

BBC

Britain's biggest value food mag

easycook

SUMMER 2016

from BBC

good food

SUMMER SAVERS

- School holiday meal solutions (just £1-a-head)
- Low-cost kids' party
- Quick-fix snack ideas

125 sunshine family recipes



Peachy perfection!
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PERFECT PICNIC PLEASURES



Niçoise stuffed baguette



Griddled chicken & corn on the cob salad



Rustic chicken & apricot pie

HOLIDAY PROJECT

Build a biscuit beach



Abra-kebab-ra! 8 BBQ skewers

By coating bulgar wheat
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with just the right amount of heat.

But let's go further...



...So we combine it with cooling goat's cheese,
semi-dried yellow plum tomatoes &
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But let's go further still...



...It's by mixing in slightly nutty
beldi olives & a sprinkling of pumpkin seeds
for that added crunch, that only then does
the magnificently Moroccan tingle
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'You have now gone way beyond salad.'



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FURTHER THAN FLAVOUR

Welcome

Summertime, and the living is easy! Or is it? If you're a parent, it can be one of the most stressful times of the year because of the need to feed permanently ravenous kids. It's all too easy to turn to ready meals, but they cost a fortune – and aren't exactly the healthiest option for growing bodies. So to help you survive the summer holidays, we've devised a Mix 'n' Match Menu (p10) to see you through the extended break

– and all for less than £1 a portion. Of course, summer is also a great time to spend time with your family, and nothing beats a picnic in the sunshine. For the ultimate al fresco experience, turn to p33 for hamper-fuls of ideas for outside entertaining. Let summer commence...

The Easy Cook team

PS The next issue of Easy Cook goes on sale in September. See you then.



Minty bean & courgette dip, p35

From **BBC goodfood**

What's so good about our recipes is that they've all been tested in the Test Kitchen of our sister title, BBC Good Food magazine. So they're easy, super-tasty and quick to make – and you can also be sure that they'll work perfectly every time.

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Our promise to you

We know how busy you are, so the recipes in Easy Cook are designed to make life easier

- We keep the ingredients lists as short as possible, and preparation times to a minimum.
- All our recipes are costed - using prices from a mid-range supermarket - to help you manage your family budget.
- To save you time during the week, many of our recipes use ingredients you might already have in your storecupboard or fridge.
- As you have more time at the weekend, we help you to stretch your skills, and try new techniques with step-by-step cookery classes.
- All our recipes are analysed for their calorie, fat and saturated fat content by a qualified nutritional therapist to help you and your family to maintain a balanced diet.
- To help you cut down on waste we include suggestions for leftovers where possible.

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Make our cover recipe



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Summer QUICK BITES

✓ Seasonal food ideas ✓ News snippets ✓ Kitchen must-haves

Ingredient of the month Tuna

A member of the mackerel family, tuna are mainly found in the world's warmer oceans. They can grow to a huge size (up to 700kg) and their meaty flesh is flaky and firm. It's mainly sold as steaks and dries out quite quickly, so should be cooked very briefly over a high heat; marinated before cooking; or simmered in a sauce. Here's how we like it...

Spaghetti & tuna balls

- Serves 4
- Prep 15 mins ■ Cook 20 mins
- £1.62 a portion
- 619 kcals, 10g fat, 2g sat. fat, 8g sugar

- 4 x 150g cans tuna in brine, drained
- 140g breadcrumbs
- 2 eggs
- 2 tbsp mixed seeds
- 1 small pack tarragon, leaves only, chopped
- 1 tbsp sunflower oil
- 300g spaghetti
- 2 x 400g cans cherry tomatoes
- 1 garlic clove, crushed

1 In a large bowl, mix together the tuna, breadcrumbs, eggs, seeds and half of the chopped tarragon. Season, then scrunch the mixture together with your hands and form into golf ball-sized balls.

2 Take a large, deep, non-stick frying pan and add 2 tsp oil. Fry 5-6 balls in the oil over a high heat for 5 mins or until they are a deep golden brown all over, adding more oil if the pan gets dry. Transfer to a plate covered in kitchen paper. Repeat with the rest of the balls.

3 Cook the spaghetti following pack instructions. Meanwhile, tip the cherry tomatoes into the pan

you fried the balls in and add the garlic. Bring to a simmer, then season. When the spaghetti has been cooking for a few minutes, spoon a ladleful of pasta water into the cherry tomatoes to make a sauce. Just before serving, put the balls back in the pan with the sauce to warm through for 5 mins.

4 Drain the pasta and scatter the remaining tarragon over the tuna balls before serving.



MAKE MINCE-FREE MEATBALLS

We love lemurs!

It's a dad fact that 90% of lemurs are now facing extinction. We can't save our favourite characters from Madagascar single-handedly, but we can do our bit to help. The money raised from these chocolate bars will be used to help fund the development of a conservation strategy for critically endangered Silky Sifaka and Indri lemurs. The chocolate is pretty good too! Madécasse chocolate bars, £3, Sainsbury's



Did you know?
Grating cold butter is the best way to quickly get it to room temperature.

What's in season right now? Fruit and veg to inspire your cooking



APRICOTS



ASPARAGUS



AUBERGINE



BASIL



BROAD BEANS



BROCCOLI

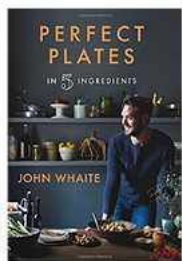
Books for cooks

Speedy suppers with minimal ingredients



It's All Easy, Gwyneth Paltrow, £20, Sphere

This is packed full of everyday recipes without the huge ingredients list. We'd recommend trying the 'Chocolate cinnamon overnight oats' and 'Chicken enchiladas'. As a bonus, many recipes are gluten-free, too.



Perfect Plates in 5 ingredients, John Whaite, £18, Kyle Books

A must-have book if you're looking for easy meals with minimal ingredients. Each recipe requires just 5 ingredients, not including essentials such as salt and pepper. Great ideas for breakfast, brunch, weeknights and baking.

Vintage Apple Foldaway bag
£3.95, dotcom giftshop.com



Basil Blossom Double Panier Bike Bag £39.99, Halfords



Charity Jute Shopper Caroline Quentin
£5, Seasalt



In the bag

Save yourself the 5p and buy one of these sturdy carriers

House of Bath Foldaway Trolley Bag £11.95, houseofbath.co.uk



Onya bag
£5.50, onyabags.co.uk



Shallow Trolley Bags £19.99, Lakeland



CARRY ON SHOPPING

Strawberry Tote Bag
£18, thornback andpeel.co.uk



Label alert!

What does 'cold-press' mean?

You may have seen the term 'cold-pressed' on oils, juices and even chocolate products. So what is it? Coldpressing (aka 'masticating') is a process that separates the fibre from the cells of the produce. It holds all of the nutrients and live enzymes, without adding any heat – hence the term 'cold-press' – leaving you with a nutrient-rich product. If you fancy giving them a try, here are our favourite three...

■ **B Fresh Juice, from £2.29,ocado.com**

A healthy and pulp-free juice made from fruit and veg that's grown in the UK.



■ **Waitrose Cooks' Ingredients Virgin Coconut Oil, £5**

With its high smoke point, coconut oil works well in stir-fries and creamy curries.



■ **Creative Nature Blissful Berry Bar, 80p, Tesco**

Full of delicious oats and berries. It's surprisingly sweet for something that hasn't been baked.



Milk first or after?

It's the big debate: do you put the milk in before or after the hot water when you make a cup of tea? When it comes to making your tea in a teapot, the Royal Society of Chemistry has concluded that milk should be added to the cup first. When milk is poured into hot tea, the high temperature could affect its taste. As droplets of milk fall down through the tea, their



proteins degrade as they're heated (similar to what happens in UHT milk – that's why it doesn't taste like the fresh stuff). But if you're skipping the teapot and brewing your tea straight into a mug, it's best to add the milk last, so you don't interfere

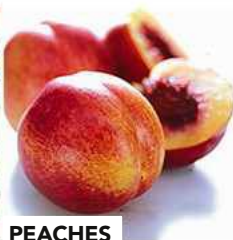
with the brewing process. So now you know – milk first if you're using a teapot, but last if you're using a cup.



GOOSEBERRIES



MARROWS



PEACHES



RASPBERRIES



STRAWBERRIES



TOMATOES

GOLD MEDAL TREATS

Watch the Rio Olympics whilst enjoying these delicious South American specialities

Caipirinhas with pineapple

- Makes 8
- Prep 15 mins ■ No Cook
- £1.08 per serving
- 433 kcals, 0g fat, 0g sat fat, 77g sugar

1 small pineapple
juice 4 limes
bunch fresh mint
8 tbs golden caster sugar
400ml cachaça liqueur or light rum
crushed ice for 8 glasses
800ml pineapple juice

1 Core the pineapple and cut into 3cm chunks. Place 8 small handfuls of pineapple, the lime juice, half the mint and the sugar into a pitcher and mash up with the end of a rolling pin or a fat wooden spoon.

2 Pour in the cachaça and a little crushed ice, then pour into 8 glasses, and add more crushed ice. Pour the pineapple juice over, filling to the rim. Garnish the glasses with extra mint sprigs and cocktail sticks with pieces of pineapple threaded on.

Although traditionally made with limes, Caipirinhas can be made with pineapple or even passion fruit. Buy the cachaça liqueur from any supermarket.

Slurp on a Brazilian cocktail



Don't miss the
Rio 2016
Olympics Games,
Aug 5-21, on
BBC SPORT

Just 13p a truffle

Brazilian chocolate truffles

- Makes 18
- Prep 40 mins ■ Cook 15 mins
- 13p per truffle
- 149 kcals, 9g fat, 5g sat. fat, 12g sugar

VEGETARIAN

3 tbsp unsalted butter, plus a little extra
400g tin sweetened condensed milk
4 tbsp cocoa powder
1 tsp vanilla extract
TO DECORATE
50g toasted chopped pistachio
50g flaked almond
50g desiccated coconut

1 In a saucepan, heat the butter, condensed milk, a pinch of salt and the cocoa, to boiling, stirring constantly. Reduce the heat to medium-low; cook for 10-15 mins, stirring, until the mixture is thick and shiny and starts to pull away from the bottom. Stir in the vanilla and mix again. Pour the mixture onto a buttered plate. Chill for at least 2 hrs.

2 Butter your hands and pinch off some of the dough to make 2.5cm balls. Place your toppings into small bowls and roll the balls into one of the decorations. Place on a tray lined with non-stick baking paper.

Olympics on the BBC

- The BBC will show the Rio Olympics across its TV, radio and online platforms when the Games open on August 5.
- The 2012 London Games were watched by more than 50 million people in the UK.
- UK Sport predicts Britain could win as many as 79 medals.
- Mo Farah will be attempting to win another Olympic double after taking 10,000m and 5,000m gold in London, while Jessica Ennis-Hill will defend her heptathlon crown.



Mix 'n' Match Menu

Summer holiday solutions

LESS THAN £1 A HEAD

Not sure what to feed the kids over the summer? Pick your favourites from our choice of budget breakfasts, lunches, dinners and snacks

CHOOSE A BREAKFAST

The great breakfast burger

- Serves 8
 - Prep 20 mins plus chilling ■ Cook 35 mins
 - 58p a portion
 - 801 kcals, 47g fat, 18g sat. fat, 10g sugar
- FREEZABLE** burgers only

- 1 medium onion, roughly chopped
- 2 tbsp tomato ketchup
- 1 tbsp oyster sauce
- 1kg sausagemeat or meat squeezed from 16 large sausages
- 1 egg yolk
- 25g pack flat-leaf parsley, leaves chopped
- 8 slices cheese (make sure it's one that melts well)

TO SERVE

- 8 grilled rashers streaky smoked bacon
- 8 ciabatta buns, halved
- tomato relish

1 Put the onion, ketchup and oyster sauce in a food processor, and then blend to a coarse paste, scraping down the sides of the processor if you need to. Put the sausagemeat into a mixing bowl, beat in the onion mix, egg yolk and 25ml water (and I mean really beat; if you have a tabletop mixer, do it in that), then add the parsley. Separate the mix into 8, roll into large balls, then flatten into patties. Chill on a plate for about 1 hr.

2 To cook the burgers, heat a griddle or large frying pan without adding any extra fat. Fry for 3 mins on one side until golden, turn down the heat for 5 mins, then flip and repeat on the other side.



58p a head

3 While the burgers cook, fry the bacon and, if you are game, some eggs as well. Heat the grill, then lightly toast the insides of the ciabatta buns.

4 Place the cooked burgers on a baking sheet, put a slice of cheese on each, then pop under the grill to melt. Sit the burgers on their buns, then place the bacon on top. If you feel like them, slide fried eggs on top of the bacon. Serve with a napkin.

Add this Creamy mango & coconut smoothie

Put 200ml **coconut milk**, 4 tbsp **coconut milk yogurt**, 1 **banana**, 1 tbsp **ground flaxseed**, **sunflower and pumpkin seeds** and 120g frozen **mango** chunks into a blender and blitz until smooth. Pour into 1 tall glass or two short tumblers. Serves 2.



85p
a head

Spicy beans on toast

- Serves 2
- Prep 5 mins ■ Cook 10 mins
- 85p a portion
- 537 kcals, 21g fat, 4g sat. fat, 11g sugar

VEGETARIAN

- 2 eggs
- 4 small slices of bread, preferably wholemeal (sliced from a loaf)
- 1 tbsp olive oil
- 1 onion, halved and sliced
- ½ tsp ground cumin, plus extra to serve
- ½ tsp ground coriander
- 85g semi-dried tomatoes from a jar, chopped if large
- 400g can baked beans (we used a lower salt and sugar variety)
- butter, for spreading (optional)

fresh chopped coriander or parsley (optional)

1 Put a frying pan of water on to boil for the eggs, and toast the bread. Heat the oil in a pan, add the onion and gently cook for a few mins until it softens. Sprinkle the spices into the pan and stir briefly to toast them. Tip in the tomatoes and beans, and warm through.

2 Turn down the heat under the frying pan so that the water is just simmering, then crack in the eggs and gently poach them until the whites are firm but the yolks are still runny. Pile the beans onto the toast (you can butter the slices or leave them plain), place the eggs on top and sprinkle with extra cumin. If you have any fresh herbs around like coriander or parsley, you can sprinkle them on, too.

Spicy beans are great as a filling for a jacket potato, too

Dippy eggs with Marmite soldiers

- Serves 2
- Prep 5 mins ■ Cook 5 mins
- 82p a portion
- 372 kcals, 21g fat, 8g sat. fat, 2g sugar

VEGETARIAN

- 2 eggs
- 4 slices wholemeal bread
- a knob of butter
- Marmite
- mixed seeds

1 Bring a pan of water to a simmer. Add 2 eggs, simmer for 2 mins, 3 mins if fridge-cold, then turn off heat. Cover the pan and leave for 2 mins.

2 Meanwhile, toast 4 slices wholemeal bread and spread thinly with butter, then Marmite. To serve, cut into soldiers and dip into the egg, then a few mixed seeds.

82p
a head



Make it healthier

You can up your omega-3 levels with this brekkie by either using an omega seed mix (look out for Munchy Seeds available in large supermarkets), or if little ones don't like the seeds use omega-3 enriched eggs. They're slightly more expensive but worth it for the additional nutrients.



15p
a head

Breakfast muffins

- Makes 12
- Prep 15 mins ■ Cook 30 mins
- 15p a muffin
- 179 kcals, 7g fat, 1g sat. fat, 10g sugar

VEGETARIAN

2 large eggs
150ml pot natural low-fat yogurt
50ml rapeseed oil
100g apple sauce
1 ripe banana, mashed
4 tbsp clear honey

1 tsp vanilla extract
200g wholemeal flour
50g rolled oats, plus extra for sprinkling
1½ tsp baking powder
1½ tsp bicarbonate of soda
1½ tsp cinnamon
100g blueberry
2 tbsp mixed seeds (we used pumpkin, sunflower and flaxseed)

1 Heat oven to 180C/160C fan/gas 4. Line a 12-hole muffin tin with 12 large muffin cases. In a jug, mix the eggs, yogurt, oil, apple

sauce, banana, honey and vanilla. Tip the remaining ingredients, except the seeds, into a large bowl, add a pinch of salt and stir.

2 Pour the wet ingredients into the dry and mix briefly until you have a smooth batter – don't over mix as this will make the muffins heavy. Divide the batter between the cases. Sprinkle the muffins with the extra oats and the seeds. Bake for 25-30 mins until golden and well risen, and a skewer inserted into the centre of a muffin comes out clean. Transfer them to a wire rack and leave to cool.

Give 'em a dose of healthy oats, fruit and seeds

CHOOSE A LUNCH



Beef, cheese & broad bean quesadillas

- Serves 4
- Prep 15-20 mins ■ Cook 20 mins
- 98p a portion
- 737 kcals, 40g fat, 18g sat. fat, 4g sugar

140g frozen broad beans, podded if you want

2 sirloin or rump steak, weighing about 450g in total

1 tbsp olive oil, for brushing
200g medium cheddar, grated
8 flour tortillas

1 jalapeño pepper, chopped
1 large tomato, chopped
2 tbsp chopped coriander salsa, to serve (optional)

1 Half-fill a ridged pan or frying pan with water, bring to the boil, then cook the beans for 1 min before draining. Dry the pan.

2 Brush steaks with oil and season. Fry in the pan over a high heat for 2-3 mins on each side, then thinly slice.

3 Divide the cheese over one half of each tortilla, then top with the steak, broad beans, jalapeños, tomato and coriander. Fold over the other half of the tortilla to make 8 half-moon shapes and press down to seal. Brush the tops with a little more oil.

4 Heat the frying pan over a high heat and cook the quesadillas, oiled-side down, in batches for 1-2 mins until crisp. Brush the uncooked sides with remaining oil, then carefully flip over and cook for 1-2 mins more. Cut into wedges and serve with salsa, if you like.

Easy noodles

- Serves 2
- Prep 15 mins ■ Cook 8 mins
- 68p a portion
- 241 kcals, 4g fat, 1g sat. fat, 7g sugar

500ml low-salt vegetable stock (from a cube is fine)

small piece fresh root ginger, grated

1 garlic clove, grated

2 tsp soy sauce

2 tsp sugar

85g leftover cooked chicken, shredded

handful mixed vegetables (try beansprouts, sweetcorn, sliced carrot and mangetout)

150g pack straight-to-wok noodles

2 spring onions, sliced, to serve
juice 1 lime

1 Put the vegetable stock, grated ginger, grated garlic, soy sauce and sugar in a saucepan, then heat. Simmer for 5 mins. Take off the heat, pour into a microwave-safe bowl, then cool. Throw in the cooked chicken and vegetables, cover, then chill for up to a day.

2 When ready to eat, remove from fridge, then add the noodles. Microwave on High for 2 mins, stir, then cook for 1 min more or until piping hot. Divide between two bowls or mugs, sprinkle with the sliced spring onions and add the lime juice.

This version of a Malaysian classic is microwaved in a single bowl. What an easy supper!



68p
a head

Chicken pesto wrap

- Serves 2
- Prep 10 mins
- No Cook
- 85p a portion
- 356 kcals, 15g fat, 7g sat. fat, 4g sugar

1 cooked chicken breast, shredded
2 tbsp soured cream, plain yogurt or mayo (whatever you prefer)
2 tsp pesto
2 thin slices mild cheese, such as Edam
2 flour tortillas
handful chopped red pepper or sweetcorn kernels
lettuce leaves

1 Mix together the shredded chicken breast, soured cream, yogurt or mayonnaise with the pesto and season.

2 Lay a slice of cheese on each wrap, then divide the chicken mixture between them. Sprinkle with red pepper or sweetcorn, then top with the lettuce leaves. Be careful not to overfill or it will be tricky to contain all the filling. Wrap and roll each one, then pack in a lunchbox or tightly wrap in foil.



85p
a head

Make a seed-free pesto

This pesto is perfect for those with allergies. Remove the thick stems from 2 bunches of **fresh basil** and pop into the small bowl of a food processor with 2 **garlic cloves**, 80g **Parmesan** shavings and 75ml **extra virgin olive oil**. Pulse for a few seconds, then add another 75ml **extra virgin olive oil** and whizz until a rough pesto consistency is achieved. Season with lemon juice and salt. Makes about 260g.

Tip **Want to mix up your wraps? Fill your tortillas with cooked chicken strips, hoisin sauce, shredded cucumber and shredded spring onions for a hoisin chicken flavour**

Pizzadillas

- Serves 4
- Prep 10 mins ■ Cook 20 mins
- 50p a portion
- 528 kcals, 30g fat, 12g sat. fat, 4g sugar

8 mini flour tortillas
200g tomato pasta sauce
200g grated mozzarella
2 tsp dried oregano (or mixed Italian herbs)
approx. 80g pack sliced salami
2 tsp olive oil

Lay out the tortillas on your work surface. Mix together the tomato sauce, mozzarella, 1 tsp of the oregano and black pepper. Spread over each tortilla, then arrange the salami over 4 tortillas. Sandwich the other 4 on top. Heat a non-stick frying pan over a medium heat. Mix the oil with the remaining oregano and brush over each side of the pizzadillas. Fry them for 2-3 mins on each side until golden.



50p
a head



45p
a head

Tomato soup with tear & share cheesy bread

- Serves 4
 - Prep 20 mins, plus rising ■ Cook 30 mins
 - 45p a portion
 - 786 kcals, 46g fat, 26g sat. fat, 12g sugar
- VEGETARIAN** **FREEZABLE**

500g pack ciabatta bread mix
100g garlic butter, at room temperature, plus extra for brushing
2 tsp dried oregano
175g grated cheddar or mozzarella
a little oil, for greasing
1 onion, chopped
1 carrot, chopped
2 x 400g cans plum tomatoes
1 vegetable stock cube
100g half-fat crème fraîche
pinch of sugar (optional)

1 Heat oven to 200C/180C fan/gas 6. Make the bread following pack instructions, then roll out to a 30 x 40cm rectangle. Spread over 75g of the butter and half the oregano. Sprinkle with cheese and roll up like a Swiss roll.

2 Cut into 8 slices and transfer to a greased round 23cm tin. Brush with butter. Cover with oiled cling film and leave in a warm place while you make the soup. Once doubled in size, bake for 25-30 mins.

3 Heat the remaining butter in a pan until foaming. Add the onion and carrot, and cook until softened. Pour in the tomatoes, and add the stock cube and remaining oregano. Simmer for 20 mins, then add crème fraîche. Blend and season – it may need a pinch of sugar. Add boiling water for desired consistency. Keep on a gentle heat until the bread is done.

