttered fingers of toast.



Creamy Pumpkin Tortellini

Ingredients:

- 2 packages (9 ounces each) refrigerated cheese tortellini
- 1 tablespoon butter
- 3 tablespoons finely chopped onion
- 1 cup canned pumpkin
- Pinch ground nutmeg
- 1 cup half-and-half cream
- ¼ cup grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon minced fresh parsley
- Additional grated or shredded Parmesan, optional



Method

1. Cook tortellini according to package directions; drain, reserving 1/2 cup cooking liquid. Meanwhile, in a large non-stick skillet, heat butter over medium heat. Add onion; cook and stir 1-2 minutes or until tender. Add pumpkin and nutmeg; cook and stir 1 minute. Stir in cream; bring to a boil. Reduce heat to medium-low; simmer, uncovered, 4-5 minutes or until thickened, stirring occasionally. Remove from heat; stir in cheese, salt and pepper.
2. Add tortellini; toss with sauce, adding enough reserved pasta water to coat pasta. Sprinkle with parsley and, if desired, additional cheese.

