

## African Jollof Rice

400ml passata  
3 tablespoons tomato purée  
2 fresh red chillies, seeds removed  
2 onions, chopped  
2 red peppers, seeds removed and roughly chopped  
8 garlic cloves, peeled  
3 tablespoons fresh rosemary leaves  
1 tablespoon fresh thyme leaves  
2 teaspoons ground coriander  
1½ teaspoons sweet smoked paprika  
50ml olive oil  
150g cherry tomatoes, halved  
800ml vegetable stock  
2 bay leaves  
500g long-grain rice, rinsed  
2 tablespoons sunflower oil  
2 ripe plantains, peeled and thickly sliced  
Small handful of coriander leaves, roughly chopped  
Sea salt and freshly ground black pepper

Put the passata, tomato purée, chillies, onions, peppers, garlic, rosemary, thyme, ground coriander and paprika in a blender or food processor and blend until smooth. Heat the olive oil in a large saucepan over a medium heat. Add the cherry tomatoes and the blended tomato sauce. Bring to the boil, then reduce the heat slightly and simmer for 5 minutes, stirring occasionally.

Add the stock, bay leaves, rice, 1½ teaspoons salt and a large pinch of black pepper. Stir to combine and bring to the boil. Reduce the heat and simmer for 10–12 minutes, stirring frequently to prevent the rice from sticking, until the rice is cooked through. Turn off the heat, cover with the lid and leave to steam for 15 minutes without removing the lid.

Meanwhile, heat the sunflower oil in a frying pan over a medium heat. Fry the plantain for a few minutes on each side until golden and tender. Spoon the jollof rice onto warmed plates and add the plantain on the side. Garnish with the chopped coriander and serve with a green salad alongside.



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# Anzac Biscuits

## Anzac – Australian and New Zealand Army Corps

85g porridge oat  
85g desiccated coconut  
100g plain flour  
100g caster sugar  
100g butter, plus extra butter for greasing  
1 tbsp golden syrup  
1 tsp bicarbonate of soda

Heat oven to 180C. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tablespoons of boiling water and then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients. Put dessertspoonful's of the mixture on to buttered baking sheets, about 2.5cm apart to allow room for spreading. Bake in batches for 8-10 minutes until golden. Transfer to a wire rack to cool.





## Apple and Blackberry Yorkshire Puddings

25g butter  
140g caster sugar  
4 apples, peeled, cored and cut into bite-size chunks  
1 egg white  
2 eggs  
140g plain flour  
200ml full-fat milk  
150g punnet blackberry  
2 tablespoons sunflower oil

Heat oven to 220C. Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3-4 minutes until slightly caramelised and just starting to soften. Set aside.

In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.

Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used. Put the tin in the oven and leave for 15 minutes, without opening the door, until puffed up and golden. Remove from the oven and carefully place each pudding onto a plate. Serve immediately with custard or vanilla ice cream.



## Apple, Cinnamon and Granola Puffs

2 cans of Jus-Rol Ready-to-Bake Cinnamon Swirls Dough  
2 small eating apples, cored and thinly sliced  
4 tablespoons breakfast granola, roughly crushed  
1 medium egg mixed with 1 tablespoon of runny honey

Pre-heat the oven to 200C. Line a baking tray with baking parchment. Open the cinnamon swirl cans and unroll the dough, cinnamon-side facing up. Spread the cinnamon layer evenly across the top of the pastry. With the cinnamon side facing up, cut each length of pastry into 3 squares.

Place slices of apple on one half of each square, keeping a 5mm border. Sprinkle 1 teaspoon of the breakfast granola over each pile of apple. Brush the border with some of the honey and egg mixture and press the edges together to seal to make triangle shapes. Place on the baking tray and, with a sharp knife, pierce two small slits in the top of each apple puff to let the steam escape.

Finely crush the remaining granola. Brush the tops with some of the egg and honey mixture, sprinkle over the remaining granola and bake for 10-11 minutes until puffed up and golden. Dust with icing sugar and eat hot or cold.



# Baked Buffalo Chicken Wings

3 garlic cloves, crushed  
2 tablespoons olive oil  
3 tablespoons cider vinegar  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
2 teaspoons celery salt  
4 tablespoons pepper sauce (we used Frank's hot sauce)  
3 tablespoons honey  
1½kg chicken wings, halved at the joint

## Blue Cheese Dip

150ml buttermilk  
150ml soured cream  
85g blue cheese, crumbled  
1 garlic clove, crushed  
¼ tsp sweet paprika

In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, hot sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight.

Heat oven to 180C. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, then pour off the excess oil, add the reserved marinade and toss well. Increase oven to 200C. Return to the oven and cook for a further 30 minutes, tossing a few times to coat in the glaze as they cook. They should be sticky and glazed with most of the marinade evaporated.

Mix all the ingredients together for the blue cheese dip and serve with the buffalo chicken wings.





## Bunny Chow – Durban Street Food

500g chicken thighs or breast cut in bite-sized pieces  
100ml sunflower oil  
2-3 curry leaves  
1 teaspoon crushed ginger  
2 teaspoons crushed garlic  
1 tablespoon curry powder  
1 medium onion, diced  
2 medium tomatoes, diced  
1 cinnamon stick  
1½ teaspoons paprika  
3 green cardamom pods lightly crushed  
250g potatoes, cut into cubes  
400g chickpeas, drained and rinsed  
½ teaspoon cayenne pepper  
200ml chicken stock  
Salt and pepper to taste

Heat a large sauce pan with oil, and add onions, garlic, cinnamon stick, curry leaves, cardamom pods and curry powder, stir occasionally for about 2-3 minutes until onions is translucent. Add tomatoes followed by chicken and sauté for about 2-3 more minutes.

Next add chickpeas, potatoes and chicken stock. Bring to a boil and let it simmer until sauce thickens, it might take about 25 minutes or more. Adjust for salt, pepper and stew consistency. Serve in a hollowed out bread loaf.



# Cheese and Marmite Flapjacks

85g butter  
60g marmite  
1 tablespoon rapeseed oil  
2 large leeks, trimmed, washed and very finely sliced  
175g jumbo oats  
50g plain flour  
200g mature cheddar, grated  
75g mixed pumpkin and sunflower seeds  
50g raisins  
2 large eggs, beaten

Heat the oven to 200C and line a 22cm square tin with baking parchment. Gently melt 65g of the butter and the marmite in a small pan. Meanwhile put the remaining butter in a frying pan with the oil and leeks and cook very gently for 10 to 15 minutes or until the leeks are very soft.

Mix together the oats, flour, 165g of the cheddar, most of the seeds and all of the raisins in a large bowl. Pour over the melted marmite butter and the beaten eggs and then scrape in all the leeks and the buttery juices. Stir everything together well, until all the ingredients are sticky

Press the mixture into the prepared tin, scatter over the remaining seeds and cheese, then bake for approximately 25 minutes or until the top is golden and crisp. Cool in the tin for 10 minutes, then cut into squares and leave to cool completely before eating.



## Cheesy Bonfire Bread

200g wholemeal flour  
200g plain flour, plus extra for dusting  
1 teaspoon bicarbonate of soda  
2 teaspoons cream of tartar  
1 teaspoon salt  
1 teaspoon caster sugar  
25g butter, melted  
300ml milk, at room temperature  
175g cheddar, coarsely grated  
3 tablespoons pumpkin seeds  
85g ready-roasted pepper, drained and chopped

Heat oven to 200C. Sift the dry ingredients into a large bowl and make a large well in the middle. Combine the melted butter and milk, then pour into the well. Mix to a soft dough. Dust the work surface with flour. Add most of the cheddar, 2 tablespoons of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.

Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 minutes until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm.



## Chilli, Ginger and Mango Crumble

100g granulated sugar  
3 mangoes, peeled and diced  
½ a pineapple, peeled, cored and diced  
5cm piece of fresh root ginger, peeled and grated  
400g canned Kesar mango pulp  
½ red chilli  
Grated zest and juice of a lime  
45g butter

### **Crumble**

50g rice flour  
175g plain flour  
100g butter  
75g soft brown sugar  
½ teaspoon cinnamon

Cream to serve

Heat the sugar in a heavy based pan and once it dissolves and starts to turn a gentle brown, add the mango and pineapple pieces, the ginger, mango pulp, chilli and the lime zest and juice. Stir gently and add the butter a small piece at a time. Allow to cook for 2 minutes over a medium heat until the sauce thickens to a syrup-like consistency. Remove from the heat and transfer the mixture to an ovenproof baking dish.

To make the crumble, put the rice flour and plain flour into a bowl and rub in the butter until it resembles breadcrumbs. Add in the sugar and the cinnamon and mix together. Sprinkle the mixture on top of the fruit and bake for 20 to 25 minutes until golden brown and bubbling. Serve the crumble hot with cream.



# Chocolate Chip Flapjacks

240g butter, diced  
150g light muscovado sugar  
225g golden syrup  
150g dark chocolate  
350g refined porridge oats (not wholegrain)

Gently melt the butter with the sugar and golden syrup in a small saucepan over a medium heat and then pour this into a large bowl and leave to cool to room temperature, about 20 minutes.

Have ready a 23cm square brownie tin and line with baking parchment. Heat the oven to 180C

Chop the chocolate into roughly 1cm dice. Stir the butter and syrup mixture until amalgamated. Fold in the oats, and then two thirds of the chopped chocolate. Tip the mixture into the tin, pressing it down using the back of a metal spoon. Scatter over the remaining chocolate pieces and press down into the mixture using your fingers.

Bake for 20-25 minutes until lightly coloured. Leave to cool completely until the chocolate has set, ideally overnight, or you can pop the tray into the fridge once it is cool. Cut into squares (you should get 25).





# Chocolate Tiramisu

## Chocolate Syrup for Dipping:

240ml hot water

1½ tablespoons unsweetened cocoa powder

2 tablespoon granulated sugar

## Chocolate Ganache:

100g dark chocolate , coarsely chopped

120ml double cream

## Filling:

227g mascarpone cheese, at room temperature

1 teaspoon pure vanilla extract

250ml double cream

65g icing sugar

About 200g (18-24) boudoir biscuits

Grated chocolate, to sprinkle on top

**For the chocolate syrup** combine all the ingredients and set aside to cool slightly.

**For the chocolate ganache:** put the chopped chocolate and cream in a medium heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally. Set aside to cool slightly.

**For the filling:** in a large bowl, place mascarpone and vanilla extract and whisk vigorously until creamy and smooth. In a different mixer bowl, using an electric mixer, whisk together double cream and sugar until stiff peaks form. Fold whipped cream into mascarpone in 2 additions until mixture is smooth.

**Assemble tiramisu:** dip boudoir biscuits very quickly (less than a second) into the chocolate syrup. Break each one into 4 pieces and place them at the bottom of the glasses (you don't have to use all 4 pieces at once; it depends on the size of the glass). Spoon a dollop of the mascarpone cream mixture on top. Add a thin layer of chocolate ganache, about 1-1.5 teaspoons, on top of the mascarpone cream. Repeat once more and finish with another layer of mascarpone cream. Dust the top with grated chocolate. Refrigerate for at least 1-2 hours until set. Tiramisu will keep for 3 days in the fridge.



## Easy Apple Bites

1 Braeburn apple, cut into 8 slices  
45g butter, melted  
1 can croissant dough  
50g caster sugar  
1 teaspoon ground cinnamon

Heat oven to 200C. Line a baking tray with baking parchment. In a small bowl, combine the sugar and cinnamon. In a separate bowl, toss apple slices with  $\frac{1}{2}$  of the melted butter and  $\frac{1}{2}$  of the sugar mixture. Stir to combine.

Separate dough into 8 triangles on baking sheet. Top each triangle with an apple slice. Starting at the wide side of each triangle, wrap dough around apple. Brush with remaining butter and sprinkle with remaining sugar mixture. Bake 12 minutes. Allow to cool for 5-10 minutes.



# Easy Okonomiyaki

## For the okonomiyaki sauce

1½ tablespoons tomato ketchup  
½ tablespoon Worcestershire sauce  
2 teaspoon runny honey  
1 teaspoon dark soy sauce

## For the okonomiyaki pancakes

3 large free-range eggs  
3 tablespoons plain flour  
A pinch of sea salt  
½ teaspoon dark soy sauce  
½ teaspoon toasted sesame oil  
2 large spring onions, thinly sliced  
275g white cabbage, shredded  
Sunflower oil

For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

# Easy Smoked Salmon and Avocado Sushi

300g sushi rice  
2 tablespoons rice or white wine vinegar  
1 teaspoon caster sugar  
1 large avocado  
Juice ½ lemon  
4 sheets nori seaweed  
4 large slices smoked salmon  
1 bunch chives  
Sweet soy sauce, wasabi and pickled ginger to serve

Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.



## Oriental Egg Fried Rice

250g long grain rice  
150g frozen peas  
2 tablespoons sunflower oil  
100g pancetta or bacon, roughly chopped  
1 small red pepper, chopped  
2 garlic cloves, thinly sliced  
2 large eggs  
1 heaped teaspoon Chinese five-spice powder

Fill a large saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered, without stirring for 10 minutes. Drain and allow to become completely cold. Cook the peas in a pan of boiling water for 2 minutes and then drain.

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for a further 2 minutes.

Add the cold rice with the Chinese five-spice, stir frying for a couple of minutes before adding the beaten eggs. Stir fry until the egg just sets.

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## Healthy Granola

This delicious healthy granola recipe is naturally sweetened with maple syrup (or you could use honey). It's made with oats, coconut oil, your favourite dried fruit and seeds.

170g rolled oats  
75g seeds  
½ teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
60ml coconut oil  
60ml maple syrup  
½ teaspoon vanilla extract  
75g dried fruit, chopped if large

Preheat oven to 180C and line a large, rimmed baking sheet with baking parchment. In a large mixing bowl, combine the oats, seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and seed is lightly coated. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely before topping with the dried fruit. Break the granola into pieces with your hands retaining some big chunks.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## Mix and Go Museli

400g rolled oats  
220g rolled barley flakes  
75g bran cereal  
100g pumpkin seeds  
50g sunflower seeds  
100g dried apple, chopped  
100g dried apricots, chopped

Mix together all the ingredients and store in an airtight container. Serve with milk or yoghurt and fresh berries.



# Homemade Chocolate Granola

175g apple sauce  
100g golden syrup  
100g light brown soft sugar  
400g rolled oats  
50g cocoa powder  
50g sunflower seeds  
75g raisins  
75g dark chocolate, finely chopped  
75g dried cranberries  
Yoghurt, to serve, optional  
Raspberries and blueberries, to serve, optional

Pre-heat oven to 170°C and line a large baking sheet with baking parchment. Heat the apple sauce, golden syrup and sugar in a large pan until melted. Add oats, cocoa powder and sunflower seeds; mix well. Spread evenly on the lined baking sheet. Bake for 20 minutes, then stir (it should form into clumps). Bake for 20 minutes more until the granola clumps are crispy. Allow to cool completely, then stir through the raisins, chocolate and cranberries.

Serve layered with yoghurt, raspberries and blueberries.



# Houmous and Harissa Kofte Pittas

200g pot of houmous  
500g British lamb mince  
50g raisins  
1½ tablespoons harissa paste  
1 finely chopped onion  
1 tablespoon olive oil  
6 pittas

## Greek Salad

4 large vine tomatoes, cut into irregular wedges  
1 cucumber, peeled, deseeded, then roughly chopped  
½ a red onion, thinly sliced  
16 Kalamata olives  
1 teaspoon dried oregano  
85g feta cheese, cut into chunks (barrel matured feta is the best)  
4 tablespoons Greek extra virgin olive oil

## Tzatziki

500g whole-milk Greek yoghurt, preferably ewe's milk  
4 cloves of garlic, or more or less to taste  
2 tablespoons extra-virgin olive oil  
½ large cucumber  
1 tablespoon lemon juice  
Small bunch of mint

Make the tzatziki first. Crush the garlic into the oil with a pinch of salt and leave to infuse. Coarsely grate the cucumber and put in a colander in the sink. Salt lightly, toss and leave to drain for 30 minutes. Stir the garlicky oil and lemon juice into the yoghurt. Squeeze out the cucumber very well and then stir this in too. Allow to sit for a couple of hours, but preferably overnight. Just before serving, season to taste, adding more oil or lemon juice if necessary, then finely chop the mint before stirring into the tzatziki.

Next combine half the pot of houmous, lamb mince, raisins, harissa and the chopped onion in a bowl. Season and then shape into 18 equal-size kofte. Heat the olive oil in a non-stick pan and fry the kofte until golden all over and cooked through (8-10 minutes).

Warm the pittas in the toaster, then split and spread with the rest of the pot of houmous. Divide the koftes equally among the pittas and drizzle with some tzatziki. For the Greek salad, mix all the ingredients together and serve with the kofte pittas.

# Hummus 3 Ways

## **Classic:**

2 x 400g tins of chickpeas  
10 tablespoons olive oil  
Juice of 2 juicy lemons  
2 heaped tablespoons tahini  
3 cloves of garlic, peeled  
2 teaspoons ground cumin  
Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

## **Beetroot:**

1 quantity of classic hummus (recipe above)  
1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

## **Roasted Red Pepper and Paprika:**

2 large red peppers  
1 quantity of classic hummus (recipe above)  
1 green chilli, deseeded  
2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudités or corn chips.



# Indian Winter Barley Soup

100g pearl barley  
2 tablespoons vegetable oil  
½ teaspoon brown mustard seeds  
1 teaspoon cumin seeds  
2 green chillies, deseeded and finely chopped  
1 bay leaf  
2 cloves  
1 small cinnamon stick  
½ teaspoon ground turmeric  
1 large onion, chopped  
2 garlic cloves, finely chopped  
1 parsnip, cut into chunks  
200g butternut squash, cut into chunks  
200g sweet potato, cut into chunks  
1 teaspoon paprika  
1 teaspoon ground coriander  
225g red lentils  
2 tomatoes, chopped  
Small bunch coriander, chopped  
1 teaspoon grated ginger  
1 teaspoon lemon juice

Rinse the pearl barley and cook following the packet instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic and cook for 5-8 minutes until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice. Serve with a chunk of crusty bread.



## Mango Lassi

1 very ripe alphonso mango or 200g mango pulp from a tin  
5 ice cubes  
125ml chilled plain whole milk yoghurt  
Pinch of ground cardamom, or to taste  
Splash of milk or water (optional)  
½ teaspoon soft light brown sugar  
Squeeze of lime juice

Peel the mango and cut the flesh away from the stone. Put in a blender with the ice cubes and whiz until finely chopped. Then spoon in the yoghurt and cardamom and whiz until smooth. If it is still too thick (this will depend on the consistency of your yoghurt and juiciness of your mango), add a little milk or water to thin it down. Taste and add sugar or lime juice, if needed. Pour into a glass and drink.



## Mango and Banana Smoothie

1 medium mango  
1 banana  
500ml orange juice  
4 ice cubes

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.





### **Moa Samoa (Polynesian brown sugar chicken)**

8 chicken joints – thighs, drumsticks and breasts joints on the bone  
Bunch of spring onions, roughly chopped  
450ml fresh pineapple juice  
3cm long ginger root, thinly sliced  
3 cloves garlic, chopped  
360ml soy sauce  
275g raw sugar  
Juice and zest of 2 oranges  
Juice from 4 passion fruit  
Zest and juice of 2 limes  
4 star anise

Apart from the chicken, combine all the ingredients to make a sauce. Divide the sauce in half – one half is for the marinade and the rest for the glaze. Pat the chicken pieces dry and place in a bowl with the marinade. Let it marinate for three hours or up to two days. Place the second measure of sauce in a saucepan and simmer until it is reduced to a third, refrigerate until needed.

Pre-heat the oven to 180C. Oil a roasting pan, lift the chicken pieces from the marinade and lay in the pan. Roast for about 40 minutes or until done, basting frequently. Brush with the reserved glaze before serving with grilled pineapple and coconut basmati rice.

### **Hawaiian Shrimp Truck Recipe**

450g shrimps (large prawns), peeled and deveined  
110g butter  
3 Tablespoons olive oil  
1 head of garlic, peeled and chopped  
90g plain flour  
2 tablespoons paprika  
½ teaspoon cayenne pepper  
½ teaspoon salt  
1 lemon, cut into wedges

Combine the flour, paprika, and cayenne pepper in a dish and toss the shrimp in the mixture to coat. Heat a large frying pan over a low 5 minutes. Raise the heat to medium and add the shrimp in a single layer. Cook for 3 to 4 minutes on heat. Add the butter, oil, and garlic. Allow the garlic to cook for 3 to one side, then turn the shrimp and cook for 3-4 minutes on the other side. Add salt, and cook for another minute or two. Squeeze a bit of fresh lemon juice over the shrimp. Serve immediately with white rice and a lemon wedge.

### **Caribbean Coconut Fudge Bars**

#### **Oatmeal Crust:**

150g flour  
90g oats  
140g soft brown sugar  
½ teaspoon bicarbonate of soda  
170g butter, melted

#### **Fudge:**

350g chocolate chips  
1 can (397g) sweetened condensed milk  
30g butter  
1 teaspoon vanilla extract

#### **Coconut topping:**

100g sweetened condensed milk  
200g flaked or shredded coconut

Preheat oven to 200C. Combine flour, oats, brown sugar and the bicarbonate of soda in a medium-sized bowl. Add melted butter and press down evenly into a 9x13cm tin. Bake in the oven for 8 minutes. Cool slightly.

Combine fudge ingredients in a medium-sized sauce pan and heat until just melted and thick. Pour fudge over oat crust and allow to cool completely. Place coconut in a food processor or blender and pulse 1-2 times until coarsely chopped. Combine coconut and sweetened condensed milk and gently spread evenly on top of the fudge. Cool and serve.

# Pavlova

2 egg whites  
4 tablespoons boiling water  
350g caster sugar  
½ teaspoon vanilla essence  
1 Teaspoon white wine vinegar  
1 teaspoon cornflour

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold. Top with cream and fruit.



## Pea, Mint and Parmesan Bruschetta

250g frozen peas, blanched  
1 garlic clove, finely chopped  
A small handful of mint leaves (about 15 to 20)  
Juice of 1 lemon  
2 tablespoons olive oil  
3 tablespoons Parmesan cheese  
Freshly ground black pepper  
Salt, to taste  
Aleppo pepper flakes  
Rounds of toasted French bread

Tip the peas into a blender with the garlic, a few mint leaves and lemon juice. Blend until a rough paste forms. Add the olive oil and Parmesan cheese. Blend again. You may prefer a rough texture or a smoother one: it really is up to you! Season with a load of freshly ground black pepper. Add salt to taste. Serve smeared over slices of toasted French bread rounds, with shards of Parmesan and few Aleppo pepper (or dried chilli) flakes.

## Green Pea and Mint Dip with Nachos

450g frozen petit pois or peas, defrosted and drained  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
1 small bunch fresh mint leaves  
115g plain yoghurt  
½ red chilli, seeds removed, finely chopped  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 lime, juice only  
Salt and freshly ground black pepper  
2 tablespoons extra virgin olive oil  
1 large bag ready-made nachos

Place the peas, onion, garlic and mint leaves into a food processor and blend to a thick purée. Add the yoghurt and blend again, leaving the mixture slightly lumpy. Transfer the mixture to a bowl and stir in the chilli, cumin, coriander and lime juice and season, to taste, with salt and freshly ground black pepper. Spoon into a serving bowl and drizzle with the olive oil. Serve with a bowl of nachos alongside for dipping.



## Pear and Banana Bread

100g unsalted butter, melted, plus extra for greasing  
3 (about 250g) really ripe bananas  
100g golden caster sugar  
2 ripe comice pears, cored and chopped, dusted in a little flour  
1 tablespoon maple syrup, plus extra to serve  
1 teaspoon vanilla extract  
1 large free-range egg  
150g plain flour  
½ teaspoon bicarbonate of soda  
50g raisins

Heat the oven to 180C. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin. Mash the bananas in a mixing bowl; then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract and then beat in the egg. Sift in the flour and bicarbonate of soda; then gently fold in, along with the raisins, using a metal spoon.

Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes; then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.



# Pearl Barley and Hot Smoked Salmon Kedgeree

A dish as rich in history as it is in flavour, this Anglo-Indian hybrid was brought over to England during the British Raj era. It soon became a Victorian breakfast-time favourite, and is still today a much-loved food memory from many a childhood, bursting with the warming flavours of India.

Said to be inspired by the traditional Indian dish Khichri, a mixture of rice and lentils that has been a culinary classic for centuries, kedgeree is a recipe that is still evolving. We've substituted the haddock for hot smoked salmon – a wonderful oily fish full of lean protein, essential vitamins and minerals, as well as omega-3 fatty acids. We've also swapped the rice for pearl barley which is far richer in heart-healthy fibre and added in peas and fresh herbs for a healthy green injection of nutritional goodness.

- 1 tablespoon coconut oil
- 1 red onion, finely sliced
- 1 red chilli, finely diced
- 200g hot smoked salmon
- 8 quails eggs
- 3 cloves garlic, crushed
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1cm piece of root ginger, grated
- 1 teaspoon ground coriander
- 300g pearl barley
- 750ml vegetable stock
- 200g frozen peas
- Handful fresh parsley, chopped
- Handful fresh coriander, chopped
- 2 lemons

Heat up the coconut oil in a large wok or pan and sauté for a few minutes and sauté the onion, ginger, garlic and chilli for a few minutes. Then add in the garam masala, ground coriander and turmeric and cook until the garlic, onion, ginger and chillies are soft and have absorbed the spices. Add in the pearl barley and mix well until it's covered in the spices. Add in 400ml of the stock and let it cook on medium heat for 35 minutes until the pearl barley is tender, stirring frequently and adding in the remaining 350ml of stock as you go. Squeeze in the juice and zest of one lemon. Cut the remaining lemon into wedges to serve.

Boil the quails eggs for two and a half minutes. Drain and place the eggs under a cold running tap. Peel and cut in half. Set aside. In a sieve, pour hot water over the frozen peas and then add into the pan with the pearl barley a few minutes before it's ready to serve. Then flake in the salmon and chopped herbs before mixing it all together. Season well.

Serve up the kedgeree in a large serving dish with the boiled eggs and the remaining lemon wedges to squeeze over.



## Pesto and Parmesan Swirls

230g puff pastry  
100g of pesto  
50g pine nuts  
20g grated Parmesan cheese  
4 tablespoons milk for glazing

Pre-heat oven to 200C. Line a baking tray with baking paper. Arrange a layer of puff pastry on a large baking tray. Spread the pesto evenly over the pastry, smoothing it out with a spoon. Scatter pine nuts evenly over the pastry. Top with grated Parmesan cheese. Roll up the puff pastry from the longer side; brush the roll with milk to glaze. Slice the roll into individual swirls about 1½cm thick. You should get about 12 to 15 swirls. Arrange the swirls on prepared baking tray, leaving some space between each one. Bake the swirls in the oven for about 15-20 minutes, or until crisp and golden.

To make them look like a Catherine Wheel firework, push a lollipop stick into the pastry before baking.



# Pizza in 4 Easy Steps

## For the base

300g strong bread flour  
1 teaspoon instant yeast  
½ teaspoon salt  
1 tablespoon olive oil, plus extra for drizzling

## For the tomato sauce

100ml passata  
Handful fresh basil  
1 garlic clove, crushed

## For the topping

125g ball mozzarella, sliced  
Handful grated or shaved parmesan  
Handful cherry tomatoes, halved

## To finish

Handful basil leaves

**Make the base:** Put the flour into a large bowl and then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

**Make the sauce:** mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

**Roll the dough:** divide the dough into 2 equal balls and on a floured surface, roll out into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

**Top and bake:** heat oven to 220C. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.



# Pizza

250g strong white bread flour  
½ teaspoon salt  
½ teaspoon sugar  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy.

Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce  
Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc  
100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.



## Scones

225g self-raising flour  
55g butter  
25g caster sugar  
150ml milk  
1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

## Cheese Scones

225g self-raising flour  
55g butter  
25g mature Cheddar, grated  
150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.



## Polenta Tart with Sausage and Broccoli

1litre vegetable stock  
200g instant polenta  
50g parmesan, grated  
140g thin-stemmed broccoli  
200g ready-grated mozzarella  
100g semi-dried tomato  
1 garlic clove, chopped  
4 Italian pork sausages, skins removed and split into bite-sized chunks

Heat oven to 200C. In a large saucepan, bring the stock to the boil and then slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 minutes, then remove from the heat altogether. Stir in 1 tablespoon of the parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick.

Cook the broccoli in salted water for 2 minutes, drain and rinse under cold water. Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage. Bake for 20 minutes until the sausage is browned and the sides of the polenta crisp.





## Prawn and Chorizo Paella

Olive oil  
1 onion, chopped  
Chorizo 6cm piece, cut into small chunks  
150g paella rice  
600ml hot chicken stock  
A good pinch of saffron or turmeric  
¼ teaspoon hot smoked paprika  
150g peeled raw prawns  
75g roasted red pepper, chopped  
A big handful of flat-leaf parsley, chopped

Heat 1 tablespoon of olive oil in a large frying pan, then add the onion and sizzle until soft. Add the chorizo and fry for a few minutes until it starts to give off its oil, then tip in the rice and stir until all the grains are coated. Add the stock, saffron and paprika and stir. Turn down to a low simmer, cover and cook for 12-15 minutes, until the rice is almost tender. Stir in the prawns, peppers and another small ladleful of hot stock. Cook for another 3-4 minutes, or until the prawns are pink and cooked through. Stir in the parsley and serve.





## Pumpkin Doughnuts with Salted Caramel Sauce

220g plain flour  
2 teaspoons baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon allspice  
A pinch of ground cloves  
75ml sunflower oil  
110g light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
225g canned plain pumpkin  
120ml milk  
100g butter, melted  
200g granulated sugar  
2 tablespoons ground cinnamon

Preheat oven 200C. Spray a 24-cup mini muffin tin with baking spray and set aside.

In a medium bowl mix together flour, baking powder, cinnamon, nutmeg, allspice, and cloves. In a separate bowl whisk together oil, brown sugar, egg, vanilla, pumpkin and milk until smooth. Add dry ingredients to wet ingredients and mix until just combined. Divide batter evenly among muffin cups. Bake for 10-12 minutes or until a toothpick comes out clean.

While the muffins bake, melt butter in one bowl and combine granulated sugar and cinnamon in another bowl. Remove muffins from oven and cool for 2 minutes. Dip each muffin in melted butter and then roll in cinnamon sugar to coat. Serve muffins warm or at room temperature dipped into the salted caramel sauce (recipe below).

### Salted Caramel Sauce

200g granulated sugar  
90g salted butter, room temperature cut up into 6 pieces  
120ml double cream  
1 teaspoon salt

Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar. Very slowly, drizzle in the cream while stirring. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.



# Pumpkin, Rosemary and Pumpkin Seed Focaccia

250 g pumpkin, washed and skin removed  
Olive oil  
Salt and pepper  
1 clove garlic, crushed to a paste  
2 teaspoons chopped rosemary, plus a few sprigs  
7g dry yeast  
280 ml warm water  
125 ml olive oil  
600g strong white flour  
1 tablespoon pumpkin seeds  
Salt

Preheat the oven to 200°C. Cut the pumpkin into even-sized slices, approximately 1 cm thick. Place into a bowl with a little olive oil, salt, pepper, garlic and half the chopped rosemary and jumble together until well coated. Lay the pieces on a parchment paper-lined baking sheet and roast in the oven for 15–20 minutes or until tender and beginning to brown at the edges. Cool then dice the pumpkin, retaining a few bigger pieces for the topping of the focaccia.

Mix the flour with the yeast, a little salt and the remaining chopped rosemary. Mix the water and the oil together and mix into the flour mix. Continue to knead until a smooth elastic dough is formed. Cover the bowl with cling wrap and leave in a warm place until the dough has almost doubled in size. Knead the diced pumpkin and pumpkin seeds into the dough briefly, using a dusting of flour, and then shape into a flat disc approximately 1.5 cm thick. Line a baking tray with baking parchment and place the focaccia on top, drizzle with olive oil and cover with clingfilm and leave to prove again in a warm place until it has almost doubled its size (approximately 30–40 minutes).

Remove the clingfilm, gently press the reserved pumpkin pieces and rosemary sprigs into the surface, and using your fingertips, make a few dimple marks over the surface. Sprinkle with a little salt and bake for 12–15 minutes or until risen and golden. Remove from the oven, drizzle with a little olive oil and serve.



# RAINBOW FRUIT SALAD

200g diced strawberries  
150g diced mango  
2 diced kiwifruit  
100g halved green grapes  
120g blueberries  
100g halved purple grapes

## FOR THE CITRUS MINT DRESSING:

1 teaspoon lime zest  
1 tablespoon lime juice  
2 tablespoons orange juice  
1 tablespoon honey, to taste  
1 tablespoon of fresh mint, chopped

In a large bowl, combine the strawberries, mango, kiwi, green grapes, blueberries, and purple grapes. Stir to combine. Drizzle with citrus mint dressing and stir to coat. Serve immediately, or store in the refrigerator until ready to serve.

## FOR THE CITRUS MINT DRESSING

In a small jar or bowl, whisk together lime zest, lime juice, orange juice, honey, and mint. Stir until well combined. Pour over your rainbow fruit salad immediately, or store covered in the refrigerator until ready to drizzle over salad.

The dressing can be made ahead of time - several hours or up to 1 day and stored in the refrigerator until ready to serve.



## Raspberry and Polenta Cupcakes

200g butter, softened  
200g caster sugar  
4 eggs  
150g self-raising flour  
50g polenta  
4 tablespoons raspberry jam  
250ml double cream, lightly whipped with the icing sugar and vanilla paste  
20g icing sugar plus extra for dusting  
½ teaspoon of vanilla paste  
Raspberries to top cakes

Pre-heat the oven to 200C. Line a 12-hole muffin trays with paper cases. Cream the butter and sugar together in a large bowl until the mixture is light and fluffy. This can take 5-7 minutes, so this stage should not be rushed.

Beat in the eggs, one at a time, until well combined. If the mixture looks like it is curdling add a spoonful of the flour. Fold in the remaining flour and polenta with a metal spoon until you have a soft, smooth mixture. Spoon the mixture into the paper cases until half full, add half a teaspoon of jam and then cover with the remaining cake mixture. The finished cake case should be about three-quarters full.

Bake in the oven for 12-15 minutes, or until the cakes are pale golden-brown and spring back when pressed gently with a finger. Remove the cakes from the oven and set aside to cool on a wire rack. Using a small knife make a well in the top of each cake by removing a disk of cake. Fill this well with the chantilly cream and top with a raspberry. Serve with a generous dusting of icing sugar.



## Red Pepper and Runner Bean Salad with Fresh Basil

1 red pepper, halved lengthways, stalk and seeds removed  
1 garlic bulb, halved  
Olive oil, for drizzling  
Salt and freshly ground black pepper  
250g runner beans, trimmed and sliced  
1 tablespoon balsamic vinegar  
Fresh basil leaves, to garnish

Preheat the oven to 200C. Place the red pepper halves and halved bulb of garlic onto a baking sheet. Drizzle with olive oil and season with salt and freshly ground black pepper. Transfer to the oven and roast for 20 minutes, or until softened.

Meanwhile, bring a saucepan of water to the boil and blanch the runner beans until just tender. Drain the beans and then place into a large bowl. Drizzle the beans with olive oil and balsamic vinegar and season well with salt and freshly ground black pepper.

To serve, place the roasted pepper and garlic halves on top of the beans and garnish with basil leaves. Serve with crusty bread.



## Rustic Bread

250g strong white bread flour

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

200ml sparkling water

Semolina, for sprinkling

Finely chopped rosemary and Maldon salt, for sprinkling

Heat oven to 220C. Mix together the flour, yeast and  $\frac{1}{2}$  teaspoon of salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for about 4-5 minutes until the dough feels strong, bouncy and has a silky feel to it.

Cut the dough into 8 pieces, then roll out into rough rounds about 16-17cm in diameter. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 minutes, then scatter with rosemary, salt and pepper and drizzle with olive oil. Bake in batches for 8-10 minutes until puffy and golden. Drizzle with olive oil or pesto or dip into hummus!





# S'mores Dip

A super chocolatey twist on the classic American campfire treat. This s'mores dip will be gone before you can say 'mini marshmallow'!

200g milk chocolate  
2 tablespoons milk  
350g mini marshmallows

## To serve

100g digestive biscuits or Biscoff biscuits  
100g strawberries, washed and hulled  
100g pineapple chunks

Heat the chocolate, milk and 200g of the marshmallows in an ovenproof frying pan over a low heat until melted and smooth. Top with the remaining marshmallows in circles so that the whole surface is covered.

Grill on high for 1-2 minutes until the marshmallows are toasted. Serve with digestives and strawberry and pineapple skewers for dunking.



# Spinach and Paneer Kati Rolls

## For the spinach and paneer:

3 tablespoons olive oil  
225g block paneer cheese, cut into 1cm cubes  
150g spinach leaves  
4 garlic cloves, finely chopped  
1 teaspoon cumin seeds  
½ teaspoon crushed chilli flakes  
½ teaspoon salt

## For the kati rolls:

Olive oil, for frying  
2 free-range eggs  
A pinch of salt  
4 small tortilla wraps

Heat 2 tablespoons of the oil in a saucepan over a medium heat. Add the paneer and fry for 5 minutes, stirring occasionally. You want to colour the paneer as much as possible. Put the spinach leaves and 150ml of water into a blender and whiz to a smooth paste. Take the paneer out of the pan with a slotted spoon and set aside. Add the remaining tablespoon of oil and the garlic to the pan and cook for 1 minute, until the garlic is light brown. Add the green mixture, along with the cumin seeds, chilli flakes and salt, and cook on a medium heat for 5 minutes, or until some of the water from around the edge has reduced and the mixture has thickened. Add the paneer to the pan and mix well, making sure all the cheese is covered in green. Pop a lid on the pan and leave on a low heat while you make the rolls.

For the kati rolls, put a small frying pan over a high heat and add a good glug of oil, enough to at least cover the base. Put the eggs onto a plate with the salt and lightly whisk. Dip a tortilla into the egg mixture, making sure to cover it all over. Get it straight into the frying pan. The oil should be hot enough to really create a sizzle. Cook for 30 seconds, then turn it over and cook on the other side. Cook the other three tortillas the same way. To serve, take a hot crispy tortilla, add the paneer mixture in the centre and roll up.



# Stir-up Sunday Mincemeat

(makes enough to make about 80 mince pies)

One tradition says that the mincemeat should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the ingredients with a spoon from east to west, in honour of the Wise Men.

## 13 ingredient Mincemeat:

100g dried cranberries  
180g Merchant Gourmet Whole Chestnuts, chopped to the size of the cranberries  
120g dried figs, tips trimmed then chopped to the size of the cranberries  
100g dates, chopped to the size of the cranberries  
100g prunes, chopped to the size of the cranberries  
100g vegetable suet  
100g candied peel  
1¼ teaspoons mixed spice  
1 teaspoon ground cinnamon  
Grated zest and juice of 3 large oranges  
150g dark brown sugar  
1 large Bramley apple, unpeeled, coarsely grated  
5 tablespoons balsamic syrup

Mix all the ingredients together and store in the fridge for up to 2 weeks.



# **Tasting Christmas Vegetables**

## **Parmesan Crusted Parsnips**

6 tbsp polenta  
100g parmesan, grated  
pinch freshly grated nutmeg  
2kg/4lb 8oz parsnips, quartered and core removed  
6 tbsp olive oil

Heat oven to 220C/200C fan/gas 7. Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 minutes or until just tender. Drain. While parsnips are still hot, toss with the Parmesan mixture to coat. Set a roasting tin over the hob and heat the oil. Add the parsnips and turn to coat in the oil. Put the tin in the oven and roast for 15 minutes, then turn the parsnips over and cook for 15 minutes more until golden.

## **Creamy Sprouts with Bacon**

1kg Brussels sprouts, trimmed  
8 rashers cured bacon, cut into lardons  
250ml double cream  
2 garlic cloves, crushed  
Salt and freshly ground black pepper

Cook the Brussels sprouts in a saucepan of boiling salted water for 5-6 minutes. Drain and refresh in a bowl of ice and water. Drain again when the sprouts have cooled. Add the bacon lardons to a non-stick frying pan, and fry over a medium heat until crisp. Add the cream and crushed garlic to a small pan and bring to the boil. Stir the sprouts into the crisp bacon; then stir in the hot cream. Season with salt and pepper and serve straightaway.

## **Brussel Sprout Mash**

500g Brussels sprouts, prepared  
25g butter, plus extra to serve  
75ml double cream  
Fresh sage, to garnish (optional)

Put the sprouts in a large pan of salted water, bring to the boil, then cover until the water comes back up to the boil. Uncover and cook for 5-6 minutes, until the sprouts are tender. In a small pan, melt the butter with the cream over a low heat. Drain the sprouts, then whizz in a food processor with the butter, cream and a pinch of pepper. Spoon into a serving dish, add a knob of butter and garnish with sage.

## **Sweet Potato Crisps**

¼ small sweet potato  
½ tablespoon olive oil

Heat oven to 200C and slice the sweet potato thinly. Toss with the olive oil and roast for 15-20 minutes until crisp. Leave to cool.

## Warm Smoothie Bowls

### Berry Smoothie

200g frozen berries  
2 tablespoons of honey  
125ml milk  
1 banana  
1 orange, juiced  
250g natural yoghurt  
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm...ideal for a winter breakfast on the run.

### Hot Chocolate Smoothie

300ml milk  
16g chocolate chips  
15ml maple syrup  
40g rolled oats  
20g cocoa powder  
½ teaspoon vanilla extract

The night before, add all ingredients, except chocolate chips, to the bowl of a blender and give it a stir to ensure that everything is well combined. Cover and place in fridge for at least 3 hours, preferably overnight. This step isn't absolutely necessary, but allowing the oats to soak for a few hours will make them easier to blend and give you a smoother, creamier smoothie.

When ready to eat, blend on high until oats are fully broken down and a smooth and creamy consistency is reached. Transfer the smoothie to a small saucepan set over medium heat, adding the chocolate chips and bring to a simmer. If the smoothie is too thick, add an extra splash of milk until desired consistency is reached. Garnish with toppings of your choice: coconut chips, dried banana chips, raisins, cereal or fresh fruit!



## Yorkshire Pudding Pizza – comfort food at it's best!

2 tablespoons sunflower oil  
285ml milk  
115g plain flour  
3 eggs  
200g passata  
1 teaspoon dried oregano  
25g cheddar, grated

**Your choice of toppings:** salami, pepperoni, ½ ball mozzarella, jalapeños, fresh basil leaves etc

Heat oven to 230C. Pour the oil into an 18cm springform cake tin then heat it in the oven for 10 minutes. Take the tin out of the oven and quickly pour in the Yorkshire pudding batter then return it to the oven for 25 minutes until puffed up and golden.

Once baked, pour in the passata and sprinkle with the oregano and cheddar then add your chosen toppings. Bake for a further 15-20 minutes until the cheese is bubbling. Top with fresh basil if you like before serving.





# Anzac Biscuits

## Anzac – Australian and New Zealand Army Corps

85g porridge oat  
85g desiccated coconut  
100g plain flour  
100g caster sugar  
100g butter, plus extra butter for greasing  
1 tbsp golden syrup  
1 tsp bicarbonate of soda

Heat oven to 180C. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tablespoons of boiling water and then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients. Put dessertspoonful's of the mixture on to buttered baking sheets, about 2.5cm apart to allow room for spreading. Bake in batches for 8-10 minutes until golden. Transfer to a wire rack to cool.



## Apple and Blackberry Yorkshire Puddings

25g butter  
140g caster sugar  
4 apples, peeled, cored and cut into bite-size chunks  
1 egg white  
2 eggs  
140g plain flour  
200ml full-fat milk  
150g punnet blackberry  
2 tablespoons sunflower oil

Heat oven to 220C. Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3-4 minutes until slightly caramelised and just starting to soften. Set aside.

In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.

Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used. Put the tin in the oven and leave for 15 minutes, without opening the door, until puffed up and golden. Remove from the oven and carefully place each pudding onto a plate. Serve immediately with custard or vanilla ice cream.