CHOOSE A SNACK

Chocolate & coconut bars

- Makes 16 bars
- Prep 20 mins ■ Cook 30 mins
- 31p a portion
- 240 kcals, 17g fat, 13g sat. fat, 14g sugar

VEGETARIAN

- 100g golden caster sugar
- 2 tbsp golden syrup
- 2 egg whites
- 160g can coconut cream
- 2 tsp vanilla extract
- 250g unsweetened desiccated coconut
- 50g dried cranberries or dried cherries

200g bar milk or dark chocolate, chopped into small pieces

1 Line a 20cm square baking tin with baking parchment and heat oven to 180C/160C fan/gas 4. Tip the caster sugar, golden syrup, egg whites, can of coconut cream and vanilla extract into a mixing bowl and mix with an electric whisk until well combined. Add the coconut and dried fruit and mix with a spatula until the ingredients are all evenly coated in the egg white mixture. Tip into the baking tin, press down with the back of a spoon to compress and make an even

layer, then bake for 25-30 mins until golden brown and firm to the touch. Leave to cool completely in the tin.

2 Melt the chocolate in a bowl over a pan of barely simmering water, or in short bursts in the microwave. Cut the coconut bake into 12 or 16 bars and remove the baking parchment. Turn the bars upside down and carefully spoon a little of the melted chocolate onto the base of each one, spreading with a knife to cover. Leave to set (pop in the fridge to speed it up if you like), then wrap the bars individually in baking parchment.

These keep in the fridge (in an airtight container) for 5 days

31p
a head



Snack on Peanut butter & banana on toast

Toast 2 slices of **granary bread**. Layer 1 **banana**, sliced, on one slice of toast and dust with ½ tsp **cinnamon**. Spread the second slice with 1 tbsp **peanut butter**. Sandwich together. Serves 1.

Homemade houmous with pitta chips

- Serves 8 as a snack
- Prep 10 mins ■ Cook 10 mins
- 18p a portion
- 227 kcals, 11g fat, 1g sat. fat, 1g sugar

VEGETARIAN

3 pitta breads
5 tbsp olive oil
400g can chickpeas, rinsed and drained
½ tsp ground cumin
1 garlic clove, crushed
juice 1 lemon

1 Heat oven to 180C/160C fan/gas 4. Slice each pitta in half so it separates into two really thin pieces of bread, then cut into strips or wedges. Lightly grease a shallow baking tray or sheet and arrange the pitta slices on top. Cook in the oven for 10 mins until crisp, then leave to cool. Can be stored in an airtight container for up to 4-5 days.

2 To make the houmous, tip the rinsed chickpeas into a food processor. Add all the remaining ingredients and 3 tbsp cold water and whizz together. Keep adding water, a tbsp or so at a time, until you get a smooth spoonable paste. Tip into a bowl and serve. Can be kept chilled in the fridge for up to 3 days.



18p
a head

A healthy snack for kids

Over the years, houmous seems to have become a kids' staple. There are loads of versions available in the shops now, but it's really simple to make, costs very little, and you can make sure it's low in salt (some bought types are full of it). It's good with veg sticks, but if that's a veg step too far, the pitta chips are a healthier alternative to crisps.

These all make great grab-and-go snack options when your kids are in and out – or for you when you inevitably hit an unexpected mid-afternoon sugar slump!

Pretzel popcorn squares

Put 300g **marshmallows** in a saucepan and melt, stirring continuously. Stir in 140g **plain popcorn** and 200g roughly chopped **pretzels**. Pour into a roughly 23 x 33cm baking tray lined with baking parchment, and chill to set. Cut into squares to serve. Makes 12.



Toaster pitta pockets

- Serves 1
- Prep 5 mins plus toasting ■ No Cook
- 48p a portion
- 333 kcals, 13g fat, 7g sat. fat, 4g sugar

1 mini pitta bread
1 tbsp soft cheese
1 tbsp grated cheddar
your favourite fillings – ham, tomatoes, sweetcorn, ready-roasted peppers from a jar and tuna are good

Pop the pitta into the toaster for 30 secs – 1 min, until just puffed but not crisp. Meanwhile, mix together the cheeses. Slice an opening at one end of the pitta and use a teaspoon or a knife to spread the cheese mixture in. Push in some of your favourite fillings, gently squash the pitta closed between your hands, then put back in the toaster – cut-side up. Toast for 1-2 mins until golden and crisp.



48p
a head

CHOOSE A DINNER

Good-for-you Bolognese

- Serves 6 plus leftovers for 4
- Prep 15 mins ■ Cook 30 mins
- 62p a portion
- 597 kcals, 10g fat, 3g sat. fat, 16g sugar

2 tsp olive oil

1 onion, chopped

4 carrots, chopped

2 courgettes, chopped

85g button mushrooms

1 garlic clove, crushed

400g can chopped tomatoes

1 tbsp Worcestershire sauce

500g lean minced beef

handful basil leaves

1 tbsp gravy granules

400g spaghetti

This delicious pasta sauce is a great way to sneak veg into supper for fussy eaters

1 Heat the oil in a frying pan and add the onion. Cook for a few mins, then add the carrots, courgettes and mushrooms and fry for 5 mins. Stir in the garlic with 1 min to go.

2 Tip in the tomatoes, Worcestershire sauce and 300ml boiling water, then season to taste. Bring to the boil, cover, then simmer for 15 mins until tender. Meanwhile, heat a non-stick pan and add the mince. Break it up with a wooden spatula and cook for 10 mins, stirring until browned all over.

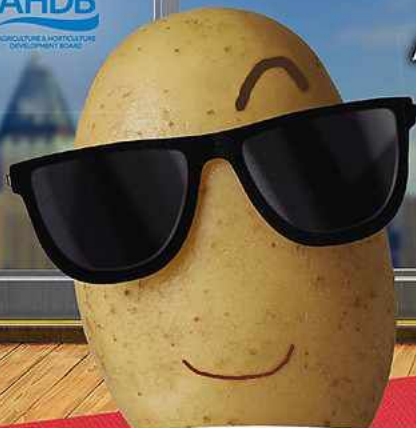
3 Add the basil leaves (reserve a few) to the veg sauce, then put a stick blender into the pan and blend until smooth. Pour the sauce and gravy granules into the mince, then stir to thicken. Cover and simmer for 15 mins.

4 Meanwhile, cook the pasta according to packet instructions. Reserve a cup of the cooking water, then drain. Mix the spaghetti with the sauce and reserved water, then serve, topped with a few basil leaves.

62p
a head



"Fat-free and fab.
But enough
about me."



FAT
FREE



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AND EASY



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GLUTEN
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For lots more healthy midweek meal ideas that are quick and easy, like this Sensational Summer Salad, visit lovepotatoes.co.uk

POTATOES
MORE THAN
A BIT ON THE SIDE



70p
a head

...then serve
as a salad
for lunch

Easy roast veg & feta pasta

Mix the leftover veg and pasta together, then toss with 2 tbsp French dressing and 100g crumbled feta.

Pesto kebabs with roasted veg pasta

- Serves 4 plus leftovers for 4
- Prep 20 mins ■ Cook 40 mins
- 70p a portion
- 527 kcals, 8g fat, 2g sat. fat, 12g sugar

- 1 butternut squash (700g), halved, deseeded and cubed**
- 2 courgettes, cubed**
- 1 onion, chopped**
- 2 red peppers, deseeded and cut into 2cm pieces**
- 4 thyme sprigs, leaves removed**
- 4 tbsp olive oil**
- 4 boneless, skinless chicken breasts, cut into 2cm pieces**
- juice 1½ lemons**
- 4 tbsp pesto**
- 16 cherry tomatoes**
- 600g penne pasta**

1 Heat oven to 200C/180C fan/gas 6. Put the vegetables into a large roasting tin. Scatter with the thyme and season. Drizzle with 2 tbsp olive oil and roast for 40 mins, turning halfway.

2 Meanwhile, soak 8 wooden skewers. Put the chicken into a shallow dish, then mix with the lemon juice and pesto.

3 Thread the chicken and tomatoes onto the skewers, then put onto a roasting tray. Drizzle with the rest of the olive oil and roast for 20 mins, turning once, until the chicken is cooked through. Boil the pasta.

4 Toss half of the roasted vegetables and pasta together, then serve with the kebabs.

Crunchy fish fingers

- Serves 4
- Prep 10 mins ■ Cook 15 mins
- 45p a portion
- 205 kcals, 8g fat, 1g sat. fat, 1g sugar

- 250g pollack fillets, cut into 8 pieces**
- juice ½ lemon**
- ½ tsp fish seasoning (we used Schwartz)**
- 50g polenta**
- 50g dried breadcrumbs**
- 1 omega-3 enriched egg, lightly beaten**
- 2 tbsp olive oil**
- mangetout, broccoli and mash, to serve**

1 Heat oven to 200C/180C fan/gas 6. Squeeze lemon over the fish. Line a baking sheet with baking paper, and mix together the fish seasoning, polenta and breadcrumbs on this. Dip the fish into the egg, then turn in the polenta mix to coat. Repeat with all the pieces.

2 Drizzle with oil and bake for 15 mins, turning halfway through cooking. Serve with mangetout, broccoli and mash.



Chicken & leek pies

- Serves 2
- Prep 15 mins ■ Cook 40 mins
- 95p a portion
- 538 kcals, 17g fat, 5g sat. fat, 15g sugar

FREEZABLE

- 1 large sweet potato, cut into chunky chips**
- 4 tsp olive oil**
- 2 chicken breasts, chopped into bite-size chunks**
- 1 leek, finely sliced**
- 1 carrot, chopped**
- 225ml low-sodium chicken stock**
- 2 tsp wholegrain mustard**
- 85g light soft cheese**
- 2 tbsp chopped tarragon leaves**
- 2 sheets filo pastry**

1 Heat oven to 200C/180C fan/gas 6. In a roasting tray toss the sweet potatoes with 2 tsp of the oil and some seasoning. Cook for 30-40 mins, until golden and crisp. Heat 1 tsp oil in a medium frying pan. Fry the chicken until browned, remove from the pan and set aside. Add the leek and a splash of water, and gently fry until soft, about 7 mins. Add the carrot and cook for 3 mins. Pour in the stock and boil until reduced by half. Add the mustard and cheese, stirring. Return the chicken to the pan, add the tarragon and season.

2 Divide the mix between 2 small ovenproof dishes. Take the filo sheets and scrunch them up. Top each pie with a sheet and brush with remaining 1 tsp oil. Bake with the chips for 15 mins, until the pastry is golden.



95p
a head

Tuna melt pizza baguettes

- Serves 4
- Prep 10 mins ■ Cook 20 mins
- 29p a portion
- 410 kcals, 14g fat, 7g sat. fat, 9g sugar

FREEZABLE

- 2 part-baked baguettes
- 1 red pepper, diced
- 1 green pepper, diced
- 198g can sweetcorn, drained
- 225g jar tuna
- 100g cheddar, grated
- 1 tbsp tomato purée

1 Heat oven to 190C/170C fan/gas 5. Halve the 2 part-baked baguettes lengthways and cook directly on the oven shelf for 8 mins. Meanwhile mix the diced peppers, sweetcorn, tuna, and 75g of the grated cheddar.








2 Transfer the baguettes to a baking tray, spread each with 1 tbsp tomato purée, divide the tuna mix over, then sprinkle with the remaining grated cheddar. Bake for 12 mins until melting and golden.

Add Oven-roasted chips

Heat oven to 200C/180C fan/gas 6. Peel 6 **floury potatoes** and cut them into long chip shapes – the thickness you do is entirely up to you, though the width of your finger is ideal. Rinse under the cold tap and pat dry with a tea towel. Spread the chips on a large non-stick baking tray and toss with 2 tbsp olive oil. Lie them flat in a single layer – use two trays. Roast for 45-50 mins, turning now and then.



Your easy 7-day meal planner We've done the work for you!

	breakfast	lunch	snack	dinner
Sat	 Breakfast muffins, p12	 Beef, cheese & broad bean quesadillas, p13	 Pretzel popcorn squares, p16	 Chicken & leek pies, p18
Sun	 Spicy beans on toast, p11	 Tomato soup with tear & share bread, p14	 Chocolate & coconut bars, p15	 Pesto kebabs with roasted veg pasta, p18
Mon	 Dippy eggs, p11	 Pizzadillas, p14	 Homemade houmous with pitta chips, p16	 Crunchy fish fingers, p18
Tue	 Breakfast burger, p10	 Easy noodles, p13	 Peanut butter & banana on toast, p16	 Good-for-you Bolognese, p17
Wed	 Breakfast muffins, p12	 Tomato soup with tear & share bread, p14	 Toaster pitta pockets, p16	 Chicken & leek pies, p18
Thu	 Dippy eggs, p11	 Chicken pesto wrap, p14	 Chocolate & coconut bars, p15	 Pesto kebabs with roasted veg pasta, p18
Fri	 Spicy beans on toast, p11	 Beef, cheese & broad bean quesadillas, p13	 Peanut butter & banana on toast, p16	 Crunchy fish fingers, p18



“A cracking day out”

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A&C



Spuds you'll like!

Try our new and tasty toppings for jacket potatoes

First, bake a perfect potato

Heat oven to 220C/200C fan/gas 7. Rub a little **oil** and seasoning over the **potatoes**, then bake on a baking sheet for 25 mins. Turn down the oven to 190C/170C fan/gas 5 and bake for 1 hr – 1 hr 15 mins more until the flesh is tender and the skin crisp and golden. For a quicker option, prick a potato with a fork. Wrap in a sheet of kitchen paper and microwave on High for 8-10 mins until soft inside. For crisp skin, rub with a little oil, then flash under a hot grill, turning often. To serve your potato, slice a cross in the centre, squeeze the base to 'pop' the top, then choose your favourite filling.

Smoky bacon beans

Dice 4 **smoked streaky bacon rashers** and 1 **onion**, then fry until the onion is soft. Stir in 2 x 400g cans **baked beans** and 1 tsp each **brown sugar**, **mild chilli powder** and **paprika**. Warm through and divide between 4 **jacket potatoes**. Top each with a dollop of **soured cream** and a few snipped **chives**. Serves 4.

Houmous & roasted red pepper

Fill 2 jacket potatoes with **rocket leaves**, **roasted red pepper** strips from a jar and 2 tbsp of your favourite **houmous**. Finish with a squeeze of **lemon juice** and a pinch of **paprika**. Serves 2.

Cheddar, pickle & onion

Top 1 jacket potato with 50g grated **cheddar**, 1 tbsp **crunchy pickle** or chutney and 1 sliced **spring onion**. Serves 1.

Corn, chilli & avocado salsa

Drain 198g can **sweetcorn** and mix with 1 diced **avocado**, 1 small chopped **red chilli**, juice 1 **lime**, 1 tbsp finely chopped **red onion** and a small handful **coriander** leaves. Season and pile into 2 **jacket potatoes** or 2 baked **sweet potatoes**. Serves 2.

Give your jacket potatoes a simple and tasty makeover!

Salmon & soft cheese

Mix 50g **light soft cheese** with a squeeze of **lemon juice** and some salt and pepper. Pile into a jacket potato and flake 1 **hot-smoked salmon fillet** on top. Sprinkle the potato with 1 heaped tsp **capers** and a little **lemon zest**. Serve straight away and enjoy. Serves 1.

GREAT COMBO



Southern fried...

FINGER LICKIN' CHICKEN

This is the best southern fried chicken recipe ever. Fact! It takes a little effort but it's well worth it

Buttermilk fried chicken

- Serves 6
- Prep 30 mins plus 12 hrs marinating
- Cook 30-40 mins
- £3.91 a portion
- 476 kcals, 20g fat, 6g sat. fat, 3g sugar

10 chicken pieces (about 1¼ kg), on the bone, skin on (use a mixture of thighs and drumsticks)
300ml buttermilk
1 large egg
1-2 litres groundnut oil

FOR THE DRY BRINE
zest 2 lemons
1 tsp chopped thyme
1 tsp paprika
1 tsp onion salt
1 tsp garlic granules
1 tsp flaky sea salt

FOR THE SPICED FLOUR
225g plain flour
2½ tbsp cornflour
2¼ tsp garlic granules
2¼ tsp salt
2¼ tsp chilli powder



1 Brine the chicken

Put all the dry brine ingredients in a large dish. Add the chicken, toss to coat well, then cover and chill for 12-24 hrs.



2 Prepare the dry ingredients

Put all the spiced flour ingredients in another dish or a large bowl, add a good grind of black pepper and combine well.



3 Whisk the buttermilk mix

Put the buttermilk and egg in another bowl and lightly whisk until well combined.



4 Coat in the buttermilk

Start to coat the chicken. Using one hand, dip the pieces in the buttermilk, making sure they are completely coated.



5 Coat in the flour

Using your other hand, roll the chicken in the spiced flour until covered all over. Place the chicken on a wire rack with a baking tray underneath. Now you're ready to start frying.



6 Heat the groundnut oil

Fill a deep cast-iron frying pan or heavy-based saucepan half full with oil and heat until the temp reaches 170C on a cooking thermometer. Put a wire rack on a second tray, ready to drain.



7 Fry the chicken pieces

Heat oven to 160C/140C fan/gas 3. Place 3-4 pieces of chicken into the oil. Don't overcrowd the pan. Cook for 10-12 mins. Poke your thermometer into the meat – it will be cooked when it reaches 73C.



8 Transfer to a wire rack

The temp will drop when you add the chicken – adjust the heat to keep it at 140C. Once cooked, transfer to the wire rack and keep warm in the oven. Bring to 170C before cooking the next batch.

Most supermarkets stock **buttermilk**, but if you want to make your own, simply add 1 tbsp lemon juice or white wine vinegar to 250ml full-fat milk and set aside for 10 mins.



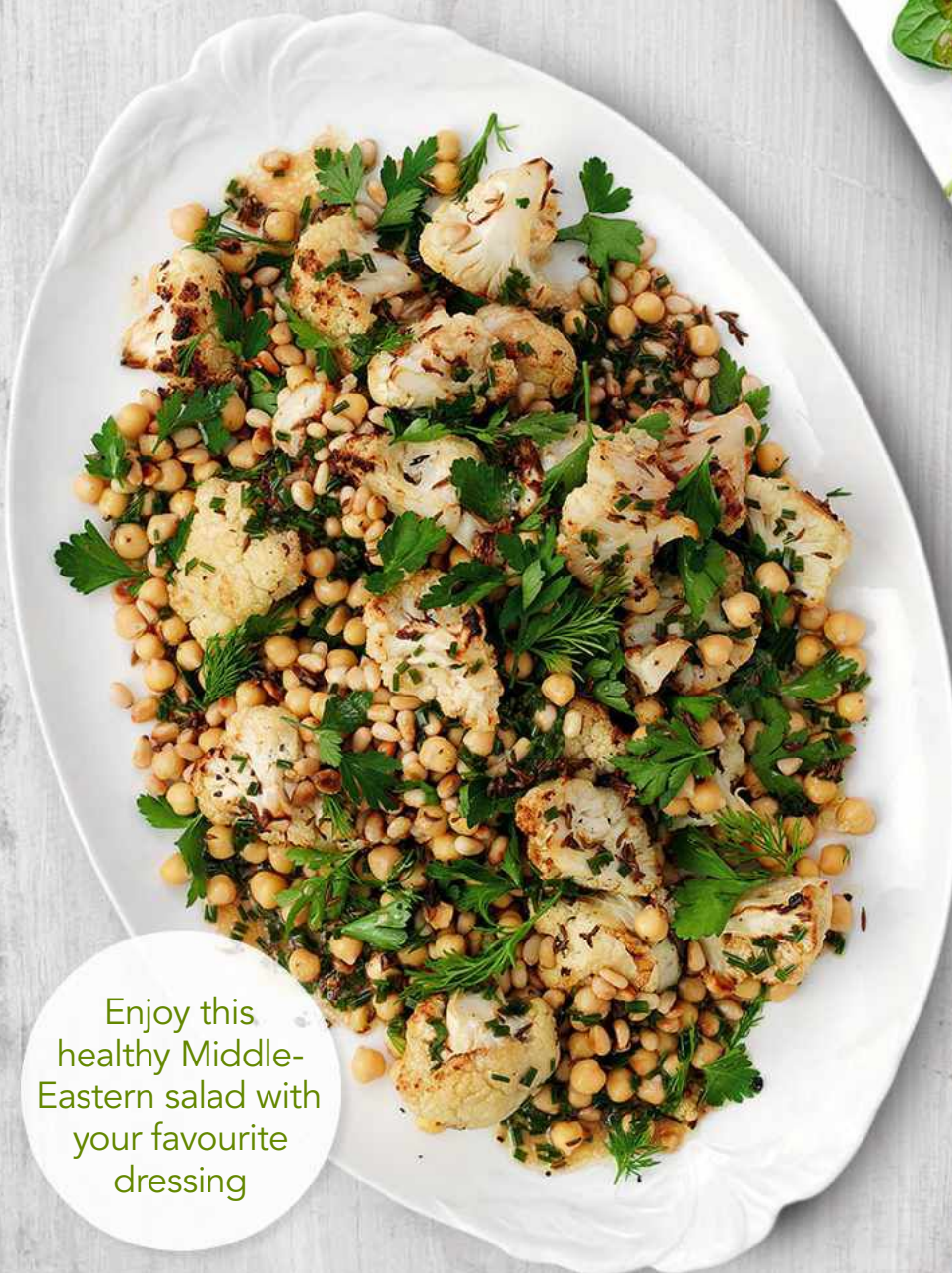
Serve with chips

Heat oven to 200C/180C fan/gas 6. Peel 6 large **floury potatoes** and cut them into long chip shapes – the width of your finger is ideal. Rinse under the cold tap and pat dry with a tea towel. Spread the chips on a large non-stick baking tray and

toss with 2 tbsp **olive oil** and 1 tsp **celery salt**. Lie them flat in a single layer – use two trays rather than overcrowd one. Roast for 45-50 mins, turning now and then. When cooked they should be golden brown and crisp with a fluffy centre. Scatter on sea salt to serve. Serves 6.

Dress for *summer*

First, choose a delicious main-meal salad, then choose your dressing – it'll take it to another level!



