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FROM goodfood

CHRISTMAS 2019

## ALL THE FUN OF CHRISTMAS

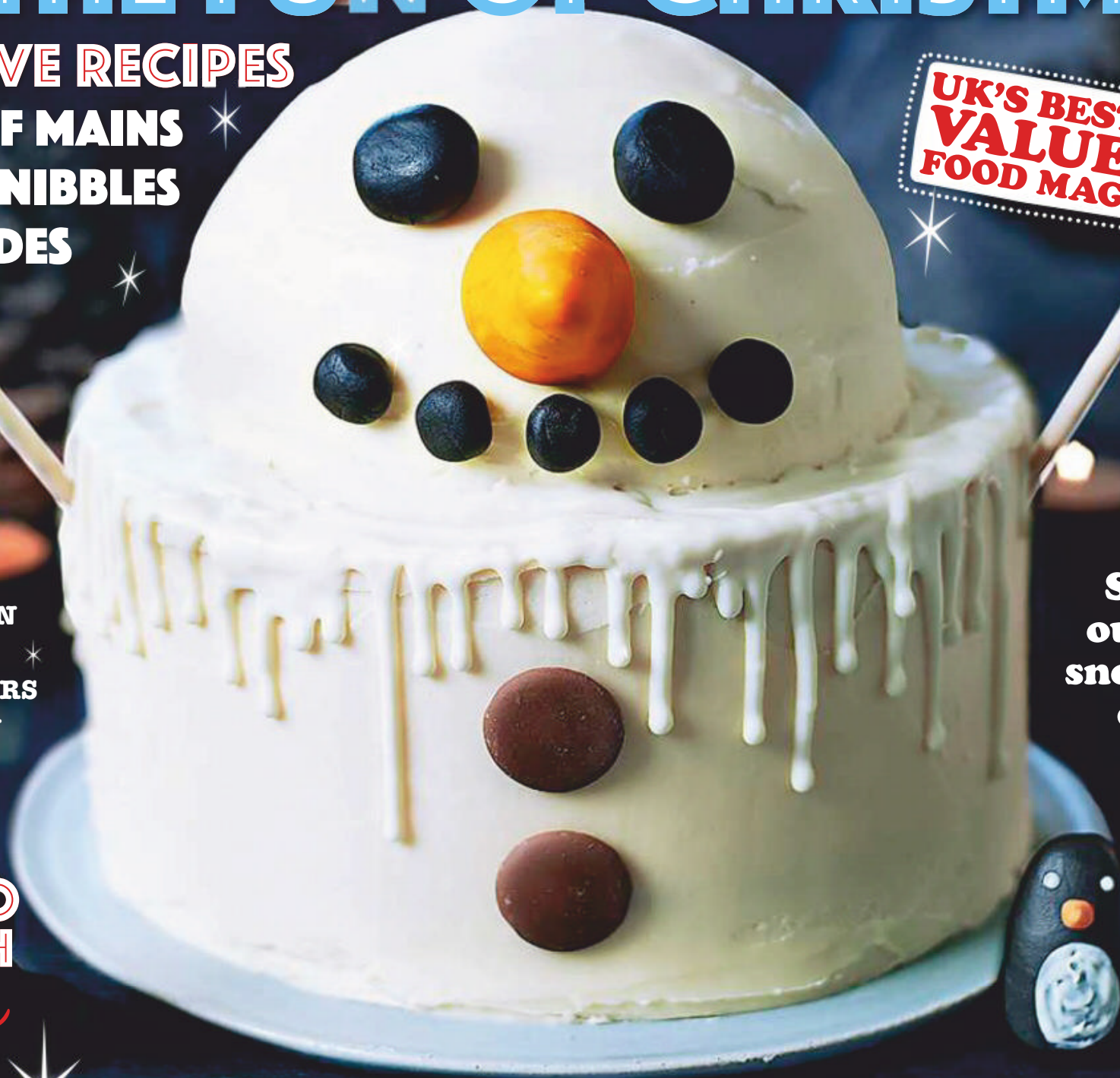
**105 FESTIVE RECIPES**

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- DRINKS & NIBBLES
- ALL THE SIDES

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- CLEMENTINE BAKED SALMON
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# Welcome



It's hard to please everyone these days, what with special diets and picky eaters – it makes Christmas eating a potential conflict zone. But with some planning and festive inspiration, you can make your Yuletide a pleasure for everyone, especially you! In this bumper issue of *Easy Cook*, we've got everything you need for a stress-free Christmas: all the drinks, all the nibbles, all the starters and all the mains. Yes, there's turkey (a choice of two), but we've also got pages of veggie options, plus pork, beef, salmon and – if you're feeling a bit posh – goose. All this, plus festive favourites from top BBC talent Tom Kerridge, James Martin, John Torode and Gregg Wallace. I ho-ho-hope you have a very special Christmas.

*Keith Kendrick*

Editor

## BEST OF BBC



★ **Tom Kerridge** Goan prawn, potato & coconut curry (p68); Chip shop curry sauce (p70)



★ **James Martin** Christmas pudding (p71)



★ **John Torode** Chinese roast duck (p73); Bok choi with oyster sauce & chilli (p73); Fried rice with egg & ginger (p73)



★ **Gregg Wallace's** menu for two featuring Potted crab (p74) and Old fashioned trifle (p77).

From **BBC goodfood**

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



MAKE  
A GIFT

### Fruity biscotti

*The perfect make-ahead gift, these will keep for up to a month after baking and look really impressive.*

■ Makes about 72 biscuits ■ Prep 15 mins ■ Cook 1 hr **FREEZABLE** part-baked and sliced

**1** Heat the oven to 180C/160C fan/gas 4. Line two baking sheets with baking parchment. Put **350g plain flour, 2 tsp baking powder, 2 tsp mixed spice** and **250g golden caster sugar** in a large bowl, then mix well. Stir in **3 eggs**, beaten, and **zest of 1 orange** until the mixture starts forming clumps, then bring the dough together with your hands. Add **85g raisins, 85g dried cherries, 50g blanched almonds** and **50g shelled pistachios**, then work in until evenly distributed.  
**2** Turn the dough out onto a lightly floured surface and divide into four pieces. With floured hands, roll each piece into a sausage about 30cm long. Place two on each tray,

well spaced apart. Bake for 25-30 mins until the dough has spread and feels firm. It should still look pale. Remove from the oven, transfer to a wire rack for a few mins until cool enough to handle, then turn down the oven to 140C/120C fan/gas 1. Cut into slices about 1cm thick on the diagonal, then lay the slices flat on the baking sheets. *Can be frozen for up to one month. Defrost and continue with the recipe.*  
**3** Bake for another 15 mins, turn over, then bake again for another 15 mins until dry and golden. *Tip onto a wire rack to cool, then store in an airtight tin for up to one month.*  
**PER BISCUIT** 50 kcals, fat 1g, saturates none, carbs 9g, sugars 6g, fibre none, protein 1g, salt 0.1g

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### Follow us...



## 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.
- To save you time during the week, many of our recipes use ingredients you might already have in your storecupboard or fridge.

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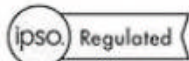
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**56** Make, bake and decorate your own Christmas gifts

Christmas 2019

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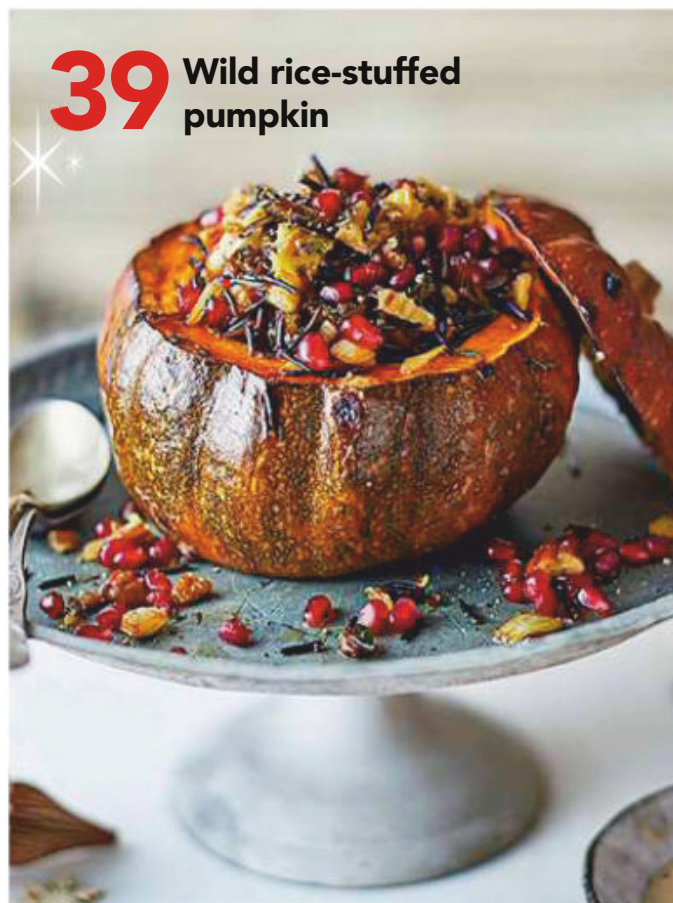
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**95 NEXT MONTH...**

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Look up your favourite recipes



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*Make our cover recipe!*



**Malted milk melting snowman cake, p64**

**CELEBRATORY MAIN**

# SWEET & sticky HAM

Full of wow-factor, this easy-carve ham is glorious on Christmas Day with the turkey or cold on Boxing Day

## Stem ginger & mustard glazed ham

■ Serves 10-12 ■ Prep 20 mins plus cooling ■ Cook 3¾ hrs **FREEZABLE** when cooked

**3kg boneless gammon joint, smoked or unsmoked**  
**2 litres ginger beer**  
**1 onion, quartered**  
**2 clementines, halved horizontally**  
**20 cloves**  
**3 bay leaves, plus a few extra to decorate (optional)**  
**2 tbsp English mustard**  
**4 tbsp ginger syrup, plus 3-4 balls stem ginger from the same jar, thinly sliced**

**1** Put the gammon joint in a deep saucepan (if tied, leave it as it is). Pour over the ginger beer and add the onion, clementine, 5 of the cloves and the bay leaves. Top with enough water to just cover the gammon. Bring to a gentle bubble, cover with foil and cook for 2 hrs, topping up with water if you need to.  
**2** Remove the ham from its cooking liquid using large tongs and leave to cool for 10 mins until cool enough to handle.

**3** Heat the oven to 200C/180C fan/gas 6. Cut off the rind, leaving a thin layer of fat on the ham, then score the fat in a diamond pattern. Put the gammon in a roasting tin. Mix the mustard and ginger syrup together and brush about half over the ham. Stuff slices of ginger into the crevices of the scored fat and stud with the remaining cloves.  
**4** Bake for 20 mins, then brush with the remaining glaze and bake for another 1 hr until bronzed. Cover with foil during cooking if the glaze starts to catch. Transfer the ham to a serving platter for carving, and arrange the clementine halves and extra bay leaves, if using, around the platter to decorate. Serve the ham warm or cold. *Will keep in the fridge for five days.*

**PER SERVING** (12) 398 kcals, fat 22g, saturates 7g, carbs 8g, sugars 7g, fibre none, protein 42g, salt 5.5g

**The stem ginger glaze is almost toffee-like, while the meat stays juicy**

**Tip** If buying your ham from the butcher, ask if it needs soaking. If it does, place in a pan, cover with cold water, changing it 2-3 times over 24 hrs before cooking.

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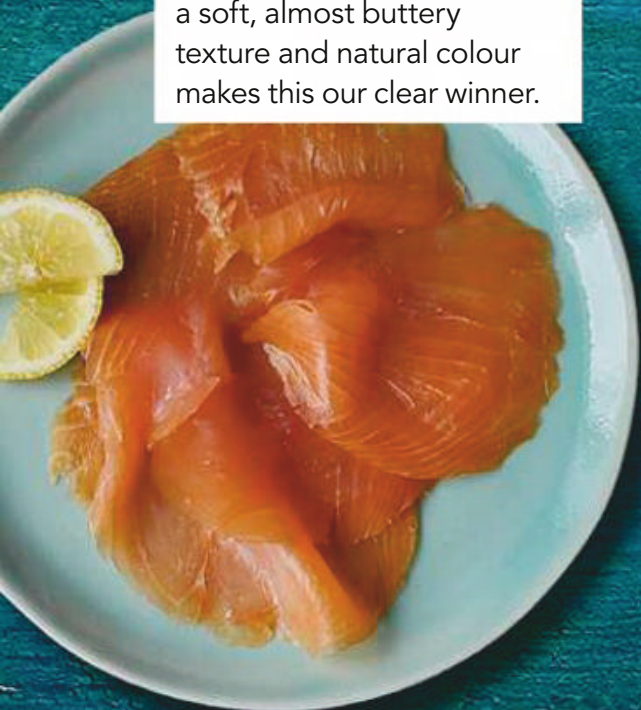
# Taste Awards

Our judges blind-tested more than 200 products to find the best supermarket food buys for this Christmas. For more results, see the November issue of BBC *Good Food* magazine



**Vegetarian main**  
**The Best layered vegetable tart (500g), £4, Morrisons** This was commended by our judges for its homemade look and taste, thanks especially to its buttery, flaky pastry that produces the perfect crunch when cut.

**Smoked salmon**  
**Irresistible beech & oak smoked salmon (100g), £4, Co-op** A combination of pleasantly subtle smoke, a soft, almost buttery texture and natural colour makes this our clear winner.



**Gammon**  
**Deluxe gammon with a spiced rum glaze & pineapple topping (1.4kg), £11.99, Lidl** A welcome break from traditional flavours, this is cooked in an all-spice rum glaze and topped with pineapple rings.



**Gravy**  
**Taste the Difference Christmas gravy for chicken & turkey (450g), £3.15, Sainsbury's** This has a clean poultry flavour, pleasant vegetal base and a fairly thick yet pourable consistency.



**Alternative meat centrepiece**  
**Specially Selected beef rib joint with salt & pepper Seasoning (1.1-2.7kg), £12.99 per kg, Aldi** This two-bone rib joint looks impressive and special on the table. The meat is tender and juicy with a good fat content and plenty of seasoning throughout.



**Panettone**

**The Best classic panettone (750g), £8, Morrisons** With a golden, buttery and light (but not remotely dry) crumb; juicy, well-distributed fruit and subtle alcohol kick, this panettone is a no-frills knockout.

**Christmas cake**

**No 1 richly fruited Christmas cake (1.3kg), £16, Waitrose** This mature, deeply-flavoured Christmas cake ticks all the boxes. Not only is it nutty and boozy, but it's also packed with plump fruit, heavy with citrus, and nicely spiced.

**Mince pies**

**The Best all butter deep filled mince pies (six pack), £2, Morrisons** The mincemeat is nicely spiced, juicy and packed with whole, plump pieces of fruit, while the pastry is short and buttery.

**Stollen**

**Heston From Waitrose pistachio stollen loaf, £7, Waitrose** Golden, spice-laced, buttery brioche dough and a perfectly soft marzipan centre makes this stollen a real standout.

**Yule log**

**Woodland Yule Log (940g), £15, M&S** A showstopper through and through, the stump design of this cake (with added woodland toadstools and acorns) makes it stand out, and it goes on to wow in flavour and texture, too.

**Traditional centrepiece dessert**

**Heston from Waitrose 'The Fig & Port Cheese Cake' (675g), £12, Waitrose (from 13 Dec)** This clever pud combines feather-light cheesecake with a complementary fig and port, chutney-style filling and a 'cheeseboard' base made from crisp, buttery biscuit.

**Christmas pudding**

**Deluxe 24-month matured Christmas pudding (907g), £11.99, Lidl** This plump, juicy pud is packed with lots of whole fruit and nuts and a balanced level of spice and peel, providing a moreish, lasting flavour. Its ample size and pronounced (but not too strong) brandy flavour makes it great for the whole family.



**£40 AND UNDER**

# YOUR GIFT GUIDE

Be inspired by our selection of foodie stocking fillers and presents, all under £40

COMPILED BY MARIANNE VOYLE

## STOCKING FILLERS



A moreish popcorn and dark chocolate snack that you won't want to share with anyone.

**Joe & Seph's dark chocolate popcorn bites, £3.50, Sainsbury's**



Dr Will's spicy mayonnaise is delicious with salads and in sandwiches – definitely one for the friend who loves to dip everything into mayo. **Dr Will's spicy mayonnaise, £3.49, ocado.com**

## KITCHEN ESSENTIALS



This well-priced and sturdy non-stick pan came out top in our tried-and-tested products. **VonShef cast iron skillet, £17.99, vonshef.com**

## CHEESE LOVERS

There's no need to share your fondue with this set of two cheese warmers.

**Raclette set, £25, Habitat**



This strong cheddar has a subtle truffle flavour throughout – we loved it. **Godminster black truffle vintage organic cheddar, £7.50, godminster.com**

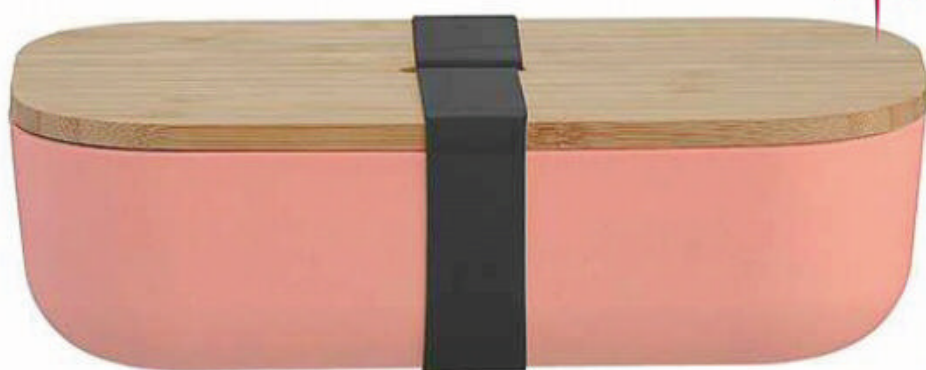


This gadget doesn't take up too much kitchen space and makes quick work of creamy mash, dips, cake batter and whipped cream. **Masha, £39.99, Sainsbury's, Argos and Lakeland**

ENVIRONMENTALLY FRIENDLY



Keep your drink hot for more than an hour with this on-the-go coffee cup made from rice husk.  
**Huski coffee cup, £9.99, huskihome.co.uk**



Made from sustainable bamboo, this elegant lunchbox is perfect to take to school or the office.  
**Typhoon bamboo lunchbox, £11, amazon.co.uk**

SWEET TREATS



Creamy pistachio and white chocolate squares that are unbelievably delicious. **Carluccio's cremini al pistachio, £8.95, carluccios.com**



Mouthwatering chocolate-filled cookies in a pretty gifting tin. **Finest speculoos filled cookies, £4, Tesco**

DRINKS

A good taster beer set that includes an unusual strawberries & cream flavour. **Tyne Tank Brewery three-can set, £9.99, Fenwick**



The creamy combination of chocolate and vodka makes the perfect festive tippie. **Chocolat cream liqueur, £25, hotelchocolat.com**

A lovely, stylish mug for the tea-drinker in your life. **Blue hug mug, £4, Wilko**



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# Three cheers for Christmas!

Add pizzazz to your drinks parties with these sophisticated cocktails

## Bourbon cocktail

- Makes 4 (easily doubled)
- Prep 5 mins plus chilling

2 tbsp bourbon  
2 tbsp crème de cacao  
2 tbsp lemon juice  
dash of grenadine  
2 tsp golden caster sugar  
**TO SERVE**  
pared orange zest

Put all the ingredients in a cocktail shaker with some ice. Shake, then pour into martini glasses, add the zest to serve. Alternatively, serve over ice in highball glasses.

**PER COCKTAIL** 95 kcals, fat 2g, saturates 1g, carbs 6g, sugars 5g, fibre none, protein 1g, salt none

## Tropical coconut rum punch

- Serves 4-6
- Prep 5 mins plus chilling

500ml pineapple juice  
500ml mango juice  
250ml coconut rum  
250ml coconut milk  
**TO SERVE**  
sliced pineapple and limes  
on skewers

Put all the ingredients in a jug, mix well and chill. To serve, add ice to glasses, pour over the rum punch and decorate with pineapple and lime skewers.

**PER COCKTAIL** (6) 241 kcals, fat 8g, saturates 6g, carbs 17g, sugars 16g, fibre none, protein 1g, salt none

## Aperol & limoncello cocktail

- Serves 4 (easily doubled)
- Prep 5 mins plus chilling

100ml vodka  
100ml limoncello  
1 tbsp triple sec  
200ml Aperol or Campari  
300ml orange juice  
**TO SERVE**  
sliced oranges and lemons on skewers

Mix together all the ingredients in a jug. Chill until ready to serve. Pour into four highball glasses with ice. Decorate with citrus skewers.

**PER COCKTAIL** 264 kcals, fat none, saturates none, carbs 7g, sugars 7g, fibre none, protein none, salt none

# Light festive bites

Fed up with stodgy shop-bought canapés to hand round with drinks? Try these instead. They're light, bright and full of flavour – and won't pile on the calories either!

## Grilled aubergine stacks

- Makes 20 ■ Prep 10 mins
- Cook 10 mins **VEGETARIAN**

**1 aubergine, trimmed**  
**2 tbsp rapeseed or olive oil**  
**1/2 lemon, juiced**  
**FOR THE HUMMUS & POMEGRANATE TOPPING**  
**1 tbsp hummus**  
**1 tbsp pomegranate seeds**  
**FOR THE TOMATO & BASIL TOPPING**  
**5 cherry tomatoes, halved**  
**10 small basil leaves**

**1** Cut the aubergine in half lengthways, then cut each half lengthways in two. Slice each quarter into 1cm slices. Brush the oil over the aubergine pieces and season with a little salt and pepper.

**2** Heat a griddle or frying pan. Working in batches, griddle the aubergine pieces for 3 mins on each side until cooked through and nicely charred. Transfer to a tray and squeeze over the lemon juice.

**3** To serve, top half the aubergine stacks with a dab of hummus, then sprinkle over the pomegranate seeds. Place the cherry tomato halves on the remaining aubergine stacks and top each with basil leaves.