## Apple, Cinnamon and Granola Puffs

2 cans of Jus-Rol Ready-to-Bake Cinnamon Swirls Dough  
2 small eating apples, cored and thinly sliced  
4 tablespoons breakfast granola, roughly crushed  
1 medium egg mixed with 1 tablespoon of runny honey

Pre-heat the oven to 200C. Line a baking tray with baking parchment. Open the cinnamon swirl cans and unroll the dough, cinnamon-side facing up. Spread the cinnamon layer evenly across the top of the pastry. With the cinnamon side facing up, cut each length of pastry into 3 squares.

Place slices of apple on one half of each square, keeping a 5mm border. Sprinkle 1 teaspoon of the breakfast granola over each pile of apple. Brush the border with some of the honey and egg mixture and press the edges together to seal to make triangle shapes. Place on the baking tray and, with a sharp knife, pierce two small slits in the top of each apple puff to let the steam escape.

Finely crush the remaining granola. Brush the tops with some of the egg and honey mixture, sprinkle over the remaining granola and bake for 10-11 minutes until puffed up and golden. Dust with icing sugar and eat hot or cold.



# Baked Buffalo Chicken Wings

3 garlic cloves, crushed  
2 tablespoons olive oil  
3 tablespoons cider vinegar  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
2 teaspoons celery salt  
4 tablespoons pepper sauce (we used Frank's hot sauce)  
3 tablespoons honey  
1½kg chicken wings, halved at the joint

## Blue Cheese Dip

150ml buttermilk  
150ml soured cream  
85g blue cheese, crumbled  
1 garlic clove, crushed  
¼ tsp sweet paprika

In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, hot sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight.

Heat oven to 180C. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, then pour off the excess oil, add the reserved marinade and toss well. Increase oven to 200C. Return to the oven and cook for a further 30 minutes, tossing a few times to coat in the glaze as they cook. They should be sticky and glazed with most of the marinade evaporated.

Mix all the ingredients together for the blue cheese dip and serve with the buffalo chicken wings.





## Bunny Chow – Durban Street Food

500g chicken thighs or breast cut in bite-sized pieces  
100ml sunflower oil  
2-3 curry leaves  
1 teaspoon crushed ginger  
2 teaspoons crushed garlic  
1 tablespoon curry powder  
1 medium onion, diced  
2 medium tomatoes, diced  
1 cinnamon stick  
1½ teaspoons paprika  
3 green cardamom pods lightly crushed  
250g potatoes, cut into cubes  
400g chickpeas, drained and rinsed  
½ teaspoon cayenne pepper  
200ml chicken stock  
Salt and pepper to taste

Heat a large sauce pan with oil, and add onions, garlic, cinnamon stick, curry leaves, cardamom pods and curry powder, stir occasionally for about 2-3 minutes until onions is translucent. Add tomatoes followed by chicken and sauté for about 2-3 more minutes.

Next add chickpeas, potatoes and chicken stock. Bring to a boil and let it simmer until sauce thickens, it might take about 25 minutes or more. Adjust for salt, pepper and stew consistency. Serve in a hollowed out bread loaf.



# Cheese and Marmite Flapjacks

85g butter  
60g marmite  
1 tablespoon rapeseed oil  
2 large leeks, trimmed, washed and very finely sliced  
175g jumbo oats  
50g plain flour  
200g mature cheddar, grated  
75g mixed pumpkin and sunflower seeds  
50g raisins  
2 large eggs, beaten

Heat the oven to 200C and line a 22cm square tin with baking parchment. Gently melt 65g of the butter and the marmite in a small pan. Meanwhile put the remaining butter in a frying pan with the oil and leeks and cook very gently for 10 to 15 minutes or until the leeks are very soft.

Mix together the oats, flour, 165g of the cheddar, most of the seeds and all of the raisins in a large bowl. Pour over the melted marmite butter and the beaten eggs and then scrape in all the leeks and the buttery juices. Stir everything together well, until all the ingredients are sticky

Press the mixture into the prepared tin, scatter over the remaining seeds and cheese, then bake for approximately 25 minutes or until the top is golden and crisp. Cool in the tin for 10 minutes, then cut into squares and leave to cool completely before eating.





## Cheesy Bonfire Bread

200g wholemeal flour  
200g plain flour, plus extra for dusting  
1 teaspoon bicarbonate of soda  
2 teaspoons cream of tartar  
1 teaspoon salt  
1 teaspoon caster sugar  
25g butter, melted  
300ml milk, at room temperature  
175g cheddar, coarsely grated  
3 tablespoons pumpkin seeds  
85g ready-roasted pepper, drained and chopped

Heat oven to 200C. Sift the dry ingredients into a large bowl and make a large well in the middle. Combine the melted butter and milk, then pour into the well. Mix to a soft dough. Dust the work surface with flour. Add most of the cheddar, 2 tablespoons of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.

Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 minutes until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm.



## Chilli, Ginger and Mango Crumble

100g granulated sugar  
3 mangoes, peeled and diced  
½ a pineapple, peeled, cored and diced  
5cm piece of fresh root ginger, peeled and grated  
400g canned Kesar mango pulp  
½ red chilli  
Grated zest and juice of a lime  
45g butter

### **Crumble**

50g rice flour  
175g plain flour  
100g butter  
75g soft brown sugar  
½ teaspoon cinnamon

Cream to serve

Heat the sugar in a heavy based pan and once it dissolves and starts to turn a gentle brown, add the mango and pineapple pieces, the ginger, mango pulp, chilli and the lime zest and juice. Stir gently and add the butter a small piece at a time. Allow to cook for 2 minutes over a medium heat until the sauce thickens to a syrup-like consistency. Remove from the heat and transfer the mixture to an ovenproof baking dish.

To make the crumble, put the rice flour and plain flour into a bowl and rub in the butter until it resembles breadcrumbs. Add in the sugar and the cinnamon and mix together. Sprinkle the mixture on top of the fruit and bake for 20 to 25 minutes until golden brown and bubbling. Serve the crumble hot with cream.



# Chocolate Chip Flapjacks

240g butter, diced  
150g light muscovado sugar  
225g golden syrup  
150g dark chocolate  
350g refined porridge oats (not wholegrain)

Gently melt the butter with the sugar and golden syrup in a small saucepan over a medium heat and then pour this into a large bowl and leave to cool to room temperature, about 20 minutes.

Have ready a 23cm square brownie tin and line with baking parchment. Heat the oven to 180C

Chop the chocolate into roughly 1cm dice. Stir the butter and syrup mixture until amalgamated. Fold in the oats, and then two thirds of the chopped chocolate. Tip the mixture into the tin, pressing it down using the back of a metal spoon. Scatter over the remaining chocolate pieces and press down into the mixture using your fingers.

Bake for 20-25 minutes until lightly coloured. Leave to cool completely until the chocolate has set, ideally overnight, or you can pop the tray into the fridge once it is cool. Cut into squares (you should get 25).



# Chocolate Tiramisu

## Chocolate Syrup for Dipping:

240ml hot water

1½ tablespoons unsweetened cocoa powder

2 tablespoon granulated sugar

## Chocolate Ganache:

100g dark chocolate , coarsely chopped

120ml double cream

## Filling:

227g mascarpone cheese, at room temperature

1 teaspoon pure vanilla extract

250ml double cream

65g icing sugar

About 200g (18-24) boudoir biscuits

Grated chocolate, to sprinkle on top

**For the chocolate syrup** combine all the ingredients and set aside to cool slightly.

**For the chocolate ganache:** put the chopped chocolate and cream in a medium heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally. Set aside to cool slightly.

**For the filling:** in a large bowl, place mascarpone and vanilla extract and whisk vigorously until creamy and smooth. In a different mixer bowl, using an electric mixer, whisk together double cream and sugar until stiff peaks form. Fold whipped cream into mascarpone in 2 additions until mixture is smooth.

**Assemble tiramisu:** dip boudoir biscuits very quickly (less than a second) into the chocolate syrup. Break each one into 4 pieces and place them at the bottom of the glasses (you don't have to use all 4 pieces at once; it depends on the size of the glass). Spoon a dollop of the mascarpone cream mixture on top. Add a thin layer of chocolate ganache, about 1-1.5 teaspoons, on top of the mascarpone cream. Repeat once more and finish with another layer of mascarpone cream. Dust the top with grated chocolate. Refrigerate for at least 1-2 hours until set. Tiramisu will keep for 3 days in the fridge.



## Traditional Mincemeat - makes 4 x 370g jars

175g currants  
175g raisins  
175g sultanas  
175g dried cranberries  
100g mixed peel  
1 small cooking apple, peeled, cored and finely chopped  
125g butter, cut into cubes  
225g light muscovado sugar  
½ teaspoon ground cinnamon  
1 teaspoon mixed spice  
Finely grated rind and juice of 1 lemon  
200ml brandy, rum or sherry

Measure all of the ingredients except the alcohol into a large pan. Heat gently, allowing the butter to melt, then simmer very gently, stirring occasionally, for about 10 minutes.

Allow the mixture to cool completely then stir in the brandy, rum or sherry. Spoon the mincemeat into sterilised jam jars, seal tightly, label and store in a cool place.

This can be made up to 6 months ahead.



## Mince Pie Biscuits

250g unsalted butter, softened  
140g golden granulated sugar  
1 egg yolk  
Grated zest of a clementine, or easy peel orange  
300g plain flour  
350g of mincemeat

Preheat the oven to 180C and line a baking sheet(s) with baking paper. Beat the butter and sugar together. Add the egg yolk and zest before beating until combined. Sift the flour in and mix until it forms dough. Fold in most of the mincemeat. It makes it very sticky. Use a tablespoon to scoop out the dough and place on the prepared baking sheets. Bake for 10-20 minutes. It really depends on how big you make them mine took 15 minutes. They will have turned a bit golden on top, but should still be a little soft in the middle. Leave to cool or serve warm with some cream!

## Mincemeat Puffs

200g ready rolled all butter puff pastry  
100g icing sugar  
1 star anise  
2 cloves  
200g mincemeat

Place the cloves, star anise and icing sugar in a spice grinder or blender and blitz until the spices are broken down and incorporated into the sugar. Unroll the puff pastry and spread the mincemeat over the surface of the pastry. Roll the 2 longest sides of the pastry to meet in the middle, forming 2 Swiss rolls that are joined at the base. Freeze until firm, but not completely frozen around 10-15 minutes.

Preheat the oven to 180°C. Remove from the freezer and cut the logs widthways into 1cm thick slices, keeping the 2 discs attached. Sprinkle over the spiced sugar and cook for 12-15 minutes in the oven. Remove from the oven and serve warm. Alternatively, allow to cool and dust with a little icing sugar.





## Mincemeat Cinnamon Whirls – makes 12

### For the dough:

500g strong white flour, plus extra for dusting  
5g salt  
10g caster sugar  
7g fast-action yeast  
150ml tepid water  
120ml milk  
1 large egg  
40g butter, at room temperature  
Flavourless oil, for greasing

### For the filling and icing

350g mincemeat  
1teaspoon ground cinnamon  
100g icing sugar  
1-2 teaspoons orange juice

To make the dough, place the flour in a bowl and stir in the salt and sugar. Add the yeast and stir it through the flour. Add the water, milk and egg and mix well with a wooden spoon or your hands until you have a scraggy dough. Squeeze in the softened butter, then knead until the mixture is smooth and elastic – about 10 minutes. Place the dough into an oiled bowl, cover with cling and allow to rise until doubled in size – usually an hour but could be more if your kitchen is cool.

Once the dough has risen, flour the worktop and roll the dough out into a square of about 45cm/18-inch. Spread the mincemeat all over the dough before dusting over the cinnamon. Roll up into a tight spiral. Trim off the messy ends, then cut the roll into 12 equal-ish slices. Place these, spiral sides up, into the greased muffin tray. Allow to rise for another 30 minutes.

Preheat the oven to 200C. Bake the buns for 15 minutes, or until risen and golden. Remove from the tin immediately and place onto a wire rack to cool. For the topping, simply mix together the icing sugar and orange juice to a thick, but pourable icing. Ice the cool buns before serving.



## Easy Apple Bites

1 Braeburn apple, cut into 8 slices  
45g butter, melted  
1 can croissant dough  
50g caster sugar  
1 teaspoon ground cinnamon

Heat oven to 200C. Line a baking tray with baking parchment. In a small bowl, combine the sugar and cinnamon. In a separate bowl, toss apple slices with  $\frac{1}{2}$  of the melted butter and  $\frac{1}{2}$  of the sugar mixture. Stir to combine.

Separate dough into 8 triangles on baking sheet. Top each triangle with an apple slice. Starting at the wide side of each triangle, wrap dough around apple. Brush with remaining butter and sprinkle with remaining sugar mixture. Bake 12 minutes. Allow to cool for 5-10 minutes.



# Easy Okonomiyaki

## For the okonomiyaki sauce

1½ tablespoons tomato ketchup  
½ tablespoon Worcestershire sauce  
2 teaspoon runny honey  
1 teaspoon dark soy sauce

## For the okonomiyaki pancakes

3 large free-range eggs  
3 tablespoons plain flour  
A pinch of sea salt  
½ teaspoon dark soy sauce  
½ teaspoon toasted sesame oil  
2 large spring onions, thinly sliced  
275g white cabbage, shredded  
Sunflower oil

For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

# Easy Smoked Salmon and Avocado Sushi

300g sushi rice  
2 tablespoons rice or white wine vinegar  
1 teaspoon caster sugar  
1 large avocado  
Juice ½ lemon  
4 sheets nori seaweed  
4 large slices smoked salmon  
1 bunch chives  
Sweet soy sauce, wasabi and pickled ginger to serve

Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.



## Oriental Egg Fried Rice

250g long grain rice  
150g frozen peas  
2 tablespoons sunflower oil  
100g pancetta or bacon, roughly chopped  
1 small red pepper, chopped  
2 garlic cloves, thinly sliced  
2 large eggs  
1 heaped teaspoon Chinese five-spice powder

Fill a large saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered, without stirring for 10 minutes. Drain and allow to become completely cold. Cook the peas in a pan of boiling water for 2 minutes and then drain.

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for a further 2 minutes.

Add the cold rice with the Chinese five-spice, stir frying for a couple of minutes before adding the beaten eggs. Stir fry until the egg just sets.

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## Healthy Granola

This delicious healthy granola recipe is naturally sweetened with maple syrup (or you could use honey). It's made with oats, coconut oil, your favourite dried fruit and seeds.

170g rolled oats  
75g seeds  
½ teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
60ml coconut oil  
60ml maple syrup  
½ teaspoon vanilla extract  
75g dried fruit, chopped if large

Preheat oven to 180C and line a large, rimmed baking sheet with baking parchment. In a large mixing bowl, combine the oats, seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and seed is lightly coated. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely before topping with the dried fruit. Break the granola into pieces with your hands retaining some big chunks.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## Mix and Go Museli

400g rolled oats  
220g rolled barley flakes  
75g bran cereal  
100g pumpkin seeds  
50g sunflower seeds  
100g dried apple, chopped  
100g dried apricots, chopped

Mix together all the ingredients and store in an airtight container. Serve with milk or yoghurt and fresh berries.

# Homemade Chocolate Granola

175g apple sauce  
100g golden syrup  
100g light brown soft sugar  
400g rolled oats  
50g cocoa powder  
50g sunflower seeds  
75g raisins  
75g dark chocolate, finely chopped  
75g dried cranberries  
Yoghurt, to serve, optional  
Raspberries and blueberries, to serve, optional

Pre-heat oven to 170°C and line a large baking sheet with baking parchment. Heat the apple sauce, golden syrup and sugar in a large pan until melted. Add oats, cocoa powder and sunflower seeds; mix well. Spread evenly on the lined baking sheet. Bake for 20 minutes, then stir (it should form into clumps). Bake for 20 minutes more until the granola clumps are crispy. Allow to cool completely, then stir through the raisins, chocolate and cranberries.

Serve layered with yoghurt, raspberries and blueberries.





# Houmous and Harissa Kofte Pittas

200g pot of houmous  
500g British lamb mince  
50g raisins  
1½ tablespoons harissa paste  
1 finely chopped onion  
1 tablespoon olive oil  
6 pittas

## Greek Salad

4 large vine tomatoes, cut into irregular wedges  
1 cucumber, peeled, deseeded, then roughly chopped  
½ a red onion, thinly sliced  
16 Kalamata olives  
1 teaspoon dried oregano  
85g feta cheese, cut into chunks (barrel matured feta is the best)  
4 tablespoons Greek extra virgin olive oil

## Tzatziki

500g whole-milk Greek yoghurt, preferably ewe's milk  
4 cloves of garlic, or more or less to taste  
2 tablespoons extra-virgin olive oil  
½ large cucumber  
1 tablespoon lemon juice  
Small bunch of mint

Make the tzatziki first. Crush the garlic into the oil with a pinch of salt and leave to infuse. Coarsely grate the cucumber and put in a colander in the sink. Salt lightly, toss and leave to drain for 30 minutes. Stir the garlicky oil and lemon juice into the yoghurt. Squeeze out the cucumber very well and then stir this in too. Allow to sit for a couple of hours, but preferably overnight. Just before serving, season to taste, adding more oil or lemon juice if necessary, then finely chop the mint before stirring into the tzatziki.

Next combine half the pot of houmous, lamb mince, raisins, harissa and the chopped onion in a bowl. Season and then shape into 18 equal-size kofte. Heat the olive oil in a non-stick pan and fry the kofte until golden all over and cooked through (8-10 minutes).

Warm the pittas in the toaster, then split and spread with the rest of the pot of houmous. Divide the koftes equally among the pittas and drizzle with some tzatziki. For the Greek salad, mix all the ingredients together and serve with the kofte pittas.

# Hummus 3 Ways

## **Classic:**

2 x 400g tins of chickpeas  
10 tablespoons olive oil  
Juice of 2 juicy lemons  
2 heaped tablespoons tahini  
3 cloves of garlic, peeled  
2 teaspoons ground cumin  
Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

## **Beetroot:**

1 quantity of classic hummus (recipe above)  
1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

## **Roasted Red Pepper and Paprika:**

2 large red peppers  
1 quantity of classic hummus (recipe above)  
1 green chilli, deseeded  
2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudités or corn chips.



# Indian Winter Barley Soup

100g pearl barley  
2 tablespoons vegetable oil  
½ teaspoon brown mustard seeds  
1 teaspoon cumin seeds  
2 green chillies, deseeded and finely chopped  
1 bay leaf  
2 cloves  
1 small cinnamon stick  
½ teaspoon ground turmeric  
1 large onion, chopped  
2 garlic cloves, finely chopped  
1 parsnip, cut into chunks  
200g butternut squash, cut into chunks  
200g sweet potato, cut into chunks  
1 teaspoon paprika  
1 teaspoon ground coriander  
225g red lentils  
2 tomatoes, chopped  
Small bunch coriander, chopped  
1 teaspoon grated ginger  
1 teaspoon lemon juice

Rinse the pearl barley and cook following the packet instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic and cook for 5-8 minutes until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice. Serve with a chunk of crusty bread.



## Mango Lassi

1 very ripe alphonso mango or 200g mango pulp from a tin  
5 ice cubes  
125ml chilled plain whole milk yoghurt  
Pinch of ground cardamom, or to taste  
Splash of milk or water (optional)  
½ teaspoon soft light brown sugar  
Squeeze of lime juice

Peel the mango and cut the flesh away from the stone. Put in a blender with the ice cubes and whiz until finely chopped. Then spoon in the yoghurt and cardamom and whiz until smooth. If it is still too thick (this will depend on the consistency of your yoghurt and juiciness of your mango), add a little milk or water to thin it down. Taste and add sugar or lime juice, if needed. Pour into a glass and drink.



## Mango and Banana Smoothie

1 medium mango  
1 banana  
500ml orange juice  
4 ice cubes

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.



### **Moa Samoa (Polynesian brown sugar chicken)**

8 chicken joints – thighs, drumsticks and breasts joints on the bone  
Bunch of spring onions, roughly chopped  
450ml fresh pineapple juice  
3cm long ginger root, thinly sliced  
3 cloves garlic, chopped  
360ml soy sauce  
275g raw sugar  
Juice and zest of 2 oranges  
Juice from 4 passion fruit  
Zest and juice of 2 limes  
4 star anise

Apart from the chicken, combine all the ingredients to make a sauce. Divide the sauce in half – one half is for the marinade and the rest for the glaze. Pat the chicken pieces dry and place in a bowl with the marinade. Let it marinate for three hours or up to two days. Place the second measure of sauce in a saucepan and simmer until it is reduced to a third, refrigerate until needed.

Pre-heat the oven to 180C. Oil a roasting pan, lift the chicken pieces from the marinade and lay in the pan. Roast for about 40 minutes or until done, basting frequently. Brush with the reserved glaze before serving with grilled pineapple and coconut basmati rice.

### **Hawaiian Shrimp Truck Recipe**

450g shrimps (large prawns), peeled and deveined  
110g butter  
3 Tablespoons olive oil  
1 head of garlic, peeled and chopped  
90g plain flour  
2 tablespoons paprika  
½ teaspoon cayenne pepper  
½ teaspoon salt  
1 lemon, cut into wedges

Combine the flour, paprika, and cayenne pepper in a dish and toss the shrimp in the mixture to coat. Heat a large frying pan over a low 5 minutes. Raise the heat to medium and add the shrimp in a single layer. Cook for 3 to 4 minutes on heat. Add the butter, oil, and garlic. Allow the garlic to cook for 3 to one side, then turn the shrimp and cook for 3-4 minutes on the other side. Add salt, and cook for another minute or two. Squeeze a bit of fresh lemon juice over the shrimp. Serve immediately with white rice and a lemon wedge.

### **Caribbean Coconut Fudge Bars**

#### **Oatmeal Crust:**

150g flour  
90g oats  
140g soft brown sugar  
½ teaspoon bicarbonate of soda  
170g butter, melted

#### **Fudge:**

350g chocolate chips  
1 can (397g) sweetened condensed milk  
30g butter  
1 teaspoon vanilla extract

#### **Coconut topping:**

100g sweetened condensed milk  
200g flaked or shredded coconut

Preheat oven to 200C. Combine flour, oats, brown sugar and the bicarbonate of soda in a medium-sized bowl. Add melted butter and press down evenly into a 9x13cm tin. Bake in the oven for 8 minutes. Cool slightly.

Combine fudge ingredients in a medium-sized sauce pan and heat until just melted and thick. Pour fudge over oat crust and allow to cool completely. Place coconut in a food processor or blender and pulse 1-2 times until coarsely chopped. Combine coconut and sweetened condensed milk and gently spread evenly on top of the fudge. Cool and serve.

# Pavlova

2 egg whites  
4 tablespoons boiling water  
350g caster sugar  
½ teaspoon vanilla essence  
1 Teaspoon white wine vinegar  
1 teaspoon cornflour

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold. Top with cream and fruit.





## Pea, Mint and Parmesan Bruschetta

250g frozen peas, blanched  
1 garlic clove, finely chopped  
A small handful of mint leaves (about 15 to 20)  
Juice of 1 lemon  
2 tablespoons olive oil  
3 tablespoons Parmesan cheese  
Freshly ground black pepper  
Salt, to taste  
Aleppo pepper flakes  
Rounds of toasted French bread

Tip the peas into a blender with the garlic, a few mint leaves and lemon juice. Blend until a rough paste forms. Add the olive oil and Parmesan cheese. Blend again. You may prefer a rough texture or a smoother one: it really is up to you! Season with a load of freshly ground black pepper. Add salt to taste. Serve smeared over slices of toasted French bread rounds, with shards of Parmesan and few Aleppo pepper (or dried chilli) flakes.

## Green Pea and Mint Dip with Nachos

450g frozen petit pois or peas, defrosted and drained  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
1 small bunch fresh mint leaves  
115g plain yoghurt  
½ red chilli, seeds removed, finely chopped  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 lime, juice only  
Salt and freshly ground black pepper  
2 tablespoons extra virgin olive oil  
1 large bag ready-made nachos

Place the peas, onion, garlic and mint leaves into a food processor and blend to a thick purée. Add the yoghurt and blend again, leaving the mixture slightly lumpy. Transfer the mixture to a bowl and stir in the chilli, cumin, coriander and lime juice and season, to taste, with salt and freshly ground black pepper. Spoon into a serving bowl and drizzle with the olive oil. Serve with a bowl of nachos alongside for dipping.



## Pear and Banana Bread

100g unsalted butter, melted, plus extra for greasing  
3 (about 250g) really ripe bananas  
100g golden caster sugar  
2 ripe comice pears, cored and chopped, dusted in a little flour  
1 tablespoon maple syrup, plus extra to serve  
1 teaspoon vanilla extract  
1 large free-range egg  
150g plain flour  
½ teaspoon bicarbonate of soda  
50g raisins

Heat the oven to 180C. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin. Mash the bananas in a mixing bowl; then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract and then beat in the egg. Sift in the flour and bicarbonate of soda; then gently fold in, along with the raisins, using a metal spoon.

Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes; then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.



# Pearl Barley and Hot Smoked Salmon Kedgeree

A dish as rich in history as it is in flavour, this Anglo-Indian hybrid was brought over to England during the British Raj era. It soon became a Victorian breakfast-time favourite, and is still today a much-loved food memory from many a childhood, bursting with the warming flavours of India.

Said to be inspired by the traditional Indian dish Khichri, a mixture of rice and lentils that has been a culinary classic for centuries, kedgeree is a recipe that is still evolving. We've substituted the haddock for hot smoked salmon – a wonderful oily fish full of lean protein, essential vitamins and minerals, as well as omega-3 fatty acids. We've also swapped the rice for pearl barley which is far richer in heart-healthy fibre and added in peas and fresh herbs for a healthy green injection of nutritional goodness.

- 1 tablespoon coconut oil
- 1 red onion, finely sliced
- 1 red chilli, finely diced
- 200g hot smoked salmon
- 8 quails eggs
- 3 cloves garlic, crushed
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1cm piece of root ginger, grated
- 1 teaspoon ground coriander
- 300g pearl barley
- 750ml vegetable stock
- 200g frozen peas
- Handful fresh parsley, chopped
- Handful fresh coriander, chopped
- 2 lemons

Heat up the coconut oil in a large wok or pan and sauté for a few minutes and sauté the onion, ginger, garlic and chilli for a few minutes. Then add in the garam masala, ground coriander and turmeric and cook until the garlic, onion, ginger and chillies are soft and have absorbed the spices. Add in the pearl barley and mix well until it's covered in the spices. Add in 400ml of the stock and let it cook on medium heat for 35 minutes until the pearl barley is tender, stirring frequently and adding in the remaining 350ml of stock as you go. Squeeze in the juice and zest of one lemon. Cut the remaining lemon into wedges to serve.

Boil the quails eggs for two and a half minutes. Drain and place the eggs under a cold running tap. Peel and cut in half. Set aside. In a sieve, pour hot water over the frozen peas and then add into the pan with the pearl barley a few minutes before it's ready to serve. Then flake in the salmon and chopped herbs before mixing it all together. Season well.

Serve up the kedgeree in a large serving dish with the boiled eggs and the remaining lemon wedges to squeeze over.

## Pesto and Parmesan Swirls

230g puff pastry  
100g of pesto  
50g pine nuts  
20g grated Parmesan cheese  
4 tablespoons milk for glazing

Pre-heat oven to 200C. Line a baking tray with baking paper. Arrange a layer of puff pastry on a large baking tray. Spread the pesto evenly over the pastry, smoothing it out with a spoon. Scatter pine nuts evenly over the pastry. Top with grated Parmesan cheese. Roll up the puff pastry from the longer side; brush the roll with milk to glaze. Slice the roll into individual swirls about 1½cm thick. You should get about 12 to 15 swirls. Arrange the swirls on prepared baking tray, leaving some space between each one. Bake the swirls in the oven for about 15-20 minutes, or until crisp and golden.

To make them look like a Catherine Wheel firework, push a lollipop stick into the pastry before baking.



# Pizza in 4 Easy Steps

## For the base

300g strong bread flour  
1 teaspoon instant yeast  
½ teaspoon salt  
1 tablespoon olive oil, plus extra for drizzling

## For the tomato sauce

100ml passata  
Handful fresh basil  
1 garlic clove, crushed

## For the topping

125g ball mozzarella, sliced  
Handful grated or shaved parmesan  
Handful cherry tomatoes, halved

## To finish

Handful basil leaves

**Make the base:** Put the flour into a large bowl and then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

**Make the sauce:** mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

**Roll the dough:** divide the dough into 2 equal balls and on a floured surface, roll out into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

**Top and bake:** heat oven to 220C. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.



# Pizza

250g strong white bread flour  
½ teaspoon salt  
½ teaspoon sugar  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy.

Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce  
Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc  
100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.





## Scones

225g self-raising flour  
55g butter  
25g caster sugar  
150ml milk  
1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

## Cheese Scones

225g self-raising flour  
55g butter  
25g mature Cheddar, grated  
150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.



## Polenta Tart with Sausage and Broccoli

1litre vegetable stock  
200g instant polenta  
50g parmesan, grated  
140g thin-stemmed broccoli  
200g ready-grated mozzarella  
100g semi-dried tomato  
1 garlic clove, chopped  
4 Italian pork sausages, skins removed and split into bite-sized chunks

Heat oven to 200C. In a large saucepan, bring the stock to the boil and then slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 minutes, then remove from the heat altogether. Stir in 1 tablespoon of the parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick.

Cook the broccoli in salted water for 2 minutes, drain and rinse under cold water. Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage. Bake for 20 minutes until the sausage is browned and the sides of the polenta crisp.



## Prawn and Chorizo Paella

Olive oil  
1 onion, chopped  
Chorizo 6cm piece, cut into small chunks  
150g paella rice  
600ml hot chicken stock  
A good pinch of saffron or turmeric  
¼ teaspoon hot smoked paprika  
150g peeled raw prawns  
75g roasted red pepper, chopped  
A big handful of flat-leaf parsley, chopped

Heat 1 tablespoon of olive oil in a large frying pan, then add the onion and sizzle until soft. Add the chorizo and fry for a few minutes until it starts to give off its oil, then tip in the rice and stir until all the grains are coated. Add the stock, saffron and paprika and stir. Turn down to a low simmer, cover and cook for 12-15 minutes, until the rice is almost tender. Stir in the prawns, peppers and another small ladleful of hot stock. Cook for another 3-4 minutes, or until the prawns are pink and cooked through. Stir in the parsley and serve.



## Pumpkin Doughnuts with Salted Caramel Sauce

220g plain flour  
2 teaspoons baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon allspice  
A pinch of ground cloves  
75ml sunflower oil  
110g light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
225g canned plain pumpkin  
120ml milk  
100g butter, melted  
200g granulated sugar  
2 tablespoons ground cinnamon

Preheat oven 200C. Spray a 24-cup mini muffin tin with baking spray and set aside.

In a medium bowl mix together flour, baking powder, cinnamon, nutmeg, allspice, and cloves. In a separate bowl whisk together oil, brown sugar, egg, vanilla, pumpkin and milk until smooth. Add dry ingredients to wet ingredients and mix until just combined. Divide batter evenly among muffin cups. Bake for 10-12 minutes or until a toothpick comes out clean.

While the muffins bake, melt butter in one bowl and combine granulated sugar and cinnamon in another bowl. Remove muffins from oven and cool for 2 minutes. Dip each muffin in melted butter and then roll in cinnamon sugar to coat. Serve muffins warm or at room temperature dipped into the salted caramel sauce (recipe below).

### Salted Caramel Sauce

200g granulated sugar  
90g salted butter, room temperature cut up into 6 pieces  
120ml double cream  
1 teaspoon salt

Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar. Very slowly, drizzle in the cream while stirring. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.



# Pumpkin, Rosemary and Pumpkin Seed Focaccia

250 g pumpkin, washed and skin removed  
Olive oil  
Salt and pepper  
1 clove garlic, crushed to a paste  
2 teaspoons chopped rosemary, plus a few sprigs  
7g dry yeast  
280 ml warm water  
125 ml olive oil  
600g strong white flour  
1 tablespoon pumpkin seeds  
Salt

Preheat the oven to 200°C. Cut the pumpkin into even-sized slices, approximately 1 cm thick. Place into a bowl with a little olive oil, salt, pepper, garlic and half the chopped rosemary and jumble together until well coated. Lay the pieces on a parchment paper-lined baking sheet and roast in the oven for 15–20 minutes or until tender and beginning to brown at the edges. Cool then dice the pumpkin, retaining a few bigger pieces for the topping of the focaccia.

Mix the flour with the yeast, a little salt and the remaining chopped rosemary. Mix the water and the oil together and mix into the flour mix. Continue to knead until a smooth elastic dough is formed. Cover the bowl with cling wrap and leave in a warm place until the dough has almost doubled in size. Knead the diced pumpkin and pumpkin seeds into the dough briefly, using a dusting of flour, and then shape into a flat disc approximately 1.5 cm thick. Line a baking tray with baking parchment and place the focaccia on top, drizzle with olive oil and cover with clingfilm and leave to prove again in a warm place until it has almost doubled its size (approximately 30–40 minutes).

Remove the clingfilm, gently press the reserved pumpkin pieces and rosemary sprigs into the surface, and using your fingertips, make a few dimple marks over the surface. Sprinkle with a little salt and bake for 12–15 minutes or until risen and golden. Remove from the oven, drizzle with a little olive oil and serve.





# RAINBOW FRUIT SALAD

200g diced strawberries  
150g diced mango  
2 diced kiwifruit  
100g halved green grapes  
120g blueberries  
100g halved purple grapes

## FOR THE CITRUS MINT DRESSING:

1 teaspoon lime zest  
1 tablespoon lime juice  
2 tablespoons orange juice  
1 tablespoon honey, to taste  
1 tablespoon of fresh mint, chopped

In a large bowl, combine the strawberries, mango, kiwi, green grapes, blueberries, and purple grapes. Stir to combine. Drizzle with citrus mint dressing and stir to coat. Serve immediately, or store in the refrigerator until ready to serve.

## FOR THE CITRUS MINT DRESSING

In a small jar or bowl, whisk together lime zest, lime juice, orange juice, honey, and mint. Stir until well combined. Pour over your rainbow fruit salad immediately, or store covered in the refrigerator until ready to drizzle over salad.

The dressing can be made ahead of time - several hours or up to 1 day and stored in the refrigerator until ready to serve.





## Raspberry and Polenta Cupcakes

200g butter, softened  
200g caster sugar  
4 eggs  
150g self-raising flour  
50g polenta  
4 tablespoons raspberry jam  
250ml double cream, lightly whipped with the icing sugar and vanilla paste  
20g icing sugar plus extra for dusting  
½ teaspoon of vanilla paste  
Raspberries to top cakes

Pre-heat the oven to 200C. Line a 12-hole muffin trays with paper cases. Cream the butter and sugar together in a large bowl until the mixture is light and fluffy. This can take 5-7 minutes, so this stage should not be rushed.

Beat in the eggs, one at a time, until well combined. If the mixture looks like it is curdling add a spoonful of the flour. Fold in the remaining flour and polenta with a metal spoon until you have a soft, smooth mixture. Spoon the mixture into the paper cases until half full, add half a teaspoon of jam and then cover with the remaining cake mixture. The finished cake case should be about three-quarters full.

Bake in the oven for 12-15 minutes, or until the cakes are pale golden-brown and spring back when pressed gently with a finger. Remove the cakes from the oven and set aside to cool on a wire rack. Using a small knife make a well in the top of each cake by removing a disk of cake. Fill this well with the chantilly cream and top with a raspberry. Serve with a generous dusting of icing sugar.



## Red Pepper and Runner Bean Salad with Fresh Basil

1 red pepper, halved lengthways, stalk and seeds removed  
1 garlic bulb, halved  
Olive oil, for drizzling  
Salt and freshly ground black pepper  
250g runner beans, trimmed and sliced  
1 tablespoon balsamic vinegar  
Fresh basil leaves, to garnish

Preheat the oven to 200C. Place the red pepper halves and halved bulb of garlic onto a baking sheet. Drizzle with olive oil and season with salt and freshly ground black pepper. Transfer to the oven and roast for 20 minutes, or until softened.

Meanwhile, bring a saucepan of water to the boil and blanch the runner beans until just tender. Drain the beans and then place into a large bowl. Drizzle the beans with olive oil and balsamic vinegar and season well with salt and freshly ground black pepper.

To serve, place the roasted pepper and garlic halves on top of the beans and garnish with basil leaves. Serve with crusty bread.



## Rustic Bread

250g strong white bread flour

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

200ml sparkling water

Semolina, for sprinkling

Finely chopped rosemary and Maldon salt, for sprinkling

Heat oven to 220C. Mix together the flour, yeast and  $\frac{1}{2}$  teaspoon of salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for about 4-5 minutes until the dough feels strong, bouncy and has a silky feel to it.

Cut the dough into 8 pieces, then roll out into rough rounds about 16-17cm in diameter. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 minutes, then scatter with rosemary, salt and pepper and drizzle with olive oil. Bake in batches for 8-10 minutes until puffy and golden. Drizzle with olive oil or pesto or dip into hummus!



# S'mores Dip

A super chocolatey twist on the classic American campfire treat. This s'mores dip will be gone before you can say 'mini marshmallow'!

200g milk chocolate  
2 tablespoons milk  
350g mini marshmallows

## To serve

100g digestive biscuits or Biscoff biscuits  
100g strawberries, washed and hulled  
100g pineapple chunks

Heat the chocolate, milk and 200g of the marshmallows in an ovenproof frying pan over a low heat until melted and smooth. Top with the remaining marshmallows in circles so that the whole surface is covered.

Grill on high for 1-2 minutes until the marshmallows are toasted. Serve with digestives and strawberry and pineapple skewers for dunking.



# Spinach and Paneer Kati Rolls

## For the spinach and paneer:

3 tablespoons olive oil  
225g block paneer cheese, cut into 1cm cubes  
150g spinach leaves  
4 garlic cloves, finely chopped  
1 teaspoon cumin seeds  
½ teaspoon crushed chilli flakes  
½ teaspoon salt

## For the kati rolls:

Olive oil, for frying  
2 free-range eggs  
A pinch of salt  
4 small tortilla wraps

Heat 2 tablespoons of the oil in a saucepan over a medium heat. Add the paneer and fry for 5 minutes, stirring occasionally. You want to colour the paneer as much as possible. Put the spinach leaves and 150ml of water into a blender and whiz to a smooth paste. Take the paneer out of the pan with a slotted spoon and set aside. Add the remaining tablespoon of oil and the garlic to the pan and cook for 1 minute, until the garlic is light brown. Add the green mixture, along with the cumin seeds, chilli flakes and salt, and cook on a medium heat for 5 minutes, or until some of the water from around the edge has reduced and the mixture has thickened. Add the paneer to the pan and mix well, making sure all the cheese is covered in green. Pop a lid on the pan and leave on a low heat while you make the rolls.

For the kati rolls, put a small frying pan over a high heat and add a good glug of oil, enough to at least cover the base. Put the eggs onto a plate with the salt and lightly whisk. Dip a tortilla into the egg mixture, making sure to cover it all over. Get it straight into the frying pan. The oil should be hot enough to really create a sizzle. Cook for 30 seconds, then turn it over and cook on the other side. Cook the other three tortillas the same way. To serve, take a hot crispy tortilla, add the paneer mixture in the centre and roll up.



# Stir-up Sunday Mincemeat

(makes enough to make about 80 mince pies)

One tradition says that the mincemeat should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the ingredients with a spoon from east to west, in honour of the Wise Men.

## 13 ingredient Mincemeat:

100g dried cranberries  
180g Merchant Gourmet Whole Chestnuts, chopped to the size of the cranberries  
120g dried figs, tips trimmed then chopped to the size of the cranberries  
100g dates, chopped to the size of the cranberries  
100g prunes, chopped to the size of the cranberries  
100g vegetable suet  
100g candied peel  
1¼ teaspoons mixed spice  
1 teaspoon ground cinnamon  
Grated zest and juice of 3 large oranges  
150g dark brown sugar  
1 large Bramley apple, unpeeled, coarsely grated  
5 tablespoons balsamic syrup

Mix all the ingredients together and store in the fridge for up to 2 weeks.





# **Tasting Christmas Vegetables**

## **Parmesan Crusted Parsnips**

6 tbsp polenta  
100g parmesan, grated  
pinch freshly grated nutmeg  
2kg/4lb 8oz parsnips, quartered and core removed  
6 tbsp olive oil

Heat oven to 220C/200C fan/gas 7. Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 minutes or until just tender. Drain. While parsnips are still hot, toss with the Parmesan mixture to coat. Set a roasting tin over the hob and heat the oil. Add the parsnips and turn to coat in the oil. Put the tin in the oven and roast for 15 minutes, then turn the parsnips over and cook for 15 minutes more until golden.

## **Creamy Sprouts with Bacon**

1kg Brussels sprouts, trimmed  
8 rashers cured bacon, cut into lardons  
250ml double cream  
2 garlic cloves, crushed  
Salt and freshly ground black pepper

Cook the Brussels sprouts in a saucepan of boiling salted water for 5-6 minutes. Drain and refresh in a bowl of ice and water. Drain again when the sprouts have cooled. Add the bacon lardons to a non-stick frying pan, and fry over a medium heat until crisp. Add the cream and crushed garlic to a small pan and bring to the boil. Stir the sprouts into the crisp bacon; then stir in the hot cream. Season with salt and pepper and serve straightaway.

## **Brussel Sprout Mash**

500g Brussels sprouts, prepared  
25g butter, plus extra to serve  
75ml double cream  
Fresh sage, to garnish (optional)

Put the sprouts in a large pan of salted water, bring to the boil, then cover until the water comes back up to the boil. Uncover and cook for 5-6 minutes, until the sprouts are tender. In a small pan, melt the butter with the cream over a low heat. Drain the sprouts, then whizz in a food processor with the butter, cream and a pinch of pepper. Spoon into a serving dish, add a knob of butter and garnish with sage.

## **Sweet Potato Crisps**

¼ small sweet potato  
½ tablespoon olive oil

Heat oven to 200C and slice the sweet potato thinly. Toss with the olive oil and roast for 15-20 minutes until crisp. Leave to cool.

## Warm Smoothie Bowls

### Berry Smoothie

200g frozen berries  
2 tablespoons of honey  
125ml milk  
1 banana  
1 orange, juiced  
250g natural yoghurt  
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm...ideal for a winter breakfast on the run.

### Hot Chocolate Smoothie

300ml milk  
16g chocolate chips  
15ml maple syrup  
40g rolled oats  
20g cocoa powder  
½ teaspoon vanilla extract

The night before, add all ingredients, except chocolate chips, to the bowl of a blender and give it a stir to ensure that everything is well combined. Cover and place in fridge for at least 3 hours, preferably overnight. This step isn't absolutely necessary, but allowing the oats to soak for a few hours will make them easier to blend and give you a smoother, creamier smoothie.

When ready to eat, blend on high until oats are fully broken down and a smooth and creamy consistency is reached. Transfer the smoothie to a small saucepan set over medium heat, adding the chocolate chips and bring to a simmer. If the smoothie is too thick, add an extra splash of milk until desired consistency is reached. Garnish with toppings of your choice: coconut chips, dried banana chips, raisins, cereal or fresh fruit!



## Yorkshire Pudding Pizza – comfort food at it's best!

2 tablespoons sunflower oil  
285ml milk  
115g plain flour  
3 eggs  
200g passata  
1 teaspoon dried oregano  
25g cheddar, grated

**Your choice of toppings:** salami, pepperoni, ½ ball mozzarella, jalapeños, fresh basil leaves etc

Heat oven to 230C. Pour the oil into an 18cm springform cake tin then heat it in the oven for 10 minutes. Take the tin out of the oven and quickly pour in the Yorkshire pudding batter then return it to the oven for 25 minutes until puffed up and golden.

Once baked, pour in the passata and sprinkle with the oregano and cheddar then add your chosen toppings. Bake for a further 15-20 minutes until the cheese is bubbling. Top with fresh basil if you like before serving.