Enjoy this healthy Middle-Eastern salad with your favourite dressing

Spiced cauliflower with chickpeas, herbs & pine nuts

- Serves 4
- Prep 10 mins ■ Cook 40 mins
- £1.24 a portion
- 407 kcals, 29g fat, 3g sat. fat, 7g sugar

VEGETARIAN

- 1 large head cauliflower, broken into florets (about 1kg in total)**
- 2 garlic cloves, crushed**
- 2 tsp each caraway and cumin seeds**
- 3 tbsp olive oil**
- 400g can chickpeas, drained and rinsed**
- 100g pine nuts**
- small bunch each parsley and dill, leaves torn**

Heat oven to 200C/180C fan/gas 6. Toss the cauliflower, crushed garlic cloves, spices, 2 tbsp oil and some seasoning in a roasting tin, then roast for 30 mins. Add the rinsed chickpeas, pine nuts and remaining oil to the tin, then cook for 10 mins more until slightly browned. To serve, stir in the herbs with your chosen dressing.



Spinach, bacon & white bean salad

- Serves 4
- Prep 5 mins ■ Cook 15 mins
- £1.21 a portion
- 300 kcals, 15g fat, 5g sat. fat, 1g sugar

12 rashers streaky bacon
4 tbsp Sherry vinegar
2 x 280g jar roasted red peppers, drained and sliced
2 x 400g cans borlotti beans, drained and rinsed
150g bag baby spinach leaves

Heat a pan and dry-fry the bacon for about 2 mins each side until crispy. Remove and drain on kitchen paper. Keep the fat from the bacon in the pan, add the vinegar and bubble for a few secs. Tip in the peppers and beans. Season and heat through. Toss through the spinach, beans, peppers and bacon. Drizzle with a dressing of your choice.

Griddled chicken & corn on the cob salad

- Serves 4
- Prep 15 mins plus marinating ■ Cook 20 mins
- £1.52 a portion
- 236 kcals, 8g fat, 1g sat. fat, 4g sugar

4 small skinless chicken breasts
2 garlic cloves, crushed
1 tbsp paprika
juice 1 lemon
2 tbsp olive oil
2 corn cobs
4 Little Gem lettuces, quartered
½ cucumber, diced

1 Cut the chicken in half lengthways to make 8 chicken strips. Mix the garlic, paprika, lemon juice and 1 tbsp oil with seasoning and toss with the chicken. Marinate for 15 mins.

2 Heat a griddle pan and brush with half the remaining oil and cook the chicken for 3-4 mins each side until cooked through. Brush over the remaining oil and griddle the corn, turning, for about 5 mins until charred. Remove and cut off the kernels. Mix the lettuce and cucumber, top with the corn and chicken, then drizzle over your dressing.



Now pick your dressing

Maple & mustard Whisk together 2 tbsp **maple syrup**, 6 tbsp **olive oil** and 1 heaped tsp **wholegrain mustard** with a little seasoning and serve.
 PER SERVING 183 kcals, 17g fat, 2g sat. fat, 7g sugar

Garlic & buttermilk Whisk 1 crushed **garlic clove** with 150ml **buttermilk**, 2

tbsp **white wine vinegar** and some seasoning together, then chill until ready to use.

PER SERVING 17 kcals, 0g fat, 0g sat. fat, 2g sugar

No-oil honey & lime Whisk together 3 tbsp **lime juice**, 1 tsp lime zest, 1 tbsp **honey** and 2 tbsp **white wine vinegar** with some seasoning.

PER SERVING 20 kcals, 0g fat, 0g sat. fat, 5g sugar

Chilli oil vinaigrette Whisk together 6 tbsp **chilli oil**, 3 tbsp **red wine vinegar** and a pinch of **chilli flakes** if you like it hot.
 PER SERVING 150 kcals, 17g fat, 2g sat. fat, 0g sugar

Herby vinaigrette Whisk 6 tbsp **olive oil**, 2 tbsp **red wine vinegar**, 1 tsp **Dijon mustard** and 2 tbsp chopped **chives, parsley or mint**.
 PER SERVING 155 kcals, 17g fat, 2g sat. fat, 0g sugar

Each makes a generous amount to serve 4

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How to use up

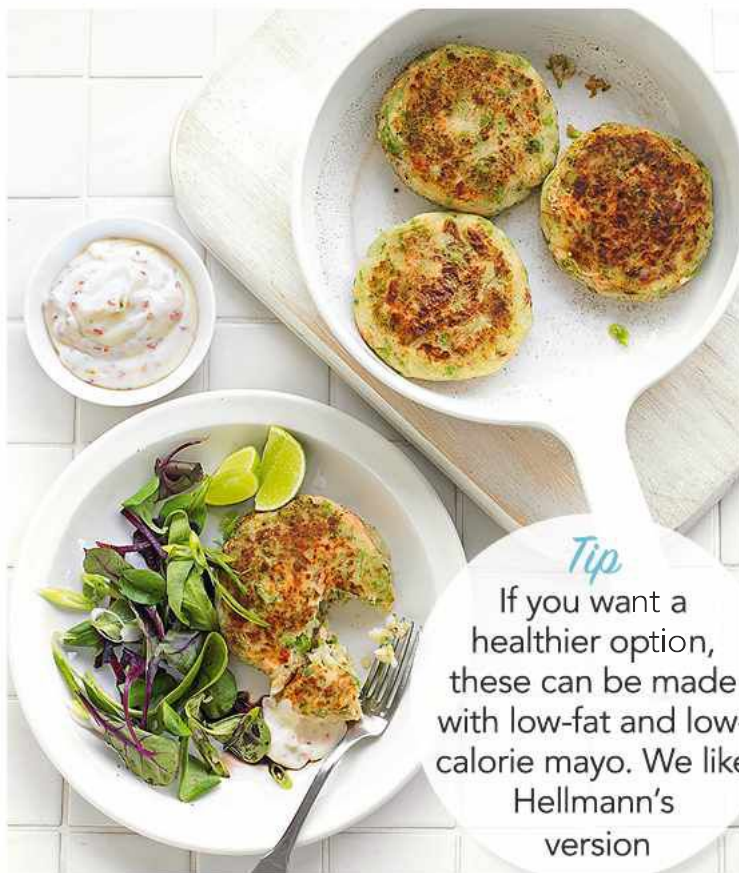


mayonnaise

Try these 10 inspired ways to polish off that jar of mayo

Fishcakes with chilli-lime mayo (pictured)

Cook 500g **floury potatoes** in boiling, salted water until tender, adding 175g **frozen peas** for the final 5 mins. Meanwhile, put 300g **trout fillets** in a microwaveable dish, dot with **butter**, cover with cling film, then microwave on Full (100%) for 3-4 mins, until tender. Drain the potatoes and peas, then return to the pan and mash well. Skin and flake the fish, then add to the mash and season. Shape into 8 cakes with floured hands and lightly dust with a little **plain flour**. Heat 2 tbsp **sunflower oil** in a non-stick frying pan, then fry the fishcakes until crisp and golden, turning once. Mix 4 tbsp **mayo**, the rind of 1 **lime** and 1 **red chilli**, deseeded and finely chopped, and serve with the fishcakes. Serve with some lime wedges and **salad** on the side, if you like. Serves 4.



Tip

If you want a healthier option, these can be made with low-fat and low-calorie mayo. We like Hellmann's version

Veggie sticks with crab mayo dip

Drain a can of **crabmeat** and stir in a few tablespoons of **mayo**. Sprinkle with a little **paprika** for a quick dip to serve with **chicory**, **red pepper** and some **cucumber sticks**. Great as a starter while waiting for the barbecue to heat up.

Fennel slaw

Mix together finely sliced **fennel**, **red onion** and grated **carrots**. Add a dollop of **mayo** and the juice of half a **lime**. Season and mix well. If you have them, throw in a handful of **toasted nuts**. Great with barbecue meats.

For a Caesar-style dressing, mix mayo, crushed garlic, grated Parmesan and a little water together. Easy!

Picnic potato salad

Cook some **new potatoes**. Mix some **mayo** with a little black pepper, chopped **mint**, **lemon juice**, and **parsley**. Mix into the potatoes. Sprinkle with sliced **spring onions**.

Thousand Island tuna salad

Mix together equal quantities **mayo** and **ketchup**, **lemon juice**, chopped **gherkins** and **shallots**. Toss together with **lettuce**, flaked **tuna**, **sweetcorn** and sliced boiled **eggs** for an easy lunch.

Stuffed mushrooms

Cut off the stalks on **Portobello mushrooms** then place on an oiled baking sheet. In a bowl, combine **breadcrumbs** with chopped toasted **nuts**, a few tbsp of **mayo** and some chopped **parsley**. Then top mushroom caps with the breadcrumb mixture and sprinkle with grated **cheese**. Bake at 200C/180C fan/gas 6 for 10 mins.

Creamy mash

Boil **potatoes** in salted water. Mash with a few tbsp of **mayo**, instead of milk and butter, for a really quick mash to serve with steak or lamb.

Quick & simple Coronation chicken salad

Combine 2 tbsp **mayo** with 3 tbsp **apricot jam** and 1 tbsp **korma curry paste**. Toss together a diced **red pepper**, a few chopped **spring onions** and some **cooked shredded chicken** in a bowl. Mix together with the mayo and serve with flaked toasted **almonds** and a **rice salad**.

10-minute Yorkies

Cook some **ready-made Yorkshire puddings** according to pack instructions. Stir together a few tbsp **mayo** with **horseradish sauce** to taste. Spoon a little mayo into each Yorkshire pud then top with slices of leftover **roast beef**, **ham or lamb**. Serve as a quick snack.

Classic Waldorf

In a large bowl, mix a few tbsp **mayo** with a squeeze of **lemon juice**. Toss in 3 cored and diced **apples**, a chopped **celery** stick and a handful each chopped **walnuts** and **raisins**. Perfect with roast chicken on a picnic.



Miso chilli
steak with
crispy sweet
potatoes, p30

Make more of MISO

Give your dishes a savoury twist with the delicious soya bean paste that the Japanese use every day



Miso broth with seaweed, p30



65p
a serving





Miso chili steak with crispy sweet potatoes

- Serves 2
- Prep 5 mins ■ Cook 25 mins
- 84p a portion
- 582 kcals, 23g fat, 7g sat. fat, 16g sugar

2 large sweet potatoes, cut into wedges
1 tbsp vegetable oil, plus a little extra
1 tbsp sesame seeds
1 tbsp miso paste
juice 1 lemon
1 tbsp hot chilli sauce (sriracha is nice)
1 tbsp mirin
2 bavette or other lean steaks (200g each)
large handful watercress leaves, to serve

1 Heat oven to 200C/180C fan/gas 6. Put the wedges on a baking tray and rub with the oil. Sprinkle with sesame seeds and seasoning. Bake for 25 mins until crisp at the edges.

2 In a small bowl, mix together the miso, lemon juice, chilli sauce and mirin. Rub the steaks with a tiny bit of oil and some seasoning. Spoon 1 tbsp of the sauce over each steak and rub into both sides.

3 Heat a griddle pan until hot, cook the steaks for 2 mins each side (longer if you prefer it well done). Brush more of the sauce over after you turn them. Transfer to a plate, cover with foil, and leave to rest for 5 mins. Serve with extra sauce, wedges and watercress.

Miso broth with seaweed

- Serves 4
- Prep 5 mins ■ Cook 15 mins
- 65p a portion
- 187 kcals, 2g fat, 0g sat. fat, 9g sugar

VEGETARIAN

1.7 litres vegetable stock
4 tbsp miso paste or 4 packets miso soup mix
2 sweet potatoes, cut into 1cm cubes
2 large pinches dried wakame seaweed
2 large pinches dried arame seaweed
2 bundles rice noodles (about 140g)
1-2 medium red chillies, sliced
4 radishes, finely sliced

Heat the stock in a large saucepan with the miso paste or soup mix, stirring to combine. Add the sweet potato and gently simmer for 10 mins until potato is almost cooked. Add the seaweeds, noodles and chilli, then continue gently simmering until the noodles are tender and the seaweed hydrated. Divide broth between 4 bowls and top with some of the finely sliced radish to serve.

Healthy benefits

Seaweeds are high in protein, iron and calcium as well as the heart-friendly minerals, potassium and magnesium. They're particularly good for vegetarians as they're one of the few vegan sources of vitamin B12. Also a great source of iodine which aids metabolism.

Miso brown rice & broccoli salad with fiery prawns

- Serves 3
- Prep 15 mins ■ Cook 25 mins
- £1.91 a portion
- 304 kcals, 8g fat, 1g sat. fat, 6g sugar

100g brown basmati rice
140g ready-shelled frozen edamame beans
140g broccoli (about ½ a head), broken into florets
1 tbsp white or brown miso paste
½ tsp finely grated fresh ginger
1 tbsp rice vinegar
½ tbsp clear honey
2 tsp each sesame oil and vegetable oil
3 garlic cloves, thinly sliced
1 red chilli, thinly sliced
200g raw shelled prawns
2 spring onions, finely sliced
large pack coriander, roughly chopped

1 Cook the rice following pack instructions, adding the edamame beans for the last 3 mins of cooking. Drain well.

2 Meanwhile, steam the broccoli for 4-5 mins until tender. Run under very cold water, drain thoroughly and pat dry. In a small bowl, mix the miso, ginger, vinegar, honey, sesame oil and seasoning.

3 Heat the vegetable oil in a non-stick frying pan. Add the garlic and half the chilli and cook gently for a couple of mins, taking care not to burn. Throw in the prawns, lots of black pepper and a pinch of salt. Turn up the heat and cook for a few mins until the prawns are cooked through. Toss the miso dressing with the cooked rice, adding the spring onions, coriander and broccoli. Season and stir together. Spoon the spicy prawns on top, scatter over the remaining chilli and serve.

All about miso

Miso is a fermented paste made from soya beans and rice, barley, wheat or rye, used in Japanese and South East Asian cookery. It gives dishes a deep savouriness.

■ What to buy

The most common types of miso are:

Light-yellow miso (Shinshu miso), the most common type of miso. Relatively mild in flavour, it's very versatile and can be used in all types of dishes.

Red miso (often sold as aka miso), which has a strong, salty flavour. Suited to all types of dishes, from soup to dressings and dips.

Sweet white miso (usually sold as shiro miso) is sweeter and lighter in taste, colour and texture. More suited to use in salad dressings, spreads and marinades. It's fermented for a shorter time (2-8 weeks) than other miso types, which are usually fermented for 3 years or more. Light-yellow

or red miso should not be substituted in recipes that call for sweet white miso.

■ How to use

Sweet white miso is perfect for flavouring light soups. Add the miso at the end of cooking time or the heat will cause it to lose its flavour. The pungent, salty quality of red miso is ideal for marinating meat, fish or veg, and adding to stir-fries. Diluted with water, it makes a flavourful stock for soups and stews.



How to buy miso

Miso can be bought as a 'ready-to-make' packet mix or as jars of paste. Pick some up, as well as the dried seaweeds, from larger supermarkets or in Asian food shops. You could use British seaweeds as an alternative, available from fishmongers.

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Pack up a picnic

Be it on the beach, in the countryside or in your garden, nothing beats a relaxing summer picnic

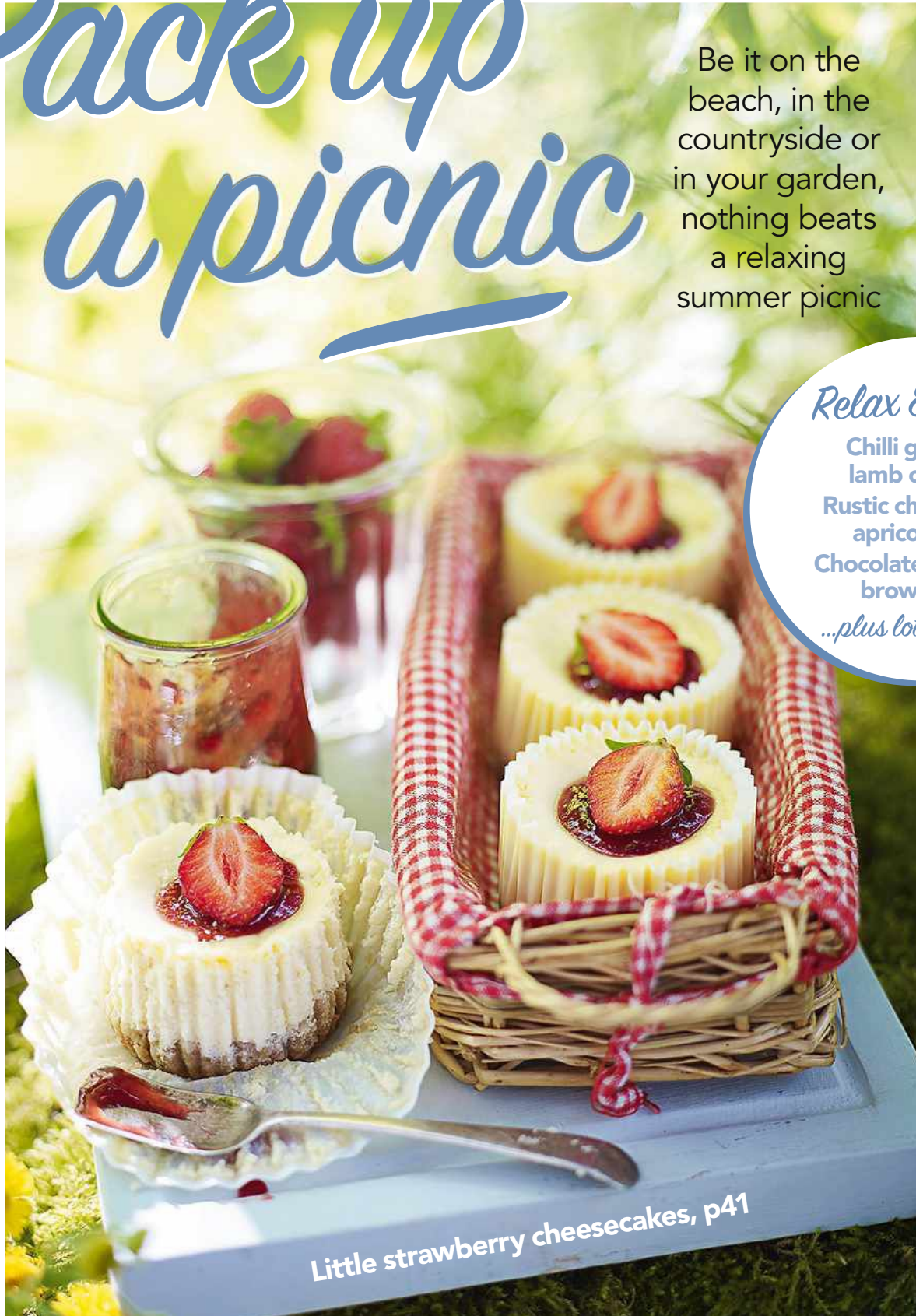
Relax & enjoy

Chilli ginger
lamb chops

Rustic chicken &
apricot pie

Chocolate orange
brownies

...plus lots more!



Little strawberry cheesecakes, p41



Chilli ginger lamb chops

- Serves 4
 - Prep 10 mins plus marinating
 - Cook 6-8 mins
 - £1.83 a portion
 - 227 kcals, 12g fat, 4g sat. fat, 0g sugar
- FREEZABLE** before cooking

4 garlic cloves, crushed
1 tbsp grated ginger
1 tbsp lemon juice
1 tbsp olive oil
½ tsp chilli powder
1 tsp cumin
8 lamb chops

1 Put the garlic in a bowl with the ginger, lemon juice, olive oil, spices and seasoning. Blitz with a hand blender until smooth, then use to coat the lamb chops on both sides. Leave to marinate in the fridge for a couple of hours or overnight.

2 Heat a barbecue until hot. Barbecue the chops over the coals for 3 mins on each side until cooked but still a little pink and juicy in the centre.

Curried pasta salad

- Serves 6
 - Prep 10 mins ■ Cook 12 mins
 - 39p a portion
 - 224 kcals, 8g fat, 1g sat. fat, 12g sugar
- VEGETARIAN**

225g penne
4 tbsp light mayonnaise
4 tsp Rogan josh curry paste
150g pot natural yogurt
juice ½ lemon
2 tbsp mango chutney
50g sultanas
15g pack coriander, chopped
½ cucumber, deseeded and diced
2 celery sticks, diced

1 Boil the pasta in salted water for 8 mins. Drain, then cool under the cold tap.

2 Meanwhile, mix the mayonnaise, curry paste, yogurt, lemon juice, chutney and sultanas with plenty of seasoning. Add the pasta, coriander, cucumber and celery, and toss everything together to coat in the curried mayonnaise.

Niçoise stuffed baguette

- Serves 4
- Prep 10 mins ■ Cook 10 mins
- £2.28 a portion
- 501 kcals, 30g fat, 5g sat. fat, 6g sugar

3 large eggs
130g can tuna in olive oil, oil reserved
1 large flute or baguette measuring approx. 54cm
2 tbsp mayonnaise
3 tomatoes, ends trimmed, thickly sliced
12-24 basil leaves (depending on how herby you like it)
12 pitted Kalamata olives
8 anchovy fillets
FOR THE SHALLOT VINAIGRETTE
1 shallot, finely chopped
3 tbsp olive oil
1 tbsp white wine vinegar
½ tsp Dijon mustard

1 Bring a small pan of water to the boil. Add the eggs and boil for 10 mins. Drain, then run the eggs under the cold tap to cool quickly. Carefully shell and cut the eggs into wedge-shaped quarters. Meanwhile, mix all the ingredients for the shallot vinaigrette with seasoning and stir in the oil from the tuna.

2 Slice the loaf in half lengthways, but not all the way through, so it opens up like a book. Use your fingers to pull out any bread that easily comes away from the top half to hollow the loaf a little.

3 On the bottom half of the loaf, drizzle over the vinaigrette. Stir the mayonnaise into the tuna and spread on top. Now layer in the tomatoes, basil, olives, eggs and anchovies.

4 Tightly roll up in baking parchment and secure down the length with elastic bands. Press all the way down, then chill overnight.



Marinated feta in thyme & chilli oil

- Serves 8
- Prep 10 mins plus marinating ■ No Cook
- 71p a portion
- 366 kcals, 35g fat, 10g sat. fat, 1g sugar

VEGETARIAN

100ml olive oil

2 tbsp fresh thyme leaves, plus a few

4 garlic cloves, sliced

¼ tsp dried chilli flakes

140g semi-dried tomatoes in olive oil, drained

175g pack or jar artichoke heart in oil

2 x 200g packs feta cheese

85g Kalamata olives

1 Tip the olive oil and thyme into a bowl and blitz with a hand blender. Stir in the garlic, chilli and lots of black pepper (but no salt). You could add some of the oil from the tomatoes and artichokes, too.