**PER HUMMUS CANAPÉ** 24 kcals, fat 2g, saturates 0.1g, carbs 1g, sugars 1g, fibre 1g, protein 0.4g, salt none

**PER TOMATO & BASIL CANAPÉ** 16 kcals, fat 1g, saturates 0.1g, carbs 1g, sugars 1g, fibre 1g, protein 0.3g, salt none

## Steak lettuce cups

- Makes 20 ■ Prep 10 mins plus resting
- Cook 5 mins

**200g fillet steak, excess fat trimmed**  
**4 Little Gem lettuces**  
**1/2 tbsp rapeseed or olive oil**  
**FOR THE CHIMICHURRI**  
**1 tbsp chopped parsley**  
**1/2 tbsp rapeseed or olive oil**  
**1 small garlic clove, crushed**  
**1 tsp red wine vinegar**  
**pinch of dried oregano**  
**FOR THE CHILLI & LIME SAUCE**  
**1/4 red chilli, deseeded and finely chopped**  
**1 lime, zested and juiced**  
**1/2 tsp fish sauce**  
**1 tsp rapeseed oil**  
**pinch of sugar**

**1** Take the steak out of the fridge 30 mins ahead of frying it. Mix the chimichurri ingredients in a bowl with 1 tbsp water, season and set aside. Mix the ingredients for the chilli & lime sauce and set aside. Separate the Little Gem lettuces so you have 20 leaves (these will be the cups).

**2** Heat a non-stick frying pan over a medium-high heat. Coat the steak in the oil, season, then fry for 2-3 mins on each side. Set aside for 10 mins, then cut into 20 slices. Place a steak strip on each cup. To serve, top half with the chimichurri and half with the chilli & lime sauce.

**PER CHIMICHURRI CANAPÉ** 22 kcals, fat 1g, saturates 0.3g, carbs 0.4g, sugars 0.3g, fibre 0.4g, protein 2g, salt none

**PER CHILLI & LIME CANAPÉ** 20 kcals, fat 1g, saturates 0.3g, carbs 0.4g, sugars 0.4g, fibre 0.3g, protein 2g, salt 0.1g

## Mini avo toasts

- Makes 24 ■ Prep 20 mins
- Cook 10 mins

**2 small wholemeal tortillas (40g)**  
**1 tbsp rapeseed oil**  
**1 small ripe avocado**  
**1/2 lemon, juiced**  
**FOR THE QUAIL'S EGG TOPPING**  
**6 quail's eggs**  
**splash of white wine vinegar**  
**pinch of smoked paprika**  
**FOR THE CRAB TOPPING**  
**50g white crabmeat**  
**1/2 lemon, zested**  
**3 radishes, sliced**  
**few dill sprigs**

**1** Heat the oven to 200C/180C fan/gas 6. Cut each tortilla into 12 triangles. Brush with the oil and sprinkle with salt, then arrange on two baking trays. Roast for 6-8 mins until crisp, turning midway through. Leave to cool.

**2** Soft-boil the eggs in a pan of simmering water with the vinegar for 2 mins, then transfer to a bowl of cold water. Once cool, peel the eggs and cut in half. In a bowl, mash the avocado, season and add the lemon juice to taste. Mix the crabmeat with the zest in a separate bowl.

**3** To serve, divide the avocado between the toasted triangles. Top 12 with a sunny-side up egg half, then sprinkle over the paprika. Top the remaining toasts with the crabmeat and radish slices, then garnish with the dill sprigs.

**PER QUAIL'S EGG CANAPÉ** 29 kcals, fat 2g, saturates 0.4g, carbs 1g, sugars 0.1g, fibre 0.4g, protein 2g, salt none

**PER CRAB CANAPÉ** 26 kcals, fat 1g, saturates 0.3g, carbs 2g, sugars 0.1g, fibre 0.5g, protein 1g, salt 0.1g



Grilled aubergine stacks



Mini avo toasts

**Ditch the carb-laden party nibbles for these tastier homemade lighter bites**



Steak lettuce cups

**A prosciutto  
topping adds  
flavour and  
crunch**

## Curried parsnip soup shots

- Makes 12 shots ■ Prep 10 mins
- Cook 25 mins **VEGETARIAN** *kale canapé only*

1 tbsp rapeseed oil  
1 onion, chopped  
½ tbsp garam masala or curry powder  
1 garlic clove, grated  
small piece ginger, grated  
4 parsnips, peeled and sliced  
600ml low-sodium veg stock

### FOR THE CRISPY KALE TOPPING

50g kale, torn into small pieces  
½ tbsp cold pressed rapeseed oil  
¼-½ tsp chilli powder

### FOR THE CRISPY PROSCIUTTO TOPPING

1 slice prosciutto

**1** Heat the oven to 180C/160C fan/gas 4. For the kale topping, massage the kale with the oil, chilli powder and a pinch of salt and pepper, then spread out on a baking tray. Roast for 8 mins until crisp, checking halfway through.

**2** Heat the oil in a saucepan over a medium heat. Add the onion and fry until soft and lightly coloured, then add the garam masala (or curry powder), garlic and ginger. Cook for 1 min, then tip in the parsnips and stock. Bring to the boil, then simmer for 15 mins until the parsnip is completely soft. Blitz, adding enough boiling water to get to your desired thickness, and season to taste.

**3** To make the crispy prosciutto topping, put the prosciutto slice in a dry non-stick frying pan over a medium-high heat. Use a fish slice to keep it flat and fry for a couple of mins until crisp. Set aside to cool, then break into six pieces.

**4** Divide the soup between 12 shot glasses. Top half with the roasted kale and the other half with the prosciutto.

**PER KALE CANAPÉ** 52 kcals, fat 2g, saturates 0.2g, carbs 5g, sugars 2g, fibre 2g, protein 1g, salt 0.1g

**PER PROSCIUTTO CANAPÉ** 45 kcals, fat 2g, saturates 0.3g, carbs 5g, sugars 2g, fibre 2g, protein 1g, salt 0.2g

Roasted salmon rye toasts

Curried parsnip soup shots

**Roasted salmon rye toasts**

- Makes 32 ■ Prep 15 mins plus marinating
- Cook 10 mins

**120g boneless, skinless salmon fillet**

**4 slices German-style rye bread**

**4 tbsp low-fat crème fraîche**

**FOR THE PICKLED CUCUMBER**

**2.5cm piece cucumber**

**1/2 tsp toasted coriander seeds**

**1 tbsp white wine vinegar**

**pinch of sugar**

**FOR THE APPLE & CHILLI SALSA**

**1/2 apple, cored and cut into small cubes**

**1/4 red chilli, deseeded and finely chopped**

**1/2 tbsp white wine vinegar**

**splash of olive oil**

**small handful parsley leaves, chopped**

**1** Heat the oven to 200C/180C fan/gas 6.

Season the salmon and wrap in foil. Roast for 8 mins until just flaking. Leave to cool.

**2** To make the pickled cucumber, cut the cucumber piece in half lengthways. Scrape out the core. Cut in half again, then cut into quarter moons at an angle. Put in a bowl with the coriander, vinegar and a pinch of sugar and salt. Mix and set aside for at least 15 mins.

**3** To make the apple & chilli salsa, combine the ingredients, mix well and season to taste.

**4** Toast the bread and cut each slice into eight squares. Spread with crème fraîche and flake the salmon between the toasts. Top half with the cucumber and half with the salsa.

**PER CUCUMBER CANAPÉ** 23 kcals, fat 1g, saturates 0.5g, carbs 2g, sugars 0.2g, fibre 0.3g, protein 1g, salt 0.1g

**PER APPLE CANAPÉ** 27 kcals, fat 2g, saturates 0.6g, carbs 2g, sugars 0.5g, fibre 0.2g, protein 1g, salt 0.1g



**Sesame chicken & prawn skewers**

**Sesame chicken & prawn skewers**

- Makes 20 ■ Prep 15 mins plus marinating
- Cook 5 mins

**thumb-sized piece ginger, grated**

**1 large garlic clove, grated**

**1 tsp honey**

**1 1/2 tsp soy sauce**

**1 tsp sesame oil**

**1/2 lime, juiced**

**1 tbsp sesame seeds**

**1 skinless chicken breast, cut into 10 pieces**

**10 raw king prawns**

**1 broccoli head, cut into 20 florets**

**1** Combine the ginger, garlic, honey, soy sauce, sesame oil, lime juice and sesame seeds. Divide between two bowls, then add the chicken pieces to one and the prawns to the other. Stir well, then cover and leave to marinate in the fridge for 15 mins.

**2** Cook the chicken in a frying pan over a medium-high heat for 3 mins, then push to one side and add the prawns to the other side of the pan. Cook for 2 mins until the prawns are pink and the chicken is cooked through (use two separate pans if you're cooking for anyone who has an allergy or is pescatarian). Meanwhile, put the broccoli in a microwaveable bowl with a splash of water; then cover and cook on high for 5 mins.

**3** Thread half of the skewers with the chicken and broccoli and the other half with prawns and broccoli.

**PER CHICKEN SKEWER** 33 kcals, fat 1g, saturates 0.2g, carbs 1g, sugars 1g, fibre 1g, protein 5g, salt 0.1g

**PER PRAWN SKEWER** 23 kcals, fat 1g, saturates 0.1g, carbs 1g, sugars 1g, fibre 1g, protein 3g, salt 0.1g



# 5 simple starters

Push the boat out with these simple yet special starters. They'll turn any meal into a feast

## 1 Smoked salmon with Asian dressing

■ Mix **2 tbsp caster sugar**, **1 red chilli**, deseeded and finely chopped, **zest of 2 limes**, **4 tbsp lime juice**, **1 tbsp sesame oil** and **2 tbsp light soy sauce** to make a dressing. Divide **400g smoked salmon** among 8 plates. Mix **2 diced avocados**, with **½ a sliced cucumber** and **handful chopped coriander**. Spoon on top of the salmon; drizzle with the dressing. Serves 8.

## 2 Chicken liver parfait with sultanas & raisins

■ Put **100g jumbo sultanas** and **raisins** and **6 tbsp sweet dessert wine** in a bowl. Cover and microwave on High for 3 mins. Meanwhile, gently fry **800g chicken livers** in **100g butter** with **2 crushed garlic cloves**, **2 tbsp chopped fresh sage** and plenty of **black pepper** for about 5 mins until browned. Tip into a processor and blend until smooth. Pour in **150ml double cream** and 2 tbsp wine from the fruit bowl, season well, then blend again. Spoon the fruit into the base of 8 x 100ml oiled ramekins, top with the parfait; chill for up to two days. Run a knife around the parfaits to turn out onto plates. Serve with **toasted brioche** and **salad leaves**. Serves 8.

## 3 Stilton & fig salad

■ Put **4 tbsp clear honey** and **1 tsp thyme leaves** in a small pan, then gently warm together for 2 mins. Cool. Make a dressing by whisking together **1 tbsp cider vinegar** and **2 tbsp vegetable oil** with some seasoning. Gently toss **2 tbsp chopped hazelnuts**, **1 fennel bulb**, sliced, and a **handful rocket** with the dressing. Divide **200g Stilton** among 4 plates, add a **fig half** to each, then a pile of the salad. Drizzle the thyme-infused honey over the figs and cheese. Serves 4.

## 4 Goat's cheese & onion pastries

■ Heat oven to **200C/180C fan/gas 6**. Stamp out 8 x 10cm rounds from **1 large ready rolled puff pastry sheet**, you may need to roll it out a little to make it fit. Bake for 10 mins on a baking tray. Mix **8 tbsp caramelised onions** from a jar with **12 halved kalamata olives**, **2 tsp chopped rosemary** and **2 tbsp chopped walnuts**. Spoon onto each pastry and place a halved **Capricorn goat's cheese** on top, cut-side up. Top with a **walnut half**, then return to the oven for 10 mins until melty. Serve with **watercress** tossed with a little **olive oil** and **red wine vinegar**. Serves 8.

## 5 Prawn bruschetta with lemony fennel salad

■ Boil **2 thinly sliced fennel bulbs** for 2-3 mins until just tender. Drain well and toss with **2 heaped tbsp dill**, the **zest and juice of ½ lemon**, **4 tsp olive oil** and seasoning. Brush **8 small slices rustic wholemeal bread** with **olive oil** then griddle or grill until lightly charred. Rub one side of each slice with **garlic**, then divide the fennel salad between them. Top with **280g cooked prawns** and some **rocket**. Makes 8.

*Tip* For the Stilton & fig salad, warm the honey very gently; it shouldn't be hot enough to bubble in the pan.



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# All you want for Christmas

We've got everything you need for the ultimate festive feast with a traditional turkey or an easy-carve version. You decide!

*Perfect pancetta & roast shallot-stuffed turkey*

**Turkey,  
two  
ways**

**CHRISTMAS LUNCH  
FOR 8**

*Perfect pancetta & roast shallot-stuffed turkey*

OR

*Garlic cheese turkey roll*

★

*Cranberry & sweet chilli jam*

*Make-ahead madeira gravy*

*Extra creamy bread sauce*

★

*Tuscan sausage, kale & ciabatta stuffing*

*Wild mushroom Yorkshire puddings*

*Triple pigs in blankets*

★

*Sticky maple roots*

*Microwaved squash colcannon*

*Cheesy celeriac, leek & rosemary gratin*

*Herb-infused roast potatoes*

*Red cabbage with port, prunes & orange*

*Sizzled sprouts with pistachios & pomegranate*

**< PREPARE AHEAD**

**Up to two days ahead**

- Weigh and salt the turkey and chill in a roasting tin.
- Prep and chill the garlic butter for the pancetta & shallot-stuffed turkey.

**Christmas Eve**

Prep the turkey with the garlic butter and pancetta.

**WE'LL HELP YOU PREP AHEAD**

Don't leave everything to the last minute, you can tuck dishes in the freezer up to a month ahead or follow our advice for recipes to prep and chill to make life so much simpler on Christmas Day.



## Keep it traditional...

### Perfect pancetta & roast shallot-stuffed turkey

Bacon basted turkey breast means it stays beautifully moist. You can use red or white onions instead of shallots, but you will need to cut them into wedges.

■ Serves 8 ■ Prep 30 mins plus two days salting and 1 hr resting ■ Cook 3 hrs 30 mins-4 hrs

**5-5½kg oven-ready turkey, neck and giblets removed (save them to make stock, if you like)**

**1 pack smoked sliced pancetta or streaky bacon (about 14 rashers)**

**1 tbsp olive oil**

**FOR THE BUTTER**

**1 large garlic clove**

**1 tbsp thyme leaves**

**1 lemon, zested**

**85g butter, softened**

**FOR THE SHALLOTS**

**400g shallots, peeled**

**small handful thyme sprigs, plus extra chopped thyme leaves to serve (optional)**

**handful bay leaves, plus extra to serve (optional)**

**lemon halves (from the zested lemon)**

**1** Up to two days ahead, season the bird all over with flaky sea salt, inside and out and under the skin. Leave, breast-side up, in the fridge for up to two days. Weigh the turkey and calculate the cooking time by allowing 40 mins per kg for the first 4kg, then 45 mins for every kg of turkey over that weight. A turkey this size should take 3½-4 hrs plus 30-45 mins resting.

**2** To make the butter, crush the garlic and mix in the thyme, lemon zest and a pinch of salt, then beat in the butter. *Can be prepared up to two days ahead and chilled.*

**3** Starting from the neck, gently push your fingers under the skin of the turkey until you can push your whole hand in down the length of the breast – take care not to tear the skin. Spread the butter

under the skin so that it covers the breast meat, reserving and chilling 1 tbsp butter for the shallots. Lay the pancetta or bacon on your work surface in two rectangles of six overlapping slices and carefully push each rectangle of pancetta under the skin to cover and protect each breast. This can be done the night before, but take the turkey out the fridge 1 hr before roasting so that it comes up to room temperature.

**4** On the day, heat oven to 180C/160C fan/gas 4. Tip the whole shallots into a bowl with the thyme, bay and remaining 1 tbsp butter, softened, season and toss to coat. Lift the turkey into a roasting tin, massage the olive oil into the skin and season. Tip the shallots into the roasting tin around the turkey and stuff the lemon halves into the cavity. Cover the tin loosely with foil and roast for the calculated cooking time. For the final 30 mins, remove the foil and pour off all of the cooking juices (reserve for the gravy). Spoon the shallots into the cavity, increase the oven to 200C/180C fan/gas 6 and roast for 30 mins until the turkey is golden and the thigh juices run clear when pierced with a skewer, or a digital cooking thermometer reads at least 65C.

**5** Rest the turkey on a warm platter covered with foil for up to 1 hr. If you want to make gravy, pour the fat off the juices and add to the gravy (see p26 for the recipe). To serve, decorate with the herbs, if using, and bring the whole turkey to the table to carve.

**PER SERVING** 401 kcals, fat 23g, saturates 9g, carbs 1g, sugars 1g, fibre 0.7g, protein 47g, salt 1.1g

**Or try our easy to carve version that cooks in an hour..**

### Garlic cheese turkey roll

■ Serves 8-10 ■ Prep 30 mins plus resting ■ Cook 1 hr

**2 x 150g packs garlic and herb soft cheese**

**1 tbsp wholegrain mustard**

**½ lemon, juiced**

**1.5kg boneless, skinless turkey breasts**

**16 slices of prosciutto**

**small bunch of sage leaves**

**1 tbsp olive oil**

**1** Beat the cheese, mustard and lemon juice together in a bowl, season with a little salt and pepper, then set aside.

**2** Flatten the turkey breast by cutting into one side of it so you can open it like a book. Cover and use a meat mallet or rolling pin to gently bash it out to a rectangle about 3cm thick, trimming the edges to neaten it up.

**3** Lay a large sheet of baking parchment on your work surface. Lay the prosciutto over it, overlapping the slices to make a large rectangular shape larger than the turkey, then place 8 sage leaves all the way down the centre of the prosciutto in a line. Lay the turkey, skinned-side down, on the prosciutto and spread liberally with the cheese mix. Use the edge of the baking parchment to lift and roll the prosciutto and turkey, tucking it in like you would roll a roulade, into a long log. Tie at intervals with string then, if chilling, wrap well and put in the fridge. *Can be prepared up to this point and chilled two days ahead.*

**4** To cook, heat oven to 200C/180C fan/gas 6. Remove the wrapping, and put the turkey roll seam-side down on a baking tray, then brush with a little oil and roast for 1 hr, or until the prosciutto has crisped up and the meat is cooked all the way through (a digital thermometer should read at least 65C). Scatter over extra sage leaves, if you like, and leave to rest for at least 15 mins before carving in thick slices.

**PER SERVING** 339 kcals, fat 17g, saturates 9g, carbs 1g, sugars 1g, fibre 0.1g, protein 45g, salt 1.3g

*Garlic cheese turkey roll*

**PREPARE AHEAD >**

**Up to two days ahead**

Prep and chill the garlic cheese for the turkey roll.

## HOW TO TEST IF YOUR TURKEY IS COOKED PROPERLY

### Temperature

The internal temperature of your turkey should be 65C when ready. You must then leave it to rest for at least 20 mins. Its temperature will rise to 70C as it rests, which is the recommended temperature for cooked turkey according to the Food Standards Agency. It's best to use a proper meat thermometer and not the red pop-out button sold with some turkeys.

### Skewer test

This isn't the most accurate test, but the classic way to check a turkey is cooked is to push a spoon or skewer under the turkey leg so it pierces the skin, then inspect the juices that collect in the spoon or run out. They should be pale gold and clear. If there are traces of blood, return the turkey to the oven.

### Leg wiggle

The leg of a well-cooked turkey will wiggle easily when pulled from side to side. However, the breast may be overcooked by this point because it cooks faster.

## HOW TO CARVE LIKE A PRO

If you prefer not to wrestle with your roast turkey at the table – carve it in the kitchen and present it like this...



### THE DARK MEAT

Cut through the skin that attaches the leg to the body. Ease the thigh outwards and cut through the joint to remove the leg and thigh. Cut between the drumstick and thigh until you hit the joint; twist the knife to separate. Leave the drumsticks and thighs whole, or carve into slices by holding the pieces upright and carving down.



### THE BREAST METHOD ONE

Make a deep cut to the breast bone, crossways, beneath each breast. Starting at the neck end, cut long thin slices down the length of the bird. Keep going until you reach the breast bone. If you remove the wishbone, you'll be able to keep carving neat slices beyond this point to serve.



### THE BREAST METHOD TWO

Doing it this way is good for portion control. Make a deep cut, crossways, beneath each breast, then cut all the way down into the turkey, either side of the breast bone. Cutting as close to the bone as possible, carve out the whole breast, then pull it away. Carve the breast into thick-ish slices to serve.



*Make-ahead  
madeira gravy, p26*

**< PREPARE AHEAD**

**A month ahead**

Make and freeze the  
make-ahead madeira gravy

**Christmas Eve**

Defrost the make-ahead  
madeira gravy

*Extra creamy bread sauce, p26*

**< PREPARE AHEAD**

**Freeze up to a month ahead**

Make and freeze the extra  
creamy bread sauce.

**Chill up to three days ahead,**  
if not already frozen

*Cranberry & sweet chilli jam, p26*

**< PREPARE AHEAD**

**Chill up to a month ahead**

Make the cranberry & sweet chilli  
jam and store in sterilised jars.



## Cranberry & sweet chilli jam

A cross between a chutney, cranberry sauce and chilli jam, this make-ahead accompaniment will add some spice to your lunch. The amount of chilli, and whether you leave the seeds in or not, will determine how hot the jam is. If you want, double the amount to give as presents.

- Makes 2 x 500ml jars ■ Prep 20 mins
- Cook 45 mins **VEGETARIAN**

**500g fresh or frozen cranberries**  
**finger-sized piece ginger, peeled and roughly chopped**  
**3-4 red chillies, roughly chopped**  
**200g golden caster sugar**  
**100ml red wine vinegar**

**1** Tip half the cranberries, the ginger and chillies into a food processor and whizz until very finely chopped. Scrape into a heavy-bottomed pan and add the remaining cranberries, the sugar and vinegar, then bring to the boil, skimming off any scum that comes to the surface. Turn the heat down to a gentle simmer and keep cooking for about 20-30 mins, stirring occasionally.