## African Jollof Rice

400ml passata  
3 tablespoons tomato purée  
2 fresh red chillies, seeds removed  
2 onions, chopped  
2 red peppers, seeds removed and roughly chopped  
8 garlic cloves, peeled  
3 tablespoons fresh rosemary leaves  
1 tablespoon fresh thyme leaves  
2 teaspoons ground coriander  
1½ teaspoons sweet smoked paprika  
50ml olive oil  
150g cherry tomatoes, halved  
800ml vegetable stock  
2 bay leaves  
500g long-grain rice, rinsed  
2 tablespoons sunflower oil  
2 ripe plantains, peeled and thickly sliced  
Small handful of coriander leaves, roughly chopped  
Sea salt and freshly ground black pepper

Put the passata, tomato purée, chillies, onions, peppers, garlic, rosemary, thyme, ground coriander and paprika in a blender or food processor and blend until smooth. Heat the olive oil in a large saucepan over a medium heat. Add the cherry tomatoes and the blended tomato sauce. Bring to the boil, then reduce the heat slightly and simmer for 5 minutes, stirring occasionally.

Add the stock, bay leaves, rice, 1½ teaspoons salt and a large pinch of black pepper. Stir to combine and bring to the boil. Reduce the heat and simmer for 10–12 minutes, stirring frequently to prevent the rice from sticking, until the rice is cooked through. Turn off the heat, cover with the lid and leave to steam for 15 minutes without removing the lid.

Meanwhile, heat the sunflower oil in a frying pan over a medium heat. Fry the plantain for a few minutes on each side until golden and tender. Spoon the jollof rice onto warmed plates and add the plantain on the side. Garnish with the chopped coriander and serve with a green salad alongside.



# Anzac Biscuits

## Anzac – Australian and New Zealand Army Corps

85g porridge oat  
85g desiccated coconut  
100g plain flour  
100g caster sugar  
100g butter, plus extra butter for greasing  
1 tbsp golden syrup  
1 tsp bicarbonate of soda

Heat oven to 180C. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tablespoons of boiling water and then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients. Put dessertspoonful's of the mixture on to buttered baking sheets, about 2.5cm apart to allow room for spreading. Bake in batches for 8-10 minutes until golden. Transfer to a wire rack to cool.



## Apple and Blackberry Yorkshire Puddings

25g butter  
140g caster sugar  
4 apples, peeled, cored and cut into bite-size chunks  
1 egg white  
2 eggs  
140g plain flour  
200ml full-fat milk  
150g punnet blackberry  
2 tablespoons sunflower oil

Heat oven to 220C. Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3-4 minutes until slightly caramelised and just starting to soften. Set aside.

In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.

Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used. Put the tin in the oven and leave for 15 minutes, without opening the door, until puffed up and golden. Remove from the oven and carefully place each pudding onto a plate. Serve immediately with custard or vanilla ice cream.





## Apple, Cinnamon and Granola Puffs

2 cans of Jus-Rol Ready-to-Bake Cinnamon Swirls Dough  
2 small eating apples, cored and thinly sliced  
4 tablespoons breakfast granola, roughly crushed  
1 medium egg mixed with 1 tablespoon of runny honey

Pre-heat the oven to 200C. Line a baking tray with baking parchment. Open the cinnamon swirl cans and unroll the dough, cinnamon-side facing up. Spread the cinnamon layer evenly across the top of the pastry. With the cinnamon side facing up, cut each length of pastry into 3 squares.

Place slices of apple on one half of each square, keeping a 5mm border. Sprinkle 1 teaspoon of the breakfast granola over each pile of apple. Brush the border with some of the honey and egg mixture and press the edges together to seal to make triangle shapes. Place on the baking tray and, with a sharp knife, pierce two small slits in the top of each apple puff to let the steam escape.

Finely crush the remaining granola. Brush the tops with some of the egg and honey mixture, sprinkle over the remaining granola and bake for 10-11 minutes until puffed up and golden. Dust with icing sugar and eat hot or cold.



# Baked Buffalo Chicken Wings

3 garlic cloves, crushed  
2 tablespoons olive oil  
3 tablespoons cider vinegar  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
2 teaspoons celery salt  
4 tablespoons pepper sauce (we used Frank's hot sauce)  
3 tablespoons honey  
1½kg chicken wings, halved at the joint

## Blue Cheese Dip

150ml buttermilk  
150ml soured cream  
85g blue cheese, crumbled  
1 garlic clove, crushed  
¼ tsp sweet paprika

In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, hot sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight.

Heat oven to 180C. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, then pour off the excess oil, add the reserved marinade and toss well. Increase oven to 200C. Return to the oven and cook for a further 30 minutes, tossing a few times to coat in the glaze as they cook. They should be sticky and glazed with most of the marinade evaporated.

Mix all the ingredients together for the blue cheese dip and serve with the buffalo chicken wings.



## Bunny Chow – Durban Street Food

500g chicken thighs or breast cut in bite-sized pieces  
100ml sunflower oil  
2-3 curry leaves  
1 teaspoon crushed ginger  
2 teaspoons crushed garlic  
1 tablespoon curry powder  
1 medium onion, diced  
2 medium tomatoes, diced  
1 cinnamon stick  
1½ teaspoons paprika  
3 green cardamom pods lightly crushed  
250g potatoes, cut into cubes  
400g chickpeas, drained and rinsed  
½ teaspoon cayenne pepper  
200ml chicken stock  
Salt and pepper to taste

Heat a large sauce pan with oil, and add onions, garlic, cinnamon stick, curry leaves, cardamom pods and curry powder, stir occasionally for about 2-3 minutes until onions is translucent. Add tomatoes followed by chicken and sauté for about 2-3 more minutes.

Next add chickpeas, potatoes and chicken stock. Bring to a boil and let it simmer until sauce thickens, it might take about 25 minutes or more. Adjust for salt, pepper and stew consistency. Serve in a hollowed out bread loaf.





# Cheese and Marmite Flapjacks

85g butter  
60g marmite  
1 tablespoon rapeseed oil  
2 large leeks, trimmed, washed and very finely sliced  
175g jumbo oats  
50g plain flour  
200g mature cheddar, grated  
75g mixed pumpkin and sunflower seeds  
50g raisins  
2 large eggs, beaten

Heat the oven to 200C and line a 22cm square tin with baking parchment. Gently melt 65g of the butter and the marmite in a small pan. Meanwhile put the remaining butter in a frying pan with the oil and leeks and cook very gently for 10 to 15 minutes or until the leeks are very soft.

Mix together the oats, flour, 165g of the cheddar, most of the seeds and all of the raisins in a large bowl. Pour over the melted marmite butter and the beaten eggs and then scrape in all the leeks and the buttery juices. Stir everything together well, until all the ingredients are sticky

Press the mixture into the prepared tin, scatter over the remaining seeds and cheese, then bake for approximately 25 minutes or until the top is golden and crisp. Cool in the tin for 10 minutes, then cut into squares and leave to cool completely before eating.



## Cheesy Bonfire Bread

200g wholemeal flour  
200g plain flour, plus extra for dusting  
1 teaspoon bicarbonate of soda  
2 teaspoons cream of tartar  
1 teaspoon salt  
1 teaspoon caster sugar  
25g butter, melted  
300ml milk, at room temperature  
175g cheddar, coarsely grated  
3 tablespoons pumpkin seeds  
85g ready-roasted pepper, drained and chopped

Heat oven to 200C. Sift the dry ingredients into a large bowl and make a large well in the middle. Combine the melted butter and milk, then pour into the well. Mix to a soft dough. Dust the work surface with flour. Add most of the cheddar, 2 tablespoons of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.

Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 minutes until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm.



## Chilli, Ginger and Mango Crumble

100g granulated sugar  
3 mangoes, peeled and diced  
½ a pineapple, peeled, cored and diced  
5cm piece of fresh root ginger, peeled and grated  
400g canned Kesar mango pulp  
½ red chilli  
Grated zest and juice of a lime  
45g butter

### **Crumble**

50g rice flour  
175g plain flour  
100g butter  
75g soft brown sugar  
½ teaspoon cinnamon

Cream to serve

Heat the sugar in a heavy based pan and once it dissolves and starts to turn a gentle brown, add the mango and pineapple pieces, the ginger, mango pulp, chilli and the lime zest and juice. Stir gently and add the butter a small piece at a time. Allow to cook for 2 minutes over a medium heat until the sauce thickens to a syrup-like consistency. Remove from the heat and transfer the mixture to an ovenproof baking dish.

To make the crumble, put the rice flour and plain flour into a bowl and rub in the butter until it resembles breadcrumbs. Add in the sugar and the cinnamon and mix together. Sprinkle the mixture on top of the fruit and bake for 20 to 25 minutes until golden brown and bubbling. Serve the crumble hot with cream.





# Chocolate Chip Flapjacks

240g butter, diced  
150g light muscovado sugar  
225g golden syrup  
150g dark chocolate  
350g refined porridge oats (not wholegrain)

Gently melt the butter with the sugar and golden syrup in a small saucepan over a medium heat and then pour this into a large bowl and leave to cool to room temperature, about 20 minutes.

Have ready a 23cm square brownie tin and line with baking parchment. Heat the oven to 180C

Chop the chocolate into roughly 1cm dice. Stir the butter and syrup mixture until amalgamated. Fold in the oats, and then two thirds of the chopped chocolate. Tip the mixture into the tin, pressing it down using the back of a metal spoon. Scatter over the remaining chocolate pieces and press down into the mixture using your fingers.

Bake for 20-25 minutes until lightly coloured. Leave to cool completely until the chocolate has set, ideally overnight, or you can pop the tray into the fridge once it is cool. Cut into squares (you should get 25).



# Chocolate Tiramisu

## Chocolate Syrup for Dipping:

240ml hot water

1½ tablespoons unsweetened cocoa powder

2 tablespoon granulated sugar

## Chocolate Ganache:

100g dark chocolate , coarsely chopped

120ml double cream

## Filling:

227g mascarpone cheese, at room temperature

1 teaspoon pure vanilla extract

250ml double cream

65g icing sugar

About 200g (18-24) boudoir biscuits

Grated chocolate, to sprinkle on top

**For the chocolate syrup** combine all the ingredients and set aside to cool slightly.

**For the chocolate ganache:** put the chopped chocolate and cream in a medium heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally. Set aside to cool slightly.

**For the filling:** in a large bowl, place mascarpone and vanilla extract and whisk vigorously until creamy and smooth. In a different mixer bowl, using an electric mixer, whisk together double cream and sugar until stiff peaks form. Fold whipped cream into mascarpone in 2 additions until mixture is smooth.

**Assemble tiramisu:** dip boudoir biscuits very quickly (less than a second) into the chocolate syrup. Break each one into 4 pieces and place them at the bottom of the glasses (you don't have to use all 4 pieces at once; it depends on the size of the glass). Spoon a dollop of the mascarpone cream mixture on top. Add a thin layer of chocolate ganache, about 1-1.5 teaspoons, on top of the mascarpone cream. Repeat once more and finish with another layer of mascarpone cream. Dust the top with grated chocolate. Refrigerate for at least 1-2 hours until set. Tiramisu will keep for 3 days in the fridge.



## Easy Apple Bites

1 Braeburn apple, cut into 8 slices  
45g butter, melted  
1 can croissant dough  
50g caster sugar  
1 teaspoon ground cinnamon

Heat oven to 200C. Line a baking tray with baking parchment. In a small bowl, combine the sugar and cinnamon. In a separate bowl, toss apple slices with  $\frac{1}{2}$  of the melted butter and  $\frac{1}{2}$  of the sugar mixture. Stir to combine.

Separate dough into 8 triangles on baking sheet. Top each triangle with an apple slice. Starting at the wide side of each triangle, wrap dough around apple. Brush with remaining butter and sprinkle with remaining sugar mixture. Bake 12 minutes. Allow to cool for 5-10 minutes.



# Easy Okonomiyaki

## For the okonomiyaki sauce

1½ tablespoons tomato ketchup  
½ tablespoon Worcestershire sauce  
2 teaspoon runny honey  
1 teaspoon dark soy sauce

## For the okonomiyaki pancakes

3 large free-range eggs  
3 tablespoons plain flour  
A pinch of sea salt  
½ teaspoon dark soy sauce  
½ teaspoon toasted sesame oil  
2 large spring onions, thinly sliced  
275g white cabbage, shredded  
Sunflower oil

For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

# Easy Smoked Salmon and Avocado Sushi

300g sushi rice  
2 tablespoons rice or white wine vinegar  
1 teaspoon caster sugar  
1 large avocado  
Juice ½ lemon  
4 sheets nori seaweed  
4 large slices smoked salmon  
1 bunch chives  
Sweet soy sauce, wasabi and pickled ginger to serve

Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.



## Oriental Egg Fried Rice

250g long grain rice  
150g frozen peas  
2 tablespoons sunflower oil  
100g pancetta or bacon, roughly chopped  
1 small red pepper, chopped  
2 garlic cloves, thinly sliced  
2 large eggs  
1 heaped teaspoon Chinese five-spice powder

Fill a large saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered, without stirring for 10 minutes. Drain and allow to become completely cold. Cook the peas in a pan of boiling water for 2 minutes and then drain.

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for a further 2 minutes.

Add the cold rice with the Chinese five-spice, stir frying for a couple of minutes before adding the beaten eggs. Stir fry until the egg just sets.

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## Healthy Granola

This delicious healthy granola recipe is naturally sweetened with maple syrup (or you could use honey). It's made with oats, coconut oil, your favourite dried fruit and seeds.

170g rolled oats  
75g seeds  
½ teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
60ml coconut oil  
60ml maple syrup  
½ teaspoon vanilla extract  
75g dried fruit, chopped if large

Preheat oven to 180C and line a large, rimmed baking sheet with baking parchment. In a large mixing bowl, combine the oats, seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and seed is lightly coated. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely before topping with the dried fruit. Break the granola into pieces with your hands retaining some big chunks.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## Mix and Go Museli

400g rolled oats  
220g rolled barley flakes  
75g bran cereal  
100g pumpkin seeds  
50g sunflower seeds  
100g dried apple, chopped  
100g dried apricots, chopped

Mix together all the ingredients and store in an airtight container. Serve with milk or yoghurt and fresh berries.



# Homemade Chocolate Granola

175g apple sauce  
100g golden syrup  
100g light brown soft sugar  
400g rolled oats  
50g cocoa powder  
50g sunflower seeds  
75g raisins  
75g dark chocolate, finely chopped  
75g dried cranberries  
Yoghurt, to serve, optional  
Raspberries and blueberries, to serve, optional

Pre-heat oven to 170°C and line a large baking sheet with baking parchment. Heat the apple sauce, golden syrup and sugar in a large pan until melted. Add oats, cocoa powder and sunflower seeds; mix well. Spread evenly on the lined baking sheet. Bake for 20 minutes, then stir (it should form into clumps). Bake for 20 minutes more until the granola clumps are crispy. Allow to cool completely, then stir through the raisins, chocolate and cranberries.

Serve layered with yoghurt, raspberries and blueberries.



# Houmous and Harissa Kofte Pittas

200g pot of houmous  
500g British lamb mince  
50g raisins  
1½ tablespoons harissa paste  
1 finely chopped onion  
1 tablespoon olive oil  
6 pittas

## Greek Salad

4 large vine tomatoes, cut into irregular wedges  
1 cucumber, peeled, deseeded, then roughly chopped  
½ a red onion, thinly sliced  
16 Kalamata olives  
1 teaspoon dried oregano  
85g feta cheese, cut into chunks (barrel matured feta is the best)  
4 tablespoons Greek extra virgin olive oil

## Tzatziki

500g whole-milk Greek yoghurt, preferably ewe's milk  
4 cloves of garlic, or more or less to taste  
2 tablespoons extra-virgin olive oil  
½ large cucumber  
1 tablespoon lemon juice  
Small bunch of mint

Make the tzatziki first. Crush the garlic into the oil with a pinch of salt and leave to infuse. Coarsely grate the cucumber and put in a colander in the sink. Salt lightly, toss and leave to drain for 30 minutes. Stir the garlicky oil and lemon juice into the yoghurt. Squeeze out the cucumber very well and then stir this in too. Allow to sit for a couple of hours, but preferably overnight. Just before serving, season to taste, adding more oil or lemon juice if necessary, then finely chop the mint before stirring into the tzatziki.

Next combine half the pot of houmous, lamb mince, raisins, harissa and the chopped onion in a bowl. Season and then shape into 18 equal-size kofte. Heat the olive oil in a non-stick pan and fry the kofte until golden all over and cooked through (8-10 minutes).

Warm the pittas in the toaster, then split and spread with the rest of the pot of houmous. Divide the koftes equally among the pittas and drizzle with some tzatziki. For the Greek salad, mix all the ingredients together and serve with the kofte pittas.

# Hummus 3 Ways

## **Classic:**

2 x 400g tins of chickpeas  
10 tablespoons olive oil  
Juice of 2 juicy lemons  
2 heaped tablespoons tahini  
3 cloves of garlic, peeled  
2 teaspoons ground cumin  
Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

## **Beetroot:**

1 quantity of classic hummus (recipe above)  
1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

## **Roasted Red Pepper and Paprika:**

2 large red peppers  
1 quantity of classic hummus (recipe above)  
1 green chilli, deseeded  
2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudités or corn chips.



# Indian Winter Barley Soup

100g pearl barley  
2 tablespoons vegetable oil  
½ teaspoon brown mustard seeds  
1 teaspoon cumin seeds  
2 green chillies, deseeded and finely chopped  
1 bay leaf  
2 cloves  
1 small cinnamon stick  
½ teaspoon ground turmeric  
1 large onion, chopped  
2 garlic cloves, finely chopped  
1 parsnip, cut into chunks  
200g butternut squash, cut into chunks  
200g sweet potato, cut into chunks  
1 teaspoon paprika  
1 teaspoon ground coriander  
225g red lentils  
2 tomatoes, chopped  
Small bunch coriander, chopped  
1 teaspoon grated ginger  
1 teaspoon lemon juice

Rinse the pearl barley and cook following the packet instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic and cook for 5-8 minutes until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice. Serve with a chunk of crusty bread.



## Mango Lassi

1 very ripe alphonso mango or 200g mango pulp from a tin  
5 ice cubes  
125ml chilled plain whole milk yoghurt  
Pinch of ground cardamom, or to taste  
Splash of milk or water (optional)  
½ teaspoon soft light brown sugar  
Squeeze of lime juice

Peel the mango and cut the flesh away from the stone. Put in a blender with the ice cubes and whiz until finely chopped. Then spoon in the yoghurt and cardamom and whiz until smooth. If it is still too thick (this will depend on the consistency of your yoghurt and juiciness of your mango), add a little milk or water to thin it down. Taste and add sugar or lime juice, if needed. Pour into a glass and drink.



## Mango and Banana Smoothie

1 medium mango  
1 banana  
500ml orange juice  
4 ice cubes

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.



### **Moa Samoa (Polynesian brown sugar chicken)**

8 chicken joints – thighs, drumsticks and breasts joints on the bone  
Bunch of spring onions, roughly chopped  
450ml fresh pineapple juice  
3cm long ginger root, thinly sliced  
3 cloves garlic, chopped  
360ml soy sauce  
275g raw sugar  
Juice and zest of 2 oranges  
Juice from 4 passion fruit  
Zest and juice of 2 limes  
4 star anise

Apart from the chicken, combine all the ingredients to make a sauce. Divide the sauce in half – one half is for the marinade and the rest for the glaze. Pat the chicken pieces dry and place in a bowl with the marinade. Let it marinate for three hours or up to two days. Place the second measure of sauce in a saucepan and simmer until it is reduced to a third, refrigerate until needed.

Pre-heat the oven to 180C. Oil a roasting pan, lift the chicken pieces from the marinade and lay in the pan. Roast for about 40 minutes or until done, basting frequently. Brush with the reserved glaze before serving with grilled pineapple and coconut basmati rice.

### **Hawaiian Shrimp Truck Recipe**

450g shrimps (large prawns), peeled and deveined  
110g butter  
3 Tablespoons olive oil  
1 head of garlic, peeled and chopped  
90g plain flour  
2 tablespoons paprika  
½ teaspoon cayenne pepper  
½ teaspoon salt  
1 lemon, cut into wedges

Combine the flour, paprika, and cayenne pepper in a dish and toss the shrimp in the mixture to coat. Heat a large frying pan over a low 5 minutes. Raise the heat to medium and add the shrimp in a single layer. Cook for 3 to 4 minutes on heat. Add the butter, oil, and garlic. Allow the garlic to cook for 3 to one side, then turn the shrimp and cook for 3-4 minutes on the other side. Add salt, and cook for another minute or two. Squeeze a bit of fresh lemon juice over the shrimp. Serve immediately with white rice and a lemon wedge.

### **Caribbean Coconut Fudge Bars**

#### **Oatmeal Crust:**

150g flour  
90g oats  
140g soft brown sugar  
½ teaspoon bicarbonate of soda  
170g butter, melted

#### **Fudge:**

350g chocolate chips  
1 can (397g) sweetened condensed milk  
30g butter  
1 teaspoon vanilla extract

#### **Coconut topping:**

100g sweetened condensed milk  
200g flaked or shredded coconut

Preheat oven to 200C. Combine flour, oats, brown sugar and the bicarbonate of soda in a medium-sized bowl. Add melted butter and press down evenly into a 9x13cm tin. Bake in the oven for 8 minutes. Cool slightly.

Combine fudge ingredients in a medium-sized sauce pan and heat until just melted and thick. Pour fudge over oat crust and allow to cool completely. Place coconut in a food processor or blender and pulse 1-2 times until coarsely chopped. Combine coconut and sweetened condensed milk and gently spread evenly on top of the fudge. Cool and serve.



# Pavlova

2 egg whites  
4 tablespoons boiling water  
350g caster sugar  
½ teaspoon vanilla essence  
1 Teaspoon white wine vinegar  
1 teaspoon cornflour

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold. Top with cream and fruit.



## Pea, Mint and Parmesan Bruschetta

250g frozen peas, blanched  
1 garlic clove, finely chopped  
A small handful of mint leaves (about 15 to 20)  
Juice of 1 lemon  
2 tablespoons olive oil  
3 tablespoons Parmesan cheese  
Freshly ground black pepper  
Salt, to taste  
Aleppo pepper flakes  
Rounds of toasted French bread

Tip the peas into a blender with the garlic, a few mint leaves and lemon juice. Blend until a rough paste forms. Add the olive oil and Parmesan cheese. Blend again. You may prefer a rough texture or a smoother one: it really is up to you! Season with a load of freshly ground black pepper. Add salt to taste. Serve smeared over slices of toasted French bread rounds, with shards of Parmesan and few Aleppo pepper (or dried chilli) flakes.

## Green Pea and Mint Dip with Nachos

450g frozen petit pois or peas, defrosted and drained  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
1 small bunch fresh mint leaves  
115g plain yoghurt  
½ red chilli, seeds removed, finely chopped  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 lime, juice only  
Salt and freshly ground black pepper  
2 tablespoons extra virgin olive oil  
1 large bag ready-made nachos

Place the peas, onion, garlic and mint leaves into a food processor and blend to a thick purée. Add the yoghurt and blend again, leaving the mixture slightly lumpy. Transfer the mixture to a bowl and stir in the chilli, cumin, coriander and lime juice and season, to taste, with salt and freshly ground black pepper. Spoon into a serving bowl and drizzle with the olive oil. Serve with a bowl of nachos alongside for dipping.



## Pear and Banana Bread

100g unsalted butter, melted, plus extra for greasing  
3 (about 250g) really ripe bananas  
100g golden caster sugar  
2 ripe comice pears, cored and chopped, dusted in a little flour  
1 tablespoon maple syrup, plus extra to serve  
1 teaspoon vanilla extract  
1 large free-range egg  
150g plain flour  
½ teaspoon bicarbonate of soda  
50g raisins

Heat the oven to 180C. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin. Mash the bananas in a mixing bowl; then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract and then beat in the egg. Sift in the flour and bicarbonate of soda; then gently fold in, along with the raisins, using a metal spoon.

Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes; then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.



# Pearl Barley and Hot Smoked Salmon Kedgeree

A dish as rich in history as it is in flavour, this Anglo-Indian hybrid was brought over to England during the British Raj era. It soon became a Victorian breakfast-time favourite, and is still today a much-loved food memory from many a childhood, bursting with the warming flavours of India.

Said to be inspired by the traditional Indian dish Khichri, a mixture of rice and lentils that has been a culinary classic for centuries, kedgeree is a recipe that is still evolving. We've substituted the haddock for hot smoked salmon – a wonderful oily fish full of lean protein, essential vitamins and minerals, as well as omega-3 fatty acids. We've also swapped the rice for pearl barley which is far richer in heart-healthy fibre and added in peas and fresh herbs for a healthy green injection of nutritional goodness.

- 1 tablespoon coconut oil
- 1 red onion, finely sliced
- 1 red chilli, finely diced
- 200g hot smoked salmon
- 8 quails eggs
- 3 cloves garlic, crushed
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1cm piece of root ginger, grated
- 1 teaspoon ground coriander
- 300g pearl barley
- 750ml vegetable stock
- 200g frozen peas
- Handful fresh parsley, chopped
- Handful fresh coriander, chopped
- 2 lemons

Heat up the coconut oil in a large wok or pan and sauté for a few minutes and sauté the onion, ginger, garlic and chilli for a few minutes. Then add in the garam masala, ground coriander and turmeric and cook until the garlic, onion, ginger and chillies are soft and have absorbed the spices. Add in the pearl barley and mix well until it's covered in the spices. Add in 400ml of the stock and let it cook on medium heat for 35 minutes until the pearl barley is tender, stirring frequently and adding in the remaining 350ml of stock as you go. Squeeze in the juice and zest of one lemon. Cut the remaining lemon into wedges to serve.

Boil the quails eggs for two and a half minutes. Drain and place the eggs under a cold running tap. Peel and cut in half. Set aside. In a sieve, pour hot water over the frozen peas and then add into the pan with the pearl barley a few minutes before it's ready to serve. Then flake in the salmon and chopped herbs before mixing it all together. Season well.

Serve up the kedgeree in a large serving dish with the boiled eggs and the remaining lemon wedges to squeeze over.

## Pesto and Parmesan Swirls

230g puff pastry  
100g of pesto  
50g pine nuts  
20g grated Parmesan cheese  
4 tablespoons milk for glazing

Pre-heat oven to 200C. Line a baking tray with baking paper. Arrange a layer of puff pastry on a large baking tray. Spread the pesto evenly over the pastry, smoothing it out with a spoon. Scatter pine nuts evenly over the pastry. Top with grated Parmesan cheese. Roll up the puff pastry from the longer side; brush the roll with milk to glaze. Slice the roll into individual swirls about 1½cm thick. You should get about 12 to 15 swirls. Arrange the swirls on prepared baking tray, leaving some space between each one. Bake the swirls in the oven for about 15-20 minutes, or until crisp and golden.

To make them look like a Catherine Wheel firework, push a lollipop stick into the pastry before baking.



# Pizza in 4 Easy Steps

## For the base

300g strong bread flour  
1 teaspoon instant yeast  
½ teaspoon salt  
1 tablespoon olive oil, plus extra for drizzling

## For the tomato sauce

100ml passata  
Handful fresh basil  
1 garlic clove, crushed

## For the topping

125g ball mozzarella, sliced  
Handful grated or shaved parmesan  
Handful cherry tomatoes, halved

## To finish

Handful basil leaves

**Make the base:** Put the flour into a large bowl and then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

**Make the sauce:** mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

**Roll the dough:** divide the dough into 2 equal balls and on a floured surface, roll out into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

**Top and bake:** heat oven to 220C. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.





# Pizza

250g strong white bread flour  
½ teaspoon salt  
½ teaspoon sugar  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy.

Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce  
Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc  
100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.



## Scones

225g self-raising flour  
55g butter  
25g caster sugar  
150ml milk  
1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

## Cheese Scones

225g self-raising flour  
55g butter  
25g mature Cheddar, grated  
150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.



## Polenta Tart with Sausage and Broccoli

1litre vegetable stock  
200g instant polenta  
50g parmesan, grated  
140g thin-stemmed broccoli  
200g ready-grated mozzarella  
100g semi-dried tomato  
1 garlic clove, chopped  
4 Italian pork sausages, skins removed and split into bite-sized chunks

Heat oven to 200C. In a large saucepan, bring the stock to the boil and then slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 minutes, then remove from the heat altogether. Stir in 1 tablespoon of the parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick.

Cook the broccoli in salted water for 2 minutes, drain and rinse under cold water. Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage. Bake for 20 minutes until the sausage is browned and the sides of the polenta crisp.



# Prawn and Chorizo Paella

Olive oil  
1 onion, chopped  
Chorizo 6cm piece, cut into small chunks  
150g paella rice  
600ml hot chicken stock  
A good pinch of saffron or turmeric  
¼ teaspoon hot smoked paprika  
150g peeled raw prawns  
75g roasted red pepper, chopped  
A big handful of flat-leaf parsley, chopped

Heat 1 tablespoon of olive oil in a large frying pan, then add the onion and sizzle until soft. Add the chorizo and fry for a few minutes until it starts to give off its oil, then tip in the rice and stir until all the grains are coated. Add the stock, saffron and paprika and stir. Turn down to a low simmer, cover and cook for 12-15 minutes, until the rice is almost tender. Stir in the prawns, peppers and another small ladleful of hot stock. Cook for another 3-4 minutes, or until the prawns are pink and cooked through. Stir in the parsley and serve.



## Pumpkin Doughnuts with Salted Caramel Sauce

220g plain flour  
2 teaspoons baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon allspice  
A pinch of ground cloves  
75ml sunflower oil  
110g light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
225g canned plain pumpkin  
120ml milk  
100g butter, melted  
200g granulated sugar  
2 tablespoons ground cinnamon

Preheat oven 200C. Spray a 24-cup mini muffin tin with baking spray and set aside.

In a medium bowl mix together flour, baking powder, cinnamon, nutmeg, allspice, and cloves. In a separate bowl whisk together oil, brown sugar, egg, vanilla, pumpkin and milk until smooth. Add dry ingredients to wet ingredients and mix until just combined. Divide batter evenly among muffin cups. Bake for 10-12 minutes or until a toothpick comes out clean.

While the muffins bake, melt butter in one bowl and combine granulated sugar and cinnamon in another bowl. Remove muffins from oven and cool for 2 minutes. Dip each muffin in melted butter and then roll in cinnamon sugar to coat. Serve muffins warm or at room temperature dipped into the salted caramel sauce (recipe below).

### Salted Caramel Sauce

200g granulated sugar  
90g salted butter, room temperature cut up into 6 pieces  
120ml double cream  
1 teaspoon salt

Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar. Very slowly, drizzle in the cream while stirring. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.





# Pumpkin, Rosemary and Pumpkin Seed Focaccia

250 g pumpkin, washed and skin removed  
Olive oil  
Salt and pepper  
1 clove garlic, crushed to a paste  
2 teaspoons chopped rosemary, plus a few sprigs  
7g dry yeast  
280 ml warm water  
125 ml olive oil  
600g strong white flour  
1 tablespoon pumpkin seeds  
Salt

Preheat the oven to 200°C. Cut the pumpkin into even-sized slices, approximately 1 cm thick. Place into a bowl with a little olive oil, salt, pepper, garlic and half the chopped rosemary and jumble together until well coated. Lay the pieces on a parchment paper-lined baking sheet and roast in the oven for 15–20 minutes or until tender and beginning to brown at the edges. Cool then dice the pumpkin, retaining a few bigger pieces for the topping of the focaccia.

Mix the flour with the yeast, a little salt and the remaining chopped rosemary. Mix the water and the oil together and mix into the flour mix. Continue to knead until a smooth elastic dough is formed. Cover the bowl with cling wrap and leave in a warm place until the dough has almost doubled in size. Knead the diced pumpkin and pumpkin seeds into the dough briefly, using a dusting of flour, and then shape into a flat disc approximately 1.5 cm thick. Line a baking tray with baking parchment and place the focaccia on top, drizzle with olive oil and cover with clingfilm and leave to prove again in a warm place until it has almost doubled its size (approximately 30–40 minutes).

Remove the clingfilm, gently press the reserved pumpkin pieces and rosemary sprigs into the surface, and using your fingertips, make a few dimple marks over the surface. Sprinkle with a little salt and bake for 12–15 minutes or until risen and golden. Remove from the oven, drizzle with a little olive oil and serve.





# RAINBOW FRUIT SALAD

200g diced strawberries  
150g diced mango  
2 diced kiwifruit  
100g halved green grapes  
120g blueberries  
100g halved purple grapes

## FOR THE CITRUS MINT DRESSING:

1 teaspoon lime zest  
1 tablespoon lime juice  
2 tablespoons orange juice  
1 tablespoon honey, to taste  
1 tablespoon of fresh mint, chopped

In a large bowl, combine the strawberries, mango, kiwi, green grapes, blueberries, and purple grapes. Stir to combine. Drizzle with citrus mint dressing and stir to coat. Serve immediately, or store in the refrigerator until ready to serve.

## FOR THE CITRUS MINT DRESSING

In a small jar or bowl, whisk together lime zest, lime juice, orange juice, honey, and mint. Stir until well combined. Pour over your rainbow fruit salad immediately, or store covered in the refrigerator until ready to drizzle over salad.

The dressing can be made ahead of time - several hours or up to 1 day and stored in the refrigerator until ready to serve.



## Raspberry and Polenta Cupcakes

200g butter, softened  
200g caster sugar  
4 eggs  
150g self-raising flour  
50g polenta  
4 tablespoons raspberry jam  
250ml double cream, lightly whipped with the icing sugar and vanilla paste  
20g icing sugar plus extra for dusting  
½ teaspoon of vanilla paste  
Raspberries to top cakes

Pre-heat the oven to 200C. Line a 12-hole muffin trays with paper cases. Cream the butter and sugar together in a large bowl until the mixture is light and fluffy. This can take 5-7 minutes, so this stage should not be rushed.

Beat in the eggs, one at a time, until well combined. If the mixture looks like it is curdling add a spoonful of the flour. Fold in the remaining flour and polenta with a metal spoon until you have a soft, smooth mixture. Spoon the mixture into the paper cases until half full, add half a teaspoon of jam and then cover with the remaining cake mixture. The finished cake case should be about three-quarters full.

Bake in the oven for 12-15 minutes, or until the cakes are pale golden-brown and spring back when pressed gently with a finger. Remove the cakes from the oven and set aside to cool on a wire rack. Using a small knife make a well in the top of each cake by removing a disk of cake. Fill this well with the chantilly cream and top with a raspberry. Serve with a generous dusting of icing sugar.



## Red Pepper and Runner Bean Salad with Fresh Basil

1 red pepper, halved lengthways, stalk and seeds removed  
1 garlic bulb, halved  
Olive oil, for drizzling  
Salt and freshly ground black pepper  
250g runner beans, trimmed and sliced  
1 tablespoon balsamic vinegar  
Fresh basil leaves, to garnish

Preheat the oven to 200C. Place the red pepper halves and halved bulb of garlic onto a baking sheet. Drizzle with olive oil and season with salt and freshly ground black pepper. Transfer to the oven and roast for 20 minutes, or until softened.

Meanwhile, bring a saucepan of water to the boil and blanch the runner beans until just tender. Drain the beans and then place into a large bowl. Drizzle the beans with olive oil and balsamic vinegar and season well with salt and freshly ground black pepper.

To serve, place the roasted pepper and garlic halves on top of the beans and garnish with basil leaves. Serve with crusty bread.



## Rustic Bread

250g strong white bread flour

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

200ml sparkling water

Semolina, for sprinkling

Finely chopped rosemary and Maldon salt, for sprinkling

Heat oven to 220C. Mix together the flour, yeast and  $\frac{1}{2}$  teaspoon of salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for about 4-5 minutes until the dough feels strong, bouncy and has a silky feel to it.

Cut the dough into 8 pieces, then roll out into rough rounds about 16-17cm in diameter. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 minutes, then scatter with rosemary, salt and pepper and drizzle with olive oil. Bake in batches for 8-10 minutes until puffy and golden. Drizzle with olive oil or pesto or dip into hummus!



# S'mores Dip

A super chocolatey twist on the classic American campfire treat. This s'mores dip will be gone before you can say 'mini marshmallow'!

200g milk chocolate  
2 tablespoons milk  
350g mini marshmallows

## To serve

100g digestive biscuits or Biscoff biscuits  
100g strawberries, washed and hulled  
100g pineapple chunks

Heat the chocolate, milk and 200g of the marshmallows in an ovenproof frying pan over a low heat until melted and smooth. Top with the remaining marshmallows in circles so that the whole surface is covered.

Grill on high for 1-2 minutes until the marshmallows are toasted. Serve with digestives and strawberry and pineapple skewers for dunking.



# Spinach and Paneer Kati Rolls

## For the spinach and paneer:

3 tablespoons olive oil  
225g block paneer cheese, cut into 1cm cubes  
150g spinach leaves  
4 garlic cloves, finely chopped  
1 teaspoon cumin seeds  
½ teaspoon crushed chilli flakes  
½ teaspoon salt

## For the kati rolls:

Olive oil, for frying  
2 free-range eggs  
A pinch of salt  
4 small tortilla wraps

Heat 2 tablespoons of the oil in a saucepan over a medium heat. Add the paneer and fry for 5 minutes, stirring occasionally. You want to colour the paneer as much as possible. Put the spinach leaves and 150ml of water into a blender and whiz to a smooth paste. Take the paneer out of the pan with a slotted spoon and set aside. Add the remaining tablespoon of oil and the garlic to the pan and cook for 1 minute, until the garlic is light brown. Add the green mixture, along with the cumin seeds, chilli flakes and salt, and cook on a medium heat for 5 minutes, or until some of the water from around the edge has reduced and the mixture has thickened. Add the paneer to the pan and mix well, making sure all the cheese is covered in green. Pop a lid on the pan and leave on a low heat while you make the rolls.

For the kati rolls, put a small frying pan over a high heat and add a good glug of oil, enough to at least cover the base. Put the eggs onto a plate with the salt and lightly whisk. Dip a tortilla into the egg mixture, making sure to cover it all over. Get it straight into the frying pan. The oil should be hot enough to really create a sizzle. Cook for 30 seconds, then turn it over and cook on the other side. Cook the other three tortillas the same way. To serve, take a hot crispy tortilla, add the paneer mixture in the centre and roll up.





# Stir-up Sunday Mincemeat

(makes enough to make about 80 mince pies)

One tradition says that the mincemeat should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the ingredients with a spoon from east to west, in honour of the Wise Men.

## 13 ingredient Mincemeat:

100g dried cranberries  
180g Merchant Gourmet Whole Chestnuts, chopped to the size of the cranberries  
120g dried figs, tips trimmed then chopped to the size of the cranberries  
100g dates, chopped to the size of the cranberries  
100g prunes, chopped to the size of the cranberries  
100g vegetable suet  
100g candied peel  
1¼ teaspoons mixed spice  
1 teaspoon ground cinnamon  
Grated zest and juice of 3 large oranges  
150g dark brown sugar  
1 large Bramley apple, unpeeled, coarsely grated  
5 tablespoons balsamic syrup

Mix all the ingredients together and store in the fridge for up to 2 weeks.



# **Tasting Christmas Vegetables**

## **Parmesan Crusted Parsnips**

6 tbsp polenta  
100g parmesan, grated  
pinch freshly grated nutmeg  
2kg/4lb 8oz parsnips, quartered and core removed  
6 tbsp olive oil

Heat oven to 220C/200C fan/gas 7. Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 minutes or until just tender. Drain. While parsnips are still hot, toss with the Parmesan mixture to coat. Set a roasting tin over the hob and heat the oil. Add the parsnips and turn to coat in the oil. Put the tin in the oven and roast for 15 minutes, then turn the parsnips over and cook for 15 minutes more until golden.

## **Creamy Sprouts with Bacon**

1kg Brussels sprouts, trimmed  
8 rashers cured bacon, cut into lardons  
250ml double cream  
2 garlic cloves, crushed  
Salt and freshly ground black pepper

Cook the Brussels sprouts in a saucepan of boiling salted water for 5-6 minutes. Drain and refresh in a bowl of ice and water. Drain again when the sprouts have cooled. Add the bacon lardons to a non-stick frying pan, and fry over a medium heat until crisp. Add the cream and crushed garlic to a small pan and bring to the boil. Stir the sprouts into the crisp bacon; then stir in the hot cream. Season with salt and pepper and serve straightaway.

## **Brussel Sprout Mash**

500g Brussels sprouts, prepared  
25g butter, plus extra to serve  
75ml double cream  
Fresh sage, to garnish (optional)

Put the sprouts in a large pan of salted water, bring to the boil, then cover until the water comes back up to the boil. Uncover and cook for 5-6 minutes, until the sprouts are tender. In a small pan, melt the butter with the cream over a low heat. Drain the sprouts, then whizz in a food processor with the butter, cream and a pinch of pepper. Spoon into a serving dish, add a knob of butter and garnish with sage.

## **Sweet Potato Crisps**

¼ small sweet potato  
½ tablespoon olive oil

Heat oven to 200C and slice the sweet potato thinly. Toss with the olive oil and roast for 15-20 minutes until crisp. Leave to cool.

## Warm Smoothie Bowls

### Berry Smoothie

200g frozen berries  
2 tablespoons of honey  
125ml milk  
1 banana  
1 orange, juiced  
250g natural yoghurt  
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm...ideal for a winter breakfast on the run.

### Hot Chocolate Smoothie

300ml milk  
16g chocolate chips  
15ml maple syrup  
40g rolled oats  
20g cocoa powder  
½ teaspoon vanilla extract

The night before, add all ingredients, except chocolate chips, to the bowl of a blender and give it a stir to ensure that everything is well combined. Cover and place in fridge for at least 3 hours, preferably overnight. This step isn't absolutely necessary, but allowing the oats to soak for a few hours will make them easier to blend and give you a smoother, creamier smoothie.

When ready to eat, blend on high until oats are fully broken down and a smooth and creamy consistency is reached. Transfer the smoothie to a small saucepan set over medium heat, adding the chocolate chips and bring to a simmer. If the smoothie is too thick, add an extra splash of milk until desired consistency is reached. Garnish with toppings of your choice: coconut chips, dried banana chips, raisins, cereal or fresh fruit!



## Yorkshire Pudding Pizza – comfort food at it's best!

2 tablespoons sunflower oil  
285ml milk  
115g plain flour  
3 eggs  
200g passata  
1 teaspoon dried oregano  
25g cheddar, grated

**Your choice of toppings:** salami, pepperoni, ½ ball mozzarella, jalapeños, fresh basil leaves etc

Heat oven to 230C. Pour the oil into an 18cm springform cake tin then heat it in the oven for 10 minutes. Take the tin out of the oven and quickly pour in the Yorkshire pudding batter then return it to the oven for 25 minutes until puffed up and golden.

Once baked, pour in the passata and sprinkle with the oregano and cheddar then add your chosen toppings. Bake for a further 15-20 minutes until the cheese is bubbling. Top with fresh basil if you like before serving.



# Anzac Biscuits

## Anzac – Australian and New Zealand Army Corps

85g porridge oat  
85g desiccated coconut  
100g plain flour  
100g caster sugar  
100g butter, plus extra butter for greasing  
1 tbsp golden syrup  
1 tsp bicarbonate of soda

Heat oven to 180C. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tablespoons of boiling water and then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients. Put dessertspoonful's of the mixture on to buttered baking sheets, about 2.5cm apart to allow room for spreading. Bake in batches for 8-10 minutes until golden. Transfer to a wire rack to cool.



## Apple and Blackberry Yorkshire Puddings

25g butter  
140g caster sugar  
4 apples, peeled, cored and cut into bite-size chunks  
1 egg white  
2 eggs  
140g plain flour  
200ml full-fat milk  
150g punnet blackberry  
2 tablespoons sunflower oil

Heat oven to 220C. Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3-4 minutes until slightly caramelised and just starting to soften. Set aside.

In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.

Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used. Put the tin in the oven and leave for 15 minutes, without opening the door, until puffed up and golden. Remove from the oven and carefully place each pudding onto a plate. Serve immediately with custard or vanilla ice cream.





## Apple, Cinnamon and Granola Puffs

2 cans of Jus-Rol Ready-to-Bake Cinnamon Swirls Dough  
2 small eating apples, cored and thinly sliced  
4 tablespoons breakfast granola, roughly crushed  
1 medium egg mixed with 1 tablespoon of runny honey

Pre-heat the oven to 200C. Line a baking tray with baking parchment. Open the cinnamon swirl cans and unroll the dough, cinnamon-side facing up. Spread the cinnamon layer evenly across the top of the pastry. With the cinnamon side facing up, cut each length of pastry into 3 squares.