2 Cut each block of feta into 4 (or 6) and arrange in a dish or a food container with the tomatoes, artichokes and olives. Spoon over the herby oil, scatter with extra thyme and leave to marinate in the fridge overnight.

Roasted pepper salad with capers & pine nuts

- Serves 4
- Prep 10 mins ■ Cook 15 mins
- £1.27 a portion
- 209 kcals, 15g fat, 2g sat. fat, 13g sugar

VEGETARIAN

3 red and 3 yellow peppers

3 tbsp extra-virgin olive oil, plus extra

1 large garlic clove

1 tbsp white wine vinegar

2 tbsp pine nuts, toasted

1-2 tbsp capers

few basil leaves, shredded (optional)

1 Turn on the grill and line a baking tray with foil. Arrange the peppers, skin-side up, on the baking tray and brush with oil. Grill for 10-15 mins, turning, until skins are well charred. Put the peppers in a plastic bag and seal for 5 mins to loosen the skins.

2 Meanwhile, crush the garlic and a pinch of salt to a paste using a pestle and mortar. Add the vinegar and oil, and blend to make a dressing. Strip the skins and seeds from the peppers, then quarter. Put the flesh in a bowl. Pour over the dressing and scatter with the pine nuts, capers and basil leaves.

Minty bean & courgette dip with pitta crisps

- Serves 4
- Prep 20 mins ■ Cook 15 mins
- £1.25 a portion
- 352 kcals, 13g fat, 3g sat. fat, 7g sugar

VEGETARIAN FREEZABLE crisps only

2 tbsp olive oil

1 courgette, finely diced

2 garlic cloves, chopped

400g can cannellini beans, drained

juice ½ lemon

170g pot 2% Greek yogurt

2 tbsp chopped mint

FOR THE PITTA CRISPS

8 pitta breads

2 tbsp olive oil

flaky salt

1 To make the pitta crisps, heat oven to 200C/180C fan/gas 6. Brush both sides of the pitta breads with the olive oil, then tear into pieces. Spread on a large baking tray and sprinkle with the flaky salt. Bake for 8 mins until the pittas start to toast. They will get crisper as they cool.

2 To make the dip, heat the olive oil in a pan. Fry the diced courgettes and chopped garlic with seasoning until the courgettes are tender. Set aside a couple of tablespoons of the courgettes and tip the rest into a bowl with the beans, lemon juice, yogurt and mint. Whizz until smooth with a hand blender, then spoon into a bowl or food container and top with the remaining courgettes.



Dips with a difference

Rustic chicken & apricot pie

- Serves 10
- Prep 1 hr ■ Cook 1 hr 30 mins
- 93p a portion
- 565 kcals, 30g fat, 11g sat. fat, 6g sugar

450g pack boneless, skinless chicken thighs

- 1 medium onion, quartered
- 2 tsp coriander seeds, toasted
- ½ tsp ground coriander
- ¼ tsp ground cumin
- ¼ tsp freshly grated nutmeg

454g pack pork sausages, meat squeezed from the skins

- 200g pack bacon lardons
- 2 tbsp chopped parsley
- 12 ready-to-eat dried apricots
- 340g pack mini chicken breast fillets

FOR THE HOT WATER PASTRY

- 100g lard, plus extra for the tin
- 3 tbsp milk
- 450g plain flour, plus extra for the tin
- 1 egg, beaten, to seal and glaze

1 Heat oven to 200C/180C fan/gas 6. Brush a 23cm springform tin with melted lard and dust with a little flour.

2 Whizz the chicken thighs in a food processor to mince them. Add the onion and blitz again to chop it. Tip into a bowl. Add the spices, sausagemeat, lardons, parsley and some salt. Mix really well.

3 To make the pastry, melt the lard in a saucepan with 150ml water and the milk. When melted, remove from the heat, tip in the flour and beat well. Knead on a lightly floured work surface, then roll out and use two-thirds to line the tin.

4 Spoon in half the sausage mixture and top with the apricots and half the chicken breasts. Cover with the rest of the sausage mixture, then press the remaining chicken breasts on top.

5 Roll out the remaining pastry and use to cover the pie. Press firmly onto the filling, then bring the pastry from the sides over the top and seal. Make a hole in the top of the pie for steam to escape, and brush well with the egg. Bake for 30 mins, then reduce oven to 180C/160C fan/gas 4 and bake for 1 hr more. Cool in the tin.

Sticky hoisin sausages

- Serves 6
- Prep 5 mins ■ Cook 20-25 mins
- 36p a portion
- 253 kcals, 19g fat, 6g sat. fat, 6g sugar

FREEZABLE

3 tbsp hoisin sauce

- 1 tbsp clear honey
- 1 tsp wholegrain mustard
- 1 tbsp sesame seeds
- 30 cocktail sausages

Heat oven to 190C/170C fan/gas 5. Mix the hoisin, honey, mustard and sesame seeds. Add the sausages, tossing well to coat them. Line a baking tray with foil and arrange the sausages on it, spaced apart. Smooth any remaining glaze on top to make them sticky. Bake for 20-25 mins until golden.

Pinwheel pizzas

- Serves 8
- Prep 30 mins plus rising ■ Cook 12-15 mins
- 53p a portion
- 271 kcals, 11g fat, 5g sat. fat, 1g sugar

FREEZABLE

olive oil, for the tin

- 500g pack bread mix
- flour, for dusting
- 50g mature cheddar, grated

FOR THE FILLING

- 4 tbsp tomato purée
- handful basil, roughly torn
- 1 whole roasted pepper, from a jar, cut into strips
- 70g pack pepperoni, chopped
- 125g ball mozzarella, torn into chunks

1 Oil a 25cm springform tin. Make up the bread mix following pack instructions.

2 Turn the dough onto a lightly floured surface and roll out to an oblong 35 x 22cm using a rolling pin. Spread the tomato purée over the dough (leaving a border of dough plain all the way round), then scatter with the basil, pepper, pepperoni and mozzarella.

3 Carefully and firmly roll up from the longest side to make a Swiss roll, then slice evenly into 8 thick pinwheels. Arrange 7 around the edge of the tin and put the eighth in the centre. Cover the tin with cling film and leave in a warm place until well risen.

4 Depending on the heat in the room, this can take up to 1 hr. Heat oven to 240C/220C fan/gas 7. Remove cling film, scatter with cheddar and bake for 12-15 mins until golden.

Tip Make sure you grease the tin well to avoid the pastry



Lemon sherbet ice

Scrub 3 large **lemons**, then grate the zest into a pan. Add 200g **caster sugar** with 550ml water. Bring to the boil, then simmer for 5 mins. Remove from the heat and stir in 1 tsp **citric acid** (you can buy it from amazon.co.uk). When cool, add the lemon juice. Pour into small plastic tumblers and freeze until the mixture is slushy. Stir, put a straw in the centre of each and freeze until solid. Serves 4.

Cheese & chive spread

Mix together 300g **Red Leicester**, grated, 140g light **mayonnaise**, 2-3 tsp **English mustard**, and 15g pack **chives**, snipped, then press into a bowl. Try this on crackers, or as a filling for rolls and sandwiches. Serves 6.

New potato & green bean salad

- Serves 6
- Prep 10 mins ■ Cook 8 mins
- 47p a portion
- 123 kcals, 6g fat, 1g sat. fat, 3g sugar

VEGETARIAN

500g medium new potatoes (Jersey royals if you can get them), sliced

200g green beans, trimmed

FOR THE DRESSING

1 tbsp lemon juice

1 tsp clear honey

1 tsp wholegrain mustard

3 tbsp olive oil

4 spring onions, thinly sliced

1 Boil potatoes in salted water for 8 mins until just tender, then drain and keep warm (they will absorb the dressing better than cold potatoes). Meanwhile, steam the beans in a steamer over the potatoes for 4 mins. Keep a close eye on them as you want them to be just tender rather than soft. Cool the beans under the cold tap to keep their colour.

2 Mix the dressing ingredients in a bowl. Add the warm potatoes and beans, and toss really well to coat in the dressing. Make sure you add the dressing whilst the potatoes are still warm as warm potatoes absorb the dressing better than cold ones.



Smoked salmon soufflé tart

- Serves 6
- Prep 45 mins ■ Cook 25-30 mins
- £2.47 a portion
- 396 kcals, 27g fat, 13g sat. fat, 3g sugar

½ x 375g pack shortcrust pastry

50g plain flour, plus extra for dusting

50g butter

300ml milk

3 large eggs, separated

zest ½ lemon

1 tbsp chopped dill, plus a little extra

100g pack smoked salmon slices

150g pack crumbly goat's cheese, diced

1 Heat oven to 200C/180C fan/gas 6. Roll out the pastry on a flour-dusted surface and use to line a 22cm tart tin, leaving the excess pastry overhanging the edge. Line with baking parchment and baking beans, and bake blind for 15 mins. Remove the paper and bake for 10 mins more.

2 Meanwhile, make the filling: put the butter, flour and milk in a pan. Heat, stirring all the time, until it makes a very thick, smooth sauce. Stir in the egg yolks, lemon zest, dill and seasoning.

3 Beat the egg whites in a clean bowl with an electric hand whisk until they hold their shape, then fold carefully into the sauce.

4 Tear the salmon slices into large pieces and arrange half over the base of the tart with half the goat's cheese. Spoon over the soufflé sauce, then arrange the remaining salmon and cheese on top with some extra dill and black pepper. Bake for 25-30 mins until puffed up and golden. Trim the pastry edges.

A sophisticated quiche, rippled with salmon slices, goat's cheese and dill

Cheat's ginger beer

- Serves 6
- Prep 10 mins ■ No Cook
- 47p a portion
- 113 kcals, 0g fat, 0g sat. fat, 27g sugar

100g ginger, scrubbed and chopped

1 lemon, chopped

100g light muscovado sugar

1-litre bottle chilled lemonade or sparkling water, to serve

1 Put the ginger and lemon in a bowl, pour over 300ml water and blitz with a hand blender until very smooth. Strain through a sieve into a bowl, then press the pulp to remove as much liquid as you can. Add the sugar to the bowl and blitz again.

2 Decant the ginger beer into a bottle and chill in the fridge until ready to use. Add the lemonade or sparkling water to dilute it a little just before serving.





Make rustic rolls

Sundried tomato soda bread baps

- Serves 6
- Prep 15 mins ■ Cook 20-25 mins
- 59p a portion
- 492 kcals, 14g fat, 4g sat. fat, 5g sugar

VEGETARIAN FREEZABLE

- 250g plain white flour, plus extra for dusting
- 250g seed & grain bread flour
- 100g porridge oats
- 1 tsp bicarbonate of soda
- 1 tsp dried thyme
- 25g butter
- 85g sundried tomatoes (from a jar), roughly chopped
- 475ml buttermilk

1 Heat oven to 200C/180C fan/gas 6 and dust a baking tray with flour. Mix the flours, oats, bicarbonate of soda, 1 tsp salt and thyme in a bowl, then rub in the butter.

2 Add the tomatoes, pour in the buttermilk and mix quickly with the blade of a knife to make a wet dough. Tip onto a floured work surface, then cut evenly into 6 and, with floured hands, shape to make rounds. Handle the dough as little as possible to make sure the texture stays light. Arrange, spaced apart, on the baking tray and mark a cross in the tops with a floured knife.

3 Bake for 20-25 mins until the bases of the tomato baps are pale golden and sound hollow when tapped. Cover them with a tea towel and leave to cool.

Feel refreshed

Try our pick of summer drinks for your picnic

innocent Peach & Passion Fruit Smoothies for kids
£3, Sainsbury's

With no added sugar, these individual smoothie portions are ideal for a picnic. They are quite sweet, but very



fruity and thirst-quenching.



Wine Atlas Sauvignon Blanc Touraine, £5.97, Asda

With a grassy aroma and a zingy grapefruit flavour, this white wine goes really well with cheese and seafood salads.

Thatchers Katy Medium Dry Cider, £1.99, Tesco

Daintily sparkling, dry and light. The distinctive Katy apples from which it's made make a great



accompaniment to pasta salads. Be careful, though – it's 7.4 per cent.



Prosecco, £6.99, The Co-Operative

Turn a picnic into a celebration with some bubbly. Rich and creamy on the palate, this one is refreshing and has a nutty flavour. It also complements salty snacks well.

Brew Dog Dead Pony Club, £5.46, Morrisons

This American-inspired pale ale has spicy undertones and a delicious, fruity aftertaste. It goes well with red meat.



Funkin Mojito Cocktail Mixer, £2.57, Waitrose



A refreshing mix of mint and lime. This is a concentrated syrup that you can either turn into a soft drink (it's lovely with lemonade) or something stronger with rum and ice.

Thorncroft Kombucha Cordial, £2.55, ocado.com

A delightful Asian cordial made from sweet fermented Kombucha tea and peach juice concentrate. It's said to have restorative powers, so it might keep you going on a long hike!



Fragrant Thai drumsticks

- Serves 4
 - Prep 15 mins ■ Cook 40 mins
 - 83p a portion
 - 246 kcals, 11g fat, 3g sat. fat, 4g sugar
- FREEZABLE** before roasting

2 tbsp sweet chilli sauce
grated zest 1 orange, plus 2 tbsp juice
1 garlic clove, crushed
1 tbsp good-quality Thai red curry paste
8 chicken drumsticks, skin removed, the flesh slashed

1 Heat oven to 200C/180C fan/gas 6 and line a baking tray with foil. Mix the chilli sauce with the orange zest and juice, garlic, paste and $\frac{1}{4}$ tsp salt. Add the chicken and coat.

2 Arrange the drumsticks on the foil, spaced apart. Coat the chicken with any marinade left in the bowl, then roast for 35-40 mins until tender. Pack into a food container.

Oriental slaw

- Serves 4
 - Prep 15 mins ■ No Cook
 - 73p a portion
 - 191 kcals, 15g fat, 2g sat. fat, 8g sugar
- VEGETARIAN**

1 large carrot, coarsely grated
 $\frac{1}{2}$ small white cabbage, shredded
1 red onion, thinly sliced
generous handful coriander, chopped
50g salted roasted peanuts

FOR THE DRESSING
1 tbsp white wine vinegar
zest 1 lime, plus 1 tbsp juice
3 tbsp sunflower oil
1 red chilli, deseeded and finely chopped
generous pinch sugar

Mix all the dressing ingredients with seasoning in a bowl or food container. Pile the salad ingredients on top and scatter with the peanuts. Toss just before serving.



Chocolate orange brownies

- Cuts into 18 squares
- Prep 25 mins ■ Cook 40 mins
- 36p per square
- 291 kcals, 16g fat, 9g sat. fat 9g, 29g sugar

VEGETARIAN FREEZABLE

200g butter, chopped
200g dark chocolate, roughly chopped
zest 1 large orange
4 large eggs
350g caster sugar
100g plain flour
50g cocoa powder
100g dark chocolate orange, chopped

1 Heat oven to 180C/160C fan/gas 4 and line a 24 x 20cm brownie tin with baking parchment. Put the butter, dark chocolate and orange zest in a non-stick saucepan and very gently melt over a low heat, stirring every now and then, until smooth – take care not to overheat it. Allow to cool.

2 Whisk the eggs and caster sugar together with an electric whisk until the mixture is pale, has doubled in volume and leaves a trail when the beaters are lifted. Gently stir into the cooled chocolate mixture. Sift over the flour and cocoa powder, stir in, then add the chopped orange chocolate.

3 Pour into the lined tin and bake for 35-40 mins. Cool in the tin, then cut into squares.

These brownies are a lovely sweet treat for little ones



Little strawberry cheesecakes

- Serves 6
- Prep 40 mins ■ Cook 35 mins
- 71p a portion
- 378 kcals, 29g fat, 17g sat. fat, 15g sugar

VEGETARIAN

50g butter
6 digestive biscuits, finely crushed
FOR THE FILLING
250g tub ricotta
50g icing sugar
zest 1 lemon, juice of ½
1 egg and 1 yolk
½ tsp vanilla extract
150ml double cream

1 Heat oven to 150C/130C fan/gas 2 and line 6 muffin tin holes with muffin paper cases. Melt the butter, stir in the biscuit crumbs until well mixed, and then press as firmly as you can into the bases of each paper case. Chill them while you make the filling.

2 Beat the ricotta with the sugar, zest and juice, whole egg, egg yolk and vanilla. In another bowl, whisk the cream until it just holds its shape, then fold into the cheese mix. Spoon evenly into the paper cases, then tap the tin on the work surface to flatten the mixture. Bake for 30 mins, then turn off the oven and allow to cool completely inside.

To decorate your mini cheesecakes, top each cake with 1 tsp strawberry jam and a strawberry half

• EASY PICNICS •

The shopping list



Embrace the great outdoors with our section of foods and gadgets this month

Veggie falafels

Great Food Spicy Green Lentil & Coconut Bites, £1.49, ocado.com

These bites are similar to



falafels, but the hint of coconut and kick of chilli make them extra tasty.

The meat

Deluxe Salame Finicchiona, £1.99, Lidl

This supermarket excels at posh meat. We love this wafer-thin salami that's

flecked with fennel seeds. You could pop in a sarnie or scoff

straight from the pack. Try their deluxe bresola (£1.99) as well.



Find the perfect spot to relax and enjoy a tasty picnic



Great dips

Reduced-Fat Houmous Snappables, £1.25, Tesco

Easy to transport, each pack contains two each of houmous and red pepper dips. They have a nice tangy taste of lemon, too.



Side salad

Minty Bean Salad, £2, Asda

A surprising hit with the under eights! This is a mix of beans and sweetcorn in a sweet, minty dressing. One pot of the salad is plenty for two people with some other nibbles on the side.



Fruity snack

Whitworths Raisin and Choco Shot, 49p, Tesco

These little shots are all under 100 kcals a pop. The raisin and chocolate is our favourite, but we are pretty partial to the blueberry and seed one, too.



Punchy dippers

Chosen By You Sweet Chilli Bruschetta, £1, Asda

These little bread bites have plenty of crunch (without breaking your teeth!). They don't go soggy and, most importantly, won't break up in the rucksack. Try them with houmous.



Our favourite picnic buys

The water bottle

Citrus Zinger Sport, £14.99, root7.com

Turn this bottle upside down, unscrew the bottom, juice your fruit and close it up for a healthy water infusion without the bits. We like adding a little cucumber for a really refreshing drink.



The cool bag

Ben de Lisi Home Multi-Coloured Striped Print Picnic Backpack, £40, Debenhams

A little pricey but well worth it. It's a cool bag in a rucksack with room for food for four. The pockets contain plates, cutlery, cups and even a corkscrew!



The container

Lock & Lock Divided Container, £10.99, Lakeland

There are three compartments in this useful container, so it's great for transporting fruit or veg sticks. The airtight seal means that there's no annoying leakages.



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Big barbecue flavours

Chef Ben Tish shows that a BBQ isn't just good for burgers – you can cook your breakfast on it too!

Charcoal-grilled pancetta & sausage with fried morcilla sandwiches & eggs, p46



Smoky and juicy Florentine steak, p46

Charcoal-grilled pancetta & sausage with fried morcilla sandwiches & eggs

- Serves 4
- Prep 20 mins ■ Cook 15 mins
- £2.41 a portion

8 sausages, Lincolnshire or pork and leek are good
150g morcilla or soft black pudding, skin removed
40g unsalted butter
2 thick slices white bread
4 eggs
8–12 slices thick-cut smoked pancetta or smoked streaky bacon
olive oil, for cooking
ketchup, to serve



1 Light the barbecue and set for direct/indirect cooking. Place the sausages and morcilla directly on the grill in the direct heat zone and cook for 2 mins on each side to brown. Transfer to the indirect heat zone, close the lid and cook for 7 mins or until the sausages and morcilla are cooked through.

Move the sausages to the side of the indirect heat zone to keep warm. Transfer the morcilla to a bowl and mash into a rough paste, then keep warm.

2 Place an ovenproof non-stick frying pan in the direct heat zone and add a lug of olive oil and the butter. When the

butter is foaming, lay the slices of bread in the pan and brown on both sides. Remove the fried bread from the pan and place in the indirect heat zone to keep warm. Crack the eggs into the pan and cook steadily until the whites are set but the yolks are runny – you may need to move the pan into the indirect heat zone to stop the whites from cooking too quickly. Season with salt and pepper.

3 While the eggs are cooking, grill the pancetta in the direct cooking zone for 3 mins on each side until cooked and browned. Spread the morcilla between the two slices of fried bread and cut the sandwich into quarters. Serve with ketchup.



Ben makes smoky eggs in a muffin tin

What is morcilla? **Morcilla is the Spanish version of black pudding – you'll find it on brindisa.com**

Florentine steak

- Serves 4
- Prep 3 hrs 20 mins plus brining and resting
- Cook 6-10 mins
- £5.12 a portion

2 x 1kg T-bone steaks or 2 x 600g sirloin or rump steaks of similar thickness
1 quantity brine for red meat (see panel)
3 garlic cloves, finely chopped
2 sprigs rosemary, leaves finely chopped
finely grated zest of 1 lemon
olive oil, for cooking
extra virgin olive oil, for drizzling



1 Submerge the steaks in the brine in a non-reactive container and leave for 1 hr.

2 Light and set the cold-smoking device in the barbecue. Place the steaks on the rack in the barbecue and smoke for 2 hrs and 20 mins. Transfer the steaks to a bowl, then

cover and allow to rest in the fridge for at least 4 hours.