**2** Once the jam is starting to become sticky, continue cooking for a further 5 mins, stirring frequently so that the mixture doesn't burn on the bottom of the pan. It should look like a thick, bubbling lava. Cool slightly, then transfer to sterilised jars and leave to cool completely. *Will keep for three months in a cool, dark place; keep in the fridge once opened.*

**PER TBSP** 21 kcals, fat none, saturates none, carbs 9g, sugars 5g, fibre 0.4g, protein 0.1g, salt none

## Make-ahead madeira gravy

This vegetarian gravy can be served as is or used as a delicious base for your turkey gravy. Just add the cooking juices at the end.

- Serves 6-8 ■ Prep 15 mins ■ Cook 30 mins
- VEGETARIAN** **FREEZABLE**

**large knob of butter** **1 tsp tomato purée**  
**1 onion, chopped** **1 tsp balsamic vinegar**  
**2 carrots, chopped** **1 tbsp soy sauce**  
**2 bay leaves** **150ml madeira or dry sherry**  
**1 large thyme sprig** **1 litre vegetable stock**  
**1 tbsp caster sugar**  
**3 tbsp plain flour**  
**1 tsp yeast extract**

**1** Heat the butter in a large wide pan over a medium heat. Sizzle the vegetables and herbs for 15 mins until starting to brown. Scatter over the sugar and cook for a few mins until caramelised. Stir in the flour, cook for 1 min, then add the yeast extract, tomato purée, vinegar and soy sauce to make a sticky paste. Pour over the madeira and cook for 1 min.

**2** Add the stock, then crush the veg with a potato masher and bubble for 10 mins until thickened. Sieve and use as a veggie gravy or as the base to a turkey gravy. *Can be cooled, then frozen for up to three months.*

**PER SERVING** (8) 94 kcals, fat 1g, saturates 1g, carbs 13g, sugars 6g, fibre 1g, protein 2g, salt 0.7g

## Extra creamy bread sauce

We recommend opting for a stale baguette or sourdough over a cheap sliced white loaf.

- Serves 8 ■ Prep 10 mins ■ Cook 25 mins
- VEGETARIAN** **FREEZABLE**

**500ml whole milk** **white bread, whizzed to rough breadcrumbs**  
**50g butter** **4 tbsp clotted cream or double cream**  
**1 onion, chopped** **pinch of nutmeg, freshly grated**  
**6 cloves**  
**1 star anise**  
**1 bay leaf**  
**3 thyme sprigs**  
**100g stale crustless**

**1** Simmer the milk, butter, onion, cloves, star anise and herbs in a pan for 20 mins. *Can be done the day before and left to infuse in the fridge.* Strain the mixture and return the liquid to the pan. Put back over the heat and scatter in the breadcrumbs.

**2** Simmer and stir for 3-4 mins until you have a thick sauce. Stir in the clotted cream and nutmeg, season generously and serve. *Can be made up to three days ahead; reheat on the hob or in the microwave on medium for 3 mins.*

**PER SERVING** 235 kcals, fat 20g, saturates 13g, carbs 9g, sugars 4g, fibre 0.4g, protein 4g, salt 0.3g



## Sticky maple roots

Carrots and parsnips are must-haves at Christmas dinner. Herby and slightly caramelised, these ones will go down a treat.

- Serves 8 ■ Prep 10 mins
- Cook 30 mins **VEGETARIAN** **FREEZABLE**

**4 large carrots, cut into thick batons**  
**3 parsnips, cut into thick batons**  
**40g butter**  
**1 star anise**  
**few thyme sprigs**  
**3 tbsp maple syrup**

Tip the vegetables into a large pan with the butter, star anise, thyme, maple syrup and 250ml water. Season with salt, then cover and boil for 10-15 mins until the water has evaporated and the vegetables are tender. Turn down the heat and cook until the carrots and parsnips are starting to caramelise and turn a light golden brown. Shake the pan gently to cover the veg in the sticky syrup, then season with cracked black pepper and serve.

**PER SERVING** 119 kcals, fat 5g, saturates 3g, carbs 15g, sugars 10g, fibre 5g, protein 1g, salt 0.1g

## Microwaved squash colcannon

When every pan, hob and oven shelf are being used at Christmas, it helps to have a few easy sides that only need to be popped in the microwave.

- Serves 8
- Prep 15 mins
- Cook 20 mins **VEGETARIAN** **FREEZABLE**

**1 butternut squash, peeled, deseeded and cut into 3cm chunks**  
**200g kale, shredded**  
**50g butter or olive oil**  
**good grating of nutmeg**

**1** Tip the squash into a large microwavable bowl with about 150ml water and season. Cover and microwave on high for 15 mins.  
**2** Remove from the microwave and stir through the kale. Cover and continue to microwave on high for 4-5 mins until the squash is ready to mash and the kale is tender. Add the butter or olive oil and roughly mash the mixture. Season generously, stir through the nutmeg and serve.

**PER SERVING** 92 kcals, fat 5g, saturates 3g, carbs 8g, sugars 3g, fibre 1g, protein 2g, salt 0.2g

## Cheesy celeriac, leek & rosemary gratin

This rich, indulgent gratin is spiked with mature cheddar and baked until molten and bubbly. The celeriac can easily be swapped for parsnip, turnip or potatoes, and a spoonful of mustard or horseradish stirred through the cream wouldn't go amiss.

- Serves 8 ■ Prep 25 mins ■ Cook 1 hr 35 mins **VEGETARIAN**

**25g butter**  
**2 leeks, outer layer removed, washed and sliced into rings**  
**small handful rosemary leaves, roughly chopped**  
**1 bay leaf**  
**300ml milk**  
**300ml double cream**  
**1 celeriac (about 500g), peeled, quartered and thinly sliced**  
**100g cheddar or gruyère, coarsely grated**

**1** Heat the butter in a pan. Add the leeks, rosemary and bay leaf, then cover and cook very gently over a medium-low heat for 15-20 mins until the leeks are soft. Pour over the milk and almost all the cream, season and bring to the boil.

Remove from the heat and cool a little, then scoop out the bay leaf.

**2** Pour a little of the leek mixture into a gratin dish. Arrange a layer of celeriac on top and season. Spoon over some more of the leek mixture, then scatter with a little cheese. Repeat, alternating the layers of the leek, celeriac and cheese. Finish with a drizzle of cream and some cheese. *Can be prepared up to a day ahead and kept in the fridge.*

**3** Heat the oven to 180C/160C fan/gas 4. Bake the gratin for 1 hr-1 hr 15 mins until the top is golden and the celeriac is tender. If it's browning too much, cover with foil. *Can be chilled, then reheated in a microwave or oven on a low heat with a drizzle more cream.*

**PER SERVING** 314 kcals, fat 29g, saturates 18g, carbs 5g, sugars 4g, fibre 4g, protein 6g, salt 0.5g

### PREPARE AHEAD >

#### Up to two days ahead

Assemble the cheesy celeriac, leek & rosemary gratin and chill, ready for baking.

#### Christmas Eve

Bake, cool and chill the cheesy celeriac, leek & rosemary gratin.



## Herb-infused roast potatoes

*It's easy to end up with loads of herbs knocking around the fridge at this time of year. Rather than watching them wilt, throw some in with your roast potatoes for an added burst of flavour.*

■ Serves 8 ■ Prep 15-20 mins

■ Cook 1 hr 35 mins **VEGETARIAN**

**2.5kg Maris Piper potatoes, peeled and halved or quartered (depending on size)**

**large handful of mixed woody herbs (bay, thyme, rosemary) and parsley stalks, if you have them**

**100ml sunflower oil**

**1** Place the potatoes in a large pan of cold, salted water with the herbs. Bring the water to the boil and simmer gently for 8-10 mins until the potatoes are cooked through but not about to collapse. Gently drain the potatoes in a colander, but don't shake or ruffle up. Leave to drain and cool. If making ahead, place on a tray in a single layer and leave in the fridge, uncovered, until ready to roast. *Can be made up to two days ahead.*

**2** Heat oven to 200C/180C fan/gas 6. Pour the oil into a deep roasting tin (the oil should be about 5mm deep) and put in the oven for 5 mins. Remove from the oven and gently tip the potatoes and herbs into the oil. Use a spoon or spatula to turn the potatoes until they're completely coated in oil, then return the tin to the oven and roast for 40 mins.

**3** Remove from the oven and turn the potatoes in the oil again. Return to the oven for 20 mins, then turn the potatoes in the oil once more. Turn the oven up to 220C/200C fan/gas 7 and cook for a final 20 mins, or until golden and crunchy. Sprinkle with a little sea salt to serve.

**PER SERVING** 353 kcal, fat 12g, saturates 2g, carbs 53g, sugars 2g, fibre 6g, protein 6g, salt 0.3g

### PREPARE AHEAD >

**Up to two days ahead**

Parboil the potatoes for the herb infused roast potatoes and chill, uncovered, on a tray.



*Herb-infused roast potatoes*

*Red cabbage with prunes & orange*

**< PREPARE AHEAD****Freeze up to a month ahead**

Make and freeze the red cabbage with port, prunes & orange.

**Chill up to 3 days ahead**

If not already frozen.

**Christmas Eve**

Defrost the red cabbage with port, prunes & orange overnight in the fridge.

## Red cabbage with port, prunes & orange

*Be patient with this side dish – the longer you cook it, the richer and spicier the end result.*

- Serves 8 ■ Prep 25 mins
- Cook 2 hrs 15 mins **VEGETARIAN** **FREEZABLE**

**50g butter****1 large onion, sliced****1 large red cabbage, quartered, cored and thinly sliced****200ml port****1 orange, zested and juiced****1 large cinnamon stick****pinch of ground cloves****2 tbsp light soft brown sugar****100g pitted prunes, roughly chopped**

- 1 Heat oven to 160C/140C fan/gas 3. Heat the butter in a casserole dish until a nutty brown. Add the onion and fry for 15 mins over a medium heat until soft and coloured.
- 2 Tip the remaining ingredients into the dish and cover with a tight-fitting lid. Put in the oven for 1 hr, then stir, cover and cook for a further 1 hr until the cabbage is tender. If it looks dry, add a splash of water; if there's still liquid in the dish once cooked, put over the hob and cook until it evaporates. Season with a little salt and serve. *Can be prepared three days ahead and chilled or frozen for three months; reheat in the microwave or in a pan on the hob.*

**PER SERVING** 178 kcals, fat 6g, saturates 3g, carbs 20g, sugars 18g, fibre 6g, protein 2g, salt 0.2g

## Sizzled sprouts with pistachios & pomegranate

*Add a deliciously different side dish to your spread with these pan-fried Brussels sprouts and juicy pomegranate seeds, drizzled with pomegranate molasses.*

- Serves 8 ■ Prep 10 mins ■ Cook 20 mins
- VEGETARIAN**

**3 tbsp olive oil****500g Brussels sprouts, halved****50g pistachios, roughly chopped****100g pomegranate seeds****pomegranate molasses, to drizzle (optional)**

- 1 Heat the oil in a large frying pan over a medium-high heat. Add the sprouts and fry for 10-15 mins, tossing occasionally. If they're just lightly brown, carry on cooking for a further 5 mins until blistered.
  - 2 Scatter over the pistachios and stir-fry until toasted. Remove from the heat and stir through the pomegranate seeds. Season with salt and tip into a serving dish. Drizzle with a little pomegranate molasses, if you like.
- PER SERVING** 126 kcals, fat 8g, saturates 1g, carbs 6g, sugars 4g, fibre 5g, protein 4g, salt none

*Sizzled sprouts with pistachios & pomegranate*

# all the trimmings

*Tuscan sausage, kale  
& ciabatta stuffing*

## Tuscan sausage, kale & ciabatta stuffing

*If your favourite part of stuffing is the crispy bits, you'll love this recipe. It can be prepared up to two days in advance, then baked on the day.*

- Serves 8-10 ■ Prep 20 mins
- Cook 50 mins

**270g loaf ciabatta, torn into chunks**

**350ml milk**

**4 tbsp olive oil**

**2 onions, finely chopped**

**1 heaped tsp fennel seeds**

**pinch of chilli flakes (optional)**

**4 garlic cloves, grated**

**3 large handfuls cavolo nero or kale, de-stalked and shredded**

**8 good-quality pork sausages, meat removed from the skins**

**50g pine nuts, toasted**

**85g grated parmesan**

**handful flat-leaf parsley, chopped**

**large rosemary sprig, finely chopped**

**1 lemon, zested**

**1 egg, beaten**

**1** Soak all but a handful of the bread chunks in the milk and set aside. Heat the oil in a large non-stick pan and cook the onions with the fennel and chilli flakes (if using) for 10 mins until softened. Add the garlic and the cavolo nero or kale and cook for 5 mins until softened, adding more oil if needed. Leave to cool.

**2** Tip the onion mixture and the remaining ingredients (aside from the handful of bread) into a large bowl, season well and scrunch together really well with your hands. Scatter the stuffing into a shallow roasting tin or baking dish. *Can be kept in the fridge for up to two days before baking.* Top the stuffing with the remaining torn bread. To cook, heat oven to 220C/200C fan/gas 7 and bake for 30-35 mins until the top is crispy.

**PER SERVING** (10) 339 kcals, fat 22g, saturates 7g, carbs 21g, sugars 5g, fibre 3g, protein 14g, salt 0.8g

## Wild mushroom Yorkshire puddings

*Add an extra oomph to your Yorkshires by flavouring the milk with wild mushrooms. These can be made ahead of time and kept in the freezer.*

- Makes 8 large puddings or 24 small puddings ■ Prep 5 mins ■ Cook 25 mins

**VEGETARIAN** **FREEZABLE**

**250ml whole milk**

**30g dried porcini mushrooms, finely chopped**

**150g plain flour**

**4 large eggs**

**sunflower oil**

**1** Tip the milk into a saucepan with the mushrooms and bring to the boil. Simmer for 1 min, then remove from the heat and leave to cool completely. Strain the milk well, pressing down on the mushrooms to squeeze out any excess liquid, then set both the milk and the mushrooms aside.

**2** To make the batter, tip the flour into a mixing bowl and beat in the eggs until smooth. Gradually add the flavoured milk and carry on beating until the mixture is completely lump-free. Stir in the soaked mushrooms and season. *Can be made a day ahead and kept, covered, in the fridge; give it a good stir before cooking.*

**3** Heat oven to 230C/210C fan/gas 8. Drizzle a little oil evenly into two four-hole Yorkshire pudding tins or two 12-hole non-stick muffin tins and put in the oven for around 10 mins to heat through. Pour the batter into a jug and remove the hot, oiled tins from the oven. Carefully and evenly pour the batter into the holes. Put the tins back in the oven and cook for 20-25 mins until the puddings have puffed up and browned. Serve immediately. *Can be cooled, then frozen for up to one month.*

**PER SERVING** (8) 161 kcals, fat 6g, saturates 2g, carbs 18g, sugars 2g, fibre 1g, protein 8g, salt 0.2g

## PREPARE AHEAD >

**Up to two days ahead**

Prep the Tuscan sausage, kale & ciabatta stuffing and chill in a dish ready for baking.

## Triple pigs in blankets

*These space-saving bundles are a doddle to make. Prepare a day or two in advance and keep on a baking tray in the fridge.*

- Serves 8 ■ Prep 10 mins
- Cook 35 mins **FREEZABLE**

**24 miniature chipolatas**

**8 rashers smoked streaky bacon**

**1 tbsp sunflower oil**

Heat the oven to 200C/180C fan/gas 6. Pile the sausages in groups of three and wrap a piece of bacon around each trio. Arrange on a baking tray and brush or drizzle with the oil. Roast in the oven for 30-35 mins until golden and the bacon is crisp.

**PER SERVING** 256 kcals, fat 21g, saturates 7g, carbs 5g, sugars 2g, fibre 2g, protein 10g, salt 1.3g



*Wild mushroom  
Yorkshire puddings*

**PREPARE AHEAD >**  
Freeze up to a month ahead  
Make and freeze the Wild  
mushroom Yorkshire puddings.

**< PREPARE AHEAD**  
Up to two days ahead  
Assemble the triple  
pigs in blankets on a tray,  
ready for baking.

*Triple pigs in blankets*

## CHRISTMAS DAY TIME PLAN TO SERVE LUNCH AT 2PM

Don't worry if you're not serving all the veg in the time plan, just use this as a guide. These timings are based on the perfect pancetta & roast shallot-stuffed turkey, so adjust your turkey timings if going for the easy carve garlic cheese turkey roll as it only takes 1 hour plus resting. We've also assumed you've pre-salted the turkey and prepped the sides at this point.

### 8:30am

- Take the turkey out of the fridge to let it come up to room temperature ahead of roasting.
- Prep the veg for the sticky maple roots. Prep the sprouts and pistachios for the sizzled sprouts with pistachios & pomegranate.
- Prep the veg for the squash colcannon.

### 9:15am

- Heat the oven to 180C/160C fan/gas 4.

### 9:30am

- Stuff the turkey with the shallots, then put in the oven (timings based on a 5kg turkey).

### 12:25pm

- Heat the oil in a roasting tin for the herb infused roast potatoes.

### 12:30pm

- Turn oven up to 200C/180C fan/gas 6. Put the potatoes in the oven.

### 1pm

- Check the turkey's done, then remove from the oven. Cover and leave to rest.

### 1:10pm

- Turn the potatoes and roast for a further 20 mins.

### 1:20pm

- Cook the sizzled sprouts with pistachios & pomegranate.
- Cook the sticky maple roots on the hob and keep warm.
- Cook the microwaved squash colcannon and keep warm.

### 1:30pm

- Turn oven up to 220C/200C fan/gas 7. Turn the potatoes and roast for a final 20 mins.
- Bake the triple pigs in blankets for 30-35 mins.
- Bake the Tuscan sausage stuffing for 30 mins.
- Bake the wild mushroom Yorkshire puddings for 20-25 mins (or reheat from frozen for 20-25 mins).
- Reheat the cheesy celeriac, leek & rosemary gratin in the microwave.

### 1:40pm

- Reheat the red cabbage with port, prunes & orange in the microwave or on the hob.
- Reheat the extra creamy bread sauce in the microwave or on the hob.
- Heat the make-ahead madeira gravy on the hob, adding cooking juices from the turkey.

### 2pm

- Start taking dishes to the table.



**Perfect  
pork**

# Try something *new...*

Not everyone loves turkey, so how about goose, tender beef, crispy roast pork or tangy salmon as your main?

## Rolled pork belly with herby apricot & honey stuffing

*If you're a crackling fan, you'll love this recipe – there's loads of it! The secret is to dry out the skin for up to 24 hours for the best results.*

- Serves 6-8 ■ Prep 35 mins plus resting and at least 3 hrs marinating
- Cook 3 hrs 10 mins **FREEZABLE**

**4 tbsp olive oil**  
**1 onion, chopped**  
**2.25kg piece pork belly, boned, skin on**  
**small bunch of parsley, chopped**  
**small handful of thyme, leaves picked**  
**10 sage leaves, chopped**  
**50g fresh breadcrumbs**  
**140g dried apricots, chopped**  
**2 tbsp honey**

**1** Heat 1 tbsp of the oil in a small frying pan. Add the onion and cook for 10 mins until golden. Trim off about 100g of the pork, from the meaty side, and whizz in a food processor, then tip into a bowl with the herbs, bread, apricots, onion and 2 tbsp oil. Season.  
**2** Turn the pork belly skin-side up. Using a sharp knife, score the skin at 1cm intervals and rub 1 tbsp sea salt all over. Turn the pork belly over and season a little more, then brush the honey over the flesh. Lay the stuffing down the centre, then bring the two ends together and roll tightly. Flip the pork over so the ends meet underneath. Tie the rolled pork with kitchen string to secure. Put the meat on a wire rack set over a roasting tin and transfer to the fridge, uncovered, for a few hrs or up to 24 hrs, so the skin has time to dry out and the meat takes on the flavour from the stuffing.  
**3** Heat oven to 220C/200C fan/gas 7. Rub the pork with the remaining oil and a little more sea salt. Roast for 30 mins. Turn the oven down to 180C/160C fan/gas 4 and continue cooking for 2 hrs. Finally, turn the oven back up to 220C/200C fan/gas 7 to crisp up the skin for another 30 mins. Remove from the oven, cover with foil and leave to rest for 45 mins before carving. Serve with mustard sauce (below) if you like.

**PER SERVING** (8) 715 kcals, fat 49g, saturates 16g, carbs 17g, sugars 12g, fibre 2g, protein 52g, salt 2.5g

### English mustard sauce

Put **2 finely chopped shallots, 150ml white wine, 1 bay leaf** and **2 tsp light soft brown sugar** in a pan over a medium heat. Simmer until reduced by half and the shallots have softened. Stir in **1 tbsp wholegrain mustard** and **2 tbsp English mustard** and **200ml crème fraîche**. Serve warm or cold. Serves 6.



**Super salmon**

## Clementine & vodka-baked salmon with beetroot crème fraîche sauce

*The sticky glaze adds a glorious shine to the salmon, and the candied clementine slices make it look so special. Divide the salmon into fillets before baking so everyone can help themselves to a piece.*

- Serves 8 ■ Prep 15 mins ■ Cook 50 mins

**4 clementines or 2 oranges, zested and juiced, plus 2 clementines, unpeeled and cut into thin rounds**  
**100ml vodka**  
**5 tbsp honey**  
**1kg side of salmon, bones removed**  
**FOR THE BEETROOT CRÈME FRAICHE SAUCE**  
**250g pack cooked beetroot (not in vinegar), drained and grated**  
**200g crème fraîche**  
**2 tbsp horseradish cream**  
**small pack chives, snipped**

**1** Put the clementine zest and juice, vodka and honey in a pan, season and bring to a simmer. Bubble for 10 mins until reduced by half. Add the clementine slices and simmer for a further 5 mins until the clementines are softened and a little sticky. Remove them from the liquid and transfer to a plate. Bubble the liquid until thickened to a glossy glaze.

**2** Heat the oven to 180C/160C fan/gas 4. Place the salmon on a baking parchment-lined baking tray. Using a sharp knife, cut the salmon into 8 fillets, cutting through the flesh but not the skin, as this will hold it together. Brush the salmon with the glaze, making sure you get in between the cuts, and save a little for brushing on at the end. Lay the candied clementines on top, down the centre, and bake for 20 mins.  
**3** Meanwhile, make the beetroot crème fraîche by mixing all the ingredients together in a bowl, reserving a few chives to sprinkle on top of the sauce, and season to taste.  
**4** When the salmon is cooked, reheat the remaining glaze, adding a splash of water if it's too thick, and dab it over the top (wash the brush first as it will have come into contact with the raw salmon). Serve the salmon with the sauce.