Place slices of apple on one half of each square, keeping a 5mm border. Sprinkle 1 teaspoon of the breakfast granola over each pile of apple. Brush the border with some of the honey and egg mixture and press the edges together to seal to make triangle shapes. Place on the baking tray and, with a sharp knife, pierce two small slits in the top of each apple puff to let the steam escape.

Finely crush the remaining granola. Brush the tops with some of the egg and honey mixture, sprinkle over the remaining granola and bake for 10-11 minutes until puffed up and golden. Dust with icing sugar and eat hot or cold.



# Baked Buffalo Chicken Wings

3 garlic cloves, crushed  
2 tablespoons olive oil  
3 tablespoons cider vinegar  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
2 teaspoons celery salt  
4 tablespoons pepper sauce (we used Frank's hot sauce)  
3 tablespoons honey  
1½kg chicken wings, halved at the joint

## Blue Cheese Dip

150ml buttermilk  
150ml soured cream  
85g blue cheese, crumbled  
1 garlic clove, crushed  
¼ tsp sweet paprika

In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, hot sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight.

Heat oven to 180C. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, then pour off the excess oil, add the reserved marinade and toss well. Increase oven to 200C. Return to the oven and cook for a further 30 minutes, tossing a few times to coat in the glaze as they cook. They should be sticky and glazed with most of the marinade evaporated.

Mix all the ingredients together for the blue cheese dip and serve with the buffalo chicken wings.



## Bunny Chow – Durban Street Food

500g chicken thighs or breast cut in bite-sized pieces  
100ml sunflower oil  
2-3 curry leaves  
1 teaspoon crushed ginger  
2 teaspoons crushed garlic  
1 tablespoon curry powder  
1 medium onion, diced  
2 medium tomatoes, diced  
1 cinnamon stick  
1½ teaspoons paprika  
3 green cardamom pods lightly crushed  
250g potatoes, cut into cubes  
400g chickpeas, drained and rinsed  
½ teaspoon cayenne pepper  
200ml chicken stock  
Salt and pepper to taste

Heat a large sauce pan with oil, and add onions, garlic, cinnamon stick, curry leaves, cardamom pods and curry powder, stir occasionally for about 2-3 minutes until onions is translucent. Add tomatoes followed by chicken and sauté for about 2-3 more minutes.

Next add chickpeas, potatoes and chicken stock. Bring to a boil and let it simmer until sauce thickens, it might take about 25 minutes or more. Adjust for salt, pepper and stew consistency. Serve in a hollowed out bread loaf.





# Cheese and Marmite Flapjacks

85g butter  
60g marmite  
1 tablespoon rapeseed oil  
2 large leeks, trimmed, washed and very finely sliced  
175g jumbo oats  
50g plain flour  
200g mature cheddar, grated  
75g mixed pumpkin and sunflower seeds  
50g raisins  
2 large eggs, beaten

Heat the oven to 200C and line a 22cm square tin with baking parchment. Gently melt 65g of the butter and the marmite in a small pan. Meanwhile put the remaining butter in a frying pan with the oil and leeks and cook very gently for 10 to 15 minutes or until the leeks are very soft.

Mix together the oats, flour, 165g of the cheddar, most of the seeds and all of the raisins in a large bowl. Pour over the melted marmite butter and the beaten eggs and then scrape in all the leeks and the buttery juices. Stir everything together well, until all the ingredients are sticky

Press the mixture into the prepared tin, scatter over the remaining seeds and cheese, then bake for approximately 25 minutes or until the top is golden and crisp. Cool in the tin for 10 minutes, then cut into squares and leave to cool completely before eating.



## Cheesy Bonfire Bread

200g wholemeal flour  
200g plain flour, plus extra for dusting  
1 teaspoon bicarbonate of soda  
2 teaspoons cream of tartar  
1 teaspoon salt  
1 teaspoon caster sugar  
25g butter, melted  
300ml milk, at room temperature  
175g cheddar, coarsely grated  
3 tablespoons pumpkin seeds  
85g ready-roasted pepper, drained and chopped

Heat oven to 200C. Sift the dry ingredients into a large bowl and make a large well in the middle. Combine the melted butter and milk, then pour into the well. Mix to a soft dough. Dust the work surface with flour. Add most of the cheddar, 2 tablespoons of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.

Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 minutes until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm.



## Chilli, Ginger and Mango Crumble

100g granulated sugar  
3 mangoes, peeled and diced  
½ a pineapple, peeled, cored and diced  
5cm piece of fresh root ginger, peeled and grated  
400g canned Kesar mango pulp  
½ red chilli  
Grated zest and juice of a lime  
45g butter

### **Crumble**

50g rice flour  
175g plain flour  
100g butter  
75g soft brown sugar  
½ teaspoon cinnamon

Cream to serve

Heat the sugar in a heavy based pan and once it dissolves and starts to turn a gentle brown, add the mango and pineapple pieces, the ginger, mango pulp, chilli and the lime zest and juice. Stir gently and add the butter a small piece at a time. Allow to cook for 2 minutes over a medium heat until the sauce thickens to a syrup-like consistency. Remove from the heat and transfer the mixture to an ovenproof baking dish.

To make the crumble, put the rice flour and plain flour into a bowl and rub in the butter until it resembles breadcrumbs. Add in the sugar and the cinnamon and mix together. Sprinkle the mixture on top of the fruit and bake for 20 to 25 minutes until golden brown and bubbling. Serve the crumble hot with cream.





# Chocolate Chip Flapjacks

240g butter, diced  
150g light muscovado sugar  
225g golden syrup  
150g dark chocolate  
350g refined porridge oats (not wholegrain)

Gently melt the butter with the sugar and golden syrup in a small saucepan over a medium heat and then pour this into a large bowl and leave to cool to room temperature, about 20 minutes.

Have ready a 23cm square brownie tin and line with baking parchment. Heat the oven to 180C

Chop the chocolate into roughly 1cm dice. Stir the butter and syrup mixture until amalgamated. Fold in the oats, and then two thirds of the chopped chocolate. Tip the mixture into the tin, pressing it down using the back of a metal spoon. Scatter over the remaining chocolate pieces and press down into the mixture using your fingers.

Bake for 20-25 minutes until lightly coloured. Leave to cool completely until the chocolate has set, ideally overnight, or you can pop the tray into the fridge once it is cool. Cut into squares (you should get 25).



# Chocolate Tiramisu

## Chocolate Syrup for Dipping:

240ml hot water

1½ tablespoons unsweetened cocoa powder

2 tablespoon granulated sugar

## Chocolate Ganache:

100g dark chocolate , coarsely chopped

120ml double cream

## Filling:

227g mascarpone cheese, at room temperature

1 teaspoon pure vanilla extract

250ml double cream

65g icing sugar

About 200g (18-24) boudoir biscuits

Grated chocolate, to sprinkle on top

**For the chocolate syrup** combine all the ingredients and set aside to cool slightly.

**For the chocolate ganache:** put the chopped chocolate and cream in a medium heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally. Set aside to cool slightly.

**For the filling:** in a large bowl, place mascarpone and vanilla extract and whisk vigorously until creamy and smooth. In a different mixer bowl, using an electric mixer, whisk together double cream and sugar until stiff peaks form. Fold whipped cream into mascarpone in 2 additions until mixture is smooth.

**Assemble tiramisu:** dip boudoir biscuits very quickly (less than a second) into the chocolate syrup. Break each one into 4 pieces and place them at the bottom of the glasses (you don't have to use all 4 pieces at once; it depends on the size of the glass). Spoon a dollop of the mascarpone cream mixture on top. Add a thin layer of chocolate ganache, about 1-1.5 teaspoons, on top of the mascarpone cream. Repeat once more and finish with another layer of mascarpone cream. Dust the top with grated chocolate. Refrigerate for at least 1-2 hours until set. Tiramisu will keep for 3 days in the fridge.



## Traditional Mincemeat - makes 4 x 370g jars

175g currants  
175g raisins  
175g sultanas  
175g dried cranberries  
100g mixed peel  
1 small cooking apple, peeled, cored and finely chopped  
125g butter, cut into cubes  
225g light muscovado sugar  
½ teaspoon ground cinnamon  
1 teaspoon mixed spice  
Finely grated rind and juice of 1 lemon  
200ml brandy, rum or sherry

Measure all of the ingredients except the alcohol into a large pan. Heat gently, allowing the butter to melt, then simmer very gently, stirring occasionally, for about 10 minutes.

Allow the mixture to cool completely then stir in the brandy, rum or sherry. Spoon the mincemeat into sterilised jam jars, seal tightly, label and store in a cool place.

This can be made up to 6 months ahead.



## Mince Pie Biscuits

250g unsalted butter, softened  
140g golden granulated sugar  
1 egg yolk  
Grated zest of a clementine, or easy peel orange  
300g plain flour  
350g of mincemeat

Preheat the oven to 180C and line a baking sheet(s) with baking paper. Beat the butter and sugar together. Add the egg yolk and zest before beating until combined. Sift the flour in and mix until it forms dough. Fold in most of the mincemeat. It makes it very sticky. Use a tablespoon to scoop out the dough and place on the prepared baking sheets. Bake for 10-20 minutes. It really depends on how big you make them mine took 15 minutes. They will have turned a bit golden on top, but should still be a little soft in the middle. Leave to cool or serve warm with some cream!

## Mincemeat Puffs

200g ready rolled all butter puff pastry  
100g icing sugar  
1 star anise  
2 cloves  
200g mincemeat

Place the cloves, star anise and icing sugar in a spice grinder or blender and blitz until the spices are broken down and incorporated into the sugar. Unroll the puff pastry and spread the mincemeat over the surface of the pastry. Roll the 2 longest sides of the pastry to meet in the middle, forming 2 Swiss rolls that are joined at the base. Freeze until firm, but not completely frozen around 10-15 minutes.

Preheat the oven to 180°C. Remove from the freezer and cut the logs widthways into 1cm thick slices, keeping the 2 discs attached. Sprinkle over the spiced sugar and cook for 12-15 minutes in the oven. Remove from the oven and serve warm. Alternatively, allow to cool and dust with a little icing sugar.



## Mincemeat Cinnamon Whirls – makes 12

### For the dough:

500g strong white flour, plus extra for dusting  
5g salt  
10g caster sugar  
7g fast-action yeast  
150ml tepid water  
120ml milk  
1 large egg  
40g butter, at room temperature  
Flavourless oil, for greasing

### For the filling and icing

350g mincemeat  
1teaspoon ground cinnamon  
100g icing sugar  
1-2 teaspoons orange juice

To make the dough, place the flour in a bowl and stir in the salt and sugar. Add the yeast and stir it through the flour. Add the water, milk and egg and mix well with a wooden spoon or your hands until you have a scraggy dough. Squeeze in the softened butter, then knead until the mixture is smooth and elastic – about 10 minutes. Place the dough into an oiled bowl, cover with cling and allow to rise until doubled in size – usually an hour but could be more if your kitchen is cool.

Once the dough has risen, flour the worktop and roll the dough out into a square of about 45cm/18-inch. Spread the mincemeat all over the dough before dusting over the cinnamon. Roll up into a tight spiral. Trim off the messy ends, then cut the roll into 12 equal-ish slices. Place these, spiral sides up, into the greased muffin tray. Allow to rise for another 30 minutes.

Preheat the oven to 200C. Bake the buns for 15 minutes, or until risen and golden. Remove from the tin immediately and place onto a wire rack to cool. For the topping, simply mix together the icing sugar and orange juice to a thick, but pourable icing. Ice the cool buns before serving.



## Easy Apple Bites

1 Braeburn apple, cut into 8 slices  
45g butter, melted  
1 can croissant dough  
50g caster sugar  
1 teaspoon ground cinnamon

Heat oven to 200C. Line a baking tray with baking parchment. In a small bowl, combine the sugar and cinnamon. In a separate bowl, toss apple slices with  $\frac{1}{2}$  of the melted butter and  $\frac{1}{2}$  of the sugar mixture. Stir to combine.

Separate dough into 8 triangles on baking sheet. Top each triangle with an apple slice. Starting at the wide side of each triangle, wrap dough around apple. Brush with remaining butter and sprinkle with remaining sugar mixture. Bake 12 minutes. Allow to cool for 5-10 minutes.





# Easy Okonomiyaki

## For the okonomiyaki sauce

1½ tablespoons tomato ketchup  
½ tablespoon Worcestershire sauce  
2 teaspoon runny honey  
1 teaspoon dark soy sauce

## For the okonomiyaki pancakes

3 large free-range eggs  
3 tablespoons plain flour  
A pinch of sea salt  
½ teaspoon dark soy sauce  
½ teaspoon toasted sesame oil  
2 large spring onions, thinly sliced  
275g white cabbage, shredded  
Sunflower oil

For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

# Easy Smoked Salmon and Avocado Sushi

300g sushi rice  
2 tablespoons rice or white wine vinegar  
1 teaspoon caster sugar  
1 large avocado  
Juice ½ lemon  
4 sheets nori seaweed  
4 large slices smoked salmon  
1 bunch chives  
Sweet soy sauce, wasabi and pickled ginger to serve

Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.



## Oriental Egg Fried Rice

250g long grain rice  
150g frozen peas  
2 tablespoons sunflower oil  
100g pancetta or bacon, roughly chopped  
1 small red pepper, chopped  
2 garlic cloves, thinly sliced  
2 large eggs  
1 heaped teaspoon Chinese five-spice powder

Fill a large saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered, without stirring for 10 minutes. Drain and allow to become completely cold. Cook the peas in a pan of boiling water for 2 minutes and then drain.

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for a further 2 minutes.

Add the cold rice with the Chinese five-spice, stir frying for a couple of minutes before adding the beaten eggs. Stir fry until the egg just sets.

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## Healthy Granola

This delicious healthy granola recipe is naturally sweetened with maple syrup (or you could use honey). It's made with oats, coconut oil, your favourite dried fruit and seeds.

170g rolled oats  
75g seeds  
½ teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
60ml coconut oil  
60ml maple syrup  
½ teaspoon vanilla extract  
75g dried fruit, chopped if large

Preheat oven to 180C and line a large, rimmed baking sheet with baking parchment. In a large mixing bowl, combine the oats, seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and seed is lightly coated. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely before topping with the dried fruit. Break the granola into pieces with your hands retaining some big chunks.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## Mix and Go Museli

400g rolled oats  
220g rolled barley flakes  
75g bran cereal  
100g pumpkin seeds  
50g sunflower seeds  
100g dried apple, chopped  
100g dried apricots, chopped

Mix together all the ingredients and store in an airtight container. Serve with milk or yoghurt and fresh berries.

# Homemade Chocolate Granola

175g apple sauce  
100g golden syrup  
100g light brown soft sugar  
400g rolled oats  
50g cocoa powder  
50g sunflower seeds  
75g raisins  
75g dark chocolate, finely chopped  
75g dried cranberries  
Yoghurt, to serve, optional  
Raspberries and blueberries, to serve, optional

Pre-heat oven to 170°C and line a large baking sheet with baking parchment. Heat the apple sauce, golden syrup and sugar in a large pan until melted. Add oats, cocoa powder and sunflower seeds; mix well. Spread evenly on the lined baking sheet. Bake for 20 minutes, then stir (it should form into clumps). Bake for 20 minutes more until the granola clumps are crispy. Allow to cool completely, then stir through the raisins, chocolate and cranberries.

Serve layered with yoghurt, raspberries and blueberries.



# Houmous and Harissa Kofte Pittas

200g pot of houmous  
500g British lamb mince  
50g raisins  
1½ tablespoons harissa paste  
1 finely chopped onion  
1 tablespoon olive oil  
6 pittas

## Greek Salad

4 large vine tomatoes, cut into irregular wedges  
1 cucumber, peeled, deseeded, then roughly chopped  
½ a red onion, thinly sliced  
16 Kalamata olives  
1 teaspoon dried oregano  
85g feta cheese, cut into chunks (barrel matured feta is the best)  
4 tablespoons Greek extra virgin olive oil

## Tzatziki

500g whole-milk Greek yoghurt, preferably ewe's milk  
4 cloves of garlic, or more or less to taste  
2 tablespoons extra-virgin olive oil  
½ large cucumber  
1 tablespoon lemon juice  
Small bunch of mint

Make the tzatziki first. Crush the garlic into the oil with a pinch of salt and leave to infuse. Coarsely grate the cucumber and put in a colander in the sink. Salt lightly, toss and leave to drain for 30 minutes. Stir the garlicky oil and lemon juice into the yoghurt. Squeeze out the cucumber very well and then stir this in too. Allow to sit for a couple of hours, but preferably overnight. Just before serving, season to taste, adding more oil or lemon juice if necessary, then finely chop the mint before stirring into the tzatziki.

Next combine half the pot of houmous, lamb mince, raisins, harissa and the chopped onion in a bowl. Season and then shape into 18 equal-size kofte. Heat the olive oil in a non-stick pan and fry the kofte until golden all over and cooked through (8-10 minutes).

Warm the pittas in the toaster, then split and spread with the rest of the pot of houmous. Divide the koftes equally among the pittas and drizzle with some tzatziki. For the Greek salad, mix all the ingredients together and serve with the kofte pittas.

# Hummus 3 Ways

## **Classic:**

2 x 400g tins of chickpeas  
10 tablespoons olive oil  
Juice of 2 juicy lemons  
2 heaped tablespoons tahini  
3 cloves of garlic, peeled  
2 teaspoons ground cumin  
Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

## **Beetroot:**

1 quantity of classic hummus (recipe above)  
1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

## **Roasted Red Pepper and Paprika:**

2 large red peppers  
1 quantity of classic hummus (recipe above)  
1 green chilli, deseeded  
2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudités or corn chips.





# Indian Winter Barley Soup

100g pearl barley  
2 tablespoons vegetable oil  
½ teaspoon brown mustard seeds  
1 teaspoon cumin seeds  
2 green chillies, deseeded and finely chopped  
1 bay leaf  
2 cloves  
1 small cinnamon stick  
½ teaspoon ground turmeric  
1 large onion, chopped  
2 garlic cloves, finely chopped  
1 parsnip, cut into chunks  
200g butternut squash, cut into chunks  
200g sweet potato, cut into chunks  
1 teaspoon paprika  
1 teaspoon ground coriander  
225g red lentils  
2 tomatoes, chopped  
Small bunch coriander, chopped  
1 teaspoon grated ginger  
1 teaspoon lemon juice

Rinse the pearl barley and cook following the packet instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic and cook for 5-8 minutes until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice. Serve with a chunk of crusty bread.



## Mango Lassi

1 very ripe alphonso mango or 200g mango pulp from a tin  
5 ice cubes  
125ml chilled plain whole milk yoghurt  
Pinch of ground cardamom, or to taste  
Splash of milk or water (optional)  
½ teaspoon soft light brown sugar  
Squeeze of lime juice

Peel the mango and cut the flesh away from the stone. Put in a blender with the ice cubes and whiz until finely chopped. Then spoon in the yoghurt and cardamom and whiz until smooth. If it is still too thick (this will depend on the consistency of your yoghurt and juiciness of your mango), add a little milk or water to thin it down. Taste and add sugar or lime juice, if needed. Pour into a glass and drink.



## Mango and Banana Smoothie

1 medium mango  
1 banana  
500ml orange juice  
4 ice cubes

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.



### **Moa Samoa (Polynesian brown sugar chicken)**

8 chicken joints – thighs, drumsticks and breasts joints on the bone  
Bunch of spring onions, roughly chopped  
450ml fresh pineapple juice  
3cm long ginger root, thinly sliced  
3 cloves garlic, chopped  
360ml soy sauce  
275g raw sugar  
Juice and zest of 2 oranges  
Juice from 4 passion fruit  
Zest and juice of 2 limes  
4 star anise

Apart from the chicken, combine all the ingredients to make a sauce. Divide the sauce in half – one half is for the marinade and the rest for the glaze. Pat the chicken pieces dry and place in a bowl with the marinade. Let it marinate for three hours or up to two days. Place the second measure of sauce in a saucepan and simmer until it is reduced to a third, refrigerate until needed.

Pre-heat the oven to 180C. Oil a roasting pan, lift the chicken pieces from the marinade and lay in the pan. Roast for about 40 minutes or until done, basting frequently. Brush with the reserved glaze before serving with grilled pineapple and coconut basmati rice.

### **Hawaiian Shrimp Truck Recipe**

450g shrimps (large prawns), peeled and deveined  
110g butter  
3 Tablespoons olive oil  
1 head of garlic, peeled and chopped  
90g plain flour  
2 tablespoons paprika  
½ teaspoon cayenne pepper  
½ teaspoon salt  
1 lemon, cut into wedges

Combine the flour, paprika, and cayenne pepper in a dish and toss the shrimp in the mixture to coat. Heat a large frying pan over a low 5 minutes. Raise the heat to medium and add the shrimp in a single layer. Cook for 3 to 4 minutes on heat. Add the butter, oil, and garlic. Allow the garlic to cook for 3 to one side, then turn the shrimp and cook for 3-4 minutes on the other side. Add salt, and cook for another minute or two. Squeeze a bit of fresh lemon juice over the shrimp. Serve immediately with white rice and a lemon wedge.

### **Caribbean Coconut Fudge Bars**

#### **Oatmeal Crust:**

150g flour  
90g oats  
140g soft brown sugar  
½ teaspoon bicarbonate of soda  
170g butter, melted

#### **Fudge:**

350g chocolate chips  
1 can (397g) sweetened condensed milk  
30g butter  
1 teaspoon vanilla extract

#### **Coconut topping:**

100g sweetened condensed milk  
200g flaked or shredded coconut

Preheat oven to 200C. Combine flour, oats, brown sugar and the bicarbonate of soda in a medium-sized bowl. Add melted butter and press down evenly into a 9x13cm tin. Bake in the oven for 8 minutes. Cool slightly.

Combine fudge ingredients in a medium-sized sauce pan and heat until just melted and thick. Pour fudge over oat crust and allow to cool completely. Place coconut in a food processor or blender and pulse 1-2 times until coarsely chopped. Combine coconut and sweetened condensed milk and gently spread evenly on top of the fudge. Cool and serve.

# Pavlova

2 egg whites  
4 tablespoons boiling water  
350g caster sugar  
½ teaspoon vanilla essence  
1 Teaspoon white wine vinegar  
1 teaspoon cornflour

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold. Top with cream and fruit.



## Pea, Mint and Parmesan Bruschetta

250g frozen peas, blanched  
1 garlic clove, finely chopped  
A small handful of mint leaves (about 15 to 20)  
Juice of 1 lemon  
2 tablespoons olive oil  
3 tablespoons Parmesan cheese  
Freshly ground black pepper  
Salt, to taste  
Aleppo pepper flakes  
Rounds of toasted French bread

Tip the peas into a blender with the garlic, a few mint leaves and lemon juice. Blend until a rough paste forms. Add the olive oil and Parmesan cheese. Blend again. You may prefer a rough texture or a smoother one: it really is up to you! Season with a load of freshly ground black pepper. Add salt to taste. Serve smeared over slices of toasted French bread rounds, with shards of Parmesan and few Aleppo pepper (or dried chilli) flakes.

## Green Pea and Mint Dip with Nachos

450g frozen petit pois or peas, defrosted and drained  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
1 small bunch fresh mint leaves  
115g plain yoghurt  
½ red chilli, seeds removed, finely chopped  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 lime, juice only  
Salt and freshly ground black pepper  
2 tablespoons extra virgin olive oil  
1 large bag ready-made nachos

Place the peas, onion, garlic and mint leaves into a food processor and blend to a thick purée. Add the yoghurt and blend again, leaving the mixture slightly lumpy. Transfer the mixture to a bowl and stir in the chilli, cumin, coriander and lime juice and season, to taste, with salt and freshly ground black pepper. Spoon into a serving bowl and drizzle with the olive oil. Serve with a bowl of nachos alongside for dipping.



## Pear and Banana Bread

100g unsalted butter, melted, plus extra for greasing  
3 (about 250g) really ripe bananas  
100g golden caster sugar  
2 ripe comice pears, cored and chopped, dusted in a little flour  
1 tablespoon maple syrup, plus extra to serve  
1 teaspoon vanilla extract  
1 large free-range egg  
150g plain flour  
½ teaspoon bicarbonate of soda  
50g raisins

Heat the oven to 180C. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin. Mash the bananas in a mixing bowl; then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract and then beat in the egg. Sift in the flour and bicarbonate of soda; then gently fold in, along with the raisins, using a metal spoon.

Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes; then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.





# Pearl Barley and Hot Smoked Salmon Kedgeree

A dish as rich in history as it is in flavour, this Anglo-Indian hybrid was brought over to England during the British Raj era. It soon became a Victorian breakfast-time favourite, and is still today a much-loved food memory from many a childhood, bursting with the warming flavours of India.

Said to be inspired by the traditional Indian dish Khichri, a mixture of rice and lentils that has been a culinary classic for centuries, kedgeree is a recipe that is still evolving. We've substituted the haddock for hot smoked salmon – a wonderful oily fish full of lean protein, essential vitamins and minerals, as well as omega-3 fatty acids. We've also swapped the rice for pearl barley which is far richer in heart-healthy fibre and added in peas and fresh herbs for a healthy green injection of nutritional goodness.

- 1 tablespoon coconut oil
- 1 red onion, finely sliced
- 1 red chilli, finely diced
- 200g hot smoked salmon
- 8 quails eggs
- 3 cloves garlic, crushed
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1cm piece of root ginger, grated
- 1 teaspoon ground coriander
- 300g pearl barley
- 750ml vegetable stock
- 200g frozen peas
- Handful fresh parsley, chopped
- Handful fresh coriander, chopped
- 2 lemons

Heat up the coconut oil in a large wok or pan and sauté for a few minutes and sauté the onion, ginger, garlic and chilli for a few minutes. Then add in the garam masala, ground coriander and turmeric and cook until the garlic, onion, ginger and chillies are soft and have absorbed the spices. Add in the pearl barley and mix well until it's covered in the spices. Add in 400ml of the stock and let it cook on medium heat for 35 minutes until the pearl barley is tender, stirring frequently and adding in the remaining 350ml of stock as you go. Squeeze in the juice and zest of one lemon. Cut the remaining lemon into wedges to serve.

Boil the quails eggs for two and a half minutes. Drain and place the eggs under a cold running tap. Peel and cut in half. Set aside. In a sieve, pour hot water over the frozen peas and then add into the pan with the pearl barley a few minutes before it's ready to serve. Then flake in the salmon and chopped herbs before mixing it all together. Season well.

Serve up the kedgeree in a large serving dish with the boiled eggs and the remaining lemon wedges to squeeze over.

## Pesto and Parmesan Swirls

230g puff pastry  
100g of pesto  
50g pine nuts  
20g grated Parmesan cheese  
4 tablespoons milk for glazing

Pre-heat oven to 200C. Line a baking tray with baking paper. Arrange a layer of puff pastry on a large baking tray. Spread the pesto evenly over the pastry, smoothing it out with a spoon. Scatter pine nuts evenly over the pastry. Top with grated Parmesan cheese. Roll up the puff pastry from the longer side; brush the roll with milk to glaze. Slice the roll into individual swirls about 1½cm thick. You should get about 12 to 15 swirls. Arrange the swirls on prepared baking tray, leaving some space between each one. Bake the swirls in the oven for about 15-20 minutes, or until crisp and golden.

To make them look like a Catherine Wheel firework, push a lollipop stick into the pastry before baking.



# Pizza in 4 Easy Steps

## For the base

300g strong bread flour  
1 teaspoon instant yeast  
½ teaspoon salt  
1 tablespoon olive oil, plus extra for drizzling

## For the tomato sauce

100ml passata  
Handful fresh basil  
1 garlic clove, crushed

## For the topping

125g ball mozzarella, sliced  
Handful grated or shaved parmesan  
Handful cherry tomatoes, halved

## To finish

Handful basil leaves

**Make the base:** Put the flour into a large bowl and then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

**Make the sauce:** mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

**Roll the dough:** divide the dough into 2 equal balls and on a floured surface, roll out into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

**Top and bake:** heat oven to 220C. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.



# Pizza

250g strong white bread flour  
½ teaspoon salt  
½ teaspoon sugar  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy.

Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce  
Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc  
100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.



## Scones

225g self-raising flour  
55g butter  
25g caster sugar  
150ml milk  
1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

## Cheese Scones

225g self-raising flour  
55g butter  
25g mature Cheddar, grated  
150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.



## Polenta Tart with Sausage and Broccoli

1litre vegetable stock  
200g instant polenta  
50g parmesan, grated  
140g thin-stemmed broccoli  
200g ready-grated mozzarella  
100g semi-dried tomato  
1 garlic clove, chopped  
4 Italian pork sausages, skins removed and split into bite-sized chunks

Heat oven to 200C. In a large saucepan, bring the stock to the boil and then slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 minutes, then remove from the heat altogether. Stir in 1 tablespoon of the parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick.

Cook the broccoli in salted water for 2 minutes, drain and rinse under cold water. Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage. Bake for 20 minutes until the sausage is browned and the sides of the polenta crisp.





# Prawn and Chorizo Paella

Olive oil  
1 onion, chopped  
Chorizo 6cm piece, cut into small chunks  
150g paella rice  
600ml hot chicken stock  
A good pinch of saffron or turmeric  
¼ teaspoon hot smoked paprika  
150g peeled raw prawns  
75g roasted red pepper, chopped  
A big handful of flat-leaf parsley, chopped

Heat 1 tablespoon of olive oil in a large frying pan, then add the onion and sizzle until soft. Add the chorizo and fry for a few minutes until it starts to give off its oil, then tip in the rice and stir until all the grains are coated. Add the stock, saffron and paprika and stir. Turn down to a low simmer, cover and cook for 12-15 minutes, until the rice is almost tender. Stir in the prawns, peppers and another small ladleful of hot stock. Cook for another 3-4 minutes, or until the prawns are pink and cooked through. Stir in the parsley and serve.



## Pumpkin Doughnuts with Salted Caramel Sauce

220g plain flour  
2 teaspoons baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon allspice  
A pinch of ground cloves  
75ml sunflower oil  
110g light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
225g canned plain pumpkin  
120ml milk  
100g butter, melted  
200g granulated sugar  
2 tablespoons ground cinnamon

Preheat oven 200C. Spray a 24-cup mini muffin tin with baking spray and set aside.

In a medium bowl mix together flour, baking powder, cinnamon, nutmeg, allspice, and cloves. In a separate bowl whisk together oil, brown sugar, egg, vanilla, pumpkin and milk until smooth. Add dry ingredients to wet ingredients and mix until just combined. Divide batter evenly among muffin cups. Bake for 10-12 minutes or until a toothpick comes out clean.

While the muffins bake, melt butter in one bowl and combine granulated sugar and cinnamon in another bowl. Remove muffins from oven and cool for 2 minutes. Dip each muffin in melted butter and then roll in cinnamon sugar to coat. Serve muffins warm or at room temperature dipped into the salted caramel sauce (recipe below).

### Salted Caramel Sauce

200g granulated sugar  
90g salted butter, room temperature cut up into 6 pieces  
120ml double cream  
1 teaspoon salt

Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar. Very slowly, drizzle in the cream while stirring. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.



# Pumpkin, Rosemary and Pumpkin Seed Focaccia

250 g pumpkin, washed and skin removed  
Olive oil  
Salt and pepper  
1 clove garlic, crushed to a paste  
2 teaspoons chopped rosemary, plus a few sprigs  
7g dry yeast  
280 ml warm water  
125 ml olive oil  
600g strong white flour  
1 tablespoon pumpkin seeds  
Salt

Preheat the oven to 200°C. Cut the pumpkin into even-sized slices, approximately 1 cm thick. Place into a bowl with a little olive oil, salt, pepper, garlic and half the chopped rosemary and jumble together until well coated. Lay the pieces on a parchment paper-lined baking sheet and roast in the oven for 15–20 minutes or until tender and beginning to brown at the edges. Cool then dice the pumpkin, retaining a few bigger pieces for the topping of the focaccia.

Mix the flour with the yeast, a little salt and the remaining chopped rosemary. Mix the water and the oil together and mix into the flour mix. Continue to knead until a smooth elastic dough is formed. Cover the bowl with cling wrap and leave in a warm place until the dough has almost doubled in size. Knead the diced pumpkin and pumpkin seeds into the dough briefly, using a dusting of flour, and then shape into a flat disc approximately 1.5 cm thick. Line a baking tray with baking parchment and place the focaccia on top, drizzle with olive oil and cover with clingfilm and leave to prove again in a warm place until it has almost doubled its size (approximately 30–40 minutes).

Remove the clingfilm, gently press the reserved pumpkin pieces and rosemary sprigs into the surface, and using your fingertips, make a few dimple marks over the surface. Sprinkle with a little salt and bake for 12–15 minutes or until risen and golden. Remove from the oven, drizzle with a little olive oil and serve.



# RAINBOW FRUIT SALAD

200g diced strawberries  
150g diced mango  
2 diced kiwifruit  
100g halved green grapes  
120g blueberries  
100g halved purple grapes

## FOR THE CITRUS MINT DRESSING:

1 teaspoon lime zest  
1 tablespoon lime juice  
2 tablespoons orange juice  
1 tablespoon honey, to taste  
1 tablespoon of fresh mint, chopped

In a large bowl, combine the strawberries, mango, kiwi, green grapes, blueberries, and purple grapes. Stir to combine. Drizzle with citrus mint dressing and stir to coat. Serve immediately, or store in the refrigerator until ready to serve.

## FOR THE CITRUS MINT DRESSING

In a small jar or bowl, whisk together lime zest, lime juice, orange juice, honey, and mint. Stir until well combined. Pour over your rainbow fruit salad immediately, or store covered in the refrigerator until ready to drizzle over salad.

The dressing can be made ahead of time - several hours or up to 1 day and stored in the refrigerator until ready to serve.



## Raspberry and Polenta Cupcakes

200g butter, softened  
200g caster sugar  
4 eggs  
150g self-raising flour  
50g polenta  
4 tablespoons raspberry jam  
250ml double cream, lightly whipped with the icing sugar and vanilla paste  
20g icing sugar plus extra for dusting  
½ teaspoon of vanilla paste  
Raspberries to top cakes

Pre-heat the oven to 200C. Line a 12-hole muffin trays with paper cases. Cream the butter and sugar together in a large bowl until the mixture is light and fluffy. This can take 5-7 minutes, so this stage should not be rushed.

Beat in the eggs, one at a time, until well combined. If the mixture looks like it is curdling add a spoonful of the flour. Fold in the remaining flour and polenta with a metal spoon until you have a soft, smooth mixture. Spoon the mixture into the paper cases until half full, add half a teaspoon of jam and then cover with the remaining cake mixture. The finished cake case should be about three-quarters full.

Bake in the oven for 12-15 minutes, or until the cakes are pale golden-brown and spring back when pressed gently with a finger. Remove the cakes from the oven and set aside to cool on a wire rack. Using a small knife make a well in the top of each cake by removing a disk of cake. Fill this well with the chantilly cream and top with a raspberry. Serve with a generous dusting of icing sugar.





## Red Pepper and Runner Bean Salad with Fresh Basil

1 red pepper, halved lengthways, stalk and seeds removed  
1 garlic bulb, halved  
Olive oil, for drizzling  
Salt and freshly ground black pepper  
250g runner beans, trimmed and sliced  
1 tablespoon balsamic vinegar  
Fresh basil leaves, to garnish

Preheat the oven to 200C. Place the red pepper halves and halved bulb of garlic onto a baking sheet. Drizzle with olive oil and season with salt and freshly ground black pepper. Transfer to the oven and roast for 20 minutes, or until softened.

Meanwhile, bring a saucepan of water to the boil and blanch the runner beans until just tender. Drain the beans and then place into a large bowl. Drizzle the beans with olive oil and balsamic vinegar and season well with salt and freshly ground black pepper.

To serve, place the roasted pepper and garlic halves on top of the beans and garnish with basil leaves. Serve with crusty bread.





## Rustic Bread

250g strong white bread flour

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

200ml sparkling water

Semolina, for sprinkling

Finely chopped rosemary and Maldon salt, for sprinkling

Heat oven to 220C. Mix together the flour, yeast and  $\frac{1}{2}$  teaspoon of salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for about 4-5 minutes until the dough feels strong, bouncy and has a silky feel to it.

Cut the dough into 8 pieces, then roll out into rough rounds about 16-17cm in diameter. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 minutes, then scatter with rosemary, salt and pepper and drizzle with olive oil. Bake in batches for 8-10 minutes until puffy and golden. Drizzle with olive oil or pesto or dip into hummus!



# S'mores Dip

A super chocolatey twist on the classic American campfire treat. This s'mores dip will be gone before you can say 'mini marshmallow'!

200g milk chocolate  
2 tablespoons milk  
350g mini marshmallows

## To serve

100g digestive biscuits or Biscoff biscuits  
100g strawberries, washed and hulled  
100g pineapple chunks

Heat the chocolate, milk and 200g of the marshmallows in an ovenproof frying pan over a low heat until melted and smooth. Top with the remaining marshmallows in circles so that the whole surface is covered.

Grill on high for 1-2 minutes until the marshmallows are toasted. Serve with digestives and strawberry and pineapple skewers for dunking.



# Spinach and Paneer Kati Rolls

## For the spinach and paneer:

3 tablespoons olive oil  
225g block paneer cheese, cut into 1cm cubes  
150g spinach leaves  
4 garlic cloves, finely chopped  
1 teaspoon cumin seeds  
½ teaspoon crushed chilli flakes  
½ teaspoon salt

## For the kati rolls:

Olive oil, for frying  
2 free-range eggs  
A pinch of salt  
4 small tortilla wraps

Heat 2 tablespoons of the oil in a saucepan over a medium heat. Add the paneer and fry for 5 minutes, stirring occasionally. You want to colour the paneer as much as possible. Put the spinach leaves and 150ml of water into a blender and whiz to a smooth paste. Take the paneer out of the pan with a slotted spoon and set aside. Add the remaining tablespoon of oil and the garlic to the pan and cook for 1 minute, until the garlic is light brown. Add the green mixture, along with the cumin seeds, chilli flakes and salt, and cook on a medium heat for 5 minutes, or until some of the water from around the edge has reduced and the mixture has thickened. Add the paneer to the pan and mix well, making sure all the cheese is covered in green. Pop a lid on the pan and leave on a low heat while you make the rolls.

For the kati rolls, put a small frying pan over a high heat and add a good glug of oil, enough to at least cover the base. Put the eggs onto a plate with the salt and lightly whisk. Dip a tortilla into the egg mixture, making sure to cover it all over. Get it straight into the frying pan. The oil should be hot enough to really create a sizzle. Cook for 30 seconds, then turn it over and cook on the other side. Cook the other three tortillas the same way. To serve, take a hot crispy tortilla, add the paneer mixture in the centre and roll up.



# Stir-up Sunday Mincemeat

(makes enough to make about 80 mince pies)

One tradition says that the mincemeat should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the ingredients with a spoon from east to west, in honour of the Wise Men.

## 13 ingredient Mincemeat:

100g dried cranberries  
180g Merchant Gourmet Whole Chestnuts, chopped to the size of the cranberries  
120g dried figs, tips trimmed then chopped to the size of the cranberries  
100g dates, chopped to the size of the cranberries  
100g prunes, chopped to the size of the cranberries  
100g vegetable suet  
100g candied peel  
1¼ teaspoons mixed spice  
1 teaspoon ground cinnamon  
Grated zest and juice of 3 large oranges  
150g dark brown sugar  
1 large Bramley apple, unpeeled, coarsely grated  
5 tablespoons balsamic syrup

Mix all the ingredients together and store in the fridge for up to 2 weeks.



# **Tasting Christmas Vegetables**

## **Parmesan Crusted Parsnips**

6 tbsp polenta  
100g parmesan, grated  
pinch freshly grated nutmeg  
2kg/4lb 8oz parsnips, quartered and core removed  
6 tbsp olive oil

Heat oven to 220C/200C fan/gas 7. Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 minutes or until just tender. Drain. While parsnips are still hot, toss with the Parmesan mixture to coat. Set a roasting tin over the hob and heat the oil. Add the parsnips and turn to coat in the oil. Put the tin in the oven and roast for 15 minutes, then turn the parsnips over and cook for 15 minutes more until golden.

## **Creamy Sprouts with Bacon**

1kg Brussels sprouts, trimmed  
8 rashers cured bacon, cut into lardons  
250ml double cream  
2 garlic cloves, crushed  
Salt and freshly ground black pepper

Cook the Brussels sprouts in a saucepan of boiling salted water for 5-6 minutes. Drain and refresh in a bowl of ice and water. Drain again when the sprouts have cooled. Add the bacon lardons to a non-stick frying pan, and fry over a medium heat until crisp. Add the cream and crushed garlic to a small pan and bring to the boil. Stir the sprouts into the crisp bacon; then stir in the hot cream. Season with salt and pepper and serve straightaway.

## **Brussel Sprout Mash**

500g Brussels sprouts, prepared  
25g butter, plus extra to serve  
75ml double cream  
Fresh sage, to garnish (optional)

Put the sprouts in a large pan of salted water, bring to the boil, then cover until the water comes back up to the boil. Uncover and cook for 5-6 minutes, until the sprouts are tender. In a small pan, melt the butter with the cream over a low heat. Drain the sprouts, then whizz in a food processor with the butter, cream and a pinch of pepper. Spoon into a serving dish, add a knob of butter and garnish with sage.

## **Sweet Potato Crisps**

¼ small sweet potato  
½ tablespoon olive oil

Heat oven to 200C and slice the sweet potato thinly. Toss with the olive oil and roast for 15-20 minutes until crisp. Leave to cool.

## Warm Smoothie Bowls

### Berry Smoothie

200g frozen berries  
2 tablespoons of honey  
125ml milk  
1 banana  
1 orange, juiced  
250g natural yoghurt  
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm...ideal for a winter breakfast on the run.

### Hot Chocolate Smoothie

300ml milk  
16g chocolate chips  
15ml maple syrup  
40g rolled oats  
20g cocoa powder  
½ teaspoon vanilla extract

The night before, add all ingredients, except chocolate chips, to the bowl of a blender and give it a stir to ensure that everything is well combined. Cover and place in fridge for at least 3 hours, preferably overnight. This step isn't absolutely necessary, but allowing the oats to soak for a few hours will make them easier to blend and give you a smoother, creamier smoothie.

When ready to eat, blend on high until oats are fully broken down and a smooth and creamy consistency is reached. Transfer the smoothie to a small saucepan set over medium heat, adding the chocolate chips and bring to a simmer. If the smoothie is too thick, add an extra splash of milk until desired consistency is reached. Garnish with toppings of your choice: coconut chips, dried banana chips, raisins, cereal or fresh fruit!





## Yorkshire Pudding Pizza – comfort food at it's best!

2 tablespoons sunflower oil  
285ml milk  
115g plain flour  
3 eggs  
200g passata  
1 teaspoon dried oregano  
25g cheddar, grated

**Your choice of toppings:** salami, pepperoni, ½ ball mozzarella, jalapeños, fresh basil leaves etc

Heat oven to 230C. Pour the oil into an 18cm springform cake tin then heat it in the oven for 10 minutes. Take the tin out of the oven and quickly pour in the Yorkshire pudding batter then return it to the oven for 25 minutes until puffed up and golden.

Once baked, pour in the passata and sprinkle with the oregano and cheddar then add your chosen toppings. Bake for a further 15-20 minutes until the cheese is bubbling. Top with fresh basil if you like before serving.



## African Jollof Rice

400ml passata  
3 tablespoons tomato purée  
2 fresh red chillies, seeds removed  
2 onions, chopped  
2 red peppers, seeds removed and roughly chopped  
8 garlic cloves, peeled  
3 tablespoons fresh rosemary leaves  
1 tablespoon fresh thyme leaves  
2 teaspoons ground coriander  
1½ teaspoons sweet smoked paprika  
50ml olive oil  
150g cherry tomatoes, halved  
800ml vegetable stock  
2 bay leaves  
500g long-grain rice, rinsed  
2 tablespoons sunflower oil  
2 ripe plantains, peeled and thickly sliced  
Small handful of coriander leaves, roughly chopped  
Sea salt and freshly ground black pepper

Put the passata, tomato purée, chillies, onions, peppers, garlic, rosemary, thyme, ground coriander and paprika in a blender or food processor and blend until smooth. Heat the olive oil in a large saucepan over a medium heat. Add the cherry tomatoes and the blended tomato sauce. Bring to the boil, then reduce the heat slightly and simmer for 5 minutes, stirring occasionally.