3 Light the barbecue and set for direct/indirect cooking. Season the steaks, rub with a little oil and place on the grill over the direct heat zone. Cook for 3 mins until charred, then turn over and cook for about

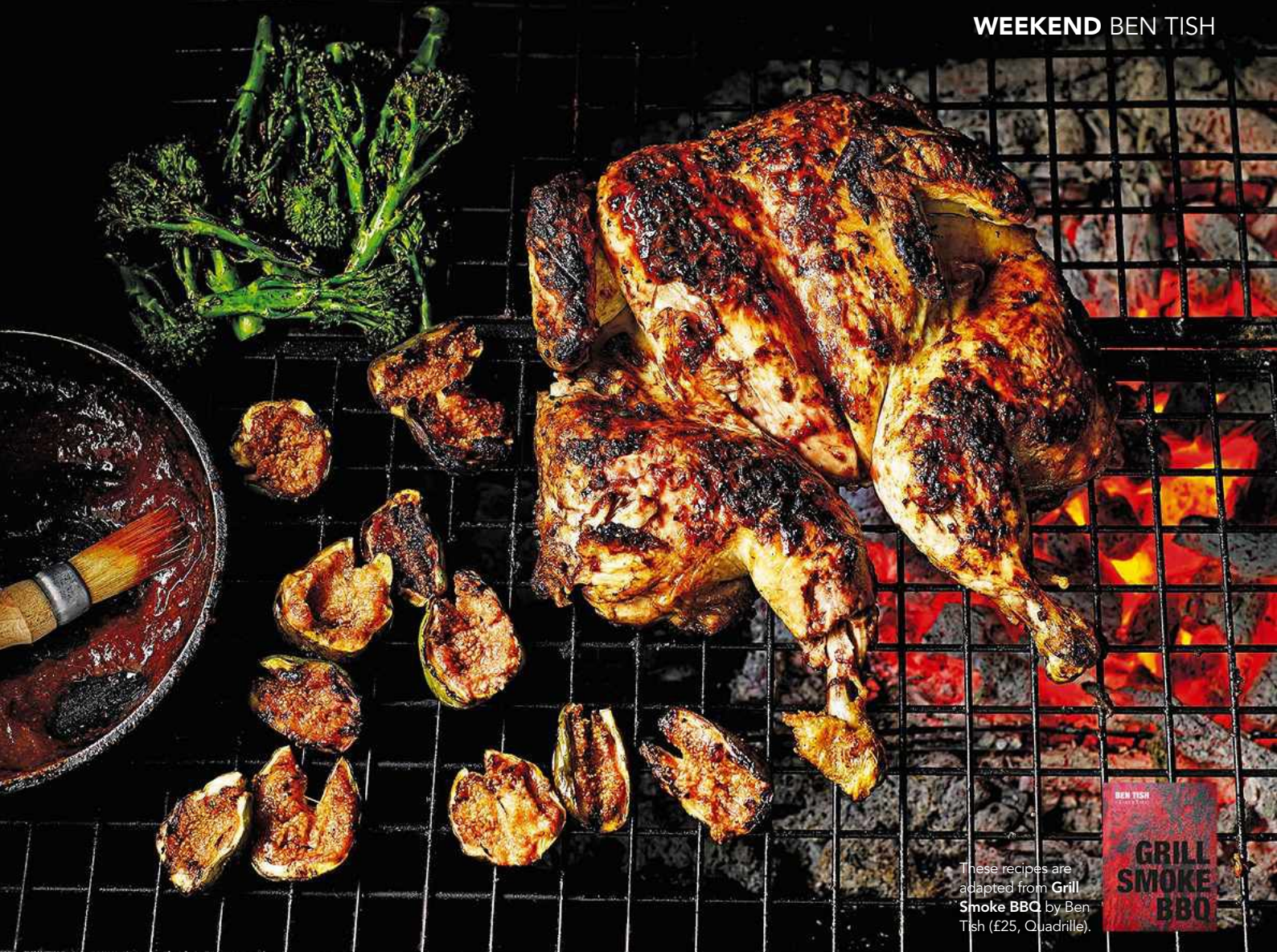
3 mins before moving to the perimeter of the indirect heat zone for 2 mins to rest. These cooking times will give you medium-rare steaks – if you want them cooked further (ie. medium), then add another 2 mins on each side to the cooking time.

4 Transfer the steaks to a chopping board. Cut the meat off the bone, then thickly slice each piece before reassembling. Transfer to a board, drizzle with olive oil and sprinkle over the garlic, rosemary and lemon zest.

How to cold-smoke

Find a clean empty food can with the lid prised open. Use a screwdriver to poke a few holes in the lid, then half-fill the can with wood chips. Using tongs, carefully add a piece of very hot charcoal and cover with more chips. Close the lid and sit it in one corner of your BBQ. Position a grill rack above it and place the meat on the rack. Close the barbecue lid, making sure the top vent is closed, and leave for the time specified in the recipe. Rest for at least 6 hours before cooking further.

'A quick brining, followed by some cold-smoking gives it a super-smoky boost. After this, you'll need to rest the meat for a few hours – but, boy, is it worth it!'



These recipes are adapted from *Grill Smoke BBQ* by Ben Tish (£25, Quadrille).

Spatchcocked chicken with fig glaze, figs & sprouting broccoli

- Serves 4
- Prep 30 mins plus brining and resting
- Cook 1 hr 15 mins
- £3.49 a portion

1 large chicken, spatchcocked
1 quantity brine for white meat (see right)
400g sprouting broccoli, trimmed
4 large black figs, cut in half
olive oil, for cooking
FOR THE FIG GLAZE
250g fig jam

3½ tbsp red wine vinegar

You'll also need a lump of hardwood, a temperature probe and a water tray

1 Pour the brine into a non-reactive container big enough to hold the chicken and pour in enough cold water to cover. Leave in the fridge for 7 hrs, or overnight.

2 To make the fig glaze, place the fig jam or preserved figs, vinegar and 90ml of water in a medium-sized saucepan and bring to the

boil on the stovetop. Stir until the jam has melted. If you are using preserved figs, blend the glaze to a purée in a blender.

3 Light the barbecue and set for direct/indirect cooking. Place the lump of wood onto the ashen charcoal to start smoking. Lift the chicken out of the brine and pat dry with paper towels. Rub over a third of the fig glaze and season with salt and pepper. Place the chicken, skin-side down, on the grill in the direct heat zone and cook for 4 minutes, to start caramelizing the skin. Turn the chicken over and transfer it to the indirect heat zone. Place a water tray in the direct heat zone and close the lid of the barbecue (the temperature inside the barbecue should be about 170C).

4 After 10 mins, baste the chicken with fig glaze and cook for 1 hr, glazing it twice more during the process. When it is ready, the internal temperature of the chicken should be 80C, and it should be nicely caramelized. Rest in a warm spot for 20 mins.

5 Meanwhile, toss the broccoli with olive oil, salt and pepper and throw onto the grill in the direct heat zone, along with the figs. Cook for 15 mins until the figs are soft and sticky and the broccoli is nicely charred. Serve the chicken with the broccoli and roast figs.

Get brining your meat

WHITE MEAT Place 100g sea salt, 50g caster sugar, zest of 1 lemon, 2 bay leaves, 1 tsp coriander seeds and 1 tsp fennel seeds in a saucepan with 1 litre water.

RED MEAT Place 100g coarse sea salt, 50g demerara sugar, 1 tbsp honey, 2 bay leaves, 8 black peppercorns and 4 cloves in a medium non-reactive saucepan with 1 litre water.

Method for both Slowly bring to the boil, stirring as you go to dissolve the salt and sugar. Remove from the heat and allow to cool before using. Makes about 1 litre.



Prosciutto & sage-wrapped salmon

Cut 2 x 100g **skinless salmon fillets** into thick chunks and wrap each chunk in a **sage leaf** and a strip of **prosciutto**. Slice a ½ loaf **focaccia** into chunks, then thread alternately with the salmon onto skewers. Brush with **olive oil** and barbecue or griddle until the salmon is cooked and the focaccia turns golden brown. Serve with a chargrilled artichoke salad.

Tasty & simple ideas for the BBQ

Abra-kebab

Cast a spell on your guests with some fabulous combinations on the barbecue. Each recipe makes four kebabs

Is pork your pick?



Chorizo, pork & baby potatoes

Cook 50g halved **baby new potatoes** in salted boiling water until just cooked, then drain. Using 1 spicy **chorizo sausage**, 100g **pork** and 1 **green pepper** thread chunks of each and the cooked potatoes onto skewers. Season, brush with **olive oil** and barbecue or griddle until the pork is cooked through and the peppers and potatoes are slightly charred.

Oregano lamb with halloumi

Marinate 250g **lamb** chunks in a mixture of 3 tbsp olive oil and 2 tbsp **dried oregano** for at least 15 mins. Season well, then thread the lamb, 100g cubed **halloumi** and 1 **red pepper**, cut into pieces, alternately onto skewers. Cook on the barbecue or griddle, basting occasionally with leftover marinade, until the meat is cooked to your liking. Serve with **salad** and **olives**.

Full English

Thread 2 **sausages**, cut into chunks, 2 **dry-cured streaky bacon rashers**, cut into pieces, 50g **chestnut mushrooms** and 50g **cherry tomatoes** onto skewers. Brush with **olive oil** and cook on the barbecue or griddle until the sausage and bacon are cooked and the tomatoes are slightly blackened.



ra!

**Garlic & lemon prawns**

Whisk together 4 tbsp **olive oil**, squeeze of **lemon juice**, 2 tbsp chopped **parsley** and 1 crushed **garlic clove**, then season. Marinate 24 large **prawns** in the mixture for 5 mins, then thread onto skewers with **lemon wedges**. Cook on the barbecue or griddle until the prawns are just cooked. Eat immediately with extra chopped parsley and **crusty bread**.

Or Chinese chicken?**Chicken yakitori**

Mix 2 tbsp **soy sauce** with 2 tbsp **mirin** and 2 tbsp **sake**, then stir in ½ tsp **caster sugar**. Chop 4 **skinless chicken breasts** into chunks, marinate in mixture for at least 15 mins. Thread onto skewers, alternating with pieces of **spring onion**. Cook on the BBQ, brushing frequently with the sauce, until charred and cooked through.

**Spiced meatballs with red onions**

Mix 2 tbsp **ground cumin** with 1 tbsp **ground coriander** and a pinch **hot chilli powder**. Roll 430g pack **meatballs** in the mixture, then roll in chopped **coriander**. Thread the meatballs and red onion wedges onto skewers, brush with a little **olive oil** and barbecue. Pile into warmed pitta with a dollop of **tzatziki**.

Thai vegetarian kebabs

Loosen 2 heaped tbsp **Thai red curry paste** with 200ml **coconut milk**. Add 300g pack **Quorn chicken-style pieces** together with chunks of the following: ½ **aubergine**, 1 **courgette** and 1 **baby sweetcorn**. Marinate for 10 mins. Thread alternately onto skewers and cook on the barbecue until cooked through and charred. Serve with **salad**.





Courgette & tahini dip



Za'atar croutons

**COOK A
LEBANESE
FEAST**

Eastern flavours for 2



Lamb kofta stew with cauliflower & chickpeas



Halloumi with tomatoes & pomegranate molasses



BBC Chef Tony Kitous shows you how to cook authentic Lebanese sharing dishes



Lamb kofta stew with cauliflower & chickpeas

- Serves 2
- Prep 30 mins ■ Cook 45 mins
- £2.19 a portion
- 613 kcals, 25g fat, 9g sat. fat, 12g sugar

FREEZABLE

FOR THE SAUCE

- 2 tsp olive oil**
- 1 small onion, chopped**
- 1 garlic clove, chopped**
- 400g can chopped tomatoes**
- 2 tsp tomato purée**
- 500ml hot lamb stock**
- ½ small cauliflower, broken into small florets**
- ½ x 400g can chickpeas (save the rest for the kofta balls)**
- ½ bunch coriander, leaves only, to serve**

FOR THE KOFTA BALLS

- 250g minced lamb**
- 1 small onion, finely chopped**
- small pack coriander, finely chopped**
- ½ tsp ground cumin**
- ½ tsp smoked paprika**
- ½ x 400g can chickpeas (from above), drained and crushed**



1 First, make the sauce. Heat the oil in a large pan over a medium heat and fry the onion for around 10 mins until starting to soften and caramelise. Stir in the garlic and cook for about 1 min, then add the tomatoes and tomato purée and stir again. Season well and pour in 400ml of the stock. Cover and bring to the boil, then simmer over a very low heat.

2 Add all the ingredients for the kofta balls to a bowl, and mix until all the ingredients are combined. Spoon out golf ball-sized pieces of the mix, and roll into balls.

3 Give the sauce a stir. Drop the kofta balls on top, then add the cauliflower and the rest of the chickpeas, pushing them just under the liquid. Simmer for 25-30 mins or until the kofta balls are tender, adding the remaining 100ml of stock, if necessary.

Aubergine salad

- Serves 2
- Prep 40 mins ■ Cook 45-55 mins
- £1.24 a portion
- 178 kcals, 10g fat, 2g sat. fat, 10g sugar

VEGETARIAN

- 1 medium aubergine**
- 1-2 spring onions, chopped**
- 4 cherry tomatoes, cut into quarters**
- ½ small red pepper, deseeded and finely diced**
- ½ small green pepper, deseeded and finely diced**
- 1 tbsp mint, chopped**
- seeds from ½ pomegranate, to serve**

FOR THE DRESSING

- juice ½ lemon**
- ½ small red chilli (deseeded if you don't like it too hot), finely chopped (optional)**
- ½ tbsp pomegranate molasses**
- 1 small garlic clove, crushed**
- 1½ tbsp extra virgin olive oil, plus extra to serve**



1 Heat oven to 200C/180C fan/gas 6 and line a baking tray with foil. Prick the aubergine with a sharp knife to prevent it from exploding, then put it on the prepared tray and roast for 45-55 mins until the skin is wrinkled and it is very soft.

2 While the aubergine is roasting, make the dressing. Mix together the lemon juice, chilli, if using, the pomegranate molasses, garlic and olive oil in a bowl. Season and set aside.

3 When the aubergine is cool enough to handle, peel and place it in a colander. Press down on it very gently over a bowl to allow the juices to run out, then transfer the aubergine to a serving plate and cut into large pieces. Dress quickly with half of the dressing, then add the spring onions, cherry tomatoes and peppers to the plate. Pour over the remaining dressing and mix with your hands or a spoon to coat. Serve scattered with mint, pomegranate seeds and more olive oil drizzled over.



Courgette & tahini dip

- Serves 2
- Prep 10 mins plus cooling ■ Cook 20 mins
- 78p a portion
- 121 kcals, 7g fat, 2g sat. fat, 4g sugar

VEGETARIAN

- 2 large courgettes, washed**
- 1 small garlic clove, crushed**
- 1 tbsp tahini**
- juice ½ lemon**
- 1 tbsp Greek yogurt**
- handful of mint, leaves chopped**
- ½ tsp olive oil, to serve**

Heat oven to 220C/200C fan/gas 7. Wrap the whole courgettes in foil, then put in the oven and roast for 20 mins until soft when pricked with a fork. Remove from the oven and allow to cool. Put the courgettes in a food processor, with the garlic and blend until it has a fluffy texture. Add the tahini and lemon juice and season, then blitz. Transfer to a bowl, then stir through the yogurt and a little mint. Drizzle with oil and scatter over the remaining mint.

Za'atar croutons

- Serves 2
- Prep 5 mins ■ Cook 30-40 mins
- 17p a portion
- 304 kcals, 12g fat, 2g sat. fat, 2g sugar

VEGETARIAN

- 2 round pitta breads**
- 2 tbsp olive oil**
- 1 tbsp za'atar spice mix (see right)**

Heat oven to 110C/90C fan/gas ¼. Put the pittas on top of each other on a chopping board. Cut them into quarters, then cut each quarter in half again (for 16 equal-sized triangles). Add the olive oil, a pinch of salt and the za'atar to a small bowl, and stir to combine. Using a pastry brush, coat the pittas on both sides with the mixture, then put them on a baking tray and bake for 30-40 mins until crisp.



Halloumi with tomatoes & pomegranate molasses

- Serves 2
- Prep 5 mins ■ Cook 8 mins
- £2.06 a portion
- 424 kcals, 35g fat, 19g sat. fat, 3g sugar

VEGETARIAN

1-2 tbsp olive oil
½ tsp za'atar (shop-bought or make your own, below)
225g pack halloumi, sliced
5 cherry tomatoes, halved
1 tbsp pomegranate molasses
handful mint leaves, to serve
1-2 tsp pomegranate seeds, to serve

1 Pour the olive oil into a medium bowl, add the za'atar and stir to combine. Add the halloumi and toss in the mix to coat.

2 Heat a large griddle pan. Place the halloumi in the pan and cook for 1-2 mins, then turn over and cook for a further 1-2 mins until golden brown on both sides. After turning the halloumi, add the cherry tomatoes and move them around the pan quickly so they cook all over.

3 Transfer the halloumi and tomatoes to a plate, then drizzle over the pomegranate molasses and serve with the mint leaves and pomegranate seeds scattered over.

Make your own Za'atar blend

In a dry pan, toast 4 tsp **sesame seeds** on a high heat for 1-2 mins. Place the sesame seeds and 4 tbsp finely chopped **fresh oregano**, 4 tsp **dried marjoram**, 4 tsp **ground sumac**, 1 tsp **sea salt** and 4 tsp **ground cumin** in a blender and process until finely mixed. Store in a jar in the fridge for up to a week. Makes a small jar (120g).

Tip
As the fruit in these drinks is naturally sweet, just add enough sugar to taste



Watermelon & orange blossom lemonade

- Makes 4
- Prep 10 mins ■ No Cook
- 93p a portion
- 225 kcals, 1g fat, 0g sat. fat, 43g sugar

VEGETARIAN

½ watermelon (about 2½ kg unprepared weight, or 1.3kg, deseeded flesh only)
4-6 tsp golden caster sugar, or to taste
juice 2-3 lemons
2 tsp orange blossom water
crushed ice, to serve

1 Cut up the watermelon and remove the skin and most of the seeds. Put in a food processor with the sugar, lemon juice and orange blossom water and blitz together, adding more sugar to taste.

2 Strain through a sieve to remove the remaining seeds, then pour into a jug. Add a few spoonfuls of crushed ice, pour into glasses, and serve.

Tony's guide to Lebanese ingredients

All these can be bought from larger supermarkets

■ **Pomegranate molasses** is made by boiling down pomegranate juice until it reaches a consistency similar to maple syrup. It's tart and sweet at the same time, and this balance depends on the ripeness of the fruit used to make it. It can enhance other flavours in both sweet and savoury dishes.

■ **Za'atar** can cause confusion. It's the term for the Middle Eastern spice mix made from a combination of herbs, spices and seeds; however, it's also the name of a herb itself.

■ **Tahini**, a paste made by grinding sesame seeds. It's usually found as an ingredient in dips, such as houmous.

■ **Orange blossom water** is my favourite, as the smell reminds me of being at my grandmother's house when I was little. It's made by distilling the blossoms of sour orange trees, and it lends a delicate flavour to pastries, syrups and drinks. It can be pretty strong so use sparingly at first, adding it little by little.

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EVERYDAY



WEEKEND



BAKING



TV CHEFS

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GREAT FOR LEFTOVERS

Veggie cakes

If you have any vegetables leftover from the week, try polishing them off in these sweet bakes. That's next week's dessert sorted!

USE UP
COURGETTES

Chocolate courgette cake

- Serves 10
 - Prep 10 mins ■ Cook 1 hr
 - 63p a portion
 - 716 kcals, 40g fat, 10g sat. fat, 55g sugar
- VEGETARIAN** **FREEZABLE** uniced

350g self-raising flour
50g cocoa powder
1 tsp mixed spice
175ml extra virgin olive oil
375g golden caster sugar
3 eggs
2 tsp vanilla essence

500ml grated courgette (measure by volume in a measuring jug, but it's about 2 medium courgettes)
140g toasted hazelnuts, roughly chopped
FOR THE ICING
200g dark chocolate, chopped
100ml double cream

1 Heat the oven to 180C/160C fan/gas 4. In a large bowl, combine the flour, cocoa powder, mixed spice and 1 tsp salt. In another bowl, combine the olive oil, sugar, eggs, vanilla essence and grated courgette. Mix the dry and wet mixture until just combined, then

fold in the toasted hazelnuts. Line a 24cm cake tin with greaseproof paper, then pour in your mixture. Bake for about 40-50 mins, or until a knife inserted into the middle comes out clean. Cool in the tin for 10 mins, then turn out onto a wire rack and leave to cool.

2 To make the icing, place the chocolate in a bowl and bring cream to the boil in a saucepan. Pour the hot cream over the chocolate and stir until completely smooth and melted. Leave the icing to cool and thicken, then spread it over the cake so it's covered, and it starts to drip down the sides.

Pistachio, courgette & lemon cake, p58



USE UP
COURGETTES

USE UP
PARSNIPS



This bake is only lightly sweetened, so it's perfect as a breakfast-time treat

Honey, parsnip & coconut cake

- Serves 10-12
 - Prep 20 mins ■ Cook 45 mins
 - 36p a portion
 - 480 kcals, 34g fat, 15g sat. fat, 17g sugar
- VEGETARIAN FREEZABLE un-iced

175ml sunflower oil, plus extra for greasing
3 large eggs
100g light muscovado sugar
75g clear honey, plus 2 tbsp for the icing
280g self-raising flour
½ tsp baking powder
½ tsp bicarbonate of soda
200g parsnips, grated
75g desiccated coconut
3 tbsp coconut flakes
300g cream cheese

1 Heat oven to 180C/160C fan/gas 4. Lightly grease a 22cm round loose-bottomed cake tin and line with baking parchment. Put the eggs, oil, sugar and honey in a bowl and whisk for 3-4 mins until thick and creamy.

2 Sift the flour, baking powder and bicarb over the mix and fold in carefully, along with the parsnips and desiccated coconut. Spoon into the tin and bake for 45 mins until golden. Push a skewer into the centre of the cake – if it comes out clean, then it is cooked. If it is still wet, cook for a further 10 mins. Transfer to a wire rack and leave to cool completely.

3 Bake the coconut for about 5 mins until lightly toasted. To make the icing, put the cream cheese and 2 tbsp honey in a bowl and beat until smooth. Spread the icing over the cooled cake and garnish with coconut.

Pistachio, courgette & lemon cake

- Cuts into 15 squares
 - Prep 35 mins plus cooling
 - Cook 35-40 mins
 - 97p a square
 - 377 kcals, 19g fat, 9g sat. fat, 31g sugar
- VEGETARIAN FREEZABLE un-iced

175g shelled pistachios
250g golden caster sugar
200g butter, at room temperature
280g plain flour
1¼ tsp each baking powder and bicarb
3 large eggs
140g Greek-style, full-fat yogurt
zest and juice 3 lemons
140g coarsely grated courgette
175g icing sugar
2 tbsp lemon curd (optional)

1 Put 150g of the pistachios and the sugar in a food processor and whizz until the nuts are very finely ground.

2 Heat oven to 180C/160C fan/gas 4, grease a 20 x 30cm cake tin and line the base with baking parchment. Tip the pistachio sugar into a big mixing bowl with the butter, flour, baking powder and bicarb, eggs, yogurt and the zest and juice from 2 of the lemons. Beat with an electric whisk until smooth.