**PER SERVING** 420 kcals, fat 24g, saturates 9g, carbs 16g, sugars 15g, fibre 1g, protein 27g, salt 0.7g



## Matt Tebbutt's roast sirloin of beef & port gravy

For the best taste and texture, ask your butcher for a piece of beef that has been aged for at least one month. If you'd rather not use alcohol in the gravy, simply use double the quantity of stock.

■ Serves 6 ■ Prep 10 mins plus marinating and resting ■ Cook 2 hrs

**3 garlic cloves, finely chopped**  
**2 tbsp thyme leaves**  
**2 tbsp olive oil**  
**1.5-2kg piece rolled sirloin of beef**  
**FOR THE PORT GRAVY**  
**1 garlic clove**  
**1 bay leaf**  
**few thyme sprigs**  
**75ml port**  
**150ml red wine**  
**200ml beef stock**

**1** Mix the garlic, thyme and olive oil with some black pepper. Rub over the beef and leave for at least 1 hr. Heat oven to 200C/180C fan/gas 6, season the beef with salt and place in a roasting tin. Roast in the oven for 30 mins, then turn the heat down to 180C/160C fan/gas 4 and cook for 10 mins per 450g for rare and 15 mins per 450g for cooked through.

**2** When cooked, remove from the roasting tin and rest in a warm place, loosely

wrapped in foil, for 30 mins. Pour off and reserve any resting juices.

**3** To make the gravy, place the roasting tin on a high heat with the garlic, bay and thyme. Splash in the port, scrape with a wooden spoon to loosen any meaty bits stuck to the tin and bubble until almost completely reduced. Pour in the red wine and reduce by three-quarters before adding the stock. Bring to the boil and season to taste. Pour the reserved resting juices back into the tin. Sieve into a warm jug. Carve the meat and serve with the gravy and horseradish cream (below).

**PER SERVING** 431 kcals, fat 22g, saturates 10g, carbs 2g, sugars 2g, fibre none, protein 52g, salt 0.3g

### Horseradish cream

In a bowl, whip **300ml double cream** until thickened, then stir in **50g grated horseradish**, **½ lemon**, juiced, and season to taste. Serves 6.



## Tommy Banks' honey-glazed spiced roast goose & confit potatoes

The beauty of goose is that it's basically self-basting. Pouring boiling water over the meat before roasting helps to tighten the skin and ensures it goes crispy before you glaze it.

■ Serves 6-8 ■ Prep 30 mins plus resting  
 ■ Cook 3¼ hrs

**5kg oven-ready goose, trussed for roasting**  
**3 small onions, halved**  
**1 garlic bulb, halved, plus 2 cloves, finely chopped**  
**large rosemary sprig**  
**1 orange, halved**  
**2 tbsp sunflower oil**  
**1.5kg Maris Piper potatoes, peeled and thickly sliced**  
**small bunch parsley, finely chopped**  
**FOR THE GLAZE**  
**3 tbsp good-quality honey**  
**¼ tsp cinnamon**  
**¼ tsp ground cloves**

**1** Heat oven to 200C/180C fan/gas 6. For the glaze, mix the honey with the spices and lots of cracked pepper, then set aside. Remove all the fat from inside the bird and, using the point of a small knife, prick the skin all over. Sit the goose in an empty sink and slowly pour over a kettleful of boiling water. Repeat the process a few more times until the skin is tight and glossy. Cool, then pat dry with kitchen paper. Season the inside of the goose and stuff with the onions, halved garlic bulb, rosemary and orange. Rub all over with the oil and season generously with salt. Sit the bird on a wire rack set over a large roasting tin and tightly cover with a large piece of foil. Cook in the oven for 1½ hrs.

**2** Remove from the oven, discard the foil and use oven gloves to lift the rack (and the goose) out of the roasting tin. Pour the fat from the tin into a bowl and set aside. Scatter the potato slices in the roasting tin, season with salt and mix with a small drizzle of the fat. Sit the goose rack back in the tin and cover with foil, then roast for 1 hr. Remove the foil, then brush the goose all over with the honey mixture and return to the oven for 15 mins. Transfer the goose to a large board to rest, uncovered, in a warm place for 30 mins. Pour away most of the fat from the potatoes and return the potatoes to the oven until crisp and golden brown.

**3** Stir the parsley and the chopped garlic through the potatoes just before serving. Carve the goose at the table and serve with the potatoes.

**PER SERVING** (8) 818 kcals, fat 49g, saturates 15g, carbs 38g, sugars 7g, fibre 4g, protein 54g, salt 0.5g

**BEST OF BBC**

Chef and cookbook author **Matt Tebbutt** is a regular presenter of BBC One's *Saturday Kitchen*.

**Glorious  
goose**

*Tip* Serve these  
mains with  
your choice of  
vegetable sides  
on pages 27-29

**BEST OF BBC**

**Tommy Banks** is a two-time winner on *Great British Menu* and head chef of *The Black Swan* in North Yorkshire.

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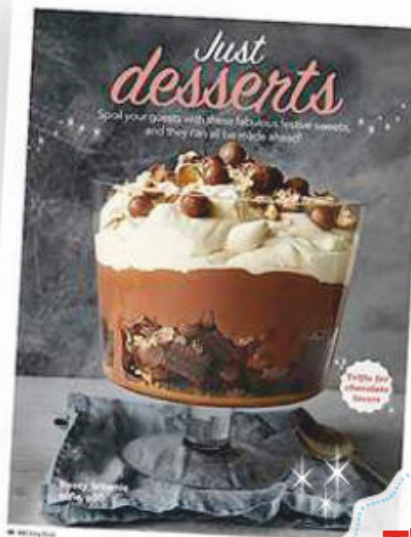
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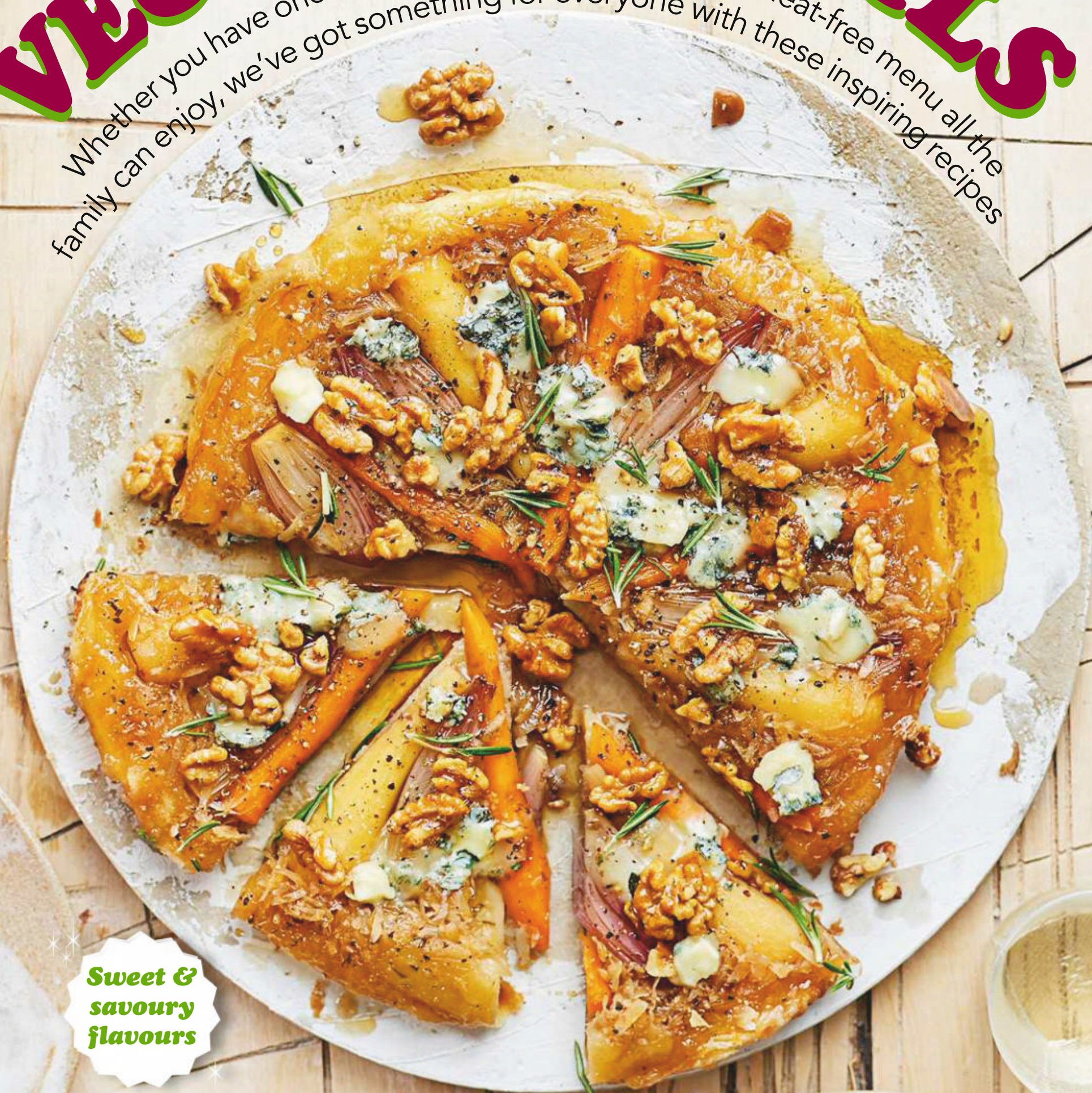
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# VEGGIE SPECIALS

Many of these vegetarian dishes are vegan too ...

Whether you have one veggie guest or are planning a meat-free menu all the family can enjoy, we've got something for everyone with these inspiring recipes



**Sweet & savoury flavours**

**Root vegetable tatin with candied nuts & blue cheese, p40**

## Wild rice-stuffed pumpkin

Lift the lid on a stunning veggie main of soft pumpkin, wild rice, nuts and sweet fruit.

- Serves 4 ■ Prep 15 mins
- Cook 1 hr **VEGETARIAN**

- 1 medium-sized pumpkin or round squash (about 1kg)**
- 4 tbsp olive oil**
- 100g wild rice**
- 1 large fennel bulb**
- 1 Bramley apple**
- 1 lemon, zested and juiced**
- 1 tbsp fennel seeds**
- ½ tsp chilli flakes**
- 2 garlic cloves, crushed**
- 30g pecans, toasted and chopped**
- 1 large pack parsley, roughly chopped**

### 3 tbsp tahini pomegranate seeds, to serve

**1** Heat oven to 200C/180C fan/gas 6. Cut the top off the pumpkin or squash and use a metal spoon to scoop out the seeds. Get rid of any pithy bits but keep the seeds for another time. Put the pumpkin on a baking tray, rub with 2 tbsp of the oil inside and out, and season well. Roast in the centre of the oven for 45 mins or until tender, with the 'lid' on the side.

**2** Meanwhile, rinse the wild rice well and cook following pack instructions, then spread out on a baking tray to cool. Thinly slice the fennel bulb and apple, then squeeze over half the lemon juice to stop them discolouring.

**3** Heat the remaining 2 tbsp oil in a frying pan. Fry the fennel seeds and chilli flakes until the seeds begin to pop, then stir in half the garlic and the fennel. Cook for 5 mins until softened, then mix through the apple, pecans and lemon zest. Remove from the heat. Add the mixture to the cooked rice, then stir in the parsley and season to taste.

**4** Pack the mixture into the cooked pumpkin and return to the oven for 10-15 mins until everything is piping hot. Meanwhile, whisk the remaining lemon juice with the tahini, the rest of the garlic and enough water to make a dressing. Serve the pumpkin in the middle of the table, topped with pomegranate seeds and the dressing.

**PER SERVING** 693 kcals, fat 21g, saturates 3g, carbs 97g, sugars 10g, fibre 9g, protein 20g, salt 1.3g



**Incredible  
centrepiece  
(vegan)**



## Root vegetable tatin with candied nuts & blue cheese

*A mouthwatering main that will please all. Serve on the big day or make it the star of a Boxing Day buffet or Christmas Eve supper.*

- Serves 6 ■ Prep 25 mins
- Cook 50-55 mins **VEGETARIAN**

- 500g block puff pastry**
- 3 slim carrots, about 12-13cm long, halved lengthways**
- 3 slim parsnips about 12-13cm long, halved lengthways, plus 1 large parsnip, peeled and grated**
- 2 tbsp olive oil**
- 2 heaped tbsp slightly salted butter**
- 5 banana shallots, 3 halved lengthways, 2 thinly sliced**
- small bunch sage, leaves picked and finely chopped**
- 4 rosemary sprigs, leaves picked and finely chopped**
- 2 garlic cloves, finely grated or crushed**
- 100g caster sugar**
- 125ml red wine vinegar**
- 100g vegetarian blue cheese, crumbled**
- FOR THE CANDIED NUTS**
- 50g walnuts, roughly chopped**
- 2 tsp butter**
- 25g caster sugar**
- 3 rosemary sprigs**

**1** Heat oven to 200C/180C fan/gas 6. Roll out the pastry to just larger than a 30cm diameter ovenproof frying pan and use the pan as a template to cut out a round of

*Tip* Add an elegant drizzle of balsamic vinegar to the finished tatin to add an extra zip of flavour

pastry. Leave in the fridge or a cool place while you prepare everything else.

**2** Bring a pan of water to the boil, add the carrots and parsnips and cook for 5 mins. Drain and set aside to dry off slightly. Heat the oil and 1 tbsp of the butter in the ovenproof pan and cook the sliced shallots and grated parsnips for 1-2 mins over a medium-high heat until just starting to brown, then add a good splash of water to the pan, stir to scrape up any brown bits, turn the heat down slightly, cover and cook for 4-5 mins, stirring every so often. The parsnips should be tender. Add the herbs and garlic and cook for another minute, then tip into a bowl, scraping out as well as you can. Season a little and set aside.

**3** Add the sugar and vinegar to the pan and bring to the boil. Cook for a few mins until syrupy, then stir in the remaining butter. Set aside to cool slightly, then arrange the vegetables in the pan, fanning them out. Top with the herby shallot and parsnip mixture, pushing it into any spaces there may be. Lay the pastry over the top of the vegetables and push in the edges a little. Place in the oven and bake for 30-35 mins until puffed up and deep golden brown.

**4** Meanwhile, put the nuts, butter and sugar in a small frying pan with a pinch of salt. Cook over a medium-high heat for about 5 mins, stirring, until the sugar has dissolved and coated the nuts. Add the rosemary for the last min. Tip onto a piece of baking parchment and cool for a few mins.

**5** Once the tart is baked, remove from the oven and carefully turn out onto a serving board. Scrape out any bits that are left in the pan and add back to the tart. Bash the nuts to break them up and scatter over, along with the crumbled blue cheese.

**PER SERVING** 700 kcals, fat 44g, saturates 19g, carbs 60g, sugars 29g, fibre 8g, protein 11g, salt 1.4g

## Cranberry & lentil bake

*Double or triple the quantities of this lovely little bake to serve more people, if you like. You can make it up to two days before serving.*

- Serves 1 ■ Prep 5 mins
- Cook 25 mins **VEGETARIAN** **FREEZABLE**

- 2 tsp olive oil, plus extra for oiling**
- 25g dried cranberries**
- 1 tbsp vegetarian red wine**
- 125g cooked puy lentils**
- ½ onion, finely chopped**
- ½ garlic clove, crushed or finely grated**
- 1 tbsp chopped sage**
- ½ tbsp chopped parsley**
- ¼ tsp smoked paprika**
- pinch of ground cloves**
- 1 tsp tomato purée**
- 1 tsp soy sauce**
- 1 tsp cornflour**

**1** If you want to cook the bake straightaway, heat oven to 200C/180C fan/gas 6. Oil and line the base of a 200ml ovenproof ramekin

**A perfect portion for one (vegan)**



with a circle of baking parchment. Put the cranberries in a small pan with the wine and cook for a couple of mins over a medium heat until the cranberries are plump and the wine syrupy. Pour into the base of the ramekin and set aside.

**2** Put the lentils in a bowl and roughly mash about half with a fork. Heat 2 tsp oil in a pan and cook the onion for 6-8 mins over a medium heat until softened. Stir in the garlic, herbs, paprika and cloves and cook for 1 min. Turn off the heat and add the lentils, tomato purée, soy and cornflour, stir together, then spoon into the ramekin, pressing down gently with the back of a spoon. *You can now cover the ramekin and chill for up to two days or freeze for up to two months.* Defrost in the fridge before cooking.

**3** Put the ramekin on a baking tray and bake for 15 mins. Leave to cool for 1 min, then turn out onto a plate.

**PER SERVING** 398 kcals, fat 9g, saturates 1g, carbs 56g, sugars 23g, fibre 12g, protein 15g, salt 1.9g



**Packed  
with festive  
flavours  
(vegan)**

## Sweet potato, sage & chestnut parcel

*This moreish parcel works well as a Christmas Day showstopper.*

- Serves 4 ■ Prep 15 mins
- Cook 1 hr 5 mins **VEGETARIAN**

- 4 sweet potatoes (about 750g), peeled and cut into 2-3cm chunks**
- 5 tbsp cold pressed rapeseed oil**
- 1 onion, thinly sliced**
- 2 large garlic cloves, crushed**
- ½ tsp chilli flakes**
- 1 small bunch sage, leaves sliced**
- 180g pack chestnuts, roughly chopped**
- 3 tbsp cranberry sauce**
- 5 sheets filo pastry**

**1** Heat oven to 200C/180C fan/gas 6. Put the potatoes on a baking tray, toss with 1 tbsp of the oil, season and roast for 25 mins.

**2** While the potatoes roast, heat another 1 tbsp oil in a frying pan and cook the

onion over a medium heat for about 7-10 mins to soften. Stir in the garlic, chilli flakes and sage, and cook for another 1-2 mins. Remove from the heat and add the chestnuts, cranberry sauce and the sweet potato chunks. Season a little.

**3** Line a 20cm square tin with a rectangle of baking parchment that comes up two sides of the tin (this is to help you remove it later). Put 1 sheet of filo in the tin, brushing the bottom and sides with a little of the remaining oil, then add another piece of filo going in the other direction (like a cross). Brush with more oil on the bottom and sides and repeat with another 2 filo sheets.

**4** Spoon the sweet potato mixture onto the filo and fold over to cover, brushing with a little more of the oil. Brush the last piece of filo with the remaining oil, then scrunch on top of the parcel. Put in the oven and bake for 30 mins.

**5** To serve, use the baking parchment to lift the parcel out of the tin and cut into four.

**PER SERVING** 567 kcals, fat 17g, saturates 2g, carbs 90g, sugars 27g, fibre 9g, protein 9g, salt 0.7g

# Choose your wreath

## Spinach, tofu & dill wreath

■ Serves 6-8 ■ Prep 25 mins plus chilling and cooling ■ Cook 45 mins **VEGETARIAN**

**250g spinach, wilted and chopped**  
**250g silken tofu, crumbled**  
**2 tbsp extra virgin olive oil, plus extra for brushing**  
**50g pine nuts, toasted**  
**generous grating of nutmeg**  
**2 fat garlic cloves, crushed**  
**2 lemons, zested**  
**small pack dill, most leaves chopped, remaining fronds for decorating**  
**1 tbsp sour cherries**  
**½ tbsp dried cranberries, plus a few extra to serve**  
**plain flour, for rolling**  
**500g block vegan shortcrust pastry**  
**almond milk, for brushing**

**1** Put the spinach in a large bowl. Stir in the tofu, oil, pine nuts, nutmeg, garlic, lemon zest, chopped dill and fruit until well combined, season well and set aside.  
**2** On a well-floured surface, roll the pastry out into a 60 x 20cm rectangle. Leaving a 1cm border, spoon the spinach

mixture along the length of the pastry, leaving a 2cm gap at both short ends. Fold in the two short ends to stop any of the filling coming out, then roll the pastry away from you to enclose the filling and create a long sausage shape. Join the two ends together to create a wreath shape and stick together with a little almond milk. Transfer the wreath to a baking tray lined with baking parchment and chill for 20 mins. *Can be made up to this point a day in advance and kept covered in the fridge.*  
**3** Heat oven to 200C/180C fan/gas 6. Using a sharp knife, cut slashes across the top of the wreath. Mix a little almond milk with some olive oil (this will help the pastry colour) and brush all over the wreath. Bake for 40-45 mins until golden brown. Cool for 5 mins, then transfer to a platter and decorate with the reserved dill fronds and extra dried cranberries.  
**PER SERVING** (8) 392 kcals, fat 28g, saturates 8g, carbs 25g, sugars 2g, fibre 3g, protein 8g, salt 0.4g

## Parsnip, mushroom & barley wreath

*This impressive looking Italian-style nut loaf is made extra tasty with plenty of buttery garlic mushrooms. Serve with the vegetarian gravy on page 26, plus pesto-dressed green veg, such as broccoli or kale, and some extra roasted parsnips or mashed celeriac.*