Add the stock, bay leaves, rice, 1½ teaspoons salt and a large pinch of black pepper. Stir to combine and bring to the boil. Reduce the heat and simmer for 10–12 minutes, stirring frequently to prevent the rice from sticking, until the rice is cooked through. Turn off the heat, cover with the lid and leave to steam for 15 minutes without removing the lid.

Meanwhile, heat the sunflower oil in a frying pan over a medium heat. Fry the plantain for a few minutes on each side until golden and tender. Spoon the jollof rice onto warmed plates and add the plantain on the side. Garnish with the chopped coriander and serve with a green salad alongside.



## African Jollof Rice

400ml passata  
3 tablespoons tomato purée  
2 fresh red chillies, seeds removed  
2 onions, chopped  
2 red peppers, seeds removed and roughly chopped  
8 garlic cloves, peeled  
3 tablespoons fresh rosemary leaves  
1 tablespoon fresh thyme leaves  
2 teaspoons ground coriander  
1½ teaspoons sweet smoked paprika  
50ml olive oil  
150g cherry tomatoes, halved  
800ml vegetable stock  
2 bay leaves  
500g long-grain rice, rinsed  
2 tablespoons sunflower oil  
2 ripe plantains, peeled and thickly sliced  
Small handful of coriander leaves, roughly chopped  
Sea salt and freshly ground black pepper

Put the passata, tomato purée, chillies, onions, peppers, garlic, rosemary, thyme, ground coriander and paprika in a blender or food processor and blend until smooth. Heat the olive oil in a large saucepan over a medium heat. Add the cherry tomatoes and the blended tomato sauce. Bring to the boil, then reduce the heat slightly and simmer for 5 minutes, stirring occasionally.

Add the stock, bay leaves, rice, 1½ teaspoons salt and a large pinch of black pepper. Stir to combine and bring to the boil. Reduce the heat and simmer for 10–12 minutes, stirring frequently to prevent the rice from sticking, until the rice is cooked through. Turn off the heat, cover with the lid and leave to steam for 15 minutes without removing the lid.

Meanwhile, heat the sunflower oil in a frying pan over a medium heat. Fry the plantain for a few minutes on each side until golden and tender. Spoon the jollof rice onto warmed plates and add the plantain on the side. Garnish with the chopped coriander and serve with a green salad alongside.



# Anzac Biscuits

## Anzac – Australian and New Zealand Army Corps

85g porridge oat  
85g desiccated coconut  
100g plain flour  
100g caster sugar  
100g butter, plus extra butter for greasing  
1 tbsp golden syrup  
1 tsp bicarbonate of soda

Heat oven to 180C. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tablespoons of boiling water and then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients. Put dessertspoonful's of the mixture on to buttered baking sheets, about 2.5cm apart to allow room for spreading. Bake in batches for 8-10 minutes until golden. Transfer to a wire rack to cool.



## Apple and Blackberry Yorkshire Puddings

25g butter  
140g caster sugar  
4 apples, peeled, cored and cut into bite-size chunks  
1 egg white  
2 eggs  
140g plain flour  
200ml full-fat milk  
150g punnet blackberry  
2 tablespoons sunflower oil

Heat oven to 220C. Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3-4 minutes until slightly caramelised and just starting to soften. Set aside.

In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.

Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used. Put the tin in the oven and leave for 15 minutes, without opening the door, until puffed up and golden. Remove from the oven and carefully place each pudding onto a plate. Serve immediately with custard or vanilla ice cream.





## Apple, Cinnamon and Granola Puffs

2 cans of Jus-Rol Ready-to-Bake Cinnamon Swirls Dough  
2 small eating apples, cored and thinly sliced  
4 tablespoons breakfast granola, roughly crushed  
1 medium egg mixed with 1 tablespoon of runny honey

Pre-heat the oven to 200C. Line a baking tray with baking parchment. Open the cinnamon swirl cans and unroll the dough, cinnamon-side facing up. Spread the cinnamon layer evenly across the top of the pastry. With the cinnamon side facing up, cut each length of pastry into 3 squares.

Place slices of apple on one half of each square, keeping a 5mm border. Sprinkle 1 teaspoon of the breakfast granola over each pile of apple. Brush the border with some of the honey and egg mixture and press the edges together to seal to make triangle shapes. Place on the baking tray and, with a sharp knife, pierce two small slits in the top of each apple puff to let the steam escape.

Finely crush the remaining granola. Brush the tops with some of the egg and honey mixture, sprinkle over the remaining granola and bake for 10-11 minutes until puffed up and golden. Dust with icing sugar and eat hot or cold.





# Baked Buffalo Chicken Wings

3 garlic cloves, crushed  
2 tablespoons olive oil  
3 tablespoons cider vinegar  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
2 teaspoons celery salt  
4 tablespoons pepper sauce (we used Frank's hot sauce)  
3 tablespoons honey  
1½kg chicken wings, halved at the joint

## Blue Cheese Dip

150ml buttermilk  
150ml soured cream  
85g blue cheese, crumbled  
1 garlic clove, crushed  
¼ tsp sweet paprika

In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, hot sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight.

Heat oven to 180C. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, then pour off the excess oil, add the reserved marinade and toss well. Increase oven to 200C. Return to the oven and cook for a further 30 minutes, tossing a few times to coat in the glaze as they cook. They should be sticky and glazed with most of the marinade evaporated.

Mix all the ingredients together for the blue cheese dip and serve with the buffalo chicken wings.



## Bunny Chow – Durban Street Food

500g chicken thighs or breast cut in bite-sized pieces  
100ml sunflower oil  
2-3 curry leaves  
1 teaspoon crushed ginger  
2 teaspoons crushed garlic  
1 tablespoon curry powder  
1 medium onion, diced  
2 medium tomatoes, diced  
1 cinnamon stick  
1½ teaspoons paprika  
3 green cardamom pods lightly crushed  
250g potatoes, cut into cubes  
400g chickpeas, drained and rinsed  
½ teaspoon cayenne pepper  
200ml chicken stock  
Salt and pepper to taste

Heat a large sauce pan with oil, and add onions, garlic, cinnamon stick, curry leaves, cardamom pods and curry powder, stir occasionally for about 2-3 minutes until onions is translucent. Add tomatoes followed by chicken and sauté for about 2-3 more minutes.

Next add chickpeas, potatoes and chicken stock. Bring to a boil and let it simmer until sauce thickens, it might take about 25 minutes or more. Adjust for salt, pepper and stew consistency. Serve in a hollowed out bread loaf.



# Cheese and Marmite Flapjacks

85g butter  
60g marmite  
1 tablespoon rapeseed oil  
2 large leeks, trimmed, washed and very finely sliced  
175g jumbo oats  
50g plain flour  
200g mature cheddar, grated  
75g mixed pumpkin and sunflower seeds  
50g raisins  
2 large eggs, beaten

Heat the oven to 200C and line a 22cm square tin with baking parchment. Gently melt 65g of the butter and the marmite in a small pan. Meanwhile put the remaining butter in a frying pan with the oil and leeks and cook very gently for 10 to 15 minutes or until the leeks are very soft.

Mix together the oats, flour, 165g of the cheddar, most of the seeds and all of the raisins in a large bowl. Pour over the melted marmite butter and the beaten eggs and then scrape in all the leeks and the buttery juices. Stir everything together well, until all the ingredients are sticky

Press the mixture into the prepared tin, scatter over the remaining seeds and cheese, then bake for approximately 25 minutes or until the top is golden and crisp. Cool in the tin for 10 minutes, then cut into squares and leave to cool completely before eating.



## Cheesy Bonfire Bread

200g wholemeal flour  
200g plain flour, plus extra for dusting  
1 teaspoon bicarbonate of soda  
2 teaspoons cream of tartar  
1 teaspoon salt  
1 teaspoon caster sugar  
25g butter, melted  
300ml milk, at room temperature  
175g cheddar, coarsely grated  
3 tablespoons pumpkin seeds  
85g ready-roasted pepper, drained and chopped

Heat oven to 200C. Sift the dry ingredients into a large bowl and make a large well in the middle. Combine the melted butter and milk, then pour into the well. Mix to a soft dough. Dust the work surface with flour. Add most of the cheddar, 2 tablespoons of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.

Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 minutes until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm.



## Chilli, Ginger and Mango Crumble

100g granulated sugar  
3 mangoes, peeled and diced  
½ a pineapple, peeled, cored and diced  
5cm piece of fresh root ginger, peeled and grated  
400g canned Kesar mango pulp  
½ red chilli  
Grated zest and juice of a lime  
45g butter

### **Crumble**

50g rice flour  
175g plain flour  
100g butter  
75g soft brown sugar  
½ teaspoon cinnamon

Cream to serve

Heat the sugar in a heavy based pan and once it dissolves and starts to turn a gentle brown, add the mango and pineapple pieces, the ginger, mango pulp, chilli and the lime zest and juice. Stir gently and add the butter a small piece at a time. Allow to cook for 2 minutes over a medium heat until the sauce thickens to a syrup-like consistency. Remove from the heat and transfer the mixture to an ovenproof baking dish.

To make the crumble, put the rice flour and plain flour into a bowl and rub in the butter until it resembles breadcrumbs. Add in the sugar and the cinnamon and mix together. Sprinkle the mixture on top of the fruit and bake for 20 to 25 minutes until golden brown and bubbling. Serve the crumble hot with cream.





# Chocolate Chip Flapjacks

240g butter, diced  
150g light muscovado sugar  
225g golden syrup  
150g dark chocolate  
350g refined porridge oats (not wholegrain)

Gently melt the butter with the sugar and golden syrup in a small saucepan over a medium heat and then pour this into a large bowl and leave to cool to room temperature, about 20 minutes.

Have ready a 23cm square brownie tin and line with baking parchment. Heat the oven to 180C

Chop the chocolate into roughly 1cm dice. Stir the butter and syrup mixture until amalgamated. Fold in the oats, and then two thirds of the chopped chocolate. Tip the mixture into the tin, pressing it down using the back of a metal spoon. Scatter over the remaining chocolate pieces and press down into the mixture using your fingers.

Bake for 20-25 minutes until lightly coloured. Leave to cool completely until the chocolate has set, ideally overnight, or you can pop the tray into the fridge once it is cool. Cut into squares (you should get 25).





# Chocolate Tiramisu

## Chocolate Syrup for Dipping:

240ml hot water

1½ tablespoons unsweetened cocoa powder

2 tablespoon granulated sugar

## Chocolate Ganache:

100g dark chocolate , coarsely chopped

120ml double cream

## Filling:

227g mascarpone cheese, at room temperature

1 teaspoon pure vanilla extract

250ml double cream

65g icing sugar

About 200g (18-24) boudoir biscuits

Grated chocolate, to sprinkle on top

**For the chocolate syrup** combine all the ingredients and set aside to cool slightly.

**For the chocolate ganache:** put the chopped chocolate and cream in a medium heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally. Set aside to cool slightly.

**For the filling:** in a large bowl, place mascarpone and vanilla extract and whisk vigorously until creamy and smooth. In a different mixer bowl, using an electric mixer, whisk together double cream and sugar until stiff peaks form. Fold whipped cream into mascarpone in 2 additions until mixture is smooth.

**Assemble tiramisu:** dip boudoir biscuits very quickly (less than a second) into the chocolate syrup. Break each one into 4 pieces and place them at the bottom of the glasses (you don't have to use all 4 pieces at once; it depends on the size of the glass). Spoon a dollop of the mascarpone cream mixture on top. Add a thin layer of chocolate ganache, about 1-1.5 teaspoons, on top of the mascarpone cream. Repeat once more and finish with another layer of mascarpone cream. Dust the top with grated chocolate. Refrigerate for at least 1-2 hours until set. Tiramisu will keep for 3 days in the fridge.



## Easy Apple Bites

1 Braeburn apple, cut into 8 slices  
45g butter, melted  
1 can croissant dough  
50g caster sugar  
1 teaspoon ground cinnamon

Heat oven to 200C. Line a baking tray with baking parchment. In a small bowl, combine the sugar and cinnamon. In a separate bowl, toss apple slices with  $\frac{1}{2}$  of the melted butter and  $\frac{1}{2}$  of the sugar mixture. Stir to combine.

Separate dough into 8 triangles on baking sheet. Top each triangle with an apple slice. Starting at the wide side of each triangle, wrap dough around apple. Brush with remaining butter and sprinkle with remaining sugar mixture. Bake 12 minutes. Allow to cool for 5-10 minutes.



# Easy Okonomiyaki

## For the okonomiyaki sauce

1½ tablespoons tomato ketchup  
½ tablespoon Worcestershire sauce  
2 teaspoon runny honey  
1 teaspoon dark soy sauce

## For the okonomiyaki pancakes

3 large free-range eggs  
3 tablespoons plain flour  
A pinch of sea salt  
½ teaspoon dark soy sauce  
½ teaspoon toasted sesame oil  
2 large spring onions, thinly sliced  
275g white cabbage, shredded  
Sunflower oil

For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

# Easy Smoked Salmon and Avocado Sushi

300g sushi rice  
2 tablespoons rice or white wine vinegar  
1 teaspoon caster sugar  
1 large avocado  
Juice ½ lemon  
4 sheets nori seaweed  
4 large slices smoked salmon  
1 bunch chives  
Sweet soy sauce, wasabi and pickled ginger to serve

Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.



## Oriental Egg Fried Rice

250g long grain rice  
150g frozen peas  
2 tablespoons sunflower oil  
100g pancetta or bacon, roughly chopped  
1 small red pepper, chopped  
2 garlic cloves, thinly sliced  
2 large eggs  
1 heaped teaspoon Chinese five-spice powder

Fill a large saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered, without stirring for 10 minutes. Drain and allow to become completely cold. Cook the peas in a pan of boiling water for 2 minutes and then drain.

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for a further 2 minutes.

Add the cold rice with the Chinese five-spice, stir frying for a couple of minutes before adding the beaten eggs. Stir fry until the egg just sets.

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## Healthy Granola

This delicious healthy granola recipe is naturally sweetened with maple syrup (or you could use honey). It's made with oats, coconut oil, your favourite dried fruit and seeds.

170g rolled oats  
75g seeds  
½ teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
60ml coconut oil  
60ml maple syrup  
½ teaspoon vanilla extract  
75g dried fruit, chopped if large

Preheat oven to 180C and line a large, rimmed baking sheet with baking parchment. In a large mixing bowl, combine the oats, seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and seed is lightly coated. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely before topping with the dried fruit. Break the granola into pieces with your hands retaining some big chunks.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## Mix and Go Museli

400g rolled oats  
220g rolled barley flakes  
75g bran cereal  
100g pumpkin seeds  
50g sunflower seeds  
100g dried apple, chopped  
100g dried apricots, chopped

Mix together all the ingredients and store in an airtight container. Serve with milk or yoghurt and fresh berries.

# Homemade Chocolate Granola

175g apple sauce  
100g golden syrup  
100g light brown soft sugar  
400g rolled oats  
50g cocoa powder  
50g sunflower seeds  
75g raisins  
75g dark chocolate, finely chopped  
75g dried cranberries  
Yoghurt, to serve, optional  
Raspberries and blueberries, to serve, optional

Pre-heat oven to 170°C and line a large baking sheet with baking parchment. Heat the apple sauce, golden syrup and sugar in a large pan until melted. Add oats, cocoa powder and sunflower seeds; mix well. Spread evenly on the lined baking sheet. Bake for 20 minutes, then stir (it should form into clumps). Bake for 20 minutes more until the granola clumps are crispy. Allow to cool completely, then stir through the raisins, chocolate and cranberries.

Serve layered with yoghurt, raspberries and blueberries.





# Houmous and Harissa Kofte Pittas

200g pot of houmous  
500g British lamb mince  
50g raisins  
1½ tablespoons harissa paste  
1 finely chopped onion  
1 tablespoon olive oil  
6 pittas

## Greek Salad

4 large vine tomatoes, cut into irregular wedges  
1 cucumber, peeled, deseeded, then roughly chopped  
½ a red onion, thinly sliced  
16 Kalamata olives  
1 teaspoon dried oregano  
85g feta cheese, cut into chunks (barrel matured feta is the best)  
4 tablespoons Greek extra virgin olive oil

## Tzatziki

500g whole-milk Greek yoghurt, preferably ewe's milk  
4 cloves of garlic, or more or less to taste  
2 tablespoons extra-virgin olive oil  
½ large cucumber  
1 tablespoon lemon juice  
Small bunch of mint

Make the tzatziki first. Crush the garlic into the oil with a pinch of salt and leave to infuse. Coarsely grate the cucumber and put in a colander in the sink. Salt lightly, toss and leave to drain for 30 minutes. Stir the garlicky oil and lemon juice into the yoghurt. Squeeze out the cucumber very well and then stir this in too. Allow to sit for a couple of hours, but preferably overnight. Just before serving, season to taste, adding more oil or lemon juice if necessary, then finely chop the mint before stirring into the tzatziki.

Next combine half the pot of houmous, lamb mince, raisins, harissa and the chopped onion in a bowl. Season and then shape into 18 equal-size kofte. Heat the olive oil in a non-stick pan and fry the kofte until golden all over and cooked through (8-10 minutes).

Warm the pittas in the toaster, then split and spread with the rest of the pot of houmous. Divide the koftes equally among the pittas and drizzle with some tzatziki. For the Greek salad, mix all the ingredients together and serve with the kofte pittas.

# Hummus 3 Ways

## **Classic:**

2 x 400g tins of chickpeas  
10 tablespoons olive oil  
Juice of 2 juicy lemons  
2 heaped tablespoons tahini  
3 cloves of garlic, peeled  
2 teaspoons ground cumin  
Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

## **Beetroot:**

1 quantity of classic hummus (recipe above)  
1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

## **Roasted Red Pepper and Paprika:**

2 large red peppers  
1 quantity of classic hummus (recipe above)  
1 green chilli, deseeded  
2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudités or corn chips.



# Indian Winter Barley Soup

100g pearl barley  
2 tablespoons vegetable oil  
½ teaspoon brown mustard seeds  
1 teaspoon cumin seeds  
2 green chillies, deseeded and finely chopped  
1 bay leaf  
2 cloves  
1 small cinnamon stick  
½ teaspoon ground turmeric  
1 large onion, chopped  
2 garlic cloves, finely chopped  
1 parsnip, cut into chunks  
200g butternut squash, cut into chunks  
200g sweet potato, cut into chunks  
1 teaspoon paprika  
1 teaspoon ground coriander  
225g red lentils  
2 tomatoes, chopped  
Small bunch coriander, chopped  
1 teaspoon grated ginger  
1 teaspoon lemon juice

Rinse the pearl barley and cook following the packet instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic and cook for 5-8 minutes until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice. Serve with a chunk of crusty bread.



## Mango Lassi

1 very ripe alphonso mango or 200g mango pulp from a tin  
5 ice cubes  
125ml chilled plain whole milk yoghurt  
Pinch of ground cardamom, or to taste  
Splash of milk or water (optional)  
½ teaspoon soft light brown sugar  
Squeeze of lime juice

Peel the mango and cut the flesh away from the stone. Put in a blender with the ice cubes and whiz until finely chopped. Then spoon in the yoghurt and cardamom and whiz until smooth. If it is still too thick (this will depend on the consistency of your yoghurt and juiciness of your mango), add a little milk or water to thin it down. Taste and add sugar or lime juice, if needed. Pour into a glass and drink.



## Mango and Banana Smoothie

1 medium mango  
1 banana  
500ml orange juice  
4 ice cubes

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.



### **Moa Samoa (Polynesian brown sugar chicken)**

8 chicken joints – thighs, drumsticks and breasts joints on the bone  
Bunch of spring onions, roughly chopped  
450ml fresh pineapple juice  
3cm long ginger root, thinly sliced  
3 cloves garlic, chopped  
360ml soy sauce  
275g raw sugar  
Juice and zest of 2 oranges  
Juice from 4 passion fruit  
Zest and juice of 2 limes  
4 star anise

Apart from the chicken, combine all the ingredients to make a sauce. Divide the sauce in half – one half is for the marinade and the rest for the glaze. Pat the chicken pieces dry and place in a bowl with the marinade. Let it marinate for three hours or up to two days. Place the second measure of sauce in a saucepan and simmer until it is reduced to a third, refrigerate until needed.

Pre-heat the oven to 180C. Oil a roasting pan, lift the chicken pieces from the marinade and lay in the pan. Roast for about 40 minutes or until done, basting frequently. Brush with the reserved glaze before serving with grilled pineapple and coconut basmati rice.

### **Hawaiian Shrimp Truck Recipe**

450g shrimps (large prawns), peeled and deveined  
110g butter  
3 Tablespoons olive oil  
1 head of garlic, peeled and chopped  
90g plain flour  
2 tablespoons paprika  
½ teaspoon cayenne pepper  
½ teaspoon salt  
1 lemon, cut into wedges

Combine the flour, paprika, and cayenne pepper in a dish and toss the shrimp in the mixture to coat. Heat a large frying pan over a low 5 minutes. Raise the heat to medium and add the shrimp in a single layer. Cook for 3 to 4 minutes on heat. Add the butter, oil, and garlic. Allow the garlic to cook for 3 to one side, then turn the shrimp and cook for 3-4 minutes on the other side. Add salt, and cook for another minute or two. Squeeze a bit of fresh lemon juice over the shrimp. Serve immediately with white rice and a lemon wedge.

### **Caribbean Coconut Fudge Bars**

#### **Oatmeal Crust:**

150g flour  
90g oats  
140g soft brown sugar  
½ teaspoon bicarbonate of soda  
170g butter, melted

#### **Fudge:**

350g chocolate chips  
1 can (397g) sweetened condensed milk  
30g butter  
1 teaspoon vanilla extract

#### **Coconut topping:**

100g sweetened condensed milk  
200g flaked or shredded coconut

Preheat oven to 200C. Combine flour, oats, brown sugar and the bicarbonate of soda in a medium-sized bowl. Add melted butter and press down evenly into a 9x13cm tin. Bake in the oven for 8 minutes. Cool slightly.

Combine fudge ingredients in a medium-sized sauce pan and heat until just melted and thick. Pour fudge over oat crust and allow to cool completely. Place coconut in a food processor or blender and pulse 1-2 times until coarsely chopped. Combine coconut and sweetened condensed milk and gently spread evenly on top of the fudge. Cool and serve.

# Pavlova

2 egg whites  
4 tablespoons boiling water  
350g caster sugar  
½ teaspoon vanilla essence  
1 Teaspoon white wine vinegar  
1 teaspoon cornflour

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold. Top with cream and fruit.





## Pea, Mint and Parmesan Bruschetta

250g frozen peas, blanched  
1 garlic clove, finely chopped  
A small handful of mint leaves (about 15 to 20)  
Juice of 1 lemon  
2 tablespoons olive oil  
3 tablespoons Parmesan cheese  
Freshly ground black pepper  
Salt, to taste  
Aleppo pepper flakes  
Rounds of toasted French bread

Tip the peas into a blender with the garlic, a few mint leaves and lemon juice. Blend until a rough paste forms. Add the olive oil and Parmesan cheese. Blend again. You may prefer a rough texture or a smoother one: it really is up to you! Season with a load of freshly ground black pepper. Add salt to taste. Serve smeared over slices of toasted French bread rounds, with shards of Parmesan and few Aleppo pepper (or dried chilli) flakes.

## Green Pea and Mint Dip with Nachos

450g frozen petit pois or peas, defrosted and drained  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
1 small bunch fresh mint leaves  
115g plain yoghurt  
½ red chilli, seeds removed, finely chopped  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 lime, juice only  
Salt and freshly ground black pepper  
2 tablespoons extra virgin olive oil  
1 large bag ready-made nachos

Place the peas, onion, garlic and mint leaves into a food processor and blend to a thick purée. Add the yoghurt and blend again, leaving the mixture slightly lumpy. Transfer the mixture to a bowl and stir in the chilli, cumin, coriander and lime juice and season, to taste, with salt and freshly ground black pepper. Spoon into a serving bowl and drizzle with the olive oil. Serve with a bowl of nachos alongside for dipping.



## Pear and Banana Bread

100g unsalted butter, melted, plus extra for greasing  
3 (about 250g) really ripe bananas  
100g golden caster sugar  
2 ripe comice pears, cored and chopped, dusted in a little flour  
1 tablespoon maple syrup, plus extra to serve  
1 teaspoon vanilla extract  
1 large free-range egg  
150g plain flour  
½ teaspoon bicarbonate of soda  
50g raisins

Heat the oven to 180C. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin. Mash the bananas in a mixing bowl; then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract and then beat in the egg. Sift in the flour and bicarbonate of soda; then gently fold in, along with the raisins, using a metal spoon.

Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes; then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.



# Pearl Barley and Hot Smoked Salmon Kedgeree

A dish as rich in history as it is in flavour, this Anglo-Indian hybrid was brought over to England during the British Raj era. It soon became a Victorian breakfast-time favourite, and is still today a much-loved food memory from many a childhood, bursting with the warming flavours of India.

Said to be inspired by the traditional Indian dish Khichri, a mixture of rice and lentils that has been a culinary classic for centuries, kedgeree is a recipe that is still evolving. We've substituted the haddock for hot smoked salmon – a wonderful oily fish full of lean protein, essential vitamins and minerals, as well as omega-3 fatty acids. We've also swapped the rice for pearl barley which is far richer in heart-healthy fibre and added in peas and fresh herbs for a healthy green injection of nutritional goodness.

- 1 tablespoon coconut oil
- 1 red onion, finely sliced
- 1 red chilli, finely diced
- 200g hot smoked salmon
- 8 quails eggs
- 3 cloves garlic, crushed
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1cm piece of root ginger, grated
- 1 teaspoon ground coriander
- 300g pearl barley
- 750ml vegetable stock
- 200g frozen peas
- Handful fresh parsley, chopped
- Handful fresh coriander, chopped
- 2 lemons

Heat up the coconut oil in a large wok or pan and sauté for a few minutes and sauté the onion, ginger, garlic and chilli for a few minutes. Then add in the garam masala, ground coriander and turmeric and cook until the garlic, onion, ginger and chillies are soft and have absorbed the spices. Add in the pearl barley and mix well until it's covered in the spices. Add in 400ml of the stock and let it cook on medium heat for 35 minutes until the pearl barley is tender, stirring frequently and adding in the remaining 350ml of stock as you go. Squeeze in the juice and zest of one lemon. Cut the remaining lemon into wedges to serve.

Boil the quails eggs for two and a half minutes. Drain and place the eggs under a cold running tap. Peel and cut in half. Set aside. In a sieve, pour hot water over the frozen peas and then add into the pan with the pearl barley a few minutes before it's ready to serve. Then flake in the salmon and chopped herbs before mixing it all together. Season well.

Serve up the kedgeree in a large serving dish with the boiled eggs and the remaining lemon wedges to squeeze over.

## Pesto and Parmesan Swirls

230g puff pastry  
100g of pesto  
50g pine nuts  
20g grated Parmesan cheese  
4 tablespoons milk for glazing

Pre-heat oven to 200C. Line a baking tray with baking paper. Arrange a layer of puff pastry on a large baking tray. Spread the pesto evenly over the pastry, smoothing it out with a spoon. Scatter pine nuts evenly over the pastry. Top with grated Parmesan cheese. Roll up the puff pastry from the longer side; brush the roll with milk to glaze. Slice the roll into individual swirls about 1½cm thick. You should get about 12 to 15 swirls. Arrange the swirls on prepared baking tray, leaving some space between each one. Bake the swirls in the oven for about 15-20 minutes, or until crisp and golden.

To make them look like a Catherine Wheel firework, push a lollipop stick into the pastry before baking.



# Pizza in 4 Easy Steps

## For the base

300g strong bread flour  
1 teaspoon instant yeast  
½ teaspoon salt  
1 tablespoon olive oil, plus extra for drizzling

## For the tomato sauce

100ml passata  
Handful fresh basil  
1 garlic clove, crushed

## For the topping

125g ball mozzarella, sliced  
Handful grated or shaved parmesan  
Handful cherry tomatoes, halved

## To finish

Handful basil leaves

**Make the base:** Put the flour into a large bowl and then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

**Make the sauce:** mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

**Roll the dough:** divide the dough into 2 equal balls and on a floured surface, roll out into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

**Top and bake:** heat oven to 220C. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.



# Pizza

250g strong white bread flour  
½ teaspoon salt  
½ teaspoon sugar  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy.

Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce  
Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc  
100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.





## Scones

225g self-raising flour  
55g butter  
25g caster sugar  
150ml milk  
1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

## Cheese Scones

225g self-raising flour  
55g butter  
25g mature Cheddar, grated  
150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.



## Polenta Tart with Sausage and Broccoli

1litre vegetable stock  
200g instant polenta  
50g parmesan, grated  
140g thin-stemmed broccoli  
200g ready-grated mozzarella  
100g semi-dried tomato  
1 garlic clove, chopped  
4 Italian pork sausages, skins removed and split into bite-sized chunks

Heat oven to 200C. In a large saucepan, bring the stock to the boil and then slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 minutes, then remove from the heat altogether. Stir in 1 tablespoon of the parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick.

Cook the broccoli in salted water for 2 minutes, drain and rinse under cold water. Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage. Bake for 20 minutes until the sausage is browned and the sides of the polenta crisp.



## Prawn and Chorizo Paella

Olive oil  
1 onion, chopped  
Chorizo 6cm piece, cut into small chunks  
150g paella rice  
600ml hot chicken stock  
A good pinch of saffron or turmeric  
¼ teaspoon hot smoked paprika  
150g peeled raw prawns  
75g roasted red pepper, chopped  
A big handful of flat-leaf parsley, chopped

Heat 1 tablespoon of olive oil in a large frying pan, then add the onion and sizzle until soft. Add the chorizo and fry for a few minutes until it starts to give off its oil, then tip in the rice and stir until all the grains are coated. Add the stock, saffron and paprika and stir. Turn down to a low simmer, cover and cook for 12-15 minutes, until the rice is almost tender. Stir in the prawns, peppers and another small ladleful of hot stock. Cook for another 3-4 minutes, or until the prawns are pink and cooked through. Stir in the parsley and serve.



## Pumpkin Doughnuts with Salted Caramel Sauce

220g plain flour  
2 teaspoons baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon allspice  
A pinch of ground cloves  
75ml sunflower oil  
110g light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
225g canned plain pumpkin  
120ml milk  
100g butter, melted  
200g granulated sugar  
2 tablespoons ground cinnamon

Preheat oven 200C. Spray a 24-cup mini muffin tin with baking spray and set aside.

In a medium bowl mix together flour, baking powder, cinnamon, nutmeg, allspice, and cloves. In a separate bowl whisk together oil, brown sugar, egg, vanilla, pumpkin and milk until smooth. Add dry ingredients to wet ingredients and mix until just combined. Divide batter evenly among muffin cups. Bake for 10-12 minutes or until a toothpick comes out clean.

While the muffins bake, melt butter in one bowl and combine granulated sugar and cinnamon in another bowl. Remove muffins from oven and cool for 2 minutes. Dip each muffin in melted butter and then roll in cinnamon sugar to coat. Serve muffins warm or at room temperature dipped into the salted caramel sauce (recipe below).

### Salted Caramel Sauce

200g granulated sugar  
90g salted butter, room temperature cut up into 6 pieces  
120ml double cream  
1 teaspoon salt

Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar. Very slowly, drizzle in the cream while stirring. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.



# Pumpkin, Rosemary and Pumpkin Seed Focaccia

250 g pumpkin, washed and skin removed  
Olive oil  
Salt and pepper  
1 clove garlic, crushed to a paste  
2 teaspoons chopped rosemary, plus a few sprigs  
7g dry yeast  
280 ml warm water  
125 ml olive oil  
600g strong white flour  
1 tablespoon pumpkin seeds  
Salt

Preheat the oven to 200°C. Cut the pumpkin into even-sized slices, approximately 1 cm thick. Place into a bowl with a little olive oil, salt, pepper, garlic and half the chopped rosemary and jumble together until well coated. Lay the pieces on a parchment paper-lined baking sheet and roast in the oven for 15–20 minutes or until tender and beginning to brown at the edges. Cool then dice the pumpkin, retaining a few bigger pieces for the topping of the focaccia.

Mix the flour with the yeast, a little salt and the remaining chopped rosemary. Mix the water and the oil together and mix into the flour mix. Continue to knead until a smooth elastic dough is formed. Cover the bowl with cling wrap and leave in a warm place until the dough has almost doubled in size. Knead the diced pumpkin and pumpkin seeds into the dough briefly, using a dusting of flour, and then shape into a flat disc approximately 1.5 cm thick. Line a baking tray with baking parchment and place the focaccia on top, drizzle with olive oil and cover with clingfilm and leave to prove again in a warm place until it has almost doubled its size (approximately 30–40 minutes).

Remove the clingfilm, gently press the reserved pumpkin pieces and rosemary sprigs into the surface, and using your fingertips, make a few dimple marks over the surface. Sprinkle with a little salt and bake for 12–15 minutes or until risen and golden. Remove from the oven, drizzle with a little olive oil and serve.





# RAINBOW FRUIT SALAD

200g diced strawberries  
150g diced mango  
2 diced kiwifruit  
100g halved green grapes  
120g blueberries  
100g halved purple grapes

## FOR THE CITRUS MINT DRESSING:

1 teaspoon lime zest  
1 tablespoon lime juice  
2 tablespoons orange juice  
1 tablespoon honey, to taste  
1 tablespoon of fresh mint, chopped

In a large bowl, combine the strawberries, mango, kiwi, green grapes, blueberries, and purple grapes. Stir to combine. Drizzle with citrus mint dressing and stir to coat. Serve immediately, or store in the refrigerator until ready to serve.

## FOR THE CITRUS MINT DRESSING

In a small jar or bowl, whisk together lime zest, lime juice, orange juice, honey, and mint. Stir until well combined. Pour over your rainbow fruit salad immediately, or store covered in the refrigerator until ready to drizzle over salad.

The dressing can be made ahead of time - several hours or up to 1 day and stored in the refrigerator until ready to serve.





## Raspberry and Polenta Cupcakes

200g butter, softened  
200g caster sugar  
4 eggs  
150g self-raising flour  
50g polenta  
4 tablespoons raspberry jam  
250ml double cream, lightly whipped with the icing sugar and vanilla paste  
20g icing sugar plus extra for dusting  
½ teaspoon of vanilla paste  
Raspberries to top cakes

Pre-heat the oven to 200C. Line a 12-hole muffin trays with paper cases. Cream the butter and sugar together in a large bowl until the mixture is light and fluffy. This can take 5-7 minutes, so this stage should not be rushed.

Beat in the eggs, one at a time, until well combined. If the mixture looks like it is curdling add a spoonful of the flour. Fold in the remaining flour and polenta with a metal spoon until you have a soft, smooth mixture. Spoon the mixture into the paper cases until half full, add half a teaspoon of jam and then cover with the remaining cake mixture. The finished cake case should be about three-quarters full.

Bake in the oven for 12-15 minutes, or until the cakes are pale golden-brown and spring back when pressed gently with a finger. Remove the cakes from the oven and set aside to cool on a wire rack. Using a small knife make a well in the top of each cake by removing a disk of cake. Fill this well with the chantilly cream and top with a raspberry. Serve with a generous dusting of icing sugar.



## Red Pepper and Runner Bean Salad with Fresh Basil

1 red pepper, halved lengthways, stalk and seeds removed  
1 garlic bulb, halved  
Olive oil, for drizzling  
Salt and freshly ground black pepper  
250g runner beans, trimmed and sliced  
1 tablespoon balsamic vinegar  
Fresh basil leaves, to garnish

Preheat the oven to 200C. Place the red pepper halves and halved bulb of garlic onto a baking sheet. Drizzle with olive oil and season with salt and freshly ground black pepper. Transfer to the oven and roast for 20 minutes, or until softened.

Meanwhile, bring a saucepan of water to the boil and blanch the runner beans until just tender. Drain the beans and then place into a large bowl. Drizzle the beans with olive oil and balsamic vinegar and season well with salt and freshly ground black pepper.

To serve, place the roasted pepper and garlic halves on top of the beans and garnish with basil leaves. Serve with crusty bread.



## Rustic Bread

250g strong white bread flour

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

200ml sparkling water

Semolina, for sprinkling

Finely chopped rosemary and Maldon salt, for sprinkling

Heat oven to 220C. Mix together the flour, yeast and  $\frac{1}{2}$  teaspoon of salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for about 4-5 minutes until the dough feels strong, bouncy and has a silky feel to it.

Cut the dough into 8 pieces, then roll out into rough rounds about 16-17cm in diameter. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 minutes, then scatter with rosemary, salt and pepper and drizzle with olive oil. Bake in batches for 8-10 minutes until puffy and golden. Drizzle with olive oil or pesto or dip into hummus!



# S'mores Dip

A super chocolatey twist on the classic American campfire treat. This s'mores dip will be gone before you can say 'mini marshmallow'!

200g milk chocolate  
2 tablespoons milk  
350g mini marshmallows

## To serve

100g digestive biscuits or Biscoff biscuits  
100g strawberries, washed and hulled  
100g pineapple chunks

Heat the chocolate, milk and 200g of the marshmallows in an ovenproof frying pan over a low heat until melted and smooth. Top with the remaining marshmallows in circles so that the whole surface is covered.

Grill on high for 1-2 minutes until the marshmallows are toasted. Serve with digestives and strawberry and pineapple skewers for dunking.



# Spinach and Paneer Kati Rolls

## For the spinach and paneer:

3 tablespoons olive oil  
225g block paneer cheese, cut into 1cm cubes  
150g spinach leaves  
4 garlic cloves, finely chopped  
1 teaspoon cumin seeds  
½ teaspoon crushed chilli flakes  
½ teaspoon salt

## For the kati rolls:

Olive oil, for frying  
2 free-range eggs  
A pinch of salt  
4 small tortilla wraps

Heat 2 tablespoons of the oil in a saucepan over a medium heat. Add the paneer and fry for 5 minutes, stirring occasionally. You want to colour the paneer as much as possible. Put the spinach leaves and 150ml of water into a blender and whiz to a smooth paste. Take the paneer out of the pan with a slotted spoon and set aside. Add the remaining tablespoon of oil and the garlic to the pan and cook for 1 minute, until the garlic is light brown. Add the green mixture, along with the cumin seeds, chilli flakes and salt, and cook on a medium heat for 5 minutes, or until some of the water from around the edge has reduced and the mixture has thickened. Add the paneer to the pan and mix well, making sure all the cheese is covered in green. Pop a lid on the pan and leave on a low heat while you make the rolls.

For the kati rolls, put a small frying pan over a high heat and add a good glug of oil, enough to at least cover the base. Put the eggs onto a plate with the salt and lightly whisk. Dip a tortilla into the egg mixture, making sure to cover it all over. Get it straight into the frying pan. The oil should be hot enough to really create a sizzle. Cook for 30 seconds, then turn it over and cook on the other side. Cook the other three tortillas the same way. To serve, take a hot crispy tortilla, add the paneer mixture in the centre and roll up.



# Stir-up Sunday Mincemeat

(makes enough to make about 80 mince pies)

One tradition says that the mincemeat should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the ingredients with a spoon from east to west, in honour of the Wise Men.

## 13 ingredient Mincemeat:

100g dried cranberries  
180g Merchant Gourmet Whole Chestnuts, chopped to the size of the cranberries  
120g dried figs, tips trimmed then chopped to the size of the cranberries  
100g dates, chopped to the size of the cranberries  
100g prunes, chopped to the size of the cranberries  
100g vegetable suet  
100g candied peel  
1¼ teaspoons mixed spice  
1 teaspoon ground cinnamon  
Grated zest and juice of 3 large oranges  
150g dark brown sugar  
1 large Bramley apple, unpeeled, coarsely grated  
5 tablespoons balsamic syrup

Mix all the ingredients together and store in the fridge for up to 2 weeks.





# **Tasting Christmas Vegetables**

## **Parmesan Crusted Parsnips**

6 tbsp polenta  
100g parmesan, grated  
pinch freshly grated nutmeg  
2kg/4lb 8oz parsnips, quartered and core removed  
6 tbsp olive oil

Heat oven to 220C/200C fan/gas 7. Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 minutes or until just tender. Drain. While parsnips are still hot, toss with the Parmesan mixture to coat. Set a roasting tin over the hob and heat the oil. Add the parsnips and turn to coat in the oil. Put the tin in the oven and roast for 15 minutes, then turn the parsnips over and cook for 15 minutes more until golden.

## **Creamy Sprouts with Bacon**

1kg Brussels sprouts, trimmed  
8 rashers cured bacon, cut into lardons  
250ml double cream  
2 garlic cloves, crushed  
Salt and freshly ground black pepper

Cook the Brussels sprouts in a saucepan of boiling salted water for 5-6 minutes. Drain and refresh in a bowl of ice and water. Drain again when the sprouts have cooled. Add the bacon lardons to a non-stick frying pan, and fry over a medium heat until crisp. Add the cream and crushed garlic to a small pan and bring to the boil. Stir the sprouts into the crisp bacon; then stir in the hot cream. Season with salt and pepper and serve straightaway.

## **Brussel Sprout Mash**

500g Brussels sprouts, prepared  
25g butter, plus extra to serve  
75ml double cream  
Fresh sage, to garnish (optional)

Put the sprouts in a large pan of salted water, bring to the boil, then cover until the water comes back up to the boil. Uncover and cook for 5-6 minutes, until the sprouts are tender. In a small pan, melt the butter with the cream over a low heat. Drain the sprouts, then whizz in a food processor with the butter, cream and a pinch of pepper. Spoon into a serving dish, add a knob of butter and garnish with sage.

## **Sweet Potato Crisps**

¼ small sweet potato  
½ tablespoon olive oil

Heat oven to 200C and slice the sweet potato thinly. Toss with the olive oil and roast for 15-20 minutes until crisp. Leave to cool.

## Warm Smoothie Bowls

### Berry Smoothie

200g frozen berries  
2 tablespoons of honey  
125ml milk  
1 banana  
1 orange, juiced  
250g natural yoghurt  
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm...ideal for a winter breakfast on the run.

### Hot Chocolate Smoothie

300ml milk  
16g chocolate chips  
15ml maple syrup  
40g rolled oats  
20g cocoa powder  
½ teaspoon vanilla extract

The night before, add all ingredients, except chocolate chips, to the bowl of a blender and give it a stir to ensure that everything is well combined. Cover and place in fridge for at least 3 hours, preferably overnight. This step isn't absolutely necessary, but allowing the oats to soak for a few hours will make them easier to blend and give you a smoother, creamier smoothie.

When ready to eat, blend on high until oats are fully broken down and a smooth and creamy consistency is reached. Transfer the smoothie to a small saucepan set over medium heat, adding the chocolate chips and bring to a simmer. If the smoothie is too thick, add an extra splash of milk until desired consistency is reached. Garnish with toppings of your choice: coconut chips, dried banana chips, raisins, cereal or fresh fruit!



## Yorkshire Pudding Pizza – comfort food at it's best!

2 tablespoons sunflower oil  
285ml milk  
115g plain flour  
3 eggs  
200g passata  
1 teaspoon dried oregano  
25g cheddar, grated

**Your choice of toppings:** salami, pepperoni, ½ ball mozzarella, jalapeños, fresh basil leaves etc

Heat oven to 230C. Pour the oil into an 18cm springform cake tin then heat it in the oven for 10 minutes. Take the tin out of the oven and quickly pour in the Yorkshire pudding batter then return it to the oven for 25 minutes until puffed up and golden.

Once baked, pour in the passata and sprinkle with the oregano and cheddar then add your chosen toppings. Bake for a further 15-20 minutes until the cheese is bubbling. Top with fresh basil if you like before serving.



# Anzac Biscuits

## Anzac – Australian and New Zealand Army Corps

85g porridge oat  
85g desiccated coconut  
100g plain flour  
100g caster sugar  
100g butter, plus extra butter for greasing  
1 tbsp golden syrup  
1 tsp bicarbonate of soda

Heat oven to 180C. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tablespoons of boiling water and then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients. Put dessertspoonful's of the mixture on to buttered baking sheets, about 2.5cm apart to allow room for spreading. Bake in batches for 8-10 minutes until golden. Transfer to a wire rack to cool.