3 Stir in the courgette until everything is well mixed, then scrape into the prepared tin. Bake for 35-40 mins until golden, and a



skewer poked into the centre comes out clean. Leave to cool.

4 When the cake has fully cooled, remove from the tin and peel off the baking parchment. Sift the icing sugar into a bowl, and gradually stir in enough lemon juice to get a runny-

ish consistency. If you run out of juice, carry on mixing with water. Drizzle thickly over the cake, and repeat with curd. Chop the remaining pistachios and scatter over, along with the remaining zest. Leave to set for 10 mins. Will keep for 3 days in an airtight tin.

Blitz-and-bake beetroot & chocolate cake

- Cuts into 8 slices
- Prep 15 mins ■ Cook 1 hr
- 52p a slice
- 594 kcals, 34g fat, 7g sat. fat, 45g sugar

VEGETARIAN

1 large cooked beetroot, about 175g in weight, roughly chopped
200g plain flour
100g cocoa powder
1 tbsp baking powder
250g golden caster sugar
3 eggs
2 tsp vanilla extract
200ml sunflower oil
100g dark chocolate, (not too bitter), chopped into pieces
crème fraîche or clotted cream, to serve

1 Heat oven to 190C/170C fan/gas 5. Tip the beetroot into a blender and blitz until chopped. Add a pinch of salt and the rest of the ingredients, except the oil and chocolate. When completely mixed (you may need to scrape the sides down once or twice), add the oil in a steady stream.

2 When all the oil has been added, stir in the chocolate, then tip the mix into a lined 900g loaf tin. Cook for 1 hr until an inserted skewer comes out practically clean. Leave the loaf to cool on a rack. Serve with cream.

**USE UP
CARROTS**

Carrot cake cookies

- Makes 14
- Prep 30 mins plus chilling ■ Cook 20 mins
- 22p a cookie
- 336 kcals, 16g fat, 9g sat. fat, 24g sugar

VEGETARIAN

140g cream cheese
140g icing sugar, plus 3 tbsp
½ tsp vanilla extract
350g plain flour, plus extra for dusting
½ tsp baking powder
1 tsp ground cinnamon
1 tsp mixed spice
140g butter, softened
140g light brown soft sugar
1 egg, beaten
200g carrot, finely grated
zest and juice 1 orange
3 tbsp finely chopped walnuts

1 Mix together the cream cheese, 3 tbsp icing sugar and the vanilla extract in a bowl, then put in the freezer to firm up for 30 mins.

2 Meanwhile, combine the flour, baking powder and spices in a bowl. In a larger

bowl, beat the butter and sugar until creamy. Beat in the egg, followed by the carrot. Tip in the dry ingredients and mix.

3 Line a baking sheet with baking parchment. Dust your hands with a little flour, then divide the dough into 14 balls and place on the sheet. Use the palm of your hand to flatten each one to a thin circle. Add 1 tsp of the cream cheese mixture to the centre of each one, then carefully wrap the dough up and around the filling to seal it in, pinching the top and rolling back into a rough ball to stop the filling leaking out.

4 Use your palm to flatten the balls slightly, then chill for 30 mins. Heat oven to 200C/180C fan/gas 6. Bake for 20 mins until golden. Let them firm up on the tray for 10-15 mins, then transfer to wire racks.

5 Mix the icing sugar with the orange juice to a drizzling consistency. Drizzle all over the cookies, sprinkle with the walnuts and orange zest, then allow to set. The cookies will keep in the fridge in an airtight container for up to 2 days.





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Philadelphia topped baked salmon

- Serves 2
- Prep 6 ● Cook 14 mins

2 x 120g salmon fillets
100g cherry tomatoes on the vine
85g Philadelphia Light
150g asparagus tips
juice ½ lemon

1. Prep the fish

Heat oven to 200C/180C fan/gas 6. Place the salmon fillets onto a baking tray

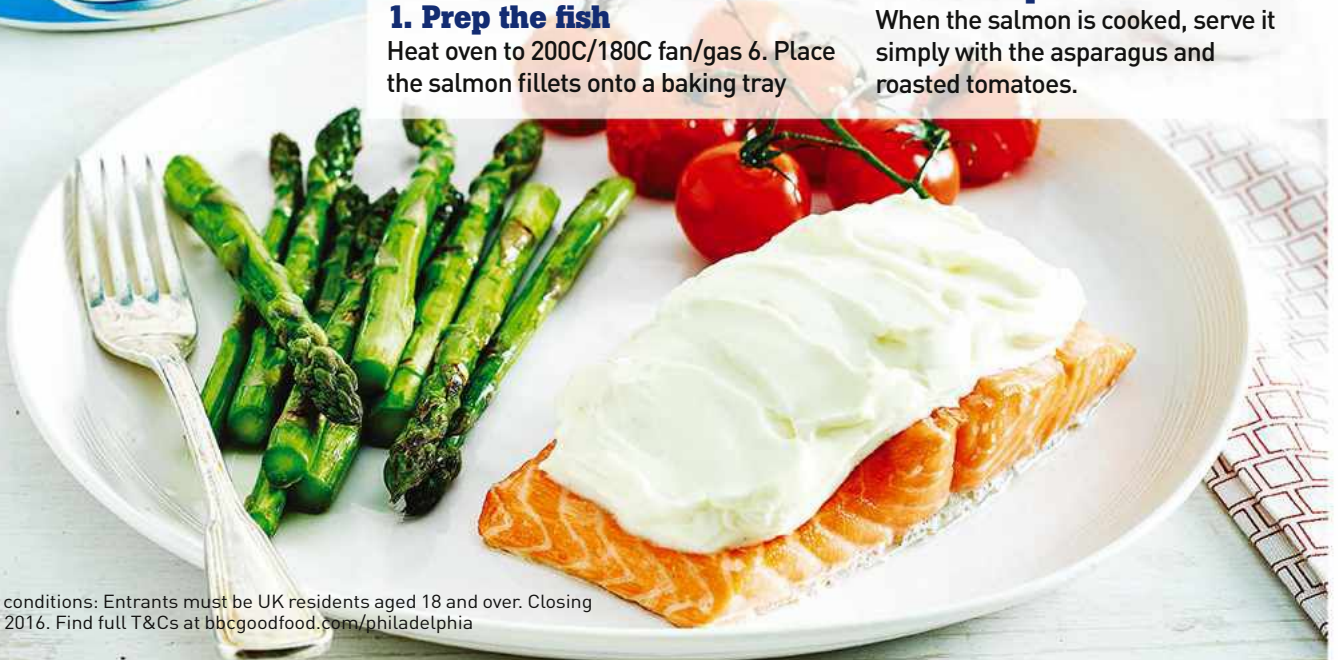
with the cherry tomatoes. Spread the Philadelphia evenly on top of each fillet, then bake for 12-14 minutes or until the fish is evenly cooked through.

2. Cook the asparagus

Meanwhile, toss the asparagus with some seasoning and a squeeze of lemon juice, then griddle over a high heat for a few minutes until tender and charred.

3. Serve up

When the salmon is cooked, serve it simply with the asparagus and roasted tomatoes.



*Terms and conditions: Entrants must be UK residents aged 18 and over. Closing date 31 July 2016. Find full T&Cs at bbcgoodfood.com/philadelphia

Philadelphia stuffed Mediterranean peppers

- Serves 4
- Prep 10 mins ● 30 mins

125g couscous
 200ml boiling hot chicken stock
 2 tbsp chopped parsley, plus extra to serve
 juice ½ lemon
 80g cherry tomatoes, halved
 20g black or green pitted olives, sliced
 85g hot smoked salmon, flaked into small chunks
 4 red peppers, halved and deseeded
 160g Philadelphia Mediterranean Herbs



1. Heat the couscous

Put the couscous in a bowl, pour over the stock, then cover with clingfilm and leave to stand for 5 minutes.

2. Make the filling

Fluff up the couscous with a fork then stir through the parsley, lemon juice, tomatoes, olives and salmon, then season. Heat oven to 200C/180C fan/gas 6.

3. Bake the stuffed peppers

Put the peppers, cut-side up, onto a baking tray. Roast for 20 minutes, until starting to soften, then fill with the couscous mixture. Return to the oven for a further 10 minutes.

4. Spread the Philadelphia

Divide the Philadelphia between the pepper halves, spreading to cover. Garnish with a little extra parsley and serve with a green salad.



For more delicious Philadelphia recipes, how-to videos and nutritional information, visit bbcgoodfood.com/philadelphia



Fresh & creamy berry puds

British strawberries and raspberries are at their juicy best now, so we asked five top celebrity chefs to share their seasonal recipes

Angela Hartnett's Raspberry shortcake

- Serves 4
 - Prep 40 mins plus chilling ■ Cook 15 mins
 - £1.05 a portion
- VEGETARIAN**

FOR THE SHORTCAKE PASTRY

140g unsalted butter, diced
250g plain flour, plus extra for dusting
85g caster sugar
1 egg, plus 1 extra egg yolk

FOR THE FILLING

200ml double cream
50g icing sugar, sieved, plus extra to dust
½ vanilla pod, split
2 x 170g punnets raspberries

1 Heat oven to 180C/160C fan/gas 4. Line 2-3 baking trays with greaseproof paper. To make the pastry, combine the butter, flour and a pinch of salt in a large bowl and rub together until the mixture resembles breadcrumbs. Stir in the sugar. Beat the whole egg and yolk together in a jug. Add just enough egg to the flour mixture to make a smooth dough, being careful not to overwork it. Bring together into a ball and flatten. Wrap in cling film and chill for up to 30 mins.

2 Roll out the pastry on a lightly floured surface to a thickness of about 5mm. Cut out 12 x 8cm rounds using a cutter as a template. Place on the baking trays and bake for 10-15 mins until golden brown. Set aside to cool.

3 Meanwhile, combine the cream and icing sugar in a bowl. Split the vanilla pod and scrape the seeds into the cream. Whip the cream until it forms soft peaks. Chill.

4 Set aside the 4 best-looking biscuits. Arrange a layer of raspberries over 4 of the others, then top with a spoonful of cream. Repeat the layers, finishing with the best-looking disc. Serve dusted with icing sugar.



Angela says 'This dessert is fairly easy to prepare and offers the convenience of advanced preparation. You could try blackberries or nectarines in this, too'



Simon says 'Combining strawberries with white chocolate mousse is a match made in heaven. This is so lovely, with distinct layers that give a stunning look'



Simon Rimmer's White chocolate & strawberry mousse

- Serves 4
- Prep 30 mins plus chilling ■ Cook 10 mins
- £1.20 a portion

750g strawberries, plus a few extra to serve
2 tbsp fresh lemon juice
250g good-quality white chocolate, broken into pieces
1 tbsp white chocolate liqueur (optional)
12g sachet powdered gelatine
450ml double cream
25g icing sugar

1 Place half the strawberries in a blender or food processor and purée until smooth. Pass

the puréed strawberries through a fine sieve into a bowl, then add the lemon juice. Slice the rest of the fruit and add to the purée.

2 Place the chocolate and chocolate liqueur, if using, in a heatproof bowl over a pan of gently simmering water, then leave for about 5 mins, stirring from time to time, until melted. Meanwhile, sprinkle the gelatine over 50ml water in a cup or small bowl and leave to soak or 5 mins.

3 Pour a quarter of the cream into a pan, add the sugar, then warm gently. Add the soaked gelatine and stir for 5 mins over a low heat until it has dissolved – do not let it boil.

4 Pour this cream mixture into the melted chocolate and stir until smooth. Add three-quarters of the strawberry purée. Pour the remaining cream into a bowl and whip until soft peaks form, then gradually fold the whipped cream into the chocolate and strawberry mixture.

5 Divide the mixture between 4 serving glasses, then leave to chill for at least 2 hrs or preferably overnight. Chill the remaining strawberry purée, too.

6 Spoon the remaining strawberry purée on top of each mousse and serve with a few crunchy biscotti, if you like.

Ainsley Harriott's Caramel raspberry nests

- Serves 4
- Prep 15 mins plus freezing
- Cook 10 mins
- £1.40 a portion

VEGETARIAN

250g tub mascarpone
150ml single cream
1 tbsp icing sugar
250g raspberries
4 ready-made meringue nests
85g caster sugar
2 tbsp chopped toasted hazelnuts

1 Beat together the mascarpone, cream and icing sugar until smooth. Reserve a few of the raspberries, stir the remainder into the cream

mixture, then use this to fill the meringue nests. Scatter the reserved raspberries over each meringue, then place each on a plate.

2 Gently heat the caster sugar with 4 tbsp hot water in a heavy-based pan set over a very low heat, stirring until the sugar dissolves. Increase the heat and allow the mixture to bubble for about 4 mins until golden – don't stir as the mixture cooks, but swirl the pan occasionally so that it doesn't burn.

3 Remove from the heat, then add the chopped hazelnuts and 1 tbsp of water. Swirl to combine, then immediately pour over the meringue nests and serve, garnished with the reserved raspberries.



Ainsley says 'If you like the taste of toffee apples, just wait until you try these sticky summery puds that are literally assembled in minutes. Go on, get stuck in!'



James Martin's 10-minute strawberry ice-cream

- Serves 8
- Prep 10 mins ■ No Cook
- 30p a portion

VEGETARIAN

400g whole strawberries, hulled, chopped, then frozen
dash vanilla extract
25g caster sugar
150ml buttermilk
fresh strawberries and wafers, to serve

1 Tip the strawberries into a food processor. Add the vanilla, sugar and half the buttermilk.

2 Turn on the processor and let it run for a few moments. Then, while it is still running, pour in the remaining buttermilk in a thin, steady stream. Let the machine run until the mixture is creamy. Don't over mix as this will cause the ice cream to defrost. Serve with strawberries and wafers.



James says
 'This has got to be the quickest ice cream I know, ready in minutes. If there is such a thing as no-fat ice cream, this has to be it'

Freezing strawberries

For best results, freeze the strawberries on a baking tray so that you have separate frozen fruits, rather than a solid block of them. You can't re-freeze this, so you'll have to eat it all in one go!

Gino D'Acampo's Strawberries & raspberries layered with whisky cream

- Serves 6
- Prep 25 mins plus chilling
- Cook 5 mins
- 95p a portion

VEGETARIAN

250g strawberries, hulled and halved
250g raspberries
3 tbsp whisky
2 tbsp medium oatmeal
2 tbsp flaked almonds
350ml double cream
2 tbsp clear honey

1 Mix together the berries in a large bowl. Pour in 2 tbsp of the whisky, toss to mix, then marinate for 5 mins.

2 Meanwhile, dry-toast the oatmeal and almonds in a small frying pan over a medium heat for about 5 mins. Once golden and toasted, set aside to cool.

3 Whip the cream into soft peaks. Pour in the honey and remaining whisky, then whip for 5 secs until combined. Fold half the cooled oatmeal and almonds into the mix. Layer half the berries into 6 dessert glasses, followed by half the cream and most of the oatmeal. Then repeat the layers of berries and cream, reserving a few for decoration. Cover the glasses with cling film and chill for 2 hrs. To serve, remove the cling film, sprinkle with the remaining oatmeal and almonds and decorate with berries.



Gino says
 'When you have guests for dinner, use this recipe because it's the easiest yet tastiest dessert to prepare. You can use any berries that you fancy and, instead of whisky, try a good brandy'

Peachy perfection

ENJOY
A SLICE OF
SUMMER

It only takes 10 minutes to prepare this deliciously creamy cheesecake, ideal for an al fresco dinner party

Peach Melba cheesecake

- Cuts into 8 slices
- Prep 10 mins ■ No Cook
- £1.43 a portion
- 562 kcals, 47g fat, 30g sat. fat, 20g sugar

VEGETARIAN

100g butter, melted, plus a little extra for the tin

200g crunchy biscuits (we used Fox's)

600g cream cheese

100g icing sugar, plus extra to taste

2 tsp vanilla extract

300ml pot double cream

450g raspberries

3 really ripe peaches, peeled if you like, or 6 canned peach halves (juice saved), diced into raspberry-sized chunks

1 Line the base and sides of a 20cm loose-bottomed or spring-form tin with baking parchment – use smudges of butter to help the paper stay in place around the sides. Put the biscuits in a plastic food bag and crush to crumbs using a rolling pin, then mix thoroughly with the melted butter. Tip into the prepared tin and press down firmly to create an even base. Chill while you prepare the filling.

2 Put the soft cheese, icing sugar and vanilla in a bowl, then beat with an electric mixer until smooth. Tip in the cream and continue beating until mixture is combined. Scatter over 100g of the raspberries and half of the peach chunks. Using a spatula, fold in with just a few folds – as you assemble the cheesecake they'll ripple through more.

3 Spoon the cream mixture onto the biscuit base. Smooth the top of the cheesecake down with the back of a dessertspoon or spatula. Leave to set in the fridge overnight.

4 In a food processor, blitz 250g of the remaining raspberries, sieve, stir back in 1 tsp of the seeds, and sweeten to taste with icing sugar. Add enough water or canned peach juice to make it saucy and chill.

5 Bring the cheesecake to room temperature about 30 mins before serving. If using a loose-bottomed tin, unmould by placing on top of a can, then gradually pull down the sides of the tin. Slip the cheesecake onto a serving plate, removing the paper and base. Scatter the remaining raspberries and peach over the cheesecake, dribble over some of the sauce and serve the rest alongside.

Get to know your peaches

■ **They're in season...** from July through to late September.

■ **A ripe peach will have...** a fragrant aroma, and will be yellow around the stem. It should feel firm but will yield slightly when squeezed. Avoid any peaches that feel hard, or that have bruising or mould. Underripe peaches will soften if stored at room

temperature. They should then be kept in the fridge in a perforated bag.

■ **To prepare...** cut around the fruit with a sharp knife (following the line of the dimple), then twist each half apart. Slice or chop as required. If there is too much fuzzy bloom on the skin for your taste, you can rub it off



under cold water. Tough skin can be peeled off with your fingers, or drop the peach into boiling water for around 15 secs then plunge immediately into cold water. The skin should come away easily.

■ **If not eating straight away...** brush the cut sides with lemon juice or acidulated water to prevent them going brown.



Raspberry ripples of pleasure

Turn over
the page
for even more
fruity ideas

A cherry good pud!

**PACKED
WITH JUICY
BERRIES**

A really transportable pud and, as it needs to be made ahead, it's brilliantly stress-free

Black Forest pudding

- Serves 8
- Prep 50 mins plus overnight chilling
- Cook 10 mins
- £1.29 a portion
- 269 kcals, 1g fat, 0g sat. fat, 35g sugar

VEGETARIAN

sunflower oil, for greasing

300g blackberries

300g dark cherries, halved and stoned, or quartered if large

200g small black seedless grapes

140g golden caster sugar

200g blackcurrants

200g blueberries

4 tbsp crème de cassis (or 2 tbsp Ribena)

400g medium-sliced white bread clotted or single cream, to serve

1 Brush a 1.5-litre pudding basin with oil – if you don't have a 1.5-litre basin, use a smaller one and serve any fruit that won't fit on the side. Line the basin with a double layer of cling film, overhanging the basin at the top.

2 Put the blackberries, cherries, grapes and sugar in a saucepan with 3 tbsp water. Cover and gently heat, stirring occasionally, until the sugar has melted and the fruit is syrupy. Add the currants and blueberries, cover and cook gently for 2 mins more until the fruit is just softened. Take off the heat and cool.

3 Strain the fruit into a colander set over a bowl. Leave for 5 mins to drain well, then stir the cassis or Ribena into the captured juices. Trim the crusts from the bread slices

and discard, losing as little bread as possible. Then use a pastry brush to spread a little of the berry juices over one side of each slice. Cut a circle from 1 slice (or 2 semi-circles from 2 slices) that will neatly cover the base of the basin, and push in – juice-side down.

4 Reserve some bread so that you have enough to cover the top of the basin, then halve the remaining slices into fat fingers – trimming to the correct length to line the sides of the basin. Then, juice-side down, work round the basin, overlapping the edges of the bread slightly and pressing them to stay in place, until the basin is completely lined with bread. Patch any gaps with scraps.

5 Reserve 2 spoonfuls of fruit, then spoon the remainder into the bread-lined basin, squishing the fruit down. Reserve 150ml of the juices with the reserved berries, then pour the rest into the basin, pouring it around the edges to soak into the bread. Jigsaw the reserved bread to neatly cover the top and seal in the fruit, this time placing it juice-side up. Loosely cover the top of the basin with cling film. Find a small plate that will fit snugly inside the basin so it is in contact with the pudding. Add 4 x 400g cans to weigh it down. Chill overnight with the juice and berries.

6 To serve, unwrap and invert the basin onto a plate with a lip. Lift off the basin, holding the cling film down tightly as you pull to help you remove it. Peel off the cling film round the pudding. Spoon over some juice to colour white patches. Spoon the rest of the berries and juice onto the top and serve with cream.





Tip

Be sure to use a plate with a lip to catch all of those lovely juices

Try delicious Black Forest brownies, see p81

Get to know your cherries

- **They're divided into three groups...** sweet, sour and hybrids. Sweet cherries are suitable for eating, sour cherries are great in tarts, pies, crumbles and sauces.
- **Enjoy them...** at their peak, in mid July.
- **Look for...** plump, shiny cherries that have

their stalks attached and look for fruit that is dark red, firm but not hard. Generally, pale cherries are sweet and dark cherries more acidic. Try before you buy to get the flavour that you prefer.

- **To prepare them...** remove the stalks and



use a cherry stoner to pit the cherries if you're using a large number for a recipe.

- **To store your cherries...** keep unwashed cherries in the fridge for 3-4 days and wash them just before serving. Cherries will also freeze well.

Nathan Outlaw's



SIMPLE SEAFOOD

BBC chef Nathan is the king of fish dishes. Try his fantastic seafood recipes at home



Fish finger roll with pea & mint mayo, p72

'If you don't like the heat, just cut down on the chilli. This is really versatile and can be served hot, warm or cold. I love it!'