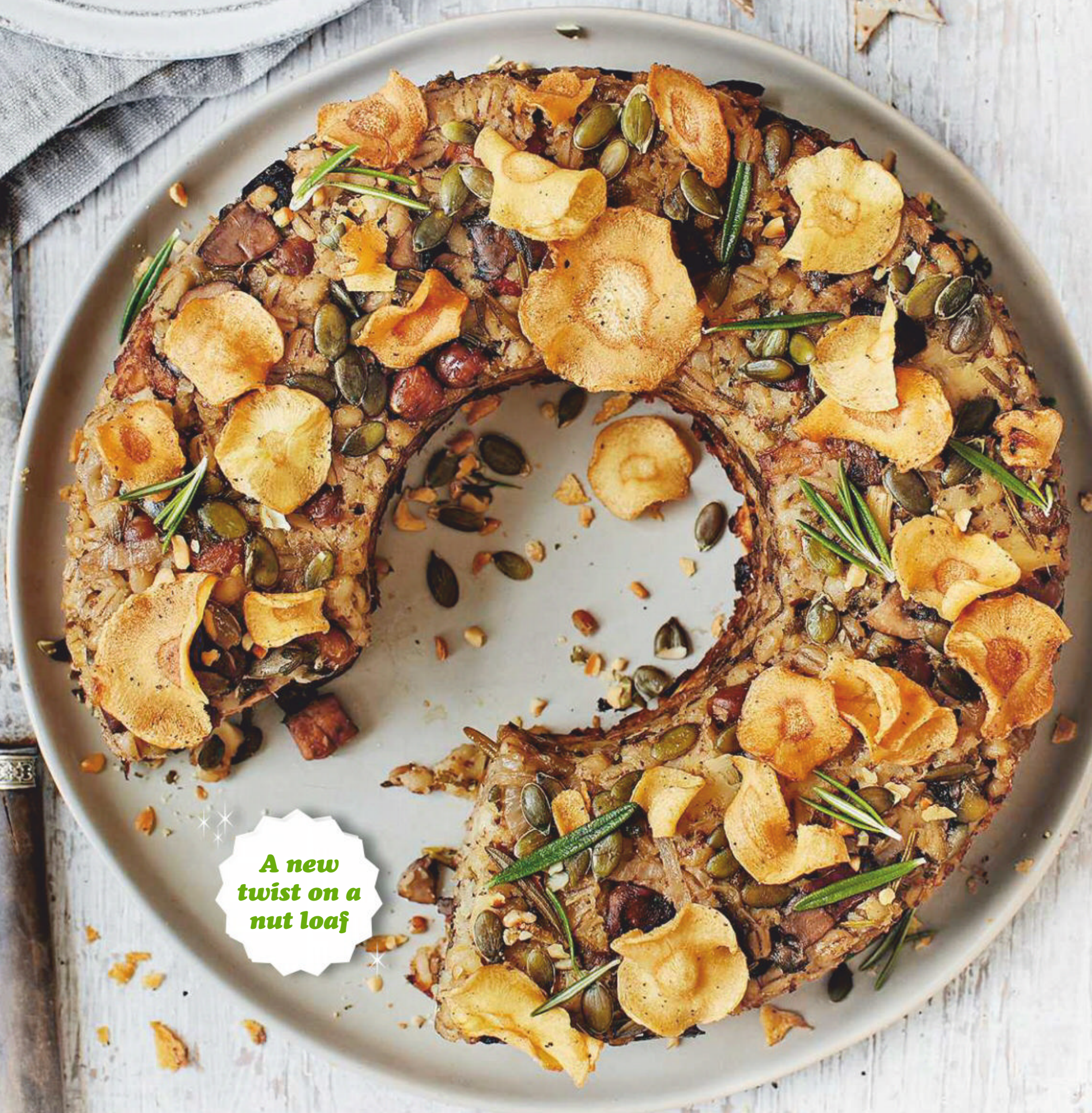
■ Serves 6-8 ■ Prep 50 mins plus overnight chilling  
■ Cook 1¼ hrs **VEGETARIAN**

**150g pearl barley**  
**1 vegetable stock cube**  
**330g parsnips, peeled and cut into chunks**  
**2 tbsp ground flaxseed**  
**2 tbsp each butter and olive oil, plus extra for the tin**  
**1 onion, halved and sliced**  
**3 garlic cloves, crushed**  
**400g mixed mushrooms, cleaned and sliced**  
**1 rosemary sprig, leaves picked, plus extra leaves to decorate**  
**3 sage leaves, shredded**  
**50g vegetarian Italian-style hard cheese, grated**  
**small pack flat-leaf parsley, finely chopped**  
**100g blanched hazelnuts, toasted until golden**  
**good grating of nutmeg**  
**handful parsnip crisps with sea salt & black pepper, or similar**  
**3 tbsp pumpkin seeds**

**1** Cook the pearl barley with the stock cube following to pack instructions. Reserve 4 tbsp of the cooking stock, then drain the grains well. Bring a large pan of salted water to the boil, then add the parsnips, and cook until really soft. Drain well, tip back into the pan to steam dry for a few mins, then roughly mash. Mix the linseed with the reserved stock water, and leave to go gluey.  
**2** Meanwhile, put the butter and oil in a frying pan with the onion and garlic. Fry gently until soft, then stir in the mushrooms, rosemary and sage. Fry the mushrooms until golden, then spoon everything into a large bowl to cool.  
**3** Generously butter a 22-24cm non-stick ring tin. Add the parsnip, pearl barley, gluey seed mix, cheese, parsley and hazelnuts to the mushroom mixture. Season generously with salt and nutmeg, then mix really well. Spoon the filling into the tin, and press down firmly to fill and flatten the top. Chill for up to 24 hrs before baking.  
**4** Heat the oven to 200C/180C fan/gas 6 and cover the tin with foil. Bake for 45 mins, until a skewer poked into the centre comes out piping hot. Run a knife around the tin to loosen, then invert onto a serving plate. Top with parsnip crisps and pumpkin seeds to serve, plus some extra rosemary leaves. Slice into wedges to serve.  
**PER SERVING** (8) 332 kcals, fat 21g, saturates 5g, carbs 24g, sugars 4g, fibre 5g, protein 10g, salt 0.6g



**Fun & festive (vegan)**



*A new twist on a nut loaf*

# GET AHEAD: FREEZE AHEAD

## *food for friends*

If you want peace of mind that there is always something delicious to call on over the festivities, get these in the freezer now. You'll be so glad that you thought ahead!



**Make  
ahead  
comfort  
food**

## Cottage pie bake

■ Serves 6 ■ Prep 40 mins

■ Cook 2 hrs 50 mins

**FREEZABLE** just the base or assembled

**1kg beef shin or feather blade, cut into very large chunks**

**2-4 tbsp sunflower oil**

**200g bacon lardons**

**200g shallots, peeled**

**2 celery sticks, chopped**

**3 tbsp plain flour**

**2 beef stock cubes**

**3 tbsp Worcestershire sauce**

**3 each thyme sprigs and bay leaves**

**300g baby carrots**

### FOR THE MASH

**1.5kg potatoes, peeled and cut into large chunks**

**25g butter**

**85g mature cheddar, grated**

**100ml milk**

**2 tsp English mustard powder**

**1** In a large casserole dish or pan, brown the beef in the oil, in batches. Set aside. Add the lardons, shallots and celery to the dish or pan, and fry for 10 mins until softened and golden. Stir in the flour until absorbed, then crumble in the stock cubes and gradually stir in 1 litre water and the Worcestershire sauce. Add the herbs, return the beef to the dish with any juices, then cover and simmer for 1 hr. Add the carrots, re-cover and simmer for 1 hr more until the beef is really tender.

**2** Cook the potatoes in a pan of boiling salted water until tender. Drain, return to pan over a gentle heat and steam-dry for 2 mins. Mash with the butter, cheese, milk, mustard powder and some seasoning.

**3** Heat the oven to 200C/180C fan/gas 6. Strain the beef and veg into a large colander over a deep pan. Heat the sauce in the deep pan over a high heat for 5 mins to reduce. Shred the beef into chunky pieces and transfer to a baking dish with the veg and bacon, and some thickened sauce. Pipe or spoon on the mash. Bake for 30 mins until mash is golden and crisp.

**4** The pie can be assembled and chilled for up to two days, or frozen for up to three months. If frozen, defrost thoroughly, then bake as above, but for 50 mins-1 hr.

**PER SERVING** 884 kcals, fat 53g, saturates 21g, carbs 54g, sugars 7g, fibre 5g, protein 49g, salt 2.3g



**Ideal for a festive dinner party**

## Salmon & fennel en croûte with watercress sauce

So many people love pastry and this is a much lighter way to serve this classic recipe than the beef version. Serve with new potatoes and green beans or salad.

■ Makes 4 ■ Prep 30 mins ■ Cook 15 mins **FREEZABLE** unbaked en croûtes only

**2 fennel bulbs (about 375g) halved and very thinly sliced**

**1 Spanish onion, halved and very thinly sliced**

**25g butter**

**2 garlic cloves, sliced**

**50g watercress, chopped**

**500g pack puff pastry**

**4 skinless salmon fillets**

**1 egg, beaten**

### FOR THE SAUCE

**½ x 85g bag watercress**

**200g tub crème fraîche**

**1** Fry the fennel and onion in the butter for 5 mins. Add the garlic, fry for 5 mins until the veg are soft, then stir in the watercress.

**2** Cut the pastry into four pieces and roll each piece to about 22cm square. Spoon

a quarter of the veg onto one half of each pastry piece and spread to about the shape of the salmon fillet. Put the fish on top, then brush round the pastry with egg, fold over and seal. Trim the pastry to make four parcels, then decorate with the trimmings. **3** Can be frozen on a piece of baking parchment on a baking sheet. When frozen, transfer to a rigid container, interleaving with parchment to avoid sticking. Defrost in the fridge.

**4** For the sauce, whizz all but 4 watercress sprigs with the crème fraîche and season. Heat until bubbling. Meanwhile, heat the oven to 220C/200C fan/gas 7. Brush the parcels with egg, then bake for 15 mins until golden. Serve the parcels with the sauce and garnish with the reserved watercress.

**PER SERVING** 983 kcals, fat 70g, saturates 31g, carbs 54g, sugars 7g, fibre 3g, protein 37g, salt 1.4g

## Pulled pork

If you have a party coming up, this is a great, casual way to feed a crowd that won't break the bank. Serve with coleslaw and soft rolls.

■ Serves 12 ■ Prep 15 mins ■ Cook 4-8 hrs **FREEZABLE** once cooked and pulled

**2 tsp each smoked paprika, ground cumin, pepper, and brown sugar**  
**2.5kg boneless shoulder of pork**  
**2-3 medium mugfuls of cider**  
**mugful of a good smoky BBQ sauce**  
**soft white rolls and coleslaw, to serve (optional)**

**1** Heat the oven to 150C/130C fan/gas 2. Mix together the spices, brown sugar, plus 1 tsp salt and rub over the pork.

**2** Put the pork in a big casserole dish, skin-side up, and pour in the cider. Cover and cook for 4-8 hrs until falling apart. Check every few hours in case it gets dry – if it does, add another mugful of cider.

**3** Remove from the oven and put the pork in a big bowl, leaving the liquid in the dish. Cut the skin off, then shred the meat using two forks. Ditch any fatty bits, season to taste and skim the fat off the surface of the sauce.

**4** Stir the BBQ sauce into the sauce, then ladle some into a bowl for dipping. *Can be made one day ahead. If freezing, pack into bags; it will keep for three months. Thaw overnight and reheat, covered, in a low oven.*

**5** Serve in soft white rolls with some coleslaw, if you like (recipe below), and the bowl of juices on the side for dipping into.

**PER SERVING** 383 kcals, fat 24g, saturates 8g, carbs 5g, sugars 5g, fibre none, protein 38g, salt 0.8g

## 15-minute coleslaw

Finely chop a **white cabbage**, then chop all the slices roughly so that none of the pieces are more than 2.5cm long. Put in a large mixing bowl. Grate in

**3 carrots**, then throw in **1 small pack mint**, leaves picked and chopped. For the dressing, mix **2 tbsp mayonnaise** with **2 tbsp soured cream**, the **juice from 1 lemon**, and some seasoning. Add to the vegetable bowl and mix. Serves 12.

**Winner  
chicken  
dinner**



## Chicken & olive casserole

Serve on rice or pasta, or with sauté potatoes – it is even good with chunky chips. For a simple side dish, try spinach or broccoli.

■ Serves 4 ■ Prep 10 mins  
■ Cook 30 mins **FREEZABLE**

**2 tbsp olive oil**  
**1 large onion, finely chopped**  
**2 garlic cloves, finely sliced**  
**8 large, boneless, skinless chicken thighs**  
**1 large rosemary sprig, leaves picked and finely chopped**  
**2 tbsp sundried tomato paste**  
**2 x 400g cans chopped tomatoes**  
**1 tbsp honey**  
**100g pitted green and black olives with herbs**  
**2 tbsp capers**  
**small bunch flat-leaf parsley, roughly chopped**

**1** Heat the oil in a large pan or flameproof casserole dish over a medium heat, add the onion and cook for a few mins. Add the garlic and cook for 1 min more. Remove the onion and garlic from the pan and set aside.

**2** Turn up the heat, add the chicken and cook for a few mins each side until golden.

**3** Return the onion and garlic to the pan with the remaining ingredients. Cover and cook for 20 mins until the chicken is cooked through and juicy and tender, and the sauce is rich and thickened.

**4** To freeze, cool, then pack into a freezer container or bags. Will keep for up to three months. Thaw for 6 hrs in the fridge, then reheat in a pan until bubbling hot.

**PER SERVING** 373 kcals, fat 17g, saturates 3g, carbs 16g, sugars 13g, fibre 5g, protein 39g, salt 1.8g

**Well  
worth the  
wait**





Warm  
up with  
this spicy  
stew

## Lamb with Christmas spices

Keep this in the freezer ready for dinner parties and serve it with rice and salad or crunchy potatoes and vegetables.

- Serves 6 generously ■ Prep 20 mins
- Cook 1¼ hrs **FREEZABLE**

- 2 large onions, finely chopped
- 4 garlic cloves, sliced
- 5cm piece ginger, shredded
- 2 tbsp olive oil
- 1.5kg lean lamb neck fillets, cut into chunks
- 2 cinnamon sticks
- 8 cloves
- 6 cardamom pods
- good pinch of saffron
- 2 bay leaves
- 2 tsp ground coriander
- 3 tbsp ground almonds
- 850ml beef stock
- 250g pack ready-to-eat dried apricots

**1** Fry the onions, garlic and ginger in the oil for about 15 mins. Add the lamb and

stir-fry until browned. Add the spices and herbs and cook until they release their flavours, then add the ground almonds. Pour in the stock and season to taste.

**2** Cover the pan and simmer for 45 mins, stirring occasionally. Add the apricots, then simmer for 15 mins more until the lamb is tender. Thin with a little water if the sauce starts to get too thick.

**3** To freeze, cool, then pack into a freezer container or bags. Will keep for up to three months. Thaw for 6 hrs in the fridge, then reheat in a pan until bubbling hot.

**PER SERVING** 699 kcals, fat 43g, saturates 18g, carbs 25g, sugars 22g, fibre 5g, protein 56g, salt 0.8g

### TRY IT WITH BEEF

Replace the lamb with **diced stewing steak** and the apricots with **pitted prunes** and some **shallots**. Omit saffron and cinnamon and add **2 tbsp red wine vinegar**. Expect to simmer for about 30 mins more until the meat is tender.

# Just desserts

Spoil your guests with these fabulous festive sweets,  
and they can all be made ahead!



**Trifle for  
chocolate  
lovers**

**Boozy brownie  
trifle, p50**

*Sweet  
and spicy  
slice*



**Stem ginger &  
treacle tart, p50**



## Boozy brownie trifle

■ Serves 10-12 ■ Prep 25-30 mins plus chilling ■ Cook 5-10 mins **VEGETARIAN**

**500ml pot ready-made chilled fresh custard (look for one with real vanilla)**  
**100g dark chocolate, broken into pieces**  
**400g shop-bought chocolate brownies**  
**3 tbsp black coffee**  
**100ml Irish cream liqueur, plus 1 tbsp extra for soaking the brownies**  
**120g Maltesers**  
**500ml double cream**  
**25g icing sugar**

**1** Put the custard and chocolate in a pan. Gently heat, stirring, until the chocolate has completely melted into the custard. Cover the surface with cling film to stop the custard forming a skin, then cool.

**2** Sit the brownies in a trifle bowl. Mix together the coffee with the 1 tbsp of Irish cream liqueur. Drizzle all over the brownies. Using a rolling pin, gently bash the Maltesers a few times to crush them a little, then sprinkle about three-quarters over the brownies.

Spoon the cooled chocolate custard all over the top, then cover and chill.

**3** Combine the cream and 100ml Irish cream liqueur in a bowl. Sift over the icing sugar, then whip until soft peaks form. Cover and chill until you're ready to serve.

**4** To serve, give the cream a quick mix, then spoon on top of the chocolate custard. Scatter over the remaining crushed Maltesers to decorate.

**PER SERVING** (12) 538 kcals, fat 39g, saturates 22g, carbs 38g, sugars 31g, fibre 2g, protein 5g, salt 0.2g



## Stem ginger & treacle tart

■ Serves 8-10 ■ Prep 45 mins plus chilling ■ Cook 1½ hrs **VEGETARIAN**

**375g pack sweet shortcrust pastry a little flour, for dusting**  
**750g golden syrup**  
**225g breadcrumbs**  
**1 lemon, zested and juiced**  
**1½ tsp ground ginger**  
**3 eggs**  
**6-8 balls stem ginger, thinly sliced, plus syrup from the jar**  
**vanilla ice cream or fresh custard, to serve**

**1** Roll out the pastry on a lightly floured surface and use to line a 23cm fluted tart case, about 3cm deep, allowing the excess to hang over the sides. Chill for 30 mins.

**2** Heat the oven to 200C/180C fan/gas 6. Line the tart with baking parchment and baking beans. Bake for 20 mins. Remove the beans and paper and bake for 10 mins more until the pastry is pale golden and sandy.

**3** Meanwhile, mix the golden syrup, breadcrumbs, lemon zest and juice, ground ginger and eggs together. Once the pastry is ready, lower the oven to 160C/140C fan/gas 3. Using a small serrated knife, trim the edges, then tip in the treacle mixture and bake for 55 mins-1 hr until the filling is golden and crisp, and feels set to the touch.

**4** Arrange the ginger slices over the cooked tart. Drizzle with some syrup from the ginger jar, then serve warm or cold with vanilla ice cream or custard.

**PER SERVING** (10) 545 kcals, fat 14g, saturates 5g, carbs 104g, sugars 72g, fibre 1g, protein 7g, salt 1.2g

## Clementine & prosecco jellies

■ Serves 6 ■ Prep 20 mins plus at least 4 hrs chilling ■ Cook 5 mins

**7 sheets leaf gelatine**  
**600ml clementine juice (bought as juice or squeezed from about 14 clementines)**  
**300ml prosecco**  
**1 sheet edible gold leaf (optional)**

**1** Put the gelatine sheets in a bowl of cold water to soften for a few mins. Put 100ml clementine juice into a small pan and gently heat. When the gelatine feels soft and the juice is just simmering, remove the juice from the heat and squeeze out any excess water



from the gelatine sheets. Drop the sheets into the hot juice and swirl to melt. Make sure there are no visible lumps of gelatine before you move onto the next stage.

**2** Stir the hot juice into the rest of the juice with the prosecco, then transfer to a jug. Pour between 6 small glasses. Sit the jellies on a small tray, cover with a sheet of cling film and chill for at least 4 hrs (or up to 48 hrs) until set.

**3** When ready to serve, use a pair of tweezers to carefully put a piece of gold leaf on the surface of each jelly, if you like.

**PER SERVING** 115 kcals, fat none, saturates none, carbs 13g, sugars 13g, fibre none, protein 7g, salt 0.1g



## White forest meringue roulade

■ Serves 8 ■ Prep 35 mins ■ Cook 25 mins **VEGETARIAN** **FREEZABLE**

**butter, for the tin**

**100g white chocolate, 50g grated, 50g melted and cooled a little to serve**

**FOR THE MERINGUE**

**4 large egg whites**

**1 tsp lemon juice**

**200g white caster sugar**

**icing sugar, for dusting**

**FOR THE CHERRY FILLING**

**300g frozen black cherries**

**50ml orange juice**

**100g white caster sugar**

**pinch of ground cloves**

**½ tsp cornflour**

**FOR THE CREAM FILLING**

**400ml double cream**

**50g icing sugar**

**½ tsp vanilla bean paste or extract**

**1** Heat the oven to 180C/160C fan/gas 4. Butter, then line a 23 x 32cm baking tray.

**2** Make the meringue: using an electric whisk, beat the egg whites, lemon juice and a pinch of salt until stiff. Add 1 tbsp sugar, then whisk to stiff peaks. Repeat with the rest of the sugar, a spoon at a time, until the mix is thick and shiny. Spread in the tin; bake for 15 mins or until crisp and golden in places. Cool.

**3** For the filling: simmer most of the cherries (reserve the remainder chilled or keep frozen), orange juice, sugar and cloves for 10 mins, or until the cherries are soft. Mix the cornflour with 2-3 tsp water to a paste, stir into the cherries and cook for 2-3 mins to thicken. Cool.

**4** To assemble, sift icing sugar over a large piece of parchment, then invert the meringue onto it. With a short end facing you, score a line 2cm into the meringue.

**5** Whip the cream, icing sugar and vanilla until thick but not stiff, then spread over the meringue. Spoon over about half of the cherry sauce and scatter with the grated chocolate. Roll up the roulade, starting with the scored end and using the parchment underneath to help. *Freeze for up to one month then defrost overnight.* Freeze by setting on a parchment-lined tray then, once firm, wrap the parchment around it and cover with cling film. *Freeze the remaining cherry sauce for up to one month.*

**6** To serve, drizzle with the melted white chocolate. Top with the reserved cherries, defrosted, with the sauce on the side.

**PER SERVING** 519 kcals, fat 31g, saturates 19g, carbs 56g, sugars 55g, fibre 1g, protein 4g, salt 0.1g



## Buttermilk caramel puddings

*A foolproof make-ahead spin on a crème caramel, made with just five ingredients.*

- Serves 6-8 ■ Prep 15 mins plus soaking, cooling and at least 2 hrs setting
- Cook 15 mins

**350g golden caster sugar**

**3 sheets leaf gelatine**

**600ml double cream**

**1 vanilla pod, split and seeds scraped out or 1 tsp vanilla bean paste**

**284ml pot buttermilk**

**1** You'll need 6-8 dariole moulds or small individual pudding basins. Tip 150g of the sugar into a shallow pan and place over a medium heat. Cook the sugar until dissolved and turning to a light amber caramel. While it is still hot, carefully pour the caramel over the base of the moulds or pudding basins, tipping them around so some caramel also sticks to the sides. Set aside.