## Apple and Blackberry Yorkshire Puddings

25g butter  
140g caster sugar  
4 apples, peeled, cored and cut into bite-size chunks  
1 egg white  
2 eggs  
140g plain flour  
200ml full-fat milk  
150g punnet blackberry  
2 tablespoons sunflower oil

Heat oven to 220C. Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3-4 minutes until slightly caramelised and just starting to soften. Set aside.

In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.

Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used. Put the tin in the oven and leave for 15 minutes, without opening the door, until puffed up and golden. Remove from the oven and carefully place each pudding onto a plate. Serve immediately with custard or vanilla ice cream.





## Apple, Cinnamon and Granola Puffs

2 cans of Jus-Rol Ready-to-Bake Cinnamon Swirls Dough  
2 small eating apples, cored and thinly sliced  
4 tablespoons breakfast granola, roughly crushed  
1 medium egg mixed with 1 tablespoon of runny honey

Pre-heat the oven to 200C. Line a baking tray with baking parchment. Open the cinnamon swirl cans and unroll the dough, cinnamon-side facing up. Spread the cinnamon layer evenly across the top of the pastry. With the cinnamon side facing up, cut each length of pastry into 3 squares.

Place slices of apple on one half of each square, keeping a 5mm border. Sprinkle 1 teaspoon of the breakfast granola over each pile of apple. Brush the border with some of the honey and egg mixture and press the edges together to seal to make triangle shapes. Place on the baking tray and, with a sharp knife, pierce two small slits in the top of each apple puff to let the steam escape.

Finely crush the remaining granola. Brush the tops with some of the egg and honey mixture, sprinkle over the remaining granola and bake for 10-11 minutes until puffed up and golden. Dust with icing sugar and eat hot or cold.





# Baked Buffalo Chicken Wings

3 garlic cloves, crushed  
2 tablespoons olive oil  
3 tablespoons cider vinegar  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
2 teaspoons celery salt  
4 tablespoons pepper sauce (we used Frank's hot sauce)  
3 tablespoons honey  
1½kg chicken wings, halved at the joint

## Blue Cheese Dip

150ml buttermilk  
150ml soured cream  
85g blue cheese, crumbled  
1 garlic clove, crushed  
¼ tsp sweet paprika

In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, hot sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight.

Heat oven to 180C. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, then pour off the excess oil, add the reserved marinade and toss well. Increase oven to 200C. Return to the oven and cook for a further 30 minutes, tossing a few times to coat in the glaze as they cook. They should be sticky and glazed with most of the marinade evaporated.

Mix all the ingredients together for the blue cheese dip and serve with the buffalo chicken wings.



## Bunny Chow – Durban Street Food

500g chicken thighs or breast cut in bite-sized pieces  
100ml sunflower oil  
2-3 curry leaves  
1 teaspoon crushed ginger  
2 teaspoons crushed garlic  
1 tablespoon curry powder  
1 medium onion, diced  
2 medium tomatoes, diced  
1 cinnamon stick  
1½ teaspoons paprika  
3 green cardamom pods lightly crushed  
250g potatoes, cut into cubes  
400g chickpeas, drained and rinsed  
½ teaspoon cayenne pepper  
200ml chicken stock  
Salt and pepper to taste

Heat a large sauce pan with oil, and add onions, garlic, cinnamon stick, curry leaves, cardamom pods and curry powder, stir occasionally for about 2-3 minutes until onions is translucent. Add tomatoes followed by chicken and sauté for about 2-3 more minutes.

Next add chickpeas, potatoes and chicken stock. Bring to a boil and let it simmer until sauce thickens, it might take about 25 minutes or more. Adjust for salt, pepper and stew consistency. Serve in a hollowed out bread loaf.



# Cheese and Marmite Flapjacks

85g butter  
60g marmite  
1 tablespoon rapeseed oil  
2 large leeks, trimmed, washed and very finely sliced  
175g jumbo oats  
50g plain flour  
200g mature cheddar, grated  
75g mixed pumpkin and sunflower seeds  
50g raisins  
2 large eggs, beaten

Heat the oven to 200C and line a 22cm square tin with baking parchment. Gently melt 65g of the butter and the marmite in a small pan. Meanwhile put the remaining butter in a frying pan with the oil and leeks and cook very gently for 10 to 15 minutes or until the leeks are very soft.

Mix together the oats, flour, 165g of the cheddar, most of the seeds and all of the raisins in a large bowl. Pour over the melted marmite butter and the beaten eggs and then scrape in all the leeks and the buttery juices. Stir everything together well, until all the ingredients are sticky

Press the mixture into the prepared tin, scatter over the remaining seeds and cheese, then bake for approximately 25 minutes or until the top is golden and crisp. Cool in the tin for 10 minutes, then cut into squares and leave to cool completely before eating.



## Cheesy Bonfire Bread

200g wholemeal flour  
200g plain flour, plus extra for dusting  
1 teaspoon bicarbonate of soda  
2 teaspoons cream of tartar  
1 teaspoon salt  
1 teaspoon caster sugar  
25g butter, melted  
300ml milk, at room temperature  
175g cheddar, coarsely grated  
3 tablespoons pumpkin seeds  
85g ready-roasted pepper, drained and chopped

Heat oven to 200C. Sift the dry ingredients into a large bowl and make a large well in the middle. Combine the melted butter and milk, then pour into the well. Mix to a soft dough. Dust the work surface with flour. Add most of the cheddar, 2 tablespoons of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.

Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 minutes until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm.



## Chilli, Ginger and Mango Crumble

100g granulated sugar  
3 mangoes, peeled and diced  
½ a pineapple, peeled, cored and diced  
5cm piece of fresh root ginger, peeled and grated  
400g canned Kesar mango pulp  
½ red chilli  
Grated zest and juice of a lime  
45g butter

### **Crumble**

50g rice flour  
175g plain flour  
100g butter  
75g soft brown sugar  
½ teaspoon cinnamon

Cream to serve

Heat the sugar in a heavy based pan and once it dissolves and starts to turn a gentle brown, add the mango and pineapple pieces, the ginger, mango pulp, chilli and the lime zest and juice. Stir gently and add the butter a small piece at a time. Allow to cook for 2 minutes over a medium heat until the sauce thickens to a syrup-like consistency. Remove from the heat and transfer the mixture to an ovenproof baking dish.

To make the crumble, put the rice flour and plain flour into a bowl and rub in the butter until it resembles breadcrumbs. Add in the sugar and the cinnamon and mix together. Sprinkle the mixture on top of the fruit and bake for 20 to 25 minutes until golden brown and bubbling. Serve the crumble hot with cream.





# Chocolate Chip Flapjacks

240g butter, diced  
150g light muscovado sugar  
225g golden syrup  
150g dark chocolate  
350g refined porridge oats (not wholegrain)

Gently melt the butter with the sugar and golden syrup in a small saucepan over a medium heat and then pour this into a large bowl and leave to cool to room temperature, about 20 minutes.

Have ready a 23cm square brownie tin and line with baking parchment. Heat the oven to 180C

Chop the chocolate into roughly 1cm dice. Stir the butter and syrup mixture until amalgamated. Fold in the oats, and then two thirds of the chopped chocolate. Tip the mixture into the tin, pressing it down using the back of a metal spoon. Scatter over the remaining chocolate pieces and press down into the mixture using your fingers.

Bake for 20-25 minutes until lightly coloured. Leave to cool completely until the chocolate has set, ideally overnight, or you can pop the tray into the fridge once it is cool. Cut into squares (you should get 25).





# Chocolate Tiramisu

## Chocolate Syrup for Dipping:

240ml hot water

1½ tablespoons unsweetened cocoa powder

2 tablespoon granulated sugar

## Chocolate Ganache:

100g dark chocolate , coarsely chopped

120ml double cream

## Filling:

227g mascarpone cheese, at room temperature

1 teaspoon pure vanilla extract

250ml double cream

65g icing sugar

About 200g (18-24) boudoir biscuits

Grated chocolate, to sprinkle on top

**For the chocolate syrup** combine all the ingredients and set aside to cool slightly.

**For the chocolate ganache:** put the chopped chocolate and cream in a medium heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally. Set aside to cool slightly.

**For the filling:** in a large bowl, place mascarpone and vanilla extract and whisk vigorously until creamy and smooth. In a different mixer bowl, using an electric mixer, whisk together double cream and sugar until stiff peaks form. Fold whipped cream into mascarpone in 2 additions until mixture is smooth.

**Assemble tiramisu:** dip boudoir biscuits very quickly (less than a second) into the chocolate syrup. Break each one into 4 pieces and place them at the bottom of the glasses (you don't have to use all 4 pieces at once; it depends on the size of the glass). Spoon a dollop of the mascarpone cream mixture on top. Add a thin layer of chocolate ganache, about 1-1.5 teaspoons, on top of the mascarpone cream. Repeat once more and finish with another layer of mascarpone cream. Dust the top with grated chocolate. Refrigerate for at least 1-2 hours until set. Tiramisu will keep for 3 days in the fridge.



## Traditional Mincemeat - makes 4 x 370g jars

175g currants  
175g raisins  
175g sultanas  
175g dried cranberries  
100g mixed peel  
1 small cooking apple, peeled, cored and finely chopped  
125g butter, cut into cubes  
225g light muscovado sugar  
½ teaspoon ground cinnamon  
1 teaspoon mixed spice  
Finely grated rind and juice of 1 lemon  
200ml brandy, rum or sherry

Measure all of the ingredients except the alcohol into a large pan. Heat gently, allowing the butter to melt, then simmer very gently, stirring occasionally, for about 10 minutes.

Allow the mixture to cool completely then stir in the brandy, rum or sherry. Spoon the mincemeat into sterilised jam jars, seal tightly, label and store in a cool place.

This can be made up to 6 months ahead.



## Mince Pie Biscuits

250g unsalted butter, softened  
140g golden granulated sugar  
1 egg yolk  
Grated zest of a clementine, or easy peel orange  
300g plain flour  
350g of mincemeat

Preheat the oven to 180C and line a baking sheet(s) with baking paper. Beat the butter and sugar together. Add the egg yolk and zest before beating until combined. Sift the flour in and mix until it forms dough. Fold in most of the mincemeat. It makes it very sticky. Use a tablespoon to scoop out the dough and place on the prepared baking sheets. Bake for 10-20 minutes. It really depends on how big you make them mine took 15 minutes. They will have turned a bit golden on top, but should still be a little soft in the middle. Leave to cool or serve warm with some cream!

## Mincemeat Puffs

200g ready rolled all butter puff pastry  
100g icing sugar  
1 star anise  
2 cloves  
200g mincemeat

Place the cloves, star anise and icing sugar in a spice grinder or blender and blitz until the spices are broken down and incorporated into the sugar. Unroll the puff pastry and spread the mincemeat over the surface of the pastry. Roll the 2 longest sides of the pastry to meet in the middle, forming 2 Swiss rolls that are joined at the base. Freeze until firm, but not completely frozen around 10-15 minutes.

Preheat the oven to 180°C. Remove from the freezer and cut the logs widthways into 1cm thick slices, keeping the 2 discs attached. Sprinkle over the spiced sugar and cook for 12-15 minutes in the oven. Remove from the oven and serve warm. Alternatively, allow to cool and dust with a little icing sugar.



## Mincemeat Cinnamon Whirls – makes 12

### For the dough:

500g strong white flour, plus extra for dusting  
5g salt  
10g caster sugar  
7g fast-action yeast  
150ml tepid water  
120ml milk  
1 large egg  
40g butter, at room temperature  
Flavourless oil, for greasing

### For the filling and icing

350g mincemeat  
1teaspoon ground cinnamon  
100g icing sugar  
1-2 teaspoons orange juice

To make the dough, place the flour in a bowl and stir in the salt and sugar. Add the yeast and stir it through the flour. Add the water, milk and egg and mix well with a wooden spoon or your hands until you have a scraggy dough. Squeeze in the softened butter, then knead until the mixture is smooth and elastic – about 10 minutes. Place the dough into an oiled bowl, cover with cling and allow to rise until doubled in size – usually an hour but could be more if your kitchen is cool.

Once the dough has risen, flour the worktop and roll the dough out into a square of about 45cm/18-inch. Spread the mincemeat all over the dough before dusting over the cinnamon. Roll up into a tight spiral. Trim off the messy ends, then cut the roll into 12 equal-ish slices. Place these, spiral sides up, into the greased muffin tray. Allow to rise for another 30 minutes.

Preheat the oven to 200C. Bake the buns for 15 minutes, or until risen and golden. Remove from the tin immediately and place onto a wire rack to cool. For the topping, simply mix together the icing sugar and orange juice to a thick, but pourable icing. Ice the cool buns before serving.



## Easy Apple Bites

1 Braeburn apple, cut into 8 slices  
45g butter, melted  
1 can croissant dough  
50g caster sugar  
1 teaspoon ground cinnamon

Heat oven to 200C. Line a baking tray with baking parchment. In a small bowl, combine the sugar and cinnamon. In a separate bowl, toss apple slices with  $\frac{1}{2}$  of the melted butter and  $\frac{1}{2}$  of the sugar mixture. Stir to combine.

Separate dough into 8 triangles on baking sheet. Top each triangle with an apple slice. Starting at the wide side of each triangle, wrap dough around apple. Brush with remaining butter and sprinkle with remaining sugar mixture. Bake 12 minutes. Allow to cool for 5-10 minutes.



# Easy Okonomiyaki

## For the okonomiyaki sauce

1½ tablespoons tomato ketchup  
½ tablespoon Worcestershire sauce  
2 teaspoon runny honey  
1 teaspoon dark soy sauce

## For the okonomiyaki pancakes

3 large free-range eggs  
3 tablespoons plain flour  
A pinch of sea salt  
½ teaspoon dark soy sauce  
½ teaspoon toasted sesame oil  
2 large spring onions, thinly sliced  
275g white cabbage, shredded  
Sunflower oil

For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

# Easy Smoked Salmon and Avocado Sushi

300g sushi rice  
2 tablespoons rice or white wine vinegar  
1 teaspoon caster sugar  
1 large avocado  
Juice ½ lemon  
4 sheets nori seaweed  
4 large slices smoked salmon  
1 bunch chives  
Sweet soy sauce, wasabi and pickled ginger to serve

Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.





## Oriental Egg Fried Rice

250g long grain rice  
150g frozen peas  
2 tablespoons sunflower oil  
100g pancetta or bacon, roughly chopped  
1 small red pepper, chopped  
2 garlic cloves, thinly sliced  
2 large eggs  
1 heaped teaspoon Chinese five-spice powder

Fill a large saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered, without stirring for 10 minutes. Drain and allow to become completely cold. Cook the peas in a pan of boiling water for 2 minutes and then drain.

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for a further 2 minutes.

Add the cold rice with the Chinese five-spice, stir frying for a couple of minutes before adding the beaten eggs. Stir fry until the egg just sets.

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## Healthy Granola

This delicious healthy granola recipe is naturally sweetened with maple syrup (or you could use honey). It's made with oats, coconut oil, your favourite dried fruit and seeds.

170g rolled oats  
75g seeds  
½ teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
60ml coconut oil  
60ml maple syrup  
½ teaspoon vanilla extract  
75g dried fruit, chopped if large

Preheat oven to 180C and line a large, rimmed baking sheet with baking parchment. In a large mixing bowl, combine the oats, seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and seed is lightly coated. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely before topping with the dried fruit. Break the granola into pieces with your hands retaining some big chunks.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## Mix and Go Museli

400g rolled oats  
220g rolled barley flakes  
75g bran cereal  
100g pumpkin seeds  
50g sunflower seeds  
100g dried apple, chopped  
100g dried apricots, chopped

Mix together all the ingredients and store in an airtight container. Serve with milk or yoghurt and fresh berries.

# Homemade Chocolate Granola

175g apple sauce  
100g golden syrup  
100g light brown soft sugar  
400g rolled oats  
50g cocoa powder  
50g sunflower seeds  
75g raisins  
75g dark chocolate, finely chopped  
75g dried cranberries  
Yoghurt, to serve, optional  
Raspberries and blueberries, to serve, optional

Pre-heat oven to 170°C and line a large baking sheet with baking parchment. Heat the apple sauce, golden syrup and sugar in a large pan until melted. Add oats, cocoa powder and sunflower seeds; mix well. Spread evenly on the lined baking sheet. Bake for 20 minutes, then stir (it should form into clumps). Bake for 20 minutes more until the granola clumps are crispy. Allow to cool completely, then stir through the raisins, chocolate and cranberries.

Serve layered with yoghurt, raspberries and blueberries.



# Houmous and Harissa Kofte Pittas

200g pot of houmous  
500g British lamb mince  
50g raisins  
1½ tablespoons harissa paste  
1 finely chopped onion  
1 tablespoon olive oil  
6 pittas

## Greek Salad

4 large vine tomatoes, cut into irregular wedges  
1 cucumber, peeled, deseeded, then roughly chopped  
½ a red onion, thinly sliced  
16 Kalamata olives  
1 teaspoon dried oregano  
85g feta cheese, cut into chunks (barrel matured feta is the best)  
4 tablespoons Greek extra virgin olive oil

## Tzatziki

500g whole-milk Greek yoghurt, preferably ewe's milk  
4 cloves of garlic, or more or less to taste  
2 tablespoons extra-virgin olive oil  
½ large cucumber  
1 tablespoon lemon juice  
Small bunch of mint

Make the tzatziki first. Crush the garlic into the oil with a pinch of salt and leave to infuse. Coarsely grate the cucumber and put in a colander in the sink. Salt lightly, toss and leave to drain for 30 minutes. Stir the garlicky oil and lemon juice into the yoghurt. Squeeze out the cucumber very well and then stir this in too. Allow to sit for a couple of hours, but preferably overnight. Just before serving, season to taste, adding more oil or lemon juice if necessary, then finely chop the mint before stirring into the tzatziki.

Next combine half the pot of houmous, lamb mince, raisins, harissa and the chopped onion in a bowl. Season and then shape into 18 equal-size kofte. Heat the olive oil in a non-stick pan and fry the kofte until golden all over and cooked through (8-10 minutes).

Warm the pittas in the toaster, then split and spread with the rest of the pot of houmous. Divide the koftes equally among the pittas and drizzle with some tzatziki. For the Greek salad, mix all the ingredients together and serve with the kofte pittas.

# Hummus 3 Ways

## **Classic:**

2 x 400g tins of chickpeas  
10 tablespoons olive oil  
Juice of 2 juicy lemons  
2 heaped tablespoons tahini  
3 cloves of garlic, peeled  
2 teaspoons ground cumin  
Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

## **Beetroot:**

1 quantity of classic hummus (recipe above)  
1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

## **Roasted Red Pepper and Paprika:**

2 large red peppers  
1 quantity of classic hummus (recipe above)  
1 green chilli, deseeded  
2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudités or corn chips.



# Indian Winter Barley Soup

100g pearl barley  
2 tablespoons vegetable oil  
½ teaspoon brown mustard seeds  
1 teaspoon cumin seeds  
2 green chillies, deseeded and finely chopped  
1 bay leaf  
2 cloves  
1 small cinnamon stick  
½ teaspoon ground turmeric  
1 large onion, chopped  
2 garlic cloves, finely chopped  
1 parsnip, cut into chunks  
200g butternut squash, cut into chunks  
200g sweet potato, cut into chunks  
1 teaspoon paprika  
1 teaspoon ground coriander  
225g red lentils  
2 tomatoes, chopped  
Small bunch coriander, chopped  
1 teaspoon grated ginger  
1 teaspoon lemon juice

Rinse the pearl barley and cook following the packet instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic and cook for 5-8 minutes until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice. Serve with a chunk of crusty bread.





## Mango Lassi

1 very ripe alphonso mango or 200g mango pulp from a tin  
5 ice cubes  
125ml chilled plain whole milk yoghurt  
Pinch of ground cardamom, or to taste  
Splash of milk or water (optional)  
½ teaspoon soft light brown sugar  
Squeeze of lime juice

Peel the mango and cut the flesh away from the stone. Put in a blender with the ice cubes and whiz until finely chopped. Then spoon in the yoghurt and cardamom and whiz until smooth. If it is still too thick (this will depend on the consistency of your yoghurt and juiciness of your mango), add a little milk or water to thin it down. Taste and add sugar or lime juice, if needed. Pour into a glass and drink.



## Mango and Banana Smoothie

1 medium mango  
1 banana  
500ml orange juice  
4 ice cubes

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.



### **Moa Samoa (Polynesian brown sugar chicken)**

8 chicken joints – thighs, drumsticks and breasts joints on the bone  
Bunch of spring onions, roughly chopped  
450ml fresh pineapple juice  
3cm long ginger root, thinly sliced  
3 cloves garlic, chopped  
360ml soy sauce  
275g raw sugar  
Juice and zest of 2 oranges  
Juice from 4 passion fruit  
Zest and juice of 2 limes  
4 star anise

Apart from the chicken, combine all the ingredients to make a sauce. Divide the sauce in half – one half is for the marinade and the rest for the glaze. Pat the chicken pieces dry and place in a bowl with the marinade. Let it marinate for three hours or up to two days. Place the second measure of sauce in a saucepan and simmer until it is reduced to a third, refrigerate until needed.

Pre-heat the oven to 180C. Oil a roasting pan, lift the chicken pieces from the marinade and lay in the pan. Roast for about 40 minutes or until done, basting frequently. Brush with the reserved glaze before serving with grilled pineapple and coconut basmati rice.

### **Hawaiian Shrimp Truck Recipe**

450g shrimps (large prawns), peeled and deveined  
110g butter  
3 Tablespoons olive oil  
1 head of garlic, peeled and chopped  
90g plain flour  
2 tablespoons paprika  
½ teaspoon cayenne pepper  
½ teaspoon salt  
1 lemon, cut into wedges

Combine the flour, paprika, and cayenne pepper in a dish and toss the shrimp in the mixture to coat. Heat a large frying pan over a low 5 minutes. Raise the heat to medium and add the shrimp in a single layer. Cook for 3 to 4 minutes on heat. Add the butter, oil, and garlic. Allow the garlic to cook for 3 to one side, then turn the shrimp and cook for 3-4 minutes on the other side. Add salt, and cook for another minute or two. Squeeze a bit of fresh lemon juice over the shrimp. Serve immediately with white rice and a lemon wedge.

### **Caribbean Coconut Fudge Bars**

#### **Oatmeal Crust:**

150g flour  
90g oats  
140g soft brown sugar  
½ teaspoon bicarbonate of soda  
170g butter, melted

#### **Fudge:**

350g chocolate chips  
1 can (397g) sweetened condensed milk  
30g butter  
1 teaspoon vanilla extract

#### **Coconut topping:**

100g sweetened condensed milk  
200g flaked or shredded coconut

Preheat oven to 200C. Combine flour, oats, brown sugar and the bicarbonate of soda in a medium-sized bowl. Add melted butter and press down evenly into a 9x13cm tin. Bake in the oven for 8 minutes. Cool slightly.

Combine fudge ingredients in a medium-sized sauce pan and heat until just melted and thick. Pour fudge over oat crust and allow to cool completely. Place coconut in a food processor or blender and pulse 1-2 times until coarsely chopped. Combine coconut and sweetened condensed milk and gently spread evenly on top of the fudge. Cool and serve.

# Pavlova

2 egg whites  
4 tablespoons boiling water  
350g caster sugar  
½ teaspoon vanilla essence  
1 Teaspoon white wine vinegar  
1 teaspoon cornflour

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold. Top with cream and fruit.



## Pea, Mint and Parmesan Bruschetta

250g frozen peas, blanched  
1 garlic clove, finely chopped  
A small handful of mint leaves (about 15 to 20)  
Juice of 1 lemon  
2 tablespoons olive oil  
3 tablespoons Parmesan cheese  
Freshly ground black pepper  
Salt, to taste  
Aleppo pepper flakes  
Rounds of toasted French bread

Tip the peas into a blender with the garlic, a few mint leaves and lemon juice. Blend until a rough paste forms. Add the olive oil and Parmesan cheese. Blend again. You may prefer a rough texture or a smoother one: it really is up to you! Season with a load of freshly ground black pepper. Add salt to taste. Serve smeared over slices of toasted French bread rounds, with shards of Parmesan and few Aleppo pepper (or dried chilli) flakes.

## Green Pea and Mint Dip with Nachos

450g frozen petit pois or peas, defrosted and drained  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
1 small bunch fresh mint leaves  
115g plain yoghurt  
½ red chilli, seeds removed, finely chopped  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 lime, juice only  
Salt and freshly ground black pepper  
2 tablespoons extra virgin olive oil  
1 large bag ready-made nachos

Place the peas, onion, garlic and mint leaves into a food processor and blend to a thick purée. Add the yoghurt and blend again, leaving the mixture slightly lumpy. Transfer the mixture to a bowl and stir in the chilli, cumin, coriander and lime juice and season, to taste, with salt and freshly ground black pepper. Spoon into a serving bowl and drizzle with the olive oil. Serve with a bowl of nachos alongside for dipping.



## Pear and Banana Bread

100g unsalted butter, melted, plus extra for greasing  
3 (about 250g) really ripe bananas  
100g golden caster sugar  
2 ripe comice pears, cored and chopped, dusted in a little flour  
1 tablespoon maple syrup, plus extra to serve  
1 teaspoon vanilla extract  
1 large free-range egg  
150g plain flour  
½ teaspoon bicarbonate of soda  
50g raisins

Heat the oven to 180C. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin. Mash the bananas in a mixing bowl; then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract and then beat in the egg. Sift in the flour and bicarbonate of soda; then gently fold in, along with the raisins, using a metal spoon.

Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes; then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.



# Pearl Barley and Hot Smoked Salmon Kedgeree

A dish as rich in history as it is in flavour, this Anglo-Indian hybrid was brought over to England during the British Raj era. It soon became a Victorian breakfast-time favourite, and is still today a much-loved food memory from many a childhood, bursting with the warming flavours of India.

Said to be inspired by the traditional Indian dish Khichri, a mixture of rice and lentils that has been a culinary classic for centuries, kedgeree is a recipe that is still evolving. We've substituted the haddock for hot smoked salmon – a wonderful oily fish full of lean protein, essential vitamins and minerals, as well as omega-3 fatty acids. We've also swapped the rice for pearl barley which is far richer in heart-healthy fibre and added in peas and fresh herbs for a healthy green injection of nutritional goodness.

- 1 tablespoon coconut oil
- 1 red onion, finely sliced
- 1 red chilli, finely diced
- 200g hot smoked salmon
- 8 quails eggs
- 3 cloves garlic, crushed
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1cm piece of root ginger, grated
- 1 teaspoon ground coriander
- 300g pearl barley
- 750ml vegetable stock
- 200g frozen peas
- Handful fresh parsley, chopped
- Handful fresh coriander, chopped
- 2 lemons

Heat up the coconut oil in a large wok or pan and sauté for a few minutes and sauté the onion, ginger, garlic and chilli for a few minutes. Then add in the garam masala, ground coriander and turmeric and cook until the garlic, onion, ginger and chillies are soft and have absorbed the spices. Add in the pearl barley and mix well until it's covered in the spices. Add in 400ml of the stock and let it cook on medium heat for 35 minutes until the pearl barley is tender, stirring frequently and adding in the remaining 350ml of stock as you go. Squeeze in the juice and zest of one lemon. Cut the remaining lemon into wedges to serve.

Boil the quails eggs for two and a half minutes. Drain and place the eggs under a cold running tap. Peel and cut in half. Set aside. In a sieve, pour hot water over the frozen peas and then add into the pan with the pearl barley a few minutes before it's ready to serve. Then flake in the salmon and chopped herbs before mixing it all together. Season well.

Serve up the kedgeree in a large serving dish with the boiled eggs and the remaining lemon wedges to squeeze over.



## Pesto and Parmesan Swirls

230g puff pastry  
100g of pesto  
50g pine nuts  
20g grated Parmesan cheese  
4 tablespoons milk for glazing

Pre-heat oven to 200C. Line a baking tray with baking paper. Arrange a layer of puff pastry on a large baking tray. Spread the pesto evenly over the pastry, smoothing it out with a spoon. Scatter pine nuts evenly over the pastry. Top with grated Parmesan cheese. Roll up the puff pastry from the longer side; brush the roll with milk to glaze. Slice the roll into individual swirls about 1½cm thick. You should get about 12 to 15 swirls. Arrange the swirls on prepared baking tray, leaving some space between each one. Bake the swirls in the oven for about 15-20 minutes, or until crisp and golden.

To make them look like a Catherine Wheel firework, push a lollipop stick into the pastry before baking.



# Pizza in 4 Easy Steps

## For the base

300g strong bread flour  
1 teaspoon instant yeast  
½ teaspoon salt  
1 tablespoon olive oil, plus extra for drizzling

## For the tomato sauce

100ml passata  
Handful fresh basil  
1 garlic clove, crushed

## For the topping

125g ball mozzarella, sliced  
Handful grated or shaved parmesan  
Handful cherry tomatoes, halved

## To finish

Handful basil leaves

**Make the base:** Put the flour into a large bowl and then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

**Make the sauce:** mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

**Roll the dough:** divide the dough into 2 equal balls and on a floured surface, roll out into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

**Top and bake:** heat oven to 220C. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.



# Pizza

250g strong white bread flour  
½ teaspoon salt  
½ teaspoon sugar  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy.

Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce  
Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc  
100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.



## Scones

225g self-raising flour  
55g butter  
25g caster sugar  
150ml milk  
1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

## Cheese Scones

225g self-raising flour  
55g butter  
25g mature Cheddar, grated  
150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.



## Polenta Tart with Sausage and Broccoli

1litre vegetable stock  
200g instant polenta  
50g parmesan, grated  
140g thin-stemmed broccoli  
200g ready-grated mozzarella  
100g semi-dried tomato  
1 garlic clove, chopped  
4 Italian pork sausages, skins removed and split into bite-sized chunks

Heat oven to 200C. In a large saucepan, bring the stock to the boil and then slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 minutes, then remove from the heat altogether. Stir in 1 tablespoon of the parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick.

Cook the broccoli in salted water for 2 minutes, drain and rinse under cold water. Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage. Bake for 20 minutes until the sausage is browned and the sides of the polenta crisp.





## Prawn and Chorizo Paella

Olive oil  
1 onion, chopped  
Chorizo 6cm piece, cut into small chunks  
150g paella rice  
600ml hot chicken stock  
A good pinch of saffron or turmeric  
¼ teaspoon hot smoked paprika  
150g peeled raw prawns  
75g roasted red pepper, chopped  
A big handful of flat-leaf parsley, chopped

Heat 1 tablespoon of olive oil in a large frying pan, then add the onion and sizzle until soft. Add the chorizo and fry for a few minutes until it starts to give off its oil, then tip in the rice and stir until all the grains are coated. Add the stock, saffron and paprika and stir. Turn down to a low simmer, cover and cook for 12-15 minutes, until the rice is almost tender. Stir in the prawns, peppers and another small ladleful of hot stock. Cook for another 3-4 minutes, or until the prawns are pink and cooked through. Stir in the parsley and serve.





## Pumpkin Doughnuts with Salted Caramel Sauce

220g plain flour  
2 teaspoons baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon allspice  
A pinch of ground cloves  
75ml sunflower oil  
110g light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
225g canned plain pumpkin  
120ml milk  
100g butter, melted  
200g granulated sugar  
2 tablespoons ground cinnamon

Preheat oven 200C. Spray a 24-cup mini muffin tin with baking spray and set aside.

In a medium bowl mix together flour, baking powder, cinnamon, nutmeg, allspice, and cloves. In a separate bowl whisk together oil, brown sugar, egg, vanilla, pumpkin and milk until smooth. Add dry ingredients to wet ingredients and mix until just combined. Divide batter evenly among muffin cups. Bake for 10-12 minutes or until a toothpick comes out clean.

While the muffins bake, melt butter in one bowl and combine granulated sugar and cinnamon in another bowl. Remove muffins from oven and cool for 2 minutes. Dip each muffin in melted butter and then roll in cinnamon sugar to coat. Serve muffins warm or at room temperature dipped into the salted caramel sauce (recipe below).

### Salted Caramel Sauce

200g granulated sugar  
90g salted butter, room temperature cut up into 6 pieces  
120ml double cream  
1 teaspoon salt

Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar. Very slowly, drizzle in the cream while stirring. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.



# Pumpkin, Rosemary and Pumpkin Seed Focaccia

250 g pumpkin, washed and skin removed  
Olive oil  
Salt and pepper  
1 clove garlic, crushed to a paste  
2 teaspoons chopped rosemary, plus a few sprigs  
7g dry yeast  
280 ml warm water  
125 ml olive oil  
600g strong white flour  
1 tablespoon pumpkin seeds  
Salt

Preheat the oven to 200°C. Cut the pumpkin into even-sized slices, approximately 1 cm thick. Place into a bowl with a little olive oil, salt, pepper, garlic and half the chopped rosemary and jumble together until well coated. Lay the pieces on a parchment paper-lined baking sheet and roast in the oven for 15–20 minutes or until tender and beginning to brown at the edges. Cool then dice the pumpkin, retaining a few bigger pieces for the topping of the focaccia.

Mix the flour with the yeast, a little salt and the remaining chopped rosemary. Mix the water and the oil together and mix into the flour mix. Continue to knead until a smooth elastic dough is formed. Cover the bowl with cling wrap and leave in a warm place until the dough has almost doubled in size. Knead the diced pumpkin and pumpkin seeds into the dough briefly, using a dusting of flour, and then shape into a flat disc approximately 1.5 cm thick. Line a baking tray with baking parchment and place the focaccia on top, drizzle with olive oil and cover with clingfilm and leave to prove again in a warm place until it has almost doubled its size (approximately 30–40 minutes).

Remove the clingfilm, gently press the reserved pumpkin pieces and rosemary sprigs into the surface, and using your fingertips, make a few dimple marks over the surface. Sprinkle with a little salt and bake for 12–15 minutes or until risen and golden. Remove from the oven, drizzle with a little olive oil and serve.



# RAINBOW FRUIT SALAD

200g diced strawberries  
150g diced mango  
2 diced kiwifruit  
100g halved green grapes  
120g blueberries  
100g halved purple grapes

## FOR THE CITRUS MINT DRESSING:

1 teaspoon lime zest  
1 tablespoon lime juice  
2 tablespoons orange juice  
1 tablespoon honey, to taste  
1 tablespoon of fresh mint, chopped

In a large bowl, combine the strawberries, mango, kiwi, green grapes, blueberries, and purple grapes. Stir to combine. Drizzle with citrus mint dressing and stir to coat. Serve immediately, or store in the refrigerator until ready to serve.

## FOR THE CITRUS MINT DRESSING

In a small jar or bowl, whisk together lime zest, lime juice, orange juice, honey, and mint. Stir until well combined. Pour over your rainbow fruit salad immediately, or store covered in the refrigerator until ready to drizzle over salad.

The dressing can be made ahead of time - several hours or up to 1 day and stored in the refrigerator until ready to serve.



## Raspberry and Polenta Cupcakes

200g butter, softened  
200g caster sugar  
4 eggs  
150g self-raising flour  
50g polenta  
4 tablespoons raspberry jam  
250ml double cream, lightly whipped with the icing sugar and vanilla paste  
20g icing sugar plus extra for dusting  
½ teaspoon of vanilla paste  
Raspberries to top cakes

Pre-heat the oven to 200C. Line a 12-hole muffin trays with paper cases. Cream the butter and sugar together in a large bowl until the mixture is light and fluffy. This can take 5-7 minutes, so this stage should not be rushed.

Beat in the eggs, one at a time, until well combined. If the mixture looks like it is curdling add a spoonful of the flour. Fold in the remaining flour and polenta with a metal spoon until you have a soft, smooth mixture. Spoon the mixture into the paper cases until half full, add half a teaspoon of jam and then cover with the remaining cake mixture. The finished cake case should be about three-quarters full.

Bake in the oven for 12-15 minutes, or until the cakes are pale golden-brown and spring back when pressed gently with a finger. Remove the cakes from the oven and set aside to cool on a wire rack. Using a small knife make a well in the top of each cake by removing a disk of cake. Fill this well with the chantilly cream and top with a raspberry. Serve with a generous dusting of icing sugar.



## Red Pepper and Runner Bean Salad with Fresh Basil

1 red pepper, halved lengthways, stalk and seeds removed  
1 garlic bulb, halved  
Olive oil, for drizzling  
Salt and freshly ground black pepper  
250g runner beans, trimmed and sliced  
1 tablespoon balsamic vinegar  
Fresh basil leaves, to garnish

Preheat the oven to 200C. Place the red pepper halves and halved bulb of garlic onto a baking sheet. Drizzle with olive oil and season with salt and freshly ground black pepper. Transfer to the oven and roast for 20 minutes, or until softened.

Meanwhile, bring a saucepan of water to the boil and blanch the runner beans until just tender. Drain the beans and then place into a large bowl. Drizzle the beans with olive oil and balsamic vinegar and season well with salt and freshly ground black pepper.

To serve, place the roasted pepper and garlic halves on top of the beans and garnish with basil leaves. Serve with crusty bread.



## Rustic Bread

250g strong white bread flour

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

200ml sparkling water

Semolina, for sprinkling

Finely chopped rosemary and Maldon salt, for sprinkling

Heat oven to 220C. Mix together the flour, yeast and  $\frac{1}{2}$  teaspoon of salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for about 4-5 minutes until the dough feels strong, bouncy and has a silky feel to it.

Cut the dough into 8 pieces, then roll out into rough rounds about 16-17cm in diameter. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 minutes, then scatter with rosemary, salt and pepper and drizzle with olive oil. Bake in batches for 8-10 minutes until puffy and golden. Drizzle with olive oil or pesto or dip into hummus!





# S'mores Dip

A super chocolatey twist on the classic American campfire treat. This s'mores dip will be gone before you can say 'mini marshmallow'!

200g milk chocolate  
2 tablespoons milk  
350g mini marshmallows

## To serve

100g digestive biscuits or Biscoff biscuits  
100g strawberries, washed and hulled  
100g pineapple chunks

Heat the chocolate, milk and 200g of the marshmallows in an ovenproof frying pan over a low heat until melted and smooth. Top with the remaining marshmallows in circles so that the whole surface is covered.

Grill on high for 1-2 minutes until the marshmallows are toasted. Serve with digestives and strawberry and pineapple skewers for dunking.



# Spinach and Paneer Kati Rolls

## For the spinach and paneer:

3 tablespoons olive oil  
225g block paneer cheese, cut into 1cm cubes  
150g spinach leaves  
4 garlic cloves, finely chopped  
1 teaspoon cumin seeds  
½ teaspoon crushed chilli flakes  
½ teaspoon salt

## For the kati rolls:

Olive oil, for frying  
2 free-range eggs  
A pinch of salt  
4 small tortilla wraps

Heat 2 tablespoons of the oil in a saucepan over a medium heat. Add the paneer and fry for 5 minutes, stirring occasionally. You want to colour the paneer as much as possible. Put the spinach leaves and 150ml of water into a blender and whiz to a smooth paste. Take the paneer out of the pan with a slotted spoon and set aside. Add the remaining tablespoon of oil and the garlic to the pan and cook for 1 minute, until the garlic is light brown. Add the green mixture, along with the cumin seeds, chilli flakes and salt, and cook on a medium heat for 5 minutes, or until some of the water from around the edge has reduced and the mixture has thickened. Add the paneer to the pan and mix well, making sure all the cheese is covered in green. Pop a lid on the pan and leave on a low heat while you make the rolls.

For the kati rolls, put a small frying pan over a high heat and add a good glug of oil, enough to at least cover the base. Put the eggs onto a plate with the salt and lightly whisk. Dip a tortilla into the egg mixture, making sure to cover it all over. Get it straight into the frying pan. The oil should be hot enough to really create a sizzle. Cook for 30 seconds, then turn it over and cook on the other side. Cook the other three tortillas the same way. To serve, take a hot crispy tortilla, add the paneer mixture in the centre and roll up.



# Stir-up Sunday Mincemeat

(makes enough to make about 80 mince pies)

One tradition says that the mincemeat should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the ingredients with a spoon from east to west, in honour of the Wise Men.

## 13 ingredient Mincemeat:

100g dried cranberries  
180g Merchant Gourmet Whole Chestnuts, chopped to the size of the cranberries  
120g dried figs, tips trimmed then chopped to the size of the cranberries  
100g dates, chopped to the size of the cranberries  
100g prunes, chopped to the size of the cranberries  
100g vegetable suet  
100g candied peel  
1¼ teaspoons mixed spice  
1 teaspoon ground cinnamon  
Grated zest and juice of 3 large oranges  
150g dark brown sugar  
1 large Bramley apple, unpeeled, coarsely grated  
5 tablespoons balsamic syrup

Mix all the ingredients together and store in the fridge for up to 2 weeks.



# **Tasting Christmas Vegetables**

## **Parmesan Crusted Parsnips**

6 tbsp polenta  
100g parmesan, grated  
pinch freshly grated nutmeg  
2kg/4lb 8oz parsnips, quartered and core removed  
6 tbsp olive oil

Heat oven to 220C/200C fan/gas 7. Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 minutes or until just tender. Drain. While parsnips are still hot, toss with the Parmesan mixture to coat. Set a roasting tin over the hob and heat the oil. Add the parsnips and turn to coat in the oil. Put the tin in the oven and roast for 15 minutes, then turn the parsnips over and cook for 15 minutes more until golden.

## **Creamy Sprouts with Bacon**

1kg Brussels sprouts, trimmed  
8 rashers cured bacon, cut into lardons  
250ml double cream  
2 garlic cloves, crushed  
Salt and freshly ground black pepper

Cook the Brussels sprouts in a saucepan of boiling salted water for 5-6 minutes. Drain and refresh in a bowl of ice and water. Drain again when the sprouts have cooled. Add the bacon lardons to a non-stick frying pan, and fry over a medium heat until crisp. Add the cream and crushed garlic to a small pan and bring to the boil. Stir the sprouts into the crisp bacon; then stir in the hot cream. Season with salt and pepper and serve straightaway.

## **Brussel Sprout Mash**

500g Brussels sprouts, prepared  
25g butter, plus extra to serve  
75ml double cream  
Fresh sage, to garnish (optional)

Put the sprouts in a large pan of salted water, bring to the boil, then cover until the water comes back up to the boil. Uncover and cook for 5-6 minutes, until the sprouts are tender. In a small pan, melt the butter with the cream over a low heat. Drain the sprouts, then whizz in a food processor with the butter, cream and a pinch of pepper. Spoon into a serving dish, add a knob of butter and garnish with sage.

## **Sweet Potato Crisps**

¼ small sweet potato  
½ tablespoon olive oil

Heat oven to 200C and slice the sweet potato thinly. Toss with the olive oil and roast for 15-20 minutes until crisp. Leave to cool.

## Warm Smoothie Bowls

### Berry Smoothie

200g frozen berries  
2 tablespoons of honey  
125ml milk  
1 banana  
1 orange, juiced  
250g natural yoghurt  
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm...ideal for a winter breakfast on the run.

### Hot Chocolate Smoothie

300ml milk  
16g chocolate chips  
15ml maple syrup  
40g rolled oats  
20g cocoa powder  
½ teaspoon vanilla extract

The night before, add all ingredients, except chocolate chips, to the bowl of a blender and give it a stir to ensure that everything is well combined. Cover and place in fridge for at least 3 hours, preferably overnight. This step isn't absolutely necessary, but allowing the oats to soak for a few hours will make them easier to blend and give you a smoother, creamier smoothie.

When ready to eat, blend on high until oats are fully broken down and a smooth and creamy consistency is reached. Transfer the smoothie to a small saucepan set over medium heat, adding the chocolate chips and bring to a simmer. If the smoothie is too thick, add an extra splash of milk until desired consistency is reached. Garnish with toppings of your choice: coconut chips, dried banana chips, raisins, cereal or fresh fruit!



## Yorkshire Pudding Pizza – comfort food at it's best!

2 tablespoons sunflower oil  
285ml milk  
115g plain flour  
3 eggs  
200g passata  
1 teaspoon dried oregano  
25g cheddar, grated

**Your choice of toppings:** salami, pepperoni, ½ ball mozzarella, jalapeños, fresh basil leaves etc

Heat oven to 230C. Pour the oil into an 18cm springform cake tin then heat it in the oven for 10 minutes. Take the tin out of the oven and quickly pour in the Yorkshire pudding batter then return it to the oven for 25 minutes until puffed up and golden.