Prawn, chilli & potato salad

- Serves 4 as a starter or light lunch
- Prep 20 mins plus marinating
- Cook 40 mins
- £4.53 a portion

600g large raw prawns, peeled and deveined

400g small new potatoes
sunflower oil for cooking

4 spring onions, trimmed and sliced

2 tbsp finely sliced coriander, plus extra leaves to serve

1 tbsp sliced mint, plus extra to serve

FOR THE SAUCE

sunflower oil for cooking

1 red onion, peeled and finely chopped

3 garlic cloves, peeled, and chopped

2 red chillies, deseeded and chopped

1 tsp black onion seeds

1 tsp coriander seeds

4 ripe tomatoes, core removed, deseeded and chopped

1 First make the sauce. Heat a frying pan over a medium heat and add a drizzle of sunflower oil. When it is hot, add the onion, garlic, chillies and spices and fry for 3–4 mins until it begins to colour. Add the tomatoes, season with salt and pepper and cook for 6–8 mins until they begin to collapse.

2 Transfer the contents of the pan to a food processor and blend until the mixture is as smooth as you can get it. Pass through a sieve into a clean bowl and allow to cool.

3 Add the prawns to the sauce and leave to marinate for at least 10 mins or longer.

4 To cook the new potatoes, put them into a pan, cover with water and add a pinch of salt. Bring to the boil, then lower the heat and simmer for 10–15 mins until they are cooked. Drain thoroughly and leave to cool slightly while you cook the prawns.

5 Heat a frying pan over a high heat. Remove the prawns from the sauce with a slotted spoon, keeping the sauce. Add a drizzle of oil to the hot pan, then carefully add the prawns and cook for 2 mins on each side.

6 Add the sauce to the pan and bring to a simmer, then take off the heat. Stir in the spring onions, coriander and mint. Now add the potatoes (or combine in a bowl if your pan is too small). Season and toss well. Serve scattered with coriander and mint leaves.

Fish finger roll with pea & mint mayo

- Serves 4 as a snack
- Prep 25 mins ■ Cook 4 mins
- £2.46 a portion

600g haddock fillet, skinned, pin-boned and cut into fingers, defrosted if frozen

100g plain flour, for coating

2 medium eggs, beaten

100g breadcrumbs

sunflower oil for deep-frying

FOR THE PEA & MINT MAYONNAISE

2 egg yolk

100g fresh or frozen peas

1 tsp English mustard

5 tsp malt vinegar

2 tbsp chopped mint

300ml sunflower oil

TO SERVE

1 iceberg lettuce, finely shredded

2 large gherkins, grated

4 good focaccia, split in half

1 lemon, cut into wedges

1 First make the mayonnaise. Put the egg yolks, fresh or frozen peas, mustard, vinegar and half of the mint into a blender or small food processor and blend for 30 secs. Then, with the motor running, add the oil in a slow, steady stream through the funnel until it is fully emulsified. Stop the machine and add the remaining mint and some salt and pepper, then blend for 30 secs. Transfer the mayonnaise to a tub, check the seasoning and refrigerate until needed.

2 Set up three bowls: one with the flour, one with beaten eggs and one with breadcrumbs. Pass the fish, one piece at a time, through the flour and pat off any excess, then through the egg, and finally through the breadcrumbs. Place the breaded fish on a plate. Heat the oil



in a deep-fat fryer or other suitable deep, heavy pan to 180C.

3 Combine the shredded lettuce and grated gherkins with 2 tbsp of the mayonnaise and mix well, then share equally between the roll bases.

4 Now fry your fish fingers for 4 mins until golden and crisp, turning as necessary to colour evenly. When the fish is ready, drain on a plate lined with kitchen paper and season well with salt.

5 Lay the hot fish fingers on the rolls and top with a dollop of mayonnaise. Close the lids and serve immediately, with lemon wedges.

'This is where it all started for me. I'd like to tell you that my love of fish started with whole turbot, but no, it was the humble fish finger. Now, of course, I make my own'



Monkfish satay

- Serves 4
- Prep 25 mins plus marinating ■ Cook 10 mins
- £4.48 a portion

600g monkfish fillet, trimmed of sinew and skin, cut into chunks

2 tbsp coriander seeds

2 garlic cloves, peeled and chopped

2 tbsp finely grated fresh ginger

3 lemongrass stalks, coarse outer layers removed, finely chopped

2 tbsp sunflower oil

2 tsp soy sauce

2 tsp fish sauce

grated zest of 1 lime (save the juice for the peanut sauce)

FOR THE PEANUT SAUCE

a drizzle of sunflower oil

6 shallots or 2 banana shallots, peeled and finely chopped

4 garlic cloves, peeled and finely chopped

2 red chillies, deseeded and finely chopped

2 tbsp brown sugar

1 tbsp fish sauce

200ml coconut milk

160g unsalted peanuts, roasted and finely chopped

1 For the marinade, toast the coriander seeds in a dry pan over a medium heat for a minute or two until fragrant. Using a pestle

and mortar or spice grinder, grind the seeds to a powder. Add the garlic, ginger and lemongrass and grind again. Add the oil, soy sauce, fish sauce and lime zest and mix well.

2 Lay the monkfish chunks on a tray and coat all over with the marinade. Cover the tray with cling film and refrigerate for 1 hr. If you are barbecuing, light your barbecue 30 mins before you intend to cook.

3 Meanwhile, make the peanut sauce. Heat a medium pan over a medium heat, then add the oil. When it is hot, add the shallots, garlic and chillies and sweat for 3 mins. Stir in the sugar and cook for a further 3 mins, then add the fish sauce and coconut milk. Bring to the boil and let bubble for a couple of minutes. Stir in the peanuts and lime juice, then season with salt and pepper to taste. Keep warm (or allow to cool if preparing ahead).

4 When the fish is ready, thread 4–5 chunks onto each of 4 skewers. If using a char-griddle, heat up over a high heat. When the char-grill is smoking or the barbecue coals are white hot, carefully lay the fish on the griddle or grid. Cook for 2 mins on each side.

5 Serve the monkfish on or off the skewers with lime wedges and the peanut sauce in a bowl on the side. Accompany with plain rice and a leafy side salad.

'Monkfish is the perfect fish to cook on a griddle or barbecue, because it can handle big flavours and has a firm texture that responds well to aggressive cooking. It's essential to make sure that whatever you are cooking the monkfish on is red hot; if not it will stick and you won't get a lovely charred finish to the outside.'

Smoked haddock soup with poached egg & pancetta

- Serves 4 as a hearty starter or light lunch
- Prep 15 mins ■ Cook 13-15 mins
- £3.02 a portion

600g smoked haddock fillet, skinned, pin-boned and diced (trimmings saved)
200ml fish stock
200ml milk
100ml double cream
olive oil for cooking and to drizzle
2 onions, peeled and finely chopped
1 celery stick, de-stringed (with a peeler) and thinly sliced
2 garlic cloves, peeled and finely chopped
1 large potato, peeled and diced
6 thin slices of pancetta
100ml white wine vinegar
4 large eggs

1 Pour the fish stock, milk and cream into a saucepan and add the smoked haddock trimmings. Bring to the boil. Take off the heat.

2 Place another large saucepan over a medium heat and add a little olive oil. When hot, add the onions, celery and garlic. Cook, stirring occasionally, for 4 mins, then stir in the diced potato. Strain the creamy milk and stock mixture over the vegetables and bring to a simmer. Cook gently for 8–10 mins until the potatoes are soft. Let cool then transfer to a blender and blitz until smooth.

3 Preheat your grill to high and lay the pancetta on a grill tray. Bring a pan of water to a simmer with the vinegar.

4 Place the pancetta under the grill and cook until crispy. Carefully crack the eggs into the simmering water. (There is no need to stir the water— if your eggs are fresh they will form a nice shape instantly.) Poach the eggs for 3 mins.

5 Meanwhile, add the smoked haddock to the soup and cook gently for 2 mins. Remove from the heat and taste for seasoning, adding salt and pepper if you wish.

6 Cut the grilled pancetta in half. When the poached eggs are ready, drain them on kitchen paper. Share the soup equally between 4 warmed bowls. Place a poached egg in each bowl, season with pepper and surround with the crispy pancetta. Add a generous drizzle of olive oil and serve.

'It's worth buying really good quality undyed smoked haddock for the flavour'



Recipes adapted from
**Nathan Outlaw's
 Everyday Seafood**
 by Nathan Outlaw
 (£20, Quadrille)



On your bike, carbs

Hairy Bikers Si King and Dave Myers tell us how they lost weight but didn't give up the foods they love

Cauliflower pilaf

- Serves 4
- Prep 15 mins ■ Cook 20 mins
- £1.45 a portion

500g chicken thighs or breasts

1 large onion, sliced into thin crescents

2 garlic cloves, chopped

5g fresh root ginger, chopped

large pinch of saffron

1 tbsp vegetable or coconut oil

5 cardamom pods

2 x 3cm pieces of cinnamon stick

1 tsp cumin seeds

1 tsp fennel seeds (optional)

3 cloves

2 bay leaves

250ml chicken stock

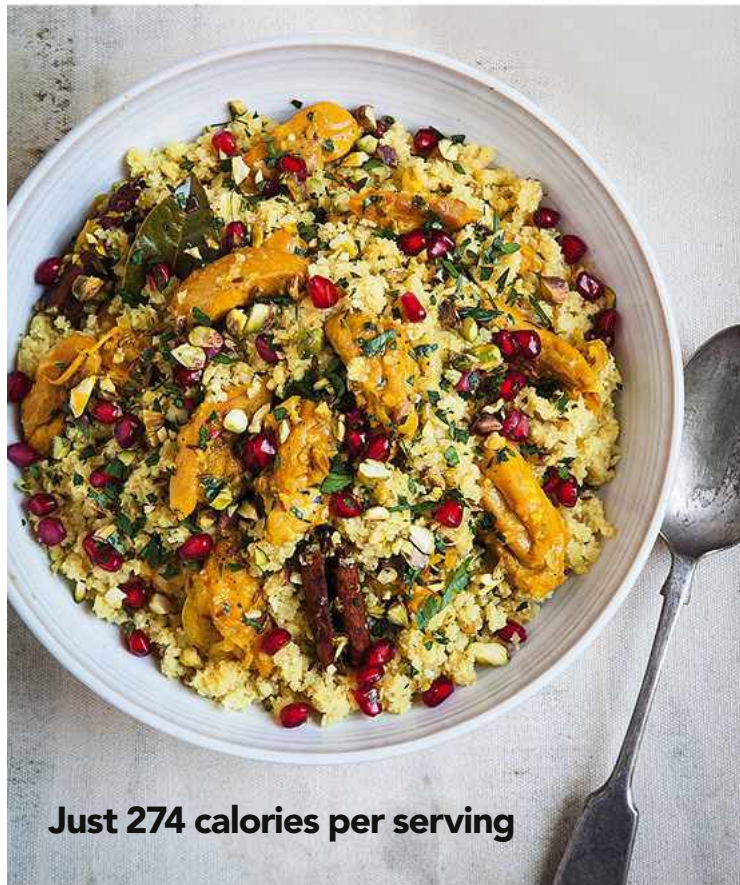
1 medium cauliflower (about 750g)

TO SERVE

1 tbsp pistachios

½ pomegranate

small bunch of coriander or parsley



4 When the liquid has reduced so it just coats the base of the pan and the chicken and onion are tender, remove the chicken and most of the onion with a slotted spoon and keep them warm. Add the cauliflower to the pan and stir so it is coated with the remaining liquid and spices – it should start to turn a light ochre in patches.

5 Cook over a medium heat for at least 5 mins, stirring regularly, until the cauliflower is cooked through and the remaining liquid has evaporated. The cauliflower should be fluffy. Put half the chicken and onion back into the pan and stir it through the cauliflower, then add the rest on top. While the cauliflower is cooking, lightly crush or chop the pistachios and remove the seeds from the pomegranate. Serve the pilaf sprinkled with the pistachios, pomegranate seeds and fresh herbs.

1 First prepare the chicken. If using thighs, trim off any fat, then slice them thinly. If using chicken breasts, cut them into 2cm chunks. Peel and slice the onion into thin crescents. Finely chop the garlic and ginger. Put the saffron in a bowl with a hot water and leave it to steep.

2 Heat the oil in a large, lidded frying pan or a shallow casserole dish. When the pan is hot, add the chicken. Fry the chicken for 1 min, stirring constantly, until the pieces have seared, then add the onion, garlic and ginger and fry for another couple of minutes. Add

the whole spices and the bay leaves.

3 Pour the stock and the saffron with its water into the pan, then season with salt and pepper. Stir vigorously, scraping up any brown bits from the base of the pan. Bring the stock to the boil, then leave to simmer while you prepare the cauliflower – this should take about 5 mins. Cut up the cauliflower and blitz to the size of coarse breadcrumbs in a food processor – use the stalks as well as the florets.

Si & Dave's Top tips

If you feel like you want another helping, wait 20 minutes. It takes that long for the message that you're full to get through to your brain and you'll probably find that you don't need more. **Before you eat something**, ask yourself if you really are hungry. Try having a glass of water – sometimes you're just thirsty, not hungry at all!



Lamb steaks with mint & broad beans, just 406 calories per serving, p76

The Hairy Dieters confess their hairiest food moments

What's your new book about?

Dave Basically, we used to be morbidly obese. We needed to lose weight, but one problem we had was that when we came home, we wanted food on the table quickly. We set ourselves a challenge: make something we want to eat that's low in calories and on the table in no time.

So what do you make that's quick?

Dave I make a low-cal lamb curry in the pressure cooker with only 12 mins cooking time. My dhal is ready in 5 minutes. You can also use cheaper cuts of meat in a pressure cooker and it will still be really tender.

What if you feel you don't have enough time?

Si You just need to plan ahead a bit.

Dave I've always got a pot of pre-prepared homemade soup in the fridge. That's my starter.

Do you miss the guilty pleasures though?

Dave We're both the kind of people who wake up in the morning and think about what

we're going to have for supper. We still have our roast dinner, but not all the time.

Si When we filmed in Japan, we spent a day at a sumo stable. We soon learnt that the reason why sumo wrestlers weigh 35 stone is the white rice they eat. They were knocking it back! So we get our pilaf rice hit with some cauliflower rice.

Is that good with a curry?

Dave Oh yeah. There's only 300 calories in a whole head of cauliflower, so you could eat a bucketful of it.

To make it, just put it in a blender and grind it down to a couscous consistency. It cheats your mind!

Si We eat quite a lot of chorizo as well because you get more bang for your buck in terms of flavour. You could make a great paella with chorizo and cauliflower rice.

Was it plain sailing making this book?

Dave I got my mother's old pressure cooker out to work

on some recipes – it was something from the war. Then I remembered that when she used it, the lid would blow off when she was doing mushy peas and would

cover her and the ceiling. So I slowly put it back and had to buy a new, modern one. But writing this book has actually gone quite smoothly.

Si Yeah, we're getting pretty good at it now. The crab soufflé we made on telly was a stinker though wasn't it?

Dave We decided to make one in the middle of the Irish sea on a boat, and that didn't go well because we also decided to cook it in a charcoal oven. It was like a crab-flavoured beer mat.

How did it taste?

Dave It was alright actually. Another blunder we had was when we tried to make some pecorino foam on *Saturday Kitchen*. I went molecular for a brief moment. It just looked as though a seagull had been passing by.

Si We also had one this weekend at the *Good Food Show* and we were making chicken with sauce but forgot about the chicken. It happens. People know when you're lying so we had to own up to it!

'We soon learnt the reason why sumo wrestlers weigh 35 stone!'

SI KING



Lamb steaks with mint & broad beans

- Serves 4
- Prep 5 mins plus 10 mins marinating
- Cook 15 mins
- £2.50 a portion

4 lamb steaks, about 150g each

- 2 tsp olive oil
- 1 tbsp red wine vinegar
- 2 tsp dried mint
- ½ tsp sugar, honey or pomegranate molasses

1 tsp cumin (optional)

FOR THE BROAD BEANS

- 500g frozen broad beans, defrosted
- 2 tsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- grated zest of ½ lemon
- 1 tsp cumin
- pinch of cinnamon
- 1 tsp dried oregano
- 200ml stock or water
- 200g canned tomatoes
- juice of ½ lemon
- 1 tsp pomegranate molasses (optional)

small bunch of parsley, finely chopped

1 First marinate the lamb. Trim the lamb of any fat. Whisk the olive oil and red wine vinegar in a bowl with the mint, sugar, honey or pomegranate molasses and the cumin, if using. Rub the mixture into the lamb steaks and leave them for at least 10 mins, preferably a little longer.

2 Put the broad beans in a heatproof bowl, pour over some boiling water and leave for a minute or so while the beans defrost. Drain them and set aside.

3 While the lamb is marinating, heat the olive oil in a saucepan and add the onion. Cook gently over a medium heat for a few mins, then add the garlic, lemon zest, spices and oregano. Season with salt and pepper, then add the broad beans and the stock or



water. Bring to the boil, then turn down the heat, cover the pan with a lid and cook for 5 mins.

4 At this point, put a griddle pan on the hob to heat up – it will need at least 5 mins. Add the tomatoes, lemon juice and pomegranate molasses to the broad beans and

leave to simmer gently while you cook the lamb. Shake off any excess marinade from the lamb steaks, then place them on the griddle. Cook for 2–3 mins on each side until well charred on the outside but still pink in the middle. Remove from the griddle and allow them to rest for a few mins. Serve the lamb steaks with the broad beans, garnished with finely chopped parsley.

Lentil & merguez sausage salad

- Serves 4
- Prep 10 mins plus standing ■ Cook 15 mins
- £1.30 a portion

1 small red onion, sliced into crescents
6 merguez sausages (or spicy chipolatas), sliced thinly diagonally
200g baby spinach, well washed
250g cooked green or puy lentils
1 red pepper, diced
2 tbsp finely chopped parsley

FOR THE DRESSING

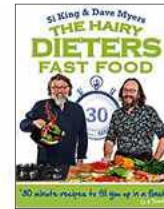
200g cherry tomatoes, cut into quarters
1 tsp mustard
2 tsp red wine vinegar
pinch of sugar

1 Heat a griddle pan for at least 5 mins until it's extremely hot. Put the onion in a small bowl, sprinkle it with salt and pour over some cold water. Leave it to stand for 5 mins, then drain.

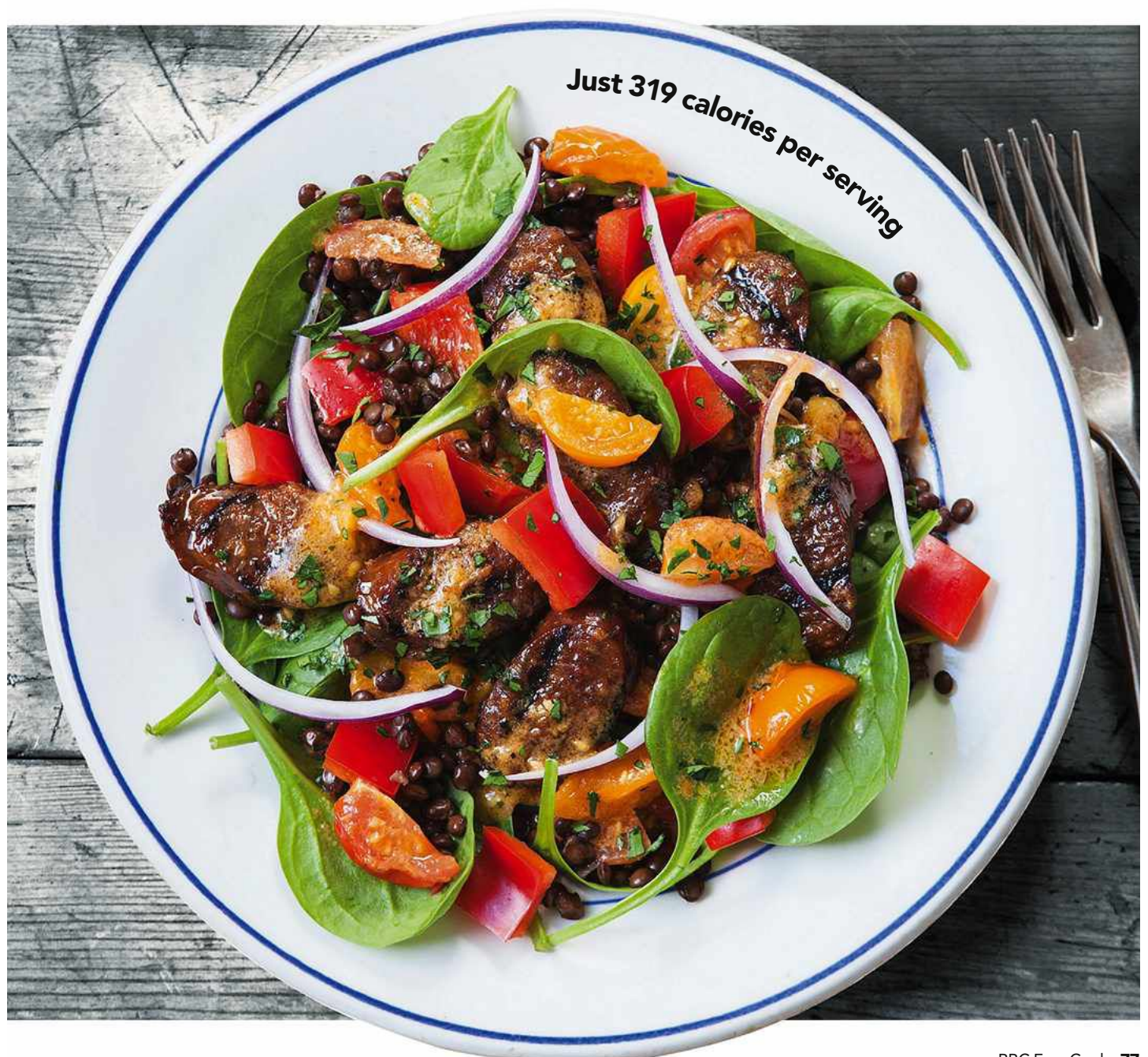
2 Grill the sausages on the hot griddle for a couple of minutes on each side, until cooked through and well charred. Remove them from the heat and set aside.

3 Divide the spinach between 4 plates. Arrange the lentils, red pepper and drained red onion over the spinach, then top with the cooked sliced sausages. For the dressing, put the tomatoes in a frying pan and warm them through until they start giving out juice.

Whisk the mustard, red wine vinegar and pinch of sugar into the juices and cook for a further minute or so. Season with salt and pepper. Drizzle the tomato dressing over the salad and sausages, then sprinkle with parsley and serve immediately.



Recipes extracted from
The Hairy Dieters: Fast Food
 by Dave Myers and Si King
 (£14.99, Orion Books).