**2** Soak the gelatine in very cold water for about 10 mins to soften. Tip the cream, remaining sugar and the vanilla pod and seeds into a pan. Place over a low heat, stirring to combine and dissolve the sugar. Bring to a simmer, stirring occasionally, then remove from the heat. Add the drained, squeezed gelatine leaves and stir to dissolve, then leave to cool. When tepid, remove and squeeze out the vanilla pod, stir in the buttermilk, then strain everything into a jug. Share the mixture between the moulds or basins, then place in the fridge for at least a couple of hours, or preferably overnight to set. *Can be made up to three days ahead.*

**3** To serve, dip the bases of the moulds or basins briefly into very hot water until the fillings just come away from the sides. When you are confident that it will turn out, place a serving plate over the mould and carefully turn, allowing the contents to drop out onto the plate, scooping out any caramel sauce left in the mould and drizzling over the puddings. Serve immediately.

**PER SERVING** (8) 562 kcals, fat 40g, saturates 25g, carbs 47g, sugars 47g, fibre none, protein 3g, salt 0.1g



## Iced nougat & raspberry terrine

■ Serves 6-8 ■ Prep 1 hr plus freezing and cooling ■ Cook 15 mins

VEGETARIAN FREEZABLE

**400g frozen raspberries, defrosted**  
**50g icing sugar**  
**300g nougat (we used honey & almond nougat bars from Waitrose)**  
**450ml double cream**  
**25g whole almonds, skin on**  
**25g pistachios, plus a few extra, to decorate**

**1** Whizz the raspberries and icing sugar together in a food processor, then sieve, pressing through as much raspberry as you can with a wooden spoon. Line a 900g loaf tin with cling film (it helps if you brush the tin with oil first to get the cling film to stick and stay in place). Pour in the raspberry sauce and freeze for 1 hr.  
**2** Quickly dip the nougat bars in water – this should allow you to peel away the rice paper; don't worry if you don't get it all as it will disappear when melted. Put the bars

into a pan with 200ml cream. Melt over a low heat, stirring constantly and using a wooden spoon to break up the nougat as it softens. After a while you should end up with a smooth, sticky, creamy mixture. Remove from the heat and set aside to cool a little. Whip the remaining cream in a large mixing bowl to stiff peaks.

**3** When the nougat is cooler, but still soft and sauce-like, fold into the whipped cream, a third at a time. Scatter over the whole nuts and fold once to mix. Scrape into the loaf tin, cover with cling film and freeze overnight, or for up to a month.

**4** Transfer the terrine to the fridge 15 mins before you want to serve it. Unwrap and turn out onto a serving plate. Peel off the cling film, roughly chop a few extra pistachios and scatter over before slicing.

**PER SERVING** (6) 670 kcals, fat 50g, saturates 24g, carbs 53g, sugars 53g, fibre 2g, protein 6g, salt 0.2g

Easy yet  
impressive  
puds





## Clementine possets with cranberry compote & cinnamon palmiers

■ Makes 4 possets and 20 palmiers ■ Prep 45 mins plus cooling and at least 4 hrs chilling ■ Cook 40 mins **VEGETARIAN**

**600ml double cream**  
**200g golden caster sugar**  
**2 clementines, zested and juiced**  
**½ lemon, zested and juiced**  
**FOR THE COMPOTE**  
**200g cranberries**  
**85g golden caster sugar**  
**2 clementines or 1 orange, zested**  
**2 tbsp brandy**  
**FOR THE PALMIERS**  
**375g pack ready-rolled puff pastry**  
**50g butter, softened**  
**1½ tsp ground cinnamon**  
**3 tbsp light brown soft sugar**

**1** Put the cream, sugar and the citrus zests in a pan and bring to a simmer. Measure all the juice (you should have 100ml). Turn up the heat and bubble for 3 mins exactly, then stir in the juice. Sieve into a jug, then pour into 4 glasses. Chill for at least 4 hrs or until set.  
**2** Put the compote ingredients in a pan.

Bring to a simmer, then cook for 10 mins until thick and syrupy. Cool, then chill until ready to serve.  
**3** To make the palmiers, heat oven to 200C/180C fan/gas 6 and line two baking trays with baking parchment. Unroll the pastry. Mash the butter, cinnamon and sugar together until combined, then spread over the surface of the pastry. Roll the pastry up from each of the longer sides until the rolled-up edges meet in the centre. Slice the pastry into 1cm pieces, then place, cut-side up, on the baking trays, flattening a little with the palm of your hand. Bake for 20 mins until golden, then cool on a wire rack. Serve each posset with a spoonful of compote and a palmier.

### PER POSSET WITH 1 TBSP COMPOTE

970 kcals, fat 81g, saturates 50g, carbs 58g, sugars 58g, fibre none, protein 2g, salt 0.1g

**PER PALMIER** 101 kcals, fat 6g, saturates 3g, carbs 10g, sugars 3g, fibre none, protein 1g, salt 0.2g

## Rocky road cheesecake pud

■ Serves 10 ■ Prep 45 mins plus at least 24 hrs chilling ■ Cook 5 mins

**2 x 200g shop-bought marble loaf or chocolate loaf cakes**  
**225ml double cream**  
**150g dark chocolate, finely chopped**  
**2 tbsp golden syrup**  
**50g white chocolate**  
**edible glitter, sprinkles and sparkles, to decorate (optional)**  
**FOR THE CHEESECAKE FILLING**  
**560g full-fat cream cheese**  
**200ml double cream**  
**75g icing sugar**  
**2 tsp vanilla bean paste or extract**  
**½ orange, zested**  
**FOR THE ROCKY ROAD**  
**150g dark chocolate, broken up**  
**75g butter**  
**1 tbsp golden syrup**  
**75g digestive biscuits**  
**25g pretzel pieces**  
**50g mini marshmallows**

**1** Line a 2-litre pudding bowl with cling film, leaving some overhanging to cover later. Thinly slice the cakes lengthways (8-9 slices per cake) and use to line the base and sides of the bowl, making sure there are no gaps.  
**2** Mix the ingredients for the filling with an electric hand whisk until thick and smooth. Fill the lined bowl with it. Set aside.  
**3** Melt the chocolate pieces for the rocky road in a heatproof bowl over a pan of barely simmering water with the butter and golden syrup. Stir until smooth and glossy.  
**4** Crush the biscuits to a rubble in a food bag with a rolling pin, creating some crumbs and some bigger pieces. Tip into the chocolate mix with the pretzels and marshmallows. Mix until everything is coated in chocolate. Spoon over the pudding, covering the surface. Wrap the bowl in cling film and put a plate on top with a can to weigh it down. Chill for at least 24 hrs, or up to three days.  
**5** Decorate the cheesecake on the day you want to serve it. Heat the cream, chocolate and golden syrup in a pan over a low-medium heat until the chocolate has melted and you have a pourable mixture – don't let it boil. Unwrap the cheesecake and turn out onto a wire rack with a tray underneath. Pour over the chocolate glaze to cover the entire cake. Transfer the pudding to a plate. Chill until the glaze has set (about 10 mins).  
**6** Meanwhile, melt the white chocolate in shorts bursts in the microwave. Drizzle it over the top of the cake, then decorate with edible glitter, sprinkles and sparkles.  
**PER SERVING** 710 kcals, fat 53g, saturates 31g, carbs 50g, sugars 34g, fibre 3g, protein 7g, salt 1g

**A  
sparkling  
chocolate  
dessert**





**Don't eat them all! Wrap up some of these biscuits to give as gifts**

# MADE WITH LOVE

Add to the magic of Christmas by having a weekend baking session with the kids. Friends and grandparents are sure to enjoy the biscuits and truffles, while the Christmas cake makes a fun and festive addition to a teatime table





Snowman biscuits, p58



## Christmas truffles

Put these homemade truffles in a pretty box if you want to give them as a gift.

- Makes 35
- Prep 30 mins plus 7 hrs chilling
- Cook 5 mins

**VEGETARIAN** **FREEZABLE**

**150g dark chocolate, chopped**  
**150g milk chocolate, chopped**  
**150ml double cream**  
**50g unsalted butter**  
**cocoa powder, sprinkles, lustre powder, icing sugar, chopped nuts, for coating**  
**flavourless oil (such as sunflower), for shaping**

## Snowman biscuits

These festive treats are easy for little hands to help decorate. You can bake and freeze the biscuits ahead, then bring them out for a winter's day decorating activity.

- Makes 20 ■ Prep 1 hr plus at least 2 hrs chilling and setting
- Cook 14 mins per batch **VEGETARIAN** **FREEZABLE** *un-iced only*

**125g butter, softened**  
**125g golden caster sugar**  
**1 egg, beaten**  
**1 tsp vanilla extract**  
**250g plain flour, plus extra for dusting**  
**FOR THE DECORATION**  
**400g white fondant icing**  
**icing sugar, for dusting**  
**tube white writing icing, for sticking**  
**500g pack red, green, yellow, black and blue ready-to-roll fondant icing**  
**tube black writing icing**

**1** Heat the oven to 190C/170C fan/gas 5. Cream the butter and sugar until pale and fluffy, then beat in the egg and vanilla. Stir in the flour and mix to a fairly soft dough. Tip onto a lightly floured surface and knead gently. Cover and chill for at least 2 hrs.  
**2** On a lightly floured surface, roll out the dough to a thickness of around 5mm. Use a cookie cutter or water glass to cut out 7cm rounds. Re-roll the trimmings and repeat.

**3** Transfer the biscuits to two lined baking trays and bake for 8-14 mins until the edges turn lightly golden in colour. Leave to cool.  
**4** To decorate: roll out the white fondant on a surface dusted with icing sugar. Stamp out 7cm circles, then use the white writing icing to stick a fondant round on each biscuit. To make hats, roll out the red, blue, green and yellow icings (or knead some red and yellow icing together to make orange, then roll out). Stamp out 7cm circles of icing and cut in half and stick on with white icing. Cut strips of icing and make some markings to look like the brim of a hat and stick on, mixing and matching the colours. Repeat with all the biscuits. Decorate the hats with icing blobs for bobbles and stripes and make pom poms from icing balls. Make noses and eyes from balls of orange and black icing. Use black writing icing to pipe on smiles. Leave to set. *Keeps for up to five days in an airtight container.*  
**PER BISCUIT** 157 kcals, fat 6g, saturates 3g, carbs 24g, sugars 15g, fibre 1g, protein 2g, salt 0.1g



**1** Put the dark and milk chocolate in a bowl, then put the cream and butter in a pan and bring to a simmer. Pour the hot cream over the chocolate and stir until it melts. Leave to cool, then chill in the fridge for 7 hrs.

**2** Put the coatings into separate bowls. To shape the truffles, lightly rub your hands with oil and roll the mixture between your palms.

**3** Gently roll the truffles in the bowl of your choice until evenly coated, then put in a box and chill. *Store in the fridge in an airtight container for three days, or freeze for up to a month. Defrost in the fridge overnight.*

**PER TRUFFLE** 80 kcals, fat 7g, saturates 4g, carbs 4g, sugars 3g, fibre 1g, protein 1g, salt none



## ★ Funfetti biscuits ★

■ Makes 32 round biscuits or about 120 square bites ■ Prep 30 mins plus chilling and cooling ■ Cook 10-20 mins per batch **VEGETARIAN**

**200g butter, softened**  
**1 tsp vanilla extract**  
**85g golden caster sugar**  
**80g ground rice**  
**225g plain flour**  
**6 tbsp funfetti or sprinkles**

**1** Put the butter, vanilla and sugar in a large mixing bowl and stir with a wooden spoon until smooth. Add the ground rice, then stir in the flour and sprinkles. If the mixture starts to get dry, use your hands to bring everything together and make a smooth dough.

**2** You can now choose between two different types of biscuit. If you want to make round ones, divide the dough in two. Lay out a piece of parchment or foil and shape the first lump of

dough into a log, about 4-5cm across. Roll it up and chill for at least 30 mins. Repeat with the second lump of dough. If you want to make mini biscuits, roll out the dough on the parchment in a single layer about 5mm thick. Wrap and chill as above.  
**3** Heat oven to 180C/160C fan/gas 4. Either slice the logs into rounds about 5mm thick, or cut the slab into small squares, about 3cm each side. Bake in batches on lined baking sheets for 20 mins for the large biscuits or 10 mins for small ones, until lightly golden. Leave to cool for 5 mins on the baking sheets, then slide onto racks to cool completely.

**PER SERVING** (32) 107 kcals, fat 6g, saturates 4g, carbs 12g, sugars 5g, fibre 0.3g, protein 1g, salt 0.1g

## Snowy chocolate crackle biscuits

Rolling balls of dough in icing sugar gives these biscuits their distinctive 'crackle' effect.

- Makes 45-50 ■ Prep 30 mins plus 1 hr chilling
- Cook 15 mins per batch **VEGETARIAN**

**200g dark chocolate, chopped**  
**125g unsalted butter, softened**  
**300g soft light brown sugar**  
**2 eggs**  
**150g plain flour**  
**60g cocoa powder**  
**2 tsp baking powder**  
**2-3 tbsp milk**  
**100g icing sugar**

- 1** Melt the chocolate in a bowl set over a pan of barely simmering water, or in a microwave in short bursts. Set aside to cool.
- 2** Beat the butter and sugar using an electric whisk, then beat in the eggs, flour, cocoa powder, baking powder and chocolate. Pour

in the milk to make a soft dough, but don't overmix it. Cover and chill for 1 hr.

- 3** Heat the oven to 180C/160C fan/gas 4. Line two or three baking sheets with parchment. Put the icing sugar in a bowl. Scoop heaped tablespoons of dough and roll each ball in your hands before dropping it into the icing and rolling around. Put on baking sheets and repeat, spacing them apart.
- 4** Bake in batches for 12-15 mins until the biscuits feel firm. The biscuits will puff up and crack. Cool on the trays, then transfer to wire racks to cool completely. *Will keep for up to a week in an airtight container.*

**PER BISCUIT** (50) 92 kcals, fat 4g, saturates 2g, carbs 12g, sugars 9g, fibre 1g, protein 1g, salt none

## Neapolitan bourbons

Fill and dust these biscuits just before you want to eat them.

- Makes 25 ■ Prep 40 mins plus freezing
- Cook 10 mins per batch **VEGETARIAN**

**125g soft unsalted butter**  
**125g golden caster sugar, plus extra for sprinkling**  
**2 tbsp golden syrup**  
**1 large egg, lightly beaten**  
**250g plain flour, plus extra for dusting**  
**50g cocoa powder**  
**1 tsp baking powder**  
**milk (optional)**  
**FOR THE FILLING**  
**150g unsalted butter, softened**  
**360g icing sugar, sifted**  
**4 tbsp cocoa powder**  
**pink food colouring**

- 1** Beat the butter and sugar together until creamy, then mix in the rest of the ingredients. Add a splash of milk if the mixture looks a bit dry – it should come together as a dough.
  - 2** Line three baking sheets, dust lightly with flour, then roll and pat a third of the dough out to the thickness of a £1 coin on each. Cover and freeze for 15 mins.
  - 3** Heat oven to 180C/160C fan/gas 4. Slide the dough off the trays and put a new piece of parchment on each. Trim the edges of the dough to straighten, then cut into rectangles, roughly 6 x 3cm. Lift each one carefully onto the tray, leaving some space between them as they'll expand. Bourbons usually have a pricked pattern, so use a cocktail stick to do this if you want (not too many or they'll break up). Put the dough back in the freezer if it gets too soft.
  - 4** Bake for 8-10 mins, then cool on the sheet as the biscuits will be soft when hot. Sprinkle over some extra sugar. *Will keep for a week in an airtight container.*
  - 5** Meanwhile, make the filling. Beat the butter and icing sugar together, then divide the mixture into three. Add the cocoa to one lot, a dot of pink colour to another, and leave the last one plain (add a little more icing sugar if you need to). Spoon each into a piping bag.
  - 6** When the biscuits are completely cool, pipe the icings onto half, then sandwich with the other halves. Leave to set.
- PER BISCUIT** 221 kcals, fat 10g, saturates 6g, carbs 29g, sugars 21g, fibre 1g, protein 2g, salt none









## Gingerbread stained glass biscuits

■ Makes 30 ■ Prep 40 mins

■ Cook 5-6 mins per batch

**VEGETARIAN** **FREEZABLE** dough only

**175g dark brown soft sugar**

**85g golden syrup**

**100g unsalted butter**

**2-3 tsp ground ginger**

**350g plain flour, plus extra for dusting**

**1 tsp bicarbonate of soda**

**1 large egg, lightly beaten**

**clear fruit-flavoured boiled sweets (don't use anything with a soft centre)**

**white icing, to decorate (optional)**

### YOU WILL NEED

**snowflake or snow cutters**

**1** Heat the sugar, golden syrup and butter in a pan until melted. Mix the ginger and flour in a large bowl and make a well in the centre. Add the bicarbonate of soda to the melted mixture and stir – it will fizz a little – then pour into the flour mixture with the egg. Stir to combine. The mix will be soft but will firm up as it cools.

**2** Scoop the mixture into a box or fridge bag and chill for at least 1 hr until firm enough to roll out. *The dough can be kept in the fridge for up to a week or frozen for three months.*

**3** Heat oven to 190C/170C fan/gas 5. Turn the dough out onto a lightly floured surface and cut in half. Briefly knead the first piece, then roll it on a lightly floured surface to 2mm thick. Cut into shapes about 12cm across with snowflake or star cutters, then transfer to baking sheets lined with baking parchment, leaving a little room for them to spread. Cut a window out of each biscuit using another cutter about 6cm across, then add a sweet to the centre. If the sweets are large, chop them up first – you'll have to judge by the size of the hole. (Don't be tempted to add too much or it will spill over the edge.) If you plan to hang the biscuits, make a small hole in the top of each one using the end of a piping nozzle (the hole will close up a little so make sure it's big enough). Repeat with the remaining dough.

**4** Bake in batches for 5-6 mins or until they darken slightly and the sweets have melted. If the holes have closed up, remake them while the biscuits are warm. Leave to cool and harden up completely before moving them. Don't forget to bake the parts you've cut out, too! Once cool, you can decorate with patterns of piped white icing, if you like.

**PER BISCUIT** 113 kcals, fat 3g, saturates 2g, carbs 20g, sugars 11g, fibre 1g, protein 2g, salt 0.1g

## ★ Malted milk melting snowman cake

Everyone loves a white Christmas and this snowman cake conjures up that festive feeling. Kids can help decorate with buttons, icing and chocolate sticks.

■ Serves 25-30 ■ Prep 1 hr plus chilling ■ Cook 1 hr 25 mins **VEGETARIAN** **FREEZABLE** sponges only

### FOR THE SPONGES

**500g unsalted butter, softened, plus extra for the tins**

**500g golden caster sugar**

**10 eggs**

**200g plain flour**

**200g full-fat natural yogurt**

**460g self-raising flour**

**4 tbsp malt extract (or 2 tbsp vanilla paste)**

**1 tbsp full-fat milk (or 2 tbsp if using vanilla paste)**

### FOR THE BUTTERCREAM

**400g unsalted butter, softened**

**700g icing sugar**

**2 tbsp malt extract (or 1 tbsp vanilla paste)**

**1 tbsp full-fat milk**

### FOR THE DRIPPY GANACHE

**100g white chocolate**

**½ tsp vegetable oil**

### TO DECORATE

**30g black fondant icing**

**30g bright orange fondant icing**

**1 wooden dowel, cut the same length as the nose**

**2-3 giant chocolate buttons**

**2 long white chocolate sticks, for the arms**

### YOU WILL NEED

**2 x 20cm cake tins**

**16cm hemisphere cake tin (available from [lakeland.co.uk](http://lakeland.co.uk))**

**23cm cake board**

**16cm cake board**

**squeezy bottle**

**1** Heat the oven to 160C/140C fan/gas 3. Butter two 20cm round cake tins and line with baking parchment. Heavily butter a 16cm hemisphere cake tin and stand on a ramekin on a baking sheet to hold it steady.

**2** First, make the sponges. Using electric beaters or a mixer, beat the butter and sugar together until pale and fluffy. Pour the eggs in, one at a time, giving the mix a thorough beating before adding the next. If the mix starts to look curdled, add 2 tbsp of the plain flour. Beat in the yogurt.

**3** Mix both the flours together, adding ½ tsp salt, and slowly beat into the batter, followed by the malt extract (or vanilla paste) and milk. Spoon half the mixture into one of the 20cm tins, and split the remaining half between the other 20cm tin and the 16cm hemisphere tin. Bake the smaller amount of cake batter and the hemisphere tin for 1 hr, and the larger amount of batter for 1 hr 20 mins or until a skewer comes out clean when inserted into the middle of the cakes. Cool in the tin for 10 mins before turning out onto a wire rack to cool completely. *Can be frozen at this stage for up to three months.*

**4** Meanwhile, make the buttercream by beating all the butter and half the icing sugar together using an electric whisk or mixer. Stir in the rest of the icing sugar once incorporated, followed by the malt extract (or vanilla paste) and milk. Set aside until ready to use.

**5** To assemble, halve the largest 20cm cake horizontally into two equal-sized sponges the same size as the remaining 20cm cake. Put a blob of buttercream onto a 23cm cake board (or cake stand) and spread using a palette knife. Stick one of the sponges to the board. Spread a thick layer of buttercream on top of the cake and sandwich another sponge on top. Spread over another thick layer and sit the final sponge on top. Using a palette knife, coat the entire cake in a thin layer of buttercream and smooth the sides and top carefully, working around the whole cake, scraping off any excess icing. Chill in the freezer for 10 mins or in the fridge for 1 hr until set.

**6** Meanwhile, put the hemisphere sponge on the smaller cake board and halve horizontally. Fill the middle with some buttercream, sandwich with the top and coat the entire cake in a thin layer of buttercream. Chill in the freezer for 5 mins or in the fridge for 30 mins.

**7** Take the larger cake out of the fridge/freezer and coat in another layer of buttercream. Take care when covering this time, as you want a smooth finish to the cake. Running the palette knife under hot water helps smooth over the sides once it is coated completely. Chill for 5 mins in the freezer.

**8** Cover the hemisphere sponge with buttercream and smooth with the palette knife. Lift the hemisphere onto the centre of the cake. Press down lightly to set on the buttercream. If there is a gap around the rim, use a small palette knife to fill in with any remaining buttercream. Chill for 10-15 mins.

**9** Meanwhile, make the eyes and nose using fondant icing. Roll the black fondant icing into two balls for the eyes, and five smaller balls for the mouth. Roll the orange fondant into a carrot shape. Leave to set and harden slightly.