Once baked, pour in the passata and sprinkle with the oregano and cheddar then add your chosen toppings. Bake for a further 15-20 minutes until the cheese is bubbling. Top with fresh basil if you like before serving.





## African Jollof Rice

400ml passata  
3 tablespoons tomato purée  
2 fresh red chillies, seeds removed  
2 onions, chopped  
2 red peppers, seeds removed and roughly chopped  
8 garlic cloves, peeled  
3 tablespoons fresh rosemary leaves  
1 tablespoon fresh thyme leaves  
2 teaspoons ground coriander  
1½ teaspoons sweet smoked paprika  
50ml olive oil  
150g cherry tomatoes, halved  
800ml vegetable stock  
2 bay leaves  
500g long-grain rice, rinsed  
2 tablespoons sunflower oil  
2 ripe plantains, peeled and thickly sliced  
Small handful of coriander leaves, roughly chopped  
Sea salt and freshly ground black pepper

Put the passata, tomato purée, chillies, onions, peppers, garlic, rosemary, thyme, ground coriander and paprika in a blender or food processor and blend until smooth. Heat the olive oil in a large saucepan over a medium heat. Add the cherry tomatoes and the blended tomato sauce. Bring to the boil, then reduce the heat slightly and simmer for 5 minutes, stirring occasionally.

Add the stock, bay leaves, rice, 1½ teaspoons salt and a large pinch of black pepper. Stir to combine and bring to the boil. Reduce the heat and simmer for 10–12 minutes, stirring frequently to prevent the rice from sticking, until the rice is cooked through. Turn off the heat, cover with the lid and leave to steam for 15 minutes without removing the lid.

Meanwhile, heat the sunflower oil in a frying pan over a medium heat. Fry the plantain for a few minutes on each side until golden and tender. Spoon the jollof rice onto warmed plates and add the plantain on the side. Garnish with the chopped coriander and serve with a green salad alongside.



# Anzac Biscuits

## Anzac – Australian and New Zealand Army Corps

85g porridge oat  
85g desiccated coconut  
100g plain flour  
100g caster sugar  
100g butter, plus extra butter for greasing  
1 tbsp golden syrup  
1 tsp bicarbonate of soda

Heat oven to 180C. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tablespoons of boiling water and then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients. Put dessertspoonful's of the mixture on to buttered baking sheets, about 2.5cm apart to allow room for spreading. Bake in batches for 8-10 minutes until golden. Transfer to a wire rack to cool.



## Apple and Blackberry Yorkshire Puddings

25g butter  
140g caster sugar  
4 apples, peeled, cored and cut into bite-size chunks  
1 egg white  
2 eggs  
140g plain flour  
200ml full-fat milk  
150g punnet blackberry  
2 tablespoons sunflower oil

Heat oven to 220C. Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3-4 minutes until slightly caramelised and just starting to soften. Set aside.

In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.

Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used. Put the tin in the oven and leave for 15 minutes, without opening the door, until puffed up and golden. Remove from the oven and carefully place each pudding onto a plate. Serve immediately with custard or vanilla ice cream.



## Apple, Cinnamon and Granola Puffs

2 cans of Jus-Rol Ready-to-Bake Cinnamon Swirls Dough  
2 small eating apples, cored and thinly sliced  
4 tablespoons breakfast granola, roughly crushed  
1 medium egg mixed with 1 tablespoon of runny honey

Pre-heat the oven to 200C. Line a baking tray with baking parchment. Open the cinnamon swirl cans and unroll the dough, cinnamon-side facing up. Spread the cinnamon layer evenly across the top of the pastry. With the cinnamon side facing up, cut each length of pastry into 3 squares.

Place slices of apple on one half of each square, keeping a 5mm border. Sprinkle 1 teaspoon of the breakfast granola over each pile of apple. Brush the border with some of the honey and egg mixture and press the edges together to seal to make triangle shapes. Place on the baking tray and, with a sharp knife, pierce two small slits in the top of each apple puff to let the steam escape.

Finely crush the remaining granola. Brush the tops with some of the egg and honey mixture, sprinkle over the remaining granola and bake for 10-11 minutes until puffed up and golden. Dust with icing sugar and eat hot or cold.





# Baked Buffalo Chicken Wings

3 garlic cloves, crushed  
2 tablespoons olive oil  
3 tablespoons cider vinegar  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
2 teaspoons celery salt  
4 tablespoons pepper sauce (we used Frank's hot sauce)  
3 tablespoons honey  
1½kg chicken wings, halved at the joint

## Blue Cheese Dip

150ml buttermilk  
150ml soured cream  
85g blue cheese, crumbled  
1 garlic clove, crushed  
¼ tsp sweet paprika

In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, hot sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight.

Heat oven to 180C. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, then pour off the excess oil, add the reserved marinade and toss well. Increase oven to 200C. Return to the oven and cook for a further 30 minutes, tossing a few times to coat in the glaze as they cook. They should be sticky and glazed with most of the marinade evaporated.

Mix all the ingredients together for the blue cheese dip and serve with the buffalo chicken wings.



## Bunny Chow – Durban Street Food

500g chicken thighs or breast cut in bite-sized pieces  
100ml sunflower oil  
2-3 curry leaves  
1 teaspoon crushed ginger  
2 teaspoons crushed garlic  
1 tablespoon curry powder  
1 medium onion, diced  
2 medium tomatoes, diced  
1 cinnamon stick  
1½ teaspoons paprika  
3 green cardamom pods lightly crushed  
250g potatoes, cut into cubes  
400g chickpeas, drained and rinsed  
½ teaspoon cayenne pepper  
200ml chicken stock  
Salt and pepper to taste

Heat a large sauce pan with oil, and add onions, garlic, cinnamon stick, curry leaves, cardamom pods and curry powder, stir occasionally for about 2-3 minutes until onions is translucent. Add tomatoes followed by chicken and sauté for about 2-3 more minutes.

Next add chickpeas, potatoes and chicken stock. Bring to a boil and let it simmer until sauce thickens, it might take about 25 minutes or more. Adjust for salt, pepper and stew consistency. Serve in a hollowed out bread loaf.





# Cheese and Marmite Flapjacks

85g butter  
60g marmite  
1 tablespoon rapeseed oil  
2 large leeks, trimmed, washed and very finely sliced  
175g jumbo oats  
50g plain flour  
200g mature cheddar, grated  
75g mixed pumpkin and sunflower seeds  
50g raisins  
2 large eggs, beaten

Heat the oven to 200C and line a 22cm square tin with baking parchment. Gently melt 65g of the butter and the marmite in a small pan. Meanwhile put the remaining butter in a frying pan with the oil and leeks and cook very gently for 10 to 15 minutes or until the leeks are very soft.

Mix together the oats, flour, 165g of the cheddar, most of the seeds and all of the raisins in a large bowl. Pour over the melted marmite butter and the beaten eggs and then scrape in all the leeks and the buttery juices. Stir everything together well, until all the ingredients are sticky

Press the mixture into the prepared tin, scatter over the remaining seeds and cheese, then bake for approximately 25 minutes or until the top is golden and crisp. Cool in the tin for 10 minutes, then cut into squares and leave to cool completely before eating.



## Cheesy Bonfire Bread

200g wholemeal flour  
200g plain flour, plus extra for dusting  
1 teaspoon bicarbonate of soda  
2 teaspoons cream of tartar  
1 teaspoon salt  
1 teaspoon caster sugar  
25g butter, melted  
300ml milk, at room temperature  
175g cheddar, coarsely grated  
3 tablespoons pumpkin seeds  
85g ready-roasted pepper, drained and chopped

Heat oven to 200C. Sift the dry ingredients into a large bowl and make a large well in the middle. Combine the melted butter and milk, then pour into the well. Mix to a soft dough. Dust the work surface with flour. Add most of the cheddar, 2 tablespoons of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.

Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 minutes until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm.



## Chilli, Ginger and Mango Crumble

100g granulated sugar  
3 mangoes, peeled and diced  
½ a pineapple, peeled, cored and diced  
5cm piece of fresh root ginger, peeled and grated  
400g canned Kesar mango pulp  
½ red chilli  
Grated zest and juice of a lime  
45g butter

### **Crumble**

50g rice flour  
175g plain flour  
100g butter  
75g soft brown sugar  
½ teaspoon cinnamon

Cream to serve

Heat the sugar in a heavy based pan and once it dissolves and starts to turn a gentle brown, add the mango and pineapple pieces, the ginger, mango pulp, chilli and the lime zest and juice. Stir gently and add the butter a small piece at a time. Allow to cook for 2 minutes over a medium heat until the sauce thickens to a syrup-like consistency. Remove from the heat and transfer the mixture to an ovenproof baking dish.

To make the crumble, put the rice flour and plain flour into a bowl and rub in the butter until it resembles breadcrumbs. Add in the sugar and the cinnamon and mix together. Sprinkle the mixture on top of the fruit and bake for 20 to 25 minutes until golden brown and bubbling. Serve the crumble hot with cream.



# Chocolate Chip Flapjacks

240g butter, diced  
150g light muscovado sugar  
225g golden syrup  
150g dark chocolate  
350g refined porridge oats (not wholegrain)

Gently melt the butter with the sugar and golden syrup in a small saucepan over a medium heat and then pour this into a large bowl and leave to cool to room temperature, about 20 minutes.

Have ready a 23cm square brownie tin and line with baking parchment. Heat the oven to 180C

Chop the chocolate into roughly 1cm dice. Stir the butter and syrup mixture until amalgamated. Fold in the oats, and then two thirds of the chopped chocolate. Tip the mixture into the tin, pressing it down using the back of a metal spoon. Scatter over the remaining chocolate pieces and press down into the mixture using your fingers.

Bake for 20-25 minutes until lightly coloured. Leave to cool completely until the chocolate has set, ideally overnight, or you can pop the tray into the fridge once it is cool. Cut into squares (you should get 25).



# Chocolate Tiramisu

## Chocolate Syrup for Dipping:

240ml hot water

1½ tablespoons unsweetened cocoa powder

2 tablespoon granulated sugar

## Chocolate Ganache:

100g dark chocolate , coarsely chopped

120ml double cream

## Filling:

227g mascarpone cheese, at room temperature

1 teaspoon pure vanilla extract

250ml double cream

65g icing sugar

About 200g (18-24) boudoir biscuits

Grated chocolate, to sprinkle on top

**For the chocolate syrup** combine all the ingredients and set aside to cool slightly.

**For the chocolate ganache:** put the chopped chocolate and cream in a medium heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally. Set aside to cool slightly.

**For the filling:** in a large bowl, place mascarpone and vanilla extract and whisk vigorously until creamy and smooth. In a different mixer bowl, using an electric mixer, whisk together double cream and sugar until stiff peaks form. Fold whipped cream into mascarpone in 2 additions until mixture is smooth.

**Assemble tiramisu:** dip boudoir biscuits very quickly (less than a second) into the chocolate syrup. Break each one into 4 pieces and place them at the bottom of the glasses (you don't have to use all 4 pieces at once; it depends on the size of the glass). Spoon a dollop of the mascarpone cream mixture on top. Add a thin layer of chocolate ganache, about 1-1.5 teaspoons, on top of the mascarpone cream. Repeat once more and finish with another layer of mascarpone cream. Dust the top with grated chocolate. Refrigerate for at least 1-2 hours until set. Tiramisu will keep for 3 days in the fridge.



## Easy Apple Bites

1 Braeburn apple, cut into 8 slices  
45g butter, melted  
1 can croissant dough  
50g caster sugar  
1 teaspoon ground cinnamon

Heat oven to 200C. Line a baking tray with baking parchment. In a small bowl, combine the sugar and cinnamon. In a separate bowl, toss apple slices with  $\frac{1}{2}$  of the melted butter and  $\frac{1}{2}$  of the sugar mixture. Stir to combine.

Separate dough into 8 triangles on baking sheet. Top each triangle with an apple slice. Starting at the wide side of each triangle, wrap dough around apple. Brush with remaining butter and sprinkle with remaining sugar mixture. Bake 12 minutes. Allow to cool for 5-10 minutes.





# Easy Okonomiyaki

## For the okonomiyaki sauce

1½ tablespoons tomato ketchup  
½ tablespoon Worcestershire sauce  
2 teaspoon runny honey  
1 teaspoon dark soy sauce

## For the okonomiyaki pancakes

3 large free-range eggs  
3 tablespoons plain flour  
A pinch of sea salt  
½ teaspoon dark soy sauce  
½ teaspoon toasted sesame oil  
2 large spring onions, thinly sliced  
275g white cabbage, shredded  
Sunflower oil

For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

# Easy Smoked Salmon and Avocado Sushi

300g sushi rice  
2 tablespoons rice or white wine vinegar  
1 teaspoon caster sugar  
1 large avocado  
Juice ½ lemon  
4 sheets nori seaweed  
4 large slices smoked salmon  
1 bunch chives  
Sweet soy sauce, wasabi and pickled ginger to serve

Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.



## Oriental Egg Fried Rice

250g long grain rice  
150g frozen peas  
2 tablespoons sunflower oil  
100g pancetta or bacon, roughly chopped  
1 small red pepper, chopped  
2 garlic cloves, thinly sliced  
2 large eggs  
1 heaped teaspoon Chinese five-spice powder

Fill a large saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered, without stirring for 10 minutes. Drain and allow to become completely cold. Cook the peas in a pan of boiling water for 2 minutes and then drain.

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for a further 2 minutes.

Add the cold rice with the Chinese five-spice, stir frying for a couple of minutes before adding the beaten eggs. Stir fry until the egg just sets.

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## Healthy Granola

This delicious healthy granola recipe is naturally sweetened with maple syrup (or you could use honey). It's made with oats, coconut oil, your favourite dried fruit and seeds.

170g rolled oats  
75g seeds  
½ teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
60ml coconut oil  
60ml maple syrup  
½ teaspoon vanilla extract  
75g dried fruit, chopped if large

Preheat oven to 180C and line a large, rimmed baking sheet with baking parchment. In a large mixing bowl, combine the oats, seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and seed is lightly coated. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely before topping with the dried fruit. Break the granola into pieces with your hands retaining some big chunks.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## Mix and Go Museli

400g rolled oats  
220g rolled barley flakes  
75g bran cereal  
100g pumpkin seeds  
50g sunflower seeds  
100g dried apple, chopped  
100g dried apricots, chopped

Mix together all the ingredients and store in an airtight container. Serve with milk or yoghurt and fresh berries.

# Homemade Chocolate Granola

175g apple sauce  
100g golden syrup  
100g light brown soft sugar  
400g rolled oats  
50g cocoa powder  
50g sunflower seeds  
75g raisins  
75g dark chocolate, finely chopped  
75g dried cranberries  
Yoghurt, to serve, optional  
Raspberries and blueberries, to serve, optional

Pre-heat oven to 170°C and line a large baking sheet with baking parchment. Heat the apple sauce, golden syrup and sugar in a large pan until melted. Add oats, cocoa powder and sunflower seeds; mix well. Spread evenly on the lined baking sheet. Bake for 20 minutes, then stir (it should form into clumps). Bake for 20 minutes more until the granola clumps are crispy. Allow to cool completely, then stir through the raisins, chocolate and cranberries.

Serve layered with yoghurt, raspberries and blueberries.



# Houmous and Harissa Kofte Pittas

200g pot of houmous  
500g British lamb mince  
50g raisins  
1½ tablespoons harissa paste  
1 finely chopped onion  
1 tablespoon olive oil  
6 pittas

## Greek Salad

4 large vine tomatoes, cut into irregular wedges  
1 cucumber, peeled, deseeded, then roughly chopped  
½ a red onion, thinly sliced  
16 Kalamata olives  
1 teaspoon dried oregano  
85g feta cheese, cut into chunks (barrel matured feta is the best)  
4 tablespoons Greek extra virgin olive oil

## Tzatziki

500g whole-milk Greek yoghurt, preferably ewe's milk  
4 cloves of garlic, or more or less to taste  
2 tablespoons extra-virgin olive oil  
½ large cucumber  
1 tablespoon lemon juice  
Small bunch of mint

Make the tzatziki first. Crush the garlic into the oil with a pinch of salt and leave to infuse. Coarsely grate the cucumber and put in a colander in the sink. Salt lightly, toss and leave to drain for 30 minutes. Stir the garlicky oil and lemon juice into the yoghurt. Squeeze out the cucumber very well and then stir this in too. Allow to sit for a couple of hours, but preferably overnight. Just before serving, season to taste, adding more oil or lemon juice if necessary, then finely chop the mint before stirring into the tzatziki.

Next combine half the pot of houmous, lamb mince, raisins, harissa and the chopped onion in a bowl. Season and then shape into 18 equal-size kofte. Heat the olive oil in a non-stick pan and fry the kofte until golden all over and cooked through (8-10 minutes).

Warm the pittas in the toaster, then split and spread with the rest of the pot of houmous. Divide the koftes equally among the pittas and drizzle with some tzatziki. For the Greek salad, mix all the ingredients together and serve with the kofte pittas.

# Hummus 3 Ways

## **Classic:**

2 x 400g tins of chickpeas  
10 tablespoons olive oil  
Juice of 2 juicy lemons  
2 heaped tablespoons tahini  
3 cloves of garlic, peeled  
2 teaspoons ground cumin  
Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

## **Beetroot:**

1 quantity of classic hummus (recipe above)  
1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

## **Roasted Red Pepper and Paprika:**

2 large red peppers  
1 quantity of classic hummus (recipe above)  
1 green chilli, deseeded  
2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudités or corn chips.





# Indian Winter Barley Soup

100g pearl barley  
2 tablespoons vegetable oil  
½ teaspoon brown mustard seeds  
1 teaspoon cumin seeds  
2 green chillies, deseeded and finely chopped  
1 bay leaf  
2 cloves  
1 small cinnamon stick  
½ teaspoon ground turmeric  
1 large onion, chopped  
2 garlic cloves, finely chopped  
1 parsnip, cut into chunks  
200g butternut squash, cut into chunks  
200g sweet potato, cut into chunks  
1 teaspoon paprika  
1 teaspoon ground coriander  
225g red lentils  
2 tomatoes, chopped  
Small bunch coriander, chopped  
1 teaspoon grated ginger  
1 teaspoon lemon juice

Rinse the pearl barley and cook following the packet instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic and cook for 5-8 minutes until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice. Serve with a chunk of crusty bread.



## Mango Lassi

1 very ripe alphonso mango or 200g mango pulp from a tin  
5 ice cubes  
125ml chilled plain whole milk yoghurt  
Pinch of ground cardamom, or to taste  
Splash of milk or water (optional)  
½ teaspoon soft light brown sugar  
Squeeze of lime juice

Peel the mango and cut the flesh away from the stone. Put in a blender with the ice cubes and whiz until finely chopped. Then spoon in the yoghurt and cardamom and whiz until smooth. If it is still too thick (this will depend on the consistency of your yoghurt and juiciness of your mango), add a little milk or water to thin it down. Taste and add sugar or lime juice, if needed. Pour into a glass and drink.



## Mango and Banana Smoothie

1 medium mango  
1 banana  
500ml orange juice  
4 ice cubes

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.



### **Moa Samoa (Polynesian brown sugar chicken)**

8 chicken joints – thighs, drumsticks and breasts joints on the bone  
Bunch of spring onions, roughly chopped  
450ml fresh pineapple juice  
3cm long ginger root, thinly sliced  
3 cloves garlic, chopped  
360ml soy sauce  
275g raw sugar  
Juice and zest of 2 oranges  
Juice from 4 passion fruit  
Zest and juice of 2 limes  
4 star anise

Apart from the chicken, combine all the ingredients to make a sauce. Divide the sauce in half – one half is for the marinade and the rest for the glaze. Pat the chicken pieces dry and place in a bowl with the marinade. Let it marinate for three hours or up to two days. Place the second measure of sauce in a saucepan and simmer until it is reduced to a third, refrigerate until needed.

Pre-heat the oven to 180C. Oil a roasting pan, lift the chicken pieces from the marinade and lay in the pan. Roast for about 40 minutes or until done, basting frequently. Brush with the reserved glaze before serving with grilled pineapple and coconut basmati rice.

### **Hawaiian Shrimp Truck Recipe**

450g shrimps (large prawns), peeled and deveined  
110g butter  
3 Tablespoons olive oil  
1 head of garlic, peeled and chopped  
90g plain flour  
2 tablespoons paprika  
½ teaspoon cayenne pepper  
½ teaspoon salt  
1 lemon, cut into wedges

Combine the flour, paprika, and cayenne pepper in a dish and toss the shrimp in the mixture to coat. Heat a large frying pan over a low 5 minutes. Raise the heat to medium and add the shrimp in a single layer. Cook for 3 to 4 minutes on heat. Add the butter, oil, and garlic. Allow the garlic to cook for 3 to one side, then turn the shrimp and cook for 3-4 minutes on the other side. Add salt, and cook for another minute or two. Squeeze a bit of fresh lemon juice over the shrimp. Serve immediately with white rice and a lemon wedge.

### **Caribbean Coconut Fudge Bars**

#### **Oatmeal Crust:**

150g flour  
90g oats  
140g soft brown sugar  
½ teaspoon bicarbonate of soda  
170g butter, melted

#### **Fudge:**

350g chocolate chips  
1 can (397g) sweetened condensed milk  
30g butter  
1 teaspoon vanilla extract

#### **Coconut topping:**

100g sweetened condensed milk  
200g flaked or shredded coconut

Preheat oven to 200C. Combine flour, oats, brown sugar and the bicarbonate of soda in a medium-sized bowl. Add melted butter and press down evenly into a 9x13cm tin. Bake in the oven for 8 minutes. Cool slightly.

Combine fudge ingredients in a medium-sized sauce pan and heat until just melted and thick. Pour fudge over oat crust and allow to cool completely. Place coconut in a food processor or blender and pulse 1-2 times until coarsely chopped. Combine coconut and sweetened condensed milk and gently spread evenly on top of the fudge. Cool and serve.

# Pavlova

2 egg whites  
4 tablespoons boiling water  
350g caster sugar  
½ teaspoon vanilla essence  
1 Teaspoon white wine vinegar  
1 teaspoon cornflour

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold. Top with cream and fruit.



## Pea, Mint and Parmesan Bruschetta

250g frozen peas, blanched  
1 garlic clove, finely chopped  
A small handful of mint leaves (about 15 to 20)  
Juice of 1 lemon  
2 tablespoons olive oil  
3 tablespoons Parmesan cheese  
Freshly ground black pepper  
Salt, to taste  
Aleppo pepper flakes  
Rounds of toasted French bread

Tip the peas into a blender with the garlic, a few mint leaves and lemon juice. Blend until a rough paste forms. Add the olive oil and Parmesan cheese. Blend again. You may prefer a rough texture or a smoother one: it really is up to you! Season with a load of freshly ground black pepper. Add salt to taste. Serve smeared over slices of toasted French bread rounds, with shards of Parmesan and few Aleppo pepper (or dried chilli) flakes.

## Green Pea and Mint Dip with Nachos

450g frozen petit pois or peas, defrosted and drained  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
1 small bunch fresh mint leaves  
115g plain yoghurt  
½ red chilli, seeds removed, finely chopped  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 lime, juice only  
Salt and freshly ground black pepper  
2 tablespoons extra virgin olive oil  
1 large bag ready-made nachos

Place the peas, onion, garlic and mint leaves into a food processor and blend to a thick purée. Add the yoghurt and blend again, leaving the mixture slightly lumpy. Transfer the mixture to a bowl and stir in the chilli, cumin, coriander and lime juice and season, to taste, with salt and freshly ground black pepper. Spoon into a serving bowl and drizzle with the olive oil. Serve with a bowl of nachos alongside for dipping.



## Pear and Banana Bread

100g unsalted butter, melted, plus extra for greasing  
3 (about 250g) really ripe bananas  
100g golden caster sugar  
2 ripe comice pears, cored and chopped, dusted in a little flour  
1 tablespoon maple syrup, plus extra to serve  
1 teaspoon vanilla extract  
1 large free-range egg  
150g plain flour  
½ teaspoon bicarbonate of soda  
50g raisins

Heat the oven to 180C. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin. Mash the bananas in a mixing bowl; then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract and then beat in the egg. Sift in the flour and bicarbonate of soda; then gently fold in, along with the raisins, using a metal spoon.

Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes; then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.





# Pearl Barley and Hot Smoked Salmon Kedgeree

A dish as rich in history as it is in flavour, this Anglo-Indian hybrid was brought over to England during the British Raj era. It soon became a Victorian breakfast-time favourite, and is still today a much-loved food memory from many a childhood, bursting with the warming flavours of India.

Said to be inspired by the traditional Indian dish Khichri, a mixture of rice and lentils that has been a culinary classic for centuries, kedgeree is a recipe that is still evolving. We've substituted the haddock for hot smoked salmon – a wonderful oily fish full of lean protein, essential vitamins and minerals, as well as omega-3 fatty acids. We've also swapped the rice for pearl barley which is far richer in heart-healthy fibre and added in peas and fresh herbs for a healthy green injection of nutritional goodness.

- 1 tablespoon coconut oil
- 1 red onion, finely sliced
- 1 red chilli, finely diced
- 200g hot smoked salmon
- 8 quails eggs
- 3 cloves garlic, crushed
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1cm piece of root ginger, grated
- 1 teaspoon ground coriander
- 300g pearl barley
- 750ml vegetable stock
- 200g frozen peas
- Handful fresh parsley, chopped
- Handful fresh coriander, chopped
- 2 lemons

Heat up the coconut oil in a large wok or pan and sauté for a few minutes and sauté the onion, ginger, garlic and chilli for a few minutes. Then add in the garam masala, ground coriander and turmeric and cook until the garlic, onion, ginger and chillies are soft and have absorbed the spices. Add in the pearl barley and mix well until it's covered in the spices. Add in 400ml of the stock and let it cook on medium heat for 35 minutes until the pearl barley is tender, stirring frequently and adding in the remaining 350ml of stock as you go. Squeeze in the juice and zest of one lemon. Cut the remaining lemon into wedges to serve.

Boil the quails eggs for two and a half minutes. Drain and place the eggs under a cold running tap. Peel and cut in half. Set aside. In a sieve, pour hot water over the frozen peas and then add into the pan with the pearl barley a few minutes before it's ready to serve. Then flake in the salmon and chopped herbs before mixing it all together. Season well.

Serve up the kedgeree in a large serving dish with the boiled eggs and the remaining lemon wedges to squeeze over.

## Pesto and Parmesan Swirls

230g puff pastry  
100g of pesto  
50g pine nuts  
20g grated Parmesan cheese  
4 tablespoons milk for glazing

Pre-heat oven to 200C. Line a baking tray with baking paper. Arrange a layer of puff pastry on a large baking tray. Spread the pesto evenly over the pastry, smoothing it out with a spoon. Scatter pine nuts evenly over the pastry. Top with grated Parmesan cheese. Roll up the puff pastry from the longer side; brush the roll with milk to glaze. Slice the roll into individual swirls about 1½cm thick. You should get about 12 to 15 swirls. Arrange the swirls on prepared baking tray, leaving some space between each one. Bake the swirls in the oven for about 15-20 minutes, or until crisp and golden.

To make them look like a Catherine Wheel firework, push a lollipop stick into the pastry before baking.



# Pizza in 4 Easy Steps

## For the base

300g strong bread flour  
1 teaspoon instant yeast  
½ teaspoon salt  
1 tablespoon olive oil, plus extra for drizzling

## For the tomato sauce

100ml passata  
Handful fresh basil  
1 garlic clove, crushed

## For the topping

125g ball mozzarella, sliced  
Handful grated or shaved parmesan  
Handful cherry tomatoes, halved

## To finish

Handful basil leaves

**Make the base:** Put the flour into a large bowl and then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

**Make the sauce:** mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

**Roll the dough:** divide the dough into 2 equal balls and on a floured surface, roll out into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

**Top and bake:** heat oven to 220C. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.



# Pizza

250g strong white bread flour  
½ teaspoon salt  
½ teaspoon sugar  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy.

Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce  
Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc  
100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.



## Scones

225g self-raising flour  
55g butter  
25g caster sugar  
150ml milk  
1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

## Cheese Scones

225g self-raising flour  
55g butter  
25g mature Cheddar, grated  
150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.



## Polenta Tart with Sausage and Broccoli

1litre vegetable stock  
200g instant polenta  
50g parmesan, grated  
140g thin-stemmed broccoli  
200g ready-grated mozzarella  
100g semi-dried tomato  
1 garlic clove, chopped  
4 Italian pork sausages, skins removed and split into bite-sized chunks

Heat oven to 200C. In a large saucepan, bring the stock to the boil and then slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 minutes, then remove from the heat altogether. Stir in 1 tablespoon of the parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick.

Cook the broccoli in salted water for 2 minutes, drain and rinse under cold water. Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage. Bake for 20 minutes until the sausage is browned and the sides of the polenta crisp.





## Prawn and Chorizo Paella

Olive oil  
1 onion, chopped  
Chorizo 6cm piece, cut into small chunks  
150g paella rice  
600ml hot chicken stock  
A good pinch of saffron or turmeric  
¼ teaspoon hot smoked paprika  
150g peeled raw prawns  
75g roasted red pepper, chopped  
A big handful of flat-leaf parsley, chopped

Heat 1 tablespoon of olive oil in a large frying pan, then add the onion and sizzle until soft. Add the chorizo and fry for a few minutes until it starts to give off its oil, then tip in the rice and stir until all the grains are coated. Add the stock, saffron and paprika and stir. Turn down to a low simmer, cover and cook for 12-15 minutes, until the rice is almost tender. Stir in the prawns, peppers and another small ladleful of hot stock. Cook for another 3-4 minutes, or until the prawns are pink and cooked through. Stir in the parsley and serve.



## Pumpkin Doughnuts with Salted Caramel Sauce

220g plain flour  
2 teaspoons baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon allspice  
A pinch of ground cloves  
75ml sunflower oil  
110g light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
225g canned plain pumpkin  
120ml milk  
100g butter, melted  
200g granulated sugar  
2 tablespoons ground cinnamon

Preheat oven 200C. Spray a 24-cup mini muffin tin with baking spray and set aside.

In a medium bowl mix together flour, baking powder, cinnamon, nutmeg, allspice, and cloves. In a separate bowl whisk together oil, brown sugar, egg, vanilla, pumpkin and milk until smooth. Add dry ingredients to wet ingredients and mix until just combined. Divide batter evenly among muffin cups. Bake for 10-12 minutes or until a toothpick comes out clean.

While the muffins bake, melt butter in one bowl and combine granulated sugar and cinnamon in another bowl. Remove muffins from oven and cool for 2 minutes. Dip each muffin in melted butter and then roll in cinnamon sugar to coat. Serve muffins warm or at room temperature dipped into the salted caramel sauce (recipe below).

### Salted Caramel Sauce

200g granulated sugar  
90g salted butter, room temperature cut up into 6 pieces  
120ml double cream  
1 teaspoon salt

Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar. Very slowly, drizzle in the cream while stirring. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.



# Pumpkin, Rosemary and Pumpkin Seed Focaccia

250 g pumpkin, washed and skin removed  
Olive oil  
Salt and pepper  
1 clove garlic, crushed to a paste  
2 teaspoons chopped rosemary, plus a few sprigs  
7g dry yeast  
280 ml warm water  
125 ml olive oil  
600g strong white flour  
1 tablespoon pumpkin seeds  
Salt

Preheat the oven to 200°C. Cut the pumpkin into even-sized slices, approximately 1 cm thick. Place into a bowl with a little olive oil, salt, pepper, garlic and half the chopped rosemary and jumble together until well coated. Lay the pieces on a parchment paper-lined baking sheet and roast in the oven for 15–20 minutes or until tender and beginning to brown at the edges. Cool then dice the pumpkin, retaining a few bigger pieces for the topping of the focaccia.

Mix the flour with the yeast, a little salt and the remaining chopped rosemary. Mix the water and the oil together and mix into the flour mix. Continue to knead until a smooth elastic dough is formed. Cover the bowl with cling wrap and leave in a warm place until the dough has almost doubled in size. Knead the diced pumpkin and pumpkin seeds into the dough briefly, using a dusting of flour, and then shape into a flat disc approximately 1.5 cm thick. Line a baking tray with baking parchment and place the focaccia on top, drizzle with olive oil and cover with clingfilm and leave to prove again in a warm place until it has almost doubled its size (approximately 30–40 minutes).

Remove the clingfilm, gently press the reserved pumpkin pieces and rosemary sprigs into the surface, and using your fingertips, make a few dimple marks over the surface. Sprinkle with a little salt and bake for 12–15 minutes or until risen and golden. Remove from the oven, drizzle with a little olive oil and serve.



# RAINBOW FRUIT SALAD

200g diced strawberries  
150g diced mango  
2 diced kiwifruit  
100g halved green grapes  
120g blueberries  
100g halved purple grapes

## FOR THE CITRUS MINT DRESSING:

1 teaspoon lime zest  
1 tablespoon lime juice  
2 tablespoons orange juice  
1 tablespoon honey, to taste  
1 tablespoon of fresh mint, chopped

In a large bowl, combine the strawberries, mango, kiwi, green grapes, blueberries, and purple grapes. Stir to combine. Drizzle with citrus mint dressing and stir to coat. Serve immediately, or store in the refrigerator until ready to serve.

## FOR THE CITRUS MINT DRESSING

In a small jar or bowl, whisk together lime zest, lime juice, orange juice, honey, and mint. Stir until well combined. Pour over your rainbow fruit salad immediately, or store covered in the refrigerator until ready to drizzle over salad.

The dressing can be made ahead of time - several hours or up to 1 day and stored in the refrigerator until ready to serve.



## Raspberry and Polenta Cupcakes

200g butter, softened  
200g caster sugar  
4 eggs  
150g self-raising flour  
50g polenta  
4 tablespoons raspberry jam  
250ml double cream, lightly whipped with the icing sugar and vanilla paste  
20g icing sugar plus extra for dusting  
½ teaspoon of vanilla paste  
Raspberries to top cakes

Pre-heat the oven to 200C. Line a 12-hole muffin trays with paper cases. Cream the butter and sugar together in a large bowl until the mixture is light and fluffy. This can take 5-7 minutes, so this stage should not be rushed.

Beat in the eggs, one at a time, until well combined. If the mixture looks like it is curdling add a spoonful of the flour. Fold in the remaining flour and polenta with a metal spoon until you have a soft, smooth mixture. Spoon the mixture into the paper cases until half full, add half a teaspoon of jam and then cover with the remaining cake mixture. The finished cake case should be about three-quarters full.

Bake in the oven for 12-15 minutes, or until the cakes are pale golden-brown and spring back when pressed gently with a finger. Remove the cakes from the oven and set aside to cool on a wire rack. Using a small knife make a well in the top of each cake by removing a disk of cake. Fill this well with the chantilly cream and top with a raspberry. Serve with a generous dusting of icing sugar.





## Red Pepper and Runner Bean Salad with Fresh Basil

1 red pepper, halved lengthways, stalk and seeds removed  
1 garlic bulb, halved  
Olive oil, for drizzling  
Salt and freshly ground black pepper  
250g runner beans, trimmed and sliced  
1 tablespoon balsamic vinegar  
Fresh basil leaves, to garnish

Preheat the oven to 200C. Place the red pepper halves and halved bulb of garlic onto a baking sheet. Drizzle with olive oil and season with salt and freshly ground black pepper. Transfer to the oven and roast for 20 minutes, or until softened.

Meanwhile, bring a saucepan of water to the boil and blanch the runner beans until just tender. Drain the beans and then place into a large bowl. Drizzle the beans with olive oil and balsamic vinegar and season well with salt and freshly ground black pepper.

To serve, place the roasted pepper and garlic halves on top of the beans and garnish with basil leaves. Serve with crusty bread.





## Rustic Bread

250g strong white bread flour

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

200ml sparkling water

Semolina, for sprinkling

Finely chopped rosemary and Maldon salt, for sprinkling

Heat oven to 220C. Mix together the flour, yeast and  $\frac{1}{2}$  teaspoon of salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for about 4-5 minutes until the dough feels strong, bouncy and has a silky feel to it.

Cut the dough into 8 pieces, then roll out into rough rounds about 16-17cm in diameter. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 minutes, then scatter with rosemary, salt and pepper and drizzle with olive oil. Bake in batches for 8-10 minutes until puffy and golden. Drizzle with olive oil or pesto or dip into hummus!



# S'mores Dip

A super chocolatey twist on the classic American campfire treat. This s'mores dip will be gone before you can say 'mini marshmallow'!

200g milk chocolate  
2 tablespoons milk  
350g mini marshmallows

## To serve

100g digestive biscuits or Biscoff biscuits  
100g strawberries, washed and hulled  
100g pineapple chunks

Heat the chocolate, milk and 200g of the marshmallows in an ovenproof frying pan over a low heat until melted and smooth. Top with the remaining marshmallows in circles so that the whole surface is covered.

Grill on high for 1-2 minutes until the marshmallows are toasted. Serve with digestives and strawberry and pineapple skewers for dunking.



# Spinach and Paneer Kati Rolls

## For the spinach and paneer:

3 tablespoons olive oil  
225g block paneer cheese, cut into 1cm cubes  
150g spinach leaves  
4 garlic cloves, finely chopped  
1 teaspoon cumin seeds  
½ teaspoon crushed chilli flakes  
½ teaspoon salt

## For the kati rolls:

Olive oil, for frying  
2 free-range eggs  
A pinch of salt  
4 small tortilla wraps

Heat 2 tablespoons of the oil in a saucepan over a medium heat. Add the paneer and fry for 5 minutes, stirring occasionally. You want to colour the paneer as much as possible. Put the spinach leaves and 150ml of water into a blender and whiz to a smooth paste. Take the paneer out of the pan with a slotted spoon and set aside. Add the remaining tablespoon of oil and the garlic to the pan and cook for 1 minute, until the garlic is light brown. Add the green mixture, along with the cumin seeds, chilli flakes and salt, and cook on a medium heat for 5 minutes, or until some of the water from around the edge has reduced and the mixture has thickened. Add the paneer to the pan and mix well, making sure all the cheese is covered in green. Pop a lid on the pan and leave on a low heat while you make the rolls.

For the kati rolls, put a small frying pan over a high heat and add a good glug of oil, enough to at least cover the base. Put the eggs onto a plate with the salt and lightly whisk. Dip a tortilla into the egg mixture, making sure to cover it all over. Get it straight into the frying pan. The oil should be hot enough to really create a sizzle. Cook for 30 seconds, then turn it over and cook on the other side. Cook the other three tortillas the same way. To serve, take a hot crispy tortilla, add the paneer mixture in the centre and roll up.



# Stir-up Sunday Mincemeat

(makes enough to make about 80 mince pies)

One tradition says that the mincemeat should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the ingredients with a spoon from east to west, in honour of the Wise Men.

## 13 ingredient Mincemeat:

100g dried cranberries  
180g Merchant Gourmet Whole Chestnuts, chopped to the size of the cranberries  
120g dried figs, tips trimmed then chopped to the size of the cranberries  
100g dates, chopped to the size of the cranberries  
100g prunes, chopped to the size of the cranberries  
100g vegetable suet  
100g candied peel  
1¼ teaspoons mixed spice  
1 teaspoon ground cinnamon  
Grated zest and juice of 3 large oranges  
150g dark brown sugar  
1 large Bramley apple, unpeeled, coarsely grated  
5 tablespoons balsamic syrup

Mix all the ingredients together and store in the fridge for up to 2 weeks.



# **Tasting Christmas Vegetables**

## **Parmesan Crusted Parsnips**

6 tbsp polenta  
100g parmesan, grated  
pinch freshly grated nutmeg  
2kg/4lb 8oz parsnips, quartered and core removed  
6 tbsp olive oil

Heat oven to 220C/200C fan/gas 7. Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 minutes or until just tender. Drain. While parsnips are still hot, toss with the Parmesan mixture to coat. Set a roasting tin over the hob and heat the oil. Add the parsnips and turn to coat in the oil. Put the tin in the oven and roast for 15 minutes, then turn the parsnips over and cook for 15 minutes more until golden.

## **Creamy Sprouts with Bacon**

1kg Brussels sprouts, trimmed  
8 rashers cured bacon, cut into lardons  
250ml double cream  
2 garlic cloves, crushed  
Salt and freshly ground black pepper

Cook the Brussels sprouts in a saucepan of boiling salted water for 5-6 minutes. Drain and refresh in a bowl of ice and water. Drain again when the sprouts have cooled. Add the bacon lardons to a non-stick frying pan, and fry over a medium heat until crisp. Add the cream and crushed garlic to a small pan and bring to the boil. Stir the sprouts into the crisp bacon; then stir in the hot cream. Season with salt and pepper and serve straightaway.

## **Brussel Sprout Mash**

500g Brussels sprouts, prepared  
25g butter, plus extra to serve  
75ml double cream  
Fresh sage, to garnish (optional)

Put the sprouts in a large pan of salted water, bring to the boil, then cover until the water comes back up to the boil. Uncover and cook for 5-6 minutes, until the sprouts are tender. In a small pan, melt the butter with the cream over a low heat. Drain the sprouts, then whizz in a food processor with the butter, cream and a pinch of pepper. Spoon into a serving dish, add a knob of butter and garnish with sage.

## **Sweet Potato Crisps**

¼ small sweet potato  
½ tablespoon olive oil

Heat oven to 200C and slice the sweet potato thinly. Toss with the olive oil and roast for 15-20 minutes until crisp. Leave to cool.

## Warm Smoothie Bowls

### Berry Smoothie

200g frozen berries  
2 tablespoons of honey  
125ml milk  
1 banana  
1 orange, juiced  
250g natural yoghurt  
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm...ideal for a winter breakfast on the run.

### Hot Chocolate Smoothie

300ml milk  
16g chocolate chips  
15ml maple syrup  
40g rolled oats  
20g cocoa powder  
½ teaspoon vanilla extract

The night before, add all ingredients, except chocolate chips, to the bowl of a blender and give it a stir to ensure that everything is well combined. Cover and place in fridge for at least 3 hours, preferably overnight. This step isn't absolutely necessary, but allowing the oats to soak for a few hours will make them easier to blend and give you a smoother, creamier smoothie.

When ready to eat, blend on high until oats are fully broken down and a smooth and creamy consistency is reached. Transfer the smoothie to a small saucepan set over medium heat, adding the chocolate chips and bring to a simmer. If the smoothie is too thick, add an extra splash of milk until desired consistency is reached. Garnish with toppings of your choice: coconut chips, dried banana chips, raisins, cereal or fresh fruit!





## Yorkshire Pudding Pizza – comfort food at it's best!

2 tablespoons sunflower oil  
285ml milk  
115g plain flour  
3 eggs  
200g passata  
1 teaspoon dried oregano  
25g cheddar, grated

**Your choice of toppings:** salami, pepperoni, ½ ball mozzarella, jalapeños, fresh basil leaves etc

Heat oven to 230C. Pour the oil into an 18cm springform cake tin then heat it in the oven for 10 minutes. Take the tin out of the oven and quickly pour in the Yorkshire pudding batter then return it to the oven for 25 minutes until puffed up and golden.

Once baked, pour in the passata and sprinkle with the oregano and cheddar then add your chosen toppings. Bake for a further 15-20 minutes until the cheese is bubbling. Top with fresh basil if you like before serving.



# Anzac Biscuits

## Anzac – Australian and New Zealand Army Corps

85g porridge oat  
85g desiccated coconut  
100g plain flour  
100g caster sugar  
100g butter, plus extra butter for greasing  
1 tbsp golden syrup  
1 tsp bicarbonate of soda

Heat oven to 180C. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tablespoons of boiling water and then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients. Put dessertspoonful's of the mixture on to buttered baking sheets, about 2.5cm apart to allow room for spreading. Bake in batches for 8-10 minutes until golden. Transfer to a wire rack to cool.



## Apple and Blackberry Yorkshire Puddings

25g butter  
140g caster sugar  
4 apples, peeled, cored and cut into bite-size chunks  
1 egg white  
2 eggs  
140g plain flour  
200ml full-fat milk  
150g punnet blackberry  
2 tablespoons sunflower oil

Heat oven to 220C. Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3-4 minutes until slightly caramelised and just starting to soften. Set aside.

In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.

Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used. Put the tin in the oven and leave for 15 minutes, without opening the door, until puffed up and golden. Remove from the oven and carefully place each pudding onto a plate. Serve immediately with custard or vanilla ice cream.