Summer lunch on the barbie

'I love eating outdoors with friends, and cooking a whole meal on the barbecue is a great way to make the most of late summer days' says James Martin

Barbecued fillet of beef with mustardy soured cream sauce

- Serves 6
- Prep 5 mins ■ Cook 10-12 mins
- £5.79 a portion
- 501 kcals, 29g fat, 13g sat. fat, 2g sugar

1½ kg beef fillet (trim off any excess fat)

- 2 tbsp olive oil**
- 2 garlic cloves, bashed**
- black peppercorns, crushed**
- small bunch of thyme**
- 300ml soured cream**
- 3 tbsp wholegrain mustard**

1 Light and heat the BBQ until the ashes turn grey, or heat a griddle pan. Rub the beef with 1 tbsp olive oil and the garlic, season well with salt, then coat each side with the crushed peppercorns. Put on the barbecue. Brush the top with the rest of the oil using the thyme, then place the thyme on top. Once the underside is charred with a nice crust (about 5 mins), remove the thyme and set aside, turn the fillet over and cook for about 5 mins more.

2 Test the temperature of your fillet using a meat thermometer to make sure you don't overcook it. For medium rare, you want it between 52-55C. Once at the desired temperature, remove the meat to a board, place the thyme and garlic on top and cover in foil. Leave to rest for about 5 mins.

3 Meanwhile, make the sauce by combining the soured cream and mustard in a bowl. Season and set aside. Serve with the sauce.



Foil-wrapped baby potatoes

- Serves 6
- Prep 5 mins ■ Cook 15 mins
- 21p a portion
- 125 kcals, 4g fat, 1g sat. fat, 1g sugar

VEGETARIAN

750g miniature new potatoes
2 tbsp olive oil

1 If your barbecue hasn't already been heated, light and heat until the ashes turn grey. Put the potatoes in a large saucepan of cold water and bring to the boil. Once boiling, cook for 5 mins until slightly tender. Drain and leave to steam-dry for 2 mins. Transfer to a large sheet of foil, coat in the

olive oil and season well. Make sure the potatoes are sitting flat against the foil so each one gets charred when grilled. Wrap in the foil like a parcel, and wrap again to ensure the potatoes are completely covered. Cook on the barbecue for 10 mins.

2 Check they are cooked by inserting a skewer into one of the potatoes. Carefully remove from the foil and serve.

Herby corn off the cobs

- Serves 6
- Prep 10 mins
- Cook 10-15 mins
- 94p a portion
- 298 kcals, 21g fat, 12g sat. fat, 3g sugar

VEGETARIAN


140g butter, melted
2 garlic cloves, crushed
6 corn cobs

small pack parsley, roughly chopped

1 Melt the butter in a small saucepan over a low heat. Once melted, add the garlic and turn up the heat to high until the butter starts bubbling and turning golden. As soon as the butter browns and smells biscuity, remove from the heat and transfer to a jug.

2 Heat the barbecue or a griddle pan. Add the corn cobs, and keep brushing with the garlic butter every time you turn them. Once charred and cooked, remove to a board.

3 Using a knife, cut downwards to remove the kernels from each cob. Toss with the parsley and coat in the remaining garlic butter.

A photograph of a dining table. In the foreground, a charred beef roast is sliced on a white cutting board. The roast has a dark, smoky crust and a pink, tender interior. Several slices are laid out in front of the whole roast. To the left, a white plate holds sliced yellow corn with green herbs. To the right, a white plate holds charred green onions. A small white ceramic bowl with a white sauce and a silver spoon is also on the cutting board. In the background, a person's hands are visible, using a fork and knife to eat. A glass of water is on the table to the left.

Glorious
beef with a
smoky outer crust
and a meltingly
tender middle

Fancy a change from salad?

Serve James's Charred onions instead... Wash 2 bunches of **spring onions** (about 20) and pat dry. Trim off the ends, then place the onions directly on the barbecue or in a hot griddle pan. When they have softened and blackened, take off the heat and move to a hot spot on the barbecue to keep warm. Serves 6.



Terrific toffee temptation

If you've only thought of meringue pie as the lemon kind, think again. MasterChef's Gregg Wallace thinks that this toffee version is a winner

Toffee meringue pie

- Serves 12
- Prep 30 mins plus chilling ■ Cook 1 hr
- 33p a portion
- 529 kcals, 25g fat, 15g sat. fat, 41g sugar

VEGETARIAN

FOR THE PASTRY

- 400g plain flour, plus extra for rolling
- 200g cold butter, cut into small pieces

1 egg white, for brushing

FOR THE FILLING

- 85g butter
- 175g light muscovado sugar
- 300ml milk

3 tbsp cornflour

4 egg yolks

FOR THE MERINGUE

- 4 egg whites
- 200g caster sugar

Tip

Don't want to make pastry? Use 500g ready-made sweet shortcrust pastry instead

1 To make the pastry, tip the plain flour into a bowl and rub in the butter with your fingertips until it resembles breadcrumbs. Add 4-6 tbsp cold water, bit by bit, until a dough is formed. Knead briefly on a floured surface, then shape into a ball, wrap in cling film and chill for 30 mins.

2 Heat oven to 200C/180C fan/gas 6. Roll the pastry on a floured surface into a circle large enough to line a 25cm tart tin with a slight overhang. Cover with tin foil and fill with baking beans. Place on a baking tray and bake for 15 mins before carefully removing the foil and beans. Brush liberally with egg white, place the pastry case back in the oven for 10 mins or until golden, then remove from the oven and trim the edges. Turn the oven down to 150C/130C fan/gas 2.

3 For the filling, melt the butter in a pan and stir in the sugar until dissolved completely. In a small bowl, add a little of the milk to the cornflour, working into a smooth paste. Pour remaining milk and cornflour paste into the butter mix, slowly bring to the boil and simmer for 2-3 mins, stirring continuously. Leave to cool slightly.

4 Beating all the time with a whisk, pour ½ the milk mixture onto the egg yolks, then pour back into the rest of the milk. Stirring non-stop, bring to the boil and simmer for 2-3 mins until thick. Turn off the heat, but leave the mixture in the pan – it must be hot when topped with the meringue.

5 For the meringue, whisk the egg whites until they are stiff. Sprinkle in half the sugar and whisk again until stiff and shiny, adding the remaining sugar, 1 tbsp at a time and whisking until stiff again. Spoon the hot filling into the pastry case. Spoon the meringue over the top and bake for 35 mins until the meringue is golden and crisping up.

Get stuck in to this toffee pie





Scrumptious squares

Bake Off winner Nadiya Hussain shows you how to make brownies, complete with retro decoration

Black Forest brownies

- Cuts into 20 squares
- Prep 30 mins ■ Cook 40 mins
- 31p a portion
- 310 kcals, 17g fat, 10g sat. fat, 28g sugar

VEGETARIAN

250g unsalted butter, softened at room temperature, plus extra for greasing
1 tbsp instant coffee powder
350g light brown soft sugar
4 medium eggs
75g cocoa powder
100g self-raising flour
1 tsp cherry essence (optional)

100g dried sour cherries, chopped

TO DECORATE

200g dark chocolate (60% cocoa solids)
25g unsalted butter, at room temperature
50g icing sugar
green food colouring gel
20 glacé cherries, halved

1 Grease a 30 x 20cm cake tin and line with parchment. Heat oven to 180C/160C fan/gas 4. Mix the coffee with 2 tbsp boiling water, then set aside to cool.

2 Cream the butter and sugar together for 5 mins until light and fluffy, then add the

eggs, one at a time, incorporating well after each addition. In a separate bowl, combine the cocoa powder and the flour. Add in the essence and cooled coffee to the butter mixture, followed by the dry ingredients. Mix well, then fold in the cherries.

3 Spoon into the prepared tin, level the top with the back of a spoon and bake in the centre of the oven for 30-35 mins or until a skewer inserted into the middle comes out clean. Leave to cool completely in the tin. Once cool, melt the chocolate in the microwave or over a pan of simmering water. Layer evenly over the top of the brownies.

4 While the chocolate is setting, mix the butter with the icing sugar and a few drops of green food colouring. Put the buttercream in a piping bag fitted with a writing tip nozzle. Cut the brownies into 20 squares, place two glacé cherry halves on top of each and use the buttercream to create the cherry stem.

Love a Black Forest gâteau? Then you'll adore these brownies!

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Build a biscuit beach

School
holiday
project!



Bring the beach into your home with this fun summer holiday dessert from *Bake Off* winner Frances Quinn



Sandcastle cheesecake, step-by-step, p84

Cheesecake biscuit beach

- Serves 18
- Prep 1 hr 30 mins – 3 hrs 30 mins, includes 2 hrs chilling and cooling
- Cook 35 mins
- 81p a portion
- 758 kcals, 56g fat, 34g sat. fat, 31g sugar

VEGETARIAN

Before you start

- **Get your equipment ready** – you'll need a large tray or board big enough to assemble the biscuit beach. A piece of wood covered in foil works well. You'll also need a medium sandcastle mould, and a small spade looks great for serving.
- **How many biscuits do I need?** Pop your chosen sandcastle container on the scales and return the scale to zero. Fill the container with water and note down the weight (our water weight was 1kg). Calculate three-quarters of this weight – that figure is the quantity of biscuits you'll need (so for us that was 750g).

FOR THE SANDCASTLE

375g slightly salted butter

750g of assorted biscuits, plus extra for the surrounding sand (we used digestive, malted milk, shortbread and ginger biscuits)

oil, for greasing

FOR THE VANILLA CHEESECAKE ICING

500g full-fat cream cheese

1 tbsp vanilla extract

200g icing sugar

300ml pot double cream

FOR THE CONE CAKES

10 waffle cones

100g slightly salted butter, softened

100g golden caster sugar

100g self raising flour

1 tsp vanilla extract

2 eggs, beaten

4 chocolate Flakes

150g punnet raspberries

hundreds & thousands, to decorate

FOR THE SAND

500g assorted biscuits

ice cream, to serve (optional)

Make the sandcastle and icing

1 Gently heat the butter in a saucepan. Pulse the biscuits in a food processor until you have fine, sand-like crumbs. Add the butter and blitz again until well combined. Set aside.

2 Put the cream cheese in a large bowl and, using an electric whisk, beat for a few secs until smooth. Add the vanilla extract, sift

over the icing sugar and mix well. Pour in the cream and whisk until the mixture is smooth and thick enough to pipe. Transfer to a piping bag fitted with a large star nozzle.

3 Brush your sandcastle mould with a little oil, then line the base with a circle of baking parchment. Fill with some of the buttery biscuit sand, so that it comes 2.5cm up the side, and pack down. To create a hole for the cheesecake icing centre to go into, find a glass that will sit on top of the biscuit sand in your mould, and leave about 1.5cm space around the edge. Grease the glass with a little oil and pop inside the sandcastle container. Pack more of the biscuit sand around the glass until the mould is full, then reserve any leftover sand. Chill for 1 hr. Give the glass a wiggle and remove from the mould. Pipe icing into the cavity, dropping in a couple handfuls of raspberries as you go. Reserve about 20 raspberries for later. Keep the remaining icing in the piping bag and chill. Tip in a little more buttery sand to cover the icing, packing it firmly. Chill for at least 1 hr or until set.

Make the cone cakes

4 To make the mini cones and waffle cupcake cases, place a folded tea towel on your work surface and lay a waffle cone on top. Use the tea towel to support the cone and, with a serrated knife, gently score around the middle of the cone. Repeat with another 8 cones (you need to keep 1 cone whole for the top of the sandcastle). Very carefully cut each cone in half along the scored line, trying not to break or shatter them. You will end up with 9 mini cones from the bottom of the cone, and 9 waffle cupcake cases from the top of the cone.

5 Heat oven to 180C/160C fan/gas 4. To make the mini cone cakes, line a 12-hole muffin tin with 9 scrunched-up nests of foil. Place the mini cones into the centre of the foil nests and mould the foil around the tips to support them and keep them upright. Put 25g butter, 25g sugar, 25g flour, ¼ tsp vanilla extract and 25g of the beaten egg into a large bowl. Using an electric whisk, beat together until everything is combined. Transfer the mixture to a disposable piping bag and snip off 1cm from the end. Pipe the mixture into the mini cones, making sure you only fill them three-quarters full, as the sponge will rise up in the oven – you may have a little mixture leftover. Bake for 10-12 mins until golden. Leave to cool.

6 To make the waffle cone cupcakes, line a 12-hole mini muffin tin with circles of baking parchment. Place the 9 waffle cupcake cases in the tin. Put the remaining 75g butter, 75g sugar, 75g flour, ¾ tsp vanilla extract and the remaining beaten egg in a large bowl and beat together with an electric whisk until well combined. Transfer to a piping bag and use to fill the larger cone cases, again only filling three-quarters full. Bake for 18-20 mins until lightly golden and a skewer inserted into the centre comes out clean. Set aside to cool, remembering to peel off the discs of baking parchment before icing.

Keep the kids busy on a rainy afternoon

Next, make the biscuit sand

7 Now make the sand for your beach. Pulse the biscuits, and any broken cones, in a food processor until they resemble fine crumbs, then set aside. Cut 3 Flakes down to size so that you have half a Flake for the upturned ice cream, 9 medium pieces of Flake for the cupcakes, and mini pieces of Flake for the cones. Some Flakes may break so there's spare – they're easier to cut when they're at room temperature.

Assemble your beach scene

8 Once the cakes have cooled and the sandcastle has set, you'll be ready to assemble the beach scene. Carefully turn the sandcastle out onto a clean surface or tray and surround with the biscuit sand. You'll need to bash the bottom of the container with a rolling pin (or see tip, right) if your sandcastle doesn't come out easily.

9 Pop a raspberry on each cupcake and pipe some icing over the top. Sprinkle with hundreds & thousands and insert a medium-sized piece of Flake. Pipe icing onto the mini cones, scatter with hundreds & thousands, and top with a mini Flake. Insert the mini cones and cupcakes into the sand, in and around the main sandcastle, using the sand to support them.

10 To make the upside-down cone, pipe some icing into your reserved whole waffle cone, dropping in the remaining raspberries as you go. Set the cone upside down on the top of the sandcastle and pipe icing around it to create the effect of a dropped ice cream. Sprinkle with some hundreds & thousands and insert the half piece of Flake. You can now serve your biscuit beach with a few scoops of your favourite ice cream on the side, if you like.



Frances's top tips

- If you have any leftover buttery sand after making your main sandcastle, pack into a smaller container, like a yogurt pot or paper cup. You'll have a mini sandcastle to add to your beach scene.
- If you're having trouble getting your sandcastle out of the mould, pop the mould in a bowl of hot water for a few mins, then try again.

Throw a kids' party

For the ultimate summer holidays play date, host a kids' party. Here are all the fun foods you need to make it a success

Sausage roll twists with tomato dip

- Makes 24 (easily doubled/halved)
 - Prep 10 mins ■ Cook 20 mins
 - 17p a twist & dip
 - 95 kcals, 7.5g fat, 2g sat. fat, 1g sugar
- FREEZABLE** raw, if pastry is previously unfrozen

½ a 500g block all-butter puff pastry, defrosted if frozen

400g pack chipolatas

FOR THE TOMATO DIP

6 tbsp reduced-sugar tomato ketchup

2 tsp malt vinegar

6 cherry tomatoes, finely chopped

1 Heat oven to 220C/200C fan/gas 7. Roll out the pastry to £1 coin thickness (about 20 x 30cm) and cut into strips about 1cm wide, cutting from the shorter edge. Thin each sausage a little by twisting, then snip in half. Wind one pastry strip around each half-sausage, then place on a baking sheet, pastry ends down.

2 Bake for 20 mins until the sausages and pastry are golden. Meanwhile, mix together the ketchup, vinegar and cherry tomatoes. Serve in little bowls alongside the sausage twists and enjoy.



Keep any leftover relish for homemade burgers or fish fingers

PARTY TIP

What about drinks? Buy individual bottles of water and wrap strips of your chosen party theme wrapping paper around them. Add a straw and they'll instantly look 'cool'

Kids' club sandwiches

- Serves 12
- Prep 15 mins ■ Cook 10 mins
- 23p a portion
- 125 kcals, 5g fat, 2g sat. fat, 3g sugar

6 rashers smoked back bacon
9 slices square wholemeal bread
200g pack light soft cheese
1 carrot, grated
1 Little Gem lettuce (about 6 leaves)
12 cucumber slices (optional)
2 tomatoes, sliced

1 Heat grill to medium high and grill the bacon for 5 mins, turning once. Lightly toast the bread, then cut off the crusts.

2 Mix the soft cheese with the grated carrot and spread over 6 slices of the toast. Top 3 of these with lettuce, cucumber and tomatoes, then a plain slice of toast.

3 Put 2 rashers of bacon on top of each stack, then top the sandwiches with the rest of the cheese-spread toast, cheesy side down. Push a paper-topped (for safety) cocktail stick into each side of the sandwich, about 3cm in from each corner. Cut each sandwich into four triangles.



PARTY TIP

How much for how many? Young children (3- to 6-year-olds) are often so excited that they actually eat very little at parties. These recipes will serve 24 little ones or 12 older kids



Mini chicken bagel burgers

- Make 12 burgers (easily doubled/halved)
- Prep 15 mins ■ Cook 10 mins
- 74p a portion
- 144 kcals, 3g fat, 1g sat. fat, 3g sugar

FREEZABLE

½ a 400g can chickpeas, drained
1 small onion, finely chopped
1 garlic clove, crushed
500g chicken or turkey mince
1 small sweet potato (about 100g), grated
olive oil, for brushing
TO SERVE
12 mini bagels
2 tbsp low-fat mayonnaise
¼ iceberg lettuce, shredded
2 tomato, sliced
¼ cucumber, sliced

1 Heat grill to medium. Whizz the chickpeas in a food processor or mash until well broken up. Put into a bowl with the onion, garlic, mince and sweet potato. Mix well and season. Can be frozen for up to 1 month.

2 Line a baking sheet with foil. Divide the mixture into 12 and shape into mini burgers. Put onto the baking sheet, brush with oil and grill for 10 mins, turning once. The burgers can be chilled and reheated in the microwave on High for 2 mins.

3 Split the mini bagels and toast under the grill, if you like. Spread the bases with some mayonnaise, top with a chicken burger, some shredded iceberg lettuce, sliced tomato, cucumber and the bagel tops.

If the kids like spicy food, add 1 tsp each of cumin and smoked paprika when you add the mince and potatoes to the burger

Sticky popcorn pots

- Serves 12 (easily doubled/halved)
- Prep 15 mins ■ Cook 15 mins
- 8p a portion
- 192 kcals, 10g fat, 6g sat. fat, 12g sugar

VEGETARIAN

50g popping corn
140g salted butter
140g light muscovado sugar

1 Put the popping corn in a lidded bowl and microwave on High for 2½-3 mins.

2 Tip into a bowl and repeat four more times. Can be kept in an airtight container up to a day ahead. Meanwhile, melt the butter in a pan, then tip in the sugar. Heat gently until the sugar has dissolved. Pour the over the popcorn and stir to coat. Cool, then serve.



PARTY TIP

What to say if the children complain

Where's the crisps?
Where's the cola?
Just say 'Sorry, but [your child's name here] really likes these things and it's his/her party.'



Finish with this... Funfetti cake

Perfect for a party, this rainbow-speckled cake screams 'celebrate'! Pipe creamy vanilla icing and scatter over sprinkles for a showstopping cake that kids will love

- Serves 25
- Prep 30 mins ■ Cook 25-30 mins
- 51p a serving
- 441 kcals, 24g fat, 14g sat. fat, 38g sugar

VEGETARIAN

300g golden caster sugar
450g butter, softened
1 tsp vanilla bean paste

The 'Guess the fruit' game

This is a brilliant way for the children to have fun and boost their fruit intake. Arrange the group into five teams (five lines of children standing behind a table) and put a blindfold on each of the first children. Put different fruits, in bite-size pieces, on five trays (have a mix of familiar and more unusual fruit). Each child tries the fruit in turn and says out loud what it is.

Each correct answer receives a point. Switch the dishes after each person. Vary the game according to the age of the children: one turn each for 3- to 5-year-olds, three turns each for 6- to 9-year-olds, five turns each for 10 and above.



Add sprinkles to your cake mixture!



8 eggs, beaten
450g self-raising flour
1 tsp baking powder
4 tbsp whole milk
200g rainbow sprinkles, plus extra
to decorate

FOR THE ICING

150g softened butter
450g icing sugar, sifted
180g tub full-fat cream cheese
1 tbsp vanilla
vanilla paste

1 Preheat the oven to 180C/160 fan/gas 4 and grease and line 4 x 20cm cake tins. If you don't have 4, halve the sponge recipe

and bake in 2 batches. Put the sugar, butter and vanilla paste in a bowl and beat with an electric whisk (or mixer) until pale and fluffy. Add the eggs gradually, beating between each addition until fully incorporated. Add a tbsp or 2 of flour if it looks like it's curdling.

2 Sift in the flour and baking powder with a tsp of salt and fold into the batter. Pour in the milk and beat to loosen the mix. Scatter over the sprinkles and ripple through the batter before dividing between each cake tin. Bake for 25-30 mins until golden and springs back when you press it. Swap the tins around in the oven after 15 mins to ensure they cook evenly. Cool on wire racks completely before icing.

3 Meanwhile, make the icing by beating the butter with half of the icing sugar until combined and fluffy. Add the cream cheese and the rest of the icing sugar, beating again until fully combined. Drizzle over the vanilla paste and beat until incorporated. Put a large round nozzle into a piping bag and then spoon in the icing.

4 When the cakes have cooled put a blob of icing onto a cake board and sit 1 of the sponges on top. Pipe blobs of vanilla icing in a circle covering the whole base of the sponge, then top with the next sponge. Repeat with all 3 layers, scattering over some extra sprinkles on the top. Serve in slices.

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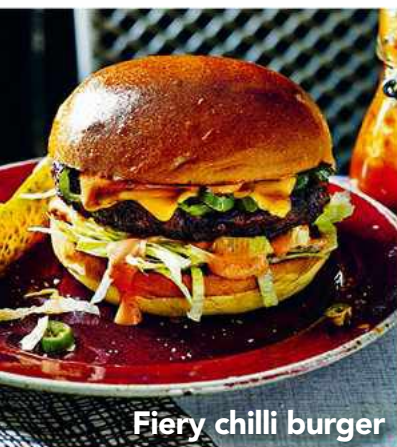


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