**10** Meanwhile, make the drippy ganache by mixing the chocolate and oil and microwaving for 30 secs, stirring and then giving it another 30 secs until melted. Transfer to a squeezy bottle, then pour down the edges of the round cake to create the melting snow effect.

**11** To finish, stick the eyes to the head using a little remaining buttercream. Poke the wooden dowel into the carrot nose, leaving some poking out to stick it to the face. Stick the five small black fondant balls for the mouth and the chocolate buttons down the front of the cake for buttons. Insert the chocolate sticks on either side for the arms. Bring the cake to room temperature before serving.

**PER SERVING** (30) 525 kcals, fat 28g, saturates 17g, carbs 63g, sugars 45g, fibre 1g, protein 5g, salt 0.4g

***Make  
our cover  
recipe***



**USE IT UP**

# 10 WAYS *to love your...* LEFTOVERS

Bought too much festive food?  
Try these quick ways to  
use them up

## USE UP TURKEY

### Easy turkey bánh mì (pictured)

■ Shred cooked **turkey**, grate over some **carrots** and shred any leftover **red cabbage**, then toss together with **chopped red chilli**, **mint**, **ginger**, a splash of **white wine vinegar** and a **pinch of sugar**. Spread **small baguettes** with **mayonnaise** and stuff with the turkey mixture.

## USE UP BLUE CHEESE

### Piquant salad dressing

■ Whisk together **3 tbsp white wine vinegar**, **50ml olive oil** and **1 tsp wholegrain mustard**. Mix in **25g crumbled blue cheese**, season and pour over salad.

## USE UP CRANBERRY SAUCE

### Cranberry grilled chicken

■ Grill **1 chicken breast** for 5-8 mins until golden. Turn over, then top with **1 tbsp cranberry sauce** and **1 slice goat's cheese**. Grill until the chicken is cooked through.

## USE UP NUTS

### Nutty breakfast muesli

■ Shell and roughly chop a **small handful nuts** and mix with a **handful of porridge oats**, **1 grated apple** and **some dried cranberries**. Serve with **yogurt** and a **spoonful honey** on top.





**Transform  
your turkey  
leftovers in this  
Vietnamese  
lunch**

**USE UP HAM**  
**Easy carbonara**

■ Cook around **200g spaghetti** according to pack instructions. Meanwhile, chop **4 slices ham** into small cubes and combine with **50g grated parmesan**, **100ml double cream** and **2 egg yolks**. Season and mix well. When cooked, drain the pasta, return to the saucepan and stir in the sauce. Sprinkle with extra parmesan to serve. Serves 2.

**USE UP SMOKED SALMON**  
**Hot smoked salmon pasta**

■ Cook **100g pasta** according to pack instructions, drain, then stir in a good squeeze **lemon juice** and **50ml double cream**, then season well. Toss through **smoked salmon slices** and a **handful of rocket** for a speedy supper for one.

**USE UP DATES**  
**Date & apple bake**

■ Core **4 eating apples**. Combine **4 tbsp chopped dates** and **4 tbsp flaked almonds** with some **honey** and a **good pinch of cinnamon**. Stuff the date mix into the cored apples, then microwave on high in a deep dish for 7-8 mins or until the apples are soft. Top with **custard** for a speedy warming pud.

**USE UP BOOZE**  
**Special hot chocolate**

■ Bring **800ml milk** to the boil, then remove from the heat and stir in **100g chopped white chocolate** until completely melted. Add a **good glug of Baileys** or your favourite alcohol, pour into four large mugs, then top with **dark chocolate shavings**.

**USE UP CLEMENTINES**  
**Simple citrus trifle**

■ Layer **100g madeira sponge** in four glasses. Roughly chop the segments of **3 clementines** and mix with **4 tbsp orange juice** and **1 tbsp Cointreau**. Spoon over the sponge, then top with a **250g tub mascarpone** sweetened with **3 tbsp icing sugar** and **1 tbsp orange juice**. Chill until ready to eat.

**USE UP MINCEMEAT**  
**Festive croissants**

■ Split open **croissants** and spread with a **good spoonful of mincemeat** and **some crumbled marzipan**. Sandwich together, then bake in a medium oven for 5 mins or until piping hot. Enjoy for breakfast or make with mini croissants for dessert with **ice cream**.

# BBC TV CHEFS

Let our top chefs inspire you to cook something different this festive season

## Tom Kerridge's Goan prawn, potato & coconut curry



*This curry base also works with chunks of meaty white fish, such as monkfish or hake, or you can add mussels to it 5 mins before the end of cooking (just don't freeze if it contains mussels).*

■ Serves 6 ■ Prep 25 mins ■ Cook 1 hr **FREEZABLE**

**125g coconut oil**  
**2 onions, chopped**  
**5 dried red chillies (Scotch bonnet work well)**  
**thumb-sized piece ginger, grated**  
**4 garlic cloves, grated**  
**6 dried curry leaves**  
**½ tsp mustard seeds**  
**30g tomato purée**  
**½ tsp hot chilli powder**  
**½ tsp turmeric**  
**2 x 400g cans coconut milk**  
**300g cauliflower, broken into small florets**  
**1 large potato, peeled and cut into 2cm chunks**  
**600g raw peeled prawns**

### TO SERVE

**bunch spring onions, finely chopped**  
**bunch coriander, chopped**  
**100g salted peanuts, chopped**  
**lime wedges, to serve**

**1** Heat the coconut oil in a flameproof casserole dish or wok over a medium heat and add the onions, dried chillies, ginger, garlic, curry leaves and mustard seeds, fry for 12-15 mins until the onion is soft, then stir in the tomato purée, chilli and turmeric and continue to cook for 1-2 mins more. Pour in the coconut milk and 200ml water, simmer the sauce for 20 mins, then blitz in a blender or with a hand blender until smooth.  
**2** Pour the sauce back into the casserole dish and bring up to a simmer. Stir in the cauliflower and potato, cover and simmer for 15 mins. Add the prawns and poach for 2 mins, or until they turn pink. *If freezing, cool and freeze, then defrost and reheat when you're ready to eat.* To serve, scatter the spring onions, coriander and peanuts over the curry and squeeze over a little lime juice.  
**PER SERVING** 583 kcals, fat 44g, saturates 38g, carbs 20g, sugars 10g, fibre 4g, protein 23g, salt 0.6g

BEST OF **BBC**

**Tom Kerridge** is a BBC regular with his own series *Lose Weight for Good*, *Top of the Shop* and *Fresh Start*.

“I love curry. I don't care if it's Thai, Indian or chip shop curry sauce (though to be fair, that's my favourite), the warmth of spices cooked with big flavours like ginger and garlic is addictive. Another thing I love about them is that most actually get better if they're made ahead and they freeze beautifully. Perfect for when you're on hosting duties”

**Tom  
Kerridge's  
Christmas  
curries**



## Tom Kerridge's chip shop curry sauce

*Could there be anything finer to dredge Christmas leftovers in than a punchy, homemade, better-than-shop-bought chip shop curry sauce? Plus, it's also brilliant served as a katsu sauce.*

■ Serves 6-8 ■ Prep 20 mins ■ Cook 1 hr

VEGETARIAN FREEZABLE

**50g butter**

**2 large onions, sliced**

**4 garlic cloves, sliced**

**thumb-sized piece ginger, sliced**

**3 tbsp mild curry powder**

**1 tsp turmeric**

**50g raisins**

**3 tbsp malt vinegar**

**1 star anise**

**500ml chicken stock or vegetable stock for vegetarians**

**2 tbsp cornflour**

**lemon juice, to taste**

**1** Heat the butter in a large pan over a medium-low heat and tip in the onions, garlic and ginger and fry for 12-15 mins until soft but not coloured. Stir in the curry powder, turmeric, raisins, vinegar and star anise, and fry for 1 min more, then pour in the stock, bring to the boil and simmer very gently for 30 mins, stirring so it doesn't catch on the pan.

**2** Lift out the star anise, mix the cornflour with 2 tbsp water and stir into the sauce. Simmer for 5 mins, stirring constantly until you have a thickened silky sauce. Pour into a blender and blitz until smooth, or use a hand blender. Squeeze in lemon juice to taste. Use this sauce to make a curry for your Christmas leftovers whether it's sprouts, turkey, or simple roast potatoes. *If freezing the sauce, leave to cool, pour into a container and freeze, then defrost and reheat when you're ready to eat.*

**PER SERVING** (8) 124 kcals, fat 6g, saturates 3g, carbs 13g, sugars 8g, fibre 3g, protein 3g, salt 0.3g

*Tip* Ladle the curries into containers, leave to cool, then pop on the lids, label, date, and freeze. When you're ready to defrost, take out of the freezer two days before you need it and thaw out in the fridge.





## James Martin's Christmas pudding

*My Christmas pudding is rich, dark and spicy. I always make enough mixture for two puddings, one for Christmas Day and the other to give as a gift, or to eat another time.*

*My Christmas pudding is rich, dark and spicy. I always make enough mixture for two puddings, one for Christmas Day and the other to give as a gift, or to eat another time.*

- Makes 2 x 1.2-litre puddings; each pudding serves 6
- Prep 20 mins plus overnight soaking ■ Cook 6 hrs

<b>500g mixed dried fruit</b>	<b>2 eating apples, grated</b>
<b>100g stoned dates or prunes, chopped</b>	<b>100g dark muscovado sugar</b>
<b>100g stem ginger, drained and chopped, plus 2 tbsp syrup</b>	<b>5 tbsp black treacle</b>
<b>2 oranges, zested and juiced</b>	<b>100g self-raising flour</b>
<b>225ml stout butter, for the basins</b>	<b>85g soft white breadcrumbs</b>
<b>50g whole almonds, chopped</b>	<b>100g ground almonds</b>
<b>200g vegetable or beef suet</b>	<b>1 tbsp mixed spice</b>
	<b>1 tsp ground ginger</b>
	<b>½ tsp ground cloves</b>
	<b>3 large eggs</b>
	<b>brandy, to serve (optional)</b>

**1** Mix together the dried fruit, ginger, orange zest and juice, and stout in a bowl. Cover and leave to soak overnight.

**2** Butter two 1.2-litre pudding basins. To prepare your steamers, put a upturned plate in the base of two large, deep saucepans, big enough to hold your pudding basins. Add the remaining ingredients (except the brandy) to the fruit mixture and stir well, making sure there are no pockets of flour. Divide between the prepared basins and cover with buttered baking parchment and a foil lid. Tie with string to secure and make a handle for easy lifting.

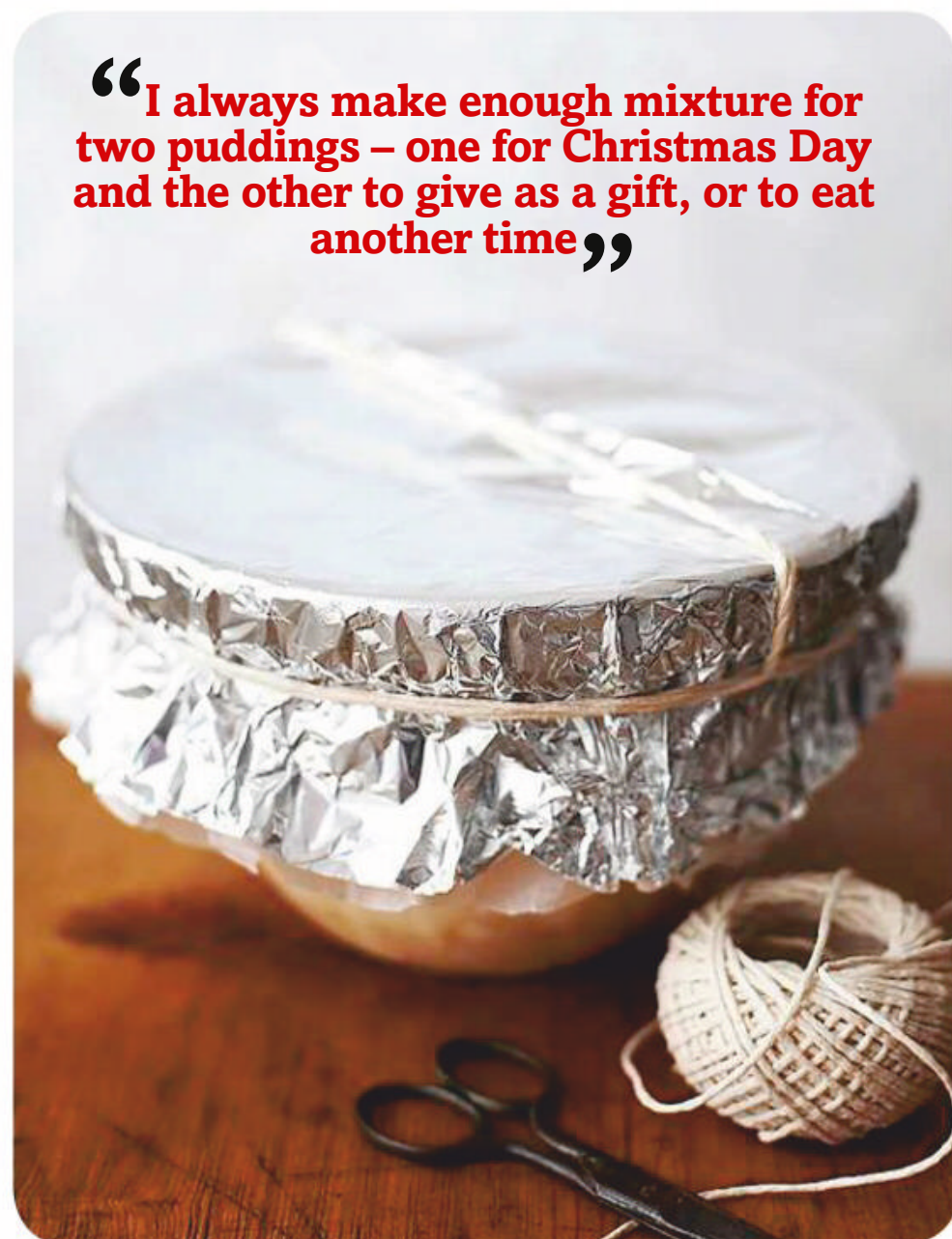
**3** Stand the puddings on the upturned bowls or plates in your saucepans. Pour in enough boiling water to come halfway up the sides of the basins, cover with a tight-fitting lid and steam for 6 hrs, topping up with water if needed. *Once cooked, the puddings can mature for up to a year in a cool dark place, so if you only eat one this year, that's fine.*

**4** To serve, reheat in a steamer for 1 hr until the pudding is piping hot throughout. Flame with brandy as you bring to the table, if you like.

**PER SERVING** 527 kcal, fat 23g, saturates 9g, carbs 70g, sugars 58g, fibre 3g, protein 7g, salt 0.4g




**“I always make enough mixture for two puddings – one for Christmas Day and the other to give as a gift, or to eat another time”**



## BEST OF BBC

Chef, author and TV presenter **James Martin** has fronted a number of BBC lifestyle and cookery shows, and regularly appears on *Saturday Kitchen Best Bites*.



**Put the ducks on platters to carve at the table. Serve with the veg and rice in bowls.**



## John Torode's Chinese roast duck

*Ring the Christmas changes by serving up this roast duck with classic Chinese sides. The flavours all marry together perfectly and the duck makes an impressive alternative festive centrepiece.*

■ Serves 4 with leftovers ■ Prep 20 mins plus marinating ■ Cook 1½ hrs

### 2 ducks

140g caster sugar

6 star anise seeds

large piece ginger, sliced

small bunch spring onions, roughly chopped

2 tbsp malt syrup or maltose (available in most Chinese supermarkets)

3 tbsp red wine vinegar

**1** The day before, soak four wooden skewers in water for 20 mins. Wash the ducks inside and out, drain and pat dry with kitchen paper. Mix together the sugar, star anise, ginger, spring onions and a few good pinches of salt, then use this to fill the cavities. Close the cavities with wooden skewers and set aside.

**2** In a small bowl, mix the malt syrup or maltose and 2 tbsp of the vinegar. Add the remaining vinegar to a jug of boiling water and pour over the ducks. (The boiling water opens up the pores, while the vinegar helps to strip some of the waxiness from the skin, so it will be more receptive to the maltose, which adds sweetness and a lacquered caramel colour.) Smear the maltose mixture over the ducks, then place them in a large plastic container and put in the fridge overnight, uncovered.

**3** To cook, heat oven to 220C/200C fan/gas 7. (Fan ovens are particularly effective for roasting duck.) Put a little water in the bottom of a large roasting tin, place the ducks on a rack over the top and cover with foil. Roast for about 45 mins. Take off the foil and roast for another 45 mins – the duck must be well done, there is no such thing as a rare Chinese roast duck! Take the duck out of the oven and let it rest for a good 20 mins before carving.

**PER SERVING** 1,387 kcals, fat 109g, saturates 30g, carbs 46g, sugars 45g, fibre none, protein 58g, salt 0.7g

## Bok choy with oyster sauce & chilli

■ Serves 4 ■ Prep 10 mins ■ Cook 10 mins

**VEGETARIAN**

2 tbsp vegetable oil

2 garlic cloves, minced

6 heads bok choy, split in half lengthways, or 16 baby bok choy

3 tbsp oyster sauce

1 tbsp light soy sauce

1 long red chilli, deseeded and finely sliced

Heat the oil in a wok, add the garlic and fry for 2 mins. Tip in the bok choy and stir well over the heat for 4 mins until it wilts. Pour in the oyster sauce, soy sauce and 50ml water. Simmer for a further 3 mins, then scatter over the chilli to serve.

**PER SERVING** 81 kcals, fat 6g, saturates 1g, carbs 5g, sugars 3g, fibre 1g, protein 3g, salt 2.1g

## Fried rice with egg & ginger

■ Serves 4 ■ Prep 15 mins

■ Cook 15 mins

3 tbsp sunflower oil

100g ginger, finely sliced

50g garlic, finely sliced

100g small peeled cooked prawns

bunch spring onions, whites and greens separated and sliced

3 eggs, beaten

600g cooked rice (300g uncooked)

50ml rice wine or dry sherry

50ml light soy sauce

**1** Heat the oil in a wok. Add the ginger and garlic, then stir-fry briefly until just coloured. Add the cooked prawns and the whites of the spring onions, and cook for a further 3 mins. Pour in the beaten egg, let it set for a couple of secs, then break it up and stir well to scramble.

**2** Add the cooked rice and stir-fry everything together for 10 mins. Add the rest of the spring onions, rice wine or sherry and the soy sauce, then toss everything together well until piping hot throughout. Serve immediately.

**PER SERVING** 462 kcals, fat 14g, saturates 3g, carbs 66g, sugars 3g, fibre 2g, protein 19g, salt 2.9g

**BEST OF BBC**

John Torode has been a judge on BBC One's *MasterChef*, alongside Gregg Wallace, since 2005.



## GREGG'S TABLE FOR TWO

Whether you're having this on Christmas Day or spending a cosy night in as a couple, you'll love Gregg Wallace's special, fuss-free menu

### MENU FOR TWO



*Potted crab*



*Roasted chicken breasts with wild mushroom ragout*



*Gregg's old-fashioned trifle*

### Potted crab

- Serves 2
- Prep 10 mins plus chilling
- Cook 5 mins

- 100g butter**
- ½ lemon, zested**
- ½ tsp lemon juice**
- generous dash of hot sauce**
- pinch each of ground mace and freshly grated nutmeg**
- ½ tsp cayenne pepper**
- 100g dark crabmeat**
- 100g white crabmeat**
- toast, to serve**

**1** Melt the butter over a gentle heat, then add the lemon zest and juice, hot sauce, spices, and salt and pepper. Simmer gently for 2 mins, then stir in the crabmeat and cook over a low heat for 1 min more.

**2** Spoon the mixture into two small ramekins and leave to cool, then cover and chill for at least 2 hrs, until it firms up. Remove from the fridge 30 mins before serving with some toast.

**PER SERVING** 508 kcals, fat 47g, saturates 27g, carbs 1g, sugars none, fibre none, protein 20g, salt 1.7g

### GET AHEAD >

#### A few days ahead

The crab can be made a few days in advance and stored in the fridge.



BEST OF **BBC**

Long-time *MasterChef* judge and *Inside the Factory* presenter, **Gregg Wallace** is also an author of several books.





## Roasted chicken breasts with wild mushroom ragout

After the funky food combinations from the MasterChef contestants, I like to cook simple food like this chicken recipe, but still with a special touch from the wild mushrooms. As this dish relies on the ingredients, I'd advise you to get the best-quality chicken breasts you can.

- Serves 2 ■ Prep 20 mins
- Cook 35 mins **FREEZABLE** ragout only

**1 tbsp vegetable oil**  
**2 skin-on chicken breasts (try to buy supremes with the wing bone attached)**

### FOR THE RAGOUT

**25g dried porcini mushrooms**  
**1 tbsp vegetable oil**  
**2 rashers smoked bacon, chopped into small chunks**  
**½ onion, chopped**  
**½ tbsp thyme, chopped**  
**2 tbsp flour**  
**2 tbsp white wine**  
**200ml chicken stock**  
**100ml milk**  
**50ml double cream**

**1** For the ragout, soak the mushrooms in 500ml boiling water for 5 mins, then drain, reserving 100ml of the mushroom liquid. Heat the oil in a frying pan, fry the bacon until golden, then add the onion, mushrooms and 100ml liquor and thyme, and cook until the onion starts to colour. Add the flour and cook for 1 min more, stirring continuously. Remove the pan from the heat, add the wine, then slowly add the stock, followed by the milk and double cream, stirring continuously. Bring to the boil, then simmer for 10 mins until you have a thick and velvety sauce. *The sauce can be prepared up to a day ahead and reheated.*

**2** Heat oven to 220C/200C fan/gas 7. Heat the oil in an ovenproof pan over a medium-high heat, season the chicken and cook, skin-side down, to crisp up for 5 mins. Turn over and transfer to the oven. Roast for a 8-10 mins or until cooked through, then rest for a few mins. Serve the chicken with the mushroom ragout.