## Apple, Cinnamon and Granola Puffs

2 cans of Jus-Rol Ready-to-Bake Cinnamon Swirls Dough  
2 small eating apples, cored and thinly sliced  
4 tablespoons breakfast granola, roughly crushed  
1 medium egg mixed with 1 tablespoon of runny honey

Pre-heat the oven to 200C. Line a baking tray with baking parchment. Open the cinnamon swirl cans and unroll the dough, cinnamon-side facing up. Spread the cinnamon layer evenly across the top of the pastry. With the cinnamon side facing up, cut each length of pastry into 3 squares.

Place slices of apple on one half of each square, keeping a 5mm border. Sprinkle 1 teaspoon of the breakfast granola over each pile of apple. Brush the border with some of the honey and egg mixture and press the edges together to seal to make triangle shapes. Place on the baking tray and, with a sharp knife, pierce two small slits in the top of each apple puff to let the steam escape.

Finely crush the remaining granola. Brush the tops with some of the egg and honey mixture, sprinkle over the remaining granola and bake for 10-11 minutes until puffed up and golden. Dust with icing sugar and eat hot or cold.



# Baked Buffalo Chicken Wings

3 garlic cloves, crushed  
2 tablespoons olive oil  
3 tablespoons cider vinegar  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
2 teaspoons celery salt  
4 tablespoons pepper sauce (we used Frank's hot sauce)  
3 tablespoons honey  
1½kg chicken wings, halved at the joint

## Blue Cheese Dip

150ml buttermilk  
150ml soured cream  
85g blue cheese, crumbled  
1 garlic clove, crushed  
¼ tsp sweet paprika

In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, hot sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight.

Heat oven to 180C. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, then pour off the excess oil, add the reserved marinade and toss well. Increase oven to 200C. Return to the oven and cook for a further 30 minutes, tossing a few times to coat in the glaze as they cook. They should be sticky and glazed with most of the marinade evaporated.

Mix all the ingredients together for the blue cheese dip and serve with the buffalo chicken wings.





## Bunny Chow – Durban Street Food

500g chicken thighs or breast cut in bite-sized pieces  
100ml sunflower oil  
2-3 curry leaves  
1 teaspoon crushed ginger  
2 teaspoons crushed garlic  
1 tablespoon curry powder  
1 medium onion, diced  
2 medium tomatoes, diced  
1 cinnamon stick  
1½ teaspoons paprika  
3 green cardamom pods lightly crushed  
250g potatoes, cut into cubes  
400g chickpeas, drained and rinsed  
½ teaspoon cayenne pepper  
200ml chicken stock  
Salt and pepper to taste

Heat a large sauce pan with oil, and add onions, garlic, cinnamon stick, curry leaves, cardamom pods and curry powder, stir occasionally for about 2-3 minutes until onions is translucent. Add tomatoes followed by chicken and sauté for about 2-3 more minutes.

Next add chickpeas, potatoes and chicken stock. Bring to a boil and let it simmer until sauce thickens, it might take about 25 minutes or more. Adjust for salt, pepper and stew consistency. Serve in a hollowed out bread loaf.





# Cheese and Marmite Flapjacks

85g butter  
60g marmite  
1 tablespoon rapeseed oil  
2 large leeks, trimmed, washed and very finely sliced  
175g jumbo oats  
50g plain flour  
200g mature cheddar, grated  
75g mixed pumpkin and sunflower seeds  
50g raisins  
2 large eggs, beaten

Heat the oven to 200C and line a 22cm square tin with baking parchment. Gently melt 65g of the butter and the marmite in a small pan. Meanwhile put the remaining butter in a frying pan with the oil and leeks and cook very gently for 10 to 15 minutes or until the leeks are very soft.

Mix together the oats, flour, 165g of the cheddar, most of the seeds and all of the raisins in a large bowl. Pour over the melted marmite butter and the beaten eggs and then scrape in all the leeks and the buttery juices. Stir everything together well, until all the ingredients are sticky

Press the mixture into the prepared tin, scatter over the remaining seeds and cheese, then bake for approximately 25 minutes or until the top is golden and crisp. Cool in the tin for 10 minutes, then cut into squares and leave to cool completely before eating.



## Cheesy Bonfire Bread

200g wholemeal flour  
200g plain flour, plus extra for dusting  
1 teaspoon bicarbonate of soda  
2 teaspoons cream of tartar  
1 teaspoon salt  
1 teaspoon caster sugar  
25g butter, melted  
300ml milk, at room temperature  
175g cheddar, coarsely grated  
3 tablespoons pumpkin seeds  
85g ready-roasted pepper, drained and chopped

Heat oven to 200C. Sift the dry ingredients into a large bowl and make a large well in the middle. Combine the melted butter and milk, then pour into the well. Mix to a soft dough. Dust the work surface with flour. Add most of the cheddar, 2 tablespoons of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.

Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 minutes until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm.



## Chilli, Ginger and Mango Crumble

100g granulated sugar  
3 mangoes, peeled and diced  
½ a pineapple, peeled, cored and diced  
5cm piece of fresh root ginger, peeled and grated  
400g canned Kesar mango pulp  
½ red chilli  
Grated zest and juice of a lime  
45g butter

### **Crumble**

50g rice flour  
175g plain flour  
100g butter  
75g soft brown sugar  
½ teaspoon cinnamon

Cream to serve

Heat the sugar in a heavy based pan and once it dissolves and starts to turn a gentle brown, add the mango and pineapple pieces, the ginger, mango pulp, chilli and the lime zest and juice. Stir gently and add the butter a small piece at a time. Allow to cook for 2 minutes over a medium heat until the sauce thickens to a syrup-like consistency. Remove from the heat and transfer the mixture to an ovenproof baking dish.

To make the crumble, put the rice flour and plain flour into a bowl and rub in the butter until it resembles breadcrumbs. Add in the sugar and the cinnamon and mix together. Sprinkle the mixture on top of the fruit and bake for 20 to 25 minutes until golden brown and bubbling. Serve the crumble hot with cream.



# Chocolate Chip Flapjacks

240g butter, diced  
150g light muscovado sugar  
225g golden syrup  
150g dark chocolate  
350g refined porridge oats (not wholegrain)

Gently melt the butter with the sugar and golden syrup in a small saucepan over a medium heat and then pour this into a large bowl and leave to cool to room temperature, about 20 minutes.

Have ready a 23cm square brownie tin and line with baking parchment. Heat the oven to 180C

Chop the chocolate into roughly 1cm dice. Stir the butter and syrup mixture until amalgamated. Fold in the oats, and then two thirds of the chopped chocolate. Tip the mixture into the tin, pressing it down using the back of a metal spoon. Scatter over the remaining chocolate pieces and press down into the mixture using your fingers.

Bake for 20-25 minutes until lightly coloured. Leave to cool completely until the chocolate has set, ideally overnight, or you can pop the tray into the fridge once it is cool. Cut into squares (you should get 25).



# Chocolate Tiramisu

## Chocolate Syrup for Dipping:

240ml hot water

1½ tablespoons unsweetened cocoa powder

2 tablespoon granulated sugar

## Chocolate Ganache:

100g dark chocolate , coarsely chopped

120ml double cream

## Filling:

227g mascarpone cheese, at room temperature

1 teaspoon pure vanilla extract

250ml double cream

65g icing sugar

About 200g (18-24) boudoir biscuits

Grated chocolate, to sprinkle on top

**For the chocolate syrup** combine all the ingredients and set aside to cool slightly.

**For the chocolate ganache:** put the chopped chocolate and cream in a medium heat-proof bowl and set it over a saucepan of simmering water, stirring occasionally. Set aside to cool slightly.

**For the filling:** in a large bowl, place mascarpone and vanilla extract and whisk vigorously until creamy and smooth. In a different mixer bowl, using an electric mixer, whisk together double cream and sugar until stiff peaks form. Fold whipped cream into mascarpone in 2 additions until mixture is smooth.

**Assemble tiramisu:** dip boudoir biscuits very quickly (less than a second) into the chocolate syrup. Break each one into 4 pieces and place them at the bottom of the glasses (you don't have to use all 4 pieces at once; it depends on the size of the glass). Spoon a dollop of the mascarpone cream mixture on top. Add a thin layer of chocolate ganache, about 1-1.5 teaspoons, on top of the mascarpone cream. Repeat once more and finish with another layer of mascarpone cream. Dust the top with grated chocolate. Refrigerate for at least 1-2 hours until set. Tiramisu will keep for 3 days in the fridge.





## Traditional Mincemeat - makes 4 x 370g jars

175g currants  
175g raisins  
175g sultanas  
175g dried cranberries  
100g mixed peel  
1 small cooking apple, peeled, cored and finely chopped  
125g butter, cut into cubes  
225g light muscovado sugar  
½ teaspoon ground cinnamon  
1 teaspoon mixed spice  
Finely grated rind and juice of 1 lemon  
200ml brandy, rum or sherry

Measure all of the ingredients except the alcohol into a large pan. Heat gently, allowing the butter to melt, then simmer very gently, stirring occasionally, for about 10 minutes.

Allow the mixture to cool completely then stir in the brandy, rum or sherry. Spoon the mincemeat into sterilised jam jars, seal tightly, label and store in a cool place.

This can be made up to 6 months ahead.





## Mince Pie Biscuits

250g unsalted butter, softened  
140g golden granulated sugar  
1 egg yolk  
Grated zest of a clementine, or easy peel orange  
300g plain flour  
350g of mincemeat

Preheat the oven to 180C and line a baking sheet(s) with baking paper. Beat the butter and sugar together. Add the egg yolk and zest before beating until combined. Sift the flour in and mix until it forms dough. Fold in most of the mincemeat. It makes it very sticky. Use a tablespoon to scoop out the dough and place on the prepared baking sheets. Bake for 10-20 minutes. It really depends on how big you make them mine took 15 minutes. They will have turned a bit golden on top, but should still be a little soft in the middle. Leave to cool or serve warm with some cream!

## Mincemeat Puffs

200g ready rolled all butter puff pastry  
100g icing sugar  
1 star anise  
2 cloves  
200g mincemeat

Place the cloves, star anise and icing sugar in a spice grinder or blender and blitz until the spices are broken down and incorporated into the sugar. Unroll the puff pastry and spread the mincemeat over the surface of the pastry. Roll the 2 longest sides of the pastry to meet in the middle, forming 2 Swiss rolls that are joined at the base. Freeze until firm, but not completely frozen around 10-15 minutes.

Preheat the oven to 180°C. Remove from the freezer and cut the logs widthways into 1cm thick slices, keeping the 2 discs attached. Sprinkle over the spiced sugar and cook for 12-15 minutes in the oven. Remove from the oven and serve warm. Alternatively, allow to cool and dust with a little icing sugar.



## Mincemeat Cinnamon Whirls – makes 12

### For the dough:

500g strong white flour, plus extra for dusting  
5g salt  
10g caster sugar  
7g fast-action yeast  
150ml tepid water  
120ml milk  
1 large egg  
40g butter, at room temperature  
Flavourless oil, for greasing

### For the filling and icing

350g mincemeat  
1teaspoon ground cinnamon  
100g icing sugar  
1-2 teaspoons orange juice

To make the dough, place the flour in a bowl and stir in the salt and sugar. Add the yeast and stir it through the flour. Add the water, milk and egg and mix well with a wooden spoon or your hands until you have a scraggy dough. Squeeze in the softened butter, then knead until the mixture is smooth and elastic – about 10 minutes. Place the dough into an oiled bowl, cover with cling and allow to rise until doubled in size – usually an hour but could be more if your kitchen is cool.

Once the dough has risen, flour the worktop and roll the dough out into a square of about 45cm/18-inch. Spread the mincemeat all over the dough before dusting over the cinnamon. Roll up into a tight spiral. Trim off the messy ends, then cut the roll into 12 equal-ish slices. Place these, spiral sides up, into the greased muffin tray. Allow to rise for another 30 minutes.

Preheat the oven to 200C. Bake the buns for 15 minutes, or until risen and golden. Remove from the tin immediately and place onto a wire rack to cool. For the topping, simply mix together the icing sugar and orange juice to a thick, but pourable icing. Ice the cool buns before serving.



## Easy Apple Bites

1 Braeburn apple, cut into 8 slices  
45g butter, melted  
1 can croissant dough  
50g caster sugar  
1 teaspoon ground cinnamon

Heat oven to 200C. Line a baking tray with baking parchment. In a small bowl, combine the sugar and cinnamon. In a separate bowl, toss apple slices with  $\frac{1}{2}$  of the melted butter and  $\frac{1}{2}$  of the sugar mixture. Stir to combine.

Separate dough into 8 triangles on baking sheet. Top each triangle with an apple slice. Starting at the wide side of each triangle, wrap dough around apple. Brush with remaining butter and sprinkle with remaining sugar mixture. Bake 12 minutes. Allow to cool for 5-10 minutes.



# Easy Okonomiyaki

## For the okonomiyaki sauce

1½ tablespoons tomato ketchup  
½ tablespoon Worcestershire sauce  
2 teaspoon runny honey  
1 teaspoon dark soy sauce

## For the okonomiyaki pancakes

3 large free-range eggs  
3 tablespoons plain flour  
A pinch of sea salt  
½ teaspoon dark soy sauce  
½ teaspoon toasted sesame oil  
2 large spring onions, thinly sliced  
275g white cabbage, shredded  
Sunflower oil

For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

# Easy Smoked Salmon and Avocado Sushi

300g sushi rice  
2 tablespoons rice or white wine vinegar  
1 teaspoon caster sugar  
1 large avocado  
Juice ½ lemon  
4 sheets nori seaweed  
4 large slices smoked salmon  
1 bunch chives  
Sweet soy sauce, wasabi and pickled ginger to serve

Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.



## Oriental Egg Fried Rice

250g long grain rice  
150g frozen peas  
2 tablespoons sunflower oil  
100g pancetta or bacon, roughly chopped  
1 small red pepper, chopped  
2 garlic cloves, thinly sliced  
2 large eggs  
1 heaped teaspoon Chinese five-spice powder

Fill a large saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered, without stirring for 10 minutes. Drain and allow to become completely cold. Cook the peas in a pan of boiling water for 2 minutes and then drain.

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for a further 2 minutes.

Add the cold rice with the Chinese five-spice, stir frying for a couple of minutes before adding the beaten eggs. Stir fry until the egg just sets.

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## Healthy Granola

This delicious healthy granola recipe is naturally sweetened with maple syrup (or you could use honey). It's made with oats, coconut oil, your favourite dried fruit and seeds.

170g rolled oats  
75g seeds  
½ teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
60ml coconut oil  
60ml maple syrup  
½ teaspoon vanilla extract  
75g dried fruit, chopped if large

Preheat oven to 180C and line a large, rimmed baking sheet with baking parchment. In a large mixing bowl, combine the oats, seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and seed is lightly coated. Pour the granola onto your prepared tray and use a large spoon to spread it in an even layer.

Bake until lightly golden, about 20 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely before topping with the dried fruit. Break the granola into pieces with your hands retaining some big chunks.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## Mix and Go Museli

400g rolled oats  
220g rolled barley flakes  
75g bran cereal  
100g pumpkin seeds  
50g sunflower seeds  
100g dried apple, chopped  
100g dried apricots, chopped

Mix together all the ingredients and store in an airtight container. Serve with milk or yoghurt and fresh berries.



# Homemade Chocolate Granola

175g apple sauce  
100g golden syrup  
100g light brown soft sugar  
400g rolled oats  
50g cocoa powder  
50g sunflower seeds  
75g raisins  
75g dark chocolate, finely chopped  
75g dried cranberries  
Yoghurt, to serve, optional  
Raspberries and blueberries, to serve, optional

Pre-heat oven to 170°C and line a large baking sheet with baking parchment. Heat the apple sauce, golden syrup and sugar in a large pan until melted. Add oats, cocoa powder and sunflower seeds; mix well. Spread evenly on the lined baking sheet. Bake for 20 minutes, then stir (it should form into clumps). Bake for 20 minutes more until the granola clumps are crispy. Allow to cool completely, then stir through the raisins, chocolate and cranberries.

Serve layered with yoghurt, raspberries and blueberries.



# Houmous and Harissa Kofte Pittas

200g pot of houmous  
500g British lamb mince  
50g raisins  
1½ tablespoons harissa paste  
1 finely chopped onion  
1 tablespoon olive oil  
6 pittas

## Greek Salad

4 large vine tomatoes, cut into irregular wedges  
1 cucumber, peeled, deseeded, then roughly chopped  
½ a red onion, thinly sliced  
16 Kalamata olives  
1 teaspoon dried oregano  
85g feta cheese, cut into chunks (barrel matured feta is the best)  
4 tablespoons Greek extra virgin olive oil

## Tzatziki

500g whole-milk Greek yoghurt, preferably ewe's milk  
4 cloves of garlic, or more or less to taste  
2 tablespoons extra-virgin olive oil  
½ large cucumber  
1 tablespoon lemon juice  
Small bunch of mint

Make the tzatziki first. Crush the garlic into the oil with a pinch of salt and leave to infuse. Coarsely grate the cucumber and put in a colander in the sink. Salt lightly, toss and leave to drain for 30 minutes. Stir the garlicky oil and lemon juice into the yoghurt. Squeeze out the cucumber very well and then stir this in too. Allow to sit for a couple of hours, but preferably overnight. Just before serving, season to taste, adding more oil or lemon juice if necessary, then finely chop the mint before stirring into the tzatziki.

Next combine half the pot of houmous, lamb mince, raisins, harissa and the chopped onion in a bowl. Season and then shape into 18 equal-size kofte. Heat the olive oil in a non-stick pan and fry the kofte until golden all over and cooked through (8-10 minutes).

Warm the pittas in the toaster, then split and spread with the rest of the pot of houmous. Divide the koftes equally among the pittas and drizzle with some tzatziki. For the Greek salad, mix all the ingredients together and serve with the kofte pittas.

# Hummus 3 Ways

## **Classic:**

2 x 400g tins of chickpeas  
10 tablespoons olive oil  
Juice of 2 juicy lemons  
2 heaped tablespoons tahini  
3 cloves of garlic, peeled  
2 teaspoons ground cumin  
Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

## **Beetroot:**

1 quantity of classic hummus (recipe above)  
1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

## **Roasted Red Pepper and Paprika:**

2 large red peppers  
1 quantity of classic hummus (recipe above)  
1 green chilli, deseeded  
2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudités or corn chips.



# Indian Winter Barley Soup

100g pearl barley  
2 tablespoons vegetable oil  
½ teaspoon brown mustard seeds  
1 teaspoon cumin seeds  
2 green chillies, deseeded and finely chopped  
1 bay leaf  
2 cloves  
1 small cinnamon stick  
½ teaspoon ground turmeric  
1 large onion, chopped  
2 garlic cloves, finely chopped  
1 parsnip, cut into chunks  
200g butternut squash, cut into chunks  
200g sweet potato, cut into chunks  
1 teaspoon paprika  
1 teaspoon ground coriander  
225g red lentils  
2 tomatoes, chopped  
Small bunch coriander, chopped  
1 teaspoon grated ginger  
1 teaspoon lemon juice

Rinse the pearl barley and cook following the packet instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic and cook for 5-8 minutes until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice. Serve with a chunk of crusty bread.



## Mango Lassi

1 very ripe alphonso mango or 200g mango pulp from a tin  
5 ice cubes  
125ml chilled plain whole milk yoghurt  
Pinch of ground cardamom, or to taste  
Splash of milk or water (optional)  
½ teaspoon soft light brown sugar  
Squeeze of lime juice

Peel the mango and cut the flesh away from the stone. Put in a blender with the ice cubes and whiz until finely chopped. Then spoon in the yoghurt and cardamom and whiz until smooth. If it is still too thick (this will depend on the consistency of your yoghurt and juiciness of your mango), add a little milk or water to thin it down. Taste and add sugar or lime juice, if needed. Pour into a glass and drink.



## Mango and Banana Smoothie

1 medium mango  
1 banana  
500ml orange juice  
4 ice cubes

Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.



### **Moa Samoa (Polynesian brown sugar chicken)**

8 chicken joints – thighs, drumsticks and breasts joints on the bone  
Bunch of spring onions, roughly chopped  
450ml fresh pineapple juice  
3cm long ginger root, thinly sliced  
3 cloves garlic, chopped  
360ml soy sauce  
275g raw sugar  
Juice and zest of 2 oranges  
Juice from 4 passion fruit  
Zest and juice of 2 limes  
4 star anise

Apart from the chicken, combine all the ingredients to make a sauce. Divide the sauce in half – one half is for the marinade and the rest for the glaze. Pat the chicken pieces dry and place in a bowl with the marinade. Let it marinate for three hours or up to two days. Place the second measure of sauce in a saucepan and simmer until it is reduced to a third, refrigerate until needed.

Pre-heat the oven to 180C. Oil a roasting pan, lift the chicken pieces from the marinade and lay in the pan. Roast for about 40 minutes or until done, basting frequently. Brush with the reserved glaze before serving with grilled pineapple and coconut basmati rice.

### **Hawaiian Shrimp Truck Recipe**

450g shrimps (large prawns), peeled and deveined  
110g butter  
3 Tablespoons olive oil  
1 head of garlic, peeled and chopped  
90g plain flour  
2 tablespoons paprika  
½ teaspoon cayenne pepper  
½ teaspoon salt  
1 lemon, cut into wedges

Combine the flour, paprika, and cayenne pepper in a dish and toss the shrimp in the mixture to coat. Heat a large frying pan over a low 5 minutes. Raise the heat to medium and add the shrimp in a single layer. Cook for 3 to 4 minutes on heat. Add the butter, oil, and garlic. Allow the garlic to cook for 3 to one side, then turn the shrimp and cook for 3-4 minutes on the other side. Add salt, and cook for another minute or two. Squeeze a bit of fresh lemon juice over the shrimp. Serve immediately with white rice and a lemon wedge.

### **Caribbean Coconut Fudge Bars**

#### **Oatmeal Crust:**

150g flour  
90g oats  
140g soft brown sugar  
½ teaspoon bicarbonate of soda  
170g butter, melted

#### **Fudge:**

350g chocolate chips  
1 can (397g) sweetened condensed milk  
30g butter  
1 teaspoon vanilla extract

#### **Coconut topping:**

100g sweetened condensed milk  
200g flaked or shredded coconut

Preheat oven to 200C. Combine flour, oats, brown sugar and the bicarbonate of soda in a medium-sized bowl. Add melted butter and press down evenly into a 9x13cm tin. Bake in the oven for 8 minutes. Cool slightly.

Combine fudge ingredients in a medium-sized sauce pan and heat until just melted and thick. Pour fudge over oat crust and allow to cool completely. Place coconut in a food processor or blender and pulse 1-2 times until coarsely chopped. Combine coconut and sweetened condensed milk and gently spread evenly on top of the fudge. Cool and serve.



# Pavlova

2 egg whites  
4 tablespoons boiling water  
350g caster sugar  
½ teaspoon vanilla essence  
1 Teaspoon white wine vinegar  
1 teaspoon cornflour

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold. Top with cream and fruit.



## Pea, Mint and Parmesan Bruschetta

250g frozen peas, blanched  
1 garlic clove, finely chopped  
A small handful of mint leaves (about 15 to 20)  
Juice of 1 lemon  
2 tablespoons olive oil  
3 tablespoons Parmesan cheese  
Freshly ground black pepper  
Salt, to taste  
Aleppo pepper flakes  
Rounds of toasted French bread

Tip the peas into a blender with the garlic, a few mint leaves and lemon juice. Blend until a rough paste forms. Add the olive oil and Parmesan cheese. Blend again. You may prefer a rough texture or a smoother one: it really is up to you! Season with a load of freshly ground black pepper. Add salt to taste. Serve smeared over slices of toasted French bread rounds, with shards of Parmesan and few Aleppo pepper (or dried chilli) flakes.

## Green Pea and Mint Dip with Nachos

450g frozen petit pois or peas, defrosted and drained  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
1 small bunch fresh mint leaves  
115g plain yoghurt  
½ red chilli, seeds removed, finely chopped  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 lime, juice only  
Salt and freshly ground black pepper  
2 tablespoons extra virgin olive oil  
1 large bag ready-made nachos

Place the peas, onion, garlic and mint leaves into a food processor and blend to a thick purée. Add the yoghurt and blend again, leaving the mixture slightly lumpy. Transfer the mixture to a bowl and stir in the chilli, cumin, coriander and lime juice and season, to taste, with salt and freshly ground black pepper. Spoon into a serving bowl and drizzle with the olive oil. Serve with a bowl of nachos alongside for dipping.



## Pear and Banana Bread

100g unsalted butter, melted, plus extra for greasing  
3 (about 250g) really ripe bananas  
100g golden caster sugar  
2 ripe comice pears, cored and chopped, dusted in a little flour  
1 tablespoon maple syrup, plus extra to serve  
1 teaspoon vanilla extract  
1 large free-range egg  
150g plain flour  
½ teaspoon bicarbonate of soda  
50g raisins

Heat the oven to 180C. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin. Mash the bananas in a mixing bowl; then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract and then beat in the egg. Sift in the flour and bicarbonate of soda; then gently fold in, along with the raisins, using a metal spoon.

Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes; then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.



# Pearl Barley and Hot Smoked Salmon Kedgeree

A dish as rich in history as it is in flavour, this Anglo-Indian hybrid was brought over to England during the British Raj era. It soon became a Victorian breakfast-time favourite, and is still today a much-loved food memory from many a childhood, bursting with the warming flavours of India.

Said to be inspired by the traditional Indian dish Khichri, a mixture of rice and lentils that has been a culinary classic for centuries, kedgeree is a recipe that is still evolving. We've substituted the haddock for hot smoked salmon – a wonderful oily fish full of lean protein, essential vitamins and minerals, as well as omega-3 fatty acids. We've also swapped the rice for pearl barley which is far richer in heart-healthy fibre and added in peas and fresh herbs for a healthy green injection of nutritional goodness.

- 1 tablespoon coconut oil
- 1 red onion, finely sliced
- 1 red chilli, finely diced
- 200g hot smoked salmon
- 8 quails eggs
- 3 cloves garlic, crushed
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1cm piece of root ginger, grated
- 1 teaspoon ground coriander
- 300g pearl barley
- 750ml vegetable stock
- 200g frozen peas
- Handful fresh parsley, chopped
- Handful fresh coriander, chopped
- 2 lemons

Heat up the coconut oil in a large wok or pan and sauté for a few minutes and sauté the onion, ginger, garlic and chilli for a few minutes. Then add in the garam masala, ground coriander and turmeric and cook until the garlic, onion, ginger and chillies are soft and have absorbed the spices. Add in the pearl barley and mix well until it's covered in the spices. Add in 400ml of the stock and let it cook on medium heat for 35 minutes until the pearl barley is tender, stirring frequently and adding in the remaining 350ml of stock as you go. Squeeze in the juice and zest of one lemon. Cut the remaining lemon into wedges to serve.

Boil the quails eggs for two and a half minutes. Drain and place the eggs under a cold running tap. Peel and cut in half. Set aside. In a sieve, pour hot water over the frozen peas and then add into the pan with the pearl barley a few minutes before it's ready to serve. Then flake in the salmon and chopped herbs before mixing it all together. Season well.

Serve up the kedgeree in a large serving dish with the boiled eggs and the remaining lemon wedges to squeeze over.

## Pesto and Parmesan Swirls

230g puff pastry  
100g of pesto  
50g pine nuts  
20g grated Parmesan cheese  
4 tablespoons milk for glazing

Pre-heat oven to 200C. Line a baking tray with baking paper. Arrange a layer of puff pastry on a large baking tray. Spread the pesto evenly over the pastry, smoothing it out with a spoon. Scatter pine nuts evenly over the pastry. Top with grated Parmesan cheese. Roll up the puff pastry from the longer side; brush the roll with milk to glaze. Slice the roll into individual swirls about 1½cm thick. You should get about 12 to 15 swirls. Arrange the swirls on prepared baking tray, leaving some space between each one. Bake the swirls in the oven for about 15-20 minutes, or until crisp and golden.

To make them look like a Catherine Wheel firework, push a lollipop stick into the pastry before baking.



# Pizza in 4 Easy Steps

## For the base

300g strong bread flour  
1 teaspoon instant yeast  
½ teaspoon salt  
1 tablespoon olive oil, plus extra for drizzling

## For the tomato sauce

100ml passata  
Handful fresh basil  
1 garlic clove, crushed

## For the topping

125g ball mozzarella, sliced  
Handful grated or shaved parmesan  
Handful cherry tomatoes, halved

## To finish

Handful basil leaves

**Make the base:** Put the flour into a large bowl and then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.

**Make the sauce:** mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

**Roll the dough:** divide the dough into 2 equal balls and on a floured surface, roll out into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

**Top and bake:** heat oven to 220C. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.





# Pizza

250g strong white bread flour  
½ teaspoon salt  
½ teaspoon sugar  
7g sachet of easy blend yeast  
2 tablespoons olive oil  
125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy.

Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce  
Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc  
100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.



## Scones

225g self-raising flour  
55g butter  
25g caster sugar  
150ml milk  
1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

## Cheese Scones

225g self-raising flour  
55g butter  
25g mature Cheddar, grated  
150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.



## Polenta Tart with Sausage and Broccoli

1litre vegetable stock  
200g instant polenta  
50g parmesan, grated  
140g thin-stemmed broccoli  
200g ready-grated mozzarella  
100g semi-dried tomato  
1 garlic clove, chopped  
4 Italian pork sausages, skins removed and split into bite-sized chunks

Heat oven to 200C. In a large saucepan, bring the stock to the boil and then slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 minutes, then remove from the heat altogether. Stir in 1 tablespoon of the parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick.

Cook the broccoli in salted water for 2 minutes, drain and rinse under cold water. Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage. Bake for 20 minutes until the sausage is browned and the sides of the polenta crisp.



# Prawn and Chorizo Paella

Olive oil  
1 onion, chopped  
Chorizo 6cm piece, cut into small chunks  
150g paella rice  
600ml hot chicken stock  
A good pinch of saffron or turmeric  
¼ teaspoon hot smoked paprika  
150g peeled raw prawns  
75g roasted red pepper, chopped  
A big handful of flat-leaf parsley, chopped

Heat 1 tablespoon of olive oil in a large frying pan, then add the onion and sizzle until soft. Add the chorizo and fry for a few minutes until it starts to give off its oil, then tip in the rice and stir until all the grains are coated. Add the stock, saffron and paprika and stir. Turn down to a low simmer, cover and cook for 12-15 minutes, until the rice is almost tender. Stir in the prawns, peppers and another small ladleful of hot stock. Cook for another 3-4 minutes, or until the prawns are pink and cooked through. Stir in the parsley and serve.



## Pumpkin Doughnuts with Salted Caramel Sauce

220g plain flour  
2 teaspoons baking powder  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon allspice  
A pinch of ground cloves  
75ml sunflower oil  
110g light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
225g canned plain pumpkin  
120ml milk  
100g butter, melted  
200g granulated sugar  
2 tablespoons ground cinnamon

Preheat oven 200C. Spray a 24-cup mini muffin tin with baking spray and set aside.

In a medium bowl mix together flour, baking powder, cinnamon, nutmeg, allspice, and cloves. In a separate bowl whisk together oil, brown sugar, egg, vanilla, pumpkin and milk until smooth. Add dry ingredients to wet ingredients and mix until just combined. Divide batter evenly among muffin cups. Bake for 10-12 minutes or until a toothpick comes out clean.

While the muffins bake, melt butter in one bowl and combine granulated sugar and cinnamon in another bowl. Remove muffins from oven and cool for 2 minutes. Dip each muffin in melted butter and then roll in cinnamon sugar to coat. Serve muffins warm or at room temperature dipped into the salted caramel sauce (recipe below).

### Salted Caramel Sauce

200g granulated sugar  
90g salted butter, room temperature cut up into 6 pieces  
120ml double cream  
1 teaspoon salt

Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar. Very slowly, drizzle in the cream while stirring. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.





# Pumpkin, Rosemary and Pumpkin Seed Focaccia

250 g pumpkin, washed and skin removed  
Olive oil  
Salt and pepper  
1 clove garlic, crushed to a paste  
2 teaspoons chopped rosemary, plus a few sprigs  
7g dry yeast  
280 ml warm water  
125 ml olive oil  
600g strong white flour  
1 tablespoon pumpkin seeds  
Salt

Preheat the oven to 200°C. Cut the pumpkin into even-sized slices, approximately 1 cm thick. Place into a bowl with a little olive oil, salt, pepper, garlic and half the chopped rosemary and jumble together until well coated. Lay the pieces on a parchment paper-lined baking sheet and roast in the oven for 15–20 minutes or until tender and beginning to brown at the edges. Cool then dice the pumpkin, retaining a few bigger pieces for the topping of the focaccia.

Mix the flour with the yeast, a little salt and the remaining chopped rosemary. Mix the water and the oil together and mix into the flour mix. Continue to knead until a smooth elastic dough is formed. Cover the bowl with cling wrap and leave in a warm place until the dough has almost doubled in size. Knead the diced pumpkin and pumpkin seeds into the dough briefly, using a dusting of flour, and then shape into a flat disc approximately 1.5 cm thick. Line a baking tray with baking parchment and place the focaccia on top, drizzle with olive oil and cover with clingfilm and leave to prove again in a warm place until it has almost doubled its size (approximately 30–40 minutes).

Remove the clingfilm, gently press the reserved pumpkin pieces and rosemary sprigs into the surface, and using your fingertips, make a few dimple marks over the surface. Sprinkle with a little salt and bake for 12–15 minutes or until risen and golden. Remove from the oven, drizzle with a little olive oil and serve.





# RAINBOW FRUIT SALAD

200g diced strawberries  
150g diced mango  
2 diced kiwifruit  
100g halved green grapes  
120g blueberries  
100g halved purple grapes

## FOR THE CITRUS MINT DRESSING:

1 teaspoon lime zest  
1 tablespoon lime juice  
2 tablespoons orange juice  
1 tablespoon honey, to taste  
1 tablespoon of fresh mint, chopped

In a large bowl, combine the strawberries, mango, kiwi, green grapes, blueberries, and purple grapes. Stir to combine. Drizzle with citrus mint dressing and stir to coat. Serve immediately, or store in the refrigerator until ready to serve.

## FOR THE CITRUS MINT DRESSING

In a small jar or bowl, whisk together lime zest, lime juice, orange juice, honey, and mint. Stir until well combined. Pour over your rainbow fruit salad immediately, or store covered in the refrigerator until ready to drizzle over salad.

The dressing can be made ahead of time - several hours or up to 1 day and stored in the refrigerator until ready to serve.



## Raspberry and Polenta Cupcakes

200g butter, softened  
200g caster sugar  
4 eggs  
150g self-raising flour  
50g polenta  
4 tablespoons raspberry jam  
250ml double cream, lightly whipped with the icing sugar and vanilla paste  
20g icing sugar plus extra for dusting  
½ teaspoon of vanilla paste  
Raspberries to top cakes

Pre-heat the oven to 200C. Line a 12-hole muffin trays with paper cases. Cream the butter and sugar together in a large bowl until the mixture is light and fluffy. This can take 5-7 minutes, so this stage should not be rushed.

Beat in the eggs, one at a time, until well combined. If the mixture looks like it is curdling add a spoonful of the flour. Fold in the remaining flour and polenta with a metal spoon until you have a soft, smooth mixture. Spoon the mixture into the paper cases until half full, add half a teaspoon of jam and then cover with the remaining cake mixture. The finished cake case should be about three-quarters full.

Bake in the oven for 12-15 minutes, or until the cakes are pale golden-brown and spring back when pressed gently with a finger. Remove the cakes from the oven and set aside to cool on a wire rack. Using a small knife make a well in the top of each cake by removing a disk of cake. Fill this well with the chantilly cream and top with a raspberry. Serve with a generous dusting of icing sugar.



## Red Pepper and Runner Bean Salad with Fresh Basil

1 red pepper, halved lengthways, stalk and seeds removed  
1 garlic bulb, halved  
Olive oil, for drizzling  
Salt and freshly ground black pepper  
250g runner beans, trimmed and sliced  
1 tablespoon balsamic vinegar  
Fresh basil leaves, to garnish

Preheat the oven to 200C. Place the red pepper halves and halved bulb of garlic onto a baking sheet. Drizzle with olive oil and season with salt and freshly ground black pepper. Transfer to the oven and roast for 20 minutes, or until softened.

Meanwhile, bring a saucepan of water to the boil and blanch the runner beans until just tender. Drain the beans and then place into a large bowl. Drizzle the beans with olive oil and balsamic vinegar and season well with salt and freshly ground black pepper.

To serve, place the roasted pepper and garlic halves on top of the beans and garnish with basil leaves. Serve with crusty bread.



## Rustic Bread

250g strong white bread flour

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

200ml sparkling water

Semolina, for sprinkling

Finely chopped rosemary and Maldon salt, for sprinkling

Heat oven to 220C. Mix together the flour, yeast and  $\frac{1}{2}$  teaspoon of salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for about 4-5 minutes until the dough feels strong, bouncy and has a silky feel to it.

Cut the dough into 8 pieces, then roll out into rough rounds about 16-17cm in diameter. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 minutes, then scatter with rosemary, salt and pepper and drizzle with olive oil. Bake in batches for 8-10 minutes until puffy and golden. Drizzle with olive oil or pesto or dip into hummus!



# S'mores Dip

A super chocolatey twist on the classic American campfire treat. This s'mores dip will be gone before you can say 'mini marshmallow'!

200g milk chocolate  
2 tablespoons milk  
350g mini marshmallows

## To serve

100g digestive biscuits or Biscoff biscuits  
100g strawberries, washed and hulled  
100g pineapple chunks

Heat the chocolate, milk and 200g of the marshmallows in an ovenproof frying pan over a low heat until melted and smooth. Top with the remaining marshmallows in circles so that the whole surface is covered.

Grill on high for 1-2 minutes until the marshmallows are toasted. Serve with digestives and strawberry and pineapple skewers for dunking.



# Spinach and Paneer Kati Rolls

## For the spinach and paneer:

3 tablespoons olive oil  
225g block paneer cheese, cut into 1cm cubes  
150g spinach leaves  
4 garlic cloves, finely chopped  
1 teaspoon cumin seeds  
½ teaspoon crushed chilli flakes  
½ teaspoon salt

## For the kati rolls:

Olive oil, for frying  
2 free-range eggs  
A pinch of salt  
4 small tortilla wraps

Heat 2 tablespoons of the oil in a saucepan over a medium heat. Add the paneer and fry for 5 minutes, stirring occasionally. You want to colour the paneer as much as possible. Put the spinach leaves and 150ml of water into a blender and whiz to a smooth paste. Take the paneer out of the pan with a slotted spoon and set aside. Add the remaining tablespoon of oil and the garlic to the pan and cook for 1 minute, until the garlic is light brown. Add the green mixture, along with the cumin seeds, chilli flakes and salt, and cook on a medium heat for 5 minutes, or until some of the water from around the edge has reduced and the mixture has thickened. Add the paneer to the pan and mix well, making sure all the cheese is covered in green. Pop a lid on the pan and leave on a low heat while you make the rolls.

For the kati rolls, put a small frying pan over a high heat and add a good glug of oil, enough to at least cover the base. Put the eggs onto a plate with the salt and lightly whisk. Dip a tortilla into the egg mixture, making sure to cover it all over. Get it straight into the frying pan. The oil should be hot enough to really create a sizzle. Cook for 30 seconds, then turn it over and cook on the other side. Cook the other three tortillas the same way. To serve, take a hot crispy tortilla, add the paneer mixture in the centre and roll up.





# Stir-up Sunday Mincemeat

(makes enough to make about 80 mince pies)

One tradition says that the mincemeat should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the ingredients with a spoon from east to west, in honour of the Wise Men.

## 13 ingredient Mincemeat:

100g dried cranberries  
180g Merchant Gourmet Whole Chestnuts, chopped to the size of the cranberries  
120g dried figs, tips trimmed then chopped to the size of the cranberries  
100g dates, chopped to the size of the cranberries  
100g prunes, chopped to the size of the cranberries  
100g vegetable suet  
100g candied peel  
1¼ teaspoons mixed spice  
1 teaspoon ground cinnamon  
Grated zest and juice of 3 large oranges  
150g dark brown sugar  
1 large Bramley apple, unpeeled, coarsely grated  
5 tablespoons balsamic syrup

Mix all the ingredients together and store in the fridge for up to 2 weeks.



# **Tasting Christmas Vegetables**

## **Parmesan Crusted Parsnips**

6 tbsp polenta  
100g parmesan, grated  
pinch freshly grated nutmeg  
2kg/4lb 8oz parsnips, quartered and core removed  
6 tbsp olive oil

Heat oven to 220C/200C fan/gas 7. Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 minutes or until just tender. Drain. While parsnips are still hot, toss with the Parmesan mixture to coat. Set a roasting tin over the hob and heat the oil. Add the parsnips and turn to coat in the oil. Put the tin in the oven and roast for 15 minutes, then turn the parsnips over and cook for 15 minutes more until golden.

## **Creamy Sprouts with Bacon**

1kg Brussels sprouts, trimmed  
8 rashers cured bacon, cut into lardons  
250ml double cream  
2 garlic cloves, crushed  
Salt and freshly ground black pepper

Cook the Brussels sprouts in a saucepan of boiling salted water for 5-6 minutes. Drain and refresh in a bowl of ice and water. Drain again when the sprouts have cooled. Add the bacon lardons to a non-stick frying pan, and fry over a medium heat until crisp. Add the cream and crushed garlic to a small pan and bring to the boil. Stir the sprouts into the crisp bacon; then stir in the hot cream. Season with salt and pepper and serve straightaway.

## **Brussel Sprout Mash**

500g Brussels sprouts, prepared  
25g butter, plus extra to serve  
75ml double cream  
Fresh sage, to garnish (optional)

Put the sprouts in a large pan of salted water, bring to the boil, then cover until the water comes back up to the boil. Uncover and cook for 5-6 minutes, until the sprouts are tender. In a small pan, melt the butter with the cream over a low heat. Drain the sprouts, then whizz in a food processor with the butter, cream and a pinch of pepper. Spoon into a serving dish, add a knob of butter and garnish with sage.

## **Sweet Potato Crisps**

¼ small sweet potato  
½ tablespoon olive oil

Heat oven to 200C and slice the sweet potato thinly. Toss with the olive oil and roast for 15-20 minutes until crisp. Leave to cool.

## Warm Smoothie Bowls

### Berry Smoothie

200g frozen berries  
2 tablespoons of honey  
125ml milk  
1 banana  
1 orange, juiced  
250g natural yoghurt  
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm...ideal for a winter breakfast on the run.

### Hot Chocolate Smoothie

300ml milk  
16g chocolate chips  
15ml maple syrup  
40g rolled oats  
20g cocoa powder  
½ teaspoon vanilla extract

The night before, add all ingredients, except chocolate chips, to the bowl of a blender and give it a stir to ensure that everything is well combined. Cover and place in fridge for at least 3 hours, preferably overnight. This step isn't absolutely necessary, but allowing the oats to soak for a few hours will make them easier to blend and give you a smoother, creamier smoothie.

When ready to eat, blend on high until oats are fully broken down and a smooth and creamy consistency is reached. Transfer the smoothie to a small saucepan set over medium heat, adding the chocolate chips and bring to a simmer. If the smoothie is too thick, add an extra splash of milk until desired consistency is reached. Garnish with toppings of your choice: coconut chips, dried banana chips, raisins, cereal or fresh fruit!



## Yorkshire Pudding Pizza – comfort food at it's best!

2 tablespoons sunflower oil  
285ml milk  
115g plain flour  
3 eggs  
200g passata  
1 teaspoon dried oregano  
25g cheddar, grated

**Your choice of toppings:** salami, pepperoni, ½ ball mozzarella, jalapeños, fresh basil leaves etc

Heat oven to 230C. Pour the oil into an 18cm springform cake tin then heat it in the oven for 10 minutes. Take the tin out of the oven and quickly pour in the Yorkshire pudding batter then return it to the oven for 25 minutes until puffed up and golden.

Once baked, pour in the passata and sprinkle with the oregano and cheddar then add your chosen toppings. Bake for a further 15-20 minutes until the cheese is bubbling. Top with fresh basil if you like before serving.