**PER SERVING** 608 kcals, fat 35g, saturates 14g, carbs 19g, sugars 6g, fibre 5g, protein 55g, salt 1.2g

### GET AHEAD >

#### Cook in the morning

The mushroom ragout can be cooked in the morning, then heated up when ready to cook the chicken.



## Gregg's old-fashioned trifle

*Yes, I know this is a menu for two and that this trifle serves six, but as everyone knows, I love my puddings! The rest of the trifle will keep in the fridge for three days.*

■ Serves 6 ■ Prep 20 mins plus chilling ■ Cook 5 mins **VEGETARIAN**

**170g Swiss roll, cut into 1cm slices**  
**50ml sweet sherry**  
**200g frozen berries, defrosted**  
**1 pack raspberry jelly**  
**2 tbsp custard powder**  
**2 tbsp caster sugar**  
**425ml milk**  
**300ml double cream**  
**25g toasted flaked almonds**

**1** Use the Swiss roll slices to cover the bottom of your trifle bowl. Spoon over the sherry and leave to soak for a few mins.  
**2** Arrange the fruit on top of the Swiss roll slices. Make up the jelly following pack instructions, then pour over the Swiss roll until it just covers the fruit. Leave to set.  
**3** Mix the custard powder and sugar with 2 tbsp of the milk to make a paste. Make up to 425ml with the rest of the milk, then microwave for 5 mins, stirring halfway through. Leave to cool, then pour onto the set jelly. Cover the custard and chill until the it sets. Whip the cream and spread it over the trifle, then top with the flaked almonds.


**PER SERVING** 497 kcals, fat 32g, saturates 16g, carbs 45g, sugars 38g, fibre 1g, protein 8g, salt 0.3g

**It  
 wouldn't  
 be Christmas  
 without  
 a trifle!**

### **GET AHEAD >** **Cook in the morning**

The trifle can be made a few days ahead, then finished with the cream and almonds when ready to serve.

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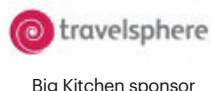


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omelette, p82

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## Chipotle sweet potato & black bean stew with cheddar dumplings

■ Serves 4 ■ Prep 10 mins  
■ Cook 1 hr **VEGETARIAN**

vegetable oil, for frying  
1 large red onion, finely sliced  
250g bag diced butternut squash and sweet potato  
400g can chopped tomatoes  
2 x 400g cans chilli black beans or chilli kidney beans  
3 tbsp chipotle chilli paste  
1 large green jalapeño, finely sliced (optional)

### FOR THE DUMPLINGS

125g self-raising flour  
60g unsalted butter, cubed  
70g mature cheddar, grated

**1** Heat a glug of oil in a flameproof casserole dish over a medium heat. Add the onion and a pinch of salt and cook for 7 mins until softened. Tip in the squash and sweet potato and fry for a few mins before adding the tomatoes, beans and 250ml water. Stir through the chipotle paste and season. Cover the dish and simmer over a low-medium heat for 25 mins or until reduced and the sweet potato is soft.  
**2** Heat the oven to 200C/180C fan/gas 6. In a bowl, mix the flour with ½ tsp salt. Add the butter and rub together with your fingers until the mixture resembles fine breadcrumbs. Stir in the cheese, then quickly mix in 4 tbsp cold water. Roll the mixture into eight balls.  
**3** Put the dumplings on top of the stew and place, uncovered, in the oven for 15-20 mins, or until the dumplings are puffed up and golden. Scatter with the sliced jalapeño to serve, if you like.  
**PER SERVING** 547 kcals, fat 23g, saturates 12g, carbs 60g, sugars 12g, fibre 15g, protein 18g, salt 1.5g



## Bombay potato omelette

■ Serves 1 ■ Prep 5 mins  
■ Cook 25 mins **VEGETARIAN**

1 tbsp vegetable oil  
½ onion, sliced  
1 large cooked potato (leftover boiled or roasted potatoes are fine), cut into chunks  
1 tsp medium curry powder  
1 tsp nigella seeds  
2 large eggs, beaten  
2 tbsp natural yogurt or raita  
good squeeze chilli sauce (optional)

**1** Heat most of the oil in a pan. Fry the onion for 10 mins until starting to caramelize, then add the potato and fry for a further 8 mins until the edges are beginning to crisp. Add the curry powder, most of the nigella seeds, some seasoning and a splash of water. Cook for 1-2 mins, then scoop the mixture onto a plate. Wipe out the pan with kitchen paper.  
**2** Increase the heat and add the remaining oil to the pan. Add the eggs, season, then use a spatula to stir a few times. Leave to cook for 30 secs. Pile the potato filling onto the omelette while the top is still a little soft, then add the yogurt or raita and a drizzle of chilli sauce, if you like. Fold the omelette over to cover the filling and cook for 1-2 mins, if you like your omelette set all the way through.  
**PER SERVING** 510 kcals, fat 26g, saturates 6g, carbs 40g, sugars 11g, fibre 5g, protein 25g, salt 0.7g

## Spiced salmon with tray-baked saag aloo

■ Serves 4 ■ Prep 10 mins  
■ Cook 55 mins

1kg floury potatoes, such as Maris Piper, peeled and cut into 2cm chunks  
olive oil, for roasting  
1 tsp turmeric  
2 tsp ground cumin  
1 tsp chilli flakes  
200g spinach  
500g salmon fillet  
2 tbsp tandoori or tikka spice paste  
100ml double cream  
lemon wedges, to serve

**1** Heat oven to 200C/180C fan/gas 6. Cook the potatoes in a large pan of boiling salted water for 6 mins. Drain in a colander and leave to steam dry for a few mins. Toss the potatoes in a roasting tin with 1 tbsp oil, the spices and plenty of seasoning. Roast for 20 mins, tossing halfway through.  
**2** Boil the kettle. Put the spinach in a colander and pour over boiling water until wilted. Use the back of a wooden spoon to squeeze out most of the water.  
**3** Rub the salmon generously with the spice paste and drizzle with oil. Stir the spinach through the potatoes and top with the salmon, skin-side down. Increase the heat to 220C/200C fan/gas 7. Return to the oven for 20-25 mins or until the salmon is just cooked. Remove the salmon to stir the cream into the potatoes, then replace the salmon and serve with lemon wedges for squeezing over.  
**PER SERVING** 610 kcals, fat 35g, saturates 12g, carbs 39g, sugars 3g, fibre 5g, protein 33g, salt 0.6g

**£1.89**  
per serving



## Pesto, cannellini bean & tuna jackets

- Serves 2 ■ Prep 2 mins
- Cook 40 mins or 7 mins

### 2 sweet potatoes

½ x 400g can cannellini beans,  
drained and rinsed

2 tbsp fresh pesto

2 tbsp cream cheese

100g canned tuna in water, drained

½ red onion, finely chopped

1 lemon, zested

25g pine nuts, toasted

small handful basil leaves, torn

**1** Heat the oven to 180C/160C fan/gas 4. Pierce the potatoes a few times, then bake for 40 mins, or until really soft (alternatively, microwave on high for 7 mins).

**2** Mix the beans, pesto, cream cheese, tuna, red onion, lemon zest and some seasoning. Split the baked potatoes and stuff with the tuna filling. Top with the pine nuts and basil leaves.

**PER SERVING** 393 kcals, fat 12g, saturates 4g, carbs 55g, sugars 23g, fibre 9g, protein 11g, salt 0.8g

**£2.40**  
per serving





**£1.58**  
per serving

## Leek, butter bean & crispy chorizo soup

■ Serves 6 ■ Prep 10 mins ■ Cook 30 mins **FREEZABLE**

**30g unsalted butter**  
**olive oil, for frying**  
**2 large leeks, sliced**  
**1 large garlic clove, crushed**  
**2 x 400g cans butter beans, drained and rinsed**  
**800ml hot chicken or vegetable stock**  
**4 tbsp crème fraîche, plus extra to serve**  
**225g chorizo, finely cubed**  
**4 rosemary sprigs, leaves picked and finely chopped**  
**crusty bread, to serve**

**1** Heat the butter and a glug of olive oil in a casserole dish over a medium heat. Add the leeks and fry for 15 mins until softened and beginning to turn golden brown. Stir

in the garlic and cook for a further 1 min.

**2** Tip the butter beans into the pan, pour over the hot stock and simmer, uncovered, for 10 mins. Blitz to a smooth consistency with a hand-held blender, then stir in the crème fraîche and season to taste. Keep warm over a low heat.

**3** Meanwhile, fry the chorizo in a small glug of olive oil in a frying pan over a medium heat for 5 mins or until oily and crispy. Stir in the rosemary, cooking for a further 1 min. Ladle the soup into bowls and top with the rosemary and chorizo mixture, as well as any oil left in the pan. Serve with some crusty bread.

**PER SERVING** 412 kcals, fat 30g, saturates 15g, carbs 13g, sugars 3g, fibre 6g, protein 19g, salt 1.7g



**£1.44**  
per serving

## Sausage, mustard & apple hash

■ Serves 2 ■ Prep 5 mins ■ Cook 25 mins

**450g white potatoes, peeled and cut into 2cm cubes**

**30g butter**

**olive oil, for frying**

**2 small Cox's apples, cored and cut into wedges**

**4 herby pork sausages, cut into chunks**

**2 tsp wholegrain mustard**

**3 thyme sprigs, leaves picked**

**watercress salad, to serve**

**1** Bring a large pan of salted water to the boil. Add the potatoes and cook for 4 mins. Drain and leave to steam dry in a colander.

**2** Meanwhile, heat half the butter and 1 tbsp olive oil in a large frying pan or shallow

casserole dish over a medium-high heat.

Add the apple wedges and fry on each side for 5 mins or until golden brown and starting to caramelise. Remove with a slotted spoon and set aside on a plate.

**3** In the same pan, heat the remaining butter and a little more oil over a medium heat and add the potatoes and sausage chunks. Fry for 10-15 mins, turning every so often until the potatoes and sausage are crisp and golden brown. Season to taste. Stir through the mustard and the apple wedges, then scatter over some thyme leaves, and serve with watercress salad.

**PER SERVING** 727 kcals, fat 48g, saturates 19g, carbs 52g, sugars 12g, fibre 8g, protein 18g, salt 1.9g

## Goat's cheese, pear & walnut tartines

■ Serves 4 ■ Prep 2 mins  
■ Cook 10 mins **VEGETARIAN**

**4 small pears**  
**1 tbsp olive oil**  
**2 tbsp honey**  
**4 slices good-quality bread,**  
**sliced**  
**200g log soft goat's cheese**  
**handful chives, chopped**  
**50g walnuts,**  
**roughly chopped**  
**2 tbsp good-quality**  
**balsamic vinegar**  
**salad leaves, to serve**

**1** Heat a griddle pan. Cut the pears into quarters or eighths, brush with the oil and season. Cook for a few mins until charred on all sides, then drizzle with the honey.

**2** Meanwhile, toast the bread. Spread with the goat's cheese and top with the sticky pears, chives, walnuts and a drizzle of balsamic. Serve with salad leaves.

**PER SERVING** 474 kcals, fat 25g, saturates 10g, carbs 42g, sugars 16g, fibre 3g, protein 19g, salt 1.4g



**£2.16**  
per serving



## Puttanesca baked gnocchi

■ Serves 4 ■ Prep 5 mins ■ Cook 30 mins

**2 x 400g cans cherry tomatoes**  
**olive oil, for frying**  
**1 onion, finely chopped**  
**1 tsp chilli flakes**  
**1 tbsp capers, drained**  
**60g black pitted Kalamata olives,**  
**roughly chopped**  
**5 anchovy fillets in oil, finely chopped**  
**generous pinch of sugar**  
**500g shop-bought gnocchi**  
**1 x 125g ball mozzarella, torn**

**1** Blitz one of the cans of tomatoes in a blender until smooth and set aside. Heat a glug of oil in a medium-sized pan over a medium heat. Add the onion and a generous pinch of salt and fry gently for around 8-10 mins until softened and translucent.

**2** Tip the chilli and all the tomatoes into the pan, lower the heat, then simmer for 10 mins, uncovered. Fill one of the empty cans a quarter full with water and add this to the sauce. Stir through the capers, olives and anchovies. Season and add the sugar. Cook on a gentle heat, uncovered, for a further 5 mins. Keep warm until needed.

**3** Bring a large pan of water to the boil. Add the gnocchi and cook for 2 mins. Drain and toss with the tomato sauce, then tip into an ovenproof dish or shallow casserole dish. Top with the torn mozzarella and a good grinding of black pepper, then pop under a high grill for 3-4 mins or until the mozzarella is molten and gooey.

**PER SERVING** 344 kcals, fat 11g, saturates 5g, carbs 44g, sugars 10g, fibre 6g, protein 13g, salt 2.5g

**£1.09**  
per serving



**96p**  
per serving

## Halloumi, carrot & orange salad

■ Serves 4 ■ Prep 10 mins ■ Cook 10 mins **VEGETARIAN**

**2 large oranges**  
**1½ tbsp wholegrain mustard**  
**1½ tsp honey**  
**1 tbsp white wine vinegar**  
**3 tbsp rapeseed or olive oil, plus a drizzle**  
**2 large carrots, peeled**  
**225g block halloumi, sliced**  
**100g bag watercress or baby spinach**

**1** Cut the peel and pith away from the oranges. Use a small serrated knife to segment the orange, catching any juices

in a bowl, then squeeze any excess juice from the off-cut pith into the bowl as well. Add the mustard, honey, vinegar, oil and some seasoning to the bowl and mix well. **2** Using a vegetable peeler, peel carrot ribbons into the dressing bowl and toss gently. Heat a drizzle of oil in a frying pan and cook the halloumi for a few mins until golden on both sides. Toss the watercress through the dressed carrots and arrange on plates. Top with the halloumi and oranges.

**PER SERVING** 338 kcals, fat 23g, saturates 10g, carbs 15g, sugars 15g, fibre 4g, protein 16g, salt 2.1g



**£3.70**  
per serving

## Spicy teriyaki prawns & sesame fried rice

■ Serves 1 ■ Prep 5 mins ■ Cook 10 mins

**125g microwave brown basmati rice**  
**oil, for frying**  
**2 baby pak choi, halved**  
**2 spring onions, cut into 3cm slices**  
**1 medium egg, lightly beaten**  
**1 tbsp toasted sesame seeds, plus extra to serve**  
**50g raw king prawns**  
**3 tbsp teriyaki sauce**  
**2 tsp chilli sauce (such as sriracha)**

**1** Microwave the rice for 1 min. Heat a glug of oil in a frying pan over a high heat. Fry the pak choi and spring onions for 2 mins. Stir in the egg until scrambled, then add the rice and seeds and cook for 2 mins or until piping hot. Set aside.  
**2** In another frying pan, heat a glug of oil and fry the prawns for 2 mins. Add the sauces and cook until sticky. Serve with the veg and rice with extra sesame seeds sprinkled over.

**PER SERVING** 705 kcals, fat 35g, saturates 6g, carbs 62g, sugars 31g, fibre 12g, protein 29g, salt 5.8g

## Cobb salad bowls

■ Serves 2 ■ Prep 10 mins ■ Cook 15 mins

**2 large free-range eggs**  
**4 rashers streaky bacon**  
**50ml olive oil**  
**20ml cider vinegar**  
**1 heaped tbsp Dijon mustard**  
**pinch of sugar**  
**2 Little Gem lettuces, outer leaves removed**  
**½ large ripe avocado, cut into chunks**  
**3 medium vine tomatoes, quartered**  
**1 cooked chicken breast, sliced**

**1** Bring a pan of water to the boil. Add the eggs and simmer for 7 mins. Remove with a slotted spoon and pop in a bowl of ice-cold water. Once cool, peel, halve and set aside.

**2** Heat the grill to high and grill the bacon for 4-5 mins on each side or until crispy.

**3** Whisk together the olive oil, vinegar and mustard with a good pinch of sugar until thick and glossy. Season generously.

**4** Halve the lettuces lengthways. Divide between two bowls and add the avocado, tomatoes and chicken. Top with the bacon and eggs, drizzle over the vinaigrette and some black pepper.

**PER SERVING** 744 kcals, fat 57g, saturates 12g, carbs 9g, sugars 8g, fibre 6g, protein 46g, salt 3.2g

**£2.38**  
per serving



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# All wrapped up

Top, wrap, roll or bake – flour tortillas are a storecupboard saviour at this time of year!

## Pepper & olive pizza

■ Lay a **tortilla** on a baking sheet and spread with **4 tbsp peperonata or caramelised peppers**. Sprinkle over **some olives and capers**, plus a **small handful mozzarella**, torn into pieces. Bake for 8-10 mins at 200C/180C fan/gas 6 until the tortilla base is crisp and the cheese has melted. Serve scattered with a **small handful of rocket**.

## Smoked salmon bites

■ Spread a **tortilla** with **cream cheese**, then layer over **sliced smoked salmon**. Drizzle with **lemon juice** and scatter with **some snipped chives or dill**. Roll up and slice into rounds to serve with drinks.

## Turkey & brie melts

■ Sandwich shredded leftover **turkey or chicken** with a **few slices of brie** between **2 tortillas**. Toast each side, without any oil, for 2-3 mins in a large non-stick frying pan until the tortilla is browned and the filling is hot. Slice and serve with **cranberry sauce** or your favourite **fruity chutney**.

## Ham & cheddar wrap

■ Spread each **tortilla** with **mayonnaise**, scatter over a mix of finely grated **cheddar** and chopped **spring onion**, then drape over sliced **ham** and wrap up tightly.

## Tuna pesto wrap

■ Spread a **tortilla** with **1 tbsp green pesto** and cover with a **small tin drained tuna**, a **handful salad leaves** and some roughly chopped **SunBlush tomatoes**. Roll up from one edge and wrap in baking parchment, twisting the ends to secure like a cracker.

## Crispy croûton salad

■ Brush a **tortilla** with **oil** on both sides, then tear into small pieces. Bake at 200C/180C fan/gas 6 for 10 mins until crisp. Dice **1/2 small avocado** and **1 large tomato**, mix with a **large handful baby spinach** and some cooked **ham** or **crisp bacon rashers**. Drizzle the salad with **1 tsp balsamic vinegar** and **1 tsp olive oil**, season, then top with the crispy tortilla croûtons.

## Spiced tortilla crisps

■ Brush both sides of a **tortilla** with a little **olive oil** and sprinkle with a **few pinches of spice** (try Cajun seasoning or a chilli & paprika mix). Cut into 8-10 wedges, then bake at 200C/180C fan/gas 6 for 8 mins, turning halfway. Serve with dips.

## Mexican bean nachos

■ Cover a non-stick baking sheet with **spiced tortilla crisps** (see recipe, above) from **4 tortillas**. Heat **200g refried beans** and dollop over the **crisps**. Scatter with a **large handful quartered cherry tomatoes**, **2 sliced spring onions** and top with **50g grated cheddar**. Grill until the cheese has melted, then serve with **guacamole** and **soured cream**.

## Hummus pinwheels

■ Spread a **large tortilla** with a layer of **hummus**, then scatter with **roasted pepper strips** from a jar. Roll up tightly, then slice into 5 lengths. Arrange, cut-side up. Scatter with **toasted sesame seeds** to serve.

## Prawn burrito

■ Stir-fry a **large handful prawns** with **1 tsp finely chopped red chilli** and the **zest and juice of 1/2 lime** for a few mins until the prawns are cooked. Season, then mix with roughly chopped **coriander leaves**. Warm a **large tortilla** and top with shredded **lettuce**, the **prawns** and a **good spoonful soured cream**. Wrap up and enjoy.

*Tip* Tortillas are a handy storecupboard standby – they have a long shelf life and are so versatile. Once opened, eat within three days or freeze for up to three months.



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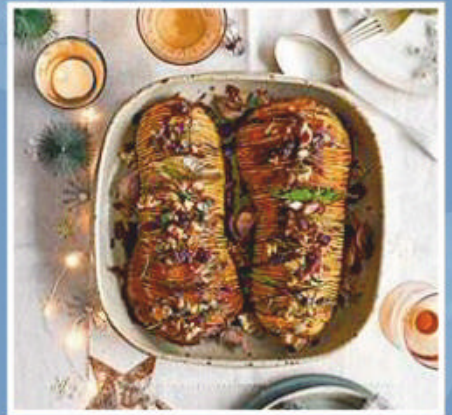
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# Short & sweet

If you sometimes find mincemeat a little too sweet, we've mixed it with apple and tangy orange, then encased it in a crunchy hazelnut pastry. What's not to love?



*Make to eat or give as gifts*

## Hazelnut crunch mince pies

- Makes 12 ■ Prep 30 mins plus chilling
- Cook 20 mins **VEGETARIAN** **FREEZABLE**

**250g plain flour, plus extra for dusting**  
**100g chopped hazelnuts**

**75g icing sugar, plus extra for dusting**  
**140g cold butter, cut into cubes**

**1 egg, separated**

### FOR THE FILLING

**400g good-quality mincemeat**

**1 small eating apple, grated**

**1 orange, zested**

**1** Put the flour, half the hazelnuts, the icing sugar and butter in a food processor and blitz to a sandy texture. Add the egg yolk and 1-2 tbsp water, and blitz briefly until the dough clumps together. Tip out onto a work surface and knead the dough a little until smooth. Flatten to a disc, wrap, then chill for 30 mins.

**2** Mix the mincemeat, apple and orange zest in a bowl. Heat oven to 200C/180C fan/gas 6. Roll out the pastry on a lightly floured surface to 3mm thickness. Stamp out 12 circles with a 10cm fluted cookie cutter and use to line a 12-hole muffin tin.

**3** Fill each pie with the mincemeat mixture. Re-roll the pastry trimmings to the same thickness as before. Stamp out six circles using an 8cm cutter, and six stars. Put the remaining hazelnuts in a dish and whisk the egg white in another. Brush a little egg white around the inner rim of each pie, then brush one side of each pastry lid, and the stars. Press each lid into the hazelnuts, egg-side down, so they stick, then lightly press on top of the pies, nutty-side up. Repeat with the stars and place these on the remaining pies.

**4** Bake for 20 mins or until golden. Cool in the tin for 5 mins, then transfer to wire rack. Dust with icing sugar before serving. *Will keep in a sealed container for up to three days.*

**PER PIE** 347 kcals, fat 17g, saturates 7g, carbs 43g, sugars 27g, fibre 2g, protein 4g, salt 0.2g

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